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KHMER LOWELL

សិទ្ធិសម្រាប់គ្រប់គ្នា



Cambodian Community Center



ក្រុមហ៊ុនធានារ៉ាប់រង គងវង់

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NEW YEAR CELEBRATIONS AROUND THE WORLD



Some people like winter, but some do not. Despite of its dangers due to heavy snow days, icy rains, and big storms, many people have a lot of fun since many celebrations such as Christmas, New Year, Valentine's Day, and so on fall during the winter season.

Most of us are familiar with how New Year is celebrated in the United States, but don't you think it would be enjoyable to familiarize ourselves with other nations' New Year celebrations.

In the following pages, you'll find articles written by our friends inside and outside of the Lowell community sharing their knowledge about their own New Year Celebrations.

Although Buddhism is practiced in most countries in S. E. Asia, such as Cambodia, China, Thailand, Vietnam, Lao, etc. they somehow celebrate their own New Year in different ways and times. For instance, Thai and Hmong celebrate their New Year on January, Chinese and Vietnamese do it on February, and Cambodian and Laotian celebrate theirs on April. When I interviewed

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Letter from the Executive Director

Dear Fellow Cambodians and friends!

Greetings from Lowell, Massachusetts. For the past several months, the Cambodian Mutual Assistance Association (CMAA) has been so busy with a few new and exciting projects. One is the "Massachusetts Self-Sufficiency" Project: employment service and youth service programs. This program is funded for \$290,850 annually by the U.S. Office of Refugee Resettlement (ORR) via the Massachusetts Office for Refugees and Immigrants (MORI) is designed to assist Cambodian refugees and immigrants whose benefits will be exhausted due to their time-clock running out with employment services. The program emphasizes on helping people to achieve their self-sufficiency. It consists of community outreach and education, recruitment and intakes; job counseling, coaching, placement, support, and continuous English education.



Another is called the Community Service Employment Program, which provide subsidized employment to about 18 Cambodian refugees and immigrants to work in any public service agencies and non-profit organizations. Grant money will pay for all salary, wages and benefits for up to 12 months. The federal Office of Refugee Resettlement funds this program in the amount of \$623,000.

Yet another program is the Asian Refugee and immigrant economic and educational opportunities, funded in the amount of \$100,000 annually by the Freeman Foundation based in New Year, New York. This program is designed to assist Cambodian refugees and immigrants to acquire English language skills, advance in their workplaces, and ultimately increase their economic standard.

These three sources of funding make up more than half of last year annual budget, which was only \$850,000. In additional, we are able to receive a few additional funding from other agencies such as the Theodore Edson Parker Foundation, Gardiner Howland Shaw Foundation, Massachusetts Cultural Council, and the City of Lowell's Enterprise Community.

CMAA is experiencing a tremendous of growth within the last few years. Not only that the CMAA has been successful in fundraising for its various programs and services, but was also able to fundraise for its building development project as well. Speaking on the building, CMAA was fortunate in receiving a building worth \$1.2 million from Courier Corporation of North Chelmsford, Massachusetts. The City of Lowell has been very supportive to this building development project. This is the single biggest donation from any donor.

Furthermore, the CMAA had initiated the Southeast Asian Water Festival, which brought thousand of people from near and far to Lowell to celebrate this ancient traditional in the last weekend of August in the last two years. The water festival is the first of its kind ever celebrated outside of Cambodia, Lao, Thailand and South Vietnam. Looking into its third year of success, the Water Festival committee has been working so diligently to prepare this coming August celebration even a bigger one.

We all should be very proud of this phenomenon success. Shall it be new social services and programs for our community members, or cultural initiative for our youth, or economic development for the our community, or even civic education for our elders, the CMAA is committed to serve our Cambodian Americans and other linguistic minority groups more diligently.

I would like to express my utmost thanks to each and every staff, board members, and volunteers, for the all the hard work they had been doing to make our organization the best it can be in order to serve our community residents. Most importantly, my sincere thanks go to all the funders who had entrusted their trust and belief in us to carry out the programs and services. Equally important is my ardent and profound admiration to our elected officials who support us all along during the most bumpy roads and difficult time. Yet, among the many people who helped make my work possible are my greatest confidants—Sina Phou, my wife and my children, Vathana and Kalyanee Khoeun. My parents and siblings have unquestionably supported me along the way regardless of where they are physically.

Thank you so very much for all your help. Our task of serving the underserved Southeast Asian population is not possible without you.

Sincerely yours,

Samkhann C. Khoeun,
Executive Director

Letter from the Editor



Dear Readers,

At first, I would like to give my thanks to the Khmer Lowell Magazine Committee for all of their hard work in bringing this magazine back to the community. Secondly, on behalf of the committee, I would like to thank the Board of Directors at the Cambodian Mutual Assistance Association, especially the Public Relations Committee, and the Executive Director for providing their support and advice in making this magazine. Last but not least, please allow me to thank friends, Ms. Jacqueline Travers, Bartlett School Principal, Mr. Harry Kouloheras, Butler School Principal, Ms. Carol Sutton, Butler School Parent Liaison, Ms. Elana Killela, Seton Asian Center Director in Lawrence, Ms. Huy Nguyen, Saunder school teacher in Lawrence, and Mr. Ngoun Tea, and others for donating their work in this publication and in supporting the education of our community and our children. The goal of Khmer Lowell Magazine is to provide knowledge relating to religion, human life, and other important happenings inside and outside of the Lowell community, so that they may be used as tools to deal with life and business as needed. Furthermore, we would like to strengthen the collaboration in the Lowell community for the use of humanity in the present time as well as in the future.

It has been nearly two decades since the Cambodian Community settled in Lowell. Due to the cultural barrier, most of them have faced many obstacles. However, they are adjusting well to the opportunities provided to them and are raising their families in the midst of turmoil and uncertainty with no complaints. One part of the Cambodian Community has already reached their dreams and happiness in life, while others are still adjusting and working towards improving their situations, such as learning English, getting their GED, going to college, and finding a job that they like.

The old year has changed to a new one and left us with many wise ideas while the New Year is bringing many new opportunities and great ideas to the community. Therefore, due to the consciousness in loving and caring for our community, justice, freedom, and education of all of you, sir, madams, and miss, the Khmer Lowell Magazine will be worthwhile, lively, and interesting. Furthermore, I deeply hope that this magazine will bring happiness and help to further develop your roots in the New England area.

I would like to say that it is my pleasure to be a part of this magazine. I am looking forward to hearing your positive criticisms, so that together we can make this magazine very beneficial and useful to our community.

At the end of this letter, and especially **in the year of Rabbit, may all of you be always blessed with the five blessings: age, wealth, health, strength, and wisdom.**

Respectfully,

Margaret Y. Tham
Chief Editor

សូមជំរាបជូនលោក លោកស្រី នាងកញ្ញា

និង អ្នកអានទាំងឡាយជាទីមេត្រី!...



ដោយបឋម នាងខ្ញុំសូមសម្តែងនូវសេចក្តីសរសើរដ៏ជ្រាលជ្រៅចំពោះទឹកចិត្តតស៊ូរបស់លោក លោកស្រី ដែលជាគណៈកម្មការនិងកម្មការនិទាំងអស់នៅក្នុងការជួយផលិតទស្សនាវដ្តីខ្មែរឡែងលែងនេះ។ ស្រប ពេលនេះដែរ នៅក្នុងនាមនាងខ្ញុំជាតំណាងសមាជិកទាំងអស់នៃទស្សនាវដ្តីនេះនាងខ្ញុំសូមអស់ លោកដែលជាគណៈកម្មការនាយក ជាពិសេសខាងផ្នែកទំនាក់ទំនងសាធារណៈ និងនាយកប្រតិបត្តិ នៃសមាគមខ្មែរឡែង មេត្តាទទួលនូវអំណរគុណដ៏ធំធេងអំពីនាងខ្ញុំចំពោះការដែលអស់លោកទាំងអស់បានខិតខំ និង ផ្តល់នូវឱកាសដ៏ល្អៗនៅក្នុងការរៀបចំទស្សនាវដ្តីនេះ។

គោលបំណងនៃទស្សនាវដ្តីខ្មែរឡែងនេះគឺដើម្បីផ្តល់នូវចំណេះទាំងផ្លូវធម៌ ផ្លូវលោក និង ព័ត៌មានពិសេសនានា ដែលកើតមានទាំងនៅក្នុងនិងក្រៅសហគមន៍ឡែង ដើម្បីទុកជាឧបករណ៍ជូនអស់លោកក្រែងអាចប្រើវាជានិយមនៅ ក្នុងការកសាងជីវភាពក្តីឬអជីវកម្មក្តី តាមតែភាពតំរូវនៃស្ថានភាពនីមួយៗ។ ម្យ៉ាងវិញទៀត យើងខ្ញុំគ្រាន់តែចង់ពង្រឹង នូវសាមគ្គីភាពនៅក្នុងសហគមន៍ឡែងត្រូវតែរឹងមាំឡើង ដើម្បីជាសហប្រយោជន៍ដល់មនុស្សជាតិនៅនាបច្ចុប្បន្ន កាល និងអនាគតកាលតែប៉ុណ្ណោះ។

ជិតពីរទសវត្សមកហើយដែលជនជាតិខ្មែរយើងខ្លះបានប្រាសនិរទេសពីមាតុភូមិកម្ពុជាមកតាំងទីលំនៅនៅទីក្រុង ឡែងលែងនេះ។ ដោយសារបញ្ហាខាងផ្នែកវប្បធម៌និងថវិកា បង-ប្អូនភាគច្រើនក៏បានប្រទះនូវឧបសគ្គគ្រប់បែបយ៉ាង រួម- ទាំងផ្លូវកាយ ផ្លូវចិត្ត ផ្នែកជីវិត និងទាំងផ្នែកជាតិផងដែរ។ ប៉ុន្តែពួកគេនៅតែខំខិតខំមាត់សង្កត់ចិត្ត ជួនធ្មេចភ្នែក ជួនបើក មាត់ ជួនបើកត្រចៀក យោងទៅតាមកាលៈទេសៈដែលផ្តល់អោយ ហើយស្ស៊ីទ្រាំរស់កសាងជីវភាពនៅក្នុងភូមិស្រុកនេះ ដោយឥតត្អូញត្អែរដល់តិចតួចណាឡើយ។ រហូតមកទល់នឹងបច្ចុប្បន្នកាលនេះ ជីវភាពរបស់ខ្មែរយើងភាគខ្លះក៏បានធ្លុះ ប្រសើរទៅតាមបំណង ចំណែកឯបងប្អូនដទៃទៀត ក៏យើងនៅតែមានសង្ឃឹមថា ពួកគេគង់តែនឹងឈានទៅដល់ គោល ដៅ ដែលគេប្រាថ្នានៅក្នុងថ្ងៃណាមួយជាមិនខាន។

ឆ្នាំចាស់ចូលឆ្នាំថ្មី ឆ្នាំចាស់គំនិតឆ្លាតវៃ ឆ្នាំថ្មីគំនិតខ្លឹមចាស់ គឺថា ឆ្នាំចាស់ក៏មានន័យ ឯឆ្នាំថ្មីក៏មានផល ដែរ ។ ដូច្នេះ ទោះជាយ៉ាងណាក៏ដោយចុះ ក៏នាងខ្ញុំសង្ឃឹមយ៉ាងមុះមុតថា ដោយសារមនៈសិការស្នេហាសង្គម យុត្តិធម៌ សិទ្ធិ សេរីភាព និងសិក្ខាកាមរបស់អស់លោកលោកស្រី និងនាងកញ្ញាទាំងអស់នោះ ទស្សនាវដ្តីខ្មែរឡែងលែង នឹងមាន ប្រជាប្រិយភាពនាំមកនូវភាពរីករាយនិងរីកចម្រើនដែលនឹងដិតដាប់នៅក្នុងក្រអៅបេះដូងរបស់អស់លោកគ្រប់ជាន់ថ្នាក់ នៅតំបន់ព្យុះអីងគ្លិននេះជានិច្ចនិរន្តរ៍។ នេះគឺជាវាសនាដ៏ល្អមួយដែលនាងខ្ញុំបានទទួលនូវការអនុញ្ញាតិឱ្យជួយធ្វើការបំរើមិត្ត អ្នកអានទាំងអស់នៅក្នុងការផលិតទស្សនាវដ្តីនេះ។ ដូចនេះ នាងខ្ញុំរង់ចាំទទួលគ្រប់ពេលនូវ ការរិះគន់ដើម្បីស្ថាបនា អំពី អស់លោក-អ្នកដោយចិត្តសោមនស្សជានិច្ច។

ជាទីអរសាទរនៃលិខិតនេះ និងជាពិសេសនៅក្នុងឱកាសចូលឆ្នាំថ្មីថ្មោងនេះ នាងខ្ញុំសូមប្រសិទ្ធិពរជ័យជូន ដល់អស់លោកលោកស្រី អ្នកស្រី និងនាងកញ្ញាទាំងអស់ សូមជួបតែនឹងពុទ្ធពរទាំងប្រាំប្រការគឺ អាយុ វណ្ណៈ សុខៈ ពលៈ និង បដិភាណៈ កុំបីឃ្លាងឃ្លាតឡើយ។

សូមទទួលនូវសេចក្តីគោរពនិងរាប់អានដ៏ស្មោះពីនាងខ្ញុំ
ធម្ម-ម៉ាហ្គារែធ យ៉ាធឡាវិន នាយិកាទស្សនាវដ្តីខ្មែរឡែងលែង

វិចារណកថា

តើត្រូវធ្វើយ៉ាងណាទៅវង្ស?...

មនុស្សភាគច្រើន ពេលណាគេធ្វើអ្វីមួយបានល្អប្រសើរ ទោះបីជាគេមិនចេញមុខផ្ទាល់ថាគេជាអ្នកធ្វើ ក៏គេមិនជាប្រកែកដាច់អហង្គាថាគេមិនមែនជាអ្នកដែលបានសាងនូវអំពើសុចរិតនោះដែរ។ ប៉ុន្តែបើមានអំពើទុច្ចរិតណាមួយកើតឡើង ទោះជាដោយអចេតនាក្តី ក៏គេកម្រនឹងសារភាពថាគេនោះគឺជាកំហុសរបស់គេណាស់។

យ៉ាងណាមិញ ចំពោះរឿងដែលផ្តើមឡើងពីអប្បបរិមាទៅអតិបរិមា ចេញពីគ្រួសារតូចៗទៅប៉ះទង្គិចដល់សហគមន៍នានា រួចទើបព្យាបាលវាទៅជាសោដិដ៏ធំៗក្នុងនគរមួយទាំងមូលនោះ តើអ្នកណានឹងមានចិត្តមុះមុតហានក្លាសុខចិត្តទទួលដោយចេញមុខថាគេគឺជាបុព្វហេតុនៃរឿងនេះនោះ? ប៉ុន្តែទោះជាយ៉ាងណាក៏ដោយ ក៏ភស្តុតាងខ្លះទំនាក់ទំនងខ្លះនិងផលវិបាកខ្លះបានផ្សំទៅជាសម្មតិកម្មដែលគេអាចប្រើជាជំនួយនៅក្នុងការវិនិច្ឆ័យអំពីបញ្ហានោះបានដែរ។

រឿងមួយដែលយើងឃើញយ៉ាងប្រក្រតីនៅពេលនេះគឺរឿង **ក្មេងពាល** ។ បញ្ហានេះគឺចាប់ដល់សន្តិសុខក្នុងគ្រួសារមួយរួចក៏ឆ្លងទៅដល់សហគមន៍មួយដែលក្មេងនោះរស់នៅ។ ទីបញ្ចប់ នៅពេលដែលពេលនោះមិនមានឱសថទិព្វណាមកព្យាបាលបាន ឬក៏ព្យាបាលមិនទាន់ពេល ជម្ងឺនោះក៏រាលដាលពេញមួយប្រទេស។ ហេតុអ្វីក៏កុមារម្នាក់ដែលធ្លាប់ជាក្មេងដ៏ស្អាតស្អំក្លាយជាក្មេងពាលទៅវិញ? ចុះតើអ្នកណាដែលបានបង្កើតបំប្រែក្មេងពាលនោះជាដំបូងគេ? តើពងមាន កើតមុន ឬក៏មានកើតមុន? តើក្រុមក្មេងពាលកើតមុន ឬក៏ក្មេងពាលនោះកើតមុន? នេះគឺជាសំណួរមួយដែលប្រៀបបីដូចជាខ្សែចងសម្លាប់មុខដែលគេមិនងាយនឹងស្រាយវាចេញពី គ្នាបានដោយសុវត្ថិភាពនោះឡើយ គឺជួនកាលប្រហែលជាទាល់ តែប្រើហិង្សាកាត់ផ្តាច់ខ្សែនោះផងទើបបាន។

បើតាមមតិខ្លះដែលមានបុសគល់មកពីជួរដ្ឋានមាតាបិតា គេថានៅក្នុងរឿងនេះ គឺគេមិនទទួលកំហុសឡើយ ត្បិតគេជាម៉ែ-ឪពុកដែលទៅធ្វើការរកស៊ីចិញ្ចឹមកូន ហើយផ្គត់ផ្គង់កូនមិនអោយមានខ្វះគ្រឿងសម្ភារៈអ្វីណាមួយសោះទេ។

ឥឡូវបើនឹងថាក្មេងទៅជាខ្ញុំចក់រោល ឬយោងយៅ គឺបណ្តាលមកពីពូជអម្បូរនោះគឺរឹតតែមិនត្រូវណាស់ទៅទៀតពីព្រោះថា ទោះ បីជាក្មេងខ្លះកើតមកមានបញ្ហាអស់ជាងក្មេងមួយទៀតក៏ដោយ ក៏ក្មេងនោះគ្មានទំនាយថា ពេលកើតមកក្មេង

នេះត្រូវបានធ្វើស្តេច ហើយក្មេងនោះត្រូវធ្វើជាបាវប្រាវគេ ដូចជាទំនាយដែលភរិយាហោរទាយអោយផលព្យាយាមនោះឡើយ។

បើយោងទៅតាមការស្រាវជ្រាវចេញពីប្រភពចិត្តសាស្ត្រកុមារ ជាពិសេសគឺតាមក្រុមក្មេងពាលដែលគេបានធ្វើសម្ភាសផ្ទាល់នៅតាមមន្ទីរពេទ្យនានានោះវិញ គឺពួកគេបន្ទោសទៅលើមាតាបិតាច្រើនជាងគេ...។

សរុបសេចក្តីទៅ សំណួរមួយទម្រង់ដែលរកចម្លើយមិនទាន់ឃើញច្បាស់ថា តើរឿងក្មេងពាលនេះគឺជាកំហុសនរណា នោះគឺមិនមែនជាបញ្ហាឡើយ។ ការដែលសំខាន់ជាងគេនោះ គឺរឿងថា តើយើងត្រូវធ្វើយ៉ាងណាដើម្បីរកដំណោះស្រាយដែលអាចជួយបន្ត និងសំរាលនូវរឿងនេះបាន? ដោយហេតុថា រឿងក្មេងពាលនេះ ភាគច្រើនគឺចាប់ផ្តើមជាប់ទាក់ទងនឹងក្មេងដែលបិតានៅក្រោមការគ្រប់គ្រងមាតា-បិតា ឬអ្នកអាណាព្យាបាលណាមួយ នោះក្រុមដែលទទួលខុសត្រូវលើក្មេងនេះ ត្រូវតែមានចិត្តរឹងប៉ឹងខំបំពេញនូវភារៈកិច្ចខ្លួនដែលជាដំណុក-ម្តាយ និងហ៊ានប្រឈមមុខទទួលនូវបន្ទុកធ្វើដំណោះស្រាយនៅក្នុងរឿងនេះឲ្យបានច្រើនជាងគេ។

បញ្ហាក្មេងពាល នេះមិនមែនកើតឡើងតែនៅក្នុងសង្គមខ្មែរ ឬក៏មានតែនៅក្នុងឡឺវែលនេះទេ គឺវាជា **សកលបញ្ហា** ។ បច្ចុប្បន្នកាលនេះក្រុមអ្នកមានសមត្ថភាពនិងអ្នកដែលមានចិត្តឈឺឆ្កាលនូវសន្តិសុខសហគមន៍មិនទាន់ធ្វើការស្រាវជ្រាវជំនុំទាំងយប់ទាំងថ្ងៃដើម្បីរកវិធីសម្រួលករណីនេះ។ នៅតាមរដ្ឋនីមួយៗ គេមានកម្មវិធីអប់រំមាតាបិតា អំពីបញ្ហានេះ។ ដូច្នេះសូមអស់លោកជាមាតាបិតា ឬអ្នកអាណាព្យាបាល មេត្តាស៊ើបសួររកនូវកម្មវិធីបែបនេះ ហើយចូលរួមនឹងគេផងចុះ។

ដោយ ធ-ម

ការឧត្តម្មចំណីអាហារខាងផ្លូវចិត្តគឺមានសារៈសំខាន់ជាងការផ្តល់នូវគ្រឿងឧបភោគ-បរិភោគខាងផ្លូវកាយឆ្ងាយណាស់ ។

សមាសភាពនៃគណៈកម្មការ-កម្មការនិយមន័យសម្រាប់ខ្មែរឡែន

នាយកនៃបុគ្គលិកចាត់ចែង:	លោកស្រី	ធម្ម-ម៉ាហ្គាវែធា
នាយករងនៃបុគ្គលិកចាត់ចែង:	លោក	សិខទិន-ចូ
បុគ្គលិកចាត់ចែងខាងផលិតកម្ម:	លោក	ញឹម-ភីធី
	លោកស្រី	គរដេរ-ឡូណេ
បុគ្គលិកចាត់ចែងផ្នែកភាសាអង់គ្លេស:	លោកស្រី	គ្រីវេស-អាណីសិន
	លោកស្រី	ខសស្នេលូ-រូសម៉ែរី
	កញ្ញា	យេ-ពៅ
	កញ្ញា	យី-បូរា
បុគ្គលិកចាត់ចែងផ្នែកខេមភាសា:	លោក	ឃៀន-សំខាន់
	លោកស្រី	ធម្ម-ម៉ាហ្គាវែធា
	លោក	សាំង-ស័ក្តិ
	លោក	ឌីវ-ដានី
បុគ្គលិកផ្នែកវាយអង្កេតលើលេខខ្មែរ	លោកស្រី	ធម្ម-ម៉ាហ្គាវែធា
	លោក	ធីន-ប្រាយអិន
	កញ្ញា	យេ-ពៅ
	អ្នកស្រី	មុត-ធីមុធី
បុគ្គលិកចាត់ចែងទំនាក់ទំនងផ្នែកពាណិជ្ជកម្ម	លោក	មុត-ធីមុធី
	កញ្ញា	យី-បូរា
	កញ្ញា	យេ-ពៅ

ទស្សនាវដ្តីខ្មែរឡែន គឺជាទស្សនាវដ្តីចេញផ្សាយប្រចាំត្រីមាស ដែលរៀបចំឡើងដោយគណៈកម្មការ-កម្មការនិយមន័យសម្រាប់ខ្មែរឡែន។ យើងខ្ញុំសូមទទួលដោយ សោមនស្សភាពនិងអំណរគុណដ៏ធំធេងចំពោះអំណោយគ្រប់យ៉ាង ដូចជាអត្ថបទ រឿងព្រេង រឿងសម័យ កំណាព្យ ព័ត៌មាននានា ។ល។ សូមមេត្តាករិតប្រវែងរបស់ឯកសារនិមួយៗត្រឹមតែ១-៣ទំព័រ (ទំហំ ១១x៨ អ៊ីញ) ហើយសូមបញ្ជាក់នូវនាម អស័យដ្ឋាន លេខទូរស័ព្ទ ទូរសារ និងហត្ថលេខារបស់ម្ចាស់ឯកសារនោះឲ្យបានត្រឹមត្រូវផង។

យើងខ្ញុំសូមជំរាបថា ចំពោះឯកសារនានារបស់អស់លោកដែល ផ្ញើមកយើងខ្ញុំនោះ ទោះបីចុះផ្សាយ ឬមិនចុះផ្សាយក្តី ដោយយោង ទៅតាមគោលការណ៍នៃទស្សនាវដ្តីនេះ ឬ ដោយសារបុព្វហេតុណា មួយនោះ ឯកសារអស់នោះគឺក្លាយជាសម្បត្តិពេញច្បាប់របស់ទស្សនា វដ្តីខ្មែរឡែនហើយ។ ទស្សនាវដ្តីខ្មែរឡែនរក្សាសិទ្ធិគ្រប់យ៉ាង។ ម្យ៉ាងទៀត យើងខ្ញុំសូមអំពាវនាវនូវទឹកចិត្តដ៏ថ្លៃថ្លារបស់អស់លោក- លោកស្រីនិងនាងកញ្ញាទាំងអស់ដែលជាពាណិជ្ជករ សូមមេត្តាជួយគាំ ទ្រទស្សនាវដ្តីនេះដោយចុះផ្សាយពាណិជ្ជកម្មដើម្បីជាអត្ថប្រយោជន៍ និងជាសហប្រយោជន៍ផងដែរ។ តម្លៃជាំវ \$០.៩៩ ក្នុងមួយក្បាល រួមនឹងថ្លៃផ្ញើ។ ចំពោះតម្លៃផ្សាយពាណិជ្ជកម្មសូមអញ្ជើញទាក់ទង លោក មុត-ធីមុធី កញ្ញា យី-បូរា ឬ កញ្ញា យី ពៅ។

បើអស់លោក-អ្នកចង់ជ្រាបព័ត៌មានបន្ថែមទៀតនោះ សូម អញ្ជើញទាក់ទងមកលោកស្រី ធម្ម-ម៉ាហ្គាវែធា។

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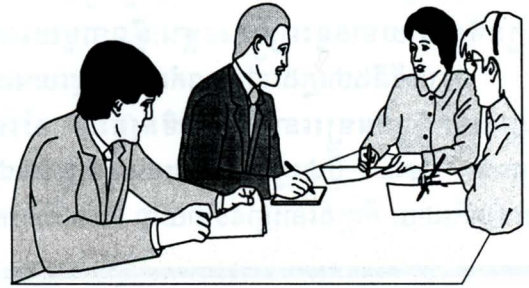
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IMMIGRATION LAW

YOU CAN BE DEPORTED FOR COMMITTING CRIMES!

Last year, the Immigration and Naturalization Service deported 56,011 people because they had been convicted of crimes while in the United States. The number of people deported for that reason has increased each year for the past five years. Many people do not realize that they can be removed from the United States if they are convicted of many types of crimes. This is true even for people who have permanent resident ("green card") status.

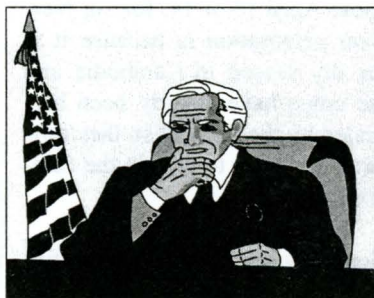
What types of criminal convictions can cause a non-citizen to be removed from the United States? A conviction of any violation of the drug laws, except for possession of less than twenty eight grams of marijuana for personal use is grounds for deportation. A conviction for illegal possession, carrying, purchasing, owning, using or sale of firearms makes one deportable. A new ground for deportation added in 1996 is conviction of a crime of domestic violence, which includes abusing family members, stalking, or violating restraining orders, and includes abusing, neglecting or abandoning a child.

If you have been in the United States less than five years, you can be deported if you are convicted of a crime of moral turpitude and receive a sentence of one year in jail or more. A crime of moral turpitude is a crime which shows that the person who committed it is a person of bad character. Crimes involving stealing or lying are almost always crimes of moral turpitude. Violent crimes which involve the use of weapons or an intention to seriously hurt another person are usually classified as crimes of moral turpitude.

Sex offenses are almost always considered crimes of moral turpitude. Traffic offenses are generally not crimes of moral turpitude. Whether you have been in the United States for five years or not, conviction of two or more crimes of moral turpitude can get you

deported, even if you do not receive a jail sentence. There is no time limit on when the two convictions would count for deportation. Two convictions thirty or forty years apart would count the same as two convictions in the same year.

However, if a non-citizen is charged with more than one crime which occurred during the same incident, convictions on all the crimes which occurred during that incident would be treated like one conviction. For example, if someone got into a fight with a group of people and was charged with separate charges for hitting three different people during the same fight, those three charges would be treated as if they were one conviction, because they were part of one incident.



On the other hand, if someone breaks into three houses on one day, the time which he had in between the crimes to think about what he was doing would probably be enough to cause the three crimes to be considered separate incidents.

The most serious crimes which can lead to deportation are the crimes which are called aggravated felonies. Under immigration law, people who are convicted of aggravated felonies are treated differently from those who commit less serious offenses. They are not eligible for most forms of relief from removal. An immigration judge cannot cancel their removal because of hardship, with hold their removal, or grant them political asylum and refuse

to return them to their native country.

There are many crimes which are listed in the immigration law as aggravated felonies. The most common ones are: crimes involving violence or the threat of violence, burglary or housebreaking, stealing or fraud for which one receives a sentence of a year or more, any crime involving the illegal sale or distribution of drugs, offenses involving firearms, tax evasion involving cheating the government out of more than \$10,000.00 of taxes, failing to appear in court to answer serious charges, lying under oath, or intimidating a witness in a criminal case.

This article is only meant to give you a general view of part of the immigration laws of the United States. If you have questions concerning how these laws might affect you or a family member, you should speak to an attorney.

"...conviction of two or more crimes of moral turpitude can get you deported, even if you do not receive a jail sentence."



New Year Celebrations

Continued from page 2

Nguon on 02-15-99 about how Chinese New Year is celebrated, he agrees with whatever Hue said, because Vietnamese celebrate their New Year as Chinese does. For the 1999 New Year in Irish, according to Elana when she tried to get information about it in February, all of the hotels were booked up, and the cost for baby-

sitting was \$79.00 per hour!!! On the other hand, do you know that some countries do not have New Year? (not because of their religion, but they just do not celebrate New Year. If you want to know about these New Year celebrations, please read the following pages...

By Margaret Tham

Cambodian New Year

Cambodian New Year is a traditional ceremony that originated in Buddhism in ancient times. The New Year is celebrated to achieve the following 6 goals:

1. To maintain and preserve the existence of our beautiful tradition so it will last forever.
2. To strengthen solidarity and brotherhood, as well as friendship among our fellow Cambodians.
3. To wish our nation and ourselves good luck and happiness.
4. To have fellow Cambodians and ourselves stay awake for every step of life.
5. To gratefully payback the favor of our living or passed away parents.
6. To support our religion (Buddhism) which we believe is the best way to achieve peace, security and happiness for human beings in this world.

The date and time we celebrate the New Year is not a fixed date. It depends on the number of days in the month of February. If February has 28 days, the celebration begins on April 13th. If February ends on the 29th, the celebration has to start on April 14th. The time of such celebration is also varied depending on the availability of each New Year Deva (angel) predicted by an astrologer

in charge of making our New Year calendar. The Deva for the year depends on the day of the week on which the New Year begins. The Deva will automatically come down to earth on New Years day to take care of human beings for the whole year.

The reason that our ancestors chose April 13 or 14, for our New Year celebration is because it is the dry season in Cambodia and the crops have already been harvested by the farmers so they now have free time to join in the celebration.

Generally our fellow farmers finish their harvesting business at the beginning of March. The climate then is mild, clear, and free of fog. Right after their crops have been harvested men and women, young and old, clear and clean the area around their homes and make their own stands suitable to welcome their New Year Deva. At that time, children gather together to play whatever popular games they wish. Buddhist monks are then invited to present the Dharma Citation and to preach to the people to educate them.

Afterwards, people enjoy shows: Lakhon, Ayai, movies, dancing and comedy. Any celebration done after the 13th or 14th of April is not called a New Year celebration.

When April 13 or 14 is coming, people in all areas of Cambodia usually get together and celebrate their New Year in their own pagoda. Traditionally and as rule, the New Year celebration has to be done by Cambodian people following a three-step process:

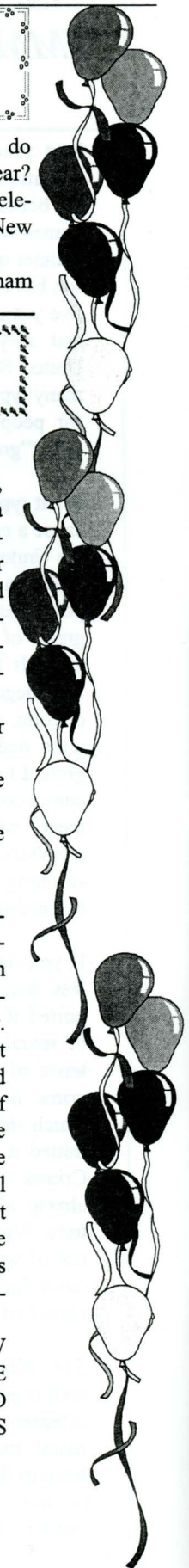
First: New Year calendar (welcoming New Year Deva)

Second: Vanabat minute (making sand hill)

Third: Promotion minute (bathing Buddha's statue)

If the celebration does not contain the three principal processes above, there is no reason for us to consider it as our traditional Cambodian New Year. These processes have been set by our intellectual ancestors and should be maintained by all of us, their descendants. We should not cut short any of the processes. Otherwise we will not be the bamboo shoots that grow from the bamboo. The celebration itself these days has less meaning than it is traditionally supposed to have.

MAY CAMBODIAN NEW YEAR BE HELD ON THE DESIGNATED DATE AND THE CORRECT PROCESSES FOLLOWED FOREVER.



THE YEAR OF THE RABBIT ឆ្នាំថ្ងៃឯកស័ក

1999 A.D. And 2543 B.C.

The Rabbit Personality:

The Rabbit craves company and needs to belong to an established crowd. Safely within their social circle, the Rabbits feel protected and secure; outside it, they are reserved and quite possibly withdrawn. However, even within the groups, the Rabbit maintains a certain independence and, though hardly extrovert, can often become the focus of attention by being visibly on the edge of events. Thus, a gregarious and sociable disposition does not prevent the Rabbit from remaining aloof.

The typical Rabbit will be submissive, even humble, in a constant effort to avoid all confrontations. Happiest with friends, if somewhat inclined to gossip, this kind and benevolent lover of conversation, reading and literary pursuits may appear rather too meek but can be remarkably brave when faced with danger.

Traditionally associated with clear-sightedness, the Rabbit is an excellent judge of character, with an instinct for recognizing sincerity in others and an almost uncanny ability for sensing falsehood.

In personal relationships, even the most innocent deceptions will be identified almost at the moment they are perpetrated.

Another traditional belief accredits the Rabbit with the recipe for the divine elixir of life; and accordingly Rabbit personalities are often gifted healers, both of emotional and physical maladies.

What to expect in the Year of Rabbit?

Generally, this is a year for diplomacy and persuasion. It is certainly not the right moment for trying to barge ahead, since this will only result in sterile and time-consuming confrontation. On the other hand, it is an ideal time for dealing with more agreeable nature, the exchange of contracts, or the peaceful

transfer or authority.

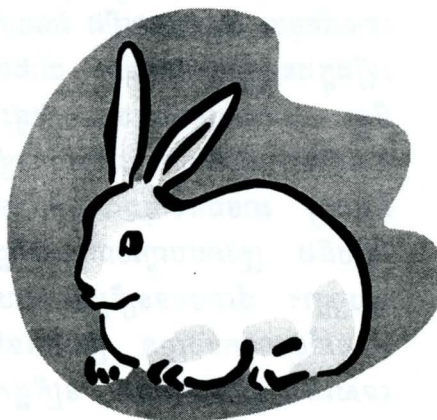
In the sphere of politics, this is not a year for dramatic change. Rather, it is a period of increased awareness and concern for human rights, the underprivileged and the victims of unjust treatment. Internationally, much will be achieved to help those in need.

As the possessor of the recipe for the elixir of life, the Rabbit is credited with knowledge of herbal remedies and medicine. The Year of the Rabbit is seen as a suitable period for expansion in the field of pharmaceuticals or cosmetics, and dealings to do with herbs, drugs, or preparations of vegetable origin. Interest in alternative medicine continues to expand.

Greater emphasis will be placed on family life. There is good news for those wishing to expand their families this year. But for those whose involvement in illicit liaisons should ponder the Rabbit's procreative prowess.

With regards to health, this should prove to be a recuperative year. But beware of the dangers of becoming dependent on medication.

By Samkhann Khoeun



The Violence Reflective of Our Society

On the front page of the January 14, 1999 Lowell Sun were two faces of our young Cambodians, held without bail for stabbing and killing a Laotian boy. A few months earlier, there had been other boys killed by guns sprayed from rival Puerto Rican gangs. Our youth are killing each other!

Like other cities throughout America, this mill town, Lowell has its share of the violence, which is reflective of the problems in our larger society. Guns are cheap and accessible to children here. Poverty shows a wide inequity between people in a country where the bounty of its food can feed the world. Yet, people still go hungry everyday. Throughout the urban slums of America, drugs and domestic violence turn the innocent into murderers. In addition, raw footage of Hollywood movies and video games fill the minds of these children with heroes who destroy, bomb and shoot people for revenge.

America's youth are easily convinced or swayed to fill the meaningless void with hate and rage. Without love and positive adult supervision to back and guide them against all these evils, they will pick up a gun, and when angered, shoot.

In a city of 100,000 people like Lowell, when children die of violence, it is very disconcerting to people. The Cambodian community has more than its share of violence. People are plagued with remorse and sadness of multiple losses in addition to the suffering and the poverty they experience. It is here, in this immigrant city of mills and factories, that mothers and fathers gathered to raise their children from the war and poverty of their homeland. They came with only a few things on their backs, fleeing the refugee camps, torn in so many directions.

Continued on page 24

លោក-អ្នកអាចត្រូវគេបញ្ជូនត្រលប់ទៅប្រទេសដើមវិញ

ចំពោះការប្រព្រឹត្តបទឧក្រិដ្ឋកម្ម...



កាលពីឆ្នាំមុនក្រសួងអន្តោប្រវេសន៍បានបញ្ជូនប្រជាជនចំនួន៥៦.០១១នាក់ទៅប្រទេសដើមវិញដោយសារអ្នកទាំងនោះបានប្រព្រឹត្តបទឧក្រិដ្ឋនៅពេលដែលពួកគេរស់នៅសហរដ្ឋអាមេរិក។ បើប្រជាជនណាជាប់ទោសឧក្រិដ្ឋផ្សេងៗនោះពួកគេពុំបានដឹងខ្លួនថាពួកគេអាចត្រូវគេដេញចេញពីសហរដ្ឋអាមេរិកឡើយ។ នេះគឺជាការពិតណាស់សូម្បីតែប្រជាជនដែលមានសិទ្ធិរស់នៅជាអចិន្ត្រៃយ៍ក៏ដោយ ក៏គេត្រូវដេញចេញពីប្រទេសដែរត្រូវតែមានកំហុសនោះ។

តើបទឧក្រិដ្ឋអ្វីខ្លះដែលអាចនាំឲ្យមនុស្សម្នាក់ដែលមិនមានសញ្ជាតិអាមេរិកត្រូវដេញចេញពីសហរដ្ឋអាមេរិកនោះ?

- ការជាប់ទោសពីការប្រព្រឹត្តល្មើសច្បាប់គ្រឿងញៀន គឺជាមូលហេតុក្នុងការបញ្ជូនទៅប្រទេសដើមវិញលើកលែងតែករណីយដែលមានកញ្ញាតិជាង២៨ក្រាម។
- ការចាប់បង្ខំ ឬអំពើបំពានច្បាប់តុលាការនិងការមិនយកចិត្តទុកដាក់ឬការបោះបង់ភ្លេង។
- ប្រសិនបើលោកអ្នកជាប់ទោសពីបទឧក្រិដ្ឋគ្មានសុដីវធម៌ការជាប់ទោសពីបទមានអារុវ ការកាន់អារុវ ទិញអារុវ ឬលក់អារុវខុសច្បាប់ ក៏អាចធ្វើឲ្យគេបញ្ជូនទៅប្រទេសដើមវិញបានដែរ។
- ហេតុផលថ្មីមួយក្នុងការបញ្ជូនទៅប្រទេសដើមវិញ ត្រូវបានគេបន្ថែមក្នុងឆ្នាំ១៩៩៦ គឺជាការចាប់ទោសពីបទឧក្រិដ្ឋនៃអំពើហិង្សាក្នុងគ្រួសារដែលរួមក្នុងនោះមានការធ្វើទុក្ខទោសដល់សមាជិកគ្រួសារហើយបើលោកអ្នកទើបតែរស់នៅសហរដ្ឋអាមេរិកតិចជាងប្រាំឆ្នាំនោះគេអាចបញ្ជូនត្រឡប់ទៅប្រទេសដើមវិញ ហើយត្រូវជាប់គុកក្នុងពេលមួយឆ្នាំ ឬច្រើនជាងនេះ។ ឧក្រិដ្ឋកម្ម

នៃការគ្មានសុដីវធម៌ គឺជាបទឧក្រិដ្ឋដែលបង្ហាញថា ជនដែលប្រព្រឹត្តអំពើទាំងនោះគឺជាជនដែលមានចរិកមិនល្អ។ បទឧក្រិដ្ឋណាដែលទាក់ទងនឹងការលួច ឆក់ ប្លន់ កុហក អំពើឃោរឃៅទាក់ទងនឹងការប្រើអាវុធមានបំណងចង់បង្កឲ្យមានគ្រោះថ្នាក់ធ្ងន់ធ្ងរដល់អ្នកដទៃ និងការចាប់បង្ខំផ្លូវភេទ គឺត្រូវបានសន្និដ្ឋានជាបទឧក្រិដ្ឋនៃអំពើគ្មានសុដីវធម៌។ ការប្រព្រឹត្តខុសពីទោះបីជននោះមិនដែលបានជាប់គុកក៏ដោយ។ គេមិនមានកំណត់លើវេលាស្តីអំពីបញ្ហាជាប់ទោសទាំងពីរនេះទេ។ ការជាប់ទោសពីរលើកនេះទោះបីមានរយៈពេលខុសគ្នា៣០ឬ៤០ឆ្នាំក៏ដោយក៏គេរាប់បញ្ចូលថាជាការជាប់ទោសក្នុងឆ្នាំជាមួយគ្នាដែរ ជនណាដែលមិនមែនជាសញ្ជាតិអាមេរិកក្នុងនោះមានទោស ឧក្រិដ្ឋពី២ដងឡើងទៅ ហើយក្នុងពេល តែមួយព្រមគ្នា ការជាប់ទោសដែលកើតឡើងលើឧប្បត្តិហេតុទាំងនោះនឹងត្រូវរាប់បញ្ចូលគ្នាជាការជាប់ទោសតែមួយ។

ខ. បើនរណាម្នាក់មានការវាយតប់គ្នាជាមួយមនុស្សមួយក្រុម ហើយគេចោទថាបានវាយមនុស្សបីនាក់ក្នុងខណៈពេលជាមួយគ្នា ការចោទទាំងបីនោះនឹងត្រូវបានរាប់បញ្ចូលជាការជាប់ទោសតែមួយ ពីព្រោះវាជារឿង ដែលកើតឡើងក្នុងឧប្បត្តិហេតុតែមួយ។ យ៉ាងណាមិញ បើមនុស្សម្នាក់លួចចូលក្នុងផ្ទះគេចំនួនបីដងក្នុងថ្ងៃតែមួយ ហើយបទឧក្រិដ្ឋនីមួយៗ អាចជាហេតុផលដ៏គ្រប់គ្រាន់ដែលនឹង ត្រូវរាប់បញ្ចូលជាបទឧក្រិដ្ឋបីខុសៗគ្នា។ ចំពោះបទឧក្រិដ្ឋណាដែលជាហេតុនាំឲ្យមានការបញ្ជូន ត្រឡប់ទៅប្រទេសដើមវិញនោះហៅថា ឧក្រិដ្ឋកម្មធ្ងន់ធ្ងរ។

តាមច្បាប់អន្តោប្រវេសន៍ នរណាដែល

ត្រូវបានជាប់ទោសឧក្រិដ្ឋកម្មធ្ងន់ធ្ងរ គេនឹងដោះស្រាយខុសពីអ្នកដែលជាប់ទោសឧក្រិដ្ឋកម្មស្រាល ជនណាជាប់ទោសពីបទឧក្រិដ្ឋកម្មធ្ងន់ធ្ងរ គឺមិនអាចទទួលការដោះលែងទោស ក្នុងការបញ្ជូនទៅប្រទេសដើមវិញឡើយ។ តុលាការអន្តោប្រវេសន៍ មិនអាចលុបចោលនូវច្បាប់នៃការបញ្ជូនខ្លួនត្រឡប់ទៅប្រទេសដើមរបស់គេបានទេ ទោះជាដោយសារមានការលំបាកក្តី ការផ្អាកដេញចេញក្តី ការដែលអ្នកនោះបានទទួលសិទ្ធិរស់នៅផ្នែកនយោបាយក្តី និងដោយការបដិសេធមិនប្រគល់ពួកគេទៅប្រទេសដើមរបស់គេក្តី។

មានឧក្រិដ្ឋកម្មជាច្រើនដែលបានចុះក្នុងបញ្ជីអន្តោប្រវេសន៍ជាឧក្រិដ្ឋកម្មធ្ងន់ធ្ងរបទឧក្រិដ្ឋភាគច្រើននោះគឺបទឧក្រិដ្ឋទាក់ទងទៅនឹងអំពើហិង្សា ឬការគំរាមកំហែង ការចូលលួច ឬការទម្លាយចូលផ្ទះ និងការបន្តដែលណាបណ្តាលឲ្យជាប់គុកមួយ ឆ្នាំឬច្រើនជាងការទាក់ទងនឹងការលក់ ឬការចែកចាយគ្រឿងញៀនខុសច្បាប់ ការទាក់ទងនឹងអាវុធ ការកែប្រែបង្កើនផ្ទះដែលច្រើនជាង \$១០,០០០ ការមិនបានបង្ហាញមុខក្នុងតុលាការដើម្បីឆ្លើយតបនឹងការចោទទាំងឡាយ ការកុហកពីពាក្យសម្បថ ឬការគំរាមកំហែងទៅលើសាក្សីជាដើម។

សេចក្តីណែនាំទាំងអស់នេះ គឺគ្រាន់តែមានគោលបំណងផ្តល់ដល់លោកអ្នកមួយដំណឹងអំពីច្បាប់អន្តោប្រវេសន៍ខ្លះៗនៅក្នុងសហរដ្ឋអាមេរិកតែប៉ុណ្ណោះ។ បើលោកអ្នកមានចម្ងល់អំពីច្បាប់ទាំងនេះថា តើអាចមានឥទ្ធិពលដល់លោកអ្នកឬលើសមាជិកគ្រួសារយ៉ាងណានោះ លោកអ្នកគួរតែសាកសួរមេធាវីរបស់លោកអ្នកឲ្យបានច្បាស់លាស់។ ប្រែសម្រួលដោយ ឌីវ-ធានី



AFRICA

Sierra Leone

New Year Festivities in Sierra Leone

The New Year celebration in Sierra Leone is meant to bring people together from all walks of life.

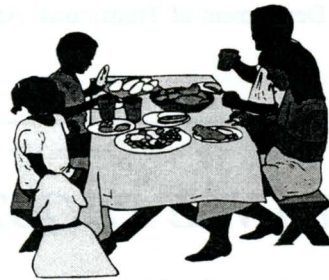
It re-establishes bonds, eases potential economic, social and political conflicts between villages and settles former and present disputes among people. The celebration also enhances love relationships and enables people especially the youth to form common ties. Religious activities are also observed during the festivities.

Sierra Leone is situated on the West Coast of Africa. It is a small country with a diverse ethnic population of about four million. Early British influence in Sierra Leone started in 1787.

By the early 1800's the country became a British colony. During this time the English established their social, economic and political order among the people. In 1961 Sierra Leone received its independence from Britain. Although Britain no longer rules Sierra Leone, its social legacy still remains with Sierra Leoneans. Our traditional val-

ues and the legacy of British cultural practices continue to go hand in hand.

During the months of November and December all the farmers in the country complete their harvests of rice, coffee, and cocoa beans. This is usually the time of plenty! Preparation for celebrating the new year in February are then made by the village elders (decision



makers) to host the celebrations in a particular village that could accommodate everyone. Word is sent out to all villages informing the people about the time and place.

On the day of the New Year celebration everyone attending brings food and locally produced wines to share. Each village also produces its dancers, drummers, and singers. Before the celebrations start,

religious ceremonies are performed by all designated religious leaders.

During the religious ritual offerings are made to the spirits of all dead ancestors, the gods and the earth spirit. The beings are believed to protect the crops for a good yield of harvest.

After the rituals have been performed the paramount chief makes an announcement by welcoming and urging everyone to have fun and not war.

The event starts with the sounding of trumpets, beating of drums, rattling of tinklets, anklets, and sounding of bells. Various activities such as wrestling, marriage ceremonies, fire dance, harvest display, etc. take place during the New Year celebrations.

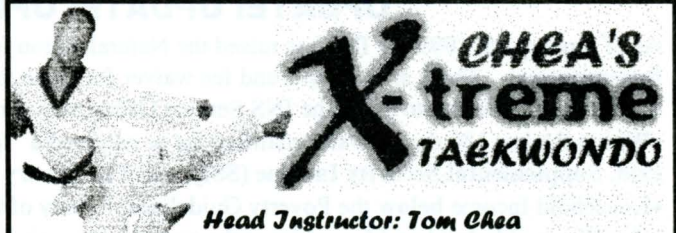
By Simeon Zorokong



Konstantin V. Amirzadov, D.M.D.

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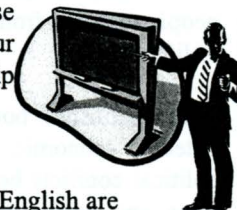
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THE CMAA PROGRAMS

THE PRE-ESL/ADULT EDUCATION PROGRAM

Pre-English as a Second Language/Adult Education Program is an introductory English language course for beginners. The program's focus is to assist participants in transitioning to the working world. Our goal is to help them become self-sufficient and economically independent. The course is designed to help them learn and understand basic English by focusing on conversation, listening, and reading skills.



Eligibility

Individuals who currently receive public assistance and/or local residents who are interested in learning English are eligible to participate in the program. Register for classes at the CMAA, Monday through Friday from 1:00 - 3:00 p.m. Classes are offered Monday through Thursday from 9:00 to 1:00 p.m at the Cambodian Mutual Assistance Association at **165 Jackson Street, Lowell, MA 01852.**

For further information, please contact Danny Div at (978) 454-4286 Ext. 28 or stop by our offices at any time. This program is funded in whole by the Commonwealth of Massachusetts Department of Transitional Assistance and administered through the Greater Lowell Regional Employment Board.



THE CITIZENSHIP ASSISTANCE PROGRAM (CAP)

The CAP program was originally designed specifically to serve the needs of the target population Southeast Asian people who have limited English proficiency. We have expanded the eligibility of our clients to all that fulfill the INS requirement for citizenship. Under the Fiscal Year 1998 Our client was mainly those effected by the State and Federal Benefit especially the Elderly. At the present time our clients are those who are truly interested in becoming a U.S. citizen. They want to become an active member of society.

CAP program is still offering comprehensive services:

- Citizenship Application Assistance
- Assist in all aspect of INS Inquiry and Services
- Assist non-naturalized refugees to successfully complete the naturalized process.
- Information and Referral
- Citizenship Preparation Classes
- Transportation to INS interview

Each client is given clear information about the application process. Their questions and concerns are answers before any commitments are made to the program. N-400 Application is filled out with the clients understanding every aspect of the naturalization process. Intake is properly conducted and finally for those clients needing assistance with passing the U.S. History and Government test, they are assigned to Citizenship Classes.

UPDATE! UPDATE! UPDATE! UPDATE! UPDATE!

As of January 15, 1999 the INS has raised the Naturalization fee from **\$95** (plus **\$25** for fingerprinting) to **\$225** (plus **\$25** for fingerprinting). There are exempts and fee waiver for those that qualify, if applicants can demonstrate an "inability to pay". In determining "inability to pay", the INS Service Office may consider the following situations and criteria:

- Within the last 180 days, he/she qualified for or received a "federal means tested public benefit," such as **Food Stamps, Medicaid, Supplemental Security Income (SSI), and Temporary Assistance to Needy Families (TANF)**
- Household Income **below** the Poverty Guidelines: Family of One -\$8,050; Family of Two- \$10,850; Family of Three-\$13,650
- He / She is elderly (Age 65 or older at the time the fee waiver request is submitted).
- He / She is disabled.
- Substantial hardship.

For further information please contact:

**Bora C. YI, Citizenship Assistance Program Coordinator or
Thy Chey, Elderly Assistance Program Coordinator
Vincent B. Un, Program Assistant**



EDUCATION NEWS

សមាគមខ្មែរនៃទីក្រុងឡូវែលមានការរំភើបចិត្តជាខ្លាំងចំពោះសិស្ស
ជាប់លេខល្អទាំងអស់នៅអនុវិទ្យាល័យបាតលីត!!!!

Bartlett Middle School is very proud of our students!!! List of Honor Roll Students

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Diana Baez
Jonathan Casserly
Tony Chadwick
Sophath Chea
Linda Chhay
Kathy Do
Corey Glaude
John Hann
Harry Holland
Kim Hong Huoth
Ngoe Huynh
Phallim Ke
Phalla Keat
Khemra Khirv
Bofa Kim
Savooun Loeuth
Soscia Long
Rithy Ngy
Melanie Ortiz
Brandon Oxtou
Megha Patel
Nelson Perez
Alicia Phok
Megan Phrakonekham
Chhoeun Proum
Evelyn Santiago
Kakrunna Sorn
Roth Sothy
Nora Tang
An Thai
Thavritth Thao
Racksmay Toun

Grade 7

William Heath
Darith Kong
Reth Run
Phontip Antonaccio
Vannary Chhoy
Katelyn Costa
Ly Duong
Virak Eng
Donald Greenwood
Felicia Hanvey
Linna Hor
Sopha Huynch
Kanina Kun
Sary Lim

San Muth
Sareth Nuon
Steven Ostis
Emily Peacock
Corey Pinkham
Soma Pruma
Chandara Ros
Dara Santana
Devin Sok
Kevin Tangerife
Kunthea Sothy
Sophorn chum
Brian Higgins
Ana Maria Diaz
Andhi Kim
Jessie Gary
Nemal Chorn
Dorian Dos

Grade 6

Sarath Chum
Sarath Sory
Damaris Gomez
Hakseu Kang
Kimleang Mom
Steven Prak
Kevin Sann
Jessica Tanguay
Jeff Veiga
John Huynh
Lyda Nou
Daniel Brien
Ryan Gleason
Joanne Ing
Jose Neria
Soinoung Phang
Sophanna Sam
Amy Ercolani
Fred Boeteng
Dora Dos
Bunra Hgeth
Lisa Phok
Boynlom Sonthipanya
Sopha Som
Amanda Roy
Maria Torres
Jasmine Marquez
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Stephanie Anstiss
Steven Iem
Punrith Ngeth
Joshua Aponte
Vanny Neov
Phillip Tang

High Honors

Nancy Do
Monirina Meas
Mehdi Rahman

Grade 5

Nancy Sor
Amanda Vann
Kimsang Tom
Paulina Do
Ryan Houle
Christine Lam
Saibo Ndlovu
Lina Mann
Ryan Murray
Sovannoeuth Phuon
Renee Christian
Chris Coutu
Jennifer Fortier
Tanya Hernandez
Daniel LaCourse
Houng Noeuk
Vorachit Photisane
Stephanie Sengkhamvilay
Swetha Shanbhag
Tang Tang
Jennifer Wallen
Sokoeun Chhum
Paul Huynh

Christina Pilgrim
Chhannara Ros
Seila Chhay
Ratha Lam
Joshua Phrakonekham
Chanthara Ros
Sarun Touch
Phira Chep
Vanna Pen
Savin Thor

Lina Nguyen
Jim Song
Kendra Santana
Marajely Rodriquez
Chanthra Eam
Rany Por

National Junior Honor Society

Diana Baez
Sophath Chea
Kathy Do
Harry Holland
Kim Hong Huoth
Khemra Khinv
Stephanie Lak
Monivireak Meas
Rithy Ngy
Melanie Ortiz
Megha Patel
Alicia Phok
Chhoeun Proum
Nora Tang
Brian Chadwick
Linda Chhay
Corey Glaude
Shane Hubert
Phallim Ke
Bopha Kim
Soscia Long
Stephen Medina
Sokchanthy Nin
Brandon Oxtou
Nelson Perez
Megan Phrakonekham
Lisa Tan
Racksmay Toun



Butler Middle School

Dear Parents,

As you are aware the MCAS, (Massachusetts Comprehensive Assessment System), test results have been released. These results are from the first MCAS test ever administered to our 4th grade, 8th grade, and 10th grade students last May. The MCAS test is a very difficult, comprehensive test based on our new "Curriculum Frameworks." The state curriculum frameworks were used by our School Department this past year, as a guide in helping us to develop our new citywide curriculum guides. We are implementing our citywide curriculum guides for the first time during this school year. The MCAS test is designed to give each school a clear understanding of our school's curriculum and instructional strengths as well as weaknesses.

The Butler School plans on using the MCAS test results as a tool for helping our teachers improve and strengthen student's education. All test results, pertinent data, and interpretive pamphlets have been distributed to our staff. We are forming teacher committees to identify areas of concern and to develop a comprehensive plan for improvement. In May of 1998 the staff of the B. F. Butler School were honored by the United States Department School for consistently improving our children's test scores over a three year period. I am confident the determined efforts of our teaching staff will address the areas of our curriculum and instruction which the MCAS determined need improving. In time, thereby, improving. In time, thereby, improving our students' MCAS performance. Your continued support is essential to help us achieve the educational goals we have set for your child. If you wish to peruse the MCAS test administered to your child in the 4th or 8th grade you may find a copy in the Butler School Parent Center or on the web at www.doe.mass.edu.

In closing, I would like to wish you all a Merry Christmas and a happy, healthy, ,prosperous New Year.

Sincerely,

Harry D. Kouloheras.

សូមជួយអបអរសាទរចំពោះសិស្សដែលចូលរួមនៅក្នុងពិធីប្រលងប្រកបពាក្យ នៅវិទ្យាល័យបុតលីវ!...

Congratulations Butler Spelling Bee Participants

Grade 5 Shannon Allard Carolina, Carolina Escobar, Daniel Normandie, Kai Stenstrum, and Amanda Vesekis

Grade 6 Geoffrey Bourget, Wayne Russell, Ryan Shawde, Rathana Svay, and Socheatta Yem.

Grade 7 Valerie Adams, Lavy Bou, Rysophare Dom, Chantee Ol, and Ross West.

Grade 8 Tony Kisiel, Sophy Kuo, Evan Millett, Roseda Rith, and Rosemarie Segarra.

The CMAA is very proud of Butler Middle School Honor Roll Students

5th Grade	Kai Stenstrum	Sarinda San
Kunthy Douk	Susan Duong	Rancia Phin
Sitha Chau	Sophy Duong	Sela Horm
Tony Pen	Sophy Heng	Malika Ly
Jenny Sech	Songia Khoun	Vidalyn Kem
Charvy Kosal	Rathanna Sareth	
Saly Nem	Marvinlee Horm	7th Grade
Romony Ren	Kimsarim L	Vannary Pov
Ra Pan	Chealynna Sokhom	Vanny Phann
Lindany Soeung		Phanny
Channary Sar	6th Grade	Chhoeun
Sophally Som	Socheatta Yem	
Sopheha Som	Rebecca Korm	8th Grade
Samnang Som	Wade Sok	Aenor Keophila
Vichega Tang	Sophak So	Linda Phoeurk
Lisa Hong	Saoran Ro euth	

BUTLER SCHOOL: Afterschool Activities

សូមសួររកអំពីសកម្មភាពនានាដែលគេមានបន្ទាប់ពីម៉ោងរៀនធម្មតាដូចជា:

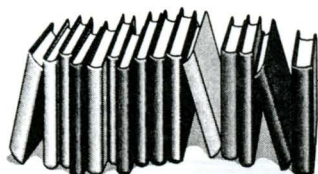
មណ្ឌលធ្វើលំហាត់ អ្នកជួយបង្រៀន កីឡា ការបណ្តុះបណ្តាល និង បណ្ណាល័យមាតា-បិតា ជាដើម។

The Butler Middle School has a variety of after school programs for students.

The Homework Center-teachers are available Monday -Friday from 2:40 PM-4:00 PM to help students with homework.

Tutoring- Teachers are available after school to help students having difficulty in specific subject areas. Sport Floor hockey, basketball, cheerleading and more.

Enrichment Activities – Butler School Newsletter, Outdoor Techniques, Thought Provoking Games, Cribbage, Scrabble and more.



Parent Center Library Open

The Parent Center Library is now open. Parents are welcome to stop by and check out the library. Parents are able to borrow up to two items at a time. Some of the material available to parents are:

Homework Without Tears: A parents guide for motivating children to do homework and to succeed in school.

School's Out-Resources for your child's time afternoons, weekends, and/or vacations.

Parenting Teenagers-Systematic training for effective parenting of teens.

Fatherhood-A touching and humorous book about fatherhood written by Bill Cosby.

Getting Ready for College Early-A handbook for parents of students in middle and junior high.

The Curriculum Frameworks-for History and Social Science, Mathematics, Science and Technology, and English Language Arts-These are the first state wide guidelines for learning, teaching and assessment. The 1998-99

Butler School Unified School Improvement Plan- Developed by the Principal, the staff, and the School Site Council, which is composed of three parents, two teachers and a community representative. The Parent Center Library also has various magazines, a small assortment of videos, and a Free Parent Tip corner.

Parents are always welcome to stop by the Parent Center, M-F 7:50 A.M.-3:30 P.M. and Tuesday nights 7:00-8:00 P.M.



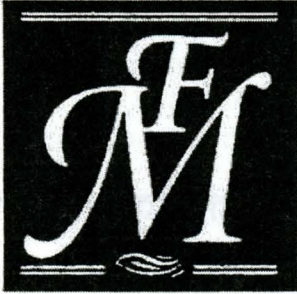
សូមកុំសរសេរតាមអាន តាមសួរ ឬ តាមស្មាន

ពីរក្បួន ក-យ

សរសេរដោយគ្មានបន្តក់
ក្រាស -ក្រាសសិតសក់
ក្រដាស -ក្រដាសសរសេរ
(ប្រាក់)កាស កណ្តាស-ហៀរសំបោរ
សួរ ខ ឬ យ តែប្រកបនឹង ក ឬ គ
ខ្លើយ គឺ ក្លើយ-មកពីពាក្យកើយ
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ឃ្លាន់ឃ្លាញ គឺ ក្លាន់ក្លាញ
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ខ្លៀងខ្លោះ គឺ ឃ្លាំងខ្លោះ
ប្រកបនឹងស្រៈ -ះ ឬ -ាស់:
កន្លះ -ពាក់កណ្តាល
កន្តាស់-មូលខ្ពស់



ប្រកបនឹងស្រៈ ៀ ស្រៈ -ា ប្រកប ក-គ
កៀកកើយ កៀនកន្លៀតជញ្ជាំង
កៀចមិនទៅ ត្រតាកមនុស្ស គាបសង្កត់
ប្រកបនឹងស្រៈ ះ ឬ ស្រៈ ះ
គំនុំ គុំគួន គមរាម គំនរ ជំនុំ ទ្រនំសត្វ
ទុំ(ផ្លែឈើ) ទំ(សត្វទំលើមែកឈើ) រុំ(ព័ទ្ធ ជុំវិញ) រំដោះខ្លួន
គ្មានអក្សរ រ នៅចុងពាក្យ
កាតព្វកិច្ច មាតិការឿង កា(ដាក់ទឹក)
គូ (មួយគូ-ពីរ)
មានអក្សរ រ នៅចុងពាក្យ
គូររូប -មកពីគំនូរ ករករទឹក កំជន
យោរយៅ ខ្នុរខ្នាវ គរលើគ្នា ញើសគខាវ



FAY McCABE

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ផ្ទះដឹកលំសោល

FRANK McCABE

105 Moore St.

Lowell, MA 01852

☎ (978) 459-9222



- ① រៀបចំបុណ្យបង្សកុល សូត្រមន្ត តាមប្រពៃណីខ្មែរ នៅនឹងកន្លែង។
- ② សំរួលក្នុងការទិញក្តារ កោដិ និងទឹកនៃងបញ្ចុះសព ឬបូជាសព។
- ③ មន្ទីរធ្វើបុណ្យស្អាតបាត ព្រមទាំងកន្លែងចតឡានធំទូលាយ។
- ④ ទទួលដឹកជញ្ជូនសព ឬធាតុគ្រប់ទីកន្លែង ក្នុងនិងក្រៅប្រទេស។
- ⑤ ទទួលលាបមុខធ្វើមេកអាប រៀបចំសពអ្នកដែលចែកថ្ងៃទៅ ដោយយកចិត្តទុកដាក់។
- ⑥ មានរៀបចំក្បួនដង្ហែរសពដោយផ្តល់ជូននូវវថយន្តបី ១-សំរាប់ដឹកសព ២-សំរាប់ដឹកផ្ការ និងលីម៉ូស៊ីន ៣-សំរាប់ដឹកគ្រួសារ។ល។

Vietnamese New Year

New Year, or Tet, celebrates the return of Spring which usually comes in late January or in the middle of February.

Tet is a very important holiday like Thanksgiving or Christmas. Tet is the time for the members of the family get together. If a member of the family has to work far from her (his) family, she (he) should return to home before New Year's Eve. The family usually get together on the New Year's Eve to make glutinous rice cakes and arrange flowers on the altar.

Houses are cleaned and painted. The parents try to save money during the year and now it's time to spend such as buying or making new clothes for the children and for themselves, buying flowers, food, etc...

Food and flowers are very important part of the celebration. People usually put some kind of food and fruit on the altar like glutinous rice cakes, water melons, mangoes, co-

conuts and papayas. Pink cherry blossoms and yellow plum blossoms are beautiful signs of spring.

The dragon is a symbol of luck and wisdom for the Vietnamese people. A dragon dance is performed on New Year. Most of the children like the dragon dance the best.

Tet last three days, but the children have ten days off. On the first day, people usually don't get out of the house. The family get together. They wake up early to pay respect and to wish their grandparents and parents the best wishes in the New Year. The grandparents will give the children the red lucky envelopes with money. On the second day, people visit the relatives and the neighbors. On the third day, the children will visits their old teachers and friends.

Family and children always stay up late on New Year's Eve to set off the fire crackers at midnight. They believe the noise will blast out the

evil and the bad things of the old year and bring the good ones to the house.

* * * *
By HUE NGUYEN



បើចង់ត្រូវគេមើលឃើញយើង គឺមិនត្រូវជាន់ពន្លឺចង្កកដែលឈរចាំមុខយើងនោះទេ
តែគឺយើងត្រូវខំឈរជំទើតជើងត្រួតស្រស់ជាងអ្នកនោះទៀត។

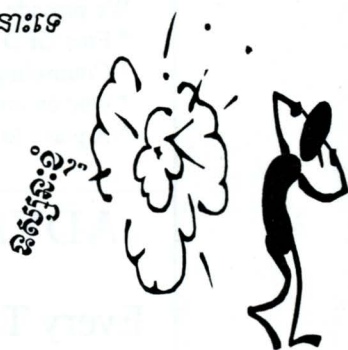
ទិស្សនៈខ្ញុំ

មានតែស្នេហារវាងមាតា-បិតានិងបុត្រទេដែលគ្មានកំរិតព្រំដែន។

ទឹកសាបមួយថ្នកតូចមានតម្លៃសំរាប់ត្រីទឹកសាប ជាង-
សមុទ្រអគ្គង់ទិចមួយទាំងមូលទៅទៀត។

ដើម្បីយុត្តិធម៌ ពងមាន់ត្រូវតែហិតជល់នឹងថ្ម យ៉ាងហោចណាស់ក៏ធ្វើចំណាប់អារម្មណ៍ដល់តេ
ចាំ ហេតុអ្វីបានជាថ្មនេះមានកំទេចពងមាន់ប្រហាក់ប្រហែលដូច្នោះ។

ដោយ ឆ-ម



THE CMAA PROGRAMS

EMPLOYMENT SERVICES PROGRAM

The Office of Refugee Resettlement (ORR) via the Massachusetts Office for Refugees and Immigrants (MORI) recently the CMAA grant monies with the purpose of implementing the Massachusetts Self-Sufficiency Project (MSSP). Based on community need, the CMAA has designed a component called the Employment Services Program. The purpose of our program is to assist individuals in making the transition to the world of work by increasing employability levels through the development of language and literacy skills and by increasing access to employment opportunities through creative job development. Program features include Intake/Assessment, Employment Counseling, Job Search/Placement, Post-Employment Training and Support/Retention Services.

If you know of individuals who are in need of employment assistance please refer them to us. Our program is a new and innovative one with a creative, driven staff who desire to assist you. Please contact Martha H. Burns, Peter S. Nhim or Pov Ye at 454-4286 or stop by our office any time. We look forward to working with you.



YOUNG PARENTS PROGRAM

The Young Parents Program is funded through the Department of Transitional Assistance and is for people aged 14 to 21 who are pregnant or have custody of their children and have not yet received a high school diploma or its equivalent. Women and children who receive public assistance may participate in the program and are expected to work towards completing a GED, and afterwards go on to further education, training or to work.

The program runs from Monday to Friday. Classes begin at 9:00 A.M. and end at 1:30 P.M.

What does the program do?

We provide our clients with:

- * Free GED classes.
- * Counseling and support.
- * One on one tutoring on any subject.
- * A place to talk to other young parents about the joys and problems of parenting.
- * Free transportation.
- * Career counseling.
- * Computer skills training.



ADVANCED KHMER CLASSES

Every Tuesday evening from 5:30 – 7:30 pm

INSTRUCTOR: MR. SAK SEANG

At the CMAA, 165 Jackson Street, Lowell, MA 01852
Please contact Lorraine Cordeiro or Sak Seang for more information at (978) 454-4286 x 26



NATURAL MEDICINE & ACUPUNCTURE



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**DIPLOMATE OF AMERICAN NATIONAL BOARD
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វេជ្ជបណ្ឌិត ឡុង-ម៉ៃ

Dr. Long Mai

លោកគឺជាវេជ្ជបណ្ឌិតខាងមូលវិទ្យាសាស្ត្រទីមួយ ដែលគេអញ្ជើញទៅធ្វើការបង្ហាញអំពី
 មូលវិទ្យាសាស្ត្រ និង ថ្នាំពេទ្យនៅស្ថានីយ៍ទូរទស្សន៍ លេខ ១៣ ១៦ និង លេខ ៤០
 NEA MEDICAL CENTER Tel. # (401)729-5606 or (401) 487-4197
 515 Armistice Blvd. Pawtucket, RI. 02861

១. ថ្នាំដែលវេជ្ជបណ្ឌិតម៉ៃប្រើគឺ១០០%ធម្មជាតិ។
 ថ្នាំនេះមិនមានជាតិគីមីដូចថ្នាំពេទ្យឡើយ។
២. ថ្នាំរបស់វេជ្ជបណ្ឌិតម៉ៃប្រើគឺជាថ្នាំគ្រាប់
 (មិនបាច់ស្បែកឡើយ)។
៣. វេជ្ជបណ្ឌិតម៉ៃបានទទួលស្គាល់ដោយក្រសួង
 សុខាភិបាលនៃប្រទេសជប៉ុននិងស.រ.អា.។
៤. វេជ្ជបណ្ឌិតម៉ៃបានសិក្សានៅប្រទេសជប៉ុននិងចិន។
៥. លោកជាវេជ្ជបណ្ឌិតទីមួយដែលបានបង្ហាញអំពីការ
 ប្រើមូលវិទ្យាសាស្ត្រនិង ថ្នាំចិនសែនៅក្នុងស្ថានីយ៍
 ទូរទស្សន៍លេខ ១៣ ១៦ និង ៤០។
៦. ថ្នាំរបស់វេជ្ជបណ្ឌិតម៉ៃអាចប្រើជាមួយថ្នាំពេទ្យ
 ដោយមិនកើតហេតុអ្វីទេ។

State of Rhode Island and Providence Plantations

Department of Health

This Certifies That *Long V. Mai*
 is a
Doctor of Acupuncture
 and is hereby authorized to so act under the authority of the
 laws of the State of Rhode Island and Providence Plantations.

Lic. No. 58

ADMINISTRATOR OF PROFESSIONAL REGULATION

DIRECTOR OF HEALTH

Issued **6 August 1996**

POL-RIK 86 West 183th Street # 3B, BRONX, NY 10453
 November 28th, 1997 Tel: (718) 584-5073

Dear patient:

I, Pol Rik, have had diabetes I had tot worse to the point that my blood sugar was very high, about 220-230 mg/dl. The diabetes I had got worse to the point that my leg was numb with tingling sensation all the time. I had tried several doctors, prescriptions, and methods; however, nothing helped. I was so depressed. One day, I read in the newspaper about Dr. Long Mai, so I called. After taking some Chinese medicine that Dr. Long Mai makes himself, now not only my blood sugar is back to normal (82 mg/d.), but also no more numbness with tingling sensation in my leg. I have a feeling that Dr. Long Mai's medicine has cured my diabetes.

I am very grateful to Dr. Long Mai, and highly recommend his medicine to all of you. Again, thank you Dr. Long Mai for helping me.

Your cured patient

ចេញពី Boston យក I-95 South រួចចេញតាម exit 2A (Pawtucket) ទៅត្រង់រហូតដល់ឃើញ Aristicte Blvd.
 (ប្រហែល៣០នាទីពីបុសស្ថិន)។ យើងនឹងផ្ញើថ្នាំពេទ្យមួយគ្រឿងទៅអ្នក
 វេជ្ជបណ្ឌិតម៉ៃមានឯកទេសខាងជម្ងឺ មហារីក ទឹកដោមផ្អែម ហឺត ខួន ប្រតិកម្ម និង ឈឺរាំរ៉ៃ។

NATURAL MEDICINE & ACUPUNCTURE



ចេញបណ្ឌិតនៃគណៈកម្មការនាយករដ្ឋមន្ត្រីកម្ពុជានិរទ្ទិសវិទ្យាសាស្ត្រ

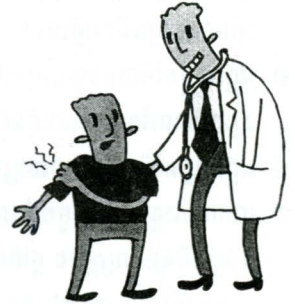
DIPLOMATE OF AMERICAN NATIONAL BOARD
IN ACUPUNCTURE

ចេញបណ្ឌិត ឡុង-ម៉ៃ

Dr. Long Mai

រោគ/ជំងឺ

- រោគសញ្ញាដែលដឹង ឈឺខ្នង ឈឺត្រជាក់/ក្បាល ឈឺដោះ ចុកស្មា ឈឺកដៃ ឈឺកែងដៃ របួសព្រោះលេងកីឡា វិលមុខ រាពាញក់ទឹកចិត្ត ជំងឺខួរក្បាល ការពិបាកចិត្ត គេងមិនលក់ គេចាំណុស ឈឺក្បាល ឈឺមួយចំហៀងក្បាល រោយ-ក រោគរលាកខួរក្បាល ចិត្តរោគ រោគខ្លិន មុខមាត់ខុសគេ រោគស្លឹកមុខ/ដៃដើង រោគប្រកាច់ រោគសរសៃស្រសាទ។ កើតមុន រោគត្រអក កន្ទួល/រមាស់ស្បែក រលាកស្បែក។
- ឫសដូងបាត ធ្លាក់ក្រសាលគូថ ទល់លាមក ចុះរាត លាមក/ទឹកនោមមានឈាម ពិបាកនោម គេងលេចនោម ក្រសោមពងរីកឈឺ អស់កំលាំង ហៀរទឹកកាមមុនអាយុ។ ស្រកទម្ងន់ រោគខ្វះឈាមក្រហម ទឹកនោមផ្អែម ឆាប់ភ័យ ពក-ក លើសឈាម មានជាតិ ខ្លាញ់ក្នុងសរសៃឈាម ដុះក្បាលដោះ ញ៉ាំមិនបាន។ ឈឺដោះ រលាកក្រពះ មហារីកក្រពះ ហើមដោះ ចាក់ច្រាស ភើ-មកជួរ។
- រោគគ្មានកូន កូនបញ្ឆោស ចាញ់កូន បែកញើសដៃដើង/ខ្លួនពេលយប់ ត្រជាក់ដៃដើង ក្តៅអន្ទះអន្ទែង រលាបរសល់ ឈឺនៅពេលរួមដំណេក ស្លុតយោនី។ រោគឆ្អើមប្រភេទ B និង C ហើមខ្លួន ញៀនថ្នាំ
- ពិបាកដកដង្ហើម ដង្ហើមខ្លីៗ រោគហិត ក្អកក្អម ដកដង្ហើមតឹងៗ។ការញៀនដើមទ្រូង
- ជំងឺស្នះបេះដូងក្អម អស់កំលាំងក្អម រោគខ្វះឈាមទៅចិញ្ចឹមបេះដូង។



February 23th, 1998

Susan Coulbourn
437 Woodland Rd.

Honorable Chairman William V. Irons and Members of the Senate Corporation Committee
Woonsocket, RI. 02895
Room 211, State House
Providence, Rhode Island 02903
(401) 766-9580

RE: Bill # 98-s 2778-"An Act Relating to Business and Professions-Oriental Medicine"
Bill # 98-s-2847-" An act Relating to Insurance-Acupuncture and Oriental Medicine"

Dear Chairman Irons and Committee Members:

I am writing to you to express my support for the proposed legislation currently before your committee relating to Acupuncture and oriental Medicine. I, Susan Coulbourn, mother of a ten year old boy who was suffered from chronic asthma and cough for years. I have try a lot of non-prescriptions and prescription drugs for my son. Nothing worked. After discussing to my family doctor and with his support, my son start taking Dr. Long Van Mai's Chinese medicine. Dr. Mai not only cured the asthma but also strengthened my son's immune system. Now my son is hardly getting a cold, even in the winter. I believe that this 5000 year old healing system should be included into the main stream of medicine and that every one should have free access to it through their insurance coverage. Many people consider this as a last resort when allopathic medicine have not been able to provide relief and the majority have improved significantly or was cured. I am sure you would be impressed by the hundreds of testimonials of persons benefited by acupuncture and Oriental Medicine.

Thank you for your attention to this matter. Best wishes.

Very truly yours,
Susan Coulbourn

COMMUNITY NEWS

The Lowell Office of Cultural Affairs Celebrates Ten Year Milestone

The Lowell Office of Cultural Affairs (LOCA) recently celebrated its tenth anniversary and in so doing chose to honor ten individuals and organizations for their contributions to cultural development in and around Lowell. A public reception was held at the Lowell National Park Visitor's Center on February 9th. The recipients selected come from different backgrounds but all have one characteristic in common – the desire and drive to make the City of Lowell a better place to work and live.

“The breadth and spectrum of the individuals you see here today represents the enormity of contributions made over a ten year period,” said Otto Erbar, LOCA’s Executive Director. “Their vision and efforts have had an enduring effect on life in Lowell.”

Recipients included: long time arts patron Nancy Donahue, the City of Lowell; Samkhann C. Khoeun, traditional artist and Executive Director of the Cambodian Mutual Assistance Association of Greater Lowell, Inc. (CMAA); the Lowell National Historical Park; Dr. Kay George Roberts, UMass Lowell music educator and conductor; Rev. John Simson, rector of St. Anne’s Episcopal Church; Marie Sweeney, LOCA founder and long time president; Nancy Tuttle, theater critic for The Sun; George Behrakis, businessman-philanthropist and co-owner of the Lowell Lock Monsters; and the late Sen. Paul Tsongas and his

wife, Nicola.

The awards ceremony was filled with many personal anecdotes that were quite touching. “You knew this would be a LOCA love fest,” said Erbar. We, at the CMAA, were particularly proud to learn that our Executive Director, Samkhann C. Khoeun, was among the honorees. Ruth Page, Director of Angkor Dance Troupe, presented his award. She made refer-

***“The CMAA
Executive Director,
Samkhann C.
Khoeun, was among
the Honorees.”***

ence to his recent four year anniversary serving the CMAA and also to the organization’s recent move from Perry St. to the Courier Citizen building of Jackson St. “Samkhann’s plans for the building are nothing short of visionary and include developing it into a world class center.” Samkhann, as founder of the Southeast Asian Water Festival, spoke eloquently of looking at the Merrimack River and finding a bond – “a source of life” – significant to both east and west. He made reference to his love for the water, the Mekong River in Cambodia and the irrigation system which was introduced by the Angkor empire during the 9th through 14th centuries. It is fit-

ting then that a festival with boat races, art and music was then spearheaded by Khoeun.

Khoeun thanked the CMAA’s Board of Directors and staff for their tireless efforts expended on a daily basis in helping to move the organization forward. He also profusely thanked the City of Lowell for their efforts in assisting the Cambodian people by helping to make them feel comfortable in a new society completely different from the tropical world from whence they came. “You have treated us as neighbors, friends and colleagues,” said Khoeun. “I thank you.”

Each recipient was awarded a plaque and a heart-shaped box of chocolates. The significance of the heart relates to the unveiling of LOCA’s new logo and design – “Art is the heart of the community.” It features the image of Mona Lisa on a Queen of Hearts playing card.

Congratulations from the CMAA to all of you for your wonderful contributions to our community!

By Martha H. Burns



POETRY CORNER

my miracle Chhoung

When I throw the "Chhoung," it is transformed to flowers.
Then, I wish for peacefulness in the whole wide world.

Since my Chhoung is a miracle one, I wish for it to
go and tell all men and women, all human beings.

Oh, my Chhoung, please, help to cure the ones whose heart is dying
to come alive, and make them have hope in their life.

Then, please, help to go to every corner in the world and give peace to them.
Then, help make illness, sadness, and tragedy become healthy, happy, and merry;
left only laughing, depressing is gone.

Please, have the human's world has no more separation, make all bad mind gone,
leave only the good mind here.

Oh, my Chhoung, please help in changing human's heart from bad to good,
from wrong to right, from dark to bright, and, especially,
please God, give us peace.

~ By M. T. ~



I Always Beside You

Love can be so cold
And love is lonely,
Keep hope more than words
or broken promises,
I want to show you what love is -
I always be there for you
I always beside you
When the world closes the doors
And you don't want me anymore
I always beside you

~ By Yeth Kong ~



From left to right: Lorraine Cordeiro, Yeth Kong, Arn Chorn-Pond





ពាក្យប្រដាប់



ស្ទើរជើកៗ ដង្កូវ ស្ទើរវាវតាមផ្លូវ ក្ដាម ពុកមាត់ស្រម៉ាម បង្កង
ដំពង ត្រីវ៉ែស ខាំពស់ ស្មារ ស៊ីបន្តា រមាស។

អៀនខ្មាស ពង្រួល ត្រសុចត្រសូល អន្ទង់ ក្រវិចក្រវិល ក្របែល
ហែល កន្តែលកន្តាយ ដុះខ្លាយ ជ្រូក ដុះបូក គោ ស៊ីផ្លែពោ តាវៅ ក្រលេងក្រអៅ អក
យំក្រកៗ កុក ដេកស្រមុក ទីទុយ ដុះព្រាយ ភ្លោក សត្វអោក ក្ដាន ហើរសំរាល កេងកង
អង្គុយទ្រង់ ក្អែកទឹក ហើរពួកកៗ ព្រាប ហើរទាប រលក លោតតាមច្រក កំប្រុក ចេះប៉ុកក្រូច
ចេះហ្មួច កន្តែប ចេះពេប ស្នា យំង៉ាៗកូនខ្ចី ចេះស្ដី មនុស្ស ចេះព្រសផ្កា។

មានគន្លឹះ អន្ទាក់ ជាប់ធ្នាក់ចាប ធំធ្នាបៗ ត្រី ជាប់ច្រវាក់ ចោរ ស្លៀកខោ ចិន
ចងក្រិន ខ្មែរ គោះស្រងែរស៊ី អ្នកទន្លេ

យកពីយើងទទេគឺ នាម៉ឺនពុករលួយ។

ដោយ ឱវ-ដានី



Continued from page 10

When a young child dies of violence here, it is even more difficult for the parents already mourning their earlier losses because they all had hope that America would provide them with the safe refuge from the violence they had run from.

America, as many later discover, is not the safe haven they had sought. They cannot stand alone to resist violence or the hurt and pain that they experience in their lives. Without proper physical and psychological nurturing, they will run to fight evil on their own terms even when it means hurting themselves. Instinctively, this is how the world works.

Growing up in this country is not easy for most Cambodian children. Their gentle nature is divided and torn between two different cultures and their identity is fractured. They experience racism in our society. Many live in poverty, where they are shoved into a

one-room apartment with two or three other brothers and sisters. At the age of ten, a Cambodian child is expected to care and become responsible for other younger siblings. Parents are struggling to make ends meet by working double shifts, late night shifts, and do-

“Children, when physically or emotionally broken and neglected to their own demise, will seek out gangs as a way of banning together for emotional support and a sense of belonging. ...”

ing what they can to support their children. Some parents self-medicate themselves against the pain by leaning on gambling and alcohol. Like all communities in Massachusetts, some Cambodian families face family violence and abuse in addition to other social

problems.

A healthy child requires good parenting, emotional nurturing and caring as well as ongoing communication. Not every family is capable of becoming whole and healthy, and it is critical that we assist families in reaching their potential. The level of education, culture, and how we are socialized to see and interpret things around us determine who we are and what we become. Our environment is critical in our development. It is not simple to place blame on the victim or the perpetrator. Everything is connected, just as we value the idea behind the African proverb, "It takes a village to raise a child," which implies that all of us have the responsibility toward every child in addition to the children we raise.

The so-called 'bad child' is reflective of all of us. When a youngster commits a murder or an improper act of violence against his fellow beings,

Continued on page 28

ឈ្មួញអើយ ឈ្មួញទិព្វ...!

ខ្ញុំបោះអើងអើយឈ្មួញទៅ
ហាអើងៗអើយ
សន្តិភាពលោកីយ។

ឈ្មួញខ្ញុំអើងអើយឈ្មួញទិព្វ
ហាអើងៗអើយ
មនុស្សជាតិទាំងអស់។

សូមឈ្មួញ អើងអើយមេត្តា
ហាអើងៗអើយ
ជីវិតឆ្ពោះទៅមុខ។

ឈ្មួញខ្ញុំ អើងអើយឈ្មួញទិព្វ
ហាអើងៗអើយ
សោកសៅសូមបាត់។

សូមពិភពអើងអើយមនុស្សសត្វ
ហាអើងអើយៗ
សូមសល់តែធម៌។

សូមចិត្ត អើងអើយគ្រប់មនុស្ស
ហាអើងអើយៗ
សន្តិភាពលោកីយ ។/

ថ្ងៃឆ្លើយឈ្មួញក្លាយជាផ្កា
សន្តិភាពលោកីយ

ថ្ងៃឆ្លើយសូមឈ្មួញជួយស្តី
មនុស្សជាតិទាំងអស់

ករុណាសន្តោសប្រោសប្រោះ
មានសង្ឃឹមជានិច្ច

ថ្ងៃឆ្លើយដើរគ្រប់ភូមិស្រុក
សូមជាសប្បាយ

ថ្ងៃឆ្លើយឈប់បែកឈប់ប្រាត់
សូមសល់តែធម៌

ថ្ងៃអើយអាក្រក់ក្លាយល្អ
ចិត្តក្រក្លាយមាន

ចិត្តសូមប្រាថ្នា
ហាអើងៗអើយ

ជំរាបប្រុសស្រី
ហាអើងៗអើយ

ជនស្លាប់ចិត្តច្បាស់
កុំអស់ចិត្តតស៊ូ

ជម្ងឺសោកទុក្ខ
សូមសើចក្កាកក្លាយ

ចិត្តពាលសូមខ្ចាត់
ហាអើងអើយៗ

ចិត្តខ្មៅក្លាយស
សូមព្រះប្រទាន

ដោយ ឆ-ម



អត្ថប្រយោជន៍

ប្រពៃណីយ៍នៃបុណ្យចូលឆ្នាំខ្មែរ

បុណ្យចូលឆ្នាំគឺជាបុណ្យប្រពៃណីយ៍ខ្មែរដែលមានតាំងពី បុរាណកាលមក។ បុណ្យនេះគឺធ្វើឡើងដោយមានគោលបំណង សំខាន់ៗ ៦ យ៉ាង ដូចតទៅ៖

- ១- ដើម្បីថែរក្សាទុកនូវប្រពៃណីយ៍ដ៏ល្អរបស់ជាតិខ្មែរយើងឲ្យបាន គងវង់ជាយូរអង្វែងទៅ។
- ២- ដើម្បីបង្កើតឡើងនូវសាមគ្គីភាព ភាគរភាព និងមិត្តភាពរវាង គ្នានិងគ្នា។
- ៣- ដើម្បីសិរីជ័យមង្គល សេចក្តីសុខចម្រើនដល់ជីវិតនៅក្នុងឆ្នាំថ្មី។
- ៤- ដើម្បីបំពេញនូវអប្បបរមាធម៌ គឺការមិនភ្លេចខ្លួនមិនប្រហែស ឲ្យបានបរិបូណ៌នៅក្នុងសន្តានចិត្តជាប់ជានិច្ច។
- ៥- ដើម្បីសម្តែងចេញនូវកតញ្ញាកតវេទិតាធម៌ចំពោះបុព្វការីជនទាំង ឡាយមានមាតាបិតា ជីដូនជីតាជាដើម ដែលគាត់មានជីវិតរស់ នៅក្តី ធ្វើមរណកាលទៅហើយក្តីបានដល់ការធ្វើបុណ្យតបស្នង សងគុណ ឧទ្ទិសមគ្គផលជូនទៅដល់វិញ្ញាណក្ខន្ធរបស់គាត់។
- ៦- ដើម្បីជួយទំនុកបម្រុងព្រះពុទ្ធសាសនាឲ្យបានរីកចម្រើនច្រើនរុង រឿង និងដើម្បីបានជាមាតិកាសម្រាប់ដឹកនាំមនុស្សលោកឲ្យឆ្ពោះ ទៅ រកសេចក្តីសុខសន្តិភាព។

ទន្ទឹមនឹងគោលបំណងសំខាន់ៗខាងលើនេះ បុណ្យចូលឆ្នាំ ថ្មីតាមប្រពៃណីយ៍ខ្មែរយើងក៏បានប្រព្រឹត្តទៅដោយយកថ្ងៃទី ១៣ ឬ ១៤ ខែមេសា មកធ្វើជាកាលបរិច្ឆេទនៃការចាប់ផ្តើមពិធីបុណ្យ។ ហេតុដែលនាំឲ្យបុរាណចារ្យខ្មែរយើងជ្រើសយកការចូលឆ្នាំនៅខែ មេសានេះ គឺមកពីខែរាំងស្ងួតខ្សោះដឹង ហើយប្រជាកសិករក៏ផុត រវល់ពីការប្រមូលទុកដាក់កសិផលផងដែរ។ បានជាបុណ្យចូលឆ្នាំ ខ្មែរយើងជួនកាលធ្វើចូលនៅថ្ងៃទី ១៣ ឬ ១៤ ខែមេសានោះ ព្រោះ អាស្រ័យដោយចំនួនថ្ងៃក្នុងខែកុម្ភៈ។ បើឆ្នាំណាខែកុម្ភៈមាន ២៨ ថ្ងៃ គឺយើងត្រូវចូលឆ្នាំនៅថ្ងៃទី ១៣ ខែមេសា។ បើឆ្នាំណាខែកុម្ភៈមាន ២៩ ថ្ងៃ គឺយើងត្រូវចូលឆ្នាំនៅថ្ងៃទី ១៤ខែមេសា។

មេរ័ត្ត កំណត់នៃ ការចូលឆ្នាំថ្មីវិញ គឺអាស្រ័យដោយក្រុមហោរាសាស្ត្រ ដែលទទួល- បន្ត កកិច្ចការមហាសង្គ្រាម មានប្រកាស ព្រះនាមទេពធីតាប្រចាំឆ្នាំ ជាដើម។ តាមធម្មតា ប្រជាកសិករប្រកបរបរកសិកម្មតែង បានបញ្ចប់នូវ កិច្ចការបស់ខ្លួនជាស្រេចនៅខែផល្គុន ស្មើគ្នានឹងខែ មិនា។ ឯធាតុអាសាសក៏ស្រឡះគ្មានអំពូរ កសិករ សាទរសប្បាយវិករាយទំនេរពី កិច្ចការអាជីវកម្ម។ ប្រុសស្រីចាស់ក្មេងនាំគ្នាបោសសម្អាតភូមិឋាន បានជា-

ទិសមរម្យដល់ការប្រុងប្រៀបទទួលទេវតាឆ្នាំថ្មី។ កុមារាកុមារី វ័យជំទង់កន្លោះក្រមុំផ្តុំគ្នាលេងល្បែងប្រជាប្រិយអាស្រ័យការចូល ចិត្តរៀងៗខ្លួន។ មិនតែប៉ុណ្ណោះ ក៏មាននិមន្តព្រះសង្ឃមកសូត្រ មន្តសម្តែងធម៌ទេសនាជាវិធីអប់រំសត្វលោក។ ព្រមជាមួយនេះដែរ ក៏មានកំដរដោយ ល្ខោន អាប៊ែរ បញ្ចាំងភាពយន្ត រាំវង់គ្រីក គគ្រេង ឆាកកំប្លែង លេងកំសាន្តបំបាត់នូវការហត់នឿយដែល មានមួយឆ្នាំមកហើយនេះ។ តែបុណ្យនេះមិនមែនហៅថាបុណ្យចូល ឆ្នាំខ្មែរទេ គឺត្រូវហៅថា: បុណ្យកំសាន្តភូមិ ឬបុណ្យកំសាន្តស្រុក ព្រោះមិនទាន់ដល់ ថ្ងៃទី ១៣ ឬ ១៤ ខែមេសានៅឡើយ។ ការ ធ្វើបុណ្យក្រោយថ្ងៃទី១៣ ឬ១៤ ខែមេសាក៏មិនមែនហៅថាបុណ្យ ចូលឆ្នាំខ្មែរដែរ ព្រោះហួសកាលបរិច្ឆេទនៃប្រពៃណីយ៍ខ្មែរទៅ ហើយ។ លុះដល់ថ្ងៃទី១៣ ឬ១៤ខែមេសាហើយ ជនានុជនក្រប ទិសទីបាននាំគ្នាទៅធ្វើបុណ្យចូលឆ្នាំនៅតាមវត្ត ព្រោះបុណ្យចូល ឆ្នាំប្រពៃណីយ៍ខ្មែរ គឺខ្មែរត្រូវតែធ្វើនៅឯវត្តសមនឹងបន្ទាត់សាមគ្គី ដូចបានពោលពីខាងដើម។ កំណត់សម្គាល់នៃពិធីបុណ្យចូលឆ្នាំថ្មី ប្រពៃណីយ៍ខ្មែរយើងចាំបាច់ត្រូវតែធ្វើឡើងដោយមានរបៀបវារៈ សំខាន់ៗ ៣ យ៉ាងគឺ:

- ទី១-វារៈ មហាសង្គ្រាម (ពិធីទទួលទេវតាឆ្នាំថ្មី)។
- ទី២-វារៈ វ័នបត (ពិធីពូនភ្នំខ្សាច់)។
- ទី៣-វារៈ ឡើងស្តុក (ពិធីស្រង់ព្រះ)។

ផ្ទុយទៅវិញ បើពុំមានសកម្មភាពពិសេសៗទាំង៣យ៉ាង ខាងលើនេះទេ នោះពុំមានហេតុផលអ្វីដែលហៅថាបុណ្យចូលឆ្នាំ ថ្មីប្រពៃណីយ៍ខ្មែរឡើយ។ ដូច្នេះហើយ បានជាបុណ្យចូលឆ្នាំខ្មែរយើង បានចងក្រងពិធីការទាំង៣ យ៉ាងនេះលង់លុះដល់សព្វថ្ងៃក្នុង វិស័យសូមឲ្យបញ្ចូលជនជំនាន់ក្រោយៗជួយរក្សាការពារបន្តគ្នាទៅទៀត ជាពិសេសមិនគួរឆ្លៀតកាត់ផ្តាច់វារៈណាមួយចេញពីកម្មវិធីបុណ្យ ចូលឆ្នាំថ្មី ប្រពៃណីយ៍ខ្មែរទាល់ តែសោះ ព្រោះបើធ្វើដូចនេះទៅ គឺមិនសមជាទំពាំងស្លុង ឬស្សីផង និងមិនសមជាបុណ្យចូលឆ្នាំថ្មី ប្រពៃណីយ៍ ខ្មែរផង។

សូម ឲ្យកម្មវិធីបុណ្យចូលឆ្នាំថ្មីប្រពៃណីយ៍ខ្មែរ បានប្រព្រឹត្ត ទៅតាមកាលបរិច្ឆេទប្រាកដនិយមជានិច្ច និងរួចរៀងទៅ !!!

ដោយ ស៊ាង ស័ក្តិ អក្ខរធរ



The Feasibility Study Of the CMAA

The Cambodian Mutual Assistance Association has just undergone a monumental change that effected the entire service of the community. The CMAA completed its Feasibility Study that examined the structural development of its current occupied building. The historic rehabilitation of the Hamilton Countinghouse and Storehouse is part of a comprehensive economic development program with the goal of establishing a Cambodian Business and Cultural Center in Lowell's South Economic Opportunity Area. Development of this largely vacant structure of substantial size is an important step for the refugee community to anchor the Cambodian Business and Cultural Center.

Originally built as the Hamilton Company Countinghouse and Storehouse in the late 1860's, the structure was occupied by the Courier-Citizen Company from 1927 until 1997, when ownership was transferred as a

gift to the Cambodian Mutual Assistance Association, a non-profit social service organization dedicated to the aid of the significant Southeast Asian population of Lowell.

The plan for this conversion of the Hamilton's warehouse and ancillary office uses into a commercial uses will required a total development cost of \$7.99 million, including acquisition which the CMAA has already

CMAA is very hopeful that we will meet our criteria and complete the feasibility study.

accomplishment. Financing the Lowell Trade Center (LTC) entails a mix of public and private financing to achieve feasibility. To achieve successfully development and satisfaction of its objectives, the CMAA must look

beyond the rehabilitation to the operation of the project. In order to make the feasibility study become a reality, the organization must raise an estimated \$5.7 million to completed the Lowell Trade Center.

The Project will help to promote business opportunities, expression of Cambodian cultural, and a stable home for CMAA operations. An important partner in determining the CMAA's ability to develop and operate the project is the city of Lowell. They will need to assembly a capable Development Team, making sure that the Board is equipped to guide a project of this scale and complexity, utilizing management for operating the building, and forming a working partner with the city of Lowell.

Once completed the 93,000 SF building will house a center for commerce, (retail stores) function hall, restaurant and most importantly a family and youth center for our Southeast Asian Population.

សេចក្តីសង្ខេប

ជម្ងឺនេះគឺយើងសឹងតែទាំងអស់គ្នាតែងតែហៅថា ជម្ងឺលើសឈាម។ នេះគឺមិនមែនមានន័យថា បើឈាមយើងនៅក្នុងខ្លួនមានចំនួនពេញត្រូវហើយនៅពេលមានជម្ងឺនេះ ឈាមយើងនឹងឡើងទៅដល់៤-៥លីត្រនោះទេ។ ការពិតគឺមកពីសម្ពាធឈាមយើងវាឡើងខ្លាំងជាងមុនដោយមកពីបេះដូងយើងលោតញាប់ជាងធម្មតានោះ។ ការនេះគឺមកពីបុព្វហេតុច្រើនយ៉ាង។ ជួនកាលគឺមកពី៖

- យើងទទួលបានដំណេកមិនគ្រប់គ្រាន់
- ធ្វើការហួសកំលាំង
- ពិបាកចិត្តឬក៏សប្បាយចិត្តជ្រុល
- គិតច្រើនពេក។ល។

រឿងម្យ៉ាងទៀតដែលអាចនាំឲ្យបេះដូងលោតហួសចង្វាក់ប្រក្រតីហើយបង្កើតទៅជាជម្ងឺឡើងឈាមនេះគឺមកពីចំណីអាហារ និងគ្រឿងញៀនខ្លះដូចជាបារីនិងគ្រឿងដើម។ ដូច្នេះ ដើម្បីការពារកុំឲ្យមានជម្ងឺនេះ យើងគ្រប់គ្នាត្រូវតែបារី និងត្រូវធ្វើតាមវិធីនេះ ៖

១. បន្ថយអំបិលនៅក្នុងម្ហូបអាហារ ដោយប្រើកុំឲ្យលើសពី៦មីលីក្រាមក្នុង១ថ្ងៃ។ សូមជម្រាបថា អាហារខ្លះដូចជា ប្រហុក ត្រីងៀត ជ្រក់ ជាដើមនោះ គឺមានជាតិ អំបិលច្រើនណាស់។

ជម្ងឺឡើងឈាម

២. ទទួលបានបន្លែ-ផ្លែឈើណាដែលមាន ជាតិប៉ូតាស្យូម ឲ្យបានរាល់ថ្ងៃ ដូចជា ចេក ក្រូចពោធិសាត់ ដំឡូង ឬផ្លែព្រួនជាដើម។
៣. ត្រូវឲ្យស្រកទម្ងន់បើសិនជាធ្លាក់។
៤. ក្នុង១ថ្ងៃ មិនត្រូវទទួលបានប៊ីយ៉េឡើសពី២កំប៉ុងទេ(កំប៉ុងទំហំ១២អោន)។ ចំពោះស្ត្រីឬបុរសដែលមានរាងតូចស្តើងត្រូវទទួលបានតែពាក់កណ្តាលចំនួនខាងលើនេះ។
៥. ត្រូវហាត់ប្រាណឲ្យបាន៣០-៤៥នាទី សឹងតែរាល់ថ្ងៃ។

ស៊ីគ្នាសម្បត្តិ តែសុខភាពល្អ

ជាដាច់ទ្រព្យគរ តែសុខភាពអស់ ។
ដោយ ធី-ម



THANK YOU TO THE TOWER GROUP STAFF

Dear Tower Group Staff,

On behalf of the CMAA and Monorom's staff, we would like to thank all staff from the Tower Group for organizing the Christmas Party for the Monorom's kids. Your generosity and kindness will be remembered throughout the child's life. The gifts you provided on December 17, 1998, to Cambodian children with developmental disabilities will be imprinted in every child's heart. Our community in Lowell will never forget you.

Traditionally, in Cambodia, children with developmental disabilities are looked down upon and parents may feel that they are being punished for some past sin. If the family is well off, the children will be kept at home, out of the eyes of the public and cared for with little expectation for their future. For less fortunate families, children are left for the street or relegated to state run institutions. These facilities are literally dumping grounds for societies unwanted. Beyond food and shelter, little else is provided.

CMAA's staff has worked diligently to help these children and their families to seek appropriate services as well as to eliminate isolationism. We want to provide positive reinforcement for them, so that they do not feel left out in our community. By doing that, Monorom's staff has created many social/recreational activities after school hours, to integrate these children into the mainstream. We have literacy training, computer training, classical dance, and we meet three days a week to implement these activities.

We have seen many improvements in every child's life through these activities. They have eliminated many barriers such as, shyness, language barriers, loneliness, and limitations due to physical disabilities. Now, they have opportunities to explore the real world through our organization. Their participation in our activities will help them to prepare for self-proficiency and self-independence in the future.

We're looking forward to working with you cooperatively in the future. You are always welcome to tour our facility in Lowell, at 165 Jackson Street at your convenience.

Sincerely,

Timothy S. Mouth

Brian B. Chen

Margaret Y. Tham

Continued from page 24

we tend to think that it is because he is bad or the parents did not raise him right. That is why he has become so violent. Yet, through our labels and our prejudices we leave children with few options to develop into healthy individuals. We confuse them with mixed messages of our own as to what is right and wrong. Some of them are living in a state of paranoia, in their gang code of ethic and law, they see the world as an unfriendly place, with suspicion, and plans of vengeance against those whom they perceive are against them.

When found guilty, the two boys, both age fifteen, will be jailed for the rest of their lives. Four young lives are

now lost. Without adult guidance and a positive role model, these children are not able to know how to deal with all that they are going through. Images of enemies invade their hearts and souls, thinking that they would be free to commit a murder in revenge of their friend's death.



There is a whole world out there, which most adults do not understand. The adults may not have the skills or the patience to listen. They may be the enemies these children see in the world. Some are abusive, drug addicts, alco-

holics, and misogynists. These people may themselves be the children of the adults who had also abused and neglected them. And yet many of our families develop incredible resiliency in an environment that is infested with drugs, substance abuse, poor housing, and gang-related violence. Many of our parents struggle hard to understand their children and provide for them. But parents cannot do it alone in the presence of strong external influences. As a community it is our obligation to understand our youth, support them, foster their learning and development, and cherish them. For in the end the youth are our future leaders, they are the most valuable resource that we have.

By Chath pierSath

THE CMAA NEEDS YOUR OPINIONS!

សមាគមខ្មែរក្រុងការបតិរបស់លោក-អ្នក

The CMAA is now making plans for improving itself over the next five years. Our goal is to make the CMAA a better and stronger part of the Lowell Cambodian community. The first part of our plan is to make a list of the problems which affect the Cambodian people living in the Lowell area and to explore the causes of these problems. Once we have a list of the problems of our community members, and the reasons for these problems, we can begin to create programs to help people suffering from these problems.

We are inviting all members of the community to participate in this project. We want to hear from as many people as possible. Do you see a problem in the community? Do you have an opinion about why the community has a problem? We want to hear what you have to say! We have survey forms for anyone interested to fill out.

If you want to fill out a form, please call the CMAA at 454-4286 and ask for Joe Sexton, Development Director, or come to the CMAA office at 165 Jackson Street..



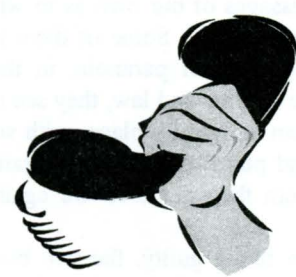
សមាគមខ្មែរកំពុងតែរៀបចំផែនការណ៍ ដើម្បីធ្វើការត្រួតពិនិត្យឡើងវិញនៅក្នុងរយៈពេល៥ឆ្នាំទៅមុខទៀតនេះ។ គោលបំណងរបស់យើង គឺចង់កសាងតួសមាគមខ្មែរនេះក្លាយជាចំណែកមួយដ៏ប្រសើរនិងមាំមួននៅក្នុងសហគមន៍ខ្មែរទូទាំងលើយើងនេះ។ គម្រោងការណ៍ដំបូងរបស់យើង គឺរៀបចំជាបញ្ជីមួយដែលកត់ត្រានូវបញ្ហានានាដែលកើតមានចំពោះជនជាតិខ្មែរដែលរស់នៅក្នុងក្រុងទូទាំងនេះ ហើយនិងវិវិធានសមស្រប បុព្វហេតុនៃបញ្ហាទាំងនោះផងដែរ។ បន្ទាប់ពីយើងមានបញ្ជីនោះរួចហើយ យើងអាចចាប់ផ្តើមបង្កើតកម្មវិធី ផ្សេងៗដើម្បីជួយដល់អ្នកដែលរងគ្រោះអំពីបញ្ហាអស់នោះ។

យើងខ្ញុំសូមអញ្ជើញអស់លោក លោកស្រី និងនាងកញ្ញាទាំងអស់មកចូលរួមក្នុងកិច្ចការនេះ។ យើងចង់បានមតិយោបល់ច្រើនឡើងវិញដែលធ្វើទៅបាន។ តើអស់លោកអ្នកមានបញ្ហាអ្វីដែលអ្នកជជែកពិភាក្សានៅក្នុងសហគមន៍យើងនេះទេ? យើងចង់ដឹងនូវអ្វីដែលលោកអ្នកចង់មានប្រសាសន៍។ យើងមានក្រដាសបំពេញស្រាវជ្រាវរកនូវមតិយោបល់អំពីអស់លោកអ្នកដែលមានគំនិតចង់ចូលរួមនៅក្នុងរឿងនេះ។ បើអស់លោកមានបំណងចង់បំពេញក្រដាសនេះ សូមមេត្តាទូរស័ព្ទមកសមាគមខ្មែរលេខ ៤៥៤-៤២៨៦ ហើយ សួររកលោក ហ្វូ សិខ ចិន ឬក៏អញ្ជើញមកសមាគមដែលតាំងនៅ ១៦៥ ផ្លូវចាកសុន (165 Jackson Street) ។

ព័ត៌មានអំពីការធ្វើប័ណ្ណអន្តោប្រវេសន៍ថ្មី

យោងទៅតាមព័ត៌មានមួយដែលចេញមកពីក្រសួងអន្តោប្រវេសន៍ បើជនណាដែលទីទាល់ក្រជាខ្លាំងគឺគ្មានទឹកនៃឯកសារនៅ ហើយគ្មានប្រាក់បៀវត្សរ៍អំពីការងារណាមួយទេ ជននោះអាចធ្វើប័ណ្ណអន្តោប្រវេសន៍ (Green Card) ថ្មីដោយមិនបាច់បង់ប្រាក់ឡើយ។ ប៉ុន្តែជននោះ ត្រូវមានសំបុត្របញ្ជាក់មួយ

ចេញពីក្រសួងសង្គមកិច្ចផ្សេងៗដូចជា ខាងវេជ្ជសាស្ត្រ ខាងពិការ ខាងជនរងគ្រោះ ឬខាងសុខភាពផ្លូវចិត្តជាដើម។ សំបុត្រនោះត្រូវបញ្ជាក់ថា ជននោះសព្វថ្ងៃនេះមិនមានប្រកបការងារអ្វីទេ ហើយមានបញ្ហានៅក្នុងថវិកាផងដែរ។ បើចង់ជ្រាបព័ត៌មានច្បាស់លាស់ថែម ទៀត សូមសួររកកញ្ញាយេ-ពៅ ឬ យី-បូរា



VOLUNTEERS

ប្រែស្រាវស្រាវ លេស្ទើរ ឈឺសហូម (លេស) គឺជាអ្នក ស្ម័គ្រចិត្តនៅសមាគមខ្មែរនៅ ប្រចាំក្រុងឡូរែលតាំងពីឆ្នាំ ១៩៨៤មកម៉្លេះ។ គាត់បានជួយស្ម័គ្រចិត្តបង្រៀននៅ ថ្នាក់ អង់គ្លេសជាភាសាទីពីរអស់រយៈពេលប្រាំមួយឆ្នាំ។ ពេលដែលមានអាយុជិត ៨៨ឆ្នាំ គាត់នៅតែមកសមាគមខ្មែរថ្ងៃក្នុងមួយអាទិត្យ ពីម៉ោង ៩:០០ដល់ម៉ោង ១:០០។ គាត់មានវិធីយ៉ាងប្រសើរក្នុងការបង្រៀនសិស្សដែលជាស្ត្រីមេម៉ាយ ហើយពួកគេ ចូលចិត្តគាត់ខ្លាំងណាស់។ លេស គឺជាមនុស្សស្ងៀមស្ងាត់ ឆ្លាត និង ចិត្តល្អ។ គាត់បានជួយប្រជាជនខ្មែរអស់រយៈពេលជាងដប់ឆ្នាំហើយ។ ជា រៀងរាល់ថ្ងៃនៅ ពេលសំរាកគាត់តែងតែទៅលេងមជ្ឈមណ្ឌលថែរក្សាកុមារ ដើម្បី ទៅជួបក្មេងៗ ហើយលេងជាមួយពួកគេ។ គាត់ស្រឡាញ់ក្មេងទាំងនេះណាស់ ហើយចូលចិត្តធ្វើ ជា សានថាតូស នៅពេលបុណ្យណូអែល ហើយគាត់ជួយ ទិញស្រោមដៃ ស្រោម ជើង និងអ្វីផ្សេងៗទៀត ជាអង្វាន់ឲ្យសិស្សពេលបុណ្យ ណូអែលទៀតផង។ នៅពេលថ្មីៗនេះ ខ្ញុំបាននិយាយជាមួយសិស្សដំបូងរបស់ លេស សិស្សនេះ និងគ្រួសារបានមករស់នៅសហរដ្ឋតាំងពីឆ្នាំ ១៩៨៤មកម៉្លេះ។ គាត់ បានមក សមាគមខ្មែរ ដើម្បីរៀនភាសាអង់គ្លេស។ គេបានដាក់គាត់ឲ្យរៀន ជាមួយលេស។ លេសបានទៅទទួលសិស្សនៅសមាគមខ្មែរ មួយអាទិត្យពីរដង ហើយគេបាននាំគ្នាទៅហាត់រៀនភាសាអង់គ្លេសនៅផ្ទះរបស់ លេស នៅក្រុងធីង- ប្យូរ។ ក្រោយមកពួកគេក៏បាន ក្លាយជាមិត្តភក្តិ។ តាមពិតដល់យូរៗទៅសិស្ស នេះក៏បានក្លាយជាសមាជិកក្នុងគ្រួសាររបស់លោកលេស គេក៏រាប់គ្នាជាឪពុក និងជាកូនចិញ្ចឹម។ មេរៀនដំបូងគឺនៅឯ ភោជនីយដ្ឋាន។ បន្ទាប់ពីគេញ្ញត្តិមានម្តាយនៅសល់ ហើយលេសបានប្រាប់សិស្សឲ្យសំ ប្រអប់ដាក់ម្តាយទៅ ផ្ទះ។ សិស្សបាននិយាយថា: “ប៉ុន្តែខ្ញុំមិនមានផ្តែផង”។ លេសបានពន្យល់សិស្សនូវរូបរាងមនុស្សនៅប្រទេសនេះសំ ប្រអប់ដាក់ម្តាយក ទៅផ្ទះ” សំរាប់ម្តាយដែលគេញ្ញត្តិមិនអស់ មេរៀនទីពីរគឺរៀនប្រកបពាក្យ “rhododendron” នៅផ្ទះរបស់លេស។ ទោះបីយ៉ាងនេះក៏ដោយ មកទល់សព្វថ្ងៃ សិស្សនៅតែមានការពិបាកប្រកបពាក្យនោះដែរ។ សិស្សនេះក្រោយពីបានក្លាយជា គ្រួសាររបស់លេស មកគាត់ក៏បានសរសើរថាលេសជាមនុស្សល្អចូលចិត្តជួយគ្នា ជាទឹកកក្តៅ គិតគូរ និងស្រឡាញ់រាប់អានអ្នកដទៃ។ លេស ក៏មានកូនស្រីបួន នាក់ដែរ ហើយកូនស្រីម្នាក់បានជួយសិស្សនេះឲ្យផ្លាស់ប្តូរមុខរបរពី អ្នកស្រែទៅជាអ្នក ចាត់ចែងក្នុងសហគមន៍។ គាត់ថ្លែងអំណរគុណដល់គ្រួសារ ឈឺសហូមណាស់ ហើយពួកគេគឺជាគ្រួសាររបស់ គាត់។ យើងសូមថ្លែងអំណរ គុណដល់លេស ចំពោះការយកចិត្តទុកដាក់ និង ការស្ម័គ្រចិត្តលើប្រជាជនខ្មែរ។ យើងសូមឲ្យលេសអញ្ជើញមកសមាគមខ្មែរ ក្នុងរយៈ ពេលជាយូរឆ្នាំខាងមុខទៀតនេះ!!!

ប្រែសម្រួលដោយ ឆិន-ប្រាយអិន

Teaching and Volunteering through the Years: In Appreciation of Lester Chisholm

Francis Lester Chisholm (Les), a volunteer at the Cambodian Mutual Assistance Association (CMAA) since 1989, has assisted me as a volunteer in my English as a Second Language class for the last six years. As he approaches eighty-eight years old he is still coming to the CMAA two days a weeks from nine o'clock to one o'clock.

He has an excellent way with my students, who are all single mothers, and they love him very much. Les is a quiet, intelligent gentleman and a generous human being. He has been helping the Cambodian people for over ten years. Every day during our break from class he visits our Komar Day Care to see the children and play with them. He loves these children and loves to play Santa Claus at Christmas time. His generosity to the teachers at the daycare helps them buy mittens, socks, and other things for the children at Christmas.

Recently, I spoke with one of Les' first students. This student came to the United States with his family in 1989. He came to the CMAA to learn English. He was assigned a teacher, Mr. Francis Lester Chisholm. Twice a week, Les would pick the student up at the CMAA and they would go to Les' house in Tyngsboro where they would practice English lessons. After awhile, they became good friends. In fact, as time went on, the student became more like a member of Les' family. They adopted each other as father and son.

His first lesson with Les took place at a restaurant. After they ate, they had food left over and Les told the student to ask for a "doggie bag." "But I don't have a dog," the student said. Les explained to him how people in this country ask for "doggie bags" in this country for their leftover food. His second lesson at Les' house was to learn how to spell the word "rhododendron." However, to this day the student still has trouble spelling that word.

This former student has become part of Les' family and describes them as nice, helpful, warm, caring, and loving. Les also has four daughters, and one of them has helped this student change careers from being a farm worker to being a community organizer. He is very thankful to the Chisholm family. They are his family.

Les, we thank you for all of your dedication and commitment to the Cambodian people—may you be here at the CMAA for many more years to come. CMAA always welcomes volunteers.

By Rosemary Costello.



សេចក្តីជូនដំណឹង

សមាគមខ្មែរនៃទីក្រុងឡូវែលមានសេចក្តីសោមនស្សនឹងជំរាបជាដំណឹងថា សព្វថ្ងៃនេះសមាគមខ្មែរយើងមានកម្មវិធីជាច្រើនដែលអាចជួយបំរើដល់សហគមន៍ខ្មែរ ដែលមានរៀបរាប់ដូចខាងក្រោមនេះ ៖

- ១. កម្មវិធីមនោរម្យជំនួយគ្រួសារ មុត-ធិមុធី និម-ប្រាយនិម បូរៀត ធម្ម-ម៉ាហ្គាវេធ ឡាវីន
- ២. កម្មវិធីសិក្សាភាសាអង់គ្លេស ខោះស្តេឡូ- រ៉ូសមេរី ឌីវ-ដានី ឌី
- ៣. កម្មវិធីសិក្សាភាសា និង វប្បធម៌ខ្មែរ ស៊ាង-សក្តិ
- ៤. កម្មវិធីជំនួយការងារ ប៊ីន-ម៉ាតា ញឹម-ភីផេ យេ-ពៅ
- ៥. កម្មវិធីជំនួយយុវជន យដេរូ-ឡូវេន ននជន-អាណ សៀន-សាយ័ន្ត
- ៦. កម្មវិធីថែទាំកុមារ អុំ-ម៉ាតា យី-បូរា នូ-នីដា យិសាម៉ិ-អែនស៊ី ឡាង-ផល្លា
- ៧. កម្មវិធីជំនួយការងារផ្នែកសហគមន៍ ខ្នាត-ហ្វូជ យិន-ផល សុផន
- ៨. កម្មវិធីសិក្សាផ្នែកបរិស្ថាន អុន-វិនសិន បូណា
- ៩. កម្មវិធីជំនួយមនុស្សចាស់ ជ័យ-ផី អេរីខា ស៊ាង-សក្តិ
- ១០. កម្មវិធីបង្រៀនចូលសញ្ជាតិ យី-បូរា អុន-វិនសិន ឆាយ-ឆីវី ប៉េង-អាណ ទេត-ហុង សាត-ចក់
- ១១. កម្មវិធីជំនួយយុវមាតា-មិត្ត គ្រីវេស-អាណសិន ហ្សូរុតង់-ស៊ីមៀន
- ១២. កម្មវិធីសិល្បៈខ្មែរ ហ៊ឹម-វ៉ានី

សមាគមខ្មែរយើងនៅរង់ចាំបំរើលោក-អ្នកដោយមេត្រីភាព ។ ការិយាល័យបើកពីថ្ងៃច័ន្ទ ដល់ ថ្ងៃសុក្រ ពី ម៉ោង ៨:៣០ ព្រឹក ដល់ ម៉ោង ៥:០០ល្ងាច ។ សូមអញ្ជើញទាក់ទងតាមទូរស័ព្ទលេខ (៧៧៨) ៤៥៥-៤២៨៦ ។ សូមអរគុណ



The CMAA is a non-profit organization. We need your support in funding this community magazine. The magazine is published quarterly. Subscription to Khmer Lowell is \$ 0.99 per issue, plus shipping and handling. Please make check payable to CMAA/Khmer Lowell and send to:

**Cambodian Mutual Assistance Association
ATTN: Khmer Lowell Magazine
165 Jackson Street
Lowell, MA 01852**

Name: _____

Business/Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____

Fax: _____

Letter from the President of the Board of Directors



As President of the Board of Directors of the Cambodian Mutual Assistance Association, I am proud to present this issue of Khmer Lowell magazine. Through this magazine, we hope to share with you some of the rich cultural heritage of Lowell's Cambodian community, and to invite you to learn more about the many interesting aspects of our community.

This year the CMAA will celebrate its 15th anniversary. In later issues of Khmer Lowell, we will talk more about our plans to mark that important milestone. Certainly, in the last 15 years, CMAA has come a long way, just as Lowell's Cambodian community has. As I write this, CMAA has a staff of over 28 dedicated people serving the people of Lowell. Through the generosity of the Courier Corporation, the CMAA has its own building. In coming years, the CMAA building will be developed into a professional and commercial center for the entire Southeast Asian community to be proud of.

However, as much as we enjoy our present success, the Board of Directors and the Staff of the CMAA have our eyes on the future. Over the next several months, the CMAA will be making its plans for the next five years. We will be seeking the opinions of all parts of the community about the problems which our community faces, and about what the CMAA can do to serve all of the community better in the coming years. I am inviting every reader of Khmer Lowell to assist the CMAA in this work. If you have any suggestions or ideas on how the CMAA can be improved, or can change to help the community more effectively, please write to the Board of Directors, Cambodian Mutual Assistance Association, 165 Jackson Street, Lowell, MA 01852.

Sincerely

Chanrithy Uong

President

Board of Directors

Cambodian Mutual Assistance Association of Greater Lowell, Inc.

CMAA's Special Events 1999

Date	Events/Activities	Comments
Jan 1999		Planning for various events
Feb 12 & 13	Open House for Day Care Center	Promote our day care center program and activities.
March 1999	Strategic Planning "Kick-off", first workshop, staff retreat	Launch a long-range strategic planning based on Tom Hurley Recommendation
April 10	Khmer New Year Celebration	Traditionally, Cambodians celebrate their holidays and festival all year round. The widely celebrated holidays are <i>Chaul Chhnaim</i> (New Year), <i>Phchum Benn</i> (Memorial or Ancestor Day), <i>Bonn Phka</i> (Flower tree ceremony), and <i>Bonn Cheat</i> (National Day)
May 28 & 29	Benefited Play: "Children of War"	Sell tickets; organize special event by involving celebrities such as Ms. Yolanda King and other Hollywood stars to help promote our causes, to raise fund for Youth & Family Center project, to make awareness of Cambodian children flights.
June	Outdoor Event: Picnic	Clients, staff, board, volunteers and community members gather together to enjoy each other companionship
July 30 & 31	Lowell Folk Festival	Sell ethnic food, drink. Every year in Lowell, folk festival was celebrated where hundred of people came from all over the New England area to enjoy the diversity of ethnic food, music, arts, and dances, etc.
Sat. August 21	Water Festival	Sell ethnic food, T-shirts, souvenir items as we celebrate the importance of water through cultural dances, music, boat races, booths of information, and others
Thursday & Friday 19-20	Cambodian National Convention, Lowell	
September		
October 2	Annual Board Election/ 15 th Anniversary Celebration	Annual event to elect new board members; also to celebrate our achievement after all the hard work, energy, and spirit that we all have put into our organization throughout the whole year.
November		
December	X-Mass Party – Dance Party	Christmas is a new version of celebration as we come to adopt as part of our assimilation into American society. It is also fun to celebrate the holiday season and raise some money for our agency.

Note: CMAA reserves the right to change dates of all or any of these events at any time based upon the approval of the Board of Directors

KHMER LOWELL ឧស្សនាវដ្តីខ្មែរឡូអែល

*Cambodian Mutual Assistance Association Magazine
Quarterly Bilingual (English/Cambodian) Magazine*

Reservation Form For Advertisement

Yes, I want to reserve advertising space (s) in the Khmer Lowell magazine.

Please, check one or more :

I would like my advertisement to be

<u>Size</u>	<u>Price per Quarter</u>
<input type="checkbox"/> Back Cover	\$ 150.00
<input type="checkbox"/> Inside Back Cover	\$ 100.00
<input type="checkbox"/> Inside Front Cover	\$ 100.00
<input type="checkbox"/> Full Page	\$ 80.00
<input type="checkbox"/> Half Page	\$ 50.00
<input type="checkbox"/> Quarter Page	\$ 40.00
<input type="checkbox"/> Business Card	\$ 25.00

Our Ad is :

- a camera-ready copy
- an enclosed typed copy. I understand that a camera-ready copy will be translated and designed for an additional cost of \$75.00
- not ready yet, but will be sent by _____
(date)

TOTAL PAYMENT ENCLOSED: \$ _____ X _____ quarter (s) = _____

***** Deadline for submitting your advertisement:**

Feb. 19, May 21, Aug. 20, and Nov. 19 of each year

Please, send your advertisement (s), and make the check payable to :

Cambodian Mutual Assistance Association

*****ATTN. Timothy Mouth**

165 Jackson St. Tel. (978) 454-4286

Lowell, MA. 01852 Fax. (978) 454-1806

Business/Organization: _____

Contact Person : _____

Address : _____

City/State/Zip : _____

Phone : (____) _____

Fax: (____) _____

* For more information, please contact Timothy Mouth, Bora Yi, or Pov Ye at (978) 454-4286

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 Asst. Coordinator: Sak Seang

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 Asst. Coordinator: Vincent B. Un
 Instructors: Chuck Sart
 Ang Pheng
 Chhorvy Chhay
 Hong Net

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 Outreach Worker: Paul Yin

Environmental Health Project

Community Liaison: Vincent B. Un

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 Case Worker: Margaret Tham
 Case Worker: Brian B. Chen

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 Caseworker/Recruiter: Simeon Zorokong

E.S.L. Program

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 Youth Assistant Director: Arn Chorn-Pond
 Case Manager: Sayon Soeun
 Youth Worker: Picheath Kim
 Youth Worker: Tony Roun

Instructors:

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 Traditional Dance: Rany Him
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 Job Developer: Peter Nhim
 Outreach Specialist: Pov Ye

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Coordinator/Teacher: Danny D. Div

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Director/Teacher: Montha Um
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 Teacher : Anzy Khezami
 Assistant Teacher: Neda Nou

Computer Instructors:

Denys Meung
 Simeon Zorokong

Building Development Manager:

Daniel Bumegin



THOMAS STYLIANOS

ATTORNEY AT LAW



មេធាវី

ចំហាស់ ស្ទីលីអានណូស

ការិយាល័យច្បាប់យើងខ្ញុំមានបទជំនាញជួលោកអ្នក ដូចតទៅ៖

- ⇒ ផ្នែកពន្ធដារ
- ⇒ បង់ខាតមុខរបរ
- ⇒ ការទាមទារប្រាក់ជំនួយកូនចៅ
- ⇒ ការជួយសំរួលផ្នែកលែងលះគ្នា
- ⇒ ការជួយទាមទារកេរ្តិ៍មរតក
- ⇒ ការជួយតវ៉ាផ្នែកច្បាប់សិក្សា
- ⇒ ការជួយសំរួលផ្នែកឧក្រិដ្ឋកម្ម
- ⇒ គ្រោះថ្នាក់ផ្សេងៗ
- ⇒ គ្រោះថ្នាក់ចរាចរណ៍
- ⇒ គ្រោះថ្នាក់នៅកន្លែងធ្វើការ
- ⇒ ការព្យាបាលជម្ងឺ
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*** NO FEE UNLESS WE COLLECT MONEY FOR YOU!**

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WEEKEND & EVENING HOURS, HOSPITAL VISITS
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**226 CENTER STREET
LOWELL, MA 01852
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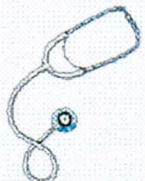


មណ្ឌលសុខភាព សហគមន៍ក្រុងឡូវើល



មណ្ឌលសុខភាពសហគមន៍ក្រុងឡូវើលមានកិត្តិយសសូមជម្រាបជូនដល់លោក-លោកស្រី សូម
ជ្រាបថា មជ្ឈមណ្ឌលសុខភាពយើងខ្ញុំមានបុគ្គលិកខ្មែរជាច្រើននាក់មានការពិសោធន៍យ៉ាងហ្មត់
ចត់រង់ចាំបម្រើសេចក្តីត្រូវការរបស់លោក លោកស្រី។ យើងខ្ញុំមានមណ្ឌលសម្រាប់ព្យាបាលរោគមនុស្ស
ចាស់ និងសម្រាប់កុមារទៀតផង។ ម៉ោងធ្វើការគឺរៀងរាល់ថ្ងៃច័ន្ទ-ថ្ងៃសុក្រ ម៉ោង ៨:៣០ ព្រឹក ដល់ម៉ោង
៥:០០ល្ងាច ហើយនៅថ្ងៃអង្គារនិងព្រហស្បតិ៍យើងខ្ញុំបានបន្ថែមម៉ោងរហូតដល់៨:០០ល្ងាច។
ម្យ៉ាងទៀតបើសិនជាអស់លោក-លោកស្រី ឬក៏កូនប្រុស កូនស្រីលោក-អ្នកគ្មានថវិកាក្នុងការ
ព្យាបាល រោគទេ នោះមជ្ឈមណ្ឌលសុខភាពសហគមន៍ក្រុងឡូវើលរបស់យើងខ្ញុំងាច ជួយលោក-អ្នកបាន។
បើអស់លោកត្រូវការព័ត៌មានបន្ថែមទៀត សូមមេត្តាទាក់ទងមកលេខទូរស័ព្ទ (៩៧៨) ៩៣៧-៩៧០០ ឬ
អញ្ជើញមកជួបយើងខ្ញុំផ្ទាល់ តាមអាសយដ្ឋាន 585-597 Merrimack Street, Lowell, MA 01854.

មជ្ឈមណ្ឌលសុខភាពសហគមន៍ក្រុងឡូវើលសូមស្វាគមន៍!!!



Lowell Community Health Center



The **Lowell Community Health Center** provides health care for people of all ages in the Greater Lowell area. LCHC offers all the health care services commonly found in a physician's office, as well as laboratory, nutrition, substance abuse and social services. The center's multilingual and multicultural staff is dedicated to serving your health and wellness needs.

Private insurance, Medicaid, and Medicare are accepted. A sliding fee scale is available based on income and family size. No person will be denied medical care because of inability to pay.

For more information please contact us at (978) 937-9700 or come to visit our office at: 585-597 Merrimack Street, Lowell, MA 01854.



We are looking forward to serving you!!!