Beloved bakery owner shares her story

By Alissa Greenberg

Sticky buns aglow with a patina of sugar; cookies stuffed with raisins and chocolate chips; rich, fudgy brownies; croissants, flaky and golden: these are the treasures to be discovered at the Flour Bakery, the brainchild of Taiwanese-American Joanne Chang, who found much of her inspiration for the Bostonian bakery phenomenon in her sweets-free childhood.

“I didn't grow up with pastry,” she told a full house at the Boston Chinatown Neighborhood Center (BCNC) recently. “It was a big deal when my mom took out oranges after dinner.” She paused to take a sip of tea, her throat scratchy from laryngitis. (“I didn't want to cancel!” she insisted.) “On the most special occasions they would put out mooncakes, and I would say, ‘Gross, Mom, this is not dessert.’” There was a ripple of laughing recognition from the audience.

Chang was visiting BCNC to give a talk on her Asian American upbringing and the unconventional path she took to become a bakery maven, as well as to promote her new cookbook, *Flour: Spectacular Recipes from Boston’s Flour Bakery + Café* (available now from Chronicle Books.) The popular event, part of BCNC’s Sunshine Saturdays and co-sponsored by the Asian American Resource Workshop, found Chang dressed in chef’s whites giving a casual talk and then briefly taking questions.

Taking another sip of tea and gathering her remaining voice, she shared a memory of an important night in Taiwanese-American Joanne Chang is a Harvard College graduate. (Photo by Alissa Greenberg)

Spiritual leader by day, basketball captain by night
Thirty years of community basketball

By Kye Liang

Every Tuesday night, the Josiah Quincy School gym pulsates with the sound of basketballs. Thump, thump, thump. The monotone is broken by the occasional swish of the net as the ball goes through. More often than not, the ball either misses completely or clangs off the rim.

“I tell people, I haven’t lost much of my basketball skills over the years because I never played at a high level to begin with,” laughs Steven Chin. Chin recently celebrated his 60th birthday but despite his age he is still here tonight for Tuesday Night basketball as people call it. He has been here since the beginning in 1979 when a group of friends from the Boston Chinese Evangelical Church (BCEC) started playing pick-up basketball games.

Over the years, Tuesday night basketball has evolved from a small group to being an open gym for anyone to join and is willing to share in the nominal cost of the gym rental. This openness extends across race, gender, and age. The players who come to the gym are mostly Chinese American, but white and black players have joined over the years. On a typical night, there are 12 to 18 people and the games are all full-court. Often, one would find high school age students playing alongside other players who

Hong Kong: Growing market for American business

General Manager of Cathay Bank Johnny Ip and Director of the Hong Kong Economic and Trade Office Anita Chan celebrate an Evening Reception with Friends of Hong Kong. (Photo by Natalie Ornell)

By Natalie Ornell

The Hong Kong government and Hong Kong Association of Massachusetts (HKAMA) co-hosted a reception in celebration of The Year of the Rabbit, bringing together those with an affiliation and interest in Hong Kong. Under the Secretary for Financial Services and the Treasury Julia Leung spoke in place of Guest of Honor Hong Kong Secretary for Financial Services and the Treasury Professor K.C. Chan. Chan could not attend “due to unforeseen official commitments,” according to the Hong Kong Economic and Trade Office.

U.S. Hong Kong Commissioner Donald Tong offered brief opening remarks about Hong Kong’s current economic situation before Leung updated guests on Hong Kong’s financial markets. Tong expects Hong Kong’s
Announcements

**BOSTON**

**ARBD Chinese Church Head Start School Readiness Community Fair**

Date: Tuesday, March 29, 9:00-11:00AM
Address: 112 Shawmut Ave, Boston
Co-sponsor: South End/Chinatown Cluster

The goal for this event is to engage community families, and to promote awareness on school readiness as well as support for dual language learners.

Highlights: Countdown to Kindergarten presentation on kindergarten transition and school readiness; educational toys/games selection with Suffolk University.

ACDC designated as HUD-approved housing counseling agency

The Asian Community Development Corporation (ACDC) has been approved by the U.S. Department of Housing and Urban Development (HUD) as a Housing Counseling Agency. HUD-approved agencies meet stringent standards for trained and experienced staff, counseling practices, and recordkeeping, and are committed to serving any and all clients in need of housing counseling or homeownership assistance. As a HUD-approved Housing Counseling Agency, ACDC has met the criteria set forth by HUD to provide pre-purchase homebuyer workshops, pre-purchase counseling, financial management counseling for homeowners, fair housing counseling, and rental counseling services. ACDC is now current in all of its HUD-approved agencies in Massachusetts able to provide housing counseling services in Cantonese, Mandarin, and English.

9th Annual Boston International Film Festival

The 9th Annual Boston International Film Festival will be held from April 15 through April 24 at the AMC/Loews Theater, 175 Tremont St. in Boston Common. This year we will be screening over 100 short and feature films from 30 countries at the AMC/Loews Theater, 175 Tremont St. in Boston Common. Opening and closing night Gala Parties following the screenings are the highlights of the festival, but red carpet affairs, special parties and panel discussions are held throughout the entire event. The winners of this year’s awards are announced at the theatre following the last screening. Tickets will soon be available for purchase, either on our website, at the AMC/Loews Theater or at the BIFF office. For more information on ticket sales, schedules, etc please visit www.bifffilmfestival.com or call 617 482 - 3900.

Chiatown News

Christine Dunn, a representative from Millennium Partners Boston, updates CNC on Hayward Place.

(Feature)

By Diana Li

South Cove Chinatown Neighborhood Council held their monthly meeting on February 22, 2011.

The main topic of discussion revolved around Hayward Place. Christine Dunn, a representative from the Millennium-Partners Boston, announced a few modifications to the former sketch of Hayward Place.

The newly proposed plan consists of 15 floors - 14 residential floors and 1 retail floor. The previous changes were made possible by reducing the height of each floor. In addition, there will be 265 living units and 125 parking spaces.

Dunn projects that things will be finalized soon. Dunn said she hopes that Hayward Place will start “groundbreaking by the end of June.”

One concern is that the Chinatown Neighborhood Council brought up was fear that all the rental units will ultimately become all condominiums. Dunn assures members that should not be a concern.

Other concerns were around the initial agreement of a $23 million donation to BRA, where BRA was given and the other $10 million will be given soon.

The meeting adjourned on a good note for all attendees. Members was pleased with the developmental direction of Hayward Place.

The next meeting will be held on Monday March 21, 2011 at 6:00pm.

Diana Li is a Sampan correspondent.
A conversation with Maxine Hong Kingston and Gish Jen

Interview

Maxine Hong Kingston is one of the pathbreakers among Asian-American female writers. Gish Jen has also more recently received great attention for her literary works. Bearing their dual minority status, breaking into the publishing world must have been quite a struggle. The interview—held by Cid Yun—gave us a glimpse into how the two women arrived at their respective success.

Sampan: When did the writing all start?

Jen: I usually say the beginning was when I was an undergraduate. I was taking a poetry writing class...I really like the class. My professor said to me, “You know, I think you should be doing something with words.” But I was doing pre-med. It’s funny. It wasn’t even like I had my parents there saying, “You can’t do this.” I had completely internalized the idea that it was something that somehow like me would do. I got very early encouragement, real encouragement. The professor said to me: “point-blank, why are you pre-med?” It’s like I just got a C in that class.

From there, I slowly, slowly began to start writing. I didn’t write my first story until I was out of college. That professor got me a job in publishing, urging me once more to “at least do something with words.” Then, I called up his editor at Doubleday [Publishing House], and said, “I have a student.” It was just what was [considered a] legendary way of [getting a job in publishing]. Later I realized that they didn’t give that to everybody. And while I was at Doubleday, they would pay for courses. My first course was non-fiction writing. I received great encouragement. I made a couple of friends who were into fiction. It was a lot of serendipity. Honestly...I think that my biggest obstacle was myself. Of course, my parents were an obstacle. Management. I had a group of friends who were into fiction. I thought I was going to be a painter. So I spent some time in the environment, to art. We often feel that…we, ourselves as members of a minority….also feel that it’s your responsibility to say something. Whatever it is, you should say something. The way she has brought her children up as Chinese? Of course, when people read that, for robots. You need to say something right…need to set more straight if you can. And in this case...clearly, is it the Chinese way? Of course, people read that, for some people, they just worry about the parenting. Of other people are worried about China taking over the United States. You just had to ask, “Is this the Chinese way?” I mean, is she Chinese? What does that mean...Chinese? The question is much more complicated. Is there a Chinese way? The way she has brought her children up has no resemblance to the way I brought mine up, nor, I am sure, you yours. It’s a desire...It’s a sense of responsibility. I wonder how much of the time there is a sense that you know something in the public discourse and you can see there is a piece of it that is missing. And you feel it is your responsibility to say something. Whatever it means, a blog or an article. There is a way in which we feel that we, ourselves as members of a minority...also have a kind of a special responsibility.

Hong Kingston: Our responsibility to the constitution, our responsibility to the world, our responsibility to the environment and the world, the view that I see things to other people don’t see. I want to bring them the news that this is going on. And this is the truth that’s happening. It’s the responsibility of a man who to be a woman. Responsibility – I feel that very strongly in everything I say.

Jen: I do too. It is the appreciation of the special role that is given to you, to a lesser degree, me. But, also there is the desire to be away from that role. I was on vacation. I just took one look [at Chua’s article]. I was in the car with no cell phone service. Not to feel like I have to send my email on the top of the hill. It’s just not given to us. It’s a huge gift. In one way it’s a responsibility, in another way in which you feel very much part of the society. And I think for people who come from backgrounds who it’s not clear where you are coming from, whenever you feel there is an obligation, you also feel like...I really belong here, this is really my home. You can never be on vacation from that. We are really part of the fabric of things. It’s a cool thing even though it does disrupt one’s vacation, from time to time.

Hong Kingston: I remember that wonderful essay that you wrote which I clipped out and I read it again and again. It’s when you decided to be on hiatus from writing. You were going to quit...You said, “I am going to model sports for my children.” At the end of the essay, you could not give up the dialogue you have with the world. You had to go back and participate.

Jen: There is a burden to it, but there is a gift. It’s like somebody turned the music off. There is tendency maybe to see less of the obligation and the burden of it. But it’s more complicated than that.

Hong Kingston: When I started the book [I Love a Broad Margin To My Life], I was 65. Now it is published, I am 70. When I finished the book, I had the sense that I had finished my life’s work. Yes, I felt it. I will just read you what I said, like the last lines: I wanted to write. That desire is going away. I’ve said what I have to say. I’ll stop, and look at things I called distractions. Become reader of the world, no more writer of it. Surely, world lives without me having to mind it. A surprise world! When I complete this sentence, I shall begin taking my sweet time to live the moment-to-moment beauty of everything. Everyone. Everyone.

But in a way, it may be like your essay. I was thinking of [Sidonie-Gabrielle] Colette. I think she was in her 80s when she had that same thought. I have finished my life’s work. I had reviewed that, the privilege of living so long that you have told all your stories. And Colette felt to herself, what am I going to do with my hands? So then she took up needlepoint. I would like to be in that place. Maybe this is going to be my fantasy. After I had finished this [book], and after I had said that, I saw a psychic, and he told me I had two more books left.

You should have seen the look on my face. I was sort of horrified. And then he said, “They’re going to be easy; you’re going to be fun. You will enjoy writing them. So who knows?”

Jen: Maybe: that really is the way you feel...or maybe it’s just the way an author feels at the end of a book. Here I am; I am only 55. But I’ve had that feeling that I am done.

The final panel discussion event, titled “Children of Immigrants,” will be held at 6PM on March 23 at the Boston Athenaeum. For more information, please visit http://bostonsthatennaeum.org/node/events/upcoming/all

About Maxine Hong Kingston: Born October 27, 1940, in Stockton, California as Ting Ting Hong, Hong Kingston is the third of eight children. Her father, Tom, went to China and became a manager of a gambling house and laundry worker. Hong Kingston was named after a lucky blonde American gamester in her father’s gambling house. Hong Kingston graduated from the University of California, Berkeley with a B.A in English in 1962. Hong Kingston has won several prestigious literary awards, including the National Book Critics Circle Award for Nonfiction as well as the 1981 National Book Award. Hong Kingston also received the 1997 National Humanities Medal from President Bill Clinton. A well-known political activist, Hong Kingston won a publishing award for editing the book Veterans of War, Veterans of Peace in 2006. Her best-known works are The Woman Warrior and China Men, both nonfiction.

About Gish Jen: Born Lillian Jen, Gish Jen was born in 1955 in Long Island, New York to Chinese immigrants. Her parents emigrated to the United States from Shanghai and her father from Yixing. Her nickname derived from the actress Lillian Gish. She graduated from Harvard with a degree in English in 1979. At Harvard University, Jen was part of the Harvard College Workshop. She is the author of four novels and a book of short stories, including Typical American, a New York Times Notable Book which was shortlisted for the National Book Critics Circle Award, More Chinese Promised Land, and The Love Wife. Her most recent book, World and Town, was released in 2010.

By Cindy Yiu

March 11, 2011

SAMPAN

— By Cindy Yiu

Maxine Hong Kingston is one of the pathbreakers among Asian-American female writers. Gish Jen has also more recently received great attention for her literary works. Bearing their dual minority status, breaking into the publishing world must have been quite a struggle. The interview—held by Cid Yun—gave us a glimpse into how the two women arrived at their respective success.
Future leaders meet at Harvard Project for Asian and International Relations

By Natalie Ornell

Stephen Li, a student at Simon Fraser University in Canada, always dreamed of traveling to Boston to study at Harvard University or at the Massachusetts Institute of Technology.

“My dream came true when HPAIR accepted me for the three-day conference,” Li said.

Over four days last February, international students, from as far as South Korea and Australia, came together during the 20th anniversary of the Harvard Project for Asian and International Relations (HPAIR) to examine the most pressing issues impacting Asia today. Each delegate lived with a Harvard student and attended dinners and an International student performance together.

With the theme of “Looking Back, Forging Ahead: Asia in Pursuit of a Vibrant Future”, the conference delegates discussed the domestic and international issues that arise from a country’s development, the ways in which countries are reflecting on their histories and facing the issues, and their new expectations for the future ahead.

Asia’s rising economy in the world was a hot topic this year. Conference attendees also explored areas including foreign policy, public health, environmentalism, media diplomacy, entrepreneurship and investigated these issues in panels and seminars featuring some of the most distinguished figures in their respective fields.

Steven Miller, Editor-in-chief of International Security and Director of the International Security Program at the Belfer Center spoke about the rise of nuclear power and its implications in Asia.

Jackie Pang, former Phoenix TV Senior Financial news correspondent on Wall Street, joined the Media Diplomacy panel for a discussion on national image and the rise of new media.

“This was the second year Shen Shiran, a junior at Swarthmore College from Beijing, China, attended the conference. Shiran emphasized that HPAIR was a ‘fantastic platform for facilitating intellectual discussion’ and provides a unique opportunity for networking with future leaders in Asian and International Relations.”

“I am glad that I was able to hear different perspectives on the many opportunities and dilemmas faced by Asia, which I found to be intellectually stimulating, and made many international friends who share the same interests at the conference”, she said.

Harvard graduate Jay Koh co-founded HPAIR twenty years ago, an entirely student run and organized conference. Since then he has served as a law clerk to the U.S. Supreme Court Justice Souter, and has gone on to work for an investment bank before joining Overseas Private Investment Corporation as the Chief Financial Officer.

“HPAIR was conceived on the back of a napkin,” he said during the conference opening comments which included also comments from Asia Expert Ezra Vogel.

Koh said he and his friends sat inside Pinocchio’s Pizza in Harvard Square, sketching out a vision for a conference that would go beyond the United States and Europe, involve Asian and International Relations, and focus on discussion on substantive immediate issues.

Koh noted that more than 8,000 people have attended the conference from around the world and that he hopes the delegates will one day meet again to make decisions that will impact the future.

The HPAIR closing ceremony was held at the Ritz Carlton Boston where the Japan-America Citizens’ Extraordinary and Plenipotentiary to the United States Ichiro Fujisaki, Consul-General of the Republic of Turkey Murat Edemir, and Harvard University Professor Dr. Arthur Kleinman offered concluding remarks.

Natalie Ornell is a Sampan correspondent.

Nashoba Brooks School
seeks candidates for the following positions (complete position descriptions may be found at www.nashobabrooks.org)

**Director of Marketing and Communications**
A Bachelor’s degree is required in addition to 5-7 years of communications/marketing experience preferably in schools, colleges, and/or major not for profit organizations.
Please forward cover letter & resume to: Karl Kussin, Director of Development Email: DrMandC@nashobabrooks.org

**Director of Constituent Relations**
Bachelor’s degree and a minimum of two years of relevant experience.
Please forward cover letter & resume to: Karl Kussin, Director of Development Email: DirCR@nashobabrooks.org

**Lower Grades Science Teacher**
Master’s degree and a minimum of two years of recent experience teaching science in Grades K-4.
Please forward cover letter and resume to: Penny Jennings, Coordinator of Lower Grades Email: lgs@science@nashobabros.org

**Lower Grades Music Teacher**
Degree in music or music education, Orff certification and a minimum of two years’ experience teaching music to children in Kindergarten through Grade 3. Please forward cover letter and resume to: Penny Jennings, Coordinator of Lower Grades Email: lgmusic@nashobabros.org
Bakery, continued from page 1

her adolescent development that planted the seeds of her eventual career path. "We had meatloaf or something, and the parents were going to put out dessert," she said. "I don’t remember the friend, but I remember the dinner— which says something, don’t you think?—Anyway, my friend asked me, ‘Do you eat Chinese food every day?’ and I said, ‘No, I eat regular food.’ I didn’t realize not everyone had rice and stir-fried vegetables with each meal.

Once she appreciated the world of food available for her to try, Chang savored the chances to sneak Oreos and Twinkies during visits to her friends’ houses. By age 16 she was making chocolate chip cookies fairly frequently. Nevertheless, her parents’ goals for her prevailed, and Chang traveled to Boston to attend Harvard, where she graduated with a degree in Applied Mathematics and began working for the Monitor Group as a consultant.

"At the end of your second year at Monitor, you usually either have a job offer in the company," Chang said. "I wasn’t in a position to move up, but an MBA didn’t appeal." Indeed, as she writes in the introduction to her cookbook, “One of my responsibilities was running the undergraduate recruiting effort. I interviewed hundreds of students for our entry-level consultant position and my opening question, created to break the ice and put anyone at ease, was ‘What would you do with your life if you won the lottery?’ Inevitably, I started thinking about my own response to that question. And the answer was easy: I would spend my days cooking and baking. I was always dreaming about food, especially pastries, and how I could make them taste more delicious.”

Therefore, instead of following the path laid out for her at Monitor, Chang decided to pursue a career as a cook. “I sent letters to the top chefs in Boston at the time—Lydia Shire, Jody Adams, Todd English, Gordon Hamersley—explaining that I loved to cook and bake, had absolutely no experience or formal training, and was willing to start in any position to work in one of their restaurants,” she writes. “Lydia... interviewed me one day and called to hire me the next. Two weeks later, I traded my suit and pumps for a chef’s coat and clogs and started as a bar food cook... My first day, the sous chef asked me to julienne something for her, and I stammered, ‘Wh... what’s ‘julienne?’”

By the end of the year, when Chang’s interest in pastry was taken to the foreground, and she was encouraged to apply to the well-respected Bentonwood Bakery in Newton. “It was then that I knew this was what I should be doing,” Chang told the BCNC audience. “I had liked my job at Monitor. But I loved this. I even loved being yelled at because it meant I could improve!” When the bakery closed down, she moved to a job at the Rialto restaurant in Cambridge. “About halfway through the interview process, it became clear that the position was for head pastry chef. I had some major doubts, because I only had two years of experience, but [Chef] Jody Adams and I connected and slutted it to him. ‘I’ve wanted to get more involved. We’ll work hand in hand. We’ll do it together...’ But I was still worried, was it going to be over my head? And it was, but I put the thought ‘over your head’ the kind that pushes you to do better.”

Chang later moved to New York City to learn from French pastries from François Payard (a period she refers to as ‘pastry boot camp’) before moving back to Boston to complete plans for the first Flour Bakery, which eventually opened over 10 years ago in the then-yet-to-be- gentrified South End. Chang found a condo above the bakery, came downstairs every morning at 3 am to bake for the day, and felt like all her dreams had been achieved. There was only one issue: after four or five years, during which the bakery was wildly embraced, Chang had what she called a “great problem”—too many devoted staff.

“I said I would never open more than one bakery because I wouldn’t be able to put my heart and soul into them both, but I needed to give these people who had been with me from the beginning a challenge, a way to move up and grow,” she said at BCNC. So she opened a second location in Fort Point, near the Children’s Museum, then more recently a third in Cambridge near MIT and a restaurant called Myers and Chang on the outskirts of Chinatown. “This expansion has allowed me to offer opportunities to my longtime staff and to spread what we call ‘Flour love’, offering great pastries in a supportive environment that translates to great customer service.”

Such expansion does not come easily. Ever since Chang won a head-to-head competition baking sticky buns against celebrity chef Bobby Flay in 2007, she has gotten a steady stream of advice and business offers to take on more franchises. “We were both so busy...”

But be careful of the small cartilage. “The BCNC engagement ended with Chang signing copies of her cookbook, which is already in its third printing. “I wrote it to share love of pastry, to show how doable, managable, fun pastry can be,” she explained. “For example, I got an e-mail from a young woman who had made brioche au chocolat for her mother’s birthday and her mom cried because she never thought her daughter could do that.”

The Chinatown community has embraced Chang, who now lives in the area, professes a love for local cuisine, and is even a member of the Chinatown YMCA. That mutual affection was clear from the turnout (Bcnc’s Carmen Chan called the event “definitely our most successful yet”) and from the line that snaked out the door as locals and more far-flung Boston flour fans alike waited patiently to take home a little bit of “Flour love.”

“I like her pragmatic approach,” commented Jean, a flour fan and BCNC board as she waited to get her book signed. “I’m not a big sweeds person, but it’s great to hear her speak on a personal level,” added Kim from South Boston (neither woman wishes to provide her last name). “The oranges on the table—that’s totally my family.”

Alissa Greenberg is a Sampan correspondent.
A Public Info Session will be held on March 30th, 2011 at 7 pm at the SouthField Welcome Center.

Completed Applications and Required Income Documentation must be delivered, not postmarked, by April 21st, 2011.

The Lottery will be held on May 4th, 2011 in the SouthField Welcome Center.

For Lottery Information and Applications for the lottery go to www.se-b.com/lottery or call (617) 782-4900 And Leave A Message.

Applications and Information also available at the SouthField Welcome Center on 223 Shea Memorial Drive in South Weymouth (M T, Th 10-4, F 10-5, Sa 10-4, Su 12-4).

Details on the Townhomes can be found at IBGDesignBuild.com Details on the entire Southfield community can be found at www.SouthField.com

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### Affordable Rental Opportunity

**Southgate**

140 Grand Street, Worcester, MA 01603

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<td>30% &amp; 60% AMI</td>
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<tr>
<td>19</td>
<td>Two Bedroom</td>
<td>$932 to $1,025</td>
<td>30%, 50% &amp; 60% AMI</td>
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**Maximum Income Per Household Size**

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Rental Rates and Income Limits Are Subject To Change

Applications may be picked up in person or mailed from Southgate, 47 Camp Street, Worcester, MA 01603:

Saturday, 3/5/2011, 10 am – 4 pm
Monday – Friday, 3/7 – 11/1, 2011, 10 am – 4 pm
Tuesday, 3/8/2011 10am – 8 pm

An informational meeting will be held on 3/8/2011 at 6 pm at 47 Camp Street.

Deadline for completed applications at the above address:

In person by 4pm, Monday, 3/28/2011 or by mail postmarked by 3/28/2011.

Selection by lottery. Use and occupancy restrictions apply.

Southgate has a Smoke Free Policy.

Three units are accessible/adjustable. Preference for these units is given to households with disability (ies) living in a institution or at risk of institutionalization (per Community Based Housing Guidelines).

For more information or reasonable accommodations, please call Joseph Salvia, Maloney Properties, Inc., at (781) 943-0200, Ext 233, U.S. Relay # 711.

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Getting started with physical activity

You'll also benefit by including these kinds of activities:

- Choose things you enjoy, such as walking with a friend or a dance aerobics class. Try to make your plans realistic and achievable. For example, if you don’t have time to walk for 30 minutes at a time, plan on walking for 10 minutes after each meal. If you haven’t been very active recently, start slowly and add more activity gradually. Your health care team can show you how to warm up before your workout and cool down and stretch afterward.

Find out how activity affects blood glucose levels

Physical activity usually lowers blood glucose levels. That’s why you’ll want to check your glucose levels before you exercise. If your blood glucose is below 100 mg/dl, have a small carbohydrate snack such as fruit or crackers. However, if your blood glucose is high (above 300 mg/dl) even before you exercise, physical activity can make it go even higher. That’s when you’ll want to be cautious about doing something active. For those with type 1 diabetes, if your fasting glucose level is above 250 mg/dl and you have ketones in your urine, it’s best to avoid physical activity. Talk with your health care team about whether to exercise when your blood glucose is high.

Learn all about low blood glucose

Low blood glucose, also called hypoglycemia, can occur during or after physical activity, even ones like shoveling snow or raking the leaves. If your blood glucose is below 100 mg/dl before physical activity, have a snack. During activity, check your blood glucose if you notice symptoms of low blood glucose such as hunger, nervousness, shakiness, or sweating. If it’s 70 mg/dl or below, follow these treatment guidelines to bring it back up to a safer range:

- Have one of these items right away to raise your blood glucose:
  - 1⁄2 cup (4 ounces) of a regular (not diet) soft drink
  - 2 to 5 glucose tablets
  - 1 cup (4 ounces) of a regular (not diet) soft drink
  - 8 ounces of milk
  - 5 to 7 pieces of hard candy 2 teaspoons of sugar or honey
- After 15 minutes, check your blood glucose again. If it’s still below 70 mg/dl, have another serving.

You’ll want to protect yourself in case of emergency by having water and snacks handy during activity. Make sure you drink plenty of water before, during, and after physical activity to keep hydrated. And always carry a source of carbohydrate, such as glucose tablets, to treat low blood glucose. People with type 1 diabetes often carry a small emergency kit. You’ll want to protect yourself in case of emergency by wearing a medical identification bracelet or necklace or attaching a medical ID tag to your shoes or clothes. You also may want to carry another form of identification during exercise, such as a wallet card.

What I need to do to get started with physical activity

Get started by choosing something to do today. Place a check mark next to each step after you’ve done it. If you have a question about a specific activity, talk with your health care provider and discuss it with your health care team about whether to exercise when your blood glucose is high.

Learn all about low blood glucose

Low blood glucose, also called hypoglycemia, can occur during or after physical activity. If you have a glucose level below 100 mg/dl, have a small carbohydrate snack such as fruit or crackers. However, if your blood glucose is high (above 300 mg/dl) even before you exercise, physical activity can make it go even higher. That’s when you’ll want to be cautious about doing something active. For those with type 1 diabetes, if your fasting glucose level is above 250 mg/dl and you have ketones in your urine, it’s best to avoid physical activity. Talk with your health care team about whether to exercise when your blood glucose is high.

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Burton F. Faulkner Tower
25 Highland Avenue
Somerville, MA
617 628-2119

Section 8 subsidized housing for elderly and handicapped. 1 & 2 bedroom apartments, some wheelchair adapted. All apartments have fully appliance kitchens, wall-to-wall carpets, A/C, tiled baths, recessed patios and more. Modern 12 story building located on bus line, steps away from Central Public Library. Apartments available on an open occupancy basis. Waiting list maintained. Call for an application and eligibility requirements weekday mornings.

Equal Housing Opportunity Handicapped Accessible

FSBO:6/2/1 Bungalow in N. Quincy
Four houses from Wollaston Beach, partial ocean views, nice location. Gas heat, deeded, fireplace, front porch, driveway and private small yard. Low taxes: (2010 $3,440.00) Asking $299K.
No Brokers.
JIM (617)479-9916

NEW, AFFORDABLE 3 - BEDROOM CONDOS FOR SALE FOR $193,000 at 310 Hammond Pond Parkway, Brookline
(16-unit market-rate development located near Route 9 and the Chestnut Hill commercial area) for first-time homebuyers who require three bedrooms, have good credit and have combined gross household income below the indicated maximums:

<table>
<thead>
<tr>
<th>no. of persons in family</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>maximum income</td>
<td>$58,000</td>
<td>$64,400</td>
<td>$69,600</td>
<td>$74,750</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

monthly condo fees and taxes estimated at a total of $114

PRELIMINARY APPLICATION AND LENDER PRE-QUALIFICATION DUE AS SOON AS POSSIBLE, AND BY Friday, April 1, 2011 FOR INCLUSION IN LOTTERY
For application and information regarding this project, and to sign onto Brookline’s email list for timely notification of future affordable housing opportunities, go to www.brooklinema.gov/housing/currentopportunities/

Planning Dept., Room 309, 333 Washington Street, Brookline, and Brookline public libraries

It is unlawful to discriminate against any person because of race, color, religion, national origin or ancestry.

PHASE 1 INCOME LIMITS: VERY LOW
1 person $27,400
2 Persons $31,300

PHASE 2 INCOME LIMITS: VERY LOW LOW
1 Person $27,400 $43,800
2 Persons $31,300 $50,050

Pine Oaks Village Phases 1 and 2 are beautifully landscaped communities close to beaches, shops, doctors, churches, police and fire stations and public transportation. All units are ground level. Interested parties may call (508) 432-9611 or TDD 1-800-545-1832 x 132 or may write to the address listed above.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

AFFORDABLE RENTALS
The Cape Cod Commission is currently accepting applications for its Regional Ready Renter List. This list currently covers the Towns of Barnstable, Chatham, Dennis, Harwich and Yarmouth. This is a list used when there are available rentals in small rental developments, accessory apartments, “shop top housing” (rentals on top of retail stores) and other scattered availabilities. Rental Rates and Income Qualification will vary depending on projects; all rents will be affordable, maximums incomes listed below, some projects may target lower incomes:

In order to qualify your household income must not exceed:

$45,000 - household of one $62,500 - household of four
$50,000 - household of two $67,400 - household of five
$56,000 - household of three $72,000 - household of six

***after requirements may apply***

FOR MORE INFO PLEASE CALL
Barre Town Hall, 367 Main St, Hyannis, Wed March 30, 10:30
Dennis Public Library, 5 Hall St, Dennis Port, Sat April 2, 11:00
or call for more info - 508-430-4995 x1
Applications due Friday April 15, 2011

HADLEY WEST APARTMENTS
515 Hadley West Drive
Haverhill, MA 01832
978-373-9571
TTY/TDD – Dial 711

In Haverhill MA., is accepting applications for the WAITING LIST for 2 and 4 bedroom apartments. Applications will be available on Tuesday, March 29 and Wednesday March 30, 2011 from 9:30 till noon and 1:30 pm till 4:00 pm in the Management Office. Applicants must meet HUD and MassHousing eligibility requirements regarding income and family composition.

Managed by SHP Management Corp.

EQUAL HOUSING OPPORTUNITY

Barrows Brook Village
Kingston Affordable Housing

Five 3BR, 2.5 bathroom single family homes: $187,400

Your Total Monthly Housing Costs* are only $1,400 (approx.)!!!

*Total Monthly Housing Costs are the estimated sum of a your mortgage payment (30 year, fixed rate), your monthly real-estate taxes, insurance and Home Owners Association Fees

Barrows Brook Village is a new development in Kingston, where you get all the privacy of a single family home with all the conveniences of a condominium. Barrows Brook Village will consist of 5 single family homes set in the most private and distinctive piece of property on the South Shore.

There will be a total of 14 affordable homes sold at affordable prices to households with incomes at or below 80% of the area median income. Five of these homes are being offered through this lottery.

The Maximum Income Limits for Households are as follows:

1 Person - $45,500
2 Person - $51,550
3 Person - $58,000
4 Person - $64,400
5 Person - $69,600
6 Person - $74,750

Households cannot have more than $75,000 in assets.

For more information on the Development, the Units or the Lottery and Application Process, please visit: www.s-e-barrowsbrookvillage.com or call 617.782.6900.  For more information on the development please visit www.BarrowsBrookVillage.com

Applications and Information available at the Kingston Public Library on 6 Green St (617) 730-2090, or visit www.BarrowsBrookVillage.com

Barnstable Town Hall, 367 Main St, Hyannis, Wed March 30, 10:30
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Applications and Information available at the Kingston Public Library on 6 Green St (open Mon 1pm-6pm; Tue-Tue 11am-8pm; Sat 11am-5pm)

A Public Information Session will be held on March 29th, 2011 at 7:00 pm in the Kingston Town Hall (26 Evergreen St). The lottery will be held on April 27th, 2011

Completed Applications and Required Income Documentation must be delivered, not postmarked, by April 15th, 2011

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.