One Greenway rental units set for summer 2015 completion

BY LING-MEI WONG

Asian Community Development Corporation (ACDC) has an update on the One Greenway residential two-building project on Dec. 2 at the Metropolitan community room.

The site was formerly known as Parcel 24 and was developed by ACDC and the New Boston Fund.

The site has 362 residential units at Hudson and Kneeland streets. Of the units, 217 are market-rate rentals, 95 are affordable rentals and 50 are affordable homeownership units, making 40 percent of the units affordable.

“It really is a significant project, not just for Chinatown but a model for the rest of Boston … We want to revitalize this neighborhood again,” said Janelle Chan, ACDC executive director.

Hudson street will be closed Dec. 13 or 20, depending on the weather and the delivery time of construction equipment. Affected Hudson street residents will be notified in a week ahead and can pick up parking vouchers for the Beach Street garage at ACDC’s office or at Suffolk Construction on 75 Kneeland Street, 7F.

The 21-story North Building facing Kneeland Street will be completed July 2015, along with all rental units and a public green space. The 50 homeownerships in the 11-story South building facing Hudson Street will not be finished until 2016.

The underground parking lot will have 135 spaces, 50 of which are public. Pilgrim Parking will manage the lot.

Maloney Properties will manage the 95 affordable rental units. Interested individuals can sign up for online notification at onegreenwayfordurable.com. Applications for the units will not be available until March. A lottery will take place in May 2015, with selection before mid-May.

Bozzuto will manage the 217 market-rate rental units.

Boston Urban Partners is the broker for a 3,000-square feet retail space on Kneeland Street. Another 5,000 square feet space on Hudson Street is designated for community usage, with non-profit organizations as preferred tenants. The retail space will rent at market rates, while the community space will rent for less than half market rate.

Before the land was taken for highway construction in 1962, Parcel 24 was home to Chinese and Syrian families. With the Central Artery being moved underground, the land was reclaimed.

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Chinatown December meeting roundup: CBCA, CSC, CRA

BY LING-MEI WONG

The Chinese Consolidated Benevolent Association (CCBA) met on Nov. 25 at its 90 Tyler Street headquarters. About 30 directors and community members attended.

Matthew Seto said the American Legion Chinatown Post 328 would collect donations for Toys for Tots. Collection boxes are at the CCBA and the Boston Chinatown Neighborhood Center.

American Legion Chinatown Post 328 volunteers will also collect toys every Sunday until Dec. 21 at the Chinatown Gate from 11 a.m. to 3 p.m. Toys must be new and unwrapped.

The CCBA gala will take place Feb. 20 at Empire Garden. The Chinatown Chinese New Year celebration will take place March 1.

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Safety Committee

The Chinatown Safety Committee met on Dec. 3 at the Church of All Nations on 333 Tremont Street. A presentation on reopening the Dynasty Restaurant on Edith Street was made by owner Wilson Lee. He planned to rename the restaurant, which will serve Shanghai food and open in 2015. Lee closed the restaurant 10 years ago and has since moved back to Boston.

Esther Lee presented on the Chinese American Citizens Alliance, which will recharter its Boston lodge on Dec. 13.

Crime for the past 30 days was reported by Boston Police Capt. Kenny Fong. Two robberies took place, along with 14 thefts and 11 thefts from cars. Of the 11 car thefts, three were at parking garages: the Doubledtree Hotel garage, the Hyatt Regency garage and the lot at Beach Street and Harrison Avenue.

“We see a trend of cars parked in garages broken into,” Fong said. “We’ve told the garages to put up more signs and better cameras. We generally don’t patrol garages, as it’s hard to see into them.”

The Boston Police responded to community complaints about massage parlors by going undercover at a location on Harrison Avenue. After a prostitute propositioned an officer, the operator was arrested.

“There were no arrests of johns and prostitutes, as the prostitutes are often victims of human trafficking,” Fong said.

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CONTINUED ON PAGE 3
Event Calendar

Mayor’s Enchanted Trolley Tour and tree lighting
Friday, Dec. 5 6:15 p.m.
Phillips Square Harrison and Essex streets
Boston, MA 02111
Boston Mayor Marty Walsh will light the Chinatown Christmas tree. The Enchanted Trolley will feature Santa, music and treats.

We are Boston Gala
Monday, Dec. 8 5:30 p.m.
384 North Street
Boston, MA 02110
The ninth annual We are Boston Gala hosted by the Asian American Civic Association. Sampan is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscriptions: $60/ year (1st class mail); $30/ year (3rd class mail).

Free monthly legal clinic
Mon., Jan. 12, every fourth Monday of the month.
6 to 8 p.m.
1509 Hancock Street,
Suite 209
Quincy, MA 02169
Quincy Asian Resources, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quincyasianresources.org.

TransformASIANs
Saturday, Jan. 10, 2015
8:30 a.m. to 3:30 p.m.
1199 SEIU
150 Mt. Vernon Street
Dorchester, MA 02125
The Transform-ASIANs: Controlling and Preventing Diabetes conference will be hosted by Asian Women for Health and the American Diabetes Association. Registration is $15 for community members, $30 for professionals and free for students, seniors and volunteers. To register, please visit http://2015diabetes.eventbrite.com.

Citizenship program
Tuesdays and Thursdays, Jan. 12 to April 2, 2015
2 to 4 p.m.
1 Milk Street, 4F
Boston, MA 02109
Bostonian’s will take place at the Double-Tree Hotel. The public is welcome to attend.

Chinatown Safety Coalition meeting
Wednesday, Jan. 14
8:30 a.m.
1199 SEIU
150 Mt. Vernon Street
Dorchester, MA 02125
The Chinatown Safety Coalition meeting will take place at the Double-Tree Hotel. The public is welcome to attend.

Chinatown Residents Association meeting
Wednesday, Jan. 14
6:30 p.m.
885 Washington Street
Boston, MA 02111
The Chinatown Residents Association meeting will take place at the Quincy Elementary School cafeteria. The public is welcome to attend.

Quinsigamond Community College has an immediate need for:
• WEB PROGRAMMER

QCC is an equal opportunity affirmative action college supporting diversity.

Contact us:
www.QCC.edu
www.sampan.org
www.sampan.org
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Malden City Council moves forward on City Hall plan

BY THE CITY OF MALDEN

The Malden City Council took two key votes on Nov. 25 giving renewed momentum to a private developer’s proposal to demolish city hall and the police station, reopen Pleasant Street to through traffic and construct a new mixed-use retail, residential and civic development on the site. The City Council voted unanimously 11-0 to authorize $12.5 million in bonding for the acquisition of land and construction of a new police station and to purchase a condominium consisting of approximately 42,000 square feet in the mixed-use development. The condominium would be built out through a public bidding process to house a new city hall. Mayor Gary Christenson also received the unanimous approval of the City Council to sign a letter of intent (LOI) — a precursor to a purchase and sale agreement — with the developer for the condominium shell. The LOI captures the essential terms under which the parties will proceed from here.

In his remarks to the City Council, Christenson called this a “transformative development. The combination of public and private uses on this transit-oriented site will be the catalyst for renewed economic activity transforming the entire downtown area.” It is believed that this mixed use will be the first of its kind in the state and will provide a template for other cities looking for innovative ways to deliver government services to the community.

The combined city hall/police station site that is now located at 200 Pleasant Street has long been perceived as having a negative impact because it made Pleasant Street a dead-end and the downtown virtually invisible from the Malden Center MBTA station. The designated developer of the two-acre parcel, Jefferson Apartment Group (JAG), plans to invest an estimated $100 million in the project. Current plans call for the construction of 234 market rate rental units, 25,000 square feet of retail space and 276 parking spaces on the site.

The Nov. 25 votes are the culmination of several months of real estate negotiations by and between Malden and JAG. “This has been a long road for the City in pursuit of this goal. While we still have some hurdles to overcome, I couldn’t be more pleased with the willingness of Jefferson Apartment Group to work with us to solve the challenges the site has presented, the support of the State’s Office of Housing and Economic Development and the partnership with the City Council in arriving at a proposal that will be truly transformative,” Christenson said after the meeting.

Malden City Hall is slated for demolition, which will open up Pleasant Street and Malden Center. (Image courtesy of Flickr user Kim Brookes.)

MEETINGS: Chinatown discusses crime, biosafety labs

CONTINUED FROM PAGE 1

Resident Association

The Chinatown Resident Association met on Dec. 3 at the Josiah Quincy Elementary School.

A report from the Tufts Institutional Biosafety Committee was given by Dr. Cheleste Thorpe and Dr. John Long. The Arnold 8 biosafety lab was approved for operation by the Boston Public Health Commission in June. It studies tuberculosis and is a biosafety level 3 (BSL-3) lab, which means infectious but treatable diseases are studied. Tufts University stated it will not build a BSL-4 lab, which is the highest designation for labs studying dangerous and untreatable diseases. The committee will have a public meeting on Dec. 10. Baolian Kuang gave an update on Stabilize Chinatown.

Toys for Tots drive in Chinatown

BY THE AMERICAN LEGION CHINATOWN POST 328

The American Legion Chinatown Post 328 collected donations for the “Toys for Tots” holiday collection on Nov. 30 at the Chinatown Gate. Volunteers will be at the Gate on Dec. 7, Dec. 14 and Dec. 21 to collect new and unwrapped toys. Collection boxes are at the Chinese Consolidated Benevolent Association and the Boston Chinatown Neighborhood Center. (Image courtesy of Rick Wong.)
BY JENNIFER LI

President Barack Obama has proposed to extend the Deferred Action for Childhood Arrivals (DACA) and the Deferred Action for Parents (DAP) programs. These programs allow certain undocumented immigrants who entered the United States as children or before November 14, 2014, and have been continuously present since January 1, 2010, to apply for temporary protection from deportation. The DACA program began in 2012, and the DAP program began in 2010. The administration has deferred deporting a total of about 4.5 million people under both programs.

President Obama’s proposed extension of the DACA and DAP programs would allow undocumented immigrants to work and live in the United States for three years. The program would also provide an opportunity for certain individuals to apply for permanent residency.

Obama immigration plan changes little for undocumented individuals

BY JENNIFER LI

President Barack Obama’s proposed extension of the Deferred Action for Childhood Arrivals (DACA) and the Deferred Action for Parents (DAP) programs will have a limited impact on undocumented immigrants. The programs will allow certain undocumented immigrants to apply for temporary protection from deportation.

The deportation of undocumented immigrants poses a threat to the safety of research personnel, the environment, and the surrounding communities. The Tufts University Institutional Biosafety Committee is based in Boston and regulates this research for the Tufts University Health Sciences Campus, Tufts University Medford/Somerville Campus, Human Nutrition Research Center on Aging, and Tufts Medical Center.

NOTICE OF COMMUNITY MEETING

Tufts University and Tufts Medical Center’s Institutional Biosafety Committee will hold an Open Meeting on Wednesday, December 10, 2014 at 5:30pm. The meeting will be held at 150 Harrison Avenue, Behrakis Auditorium, Room 130 in Boston. The Institutional Biosafety Committee is responsible for ensuring that all research involving potentially biohazardous agents done at or sponsored by Tufts University or Tufts Medical Center is conducted in compliance with National Institutes of Health guidelines and with proper concern for the safety of research personnel, the environment, and the surrounding communities.

President of AT&T New England, Patricia Jacobs, president of AT&T New England, “We have invested nearly $425 million in updating Boston’s wireless network from 2011 to 2013 and added two more wireless sites near Chinatown in 2014. In October, our network was ranked tied for No. 1 in Boston by Rootmetrics.”

Community individuals at the event included representatives from local government, nonprofit agencies and family associations.

AT&T reaches out to Chinatown community

BY LING-MEI WONG

AT&T representatives met with individuals from the Chinatown community at a casual meeting on Nov. 21 at the Asian American Civic Association. (Image courtesy of AT&T.)

President Barack Obama congratulates 13 U.S. Army soldiers and seven military spouses from 14 countries on becoming citizens of the United States during a naturalization ceremony held in Seoul, South Korea on April 25. (Image courtesy of U.S. Army Sgt. Brian Gibbons.)

“...we’re so proud to be here with AT&T, which was ranked No. 10 for diversity and inclusion in the DiversityInc Top 50,” said Mary Chin, AACA board president. “Through its philanthropic initiatives and collaborations, AT&T supports and create opportunities and addresses community needs.”

“AT&T is committed to diversity — it helps make the company smarter,” said Patricia Jacobs, president of AT&T New England. “We have invested nearly $425 million in updating Boston’s wireless network from 2011 to 2013 and added two more wireless sites near Chinatown in 2014. In October, our network was ranked tied for No. 1 in Boston by Rootmetrics.”

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President Barack Obama congratulates 13 U.S. Army soldiers and seven military spouses from 14 countries on becoming citizens of the United States during a naturalization ceremony held in Seoul, South Korea on April 25. (Image courtesy of U.S. Army Sgt. Brian Gibbons.)
Chinatown youth wins First Night button contest

BY BOSTON CHINATOWN NEIGHBORHOOD CENTER

Fei Ping Zhao, a 17-year-old of BCNC’s Young members celebrates a huge honor.

Fei Ping Zhao with Boston Mayor Marty Walsh at City Hall. (Image courtesy of Boston Chinatown Neighborhood Center.)

Fei Ping Zhao, a 17-year-old of BCNC's Young members celebrates a huge honor.

Boston Chinatown Neighborhood Center (BCNC) is thrilled as one of its young members celebrates a huge honor. Fei Ping Zhao, a 17-year-old of BCNC’s Youth Center, won the First Night Boston 2015 Art Contest and will see her design play a part in Boston’s First Night.

Zhao, who thanked the youth workers at the center when she accepted her recognition at a press conference with Mayor Martin Walsh. As for her reaction to the award, Fei Ping said she didn’t expect to win the contest, but is excited to see her design play a part in Boston’s First Night.

“I am thrilled to bring my artwork to the public,” she said.

Beyond Conflict founder Tim Phillips spoke on conflict resolution on Nov. 17 at the Asian American Civic Association. About 40 individuals attended the workshop, including city officials, community organizations and activists.

Phillips founded his organization in 1992 at the end of the Cold War, as the Soviet Union broke into new countries. In 1991, South Africa ended apartheid and Northern Ireland was undergoing a peace process. Today, Beyond Conflict has more than 75 initiatives in 25 countries.

“It was our view that people can learn from each other,” Phillips said. “We’re a support group on wheels.”

Beyond Conflict has brought together leaders of nations and rebuilt trust between enemies. It uses neuroscience research in a practical way. For example, the brain does not differentiate between physical and emotional pain, Phillips said. As nations deal with trauma and human rights violations, individuals must overcome their traumatic memories to move forward.

“Social rejection or bias is usually dismissed, but exclusion is the main driver of conflict,” said Lee-Or Ankori-Karlinsky, program officer at Beyond Conflict. “Social exclusion is experienced as physical pain. It uses the same networks of the brain.

Stages of fear extinction in Israeli veterans showed video games effectively treated post-traumatic stress disorder. This shows the brain can override traumatic memories and make new breakthroughs, Phillips said.

“Humans are emotional beings that can only think rationally when we see ourselves valued by others,” Phillips said. “Only then can we engage rationally.”

Change comes through self-affirmation, or positive statements, that improve the brain’s function, unlike trauma or exclusion. “It sounds cheesy and corny, but if you give people self-affirmative and confidence-boosting statements, it changes their own perception,” Ankori-Karlinsky said.

For more information about Beyond Conflict, please visit www.beyondconflictint.org.

Conflict resolution workshop looks for common ground

BY LING-MEI WONG

Beyond Conflict founder Tim Phillips (center) and Lee-Or Ankori-Karlinsky (back second right) spoke on Nov. 17 at the Asian American Civic Association. (Image courtesy of Ling-Mei Wong.)

For more information or reasonable accommodations, please call 617-733-4488, prompt 2

Mail to: Chapel Street Trust, PO Box 576, Medford, MA 02155

Applications will be screened on a first come first serve basis.

Request an application by email to tracey@brooklinedevelopmentcorp.com or call 617-733-4488 prompt 2

Completed applications can be submitted by MAIL only.

Mail to: Chapel Street Trust, PO Box 576, Medford, MA 02155

Applications will be screened on a first come first serve basis.

Incomplete applications will not be screened

Asset, Use & Occupancy Restrictions apply.

For more information or reasonable accommodations, please call 617-733-4488, prompt 2

Affordable Rental Opportunity

150 Chestnut Hill Ave, Brighton, MA 02135

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Minimum Income to Meet Monthly Rent

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Income Limits at 80% AMI for Boston Region

Equal Housing Opportunity

Affordable Rental Opportunity

Needham, MA

Needham Place – 50 Dedham Avenue, #22

2 Bedroom Unit

$1,283 per month

Information Session: Monday 11/17/14, 7pm
Needham Public Library, 1139 Highland Ave, Needham

Applications accepted through Friday 12/19/14, 1pm
Lottery 1/13/15 at 7 pm, Needham Town Hall
Application and Lottery Information:
Housing@Sudbury.Ma.US

278 Old Sudbury Road, Sudbury, MA 01776, 978-639-3373

Maximum Income per Household Size

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**Mayor Marty Walsh creates Mayor's Office of Diversity**

**BY THE CITY OF BOSTON**

Mayor Marty Walsh announced the creation of the Mayor’s Office of Diversity on Dec. 2, dedicated to providing strategic leadership to Mayor Walsh’s diversity agenda. With this effort, Walsh will be appointing the City’s first-ever chief diversity officer, Shaun Blugh, and deputy chief diversity officer, Freda Brasfield.

“Even before being sworn in as mayor, I made some very ambitious and serious promises about increasing diversity across our workforce and ensuring that City government reflects the people we represent,” Walsh said. “I’m proud of the steps we’ve taken and the progress we’ve made, and I know that the addition of Shaun in this chief diversity officer role will serve to strengthen and grow the foundation we’ve built.

Shaun Blugh currently serves as the director of due diligence for IMB Development Corporation. In this role, Blugh assists in the recruitment and vetting of minority candidates for employment in IMB’s portfolio companies. Blugh worked closely with large corporations looking to increase their diversity spend, and engaged the national landscape for small diverse businesses to facilitate procurement for state and city contracts. He previously served as a paralegal for Boies, Schiller & Flexner LLP, based in New York City. Blugh is a graduate of Northeastern University.

The Mayor’s Office of Diversity will lead Walsh’s diversity agenda, including the ongoing development and delivery of the City’s diversity goals and objectives in areas of hiring, leadership and career development, diversity training, strategic planning, recruitment and retention. The Mayor’s Office of Diversity will also be tasked with analyzing and improving the City’s procurement strategies, to support and increase opportunities for minority- and women-owned businesses to engage directly with the City of Boston.

Shaun Blugh previously served as the director of due diligence for IMB Development Corporation. In this role, Blugh assists in the recruitment and vetting of minority candidates for employment in IMB’s portfolio companies. Blugh worked closely with large corporations looking to increase their diversity spend, and engaged the national landscape for small diverse businesses to facilitate procurement for state and city contracts. He previously served as a paralegal for Boies, Schiller & Flexner LLP, based in New York City. Blugh is a graduate of Northeastern University.

Freda Brasfield has served the City as Regional Neighborhood Services, and as Construction Monitor for the City’s Residents Jobs Policy Office. Brasfield is an active member of the community, serving as the former board chair for the Blue Hills Boys and Girls Club, the current treasurer for the Mattapan Patriots Pop Warner Football Team and chair of the Fundraising Committee for the Urban League of Eastern Massachusetts Young Professional Network. She is a graduate of Northeastern University.

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The Mayor’s Office, develop HP policies and procedures, and ensure compliance with the City’s residency policy. Brasfield previously served the City as Regional Neighborhood Coordinator for Mattapan within the Mayor’s Office of Neighborhood Services, and as Construction Monitor for the City’s Residents Jobs Policy Office. Brasfield is an active member of the community, serving as the former board chair for the Blue Hills Boys and Girls Club, the current treasurer for the Mattapan Patriots Pop Warner Football Team and chair of the Fundraising Committee for the Urban League of Eastern Massachusetts Young Professional Network. She is a graduate of Northeastern University.

**Help Social Security help the homeless**

BY KRISTEN ALBERINO, SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST IN QUINCY, MASS.

Dec. 21 is National Homeless Persons’ Memorial Day. Since 1990, on or near the first day of winter and the longest night of the year, the National Coalition for the Homeless brings attention to and seeks compassion for the homeless who have died because they didn’t have a warm, safe place to sleep. Even as the recovery works its way through the entire economy, no one is immune to potentially being homeless. People in our community — colleagues and family members, military veterans and our friends might be too proud to ask for help. Too often, homelessness ends in tragedy.

Social Security provides services to the homeless and you can find these services at www.socialsecurity.gov/homelessness. Those who are homeless can apply for benefits and, if they are eligible, their benefits can be deposited directly into a personal banking account, a Direct Express debit bank card or another electronic account. They can also have benefits mailed to a third party, or if necessary, a representative payee can receive their funds.

Social Security also collaborates with other agencies to help the homeless. At www.socialsecurity.gov/homelessness/collaborations.htm, you can read more about the Health Care for the Homeless program that provides grants to a network of local public and non-profit private organizations. Social Security also participates in the Federal Interagency Reentry Council, as well as the Projects for Assistance in Transition from Homelessness (PATH) program. PATH helps people with serious mental health issues or people who are homeless or at risk of homelessness.

Every day, and especially on Dec. 21, remember those living without a place to call home. Homelessness is a complicated and emotional issue, but we can help our brothers and sisters — friends and family — access the safety net that Social Security provides.

Visit www.socialsecurity.gov/homelessness to learn more.

**Chinatown crime blotter for Nov. 28 to Dec. 5**

**BY THE BOSTON POLICE DEPARTMENT**

All reports are submitted by the Boston Police Department. The time period is from Nov. 28 to Dec. 5, for District A-1, which includes Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

**Warrant arrest**

Nov. 28, 6 p.m.: The suspect was arrested on Beach Street on an outstanding warrant issued out of Woburn District Court.

**Disorderly person**

Nov. 29, 12:10 a.m.: The suspect was arrested on LaGrange Street for being a disorderly person. He attempted to grab some money out of the victim’s hand and flee the area. His actions caused a crowd to gather and stopped the free flow of traffic.

**Trespassing**

Nov. 29, 2:52 a.m.: The officer observed the suspect trespassing on the grounds of the Josiah Quincy School on Washington Street. She will be summoned into court for her actions.

**License premise violation**

Dec. 1, 12:40 a.m.: A restaurant located on Hudson Street was issued a citation for violating the terms of its license.

**Warrant arrest**

Dec. 1, 9:15 p.m.: The suspect was arrested on Tyler Street on outstanding warrants issued out of several different courts.
BY MASSMUTUAL

From Black Friday until the end of December, the United States is plunged into a shopping frenzy that seems to get wilder and crazier every year. Christmas Eve used to mark the end of the “holiday shopping season,” but these days it seems there’s a respectful pause for 24 hours and then the frenzy continues with after-Christmas blowout sales. Some Americans may shop themselves into debt, even resorting to violence, to stockpile toys, electronics, clothing, jewelry, toiletries, and other “stuff” they can ill afford and often don’t even know they want until advertisers persuade them that they do.

In order to get people into the malls and online shops, advertisers blare their messages over television, radio and Internet. They plaster nearly every inch of real estate — including cyberspace — with their messages. Ads have infiltrated our places of business and our schools, our food and clothes, our emails, movies and video games. For those of us with children, this trend is particularly troublesome. Do we really want our children exposed to this much marketing hype?

According to the American Academy of Pediatrics, children and adolescents view 40,000 ads per year on TV alone. Add the Internet, magazines and billboards, and the average young person is bombarded with a million ads messages every year. Kids are an attractive market: children and adolescents spend around $180 billion per year and influence their parents to spend another $200 billion. What’s particularly troublesome is that children younger than eight do not understand the notion of “intent to sell!” and frequently accept advertising claims at face value.

This month go ahead and shop if you must. For Christmas, Hanukkah, Kwanzaa, Festivus, birthdays or just because you want to. Be an educated consumer, however, and teach your children to watch out for manipulation by marketers.

Explain to your children that commercials and ads are paid for by companies to make people want to buy their products. Naturally the ads will try to make the products look as appealing as possible. But just because an ad tells them that a product makes them feel good, or is the best thing ever made, or is something on a social media site or click on a link. That information is often used to try to sell them things later on.

The Corporation for Public Broadcasting has an interesting site for kids called “Don’t Buy It.” http://pbskids.org/dontbuyit/advertisingtricks/. Through a series of interactive games, kids can learn advertising tricks, become an “ad detective,” and even create their own ads. The process of creating an ad helps them think like an advertiser and be more able to spot advertising tricks in the future.

List all the ways you can think of that advertisers try to attract you. Some examples:

• bright colors
• flashing banners
• music and sound effects
• pictures of happy people using the product
• celebrities using the product
• product made to look bigger or better
• repetition (same ads shown over and over)
• shortages (real or planned, to cause a sense of urgency)

Make a game of trying to spot advertising messages as you go through your day. Television commercials, ads in magazines, and billboards on highways are easy to identify. But what about logos on clothes? Brand-name products in movies and on television shows? Logos and company names on athletes’ uniforms, race cars and stadium walls?

Children are exposed to a great deal of marketing hype, with U.S. parents spending about $200 billion a year on them. (Image courtesy of Flickr user Holly Lawrence.)

Those are ads, too.

As a parent, you can try to limit your children’s exposure to advertising. Limit their TV watching and encourage commercial-free stations when they do watch. Discourage logo-laden clothing, which makes your kids walking advertisements. Speak out at your local schools about the troubling trend of ads on bus radio, commercials on classroom current-events television stations, franchise food chains in cafeterias, ad-laden teaching modules provided by manufacturers, ads in bathroom stalls, and so on.

Try to become an ad-savvy family!

Holiday spending without breaking the bank

While you are working to help minimize the marketing hype and outrageous requests for holiday spending from your children, consider taking a look at your household’s finances — what can you afford? How can you make the most of your financial situation? To learn more or access helpful materials, speak with a local financial professional or visit www.massmutual.com/family.


CRN201503-169788

Village Green Affordable Housing Lottery

15 Great Road, Littleton, MA

Seventeen 1BRs @ $1,148*, Sixteen 2BRs @ $1,356*, Three 3BRs @ $1,555*

*Rents subject to change in 2015. Utilities not included. Tenants will pay own Gas Heat, Gas Hot Water, Gas cooking fuel, Electricity and Water.

Village Green is a 144 unit rental apartment community located in Littleton on 15 Great Road. 36 of these apartments will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income. Each unit features stainless appliances, granite counter tops, private deck, washer and dryer and individually controlled heat and a/c. The clubhouse features a community area, fitness room and pool.

MAXIMUM Household Income Limits: $47,450 (1 person), $54,200 (2 people), $61,000 (3 people), $67,750 (4 people), $73,200 (5 people) and $78,600 (6 people)

A Public Info Session will be held at 6 pm on December 10*, 2014 in Room 307 in the Littleton Town Office Building on 37 Shattuck Street.

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on Jan 14*, 2015

The Lottery for eligible households will be held on Jan 28* at 6 pm as the same location as the info session.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (877) 792-6900 (toll for rental then w6) and leave a message. For TTY Services dial 711. Free translation available.

Applications also available at Littleton Public Library on 41 Shattuck Street (Library hours: M 10-4, Tu 1-9, W 10-9, Th 1-9, Fri-Sat 10-4)
What is gastric cancer?

Gastric cancer is a disease in which malignant (cancer) cells form in the lining of the stomach.

The stomach is a J-shaped organ in the upper abdomen. It is part of the digestive system, which processes nutrients (vitamins, minerals, carbohydrates, fats, proteins, and water) in foods that are eaten and helps pass waste material out of the body. Food moves from the throat to the stomach through a hollow, muscular tube called the esophagus. After leaving the stomach, partly digested food passes into the small intestine and then into the large intestine.

The wall of the stomach is made up of three layers of tissue: the mucosal (innermost) layer, the muscularis (middle) layer, and the serosal (outermost) layer. Gastric cancer begins in the cells lining the mucosal layer and spreads through the outer layers as it grows.

Age, diet and stomach disease can affect the risk of developing gastric cancer.

Anything that increases your risk of getting a disease is called a risk factor. Having a risk factor does not mean that you will get cancer; not having risk factors doesn’t mean that you will not get cancer. Talk with your doctor if you think you may be at risk. Risk factors for gastric cancer include the following:

- Having any of the following medical conditions:
  - Helicobacter pylori (H. pylori) infection of the stomach.
  - Chronic gastritis (inflammation of the stomach).
  - Pernicious anemia.
  - Intestinal metaplasia (a condition in which the normal stomach lining is replaced with the cells that line the intestines).
  - Familial adenomatous polyposis (FAP) or gastric polyps.
- Smoking cigarettes.
- Being older or male.
- Eating a diet high in salted, smoked foods and low in fruits and vegetables.
- Eating foods that have not been prepared or stored properly.
- Being older or male.
- Smoking cigarettes.
- Having a mother, father, sister, or brother who has had stomach cancer.

Symptoms of gastric cancer include indigestion and stomach discomfort or pain. These and other signs and symptoms may be caused by gastric cancer or by other conditions.

In the early stages of gastric cancer, the following symptoms may occur:

- Indigestion and stomach discomfort.
- A bloated feeling after eating.

In more advanced stages of gastric cancer, the following signs and symptoms may occur:

- Blood in the stool.
- Nausea.
- Weight loss for no known reason.
- Stomach pain.
- Jaundice (yellowing of eyes and skin).
- Ascites (build-up of fluid in the abdomen).
- Trouble swallowing.

Check with your doctor if you have any of these problems.

Certain factors affect prognosis (chance of recovery) and treatment options.

The prognosis (chance of recovery) and treatment options depend on the following:

- The stage of the cancer (whether it is in the stomach only or has spread to lymph nodes or other places in the body).
- The patient’s general health.

When gastric cancer is found very early, there is a better chance of recovery. Gastric cancer is often in an advanced stage when it is diagnosed. At later stages, gastric cancer can be treated but rarely can be cured. Taking part in a clinical trial to improve treatment should be considered.

What is compulsive shopping and spending?

Compulsive shopping and spending is described as a pattern of chronic, repetitive purchasing that becomes difficult to stop and ultimately results in harmful consequences. It is defined as an impulse control disorder and has features similar to other addictive disorders without involving the use of an intoxicating drug.

There are many social and cultural factors that tend to increase the addictive potential of shopping and spending. The easy availability of credit and the material focus of society in general, encourage people to accumulate possessions now and worry about financial responsibility later.

Waring signs:

- Shopping or spending money as a result of feeling disappointed, angry, or scared.
- Shopping or spending habits causing emotional distress in one’s life.
- Having arguments with others about one’s shopping or spending habits.
- Feeling lost without credit cards.
- Feeling anxious about money.
- Feeling a rush of euphoria and anxiety when spending money.
- Feeling guilty, ashamed, embarrassed, or confused after shopping or spending money.
- Lying to others about purchases made or how much money was spent.
- Thinking excessively about money.
- Spending a lot of time juggling accounts or bills to accommodate spending.
- Mild nausea.
- Loss of appetite.
- Heartburn.

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Coping strategies include:

- Identifying risk factors for shopping.
- Understanding the consequences of compulsive shopping.
- Developing a plan to control spending.
- Seeking support from friends, family, or a support group.

The shopping and spending activity itself is associated with a feeling of happiness and power, which is immediately gratifying. The after effects of remorse and guilt drive the spender back to purchase again to be able to achieve that brief, but intense, emotional high.

Research has shown that many compulsive shoppers and spenders also suffer from mood disorders, substance abuse or eating disorders. As with any addiction, the person becomes dependent on the behavior to relieve negative feelings that cause distress and discomfort. Compulsive shopping or spending may also result in interpersonal, occupational, familial and financial problems in one’s life.

Compulsive shopping or spending may also result in interpersonal, occupational, familial and financial problems in one’s life. Impairment in relationships may occur as a result of excessive spending and efforts to cover up debt or purchases. They may experience anxiety or depression as a result of the spending or shopping, which may interfere with work or school performance.

Financial problems may occur if money is borrowed or there is excessive use of credit to make purchases. A Certified Addictions Counselor can effectively perform an assessment to determine what level of care is most appropriate. For more information, visit the Department of Mental Health’s website at www.mass.gov or call (617) 626-8123.
How to identify heart attack symptoms in women

BY THE AMERICAN HEART ASSOCIATION

Heart attack signs in women

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.

2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

3. Shortness of breath with or without chest discomfort.

4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

5. As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don’t wait more than five minutes before calling for help. Call 911 and get to a hospital right away.

We’ve all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic.

“Although men and women can experience chest pain, the pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure,” said Nieca Goldberg, MD, medical director for the Joan H. Tisch Center for Women’s Health at NYU’s Langone Medical Center and an American Heart Association volunteer. “Instead they may experience shortness of breath, pain or pressure in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue.”

Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn’t get help right away.

“I thought I had the flu”

Even though heart disease is the No. 1 killer of women, often women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

“They do this because they are scared and because they put their families first,” Goldberg said. “There are still many women who are shocked that they could be having a heart attack.”

A heart attack strikes someone about every 34 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).

Many women think the signs of a heart attack are unmistakable — the image of the elephant comes to mind — but in fact they can be subtler and sometimes confusing.

You could feel so short of breath, “as though you ran a marathon, but you haven’t made a move,” Goldberg said.

Some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them, Goldberg said. Dizziness, lightheadedness or fainting are other symptoms to look for.

“Many women I see take an aspirin if they think they are having a heart attack and never call 911,” Goldberg said. “But if they think about taking an aspirin for their heart attack, they should also call 911.”

Take care of yourself

Heart disease is preventable. Here are Goldberg’s top tips:

• Schedule an appointment with your health care provider to learn your personal risk for heart disease.

• Quit smoking. Did you know that just one year after you quit, you’ll cut your risk of coronary heart disease by 50 percent?

• Start an exercise program. Just walking 30 minutes a day can lower your risk of heart disease and stroke.

• Modify your family’s diet if needed.

Check out healthy cooking tips at www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/SimpleCookingwithHeart/Heart-Home-Page_UCM_430043_SubHomePage.jsp. You’ll learn smart substitutions, healthy snacking ideas and better prep methods. For example, with poultry, use the leaner light meat (breasts) instead of the fattier dark meat.

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Reducing stress in your life may help you keep off extra weight. (Image courtesy of Shutterstock.)

Did you know?

Stress can make you fat

BY STATEPOINT

Overeating is all too easy. But there’s more at play when it comes to packing on pounds. Another factor you may not even be aware of is stress.

Here are some important things to know about your body’s response to stress:

Stress hormones

We all have a built-in stress response. It’s a complicated set of physiological reactions that help keep you alive during dangerous situations. Here’s how it’s supposed to work:

You experience an acute stressor. Thousands of years ago, this could have been a tiger trying to eat you. Today, it could be the in-laws coming to stay with you. In response, adrenal glands release the stress hormone cortisol into your bloodstream, initiating an increase in blood sugar used for immediate energy to fight, run or slam on your car brakes.

Once the stressor is dealt with, the cortisol leaves your system and things return to their normal metabolic state.

But unfortunately today, many of us are constantly stressed, causing significant metabolic imbalances.

Chronic stress

From when we wake up to when we go to bed, the average person deals with hundreds of low-grade stressful events, like rush hour traffic, projects with impossible deadlines, troubles with kids, spouses or pets.

According to Michael A. Smith, MD, host of “Healthy Talk” on RadioMD.com, this state of affairs is chronically elevating cortisol levels, which means blood sugar is constantly being mobilized for energy.

“And when you don’t burn the sugar, it gets stored as body fat,” said Dr. Smith. “This is just one of the metabolic imbalances caused by too much cortisol. There are many other problems caused by chronic stress that can pack on the fat.”

For example, too much cortisol, which results in a drop in serotonin, can drive sugar cravings and significantly increase appetite.

Solutions

New research shows that white kidney beans can suppress appetite. So if you’re craving a snack, have a serving of kidney beans instead of reaching for last night’s pizza or a bag of potato chips.

Feeling tense? Try some stress reduction activities, like jogging, meditation or breathing exercises. You may not be able to stop your in-laws from visiting, but understanding how stress affects your body can help you prevent weight gain.
如果您，或是您家中的成员，是麻州健保（Health Connector）的会员，或是麻州健康（MassHealth）的临时会员，那么，您必须立刻重新申请登记，才能在2015年继续获得健康保险。

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