



龍騰四海

振中



【龍騰四海】
Painting by Peter Ng
伍振中畫

Year of Dragon 2024

Four Season(ings): Celebrity Chefs Share Flavors of Lunar New Year

Ming Tsai, Romy Dorotan, Tru Lang, and Ming Cao Serve Up Holiday Memories, Favorite Dishes

By DongDong Yang

The Lunar New Year kicks off Feb. 10. It's the Year of the Dragon, which will mark continued power, nobility, honor, luck, and success, according to the traditional Chinese zodiac. The dragon is the fifth of the twelve year cycle of animals -- Rat, Ox, Tiger, Rabbit, Snake, Horse, Sheep, Monkey, Rooster, Dog, and Pig. Festivities in Boston and around the world will feature family, food, and fortune (good or bad) for all. Continuing its annual tradition, SAM-PAN spoke with renowned chefs, local and distant, about their personal memories of Lunar New Year at home and in America. Traditions may be altered and adapted to fit the times, and family participation may ebb and flow like an ocean's current, but the ineffable importance of serving great food during Lunar New Year remains.



Ming Tsai, Founder of MingsBings

Celebrating With Chef Ming Tsai

Chef Tsai is a James Beard and Emmy Award-Winner, philanthropist, T.V. personality, and entrepreneur. He is the creator of award-winning restaurants, author of five cookbooks, was host and executive producer of the longest-running cooking series on PBS, Simply Ming and just shot a new mini series titled Simply Ming: Better For You. In 2022, he became Iron Chef Tsai as he joined the cast of 5 world-class chefs in the Netflix series Iron Chef: Quest for an Iron Legend.

In 2020, he launched an East-meets-West frozen food line, MingsBings. They are now available in over 5,000 grocery stores nationwide, including Sprouts, Publix, Market Basket, Wegmans, Whole Foods, select Targets, and at iconic venues like Fenway Park, Tropicana Field, and Hard Rock Stadium. With the mission of "Eat Good. Do Good" he delivers delicious, convenient and better-for-you meals to households while also giving back to foundations like Dana Farber and Family Reach.

Beyond his contributions through MingsBings, Chef Tsai lives by a "Do Good" mentality. He is the Chairman of the National Advisory Board for Family Reach and has helped raise over 11 million dollars for the foundation since 2012. He is an ambassador for World Central Kitchen and has raised over a million dollars for the organization. This year, Chef has par-

ticipated in many fundraisers and events to support Maui Relief, Family Reach, The Jimmy Fund, Closer to Free, just to name a few.

Here, Tsai reveals his special family tradition:

In my family we always make and eat bings and dumplings on Lunar New Year. I usually have to work in my restaurant, Baba, so I honor this tradition by running a special of double fortune bings. If I am at home to celebrate, especially with my parents back in Ohio or Palo Alto, we serve a lot of whole main courses to bring wholeness into your new year! Whole steamed fish, in scallions and soy, flashed in hot oil. Red roasted duck, head on, feet on, everything. Braised for 3 hours in soy sauce and brown sugar, it's a sweet duck, you want to eat sweetness into the New Year. We have at least 2 or 3 green leafy vegetables, because green is the color of money. Wok stirred watercress, bok choy, and gai lan (Chinese broccoli) are common. We always display big bowls of oranges because they're believed to bring good luck and happiness. At Baba, I will run a dessert special of an orange and ginger flambé, served over Nian Gao (New Year Sweet Rice Cake) or Ba Bao Fan (Eight Treasure Rice). Nian means sticky, it also means year, you always want to eat sticky sweet desserts to propagate sweetness for the next year.

Other traditions, especially when I was in Taiwan, is that my grandparents would repaint their front door red. Red is believed to attract the gods and symbolizes good luck and prosperity. As kids we were given red envelopes filled with money. The real importance is the red envelopes themselves, they symbolize good wishes and luck for the new year ahead. I now give these to everyone I work with. On New Year's day you're not supposed to do any manual labor, that's why dumplings were all done the night before. You're not supposed to sweep, clean, wash clothes, or even wash your hair on New Year's Day, so we would also clean the house completely. Like spring cleaning, to start fresh in the new year. I have carried this tradition over to my company, MingsBings. We aim to produce a better for you product hence our current motto, a new year, a new you!

Year of the Dragon Pork and Cabbage MingsBings

By Ming Tsai
2024 (Serves 4)

Dumplings are always eaten on Chinese New Year because they represent ingots of gold, which implies fortune. These are double dumplings, so double fortune!

Ingredients:

- 3 cups chopped Napa cabbage
- 1 tablespoon kosher salt
- 1 pound ground pork (don't get lean pork, the fat is good for juice and flavor)
- 3 tablespoons soy sauce
- 3 tablespoons minced ginger
- 2 tablespoons minced garlic
- 3 stalks scallions, sliced, save 1/4 cup



MingsBings

- of green scallions for sauce
- 1 tablespoon toasted sesame oil
 - 1 package spring roll wrappers
 - Kosher salt and cracked black pepper to taste
 - Grapeseed oil, for sauteing
 - Egg wash (1 egg mixed with 1 tbsp of water)

Ingredient List for Dragon Dipper

- 1/4 cup Spicy Chile Crisp, sambal or your favorite hot sauce
- 1/2 cup rice vinegar
- 1/2 cup soy sauce
- 2 teaspoons sesame oil
- 2 tablespoon sliced scallions

Instructions

Sprinkle the cabbage with 1 tablespoon of salt and let stand for 30 minutes. Place the cabbage on a clean dish towel or cheesecloth and squeeze out any water. The dryer the cabbage the better. In a large bowl thoroughly mix the cabbage with pork, soy sauce, ginger, garlic, scallions and sesame oil. Cook or microwave a tester to check the seasoning.

Make the bings: Place a good mound of filling in the middle bottom of the wrapper. Lightly brush all 3 sides, fold in the right side then overlap with the left side. Brush more egg wash on top and fold the bing on itself vertically twice to form a

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rectangle. Press down to seal.

Cook the bings: Coat a sauté pan with ¼ inch of oil over medium-high heat. Place the bings folded side down and cook until the G,B&D, about 2-3 minutes. Flip and cook the other side. Check the temperature by inserting a thermometer into the center of the bing. It is ready when it reaches 160°F, transfer to a cutting board.

Meanwhile, make the dipping sauce, mix together Spicy Chile Crisp, vinegar, soy sauce, sesame oil and scallion greens.

Slice bings diagonally and serve. Enjoy!



Amy Besa and Romy Dorotan, Founder of Purple Yam

Filipino New Year: Chef Romy Dorotan

Amy Besa and her husband, chef Romy Dorotan, have been at the forefront of preserving and promoting the traditions of Filipino food in the New York restaurant business for the past twenty-nine years. In 1995, they started with Cendrillon, a Filipino, Pan-Asian place in Soho, then at Purple Yam in Ditmas Park, Brooklyn. A Purple Yam Malate, their first branch in the Philippines, opened in 2014, in Amy's childhood home in one of the oldest historical districts of Manila. The duo also co-authored the cookbook, *Memories of Philippine Kitchens*, the recipient of the Jane Grigson Award for distinguished scholarship, research, and the quality of its writing, by International Association of Culinary Professionals (IACP) in 2007.

In a conversation with Alexander Orquiza, Associate Professor at Providence College in Providence, RI, posted at www.centerforartandthought.org, Besa reflected on Filipinos being “enamored, bedazzled and bewitched” with all things American, especially its food, but Filipino food itself not being mainstream in American cuisine:

“The question does not even ask why our love for American food is not in the least bit reciprocated. Filipinos themselves are oblivious of their taste preference. I guess it reflects upon how this worldview accepts American food as a default—that it is loved and eaten everywhere, it is a universal food and no one even questions why we eat it all the time.”

Besa and Dorotan's 2006 book *Memories of Philippine Kitchens*: stories and recipes from far and near, part memoir and history, looked at how the essence of Filipino food came from family kitchens of Filipino homes, passed down through the generations, melding native traditions with those of Chinese, Spanish, and American cuisines. From lumpia, pancit, and kinilaw to adobo and lechon (the art of the well-roasted pig), the authors document dishes and culinary techniques that were rapidly

disappearing and in some cases unknown to Filipinos whether in the Philippines or abroad. With over 100 unique recipes, Besa and Dorotan documented the role of food in Filipino society, both old and new.

The Chinese Influence from the Bottom Up

Ask a Filipino to name typical Filipino dishes and he or she will invariably list pancit and lumpia. I encounter dumbfounded looks when I mention that these are Chinese in origin. Much of Filipino home cooking traces its roots to Chinese ingredients, cooking methods and seasoning. The influence of the Chinese came with the traders who brought noodles, ducks, duck eggs, soy sauce, soybeans, sausages, and other affordable, accessible foods that could be eaten on a daily basis.

Since the sixteenth century, poverty and social upheaval in mainland China have caused a massive influx of Fujianese and Cantonese into the Philippines. As Chinese merchants and traders settled throughout the country establishing small businesses, they intermarried with local Filipino women. It was a common practice among the Chinese who came to the Philippines to take a Filipino wife to gain acceptance within the community while maintaining a family in China. Today most Filipinos have Chinese blood in their veins and most Filipino cooking bears the traces of this legacy.

Whenever I enter a room where cigarette smoke and the smell of frying oil hangs heavy in the air, it brings me back to the panciterias of downtown Manila. During the 1950s and '60s, Ambrose Chiu, my Uncle Gaudencio Besa's best friend, was a stockholder and corporate officer of Panciteria Moderna, which provided my earliest exposure to Chinese food and culture. My mother recalls the dishes there, among them nido (bird's nest) soup, sweet and sour pork, prawn and ham coated in batter and fried, steamed apahap (sea bass) fish in white sauce or fried with sweet and sour sauce (similar to escabeche), fried young pigeons served with crunchy kropec (shrimp-flavored crackers), fried rice, and different varieties of Chinese pancit.

The influence of Chinese cooking in the Philippines is primarily Fujianese-Cantonese. While the stir-fried, noodle-based Cantonese cuisine is easier to trace to its Chinese origins, Fujianese influences are more subtle. Fujianese cuisine is reliant on pork (and pork lard), as the area was very poor and mountainous and did not have enough land to produce vegetable oil.

Serving Up Pancit

The word pancit (or pansit), comes from the Hokkien words pian-e-sit, meaning “something that is conveniently cooked.” How this food of convenience came to mean only noodles is lost in the mix of history. What is more salient is that Filipinos saw the potential of the noodle, turning it into dishes made with ingredients readily available to them. The pancit Malabon, named after a fishing port north of Manila, is made with rice noodles topped with oysters, squid, and mussels. Inland towns tend to favor pancit luglug, which are rice noodles with a shrimp juice and ground pork sauce, garnished with fried garlic, fried tofu, hard-boiled egg, crushed chicharron, smoked fish, chopped scallions, and boiled shrimp.

Filipinos use a variety of noodles made from egg (Canton), rice (bihon),

mung bean (sotanghon), wheat (misua), and whole wheat (miki). They are usually sautéed with vegetables, as in pancit guisado and pancit bihon.

Tikoy, a sticky cake made with sweet rice flour, seems to be the preferred snack during this time of the year in the Philippines. In my family, we get Christmas baskets from Chinese friends containing many goodies like Chinese ham, biscuits, candies and always, a round cake of tikoy. We usually cut this up into little slices, dip them in egg and fry them. I suppose this is done after the Christmas season and would coincide with the lunar new year.

We make our own tikoy at Purple Yam which we pair with Romy's homemade champoy (salted plum) ice cream. Attached is the photo of our tikoy which we used as part of our Chinese New Year menu. Now we serve it regularly because our Filipino customers love it so much.

Memories of Philippine Kitchens, Amy Besa and Romy Dorotan, Abrams, NYC, 2006 & 2012

Pancit Malabon With Sidebar Recipe

Fried Garlic Serves 4 to 6

Sauce:

- 2 tablespoons canola oil
- 1 small garlic clove, minced
- 2 tablespoons all-purpose flour
- 1 1/2 cups shrimp juice
- 1 tablespoon achuete seeds, soaked in 1/2 cup water for 20 minutes
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste
- 1 tablespoon fish sauce, or to taste

Pancit:

- 1 pound thick tubular rice noodles, soaked in warm water for 15 minutes
- 1 cup chopped fresh pechay or bok choy, boiled for 30 seconds and drained
- 1 cup small shrimp, peeled, deveined, boiled until light pink (about 3 minutes)
- 1 cup shucked oysters, gently simmered with their liquor until their edges curl, about 3 minutes
- 1 cup squid, cut into 1-inch pieces and sautéed in 1 tablespoon canola oil until firm, 3 to 5 minutes
- 1/2 cup flaked smoked tinapa, trout, or mackerel
- 1/2 cup crushed fried pork rind (chicharron)
- 3 cloves fried garlic (see Sidebar)
- 2 scallions, thinly sliced
- 1/2 cup chopped wansoy or cilantro
- 2 hard-boiled eggs, sliced
- 6 calamansi or other limes, halved and seeded
- 1/4 cup fish sauce
- 2 tablespoons calamansi or other lime juice

1. For the sauce, in a medium saucepan over medium-high heat warm the oil. Add the garlic and cook, stirring, until fragrant, about 1 minute.

2. In a small bowl, whisk together the shrimp juice and flour until mostly smooth. Add this mixture to the saucepan with the garlic. Cook over medium-high heat, whisking, until slightly thickened and smooth, 3 to 5 minutes.

3. Press the achuete seeds in the water until the water turns deep red. Discard the seeds and add the water to the saucepan. Cook, stirring, until the sauce is thick enough to coat the back of a spoon, about 5 minutes. Add the salt, pepper, and fish sauce. Taste and add more salt, pepper,



Pancit Luglug, Photo courtesy of Purple Yam's devoted customer Catherine Colton

or fish sauce if needed. The sauce can be made a day in advance. Store in a tightly sealed container and refrigerate until ready to use. Reheat over low heat to serve.

4. For the pancit, bring a large pot of salted water to a boil. Add the noodles and cook until softened, about 5 minutes, depending on the thickness of the noodles. Drain and transfer to a large bowl. Pour about 1/3 of the sauce over the noodles. Add about 2/3 cup of the blanched pechay to the noodles. Reserve a few of the cooked shrimp, oysters, squid, tinapa, and chicharron for garnish. Add the rest to the noodles and gently stir. Transfer to a serving platter and pour the remaining sauce over all. Garnish with the remaining pechay and the reserved seafood. Sprinkle the fried garlic, scallions, and wansoy on top. Arrange the sliced eggs over the top and place calamansi halves around the sides of the platter. Serve with the fish sauce, mixed with calamansi juice, on the side.

Sidebar Recipe: Fried Garlic

This is one of our favorite garnishes, and we also like to use it as a garnish for our fresh lumpia dishes.

- 1/2 cup olive oil
- 6 garlic cloves, sliced

Heat the oil in a small skillet over low heat. Add the garlic and fry until nicely browned, about 5 minutes. Use a slotted spoon to transfer the garlic to a paper towel-lined plate. Reserve the oil and use it in place of your usual oil to add flavor to sautéed dishes and the like. Romy likes to use the oil to baste roast suckling pig.



Tru Lang, Founder MUA Trà Quế Restaurant

French Connection: Chef Tru Lang

Born in France and raised in Boston to Chinese and Vietnamese parents, Tru studied Political Science at the University of Massachusetts before starting to cook professionally. His career has brought him to kitchens throughout the United States, Europe, and Asia. In April 2017 he began a 6-month trip around kitchens in Tokyo and Taiwan, before landing in Vietnam for the first time in his life. He spent a month exploring this beautiful country solo on a motorbike, riding from south to north. In

December 2017, Tru relocated permanently to central Vietnam and has been living and cooking there since.

Tru founded MÙA Trà Quế restaurant in Hoi An in 2020 with the intent of focusing on the core pillars of community, sustainability, and traditional culture in Vietnam. In 2022 he co-founded MÙA Craft Sake in Ho Chi Minh City, a collaboration with Heiwa Shuzo sake brewery from Wakayama Japan. The only one of its kind in SE Asia, MÙA Craft Sake brews sake with rice grown in Vietnam, and is served in a taproom with a unique Vietnamese and Japanese inspired menu drawing from Tru's travels and experiences in Japan.

MÙA was listed in the Top 25 Restaurants of Robb Report Gourmet Collection 2023. Their mission has always been to put the spotlight on local Vietnamese ingredients to respect the traditional way of eating and living according to the seasons, with the MÙA Hôi An community, their diligent farmers and fishermen (and women) made the menu and experience possible.

From the June 2022 feature story in www.thedotmagazine.com Tru Lang's MÙA Hôi An Is In Season (by David Kaye)

His [Lang's] chef's journey stateside included a number of other stops – the three Michelin starred San Francisco restaurant Benu, a stint at Boston institution T.W. Food, and even one at the Boston-based Bon Me food truck project before he wound up at Journeyman. Would he like to set up a food truck in Hoi An, we ask. "I would love to have a dim sum food truck in Hoi An, somewhere by the river near the old town. I think we would kill it! But in Saigon, there's so much amazing street food I'd be hard pressed to justify putting a food truck on the road..."

Childhood Memories

Lunar New Year, growing up in Boston, was always a raucous affair. Several days before, we'd begin preparing dishes for a traditional midnight dinner on New Year's

eve (團年飯) to celebrate the end of the year and welcome a new one. In the morning we'd wake up to traditional Chinese songs blasting from the stereo, fragrant hot longjian tea brewing in the pot, the smell of sizzling glutinous rice cake (年糕) and turnip cake fried with a beaten egg crust. In the afternoon we'd make the drive to Boston Chinatown to revel with the crowd, breathing in the acrid sulfurous smoke from firecrackers, their red wrappers coating the sidewalks for the day. We'd nod our heads in rhythm to the banging of drums and dancing lions. Lunar New Year in my family is always one of the most important times of the year, and the flavors and dishes we cooked and shared with each other will always help us recall those happy times. I hope this recipe can be a part of your readers' holiday celebrations.

My recipe is our family version of Vietnamese braised pork with egg (thịt kho tàu). My father was raised in Saigon and my mother's side of the family is Vietnamese, so I guess this is our take on Chinese-Vietnamese New Year! Pork belly is seared in cubes and cooked for hours in a caramel and coconut broth with hard boiled eggs



Thịt kho tàu

until tender and completely saturated with the flavorful sauce. Traditionally this recipe is made with coconut water but our family likes to use coconut cream or milk for even more richness and body. I've slightly modified it to make it a bit easier. Goes amazing with a bowl of white rice.

Vietnamese braised pork with egg (thịt kho tàu)

Ingredients:

- 2 lb pork belly skin on, cut in 1.5-2 inch cubes
- 1 pc Star anise
- 1 tsp ground Black pepper
- 1/2 tps Cinnamon
- 1 clove Garlic minced
- 1 each White onion quartered
- 5 each 10 minute hard boiled egg, peeled (use duck eggs for extra flavor)
- 1t whole Red chili
- 5 tablespoon Fish sauce
- 5 tablespoon Soy sauce
- 10 tablespoon Sugar
- 350ml coconut cream (1 can) (can substitute with coconut water)

Technique:

Cover the pork belly with cold water in a pot and bring to a boil. Drain the meat and rinse in cold water, set aside in a bowl and marinate with fish sauce, soy sauce, minced garlic, black pepper.

In a small pot cook the sugar until a deep amber color. Turn off the heat and add some water to melt the caramel and stop the cooking.

In a larger pot, heat a small amount of cooking oil. Sear the pork cubes until golden brown. Add all of the rest of the ingredients into the pot, cover with just enough water. Cook on medium/low heat for 1.5 hours until pork is tender and eggs have absorbed the juice to become a light brown color. There should be enough braising liquid to just cover the meat. Season to taste with more fish sauce if necessary.

Let rest overnight for the flavors to even out and penetrate the meat. When cool, skim off the excess fat.

Reheat and eat with white rice!



Ming Cao, Executive Head Chef of Sushi & Partner of JPFUJI

Maki With Chef Ming Cao

Since 2016, Chef Ming Cao has been the Executive Head Chef of Sushi and a partner of the JP Fuji Group. A local legend, Chef has won many competitions and received numerous accolades including American Culinary Federation, first place at Assembly Row's Chowdah Pot and the Kendall Square Association' BYTES, Taste of the South Shore, Greater Boston Chamber of Commerce Small Business of the Year, and INC 5000 Fastest Growing Companies in America. Chief Cao has developed unique dishes which successfully blend Chinese and Japanese influences in spices and techniques. One such conceptualization is his very popular Ming's Mango Maki.

Bringing Everyone Together

When I was little, my parents were farmers. Our family never really has enough money to buy the food we wanted, except at New Year time. For New Year, they bought the best food they could afford for the whole family. My dad was an excellent chef, I remember he would make a lot of amazing food. One dish that I loved was a sweet and sour fish dish, which inspired me to create my own special version. To this day, I share this dish with my family every New Year. Sometimes when you have food that is so good you just forget everything else in this world, except the love for your parents and the things that they have done for you.

New Year is a lot like Christmas. We visit families and friends. When you go to your aunt's or cousin's house, we won't say "Happy New Year", the first thing we say to each other is "Gong Xi Fa Cai 恭喜发财," wishing prosperity and best of luck. Unlike Christmas, instead of looking for toys, kids are hoping to get red envelopes filled with money. We call it "Lucky Money". As a kid, every time I opened my red envelopes, it was the best moment!

Nowadays, I spend New Year with all my staff and students. JP FUJI Group has 9 different restaurants and they will cook their own Lunar New Year dinners. We don't give them a budget; they can create the dishes they like. I try to go to all the locations and celebrate with them. In Boston, we're fortunate to have access to a diverse range of fresh ingredients, creating a dining experience where everyone can enjoy a royal feast. Food is something that can bring everyone together especially at New Year.

For me, New Year is a day to slow down. It's really a time to appreciate your family and everyone you love and everyone who loves you.

Ming's Mango Maki Recipe

Ingredients:

- Short Grain Sushi Rice
- Japanese Nori (seaweed for maki making)
- Sushi rice vinegar /seasoning
- Shrimps (sizes 21/25 Fresh or Frozen)
- Asparagus
- Mango
- Tuna (sushi grade)
- Spicy Mayo(store bought or make it yourself)
- Tempura Crunch (store bought or make it yourself)
- Makisu (Sushi rolling mats)
- 6" Skewer
- Sesame seeds

Steps in preparation:

Sushi rice

1. wash the rice thoroughly
2. combine equal parts of rice and water for cooking
3. after cooking, cool down the rice slightly before adding sushi vinegar

Shrimp

1. skewer the raw shrimp from the tail (this keeps the shrimp from curling when cooking)
2. boil the shrimp and cool down in ice bath
3. peel, devein and butterfly the shrimp from the bottom of the shrimp

Asparagus

1. boil the asparagus and cool down



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- in ice bath
- 2. cut into 6 to 7 inch long pieces

Tuna

1. pat the tuna dry and chop the tuna into fine pieces
2. in a bowl mix tuna, spicy mayo and tempura crunch together

Mango

1. peel the mango and cut the mango roughly to the length of your index finger

Building Your Own Maki

Step 1

- layout your nori with the shiny side up over your makisu; making sure the makisu is horizontal, and the nori is about 3/4 inch from of the makisu
- grab about 4 oz of sushi rice/ roughly a little bigger than a racquetball size
- starting on the left upper corner of the nori, slowly move the sushi rice from left to right
- using both hands and with 4 of your fingers from each hand, slowly

- ly move the rice down to cover the whole sheet of nori
- sprinkle sesame seeds on the rice

Step 2

- flip the nori over with the rice laying on the makisu
- place 3 of the shrimp you butterflied about 1/4 inch from the bottom of the nori
- lay 1 piece of asparagus over the shrimp, then 3-4 pieces of mango next to the asparagus
- starting from the bottom of the nori, pick up the makisu with your both your thumbs under the makisu, 4 fingers of each hand are placed on top of the ingredients to keep them from falling out
- with a rolling motion away from you, move the makisu and roll forward

Step 3

- spoon some of the spicy tuna mixture and place it evenly over your maki
- using a piece of saran wrap, cover the entire maki evenly

Step 4

- place the makisu over the maki and press firmly to adhere the spicy tuna to the maki
- cut your maki into 6 or 8 pieces while the saran wrap is still over the maki
- remove the saran wrap after cutting

Your Ming's Mango Maki is complete. Plate it the way you want to display your work of art!

Sweet and Sour Striped Bass

Ingredients

- 1 live striped bass
- 1 orange
- 1/2 lemon
- 3 slices of ginger
- 2 tablespoons of ketchup
- 1-1/2 cup of white vinegar
- 1-1/2 cup of sugar
- 1 tablespoons of pineapple juice
- 1/2 tablespoon of cornstarch
- 1 teaspoon of A1 steak sauce

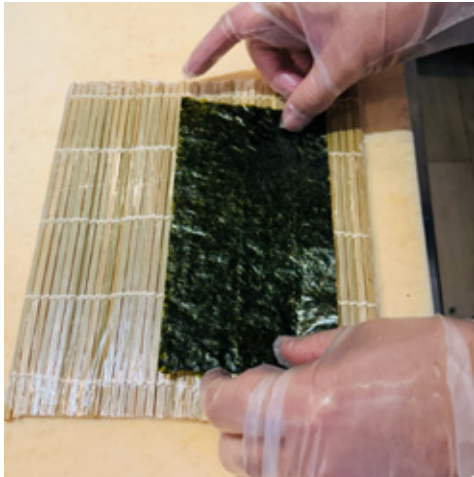
Steps:

- prepare crispy striped bass by deboning and deep-frying the filet coated in cornstarch for 3 and a half minutes
- mix the following ingredients in a mixing bowl: squeeze the orange, lemon then add ginger, ketchup, white vinegar, sugar, and pineapple juice
- heat the sauce in a pan, stirring for 2 minutes
- pour the flavorful sauce over the fried fish
- customize by adding diced mango, red/green peppers, and onions according to personal taste

Enjoy your delicious dish!



Sweet and Sour Fish



Make Your Own Maki, Step 1

Make Your Own Maki, Step 2



Make Your Own Maki, Step 3

Make Your Own Maki, Step 4

MBTA Head Philip Eng: We Need to Reimagine Our Entire System

By Christopher John Stephens

Philip Eng was named General Manager and CEO of the beleaguered Massachusetts Bay Transit Authority on March 27, 2023. When Gov. Healey used the word “desperate” in her introduction of Eng to describe a commuting public looking to turnaround the bedraggled system, few would accuse her of hyperbole. Eng had a tough job ahead of him.



Phillip Eng, MBTA General Manager
Photo courtesy of mass.gov

It’s been sixty years this summer since the MBTA was created as the first combined regional transit system in the United States, serving 78 municipalities in the Greater Boston area. Even then, many of the trains had already been operating for decades.

A system cannot improve without growing pains, and riders certainly felt their share of those in the summer and fall of 2023 with the shutdown of subway sections for long overdue repairs. Astute observers would have known that under Philip Eng’s leadership, a little pain now would be insurance for a more stable future. When he retired in February 2022 as president of the Long Island Railroad, it was enjoying its best performance in its 169 year history.

“When I took over the [the Long Island Rail Road], it had the worst on-time performance in decades. Little by little, we invested in the things that caused those problems” and turned around performance, Eng noted in his first Boston press conference in March 2023. During a press conference. “Sometimes you have to spend a

little money to save a little money.”

Who would want to take the helm of this system? Would it be the equivalent of riding a train to nowhere? Philip Eng is a leader and a commuter. He spearheaded the “LIRR Forward Initiative” in 2018 that called for the replacement of 10 track switches in six months that were responsible for 40 percent of all switch problems. His early efforts for the New York City Subway Action plan helped that beleaguered system start on the road toward updating train signals to help decrease delays, adding more escalators and elevators to stations, rehabilitating Penn Station and extending the Second Avenue subway line into Harlem. What similar plans are in store for Boston?

SAMPAN spoke recently with Eng about public service, community safety, and the overall vision he has for keeping the MBTA on time, stable, clean, and safe for all.

SAMPAN: What did you expect you’d find and what did you end up finding in your first few weeks here?

Phillip Eng: I was born and raised in New York and spent 40 years in transportation in the New York market. When this opportunity came up I did my due diligence research. I saw the FDA safety management effort that was ongoing and many of the things that were affecting people’s travels and people’s lives. I knew how transportation supports quality of life economy businesses and even just enjoying the purpose of transportation, for work or play. It was exciting for me because I had always been a public servant for my whole career. I came here to have the opportunity to join a state that is so vibrant in the northeast.

We’re trying to support the travel needs of everybody and that’s always been the case. While it’s a very tough challenge working in the northeast because of the population density and the amount of people that use the system, it’s also an exciting challenge. How do you fix something and still provide the same level of service that people need despite some of the things that you know make the job harder? I really do enjoy the opportunity and I do relish the excitement of helping turn things around and rebuilding public confidence in the system.

SAMPAN: Many have been complaining, rightly or not, that nobody seems to get things better. How do you plan to build on the trust so essential to a position like yours?

Phillip Eng: I do want to keep open lines of communication and maintain a healthy dialogue with people. I’ve learned over my career that while we may be in the transportation profession and have ideas, if we don’t listen to people on specific needs and specific concerns sometimes the product will not be what people are expecting. Dialogue allows an agency to take that feedback and incorporate it into the solution and at the same time it proves to the public that we’re listening. We know that the disruption from the closures now is less impactful than if we continue to allow the system to be in disrepair. Slow travel makes businesses close and people move out. We need to fix things much sooner. That rebuilds confidence and restores the ability for people to actually think ahead about raising their families here or opening a business here because our forecasters are telling us that in two months or at the end of 2024 the system will be running more reliably, safely and frequently.

SAMPAN: Could you elaborate on your plans for a safer mode of transportation?

Phillip Eng: Right now we’re seeing a much stronger ridership on Tuesdays, Wednesdays and Thursdays. With remote work, Mondays and Fridays tend to be a lighter travel day. We also see a shift in the hours because folks don’t necessarily just have to work from 9:00 to 5:00 anymore. Some businesses have allowed them more flexibility in the work hours. What you’re seeing is sometimes some people can leave earlier or later so the rush hours are a little more spread out.



Photo: © R. Philip Dowds

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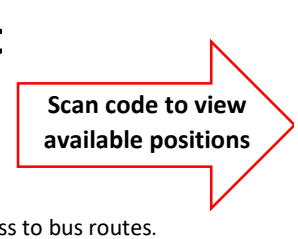


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The ridership for our light and heavy rail is probably around 60% of pre pandemic I believe the commuter rail is actually probably the strongest in the nation returning around 90% and I think that has to go to with the fact that commuter rail on time performance is very high, around 93%, and that makes riders more confident. That's what we're going to do with the subways. The many things that were occurring gave people the feeling that the system was unsafe. I want them to know that it is safe but I also want them to know that we are working very hard to restore the level of service, the timeliness of the service. They are starting to feel it with every piece of work that we finish and as we restore the system we'll demonstrate that we can deliver as we promised.

2024 will be a big year for us. I really do thank Governor Healey and her administration for all the support last year. We had a record hiring historic hiring here at the T. I think we reported yesterday at the subcommittee meeting of over 77,130 additional headcounts and over 1,400 new hires, exceeding the governor's commitment of 1,000, so that is also crucial. Rebuilding the workforce and giving employees a system that they're proud to work in goes a long way in terms of convincing people to make their careers here at the MBTA

SAMPAN: You mentioned Governor Healey's commitment to you. What does that really mean in terms of 2024, maybe even 2025, in terms of funding? What do you still need to get done?

Phillip Eng: The support of Governor Healey, Lieutenant governor Driscoll and Secretary/CEO of the Massachusetts Department of Transportation Monica Tibbits

has been instrumental in terms of my ability to be successful and make some bold decisions. Knowing financially that we had support for the hiring and that they are invested in making sure transportation is supported is great. I know there are so many competing needs across the state and that there are very difficult decisions ahead, so when the projected budgets are finally finalized we will make best use of those dollars. If we invest in transportation, those dividends will go back to the community we serve because it is a symbiotic relationship. Communities, businesses, and residencies thrive with a strong, supported public transportation system.

SAMPAN: Are you planning right now to increase the subway lines out to heretofore unreached communities? Is the commuter rail system reliable? So many people don't wanna drive but they really don't have any other way else to get into work. I'm thinking of the systems in Lowell and Lawrence being modernized and made more accessible to lower income communities.

Phillip Eng: Right now we need to reimagine our entire system. We're working very hard to bring the bus operation headcount back to where it used to be. Restoring a bus service is important even if it can't reach every community. I think the Lynn ferry and our ability to not only provide new service but to extend the months of service is something that we continue to look at and commuter rail as it goes further out.

How do we decarbonize commuter rail? We definitely do need to go further into communities that don't currently have mass transportation options. Those are all things that we will be looking at as we look at this new capital investment plan for the

next five years, projects that are already in progress but also crafting the capital program that allows us to deliver on commitments and expand the system. That's the exciting part of being in transportation or in any agency that delivers projects. We need to invest in maintaining and bringing our system to a state of good repair. It's also important for me and exciting to see how we can plan for the future because as communities grow and as the state continues to grow we need to be ready to deliver those projects. They don't happen overnight, as everyone knows, but we need to be thinking ahead because we're not just building a system to provide service but today we're building a system that provides service for our children's children. We want our families to be able to set permanent roots here and that means all parts of the Commonwealth. I don't have all the answers to that piece yet but it's exciting as we look into this capital investment plan we will be putting together.

SAMPAN: How does Boston compare with New York City or LA when it comes to dangerous public transit? I was wondering what you're thinking right now about the level of anxiety and how real it is and how you are handling that?

Phillip Eng: Safety is essential, especially hiring and training transit police. I know they're not at the numbers they need to be but we're going to continue. There's a current class right now in training that will add to not only our police forces but all the forces. They're very robust training programs. Some of the things that I've been doing is setting up a working committee internally to better understand their challenges. Sometimes these challenges can be solved with other means and that's what we're going to do based on feedback from the public. We plan to improve our stations and that means cleaning them up and sometimes when you walk into a station and it's not well kept people treat it differently. If it's well kept, people will help it stay that way.

We're going to improve the lighting in our stations. In some areas where people have raised concerns about safety we put things such as mirrors so if you're walking around a corner you can see if there's something happening. That doesn't mean that person's doing something bad, but it gives people a sense of comfort. If you're walking down a corridor, you'll be able to see. Those are little things. We plan to continue making sure our inspection programs and our systems are safe and if there's things that you know transit police can help us with in terms of people gathering where they shouldn't be for too long.

There's a lot of social things that are in society and we want to continue to work with those agencies that are best trained to help people with different needs. We need to make sure we're working in collaboration with them so it's a lot of different components. Safety is our top priority and every day we cannot lose sight of that.

SAMPAN: It seems extremely important to spend more time in terms of helping the transit police forces understand how to deescalate and how to help people who are in mental health trouble handle that as best as possible because that's what we all need to do. The police are right there in the front and so they have to do it the best. Are you working with the transit police to institute additional training?

Phillip Eng: The police agencies across the country have a very tough job very tough job and they're dealing with societal issues that do require unique training. Those are the things that I need to make sure that not only the police but even our staff have the real appropriate guidance and training and procedures because we need to de-escalate, not make things worse. We need to understand why these situations are occurring. It doesn't always mean someone's looking to do something bad. It just means they have challenges in their own personal lives that we all have to acknowledge.

One other big thing in addition to the things that we talked about that I also think ties into the improved infrastructure and improved service and hopefully the return of ridership is making our stations more vibrant and encouraging more people to travel. I think everyone felt that even in New York and here that when people stop commuting or going out it creates isolation. As people come back there's a greater level of comfort because you're now amongst many and not just walking in an area by yourself. All of these things, and continuing to promote all the safety efforts we're instituting builds people's trust back and then hopefully everything will follow from that.

SAMPAN: Is there anything else you would like to share with Boston?

Phillip Eng: Well, you touched on most everything. Just know that the workforce, myself, and this administration are committed to quality of life issues. We are committed to fulfilling people's expectations. There are exciting times ahead and I look forward to more conversations in the future.



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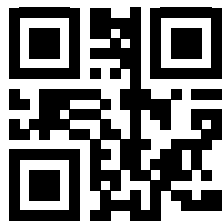
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2月7日 星期三, 晚间 6:00 - 7:30 点

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Question? Contact/有疑问? 请联系:

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Boston Redevelopment Authority (“BRA”)
d/b/a Boston Planning & Development Agency (“BPDA”)

INVITATION FOR BIDS

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Riley Moran; 857-294-5009; Riley.Moran@boston.gov

The Boston Redevelopment Authority (“BRA”) d/b/a Boston Planning & Development Agency (“BPDA”), by its Chief Procurement Officer (“CPO”), is pleased to issue this Invitation for Bids (“IFB”) to perform construction services for the “**Building Envelope Repairs at China Trade Center**”. The IFB is issued in accordance with M.G.L. c. 149, as may be amended. This IFB package will be available to download on the BPDA Procurement Portal free-of charge in **digital print** form to all interested respondents on **January 22, 2024, 9:00 A.M.** at bostonplans.org/work-with-us/procurement-portal. All responses to this IFB must be returned no later than **12:00 (noon) on February 29, 2024**, to: Teresa Polhemus, Secretary, Boston Planning & Development Agency, One City Hall Square, Room 900A/Receptionist, Boston, MA 02201-1007. Michelle R. Goldberg, Chief Procurement Officer

Chinatown Worker Statues Show the 'Greatness of Our Immigrant Community'

By Brandon Wong

[Editor's Note: SAMPAN first spoke with sculptor Wen-Ti Tsen nearly two years ago as he was preparing for the opening of his exhibit "Chinatown Worker Statues: A Statue In the Making." As noted in his artist statement, the mission of this art is to examine "the intersectionalities of people, work, and forms of social constructs." The exhibit opened October 27, 2023. Interested readers can still see the exhibit through its closing day, February 17, 2024.]

Arranging the assorted tools at his workspace, Wen-Ti Tsen stood adjacent to a clay sculpture at the Pao Arts Center. Resembling the appearance of the famed terracotta warrior, the figure depicted was a laundryman. The character represents one of the four workers that make up the Chinatown Worker Statues project, an initiative commemorating the historical occupations of Chinese immigrants.

Born in Shanghai, Tsen left China at the age of 13 following WWII. After growing up in Europe, the artist continued his journey of exploring art and soon developed a penchant for creating works characterizing the cultures of different communities. Initially, he disliked being taught Chinese philosophy in a Confucian manner, but Tsen later learned to love it.

Sampan recently spoke with Tsen about the significance of his efforts and the lengthy process of this project, both in coordinating the undertaking and crafting these statues.

"I see the greatness of our immigrant community," he said.

Each of the four molds, eventually to be cast in bronze, illustrates a different role once common to Chinese immigrants in Chinatown.

One figure portrays a laundryman with his hand on a load of laundry while another exhibits a restaurant worker cutting up a roast duck, a traditional Chinese dish. These two positions were occupied by young men due to the Chinese Exclusion Act of 1882, which prohibited women and children from entering the country. Following the repeal of this law, the arrival of many families prompted a shift in



Wen-Ti Tsen

culture and work. From the technological advancements of the 1960s, such as the rise of laundromats, additional hand-wash laundry workers were no longer necessary. Hence, female immigrants started working in garment factories; this situation explains the third statue, an individual toiling with a sewing machine.

"Garment workers usually worked from 8 a.m. to 5 p.m. or regular hours. The cooks often started at 3 in the afternoon and worked until midnight. In many cases, they didn't work in Chinatown, but in far-away suburbs and surrounding states," Tsen said.

As a result, many families had grandparents come and live with them. Their responsibilities would mirror a typical parent's: taking care of the children, prepar-

ing meals, and other duties of that nature. Designing the fourth and final statue as a grandmother with her grandchild, Tsen delineated, "I consider the grandparents very much as a worker, even though they weren't paid with wages. They worked all day and took care of everything in the house when the parents were working."

A notable development from the parents' constant labor was the increasing disconnect of families "being Chinese." A myriad of reasons contributed to this notion, particularly the linguistic barrier. As English became the dominant language for the children, coupled with a lack of close association with their parents, both parties slowly started losing the basic principles of what "being Chinese" constituted. Only the influence of grandparents conveying

important values to younger generations would incite greater activism for equality and anti-discrimination, showing the vitality of the child being able to carry on the Chinese heritage and tradition.

"The child and grandmother is actually the most important one for me...the child has that look that his future is being created at that moment. The grandmother realizes that I'm responsible for giving the child the energy to go far and become somebody."

While these statues pay tribute to the progress of Chinese Americans, they also reflect the racial discrimination immigrants faced.

"[The laundryman] could be a photographer or writer in China, but America did not allow that kind of profession. The only job available to him was washing dishes or clothes," he said. "I don't want him to be a generic person. I see a history behind him. At this counter, this is his domain and he has an agency over it. Once over that border, he will face all kinds of prejudice that is out of his control. But when he's standing there, I want to show he has a lot of capability and dignity within himself that he has a life and future."

This idea is demonstrated through the statues looking directly at the viewer rather than at their work to accentuate the sense of compassion.

As Tsen works, he keeps the Buddha above his station, citing him as an inspiration.

"He has an expression of not doing anything in particular and has a face you cannot exactly describe. This is what I want to convey in the statues." The gravity of the relationship between these inanimate objects and the viewer dials down to the latter not being able to pinpoint a statue's thoughts or project one's own beliefs into the figure; this quality is what Tsen considers the framework of a good sculpture.

Speaking on his experiences of being in Chinatown, Tsen asserted, "When I first came, I realized the Chinese culture in Chinatown was quite different. The way they talk, the way food is cooked...it was not until I was 50 that I started to connect more with the Chinatown community." The Mayor's Office of Arts and Culture recently provided \$1 million to fund the project, and once completed, these statues will be placed at various locations around Chinatown. In all, Tsen hopes the viewers looking at these workers see the duality of them being fully Chinese and American.

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Chinese Horoscope 2024 Feb 10 - 2025 Jan 28

By Han Teen SEE

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Rat

General

The 2024 Dragon Year will be a good year, but it can be more eventful than you would like. For those born in the Year of the Rat, you will likely feel that you are dragging yourself through the year. There will be promotion and recognition at work. You will be excited about what you are doing, and can get support from others easily. However, you will be in a bad mood most of the time. You will find yourself fighting with others most of the time. There will be a lot of hostility, and some tensions can become physically violent. Along the way, you will lose support from others, and face a lot of issues at work. The stress and pressure you face at work will have an adverse affect on your personal life. Your finances will be good, but you will incur huge expenses. Your health, safety, and romance will be poor. If you are already in a relationship, there will be a lot of arguments. Your partner may be going through a difficult time. You will have great difficulties getting along with others and there will be a lot of scandals and sabotaging. Your emotional intelligence

plays an exceptionally important role for you to pull through and excel in 2024. Do work on it and leverage on the favourable conditions that present themselves.

Career

In 2024 Dragon Year, your career luck will be considered good, but it will be a rocky one. You will be full of drive and passionate about what you are embarking on. Your passion will be contagious. You will be able to gain strong support from the relevant personnel in what you are doing. Your bosses and authority figures will provide you with the necessary authority to execute your plans. There are signs of promotion and recognition, there may or may not be pay increments. Even if there are, the amount may not be significant. However, there will be significant increase if your salary is commissioned-based. As you will likely to be anxious and impatient about reaching your goals, you will overlook other people's opinions, position and feelings. Being quick-tempered and emotional most of the time will likely worsen situations. You will give callous comments and will often communicate in a curt manner. You will also not realize that you handled matters in rather crude ways. Often, you will throw your colleagues and business associates under the bus. Some will endure you, while some will have direct confrontations with you. Those who endure you will likely betray, backstab or sabotage you. Those heated arguments on the other hand, can turn into physical

violence. You will in turn lose support from others, which will cause a lot of hindrance to your career advancements. Bear in mind that to be successful, team effort will be required. No matter how anxious or impatient you are, relationships management and communication skills are two important factors that will determine how far you can go in your career. Be respectful. Choose your words carefully to be politically correct and effective in delivering your message. Professional reputation will be essential. Control your temperament and watch your mannerism. If you are able to control your behaviour and manage your social and communication skills, you will be able to minimize the potential problems and optimize your favourable conditions for your career in the 2024 Dragon Year.

Wealth

Your finances in the 2024 Dragon Year will be better than the previous year, but you may difficulties in keeping the money attained. There will be some chances of pay increments, but either the chance will not be high, or the amount will not be significant. On the other hand, you will likely earn more if your salary is commissioned-based. You will likely reap huge profits from investments and winnings from gambling. You will also be receiving money that has negative connotations, such as inheritance and medical payouts. Even though you may be receiving a lot of money, you will have huge expenses on legal, medical, bailing yourself out of troubles,

and being cheated or scammed. Hence, if you can keep yourself safe, healthy and stay out of trouble, you will be able to save a lot of money. If there are money-making proposals that sound too good to be true, they are most likely scams. If there are people trying to frighten you into paying, calm yourself down, and verify the situation with the relevant official authorities. By being careful and not greedy, you will be able to save a lot of money.

Relationship

Relationship matters will not be good in 2024. If you are single, this will likely remain the same. If there is someone who are interested in you, the person will likely just want to take advantage of you. If you are interested in someone, try not to let anybody know, because there will be a high risk of others bad-mouthing you to the person, or making you look bad in front of that person. Give more time to observe the person before making any moves. If you are in a relationship or married, there will be frequent fights, or your partner will be going through a difficult time. Your partner may also face life-threatening situations. Be patient with your partner, as any kind of fight will only damage your relationship. Your partner will likely need your support during this year.

Health

Your health and safety will be poor in 2024. Your immune system will be weak. This will cause you to fall ill easily, and you will need a long time to recover. If you have chronic illnesses, your conditions may worsen. You may need to undergo operations and other invasive procedures. You will also be highly accident-prone, especially those that are related to traffic, sprains, fractures and sharp objects. You may become a victim of violence. Try to refrain from having direct confrontations with others as they may escalate to physical violence. If there are heated arguments, a fight may break out, or others may choose to ambush you at a later time. You may also be the innocent victim who happen to be close proximity to a fight. If you hear people shouting at each other or sense hostility, try to leave the place as soon as possible. Be aware of what is going on around you.

People

You will be facing a lot problems related to people in the 2024 Dragon Year. Initially, many will be friendly towards you, and you will be able to gain support from them. However, when others interact with you more, the relationships will start to deteriorate. You will tend to be impatient and will sound curt when communicating with others. Often, even though the message that you want to deliver can be the same, different choice of words can put a different tone to the same message. If your message can be received in a positive manner, the communication will be effective. If not, the communication will cause adverse effects. Do choose your words carefully. You will also tend to overlook other people's needs and opinions. There will be many occasions that you will be rude to others or will throw others under the bus. Not only will you be offensive, but direct confrontations will also be expected. Some of the heated arguments will become physical violence. If you notice that the person you are talking to have reached his or her boiling point, try to take a break, and let all involved parties have space to calm down. If you are upset or feeling down, your judgement will be distorted from the reality, and you will likely adopt crude methods which can worsen situations. Thus, try not to handle situations when you are upset, and pay attention to your mannerism always. There will be a lot of scandals, betrayals, backstabbing and sabotaging. You can be friendly, but do not be too trusting. Bear in mind that no one can be successful alone. It is usually a team effort. How well you can manage relationships with others will determine how high you can strive in life.

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General

In the 2024 Dragon Year, those born in the Ox Year may not be exceptionally lucky, but their luck will be much better than last year. Your career progress will be average if you do not get into trouble for being stubborn, get into scandals, make mistakes, violate policies, and have office affairs. You will be able to reduce and avoid potential problems by being careful and staying focused on your career goals. Your finances will be slightly below average, but it is unlikely that you will have financial troubles. Affairs of the heart will be considered poor. You will have equivalent chances of meeting someone special, and someone who just wants to take advantage of you. If you are already in a relationship, there will be fights and risks of having affairs. If not well-managed, there may be separation. Your health and safety will be poor. Although you may not necessarily face life-threatening situations, the quality of your life will be badly affected. You will be facing a lot of people issues despite improved support from others. You will be advised to work on improving your inter-personal skills, be alert, focused, and avoid gossiping about others. You should also stay healthy and safe. These will enable you to survive through the 2024 Dragon Year better than in the 2023 Rabbit Year.

Career

Your career luck will be average as you will be able to gain some support from your boss and the management. However, the support will not be strong enough to warrant a promotion, greater authority power, and pay increments. Even though you will be able to gain some support from others, you will feel otherwise. You will tend to ignore colleagues and business associates' opinions and suggestions, and will often do as you will. You will also be forgetful, careless, and distracted. Naturally, you will overlook details and make a lot of mistakes. When all these add up, the tasks and projects that you are managing will often end up unsalvageable, and might eventually fail. You might not face direct confrontations, but many will talk behind your back. Many will relate you with inefficiency, stubbornness, and unlucky to work with. However, this does not mean that you must adopt everything others tell you to do. You will at least need to listen, and be honest with yourself about what is the best way to handle your tasks and projects. You will also need to come up with some techniques that can help you remember things and keep track of matters. For contracts and important matters, you will need to gather important information by yourself and go through the fine prints as there will be some people trying to get you into trouble, such as getting you involved with scandals, or implicate you into violating the law and policies. You will also experience some delays and hiccups. As such, you may want to give more time between your tasks to reduce impacts from the delays. There will be signs of you having office affairs. If you already in a relationship, such forbidden relationship will be exciting, but will not only ruin the long-term relationship that you have established. If you are single, there will be considerations as to whether there is any con-

flict of interest in pursuing this office affair into something serious. If you do not have the intention to do so, it will be best not to get into this. This will not only tarnish your professional image, it will also cost you your job. As mentioned earlier, that there will be many gossiping about you. You cannot control what others say, and you may also not want to gossip about others as well. As long as you can improve working relationships with others and stay focused on what you are doing, you will be able to reduce the knocks and bumps along 2024.

Wealth

Your finances will be slightly below average in the sense that the chances of having pay increments will be slim. The profits from investments and winnings from gambling will be insignificant. At the same time, you will be spending a lot on enjoyment and entertainment. There are signs that you will likely become a victim of scams, or you might lose money due to carelessness and lack of vigilance in your investments. You will lose money and valuables. Fortunately, your finances will be able to cope with your expenses. Even so, you will be encouraged to keep your expenses in check. You may still be paying some of the debts from 2023 Rabbit Year. If you are interested in any investments or money-making opportunities, you may want to do some research and verify information by yourself. Keep an eye on your money and valuables. By being careful, you will be able to keep your finances at the current level.

Relationship

Romance matters will be rather unstable. If you are single, you will have equivalent chances of meeting someone special or someone who just wants to take advantage of you. If you are interested in someone, give yourself more time to get to know each other better before making long term commitments. If you are already in a relationship or married, there will be cold wars or verbal abuse. Some of the tensions will be caused by other people such as family and friends. Do not let others affect your relationship. You will likely feel that your partner is unable to support you adequately. You may also think that your partner is not good enough for you, or the passion between both have simmered

off. You will have high risk of having affairs, and there are indications of a separation. Bear in mind that you are responsible for your relationship. If you want to improve or salvage your relationship, you will need to put in the effort to manage it and re-ignite the passion. If there are any issues, try to communicate clearly. Having third parties involved will only put your relationship at risk and complicate matters. If you no longer want to continue the relationship, it will be recommendable to have proper closure before beginning another one.

Health

Your health will be poor. Your health will deteriorate along the year. In the beginning, you may fall sick frequently due to common illnesses. However, this can become something more serious such as having abnormal growths in the body such as cyst, stones and tumour. There will also be risk of contracting sexually transmitted viruses. You will also have a high risk of accidents. It is unclear what are the types of accidents that you will be prone to, so do pay attention to what you are doing or where you are going.

People

You will be able to gain better and stronger support from others in the 2024 Dragon Year than the previous year. However, you will feel that the support from others will be insufficient. You will tend to decline support from others, and keep to yourself while feeling bitter that you have to combat situations alone. It is unlikely that you will face direct confrontations, but there will be strong undercurrents from others, such as betrayals, backstabbing, misleading and sabotaging. You will be a victim of scams and scandals. There will be many people trying to lure you into troubles or cheat your money. If there are anybody trying to sell you any business plans, proposals or investments, do not take them at face value, or be too trusting. You will need to do research and verify what you have been told. You may want to go through the details and fine prints, leaving no stone unturned. If you can do so, you will reduce the risk of getting into troubles or being scammed. There will be many people gossiping about you. You will likely to get upset when you hear them. As you cannot control what people talk about, do not bother confronting them. You

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Office Hours:
Monday, Wednesday & Thursday 9am - 4pm
Tuesdays 9am-7pm | Fridays 9am-3pm

Informational Meetings
at 4 Gerrish Ave, Chelsea, MA:
• Monday, February 26, 2024, at 7:00 pm
• Wednesday, March 6, 2024, at 7:00 pm

Lottery date:
• Friday, May 10, 2024
Note: Attendance not required to participate in the lottery.

Use & resale restrictions apply. For more info or reasonable accommodations, call Winn Management: 617-884-0692; TTY: 800-439-2370

WinnCompanies

Attention: 25 Sixth St Townhouses Lottery
Selection by lottery. \$75,000 Asset limit for 80% AMI units and \$100,000 for 100% AMI units. An Eligible Purchaser shall be a First-Time Homebuyer

Annual Income	Sales Price	# of Units
80% AMI	\$278,700	2
3 BR - 4.5 persons		
80% AMI	\$240,800	1
2 BR - 3 persons		
100% AMI	\$393,200	1
3 BR - 4.5 persons		
100% AMI	\$347,400	2
2 BR - 3 persons		

Maximum Income per Household Size		
Household Size	80% AMI	100% AMI
1	\$83,150	\$103,900
2	\$95,050	\$118,800
3	\$106,900	\$133,600
4	\$118,750	\$148,400
5	\$128,250	\$160,300
6	\$137,800	\$172,200

* 2023 Area Median Incomes for the Boston MA MSA.

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may not want to gossip about others as well. Do not do unto others, what you do not want others to do unto you.

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Tiger

General

The 2024 Dragon Year will be a good year for those who are born in the Tiger Year. You will likely do very well in your career with signs of promotion and huge increments. Your finances will be good. You will be very busy, travel a lot, move house, or relocate. The more you move about or the busier you get, the more you will prosper. Relationship matters will not be your top priority. You will be facing a lot of problems related to people. While you will gain some support from others, many will be using a lot of underhanded means against you. They will try to make you a victim of scandals and scams. Not only will this cause you to lose money, they will try to get you to violate the law. You will need to handle many matters by yourself, stay on your toes and be focused. Do not be trusting. As you will have limited bandwidth with a lot of matters to handle, prioritize what you need to do. Your health and safety will be poor. There will be death in the family. You may want to take good care of yourself physically, mentally, emotionally and spiritually. 2024 Dragon Year can be a physically strenuous one, but it will be a battle that is worth the fight. Pull yourself together and show determination and perseverance. You will have many favourable conditions that can allow significant progress in life. Be ready for your roar to be heard in 2024.

Career

You will likely excel in your career and will achieve huge career advancement. There are signs of promotions and recognitions. You will be given appropriate authority to execute your plans. There will be significant pay increments and better remuneration. Even though the support from others may not be strong, you will still be doing well. You will be very busy. You will have frequent business trips, office moves or relocation, which can be extremely physically taxing. Although everything may sound good, this can be a turbulent year. You will face many obstacles. Not only this will cause delays and hiccups, but you will also have teething problems that will require a lot of time and energy. It can be frustrating and mind-wrecking. There will also be a lot of betrayals, backstabbing, misleading and sabotaging. Do not be too trusting and be careful of what you share with others. Verify information before using them. There will be some people trying to get you to violate the law or policies. If you need to handle contracts or something important, you will need to gather pertinent information by yourself and go through the details. If you are unsure, seek help from the legal department or professionals. You will need to handle many matters by yourself. Do not be slipshod even if your bandwidth will be limited. No one will be watching your back. You will have some arguments with others. Try to focus on problem solving and getting things done. Even though there will be many gossiping about you, they will not be able to cause any harm. Stay focused on what you need to handle and remain professional at all times. If you are not careful, there might

be huge setbacks in your career. Your main concern is that this strenuous year can take a toll on your health. Do take good care of yourself and prioritize what you need to do in order to achieve significant progress in your career advancement with a huge leap in your paycheck.

Wealth

Your finances will be good in the 2024 Dragon Year. There will either be significant pay increments, or it will be easy for you to earn money. There will also be bonuses and other rewards. You will also be receiving huge profits from investments and winnings from gambling. However, you will also be having huge expenses in this year. You will be spending a lot on traveling, house moving, relocating, medical and legal matters. You may be spending a lot on smoking and drinking. There will be many sudden events that require you to spend money, or you may be cheated of your money. If there is someone proposing money-making opportunities or investments, you will be advised to go through the details and gather pertinent information to avoid being cheated or taken advantage of. If you can keep your expenses in check, stay healthy and safe, and stay out of trouble, you will be able to see significant increase in your bank account statement.

Relationship

Affairs of the heart may not be your priority in the 2024 Dragon Year. If you are single, you will be so busy, or travel so much that you will not have the time and energy to begin a relationship. If you are already in a relationship or married, your partner will likely be upset that you cannot spend time with him or her. Hence, your partner will quarrel with you, or distant themselves away from you. You may want to communicate with your partner about the strenuous year that you will be going through, and how you will need your partner's support. If your partner can understand and be willing to help you out, you will be able to survive through 2024 better. However, if your partner requires a lot of your attention, you will have frequent fierce fights with your partner, which will result in separation. Your spouse may also face life-threatening situations.

Health

You will have a lot of health issues that relates to a hectic, stressful and unhealthy lifestyle. You will likely have gastritis, digestive problems, migraine, and body aches. You will also be smoking a lot, drinking excessively, or putting off exercise plans. You will have inadequate rest, and may suffer from sleeping problems. You will be straining your body and this may put your health at high-risk, which may results in the possibility of serious health conditions such as heart attacks or stroke. You may need to have surgeries or other forms of invasive treatments. As you will have high risk of accidents, do not drive, operate machines or handle sharp tools if you cannot focus. You will also be attacked by animals, so you should stay away from stray animals. If your job requires you to handle animals, you may want to have safety precautions in place. It is understandable that you will be doing well in 2024 and you might like to achieve more. However, your health and safety will be the one of the fundamental building blocks of your success. Only by taking good care of yourself, you will be able to reap the most out from this year. There may be death in the family.

People

You will gain moderate support from others, but you will be facing a lot of people problems. There will be a lot of betrayal, backstabbing and sabotaging. Some will jeopardize your plans or hijack opportunities that are meant for you. Some will try to make you a victim of scandals and scams. Some will even try to get you to violate the law. Do not be too trusting. Refrain from expressing your personal opinions as others will likely to repeat them out of context. If you

have opportunities that you have not decided whether to pursue or if you are interested in opportunities that are not concrete yet, do not tell anyone. If you need to handle contracts or consider business plans or investments, ensure that you do your own research, and gather information by yourself. If you are unsure or lack time, you may need to engage professionals to assist you. Even though you will be deprived of time and energy in 2024, do not be slipshod in what you need to do, as it will require more time and energy to solve problems or troubles ahead. It will be time-saving to do things right in the first place. There will be gossips about you, but you will probably not have much time and energy to be concern about them. You will also have some arguments with others, but try not to dwell too much about the arguments to conserve your energy. Instead, focus on solving problems and getting things done. You cannot control what others do, but you can manage and prioritize what you need to do.

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Rabbit

General

2024 the Dragon Year will be a mixed year for those born in the Year of Rabbit. At work, you will be able to gain strong support from others, but this may not translate to a promotion or increment. You will tend to be arrogant and complacent. This will cause working relationships to deteriorate. Others will adopt underhanded means against you and set you up. Apparently, you will tend to be framed, or get into trouble by people you thought you can trust, family and friends. Your finances, health, and safety will be poor, and your relationship matters can be complicated. You might have the chance to either enter a relationship, or remain in an extended ambiguous phase with more than one partner without clarity on your relationship status if you are single. If you are in a relationship, there will be frequent fights and possibility of having affairs. Among different aspects of your life, you will have a higher chance of prolonging better career luck by being careful, humble, and not gullible. If you can stay out of trouble and avoid being cheated, you will be able to save some money. You will still be able to pull through 2024 just fine.

Career

You will likely do well in your career in 2024 as you will have more favourable than unfavourable conditions. You will be able to gain strong support from the relevant personnel and will have a lot of visibility. There will be a lot of corporate events and you will be asked to give presentations for. Although these may not translate to promotion and increments, you will enjoy what you will be doing and being in the limelight. However, there will be many potential challenges to look out for. As you will gain strong support from others, you will tend to be arrogant and complacent. You will belittle others and prefer to adopt short-cuts when handling matters. Many will get upset in the way you treat them. Some will argue with you, while many prefer to adopt underhanded means against you. Since you will be quite sloppy in the way you handle matters, you will open yourself up to troubles such as being given inaccurate information and failing to follow protocols and have proper documentation.

You might also violate your company's policy might even be framed by people whom you thought you could trust. No matter how good your relationship with your fellow colleagues, business associates and clients are it will be critical for you to ensure that you handle matters according to your company's business standard operation process. You may want to keep paper or digital trails to protect yourself. Do your research and gather important information by yourself. Even if you are not fighting for a promotion, you should at least protect your professionalism and keep your job. There will be a possibility of having office affairs. If this is not managed properly, your professional image will be at stake, and you may even lose your job. You can consider listening to what others have to say even if you may not adopt what they say. You can be quite forgetful during this year, and it will be helpful that others watch over you. At the same time, you may want to have some techniques that can help you remember things and keep track of matters. You can be friendly, but do not be too trusting. Even if you are in the limelight, be humble, stay focused, and keep your feet on the ground. In that way, you will be able to prolong your wonderful time at work in 2024.

Wealth

Your finances will be poor. Your income may not increase, but your expenses will increase tremendously. Winnings from gambling and profits from investments will seem to be unlikely. Instead, you will likely lose a lot of money in this area. Try to refrain from investing and gambling. You will be spending a lot on medical, social activities, enjoyment and bailing yourself out of trouble. Somebody may try to get you to participate in certain business proposals or investments that are designed to cheat you of your money or take advantage of you. If you are interested in any proposals or investments, you will need to be verify information, and do your research before committing. Do not be gullible. As you will tend to spend or use money impulsively, try to keep your expenses in check. You will also lose or misplace money and valuables, and you may have to spend a lot of money due to oversight and misjudgement. You will also often buy other people's meals, drinks and expensive items, and by doing so, you will attract people who are out to take advantage of you. Do spend your limited money wisely. You will need the money for rainy days.

Relationship

Romance matters will be rather complicated in this year. If you are single, there will be more than one person that you are interested in, or there will be more than one person who are interested in you. While you are likely to get into a relationship, you will have a high risk of being a two-timer. Avoid making any commitments if you are unsure of who you like. You will have high risk of meeting someone who just wants to take advantage of you too. Hence, do not get too excited if you were to get into a relationship that sounds like a fairy tale. If you are already in a relationship or married, there will be frequent arguments with your partner which are related to trivial matters. Be patient with each other. If you cannot articulate your thoughts without being nasty, it will be best to keep quiet. There will be signs of you having affairs and the consequences will be drastic. You will likely lose your partner, job, and reputation. If you can manage your relationship well, you will be able to find the love of your life in 2024.

Health

Your health will be poor. You will have many common ailments such as cold, flu and other respiratory problems. If you have chronic illnesses, your conditions will likely worsen. There will be high risk of you having other issues like liver problems, sexually-related illnesses, heart attack, stroke, and mind fog. Among different forms of accidents, you will be more prone to traffic accidents, com-



HAPPY LUNAR NEW YEAR 2024

MAY ALL YOUR WISHES COME TRUE

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muting, drink-driving and cuts. Do take care of your health by improving your immune system, and refrain from over-indulgence in smoking, drinking and sexual activities. If you cannot focus, do not drive, operate machines, or handle sharp tools. If you drink, do not drive. If you drive, do not drink.

People

You will gain strong support from others but will also be meeting many ill-intentioned people in 2024. Instead of having direct confrontations with you, others would rather adopt underhanded means against you. They will make you a victim of scandals and scams. Apart from luring you into trouble, they may cheat you of your money or make you pay with your reputation, relationship, and career. Many who will cause harm to you will be those who you trust, like family or friends. While you will be doing well in this year, you might things for granted, and might not listen when someone tries to caution you about the potential problems. Your focus will be weak, which will put you in a further risk of getting into trouble. You can leverage on your popularity, but do not be trusting or presumptuous. You will still need to exercise care when interacting with others. If there are people who propose any business or investment plans or proposals, you will need to do some research by yourself and verify information. You can delegate work, but will still need to be responsible when handling pertinent information and critical documents. Friendliness do not equate honesty. Others can have their own agenda, but it will be critical for you to protect yourself. If you were to get complacent, you might risk experiencing sudden failure. You can leverage on your social skills and support system, but will still need to stay alert, be cautious, and do not be too trusting while keeping your feet on the ground. By doing so, you will likely to do well in 2024.

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Dragon

General

We will usually expect the zodiac to have a very challenging year if it meets its zodiac year. Fortunately, this will not affect those born in the 2024 Dragon Year, which will be a better year than expected. However, it will still be an erratic year which should not

be taken lightly. In terms of career, there will be promotion, recognition and opportunities to display your talents. You will be given the relevant authority, but pay increments will be unlikely. Your career will be plagued with many obstacles. Your finances will be poor and you will have financial troubles. Although you will have poor health, it should not be life-threatening. However, you will have safety issues that will be life-threatening. Your romance will also be troubled. You will be facing many problems related to, or caused by people. These can range from being involved in scandals and victim of scams, to being physically attacked by others. Being someone with high self-expectations, you will likely get upset that 2024 did not go as planned. Allow yourself to drop the ball from time to time as long as you can contain the damage. Move on and focus on embracing opportunities, stabilizing situations, and counting your blessings. The year will be over before you know it.

Career

The Dragon Year will be considered an unstable year for you. On one hand, you will be able to gain strong support from management and the relevant personnel without spending much time on building rapport. You will also have the opportunities to showcase your talents and strengths, and be given the authority to execute your plans. There will be indications of promotion and recognition, but increments will be unlikely. However, on the other hand, even with so many favourable conditions, luck is not on your side. There will be a lot of sudden crises, and you will need to have contingency plans in place. You will have heated arguments with others, but this should not be too often. There will be many people who will betray, backstab, mislead and sabotage you. You will be misled to violate rules and regulation. If you have to handle contracts and agreements, give yourself adequate time to go through the details, and you will need to gather pertinent information by yourself. If you are unsure, seek help from the professionals or the legal department. Do not assume. Some will try to make you a victim of scandals. You may want to follow the law or company's policy diligently. You will also experience delays and roadblocks, and some of your projects will be canned. You will likely to feel that you cannot get adequate support from others, or you will prefer to be left alone. However, the reality is that you will be able to gain support, but you will indulge in your own thoughts instead. As such, while you can have your personal space, you should also try to have moderate interaction with others in order to know what is going on around you. This will enable you to protect yourself better. Do not live in your own ivory tower. You will also be forgetful, get distracted easily or be careless. This will cause you to make mistakes more often than usual. You will often feel frustrated at work and dissatisfied with what is going on. However, situations will not be as bad as you think. As long as you are appreciative of the support you receive, stay careful with

what you are doing and where you place your trust, you will likely do well. You can be determined in doing well, but this will not be a good year to look for perfection. Instead, by counting your blessings and staying focused on what you are doing, you will be able to reduce the potential problems and embrace opportunities that come along. For those who are born in the Dragon Year and working in industries that are related to culture, media, entertainment and social work, you will likely to better than those who are not.

Wealth

Your finances will be poor, with possibilities of having cash flow and financial troubles. You will have great difficulties in earning money if you are not receiving a fixed income. If you are receiving a fixed income, pay increments will be unlikely. You will have huge expenses on medical and legal matters. You will likely lose a lot of money by investing on something that you are not familiar with. If you plan to invest, you may want to do some research or seek help from professionals instead of jumping into them blindly. You can consider avoiding investments and gambling. You will likely be cheated of your money or get robbed. You will also spend impulsively, so you should focus on reducing your expenditure instead of looking at growing your wealth.

Relationship

Romance matters will be poor. If you are single, you will feel lonely, but may not be keen to be in a relationship. You can consider making more friends, and only get into a relationship when you are ready. If you are already in a relationship, there will be a lot of tensions related to your intimate behaviour with others, which may cause misunderstandings. Apart from frequent fights, there may be separation if not well-managed. While you can keep your good friends, you should also set clear boundaries with them. When misunderstandings arise and fester, you will add on miseries and problems to your erratic year. Try to nip them in the bud or clarify your intentions to avoid any misunderstandings.

Health

Your health will be poor, and you will tend to fall ill easily or frequently. You may also need to undergo some procedures or surgeries. Although these are not life-threatening situations, your weak health will cause you to be lethargic most of the time, which makes it difficult to cope with the many problems that may arise along the year. You will be prone to accidents that can be life-threatening. Among different forms of accidents, you will be prone to accidents that relates to traffic, commuting and cuts. You will also have other safety issues such as being mugged or attacked as an unlucky passer-by. Avoid dark alleys, unfamiliar places, or going to unsafe places. You will be emotionally and mentally vulnerable, and will likely to suffer from anxiety and depression. This may lead to other problems like insomnia. Do seek professional help as soon as possible before it snowballs to something beyond control.

People

You will be having a lot of problems caused by people intentionally. Although you will gain support from others, you will either feel that the support is inadequate, or prefer to be left alone. In reality, you can gain support from others, but you may not appreciate it. You will also have heated arguments with others, but fortunately, they will not turn violent. You should note that arguments will not be able to solve your problems effectively, and instead, they will badly affect your mood. Thus, try not to have direct confrontations with others. You will also likely become victim of scandals and scams, or be cheated of money. Be careful of what you are doing and do your research before committing to any tasks or investments, especially if you are venturing into unfamiliar grounds. You might also get mugged. Avoid straying into dark alleys or unfamiliar places, and do not flash your money and valuables in public. You will likely get attacked for being in the wrong place at the wrong time. Although this may not be intended, you will be badly injured. Do not put yourself in such risk. Avoid going to riotous and war-torn places. If you sense that there are some tensions or hostility in the air, try to leave the place as soon as possible.

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Snake

General

The 2024 Dragon Year will be a good year for those born in the Snake Year. You will likely achieve huge career progress which comes with pay increments. There will be many opportunities for you throughout the year. You will be popular and can gain strong support from others easily. There will be a lot of entertainment. You will have a lot of enjoyable time during the year. However, while you are doing well, you will have risk of sudden downfalls. Even so, you will have many favourable conditions to reduce or eliminate the problems and troubles from occurring. Your finances will be above average, but can become strained along the year as your expenses increases exponentially. This will worsen if you were to get into financial disputes with others. Your health will be average, but safely will be below average. Romance matters will be quite intense. If you are single, you will attract many people. These include either the love of your life, or people who are out to take advantage of you.

Boston Redevelopment Authority ("BRA")
d/b/a Boston Planning & Development Agency ("BPDA")
REQUEST FOR PROPOSALS
Boston's Framework for Greening While Growing
Breeze Outlaws; 617-918-4293; breeze.outlaws@boston.gov

The Boston Redevelopment Authority ("BRA") d/b/a Boston Planning & Development Agency ("BPDA"), by its Chief Procurement Officer ("CPO"), is pleased to issue this Request for Proposals ("RFP") to perform consultant services for the "**Boston's Framework for Greening While Growing**". The RFP is issued in accordance with M.G.L. c. 30B, as may be amended. This RFP package will be available to download on the BPDA Procurement Portal free-of charge in **digital print** form to all interested respondents on **February 5, 2024, 9:00 A.M.** at bostonplans.org/work-with-us/procurement-portal. All responses to this RFP must be returned no later than **12:00 (noon) on March 8, 2024**, to: Teresa Polhemus, Secretary, Boston Planning & Development Agency, One City Hall Square, Room 900A/Receptionist, Boston, MA 02201-1007. Tim Mathis, Interim Chief Procurement Officer

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You will behave cold towards your suitors, which will deter some away. You will get attached to someone who persevere, and there will be possibility of marriage. If you are already in a relationship or married, there will be cold wars and possibility of affairs. Manage your relationship so that you can improve it in this year instead of causing any permanent damage to it. If you are married, you will welcome a new family member. Leverage on 2024 to attain huge progress in various aspects of your life. Most importantly, may you have an enjoyable and wonderful year ahead.

Career

Your career luck will be good in 2024. There will be a lot of corporate events and you will be asked to give presentations. You will be tasked to do projects that you are good at, and can gain high visibility. You will likely be in the limelight for good reasons. You will be charming and magnetic, giving you an advantage when engaging in social situations such as delivering a presentation, negotiations, boosting sales, and asking for what you want. You will be highly convincing and passionate about what you will be doing. You will be focused and alert, which helps you to learn, handle difficult tasks, and manage details well. There will be signs of promotion and pay increments. You will be given the necessary authority to execute your plans. Even though this will be a good year at work, there will be some potential problems to look out for. Most of the problems that you will face will be those that can bring you to your downfall fast and unexpectedly. Although there will be many who will bad-mouth you, the damage will be insignificant. The more severe types of problems will be people plotting against you, hijacking opportunities that are meant for you, and having office affairs that has conflict of interest. You may enjoy being in the limelight at first, but will tend to distant yourself eventually, which might be interpreted as pride. This may cause some to turn their backs on you. The possible damages of the sudden downfall will be that you will put your professionalism at stake, lose your job and have to incur monetary losses. Having said all these, you will have many favourable conditions that can help you reduce and avoid these problems. The odds are working for you to achieve huge career advancements rather than the contrary. Thus, you should simply be alert, not to be trusting, adhere to business guidelines and maintain good relationships with others.

Wealth

Your finances will be above average especially in the first half of the year. It will be easier for you to earn or save money. There will also be profits from investments and winnings from gambling. However, your expenses will increase along the year. You will be spending a lot on indulgence, social activities, and something that relates to beauty and medical. In the second half of the year, if you were to get into financial disputes with others, the price will be costly. Try not to get into trouble. Considering these factors, your finances can be strained if your expenses were to increase exponentially along the year. Thus, stay out of trouble, and keep your expenses in check. That way, you will be able to keep your finances in your comfortable level.

Relationship

There will be a tug of war in your relationship matters. If you are single, you will have equivalent chance of meeting the love of your life, or someone who just wants to take advantage of you. Even if someone is genuinely interested in you, you will tend to put up a cold front and distant yourself away from the person. Whether you will get into a relationship will depend on how well the person can persevere. There will be signs of marriage. If you are already in a relationship or married, you and your partner will have a lot of enjoyable time together, but you will feel that there is an imaginary wall between both of you. There may not be arguments, but you might have a cold war. You will likely

have affairs. This may be exciting at first, but this will not fill the void that you are experiencing, and will permanently damage your relationship. To escape from reality, you might smoke or drink excessively, gamble, and have excessive sexual activities. This will not only harm your relationship, but will also harm your health. You should let your partner know how you feel. You can consider finding a balance between your personal space and couple-time to give yourself some breather, and focus on making yourself a better and stronger person. This will strengthen your relationship. If you are married, you will likely welcome a new family member.

Health

Your health will be average. There will be some common illnesses, but it should not be serious. Most of your illnesses will be related to over-indulgence in food and beverages. You will likely have health concerns with your stomach and intestines. Apart from having heartburn, gastritis, bloatedness, you will likely to have high sugar level, cholesterol, high blood pressure, and food poisoning. Your safety will be slightly below average, with accidents that relates to traffic and commuting. If you cannot focus, do not drive. You will need to watch where you are going.

People

There will not be a lot of problems caused by people in 2024, with only some people talking behind your back and some arguments. However, there will be some severe problems such as people hijacking your opportunities, and bringing to your downfall. There will be indications of having financial disputes. Although you will be having these problems, you will be magnetic enough for people to adore you and provide you with strong support. This will naturally help to reduce and avoid many problems. However, this does not mean that you can let your guard down. You will still need to exercise due diligence by protecting yourself and opportunities that are meant for you. If you were to get into trouble, the consequences are dire. However, you will tend to isolate yourself which will cause others to perceive you as being proud, and they may not give you the support that you need. You may want to keep a good balance of personal space and social interactions. With that, you easily maintain and build rapport with others, which can be beneficial to you.

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Horse

General

2024 will be a good one for those born in the Year of Horse, but it will be plagued with many problems. This will be a physically strenuous year. You will be running all over the place trying to get things done. There will be house moving, relocating and frequent traveling. You will likely be able to excel in your career. However, it will be filled with all kinds of problems. Although you will be able to gain some support from others, the support will be insufficient. You will have to rely a lot on yourself. You will receive a lot of money, but expenses will be high with the possibility of getting into financial trouble. There will be people or institutions trying to cheat you of your money. Your health and safety will be of concern, but should not be life-threatening.

You will have high risk of being attacked by others. There may be a death in the family. Relationship matters will be poor. There will be many different forms of problems happening in various aspects of your life at the same time along the year. Even though each of the problems can be minor, all of them could add up to be something overwhelming, especially so when you lack time and energy. Hence, it will be necessary for you to prioritize what you need to do, and focus on the more important matters. If we cannot keep all the plates spinning in the air all the time, we can, at least, choose to drop the less important ones. By channelling your energy and time to the more important matters, you will be able to better leverage on your favourable conditions, and increase the success rate while reducing the potential problems. In that way, you will still be able to steer your wheels towards a good 2024.

Career

This will be a hectic year at work. You will be busy, or there will be frequent trips. There will be office moves, or you will need to relocate due to work. You will be willing to put in effort, and will be hungry for success. The good news will be that your efforts will pay off. There will be promotion that comes with significant pay increments and better remuneration. You will be given authority to execute your plans. You will have determination and perseverance to excel in your career. Ironically, although you will gain support from others, the support will not be adequate to help you reduce or avoid potential problems. You will have to handle many matters by yourself, especially those that are important, sensitive and confidential. No one will watch your back for you. It happens that when your resources are limited and support is scarce, you will be facing different challenges from all over the place, which can be frustrating and unbearable. You will be having issues with people, such as betrayal, backstabbing, sabotaging and being uncooperative. They will plot against you, or try to drag you into trouble. At the same time, you will also be having a lot of issues with business processes and technical issues. A lot of projects and tasks will be delayed or stopped. Apart from having roadblocks, you will meet with a stalemate. You will have a lot of arguments with others, and some of them may become physically violent. You may also suffer from your company's restructuring, with a possibility of you resigning, being retrenched, or fired. You will be encouraged to prioritize and focus on what you need to do. Even though it can be quite strenuous, you will be encouraged to gather important information and go through vital information by yourself. Do not just focus about moving forward without watching your back from time to time. The Dragon Year will require you to communicate well. You have to agree to disagree at times, and always ensure that you are using the appropriate tone. Refrain from getting into arguments with others, and avoid physical violence at all cost. Even if you will not get strong support from others, you do not want to create enemies. Focus on problem solving and demonstrate a can-do attitude. By doing these, you will be able to benefit from the favourable conditions and be able to mitigate the problems at hand.

Wealth

Your finances will be good, and you will be receiving a lot of money in 2024. There will be pay increments and huge bonuses. You will also be having good earnings from investments and winnings from gambling. You may also receive money from inheritance and insurance payout. It seems that you will be able to gain more money by traveling, moving around, and getting busy. However, there are strong signs that you will incur huge expenses that can cause cash flow and financial problems. Apart from an increase in expenditure, there are many occasions that will require you to spend money. You should keep your expenses in check so you can have enough for urgent matters that will arise fre-

quently this year. You can invest, but only take calculated risks. There will be people or institutions trying to cheat you of your money. Do not lend people money and do not be a guarantor. Do research before committing to expensive items. You will have to manage your finances well to avoid financial and cash flow problems.

Relationship

Matters of the heart will be poor. You will be busy or travel frequently. You will be in a bad mood, short-tempered or impatient most of the time. If you are single, your schedule may not allow you to begin a new relationship. Your crankiness will cause interested parties to shun you. If you are already seeing someone or married, you will not be able to spend adequate time with your partner. You will tend to be impatient with your partner, which will cause a lot of heated arguments. Your partner will also be going through a difficult time such as getting into trouble, or facing life-threatening situations. Do not take out your frustration or anger on your partner. If you cannot improve your relationship, you may want to, at least, not damage it.

Health

Your health and safety will be poor. Although you may not necessarily have life-threatening situations, your health and safety can be serious. You may have heart attack, stroke or conditions that can compromise your immune system and functions of your nerves. You may need to undergo procedures or surgeries. There will be problems relating to muscles and bones as well. You may suffer from sprain and fracture. You will also be prone to other accidents that relates to traffic, commuting and cuts. You may be attacked by others. You will feel emotionally and mentally burnt out. If you do not take care of your health and safety, your progress in 2024 will be badly hindered, and 2024 can become a tough year to pull through. There may be a death in the family.

People

You will gain moderate support from others, and there will be slightly more problems caused by ill-intentioned people than in other years. With so many different problems happening in different segments of your life, any minor additional people problems will become overwhelming for you. There will be people plotting against you, victimising you in scandals and scams, cheating you of your money, backstabbing and sabotaging you. There will even be arguments and physical fights. Having lack of time and nobody to watch your back for you, you can only rely on yourself. You can be friendly, but do not be gullible. You will need to handle important matters and go through the details by yourself. As long as you do not let greed blind your judgement, you will not be dragged into scandals, and it will be difficult for others to scam or cheat you of your money. Even if you are not keen to improve your relationships with others, this will not be a good year to take your frustration on others or create enemies. Reducing any forms of potential problems will be helpful for you to stay physically and mentally in check, and pull through this year better.

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Goat

General

For those born in the Goat Year, 2024 will likely be an average year. You will be able to gain better support from others, and there will be much lesser problems caused by others intentionally. Although you may not likely have excellent performance at work, there should not be major pitfalls. Your finances will also be average. Romance matters will be good. Your health and safety will be poor. This will not only cause you to feel tired most of the time, you may not be as mobile as you hope to be. This will certainly play a part in hindering your progress in 2024. There will be two potential problems to look out for. Firstly, you will lack focus, which will cause you to make mistakes and be accident-prone. Secondly, you will tend to be framed or get into trouble by family, friends, and people who you thought you can trust. This potential problem will have a devastating impact on your career and finances if you are not careful. You will likely to do fine in 2024 and you can still proceed to put your plans in place, but you will still need to avoid being overly ambitious or aggressive.

Career

2024 will be an average year for you. You will be able to gain strong support from others, especially from female bosses and management. However, the support may not necessarily translate to something material. Promotions and pay increments will be unlikely. You may not even be given the relevant authority to execute your plans. Fortunately, this will not be causing major problems to you. Although 2024 will not be a fantastic year at work, it will also not be a nightmare. There will be three potential problems to look out for. The first problem is that there will be many people talking behind your back. These may cause some frustration when you get wind of it, but the gossips will not cause any significant damage. You should ignore them instead of explaining yourself to

them. The second problem will be that you will be careless, forgetful and get distracted easily. This will cause you to make mistakes and overlook details. It will also be much harder for you to absorb information and new techniques. You may want to come up with some techniques that can help you remember things and keep track of matters. Remind yourself from time to time to stay focused. Although it can be difficult, you will be able to improve your focus by determination and self-discipline. The third problem however, will be more severe than the other two. There will be people framing you and trying to drag you into trouble, or they may hijack your opportunities and make you a scape-goat. Regrettably, people who will inflict harm on you will be those whom you thought were trusted friends or family. Thus, it is important that you stay focused and alert in whatever you are doing. You will need to know the details, abide by the law, and keep a paper and digital trail to protect yourself. Trust no one and protect yourself. These three potential problems can be easily reduced and avoided by being careful. As long as you will take the necessary precautions, you will be able to do fine in 2024.

Wealth

Your finances will be average. You should not have difficulties in earning money, but may not be expecting significant improvements in your finances. Pay increments will not be likely. While earning from investments and winning from gambling will not be a lot, there are indications that you may be losing a lot of money due to getting into wrong investments or gambling in the wrong type of game. Your friends, relatives, or people who you trust may cause you to lose a lot of money. You will be advised to avoid investment products that you are not familiar with. Limit the amount that you will put in games. Although you should not need to specifically keep your expenses in check, sensible wealth management should be exer-

cised in order for you to maintain a healthy financial status.

Relationship

Relationship matters will be good. If you are single, this will be a good year to increase your social circle and you will likely meet the love of your life. If you are already seeing someone, you will likely get married. Your relationship with your spouse will likely improve. Although there may be some arguments caused by others if you are already in a relationship, these will not be able to cause any significant damage to your relationship. Both of you will still be loving and supportive towards each other if you do not let others influence your relationship.

Health

Your health and safety will be poor in 2024. Although you should not have life-threatening situations, your health and safety will cause you to be lethargic and frustrated most of the time. Your immune system will be weak, and this will cause you to fall ill often. You may be doing exercises, but it will be important to take note of what you consume. Avoid oily food and those that are highly processed. You will likely to suffer from a lot of body aches and pain and there will be a lot of inflammation in your body. As your focus will be weak, you will have high risks of accidents. You will suffer from fracture, sprain, pulling of muscles and cuts. You will need to watch where you are going. If you have difficulties in focusing, do not drive, operate machines or handle sharp tools. You may need to have surgeries or receive invasive procedures.

People

The magnitude of people problems that you will face in 2024 will be minuscule as compared to 2023. You will be able to gain stronger support from others in 2024 than in 2023, which can help to alleviate potential problems. Even so, there will still be prob-

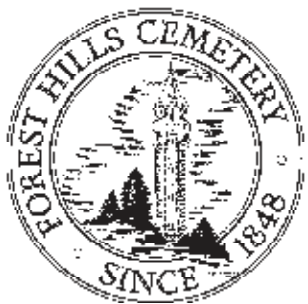
lems to look out for. There will be a lot of gossips about you. You may feel uncomfortable about this, but try not to get too bothered as the impact is insignificant. There will also be people trying to mislead, sabotage or plot against you. There are strong indications that they are your family, good friends, or people you trust. This means that you are likely to be harmed by someone within your close circle. You can maintain cordial relationships with them, but do not be gullible or trusting. Try not to share too much information with others, especially those that relate to your plans and opportunities. As the problems related to people will not be severe, they can be easily resolved or avoided if you are mindful about them.

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General

2024's Dragon Year will be an above average year for those born in the Monkey Year, and much better than 2023. You will likely see some career advancements, and your finances will be strong. However, relationship matters will likely to remain status quo, and your health and safety will be below average. Even so, you should not have life-threatening situations. There may be deaths among fam-



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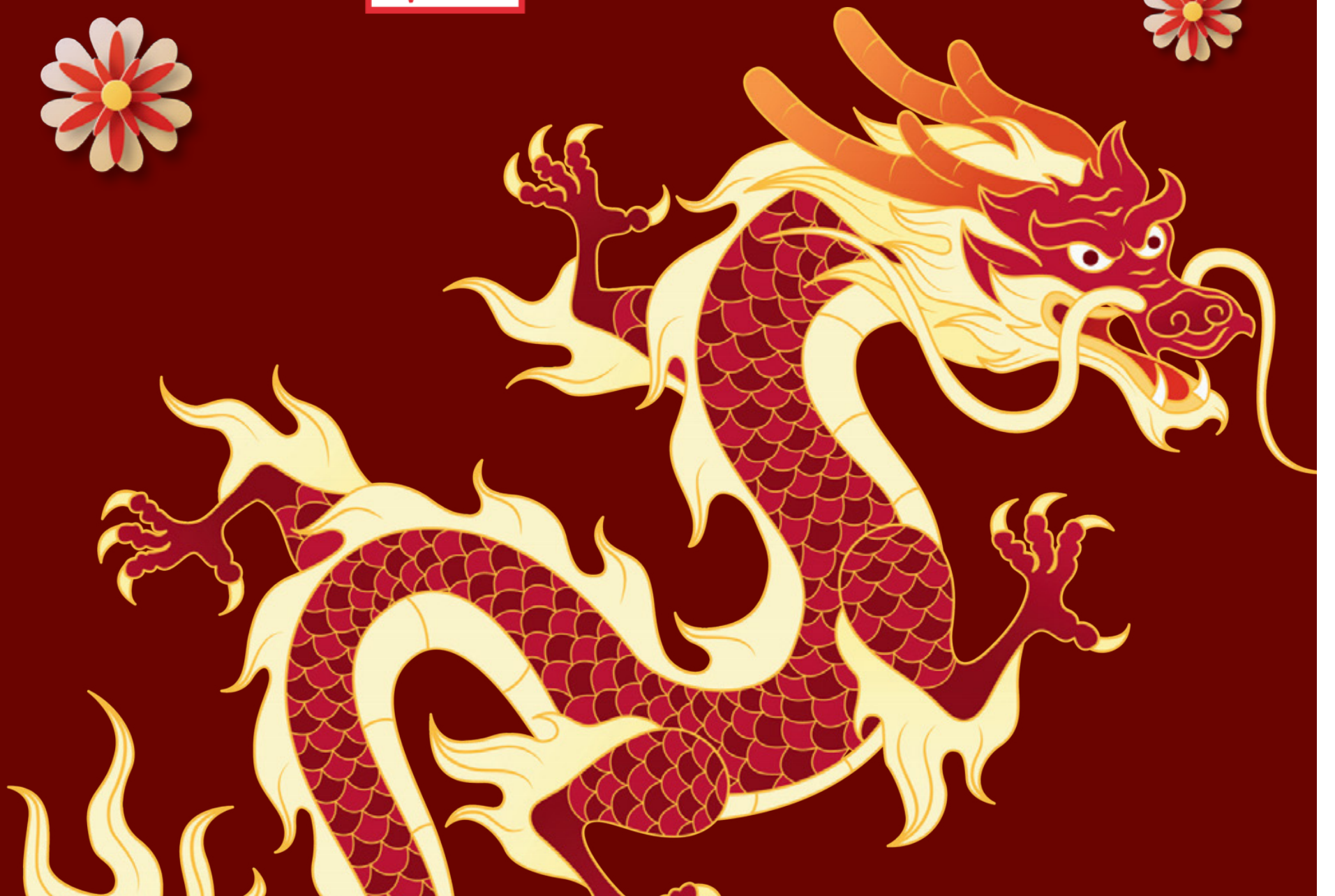
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Health and Joy

Happy New Year 2024



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ily or friends. The major potential problems that you will face will be problems caused by people intentionally. There will be a lot of gossips, betrayal, backstabbing and sabotaging. People will plot against you or try to drag you into trouble. Although this may sound rather bad, these are similar problems that you have been facing over the years, and you are adept at handling them. Do not be gullible, and handle important matters personally. Be diplomatic and politically correct in the way you handle matters. As you will have high risk of brushing with the law and policies, you should adhere to the law and policies diligently. You do not need to take any risk to do well in this year. You will be able to advance by being careful, staying calm, and being politically savvy in the Dragon Year.

Career

2024 will be an above average year for those born in the Monkey Year, with indications of promotion and recognition. You will be able to gain strong support from your higher ups without needing to spend much time socialising. Although you may not be given the authority to execute your plans, you will still be able to get things done. You will have pay increments and better remuneration. You will be busy with work, with frequent business trips, office moves, or relocation. Even though this will be a hectic year, you will be willing to put in effort that will pay off. You will be determined and passionate about what you are doing. You will be facing various problems, especially those that are caused by people intentionally. You will be the subject of gossips, and there will be a lot of betrayals, backstabbing, sabotage, and misleading. Some will have direct confrontation with you, while some will try to get you involved with the law or violate company's policies. Although these may sound terrible, you have been facing such problems for many years, and handling it will be a piece of cake for you. You can be friendly, but do not be too trusting. Do not reveal your plans to others no

matter how close you think you are with the person. If you need to handle contracts and agreements, go through the details by yourself. You will not need to take any shortcuts or any risk in order to excel. Hence, it will be better to get things done properly and follow the rules. Be diplomatic when handling matters. Think carefully before you articulate your ideas, and always be politically correct. If someone were to verbally abuse you or yell at you, give some time for each party to calm down before continuing the conversation. Do not engage in a conversation or make any major decisions when you are angry. Avoid getting involved in matters that do not impact you directly. Being overly enthusiastic will not be a good idea in this year. Although you will be facing a lot of challenges and probably feel frustrated, you will be able to handle these problems easily by staying calm and focusing on what you want to achieve in this year. Many matters will be within your control, and you will likely to have some career advancements in the Dragon Year.

Wealth

Your finances will be strong in the Dragon Year. It will be easier for you to earn money in this year than the previous year. There are indications of pay increments and receiving better remuneration. You will also be able to improve your finances substantially through luck and investments. However, you risk huge expenses on legal matters, bailing yourself out of trouble, and being cheated. Although this will unlikely to put you in financial troubles, you will likely to feel bad losing money. Be mindful about keeping your expenses in check, and do not let greed blind your judgement. Do not get involved in any unlawful acts and trouble. You will not need to take any risk to attain wealth in 2024. By being careful, you will be able to see huge increase in your savings.

Relationship

Relationship matters will be rather quiet

in the Dragon Year. If you are single, you will likely remain the same. However, this will be a good year to make more friends and widen your social circle. If you are already seeing someone or married, there will be more tensions with your partner. Fortunately, the conflicts will not have severe impact on your relationship. If there are any disagreements, be patient with each other and try to talk things out. If conflicts can be managed properly, this will enable both to get to know each other and this will better the relationship.

Health

Your health will be below average, and your safety will be poor. Your immune system will be weak, but still manageable. You can consider improving your lifestyle and diet to improve your immune system. This will be particularly important for elderly and children who are born in the Monkey Year. There are signs of injuries, surgeries and receiving procedures. These should be minor and avoidable. Among different forms of accidents, you will be prone to those that relates to cuts, traffic and commuting. Be extra careful when you are operating machineries, handling sharp items and driving. Watch where you are going, and be mindful about what you are doing. There are signs of you being attacked by animals, so avoid stray animals. If you keep animals, or your job require you to handle animals, you may want to have safety precautions in place. There maybe death amongst families or friends.

People

You will be facing a lot of problems caused by people intentionally. Although you will be able to gain support from others without spending too much time socialising, the support may not be strong enough to eradicate or reduce problems caused by people intentionally. You will be facing a lot of betrayals, backstabbing, misleading and sabotaging. There will also be direct confrontations. Some will try to mislead and plot

against you. There will also be many talking behind your back. You will not be able to stop others from gossiping about you, but you can avoid putting yourself in a vulnerable state. You will be advised to avoid getting involved in matters that do not impact you directly. It will not be a good idea to gossip about others as well. Be diplomatic when handling matters. Do not share confidential and sensitive information. Try to think through whatever you say, and communicate diplomatically. If you are planning something or doing well, do not share it with others. If someone shouts at you, try to calm yourself down and request to continue the conversation when both parties are ready. As you will have high risk of getting into legal troubles, do not be too trusting and be extra careful when dealing with policies and regulations. You may want to gather information personally through trusted channels and do not trust hearsay. Although you will be facing a lot of people problems, you will be able to manage and reduce them by being careful. The lesser you get involved in other people's matters or reveal your intentions, the lesser problems you will face.

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Rooster

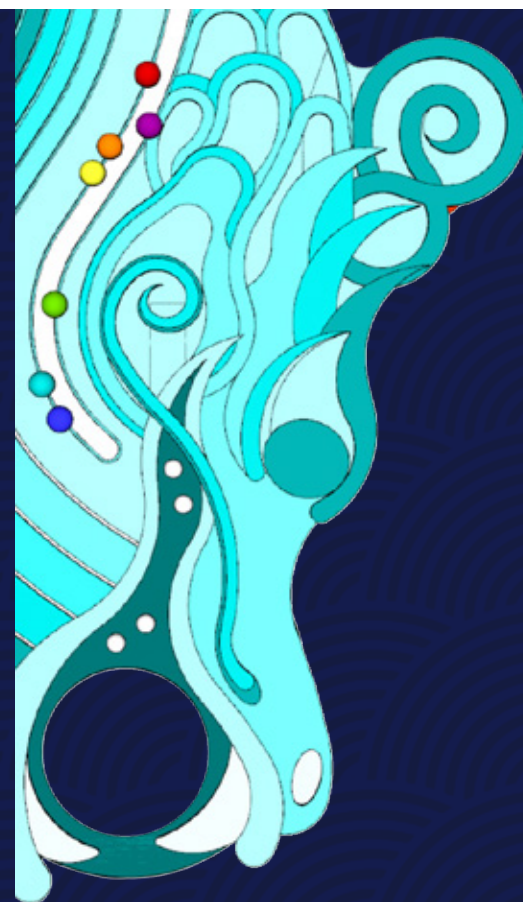
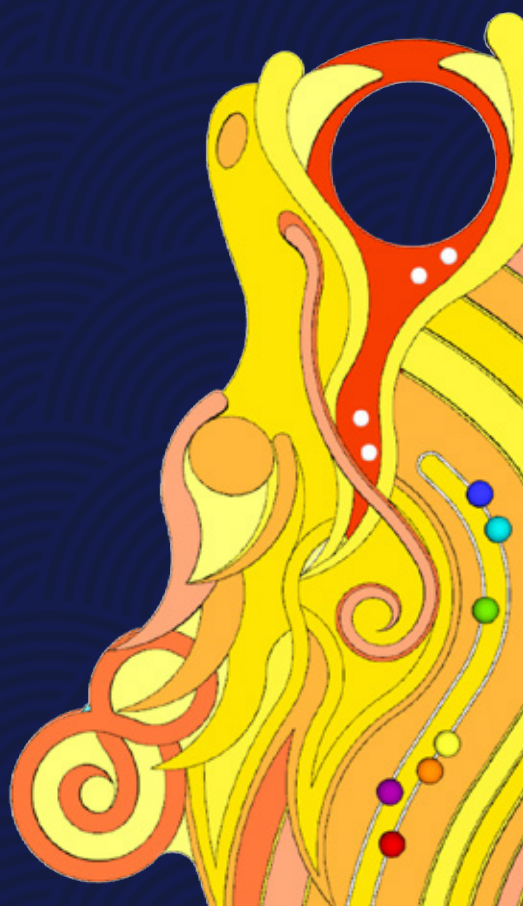
Rooster

General

Coming February 2024
敬請期待 2024年2月

Ponnapa Prakkamakul, *Year of the Dragon*
藝術家 Ponnapa Prakkamakul 將帶來

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THE
GREEN
WAY

A new art installation from The Greenway co-created with Boston's Chinatown community. Join us for the opening celebration on **February 18 at 1pm in Chin Park!**

《龍年》裝置藝術！這是由綠道與波士頓唐人街社區共同創作的裝置藝術。
歡迎大家2月18日下午1時，來陳毓禮黃麗蓉伉儷公園參加開幕慶祝活動



LUNAR NEW YEAR



FORTUNATE DESTINY: IN CHINESE, KOWLOON IS EXPRESSED AS "九龍," SIGNIFYING "NINE DRAGONS" IN ENGLISH. WISHING YOU A YEAR FILLED WITH PROSPERITY, HAPPINESS, AND GOOD FORTUNE IN THE YEAR OF THE DRAGON 2024.

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2024's Dragon Year will be a better than average year for those born in the Rooster Year. Your career will be good, and you will do extremely well in highly social jobs such as presentations, negotiations, sales, marketing and creativity. Whatever your job is, you will likely enjoy your work. Your finances will be very unstable in this year. You will be able to earn enough, but your expenses will be extremely high. Thus, you may want to keep your expenses in check. Your health and safety will be poor. Your relationship matters will be a mixed bag. If you are single, there will be a high chance of you meeting someone special and fall in love. However, if you are already in a relationship, there will be more tensions than usual. At the same time, you may welcome a new family member. You will have a lot of social activities and enjoyment this year. You will be able to gain strong support from others easily. However, you will also be facing many problems caused by people intentionally. People who are related to you or whom you trust will tend to cause harm to you. There will be a lot of gossips, betrayals, plots against you, or manipulation into trouble and bad habits. You can be friendly, but do not be too trusting. You will tend to be complacent and let your gut down when others sing praises of you. You can be proud of your achievements while remaining humble and grounded. Although you will be facing potential problems, you will have favourable conditions that can allow you to reduce and avoid them easily. It will be easy for you to do well in 2024 and achieve substantial progress in your life.

Career

Your career in the Dragon Year will be better than the previous year. There will be a lot of corporate events, and you will be asked to give presentations and display your strengths. You will enjoy what you will be doing and gain strong support from your bosses and peers. There may or may not be any promotions, but this will not stop you from lov-

ing what you are doing. Your salary will likely remain the same, but there will be a huge increment if your earnings are based on commissions, or if you are in sales, marketing or creativity. You will likely do well if your job involves a lot of interaction with others, entertainment and social activities. Although you will gain strong support from others, you will still be facing a lot of problems caused by people intentionally, and you might overlook these support. Even so, you should at least protect yourself. You can be friendly, but do not be too trusting, especially to those that you thought you can trust. Some will try to plot against you or drag you into trouble. You will need to gather important information personally. Some will have arguments and direct confrontations with you, but this will not be serious. There will also be a lot of gossip about you. You can be in the grapevine to know what is going on around you, but it is not advisable to participate in the gossip. You will tend to get carried away, or become complacent when others sing praises of you. You can be proud of yourself, but you will still need to be humble and stay grounded. If you can protect yourself well, build rapport and improve relationships with others, you will likely achieve career advancements in 2024 and enjoy every moment of it.

Wealth

Your finances will be rather unstable. If you are earning from a fixed income, your income will likely remain the same. If you are in business or commissioned-based roles, your income will likely increase. This is especially if your job requires you to interact with people. Your investment and gambling luck will be slightly weaker than in other years. Your expenses will be extremely high this year. Therefore, apart from keeping your expenses in check, you should avoid investing and gambling. There will be a high risk that your finances will not be able to cope with your expenses. Even though getting into financial troubles will be unlikely, you will

still need to be careful with your wealth management.

Relationship

Relationship matters can be quite turbulent. If you are single, there will be a high chance of you meeting someone special and falling in love. However, you will likely meet somebody who just wants to take advantage of you as well. Do not be bewitched by someone who sweet-talks or flatters you. Instead of listening to what they say, it will be more important to observe their behavior. This will be a much better indicator of their personality. If you are already in a relationship or married, both will be supportive and have great time together. However, there will also be a lot of tensions caused by others and misunderstandings. Do not let others influence your relationship. Keep communication channels open. You will likely be seen behaving intimately with someone amidst your many social activities, and this may cause misunderstandings. Thus, moderate your interactions and set clear boundaries with friends to avoid such misunderstandings. Although there will be tensions with your partner, you will likely have a new child in 2024.

Health

Your health and safety will be poor in 2024. Although you should not face life-threatening situations, your progress this year will be affected and your mood will be dampened. You will be prone to health conditions that relates to thyroid problems, diabetes, high blood pressure, high cholesterol level, heart attacks and sexually transmitted diseases. You may have problems related to your neck, spine and bones. You may need to receive surgeries or other forms of procedures. You will have high risk of accidents that are related to cuts, traffic, commuting and drink driving. You will need to watch where you are going.

People

There will be a lot of issues related to ill-intentioned people that might catch you at your unawares. While your carefree attitude may lead you to feel that others are supportive and friendly towards you, there will be strong undercurrents and people do not present themselves to be who they really are amidst the seemingly calm waters. You will be meeting many ill-intentioned people, and harmed by family, relatives and people whom you thought you can trust. They will gossip about you, frame you, manipulate you into developing unhealthy habits, and take advantage of you. There will be some arguments and even verbal fights. However, this will not be serious or frequent. You will have the tendency to be full of yourself when others praise you. This will cause you to overlook details and become too trusting. Good words may sound nice, but they may not be truthful. You can be kind and friendly, but this does not mean that others are the same. Practice due diligence and take charge of your situation. While there will be gossips about you, they will not have an impact on you and it would serve you well to ignore them instead of trying to get involved in them. Do not let others manipulate you into bad habits or any vices. Although you will be facing a lot of problems caused by others, you will be able to gain strong support from others as well. Hence, you will be able to reduce and avoid potential problems by being careful.

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FEBRUARY FILMS

Q&A with filmmakers and community leaders follow in-person screenings



SHARED STORIES



PROJECTING CONNECTIONS

PLUS A SPECIAL PRESENTATION



FEB 16-25 | VIRTUAL | SHORTS
SHARED STORIES

ENCORE!

Back by popular demand! Featuring Audience Choice Award Winners from BAAFF, Cinefest Latino Boston and RoxFilm.



FEB 18 | 3:30PM | EMERSON PARAMOUNT CENTER
PROJECTING CONNECTIONS
Freckled Rice preceded by Our Chinatown

OUR CHINATOWN | KENNETH ENG AND CURTIS CHIN, CO-DIRECTORS

A son of Boston's Chinatown - Paul W. Lee, returns to help build affordable housing. Our Chinatown is a collection of short vignettes that highlight the activists who are keeping Chinatown alive.

FRECKLED RICE

STEPHEN C. NING, DIRECTOR | YUET-FUNG HO, PRODUCER

This digitally remastered classic tells the coming of age story of 13-year-old coming to terms with his Chinese American heritage in Boston during the 1960s.



FEB 18 | 1PM | EMERSON PARAMOUNT CENTER
SPECIAL PRESENTATION: DAY OF REMEMBRANCE

REPARATIONS

JON OSAKI, DIRECTOR

Black and Asian Americans reflect on the legacy of slavery and the critical role that solidarity between communities has in acknowledging and addressing systemic racism in America.

Shared Stories is a collaboration of:



Projecting Connections is co-presented by:



Special Presentation: Reparations is presented with support from:



Co-presented by:



617.824.8400 / ArtsEmerson.org

TuftsMedicine
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Happy Lunar New Year

Wishing you and your family
a healthy and happy
Year of the Dragon.

恭祝新春快樂

祝您和家人龍年身體健
康幸福快樂



Keep you and your loved ones in good health
this year and schedule a visit.

For adult appointments, please call 800.483.0521 to book an appointment in Chinese. For pediatric appointments, please call 617.636.1337 and speak to a member of our bilingual staff. To see all of our Chinese-speaking doctors, visit: tuftsmedicine.org/find-a-doctor.

讓您和您所愛的人今年身體健康，並安排一次訪問。

成人預訂請撥打800.483.0521進行中文預訂。如需兒科預約，請致電617.636.1337並與我們的雙語工作人員聯繫。要查看我們所有講中文的醫生，請訪問：tuftsmedicine.org/find-a-doctor。

If you are unable to pay, visit our website at tuftsmedicine.org/financialassistance where you can review, download, and print information to learn about available financial assistance programs. Tufts Medical Center's Financial Assistance Policy and Application are available free of charge on the website and through Financial Coordination. You may request to have one mailed to you. You can email financialassistance@tuftsmedicalcenter.org or call 617.636.6013.

若您無能力支付，請前往我們的網站：tuftsmedicine.org/financialassistance。在此您可以檢閱、下載並列印所有有關可用財務補助計畫的資訊。塔芙茨醫療中心財務補助政策與申請書皆在網站上及透過財務協調部免費提供。您可以要求寄送一份至您的地址。您可以透過電子郵件 financialassistance@tuftsmedicalcenter.org 或電話 617.636.6013。

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General

2024's Dragon Year will be an intense one for those born in the Dog Year. You will be having many favourable conditions which comes with strong undercurrents. You will be given many opportunities at work to excel and will be properly rewarded, but you will also be facing a lot of teething problems. You will gain a lot of money, but may also have risk of getting yourself into financial troubles. You will be busy or have frequent trips, house moving, or relocation. Your health and safety will be poor. Love life will remain status quo if you are single. If you are already in a relationship, there will be a lot of tensions. There will be little problems caused by people intentionally, but you might have verbal fights with others. Although 2024 will be filled with opportunities, you will likely be frustrated with the problems faced. Be patient and persevere. Maintain friendly relationships with others so that they can be your allies. Make the best out of the resources that you can get and be confident. Even though the journey can be tormenting, this will be one of those years that you can be propelled to succeed.

Career

The Dragon Year will be a turbulent one. You will be given the relevant authority to execute your plans which comes with pay increments and better remuneration. However, promotions are not certain. You will have a lot of visibility and gain the necessary support from management and relevant personnel without spending much time socialising. You will be busy or there will be frequent business trips. There will be office moves or you will need to relocate due to work. The more you move about, the further you will be able to advance. Even though you will be trying your best and you will have many favourable conditions, luck is not on your side. You will be experiencing a lot of opposition in your progress to the extent that you will feel trapped and compromised. There will be a lot of delays and hiccups. You will need to provide buffer between your tasks to reduce the impact of the delays. Unfortunately, you may not have the luxury of time. There will also be a lot of sudden crises. You will need to have contingency plans in place. There should not be a lot of problems caused by people intentionally. However, there will be signs of having direct confrontations, arguments and other verbal fights. It is understandable that you will feel frustrated that you are so near and yet so far from your goals. You will feel like you are trudging through quicksand, and you will need to be patient. Do not get into verbal fights with others, and maintain cordial working relationships so that others will be continue to be cooperative and willing to fight for you in this battle. You will be encouraged to give your very best and persevere. Even though the results may not be apparent and you may even feel burnt out by the end of the year, you will be properly rewarded along the way and in the near future. Your confidence may be badly affected, so do not evaluate yourself during this year. Focus on what you need to deal with on hand. Although the journey can be quite painful, you will learn a lot and be rewarded materially. You can turn this year into a wonderful experience in your career.

Wealth

Your financial status can be very erratic. You will likely earn a lot of money this year because there will be signs of huge pay increments or better remuneration. There will also be some earnings from investments and winnings from gambling, but this will not be as strong as what you can gain from your job or business. You will likely earn more if you

were to travel a lot, move around, or relocate. However, there are indications that you will be spending a lot of money, which can cause financial trouble. You will also likely to spend a lot of money to bail yourself out of some serious trouble. You will run the risk of getting into investments that will lock your money, or you might enter into bad investments and incur huge losses. You will be advised to reduce or avoid investing or gambling. This will be especially so for products that you are unfamiliar with. You will be encouraged to save for rainy days.

Relationship

Relationship matters will be below average. If you are single, this will likely to remain the same. If you are already seeing someone or married, you will have a lot of tension with your partner. You will be busy or travel so much that you cannot spend adequate time with your partner. You and your partner will feel that both are growing apart. When both finally have time or opportunity to spend time together, there will be a lot of arguments and unhappiness. It is understandable that you will feel frustrated most of the time in 2024 as there will be many unpleasant matters going on in the year. Do not take it out on your partner or sabotage your relationship in such a turbulent year. You will need to find positive ways to channel your frustrations and any negative feelings. You will be encouraged to communicate with your partner clearly about what you are going through. You will likely get strong support and understanding from your partner. This will enable you to be in a better position to cope with 2024.

Health

Your health and safety will be greatly compromised by the busy and stressful year. You might have injuries, surgeries and might need procedures. You will be prone to health conditions that relate to the digestive system, stress and lack of rest. You may suffer from collapse form a heart attack or a stroke. You will often be so busy that you will skip meals or eat your meals in a rush. Even if you are busy, you will need to allocate some time for your meals. You can consider having small regular meals instead of trying to have a proper big meal to save time. Within one hour before you sleep, avoid looking at all digital devices. Try to have the habit of sleeping at certain hours. This will enable you to sleep easily and will have better quality of sleep. You will be prone to accidents that relate to commuting, travelling and cuts. You will need to plan your travelling time adequately so that you will not be in the rush. Watch where you are going. If you cannot focus, do not drive, operate machineries, or handle sharp tools. You may be mugged, or attacked for being at the wrong time and in the wrong place.

People

You will be able to gain strong support from others without spending too much time socialising. You will not have a lot of time to engage in such activities in the first place. You should not be facing lot of problems caused by people intentionally. However, there will still be some direct confrontations and verbal arguments. Be patient with others even though you may be very busy or tired. Having verbal fights will cause others to be uncooperative or vengeful, which may cause you problems later one. Hence, you should maintain cordial relationship with others even if you do not want to spend time managing tense relationships.

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Pig

General

The Dragon Year will be a good and joyous year. Although there may not be a lot of material rewards, there will be many events that can make you happy and warrant a celebration. In terms of career, there will be great job satisfaction. You will be able to gain strong support from others easily. However, you will tend to be emotional. You will unintentionally take your frustration out on your colleagues and business associates. You may want to pay attention to how you interact with others. Although there will be very little problems caused by people intentionally, and you do not mind being left alone, you will still need to maintain cordial with others to get things done and prevent problems. Your finances will be average, but you will tend to have huge expenses especially in the second half of the year. Keep your expenses in check. Your health will be below average, but your safety will be average. Relationship matters will be good. You will likely meet someone special if you are single. If you are already married, you will likely welcome a new family member. You will be popular this year, and this will be a good time to establish and improve your relationships with others. However, you will need to be careful to not be emotionally blackmailed or exploited by others. You can be kind, but do not let others take advantage of your kindness. You will enjoy what life has in store for you in 2024 if you stay focused on making your life better this year.

Career

Your career will be considered as above average. Although there may not be promotion or huge pay raise, you will be enjoying what you will be doing. You will be able to gain strong support from others easily. It will be to your advantage if you were to participate in people-facing tasks such as presentations, negotiations and boosting sales. Everyone adores you. You will attract others like a magnet. There will be a lot of corporate events, and you will be asked to give presentations. There should not be any major potential problems at work. Even so, there will be some minor potential problems to look out for. It seems that you can be quite emotional this year, and will likely to project your frustrations and other forms of negative feelings on your colleagues and business associates, which will cause a lot of unhappiness amongst them. Even though they might not retaliate, they will likely stop cooperating and distant themselves from you. While you will not need to put in a lot of effort improving relationships with others, this will not be a good year to jeopardise any working relationships or create enemies. Even if you were to feel uncomfortable or frustrated, you will need to manage your emotions, and communicate effectively and professionally. Always seek to resolve conflicts or solve problems amicably. Maintain cordial working relationships with others. Although you do not mind being left alone to handle your own matters, collaboration with others will still be required in order to get major things done. You will not be able to handle everything by yourself. You will have some colleagues who you treat as friends trying to emotionally blackmail you to do their job for them, or get them out of troubles. Do not let others emotionally blackmail you or try to exploit you. You and your colleagues can work as a team, but you are not obliged to sacrifice yourself for them. You will need to get your own things done first and protect yourself well before extending any help to others. Although there will be potential problems at work, you will

have favorable conditions that can allow you to reduce and avoid them by being careful. You will have great job satisfaction in this year. You can implement your career plans in 2024, and you will enjoy what you will be doing.

Wealth

Your finances will be average. There are no clear indications that you will receive a higher pay or have huge earnings from investment or winnings from gambling. However, you will tend to spend a lot, especially on socialising and enjoyment. You will have huge expenses in the second half of the year, which can possibly strain your finances. Even if you will not have financial troubles, you might have cash flow issues at the end of the year. It will be all right to pamper yourself from time to time, but try to keep your expenses in check. You will not need to avoid investing or gambling on purpose, but you may want to only take calculated risk in investments and keep your stakes low in gambling. You should save for a rainy day.

Relationship

Your relationship matters will be good. If you are single, you will have a high chance of meeting somebody special. If you are already seeing someone or married, there will be some arguments which will be minor and avoidable. Most of the arguments will be caused by other people, such as family and friends. Do not let others influence your relationship. Focus on the positive side of your relationship. You will have a lot of enjoyable time together, and will be supportive towards each other. You will be able to bring the relationship to the next level. If you are already married, you will welcome a new family member.

Health

Your health will be slightly below average, and your safety will be average. Even so, you will be encouraged to continue leading a healthy lifestyle. You may want to have a balanced diet, regular exercise and adequate rest to continue staying healthy. Because you will be enjoying a lot of gourmet food, you may want to refrain from overeating or eating too much processed food. It will be all right to indulge occasionally, but eat in moderation.

People

The problems that are caused by people intentionally in 2024 will be much lesser than in other years. It is unlikely that others will try to frame you or drag you into serious trouble. However, there are indications that you can be quite hostile towards others when you are in a bad mood. This will cause others to be taken aback by your actions, and distance themselves from you. You may want to observe your behaviour and tone even when you are feeling frustrated. Although you do not need to flatter others, you may also not want to be offensive or make everyone feel awkward. Your weakness has always been how emotional you are and how easily manipulated you are, especially by family and friends. This will be the same for 2024, and you should be mindful of these detractors that might inhibit your progress. You can try your best to help others but you do not need to sacrifice or bend yourself backwards in order to satisfy others. Bear in mind that others do not owe you anything, and you will also do not owe others anything. You are not responsible for others, and others have no right to tell you how to run your life. Just focus on yourself and set clear boundaries with others.

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Events Calendar

Lunar New Year Celebrations in Boston

2/2 -2/9 Lunar New Year Flower Market

The Chinatown Main Street Flower Market is back again this year! Come visit our pop-up store from February 2nd till the 9th, 2024. There will be flowers, decorations, and more in celebration of the New Year! The pop-up store is located directly inside the China Trade Center, across the street from the Chinatown Orange Line MBTA stop and CVS! <https://www.meetboston.com/event/lunar-new-year-flower-market/78981/>

2/4 Annual Tét in Boston Day 35th Festival

(Admission: \$3 online, \$5 CASH/Venmo in-person, kids 5 and under are free) On February 4, 2024 10:30 AM to 5:00 PM, Vietnamese are celebrating their Lunar New Year or Tét Nguyên Đán, at Flynn Cruiseport, 1 Black Falcon Avenue Boston, MA 02210. During this time families reunite and honour their ancestors, while praying for luck, prosperity and health in the new year. Through Tét in Boston we hope to provide a safe space and transport to a time of celebration. The event attracts upwards of 2,000 attendees and over 80 vendors. <https://tetboston.org>

2/6 Hongbao Printing: Lunar New Year Craft with Maria Fong

Celebrate Lunar New Year by printing hongbao, guided by local artist Maria Fong! On Tuesday, February 6 at 4:30 pm at Boston Public Library, Chinatown Branch. 2 Boylston St Boston, MA, create a red envelope using printmaking techniques. You will learn how

to transfer a design, how to roll ink with a brayer, and how to print the image onto a small envelope.

<https://bpl.bibliocommons.com/events/657c93f4b6d989380083d8a8>

2/10 Lunar New Year Festival: Year of the Dragon

(Admission: \$20 per adult, free if below 16) On February 10, 2024, 10:00 AM to 4:00 PM at Peabody Essex Museum Peabody Essex Museum, 161 Essex Street Salem, MA 01970-3783. Join for performances, storytelling and art making as we celebrate Lunar New Year: Year of the Dragon! Take a tour through Yin Yu Tang, PEM's 200+ year old Chinese home, and check out programs with our featured collaborators Gund Kwok and Limin Mo. <https://www.pem.org>

2/11 Celebrate the Chinese New Year at the Forbes House Museum

(Admission: \$40 per person) The Forbes House Museum is hosting a workshop on Sunday, February 11, and offering special house tours at 215 Adams Street in Milton all month long to celebrate the Chinese Year of the Dragon. Join this artistic journey with step-by-step instructions for drawing dragon characters, and then cutting, folding, and decorating your red envelopes. This workshop is great for beginners with little to no artistic experience." <https://www.forbeshousemuseum.org/celebrate-the-year-of-the-dragon-at-fhm/>

2/13 Chinese New Year Concert

On February 13, 2024, 8:00 PM to 10:30 PM at Berklee Performance Center, 136 Massachusetts Avenue, Boston, MA 02215.

Berklee CSSA present a collaboration of three exceptional guest performers: Budaya, CTM, and IMIX, alongside other talented Berklee student performers. The concert promises a diverse array of tunes that span from traditional Chinese music to modern pop tunes. Price: \$12 in advance / \$17 day of show.

<https://www.berklee.edu/BPC/events/2024-chinese-new-year-concert>

2/14 Josiah Quincy Elementary School Lunar New Year celebration

On Wednesday, February 14, 2024, at 10:15 am, the students and staff members from Josiah Quincy Elementary School have prepared extraordinary shows and activities to welcome everyone to join their celebration of Chinese New Year at 885 Washington Street, Boston, MA 02111. The celebration will shift to February 16 if extreme weather occurs. <https://www.jqes.org>

2/15 Lunar New Year Celebration at the MFA

February 15, 2024, 5:00 PM to 10:00 PM at Museum of Fine Arts, Boston. 465 Huntington Avenue, Boston, MA 02115. Stop by on Thursday evening, February 15, and celebrate the Lunar New Year by exploring Chinese, Korean, and Vietnamese art from our collection. Price: \$5+ <https://www.mfa.org/>

2/18 Chinese New Year Lion Dance Parade

Celebrate the Year of the Dragon in Boston's Chinatown with the annual Chinese New Year Lion Dance Parade! The parade begins at Chinatown, Phillips Square, 1 Harrison Ave Boston, MA around 10 am to 4 am February 18, 2024. <https://ccbaboston.org/en/the-2024-chinese-new-year-lion-dance-parade-will-be-held-on-sunday-february-18-2024>

Amazing Scavenger Hunt Adventure- Boston Harbor

(Admission: \$10 per person) Saturday, Feb 3-16, 2024, 10:00am - 8:00pm at Armenian Heritage Park Rose Fitzgerald Kennedy Greenway Boston, MA 02109 join to turn Boston Harbor into a giant game board with this fun scavenger hunt adventure. Combine the excitement of the Amazing Race with a three-hour city tour.

<https://www.urbanadventurequest.com/default.aspx>

IceFlow Yoga on Ice

Join Elin Schran Sunday mornings on Sunday, Feb 4 or 11, 2024, 10:00am - 11:00am to enjoy gliding and flowing on the ice to music at this beautiful outdoor rink! This FREE class is designed for adults of ALL skating abilities. Skate rental available. (Skating rentals available for \$7 if needed) <https://www.eventbrite.com/e/iceflow-yoga-on-ice-tickets-756810058257>

Black History Month Black Business Pop-Up - Harvard Square - FREE!

At Harvard Square (One Brattle Square 1 Brattle Square #3 Cambridge, MA 02138 Cambridge, Massachusetts 02138) on Fri Feb 9 - Sat, Feb 10, 2024, for an exciting in-person event celebrating Black-owned businesses! Experience a vibrant marketplace showcasing a diverse range of products and services, all crafted with passion and creativity. Discover unique Valentine's Day gifts, artisan food, trendy fashion, and much more. <https://www.eventbrite.com/e/black-history-month-black-business-pop-up-harvard-square-free-tickets-800183549537?aff=oddtcreator>

Winter Bird walk at Belle Isle Reservation

On Saturday, Feb 10, 2024 8:00am - 10:00am at Belle Isle Marsh Reservation 1399 Bennington St. East Boston, Massachusetts 02128, join to explore Belle Isle Marsh in winter! We'll look for ducks, hawks, Bald Eagles, winter finches and many more birds! Belle Isle is a fantastic birding destination in any season. <https://www.massaudubon.org/programs/boston-nature-center/89887-winter-bird-walk-at-belle-isle-reservation>

Children's Winter Festival

February 21, from 11 a.m. to 2 p.m. Mayor Michelle Wu and the Boston Parks and Recreation Department present the annual Children's Winter Festival on the Boston Common Parade Ground, 139 Tremont St, Boston, MA 02111. The free festival is open to all and offers music, giveaways, winter activities, treats, and crafts. <https://www.boston.gov/calendar/2024-childrens-winter-festival>



2 Locations in Quincy

Our Chapel and main office is located at 650 Hancock Street in the Wollaston part of Quincy, Massachusetts. Most services are provided at this location. However, we also have a larger venue in Quincy Center where we can accommodate funerals with up to 300 guests.

Asian Funeral Staff

Chinese-speaking staff are trained to assist families and guests throughout the funeral process. We are committed to providing excellent service and speak Cantonese, Mandarin, Toisanese and Fuzhounese.

Asian Funeral Customs and Traditions

Our team of experienced funeral counselors will discuss and guide families on the traditional Chinese rites and customs throughout the funeral process.

Religious Ceremonies

We can accommodate Buddhist and Christian services. We work with various local Asian temples and churches in the community to provide religious services at the funeral.

Affordable, All-Inclusive Asian Burial and Cremation Plans

We offer various funeral package plans that include services and merchandise catered to traditional needs of Asian families.

Various Cremation Options

Over the years, we have helped thousands of families through the cremation process and it is an honor to be of assistance to those who place their trust and confidence in us during this difficult time. Our counselors can explain the process of cremation and specialized services we offer to our families in need. Our cremation services extend across Massachusetts, covering the entire state.

Pre-Planning Funeral Consultations

Our licensed Funeral Directors can meet with you to discuss your wishes and provide you with guidance and assistance to set up pre-need funeral plans.

English: (617)472-5888 • 中文: (617)657-9016

Funeral Directors: Christopher P. Goulet, Sr. & Michelle Lydon

Director of Asian Services: Lola Tom 亞裔服務主任: 譚秀婷

650 Hancock Street, Quincy, MA 02170 • HamelLydon.com

Unquity House, located at 30 Curtis Road, in Milton Massachusetts is accepting applications for the waitlist for studio and one-bedroom apartments for ages 62+ and meet the income requirements. Please apply to the management office, weekdays 9:30 a.m. - 4:30pm. Applications are available at the front desk or can be mailed to you by calling 617-898-2032.

We Do Business in Accordance With the Federal Fair Housing Law (The Fair Housing Amendments Act of 1988) It is illegal to Discriminate Against Any Person Because of Race, Color, Religion, Sex, Handicap, Familial Status, or National Origin



Boston Redevelopment Authority ("BRA")
d/b/a Boston Planning & Development Agency ("BPDA")
REQUEST FOR PROPOSALS
Squares + Streets Transportation Planning Support
Lydia Hausle; 617-918-4404; Lydia.Hausle@boston.gov

The Boston Redevelopment Authority ("BRA") d/b/a Boston Planning & Development Agency ("BPDA"), by its Chief Procurement Officer ("CPO"), is pleased to issue this Request for Proposals ("RFP") to perform consultant services for the "Squares + Streets Transportation Planning Support". The RFP is issued in accordance with M.G.L. c. 30B, as may be amended. This RFP package will be available to download on the BPDA Procurement Portal free-of charge in **digital print** form to all interested respondents on **February 5, 2024, 9:00 A.M.** at bostonplans.org/work-with-us/procurement-portal. All responses to this RFP must be returned no later than **12:00 (noon)** on **March 7, 2024**, to: Teresa Polhemus, Secretary, Boston Planning & Development Agency, One City Hall Square, Room 900A/Receptionist, Boston, MA 02201-1007. Tim Mathis, Interim Chief Procurement Officer