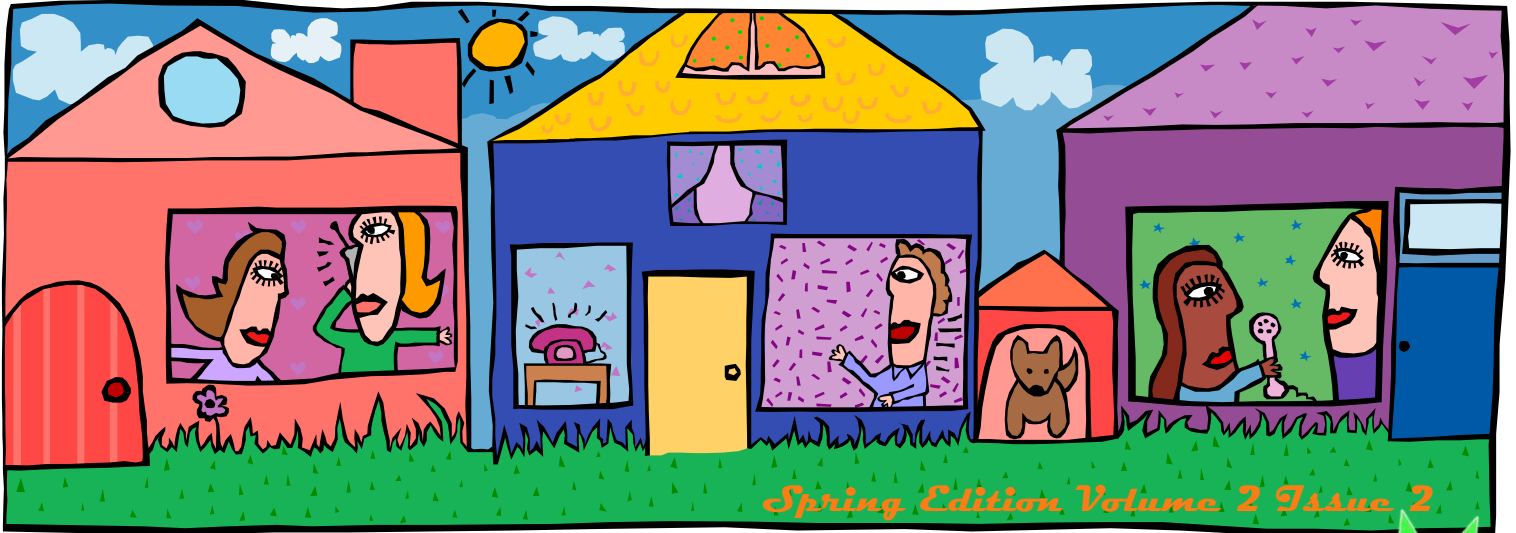


# Resident Association Newsletter



## Problems with Utilities?

Call the Public Utilities Consumer Division!  
(617) 737-2836 or 1-877-886-5066 (toll free)

The mission of the Consumer Division is to protect consumers from unjust utility practices and to monitor the quality of service provided by utility companies. You are protected from having your electric or gas service shut off if you have a financial hardship **AND**

1. you, or someone in your home, is seriously ill; or
2. you have an infant in the home under 12 months; or
3. it is between November 15 and March 15 and you need the service to heat your home; or
4. all adults in the home are age 65 or older and a minor child resides in the home.

## Assistance with Fuel Bills

For the Massachusetts Department of Housing and Community Development Energy Assistance Programs, call **1 (800) 632-8175**.

If you are not eligible for fuel assistance, you may be eligible for help from the Salvation Army's Good Neighbor Energy Fund, which offers one-time grants for eligible consumers. For more information about eligibility criteria and where to apply, please call **1 (800) 334-3047**. Or, visit [www.magoodneighbor.org](http://www.magoodneighbor.org) to learn about the program and see the fund's income eligibility guidelines.

## Are you eligible for a discount rate?

If you either (1) receive any means-tested public-benefit program or (2) are eligible for the Low-Income Home Energy Assistance Program (LIHEAP), you may be eligible for a discount rate from your gas and electric companies.

## How to Apply

First-time applicants must apply in person at the fuel assistance agency in their area. Households must apply each year; applications are mailed to households after the first year. Households can apply from November 1st to April 30th of the program year.

## Semi-New Computers

<http://www.semi-newcomputers.com/>

Telephone: 617-721-5549-Talk to Charlie.

They extract late model, re-usable computers from the recycling processes of large businesses. The PCs are cleaned, reconditioned and reloaded with "day one" software. Then they sell these systems to schools, not-for-profit organizations and individuals looking for a high-value, low-cost product. Below is a small sample:

QUANTITY	DESCRIPTION	PRICE
125	Intel® Pentium® D Processor, 1GB, 80GB SATA HDD, PCI/PCIe Small Form Factor (2x3), Intel Graphics Media Accelerator 950, Multi-Burner Plus 16x, Gigabit Ethernet, Windows XP Professional 17" Flat-screen Monitor	\$150.00
PLUS!! - Upgrade any system to a 19" Monitor for \$50.00		
We have a limited number of Thinkpad T60 & T60p Laptops Contact Us for Price and Availability		

GOOD DEAL

## Cultural Survival Bazaar

An International Festival of Native Arts and Culture

June 4 10am—6pm  
Copley Square

Featuring artisans, products, and performers from around the world. Handmade art, jewelry, clothing, crafts. Enjoy FREE music performances, presentations, films, Native American storytelling, **educational** displays, craft-making demonstrations, and ethnic cuisine. Proceeds support Native artisans, fair trade, and Cultural Survival's non-profit work.



FREE!

# OPPORTUNITY

Are you unemployed? Looking for a better job?  
Do you need to improve your English first?

## Learn English Today!

### ENGLISH FOR EMPLOYMENT

@ the YMCA International Learning Center

Learn ESOL and basic computers in small classes.

Local universities provide one-on-one tutoring.  
All students receive job placement assistance.

More than 85% of our students go on to skills training  
or full-time employment!

#### Program basics:

- Intensive ESOL and Basic Computers (24 weeks)
- Monday – Friday
- 8:30 a.m. to 2:30 p.m.

#### Program Requirements:

- Intermediate English level
- 18 years or older
- Legal resident of U.S.
- Unemployed or low-income
- Personal goal of full-time employment
- Member of a MA One Stop Career Center

To schedule a visit and fill out an application  
call Gina Frey at (617) 927-8078  
or email [gfrey@ymcaboston.org](mailto:gfrey@ymcaboston.org)

**316 Huntington Ave. First Floor  
Boston, MA 02115**

[www.ymcaboston.org/international\\_learning](http://www.ymcaboston.org/international_learning)

Conveniently located near the MBTA: Green Line (E-Northeastern)  
Orange Line (Mass Ave.) and #1, CT#1 and #39 busses

INTERNATIONAL  
LEARNING CENTER



## Building Safety Tips

FROM THE BOSTON POLICE

Don't buzz people into the building without knowing who they are.

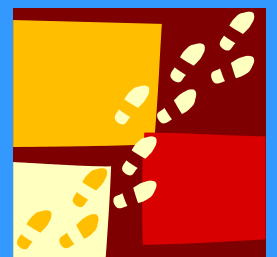
Thieves use many disguises and some pose as someone that they are not.

Strangers should be questioned as to their business in a building. This can be done in a polite way and is essential.

When you are not at home, always lock your windows.

The outer hallway door should be locked. If a thief has access to the inner hallway, he now has a cover from the public's eye and extra time to break through the front door without being noticed.

Introduce yourself to your neighbor. Consider having a neighbor or friend watch your home when you're on vacation.



# FREE EVENTS AT BOSTON HARBOR HOTEL ON ROWE'S WHARF

## TUESDAY NIGHTS

Summer Soul happens every Tuesday night, June 21st - August 30th, 6-10 p.m. Hear the soulful sounds of various R&B and soul bands under the stars. Songs from legends such as Marvin Gaye, Al Green, James Brown, Otis Redding, Roberta Flack and Gladys Knight & the Pips will be featured.

June 21 World Premier Band

June 28 Soul Sound Revue

July 5 Ray Greene & Innervations

July 12 World Premier Band

July 19 Soul Sound Revue

July 26 Soul Kitchen

## WEDNESDAY NIGHTS

Check out the Timeless Tunes series on Wednesday nights, June 22nd - August 31st, 6-10 p.m. This series features the best oldies music going back 50 years. There will be songs from the 60s, 70s, 80s, and 90s—something for everyone!

June 22 Joey Scott & The connection

June 29 Manhattan Touch

July 6 Rare form

July 13 Stardust

July 20 Manhattan Touch

July 27 Joey Scott & The connection

## THURSDAY NIGHTS

The concert series that launched *Summer in the City*, the Blues Barge features bands on Thursday nights from June 16th - September 1st, 6-10 p.m.

June 16 Jeff Pitchell

June 23 James Montgomery Band

June 30 Bruce Marshall Group

July 7 Joe Bargar & Soul Providers

with Special Guest Diane Blue

July 14 Racky Thomas Band

July 21 Toni Lynn Washington

July 28 Jeff Pitchell

## FRIDAY NIGHTS

The Movies by Moonlight series offers guests a chance to revisit Hollywood's silver screen and modern classics. The 2011 series runs every Friday, June 17th - September 2nd, with each showing beginning at dusk. The evening breeze and views from the terrace set the stage to enjoy these classic films by the sea.

June 17 Laura

June 24 field of Dreams

July 1 Double Indemnity

July 8 Places in the Heart

July 15 Pink Panther

July 22 Watch on the Rhine

July 29 Back to the future



## NUTRITION TIPS

Big one: make a habit of eating at home, not out (fast food, prepackaged lunches, etc.) Healthier than eating out, and you will be shocked at the amount of money saved.

Opt for whole foods rather than processed foods: the fewer ingredients listed, the healthier.

Limit meat – we don't need to eat red meat more than twice a week, and it is one of the most expensive foods. Save it for dinners.

Buy in bulk and freeze foods to save them, especially meat, which can get expensive.

Set aside a little bit of time each day to plan meals, so you can avoid just grabbing something unhealthy at a convenience store.

Invest in a basic cookbook like *Joy of Cooking* if you don't have Internet access.

You would be surprised how many foods have high fructose corn syrup in them, an unhealthy substitute for sugar. Check ingredients and cut out foods high in high fructose corn syrup and sugar.

Replace soda with water! Healthier, and free.

Buy generic brands – usually the store has its own brand that is cheaper than the big-name brand.

Pack lunches for work and school.

Eat a healthy breakfast: whole grain cereal, fruit, juices, whole wheat toast, oatmeal etc.

When you start the day with a better breakfast, you will have more energy, eat better, and be less hungry the rest of the day.

Make big batches of **soup**, which is filling and healthy! Chicken soup is easiest and cheapest.



by Sophie Putka



## INTERESTED IN GARDENING?

Call the office and let us know if you are interested in gardening behind the Lower Roxbury buildings!  
617-445-4075.

