AACA staff visit Japanese Consulate to express Japan quake condolences

By Cody Yiu

Three Asian American Civic Association (AACA) staff members paid a visit to the Consulate-General of Japan in Boston on March 18 to write messages for earthquake and tsunami victims. The Consulate has prepared a registry for the general public to write messages to the people of Japan who are affected by the disaster. “Words cannot describe how I feel right now. It’s absolutely devastating to see that so many lives were lost within such a short amount of time,” said Shinobu Ando, a Kobe native who teaches adult education at AACA. Ando was accompanied by Alan Phillips, AACA’s technology coordinator, and Kenneth Kan, outreach assistant. They took turns writing in a notebook prepared by the Consulate. “The atmosphere [at the Consulate] was very solemn. I felt like being at a church service,” Phillips said after the visit. Ando’s family, who lives in the city of Kobe, southwest of Japan, did not feel the quake when it struck the Tohoku region in the northeast on March 11. Nevertheless, the people of Kobe are not unfamiliar with the catastrophe—the 7.2-magnitude Great Hanshin Earthquake of 1995 which hit the Kobe area, leaving more than 6,000 dead. “When my city was hit by the second largest earthquake in Japanese history, many people wrote messages and they’ve encouraged us a lot as we rebuild the city. The messages from the earthquake in 1995 are still kept in the earthquake memorial hall and in some new buildings today,” Ando said.

Ando was quick to point out that she is frustrated by the American media coverage of the nuclear crisis in Japan. “I just felt that I didn’t see a lot of details from the American media. It doesn’t mention how General Electric actually made those nuclear power plants,” To find out ways to help the people of Japan, please visit http://www.boston.us.emb-japan.go.jp/

By Cody Yiu

The Boston Red Sox fans combined more than $4,600 in donations for the Japan relief fund, which was organized before the matchup against the Yankees on March 14. The Boston Red Sox encouraged fans to join the team in showing support for those affected by the 8.9-magnitude earthquake and subsequent tsunami that struck Japan on March 11.

Led by Red Sox pitchers Daisuke Matsuzaka, Hideki Okajima, Daisuke Matsuzaka, Hisuki Shoda and Junichi Tazawa, athletic trainers Masai Takahashi and Kenji Sakashita, interpreters Jeff Cutler and Kenta Yamada, massage therapists Misumi Funatsu, and Japanese media liaison Mako Yoshimura stand at attention during pregame ceremonies before the game between the Boston Red Sox and Florida Marlins. (Brita Meng Outzen/Boston Red Sox)
**Empty Bamboo Girl**
by Lillian Chan

**CHINATOWN**

Road construction notice

Veolia Energy will be working on Tyler Street between Tai Fund Street and Harvard Street from Tuesday, April 17, 2011 to Tuesday, May 17, 2011 and between Harvard Street and Knoxleland Street from May 17, 2011 to June 13, 2011. Veolia Energy will also be working on the corner of Tyler and Harvard Streets from June 13, 2011 to July 5, 2011. The roadwork will begin at 7 am and end at 5 pm, Monday through Friday over the duration of the project. Parking on the street will be effected but the street will not be closed. For more information, please call Veolia’s 24-hour hotline at 617-482-8232.

ACDC Asian Comedy Night

When: Saturday, March 26, 2011
Show One: Doors open at 4:30pm, buffet dinner 5pm - 6pm, show 6pm - 7:30pm
Show Two: Buffet dinner 7pm - 8pm, show 8pm - 9:30pm and after show party
Where: The Comedy Studio and Hong Kong Restaurant, Harvard Square
1238 Massachusetts Avenue, Cambridge, MA 02138
Why: The Comedy Night brings together some of the best Asian American comedic talents in the country to raise money to help low- and moderate-income families buy affordable home ownership. We will present two shows to reach an audience of 200 business professionals and other community members.

To find out more information, please visit http://www. anniescandal.org/content/7th-annual-asian-comedy-night

**QUINCY**

Job fair

Find out about job openings and meet potential employers at a job fair sponsored by the Quincy Career Center on Wednesday, March 30 from 3:00-5:30 p.m. at the Thomas Crane Public Library, 40 Washington St., Quincy. Be sure to dress professionally and bring plenty of copies of your resume.

Participating employers include: Aedeco, Aflac, Cardi’s Furniture, East Coast Petroleum, EOS-CCA, Express Pros, Hannahford Supermarket, Home Depot, Kelly Services, Manpower, Merry Maid, New York Life Insurance, Road to Responsibility, Securitas Security Services, South Shore Hospital, Think Resources, and West Actes Rehab & Nursing Center.

For more information, visit thomascranelandlibrary.org or call 617-376-1316.

**NEWTON**

Newton Cantonese School open house

Newton Cantonese School will be hosting an open house on Saturday, May 7th, 10 a.m. to 12 noon. All classrooms will be open for visitors. The school offers both conversational and literary tracks for learning Cantonese from Pre-school through 8th grade. Conversational Mandarin classes start at 5th grade. The school is located at the Bigelow Middle School at 42 Vernon St., Newton. For more information, please contact Principal Agnes Lee at 617-930-3380. School website: www.newtoncantonese-school.org

**EXHIBITS**

Harvard University presents “The Divine Comedy”

“The Divine Comedy” consists of major installations by Olafur Eliasson, Tomas Saraceno, and Ai Weiwei that explore intersections of art, design, and the public domain. Chinese artist and architect Ai Weiwei’s installation “Untitled (2011)”, memorializes the thousands of school-children who died in the major earthquake in China’s Sichuan province in May 2008. A site-specific work of 5,335 identical school backpacks represents the exact number of children killed during the earthquake and in the subsequent collapses of poorly constructed school buildings. A related sound piece by the disinherited artist, a voice recording reciting the names of the victims, titled “Rememberance (2010),” will play in the space. The counting of victims and collection of details about their deaths are the products of a “citizens’ investigation” conducted by Weiwei and his studio, leading to growing government censure, beatings, and the demolition of his studio in Shanghai.

Location: Northwest Science Building, B1 Level, 52 Oxford Street, Cambridge, MA Public hours: Monday–Friday, 7am–10pm.

**FILMS**

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/Loues Theatre, 175 Tremont St. in Boston Common.

This year we will be screening over 100 short and feature films from 30 countries at the AMC/Loues Theatre, 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/Loues Theatre or at the BIFF office. For more information on ticket sales, schedules, etc please visit www.bilfestival.com or call 617 482 – 3900

**SAMPAN**

SAMPAN is New England’s only bilingually bilingual English-Chinese newspaper. It is nonprofit and nonpartisan. Founded in 1972, SAMPAN is published by the Asian American Civic Association. SAMPAN is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: $60/year (1st class mail); $50/year (3rd class mail).

**SAMPAN**

www.sampan.org

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**Chinatown News**

**BCNC receives generous endowment at banquet**

By Cody Yu

March 11 - The Boston Chinatown Neighborhood Center (BCNC) hosted its 23rd annual Chinese New Year banquet at Empire Garden Restaurant.

This fundraiser was a huge success. The sold out event had a stellar turnout of more than 60 guests and supporters. Raising over $200,000 through corporate sponsor-ship and silent auction, the proceeds will go toward BCNC’s children, youth and family programs.

Executive Director Elaine Ng said in her remark that the agency plans to expand its family services to Quincy in order to reach out to more families in need.

The high light of the evening was when Frank K. Chin and Rose H. Chin announced their generous contribution of $82,000 to establish the Chin Tunn Fon Endowment Fund. It is Frank K. Chin’s hope to honor his father, Chin Tunn Fon, by creating the endowment fund. Chin Tunn Fon moved from Taishan, China to Boston in the early 1900’s. He raised his 6 children in Chinatown and became an entrepreneur who owned a restaurant and grocery store on Tyler Street in the 1940’s.

Frank K. Chin (left) and Rose H. Chin. (Courtesy of BCNC)

**Chinatown Park receives new furniture**

By Kye Liang

The first set of three tables and chairs were installed on the Rose Kennedy Greenway Chinatown Park on March 18. The furniture was purchased with funds initially granted by the Barr Foundation to the Mayor’s Completion Task Force. The initial grant was used by the Chinatown community for planning and translation of materials during the design phase of the Chinatown Park.

In 2008, the community led a series of discussions on public art and possible improvements to the park. Community members who attended these discussions indicated the need for furniture, particularly at the edges of the park’s plaza.

The highlight of the evening was when Frank K. Chin and Rose H. Chin announced their generous contribution of $82,000 to establish the Chin Tunn Fon Endowment Fund. It is Frank K. Chin’s hope to honor his father, Chin Tunn Fon, by creating the endowment fund. Chin Tunn Fon moved from Taishan, China to Boston in the early 1900’s. He raised his 6 children in Chinatown and became an entrepreneur who owned a restaurant and grocery store on Tyler Street in the 1940’s.

Kye Liang is a Sampan contributor.

New tables and chairs were installed at the Chinatown Park by a grant from the Chinatown community. The Greenway Conservancy plans to install additional tables, chairs, and umbrellas.

(Photo by Kye Liang)

**CNC shows support of Veolia Energy plans for upgrade**

By Kane Carpenter

The Chinatown Neighborhood Committee showed their support of a proposed plan to upgrade underground steam pipes in Chinatown at their monthly council meeting that took place at the Chinese Consolidated Benevolent Association on March 21.

The proposal, submitted by Boston-based Veolia Energy, plans to upgrade the internally-pressurized joints that are currently installed underground in Chinatown, to externally-pressurized joints, which are claimed to be a better alternative to the existing bellows material, Senior Director of Operations Tom Herlihy said.

Veolia Energy, whose parent company Veolia Environment has headquarters in Paris, France, owns some 22 miles of steam piping in the Boston area, supplying energy to six major medical institutions, including the Boston Medical Center, Tufts Medical Center, and Massachusetts General Hospital. The company plans on upgrading nearly 130 pressurized joints in Boston.

Plans to begin the upgrades in Chinatown, which would require digging 8 by 10 foot excavation sites, are set to begin in mid-April. The areas that are to be affected are:

- Tai Tung Street to Harvard Street - April 19 to May 14
- Harvard Street to Kneeland Street - April 22 to May 9
- Tyler Street to Harvard Street - April 27 to May 19

Brian Moy, Manager of China Pearl Restaurant, also presented at the meeting. Moy updated the committee on China Pearl’s progress on its renovation process, explaining that the first floor of the three-story restaurant would be transformed into a Japanese Barbeque cuisine-themed dining area.

Also in the process of reconstruction are China Pearl’s façade, front entrance, and the first and second floor signage, Moy said. The restaurant’s windows are also to be thickened, to limit noise pollution in the area. The re-development should last two months, said Moy, with a tentative re-opening scheduled for June 1.

In additional announcements, the Boston Main Streets Foundation has called for the Chinatown Main Street Program to impose a “pre-Boston Shine Cleaning” that will take place on Sunday, March 27 from 9am to 12 p.m.

Lastly, the Garage at 40 Beach Street has discontinued its discount parking as the premise seeks to improve its façade and interior.

Kane Carpenter is a Sampan correspondent.
Boston News

Rocking the wok to healthier choices

By Diana Li

In response to the devastation caused by the earthquake around Sendai, Japan on March 11, 2011, the US Citizenship and Immigration Services (USCIS) issued an advisory to Japanese nationals and others who cannot return to their home countries due to earthquake and tsunami disruption in the Pacific. This is of particular importance to those who are here on visitor visas (B-1 or B-2), visa waiver, or other non-immigrant visas such as H-1B, L-1A, L-1B, E-1, E-2, F-1, J-1, M-1, etc.

The USCIS advisory states that, if these individuals have exceeded or are about to exceed their authorized stay in the U.S. (the advisory later refers to visitor status only), they may be permitted up to an additional 30 days to depart. Visitors currently traveling under a nonimmigrant visa should do the following:

They should visit their local USCIS office and should bring their passport, evidence that they are stranded (such as an itinerary for the cancelled flight), and their I-94 departure record.

By Cody Yiu

USCIS announces relief for Japanese and other nationals stranded in US due to earthquake and tsunami

The National Emerging Infectious Diseases Laboratories

The Executive Committee of the National Emerging Infectious Diseases Laboratories (NEIDL) is seeking applications for membership to fill three positions on the Community Liaison Committee (CLC). Membership terms are for two years. The CLC is comprised of six members whose role is to provide outreach and feedback to facilitate communication and information flow between the NEIDL and the community and to ensure transparency in the activities of the laboratory. CLC members meet monthly and serve on a volunteer basis for staggered two-year terms. Interested individuals are encouraged to apply.

To get an application or for more information, contact Carla Richards, Director, Community Relations Boston University Medical Campus

The Asian Community Development Corporation (ACDC) is joining with federal, state, and local government agencies and national organizations to celebrate the 13th annual National Consumer Protection Week (NCPW). During NCPW, groups nationwide share tips and information that help consumers protect their privacy, manage money and debt, avoid identity theft, and avoid frauds and scams.

Unfortunately this year an estimated 4 million households nationwide are expected to face the risk of foreclosure. Millions of homeowners will try to reduce their mortgage payments with a loan modification. The scammers know this.

ACDC, a partner of the national Loan Modification Scam Alert campaign, has 10 tips to help greater Boston homeowners seeking foreclosure prevention assistance this year:

1. Contact your lender first as soon as you get concerned about paying your mortgage.
2. Determine your options by speaking to your lender’s loss mitigation department.
3. Be patient but persistent with your lender, because getting a loan modification takes time.
4. Call the Asian Community Development Corporation, a local HUD-approved counseling agency at 617-482-2380 ext. 208 that provides loan modification assistance services for free. Or visit www.LoanScamAlert.org.
5. Meet with a counselor at the Asian Community Development Corporation, where trained counselors are available to provide assistance in English, Mandarin, and Cantonese.
6. Beware of loan modification scams. Some companies and individuals are out to take advantage of homeowners seeking loan modifications.
7. Avoid anyone who asks for a fee prior to providing any loan modification service, including companies, individuals and even some lawyers.
8. Avoid anyone who guarantees to get your loan modified or stop a foreclosure, because nobody has the power to make this promise.
9. Avoid companies that tell you to stop paying your mortgage and to pay them instead. This is a sure sign of a scam.

The Asian Community Development Corporation (ACDC) is join-
Following the herd. Part II

By Michael C. Tow

This is part II on our discussion of “herd mentality,” also known as following the herd. As we mentioned in the last article, herd mentality describes how people are influenced by the crowd’s emotional stampede. When it relates to investing, it usually leads to irrational buying or selling.

This happened in 1999 near the end of the Internet bubble. Investors knew rationally that the huge run up in technology stocks completely defied logic, but because of herd mentality, they convinced themselves that this was just the beginning of a long-term move.

Another example of Herd Mentality was in the beginning of 2009. This time, people followed the herd to sell. The market had dropped over 50%, and the news all around was that we were heading into the next depression. The emotions of fear were running rampant, and when the herd decided they couldn’t take it anymore, they sold. It turned out to be right at the bottom of the market.

So now that we know what herd mentality is and how it can be detrimental to your investments, how do we avoid it? Here are 5 tips on how not to get wrapped up in following the herd and making bad investment decisions.

Don’t invest with your emotions

It has been said that in life, bad decisions are made when emotions are really high. People usually recommend that you calm down, take a deep breath and try to see the situation rationally before you make a decision. It’s the same with investment decisions. Herd Mentality drives on emotions and the more you can separate your emotions from your decisions, the better your investment decisions will be.

Block out the noise

News and media outlets thrive on sensationalism. They also need to report new news usually on a daily basis. Think back when the market was doing poorly in the end of 2008 and the beginning of 2009. If you were reading the news, it felt like the world was going to end. The tendency was to sell and at that point, the market was already down significantly. Getting too involved in the news short term can make you forget that your investments are for the long term.

Make decisions on a long-term basis

If the herd mentality is starting to grow and you feel your emotions are starting to cause you to want to buy or sell, take a step back and try to look at your longer-term picture. Does the action that you want to take make sense for the long term?

Don’t be over concentrated

This is the “too many eggs in one basket” analogy. When investment portfolios are over concentrated into one position or sector, individual investors tend to watch too closely and overreact to news. It makes it very difficult to look at the long term and not to be emotional. So, diversify and be wary of over concentration.

Beware of your behavior

Just being aware of investor behavior is a great way to prevent yourself from making poor investment decisions. If you start to see the warning signs, take a step back and follow some of the tips above.

Herd Mentality is just one of the types of investment behavior that can have a big effect on your investment decisions. We will look at more of these this coming year. Stay tuned!

If you have a question or topic that you would like me to discuss in a future article please email me at mtow@newbostonfinancial.com.

Michael Tow is a Certified Financial Planner. He can be reached at 617-734-4400 or www.newbostonfinancial.com.

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Michael Tow is a Certified Financial Planner. He can be reached at 617-734-4400 or www.newbostonfinancial.com.
Chan stressed that the Asian population itself is diversified, as the sub-groups include Chinese, Vietnamese, Indian, Korean, Laotian, Cambodian, Thai and more.

Despite the large presence of Asians, many are not eligible to vote.

"There are about 20% of my district who are Asian," Chan said. "Yet, I don’t register all of those Asian people."

One of the major issues facing Quincy right now is jobs. Chan said Quincy probably has the largest trade/union people and unskilled laborers in the South Shore area. Other issues are public safety, health care costs, potholes and the massive development project in Quincy Center.

Quincy’s population is also diversified in its socioeconomic status.

"[There are] projects in Germantown, which are low-income and senior housing. I also have some young professionals who live in Wollaston Hill. I don’t have a district where I can tell people it’s really straightforward. I have the poorest of the poor, and I have the richest of the rich. And I also have the most conservative, non-diversified section of the city. I have the diversest Asian section of the city at the same time. It really is a very complicated district, reflecting the complexity of Quincy," Chan said.

As a member of the Screen Actors Guild, Chan is excited about the upcoming Kevin James movie, "Here We Go Again," which he was able to spend three weeks in Quincy this spring. He believes the Commonwealth’s film tax credit is a good way to bring new investments.

"Right now there is a sunset date — film incentive credits of 2023, which sends mixed messages to those who are looking to make a big investment. The film industry in Massachusetts had thought to eliminate that sunset date because in Weymouth, there are developers from guys who worked on the HBO show "Rome." They are investing $50 million to build an actual studio. Weymouth is close enough to Quincy that there is a direct benefit," Chan said.

Chan then took questions from the audience. The following are some highlights from the Q&A:

Question: Tell us how your family settled in Quincy?

Chan: My father is from Chong Shan [of Guangdong Provence], China. He fled from China to Macau, then to Hong Kong. My mother’s [side has spent] many generations in Hong Kong. She finished high school in Macau, then went to college at BU church on Memorial Drive. My father got here because my oldest uncle got a scholarship to go to Baptist or Methodist University in Arkansas in the 1960s. My mother found out that my father’s [siblings over to the United States from there. So he started in Arkansas, not the best place to be a Chinese in the 60s. My mom actually immigrated to the US as a woman. She brought up all her full British status, so migration to Canada was much easier. Eventually, they met in Quincy.

They lived on the side of Beacon Hill back in the late 60s, before it was gentrified. When I was still waiting to be born, they decided to move to Quincy for their home. Dad never explained why he moved to Quincy, quite honestly. But he found a house he could afford for about $60,000. Then he commuted from there to another side of Quincy because of school; he wanted to be near school. That was the motivation for why he picked where he wanted to live. We were one of the first Chinese families to arrive in Quincy.

Question: Do you have aspirations for higher office?

Chan: Generally, I have four graders ask me if I am going to be President. Right now it’s just trying to stay at my job. A lot of people are running for State Rep. I have high aspirations, I’ve got a problem. I did not expect to be an elected official, I didn’t expect to win. I had always wanted to, but I didn’t expect it. It’s not something you put on the front burner. I would like to have a paycheck and pay off my loans. Those are my priorities in life. But it’s not something you should ever close your door on. You never know what opportunities are going to come down the road. If the timing is right again, and opportunity is right, you take a hard look at finding your community. The answer is, yes, you jump. You have to make a decision on what you are going to lose as a result of jumping. There’s always a risk. I am very surprised that I haven’t been hit yet. It’s a friendly group and friends still haven’t thrown me out; they still talk to me. They don’t need to, after what I did to them in the summer. There is a consequence running for office. I am just old enough. I am just young enough. I will see where the future lies. I like to tell people...that’s my favorite line when they ask me a question about my age, I say, “I am just old enough.”

Question: In Quincy, the Asian American population is among the highest. Yet many of social service centers in Chinatown. Do you see any opportunities for any Chinatown organizations to collaborate with one other?

Chan: The question is, given the large Chinese population in Quincy, a lot of Quincy residents are coming to Boston for the services in Chinatown, Dorchester for Vietnamese populations. I founded the Quincy Asian Resources in 2001. That was a three-year collaborative effort; it took three years to turn this organization. We ended up being the one leading it. The reason we did that was because the existing social service organizations that you should have a collaborative partner in my city. And they are old. They’ve been there 40-50 years in some cases. The Quincy Asian Resources was founded as informational services, filling in gaps that these larger organizations did not have a collaborative partner. Would Boston agencies collaborate with Quincy depends on whether or that they are willing to deal with Quincy politics and the differences in the Quincy population.

One of the major mistakes that I learned over the years about the people who come to Quincy is that they presume it’s [like] Chinatown. They presume Savin Hill. They presume a lot of things. Their presumptions are going to be wrong all the time. I can tell you that because I’ve lived there my whole life. I grew up with all the changes. For anybody who wants to come to Quincy, whether you want to open a business, or provide a not-for-profit service, you really have to understand Quincy and its complexities. People have this presumption that all Asians live in North Quincy. I can tell you that that’s fiction. I should know because I have lived, been here, but I have 20% of that population that is Asian. I’ve got 10,000 in my own district; they are everywhere. You have to be conscious of that. I hear these stories that you should create a Chinatown and put all the Chinese people in one place. I mean, what, you do concentration camps now? I mean, come on. People are moving to various parts of the city because they find themselves being able to settle into that part of city and be comfortable and happy. The richest part of the city has all Vietnamese homes. Those are almost all a million dollar per house. Why? Because they want to live in a million-dollar home. There is nothing wrong with them. But there is nothing near the so-called thick-Asian areas in the city. The article says things like the thickly Asian area of the city. The worst thing is that there are 9,000 people, 20,000 to 21,000 Asians from various cultures. You can’t put them in one spot. They are all over the place. There is a need to understand that there are not thick-Asian areas of Quincy now. They’ve lived there long enough to be Quincy people. They are not Boston Chinatown people. They are not Cambridge people. They are not Dorchester people. If you talk to them, they say they are from Quincy; they are very proud to be from Quincy.

Question: What’s the difference between Quincy Asians and Boston Asians? I don’t see a lot of Quincy people supporting Asian businesses in Quincy.

Chan: The Asian businesses are actually doing okay. The problem you have is you are making presumptions that if you open, people will come. That’s the problem. If you come to Quincy and you make this presumption about your business [that people will come]. No, they are not going coming because they don’t know you are there. You’ve got to make the effort; you’ve got to make the investment. And it has surprised everyone. It’s not just an Asian community. I have had conversations with Caucasian businesses as well, or Hispanic or Black, or whatever. The question is how do I do this? Is it like Chinatown where I have to tell the right people, I am in? No, it isn’t like Chinatown, but market to a larger, larger base. The question is: How much money are you going to put into it? You want it bad, make the investment.

Quincy is a third-stop city. For those who don’t know that, that means the immigration population didn’t have a head start in Quincy. They start in Chinatown. They start in Chelsea. They don’t stay. They don’t grow roots there. When they come to Quincy, they are not moving; they start their family in Quincy, and that’s a significant difference from Chinatown and other places. Because now their kids are in the school system; they are now vested. They understand where the property taxes are going they understand what they are getting in services as a group. The residents in Quincy are not saying they don’t need the support businesses that didn’t want to come to them. They have a choice: They can go to Boston, they can go to Dorchester, they can go to Quincy, South Weymouth, North Braintree, or even Burlington to the Korean store, as well as the changes in Inman Square and other locations. My city doesn’t have to look at finally getting to compete. You have to tell them why they should come.
Learning how to change habits

A lot of your diabetes care is up to you. You may have already changed some habits to take better care of yourself. Perhaps you exercise more now than you did before you were diagnosed with diabetes. Maybe you’d like to change other habits but you’re stuck—you feel like you just can’t get started.

Changing habits can be hard to do. But you can learn a step-by-step approach that will help you reach your goals.

What happens when you change a habit?

Every change involves several stages:

- Precontemplation. Maybe you think that a change would help but you’re not ready or interested. You feel the change would be too hard to make.
- Contemplation. You’re thinking about making a change, but not right away. At this stage, the costs of making the change still outweigh the benefits.
- Preparation. You’re ready to make the change within the month. You’ve made a realistic plan and you’ve gathered what you need to carry out your plan.
- Action. You’ve taken action and started your new routine. But sometimes you’re tempted to go back to your previous habits.
- Maintenance. After more than 6 months of your new routine, you’re used to doing it. It’s now a habit. Think about what stage you’re in for changes you’d like to make. Are you in the early stages—not yet ready for a change? Or maybe you’d like to make a change but you don’t know how. Knowing what stage you’re in can help you choose the best approach to changing habits and attaining your goals.

Changing Habits: Getting Started

Think about your diabetes care. Then fill in your answers.

What’s my goal? What change would help me reach my goal? What stage am I in for this change? What do I need to get ready? Are you interested?

These steps can help:

- Set up things around you so it’ll be easier to stick with your new habit. For example, stock up on vegetables and fruit instead of high-fat snacks.
- Make it easy to find time for your new habit by changing your schedule or routine. If you prefer to walk in the morning before work, get up a little earlier so you’ll have time.
- Think about roadblocks that might come up and plan ways to get around them.
- Ask for support from family, friends, and your health care team. For example, ask a family member to watch the kids while you go for a walk.
- Remove your routine to keep it interesting. For example, if you’re tired of walking around your neighborhood, walk inside the shopping mall instead.
- Reward yourself for sticking with your plan.
- Remember: It takes time to make new habits, but your patience and persistence will pay off in the long run.

Source: American Diabetes Association

Feature

Being Chinese in Charlestown, Part II in an Occasional Series

By Alissa Greenberg

In movies like “The Departed” and “The Town,” Charlestown is grim, gray, and poindark with bullet holes, a haven for bad men who are hardened, immoral, and always irish.

Charlestown is indeed grim and gray in some parts, and those parts are also significantly gritty—a resident’s crime risk is twice the national average. But Charlestown is not, and has not been for decades, entirely irish. As Bostonian neighborhoods gentrify, and the location of low-income housing shifts, more and more immigrants are pouring into Charlestown. They are fleeing widespread gentrification and taking advantage of some of the lowest rents and best-quality low-income housing available in Boston. They are from Vietnam, the Philippines, from Morocco—and from China. In this three-part series, we investigate the history, background, and evolving culture of one corner of Boston and its new Chinese community.

Part 2: Charlestown Now—Daily Difficulties

As former Charlestown High teacher Joyce Chan tells it, the Cam family arrived in Boston from China a violent welcome. Despite warnings about prejudice and violence in Charlestown, they moved into some of the neighborhood’s first low-income housing in 1976 with a cascade of horror stories about his treatment in the neighborhood’s low-income housing. Cam brothers as they were making their way back from a weekly trip to Chinatown. A fight broke out in the street, creating chaos ended with a girl stabbed. The police came immediately to arrest the Cam, letting the other teenagers leave. Although the matter was eventually resolved and the Cam were declared innocent, the story left a scar on the following decades that has not yet entirely faded, and the story is still passed from immigrant to immigrant in the neighborhood’s Chinese households. It’s difficult to verify, but the core message remains, regardless of its source’s veracity:

rascism is alive and brutal in Charlestown. “Charlestown is not a good place for Chinese people to live,” Chan says. “In the past five years especially, more and more Chinese come there to live in public housing projects... they move from Chinatown and Quincy because they can’t afford the rent. They know it’s racist there [in Charlestown], but they go because they can find big houses—spacious, with two bedrooms, two floors. Of course it’s much better housing than anywhere in China-town.”

Estimates vary widely, from only a handful of families to an influx of thousands; but there’s no doubt that the Chinese population of Charlestown has increased dramatically in recent years: Chinese student numbers tripled at one elementary school between the first half of the ’80s. “Sometimes I’m amazed at the number of Chinese people on the bus,” says David Chin, a lifelong Charlestown resident and a member of one of the neighborhood’s first Chinese families.

Tensions in Charlestown schools are rooted in the court-ordered desegregation of the 1970s (as detailed in the first article in this series) and continue today. “There’s still fighting, although it has died down a lot,” Chan says. “And everyone fights, not just the Chinese students. At this point, we take it for granted.” She feels that the in-school violence can serve a twisted purpose, however: “Sometimes the kids can learn from the negative side. They learn about the bad side of society. They learn how to change themselves, adapt themselves. They’re more flexible… it’s good for people. It’s good for them… It prepares them for society.”

The situation is just as dire elsewhere in the neighborhood. Eighty-three year old Guo Shizhang, who moved to Charlestown after eight years in Malden, tells a string of horror stories about his treatment in Charlestown’s elderly housing. Guo’s complex family houses only a few Chinese families now, but there was a time when he and his family had been singled out in many ways, even by his own people, for being Chinese. “It’s worse among teenagers, ages 12-19.”

SEE CHARLESTOWN PAGE 10
The Marshfield Housing Partnership is accepting additional applications from qualified applicants earning less than 80% of median income and 3 units at $222,100 for households requiring an accessible unit for 3 units, for applicants earning less than 100% of median income. In order to qualify your household income must not exceed:

<table>
<thead>
<tr>
<th>HH size</th>
<th>Up to 80%</th>
<th>100%</th>
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<tbody>
<tr>
<td>1</td>
<td>$ 74,400</td>
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<tr>
<td>2</td>
<td>$ 100,000</td>
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Minimum income limits apply.

APPLICATIONS ARE AVAILABLE: APRIL 13 – MAY 6 on-line at www baisdoyd.com/projects, by e-mail to lrola@baileybod.com, by phone at 508-430-4499x3; In person at info Sessions (see below) and at New Boston Ventures, 540 Tremont St., Suite 8, Boston on the following dates:

- Wed April 13, Thu April 14, Thu May 5 from 1 pm – 6 pm; Sat April 16, Wed April 27, Mon May 2 from 11 am – 4 pm; Tue April 19, Fri May 6 from 4 pm – 8 pm.

INFO SESSION: FOR MORE INFO PLEASE JOIN US at 265 Northampton St, Boston, either Thursday April 21, 2011 at 6 pm or Saturday April 30, 11 am; or call for more info 508 430-4499 x3

A lottery will be held on Thursday, June 2, 2011 at 7:00 PM at the Marshfield Town Hall, 265 Northampton St, Boston between 9 am and 5 pm weekdays.

Selection by lottery. Asset Limits, Use & Resale Restrictions apply. Preference for households requiring an accessible unit for 3 units, for South End Urban Renewal Displacements for 4 units, for BRA Certified Artists, for Boston residents and for first-time homebuyers. For reasonable accommodations, call: 508 430-4499 x3

Equal Housing Opportunity

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**MAXIMUM GRANT AMOUNTS**

<table>
<thead>
<tr>
<th>Bedroom</th>
<th>1 Bedroom</th>
<th>2 Bedroom</th>
<th>3 Bedroom</th>
<th>3.5 and 4 Bedrooms</th>
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<tr>
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**MAXIMUM HOUSE/CONDOMINIUM AMOUNTS**

<table>
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<th>Maximum Grant</th>
<th>Net Price After Grant</th>
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</tr>
<tr>
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<tr>
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<tr>
<td>5 BR Condo</td>
<td>$390,750</td>
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**MAXIMUM ANNUAL HOUSEHOLD INCOME**

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<tr>
<th>person</th>
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<th>2 person</th>
<th>3 person</th>
<th>4 person</th>
<th>5 Person</th>
<th>6 Person</th>
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<td>$45,100</td>
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<td>$58,650</td>
<td>$64,400</td>
<td>$69,800</td>
<td>$75,150</td>
<td>$79,900</td>
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For additional information or to receive an application contact the Marshfield Housing Authority at 781-834-5151. Applications are also available at the Marshfield Town Hall.

All applications must be received and date stamped by the Marshfield Housing Authority no later than 12:00 PM (Noon) on Friday, May 20, 2011.

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**SOUTHFIELD in Massachusetts - a place to call home.**

>> NORTH SHORE

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andover Commons</td>
<td>(978) 470-6414</td>
<td>30 Railroad, Andover</td>
</tr>
<tr>
<td>Beverly Commons</td>
<td>(978) 927-2655</td>
<td>50 Abbot Road, Beverly</td>
</tr>
<tr>
<td>Kimball Court</td>
<td>(781) 933-9800</td>
<td>7 Kimball Court, Woburn</td>
</tr>
<tr>
<td>The Meadows</td>
<td>(978) 441-9180</td>
<td>52 Rock Isle Road, Chelsea</td>
</tr>
</tbody>
</table>

APPLICATIONS ARE AVAILABLE: 304 N. Main St., Andover, MA 01810; 500 N. Main St., Beverly, MA 01915; 9 Kimball Court, Woburn, MA 01801; 52 Rock Isle Road, Chelsea, MA 02150

There are apartments and then there are Corcoran managed apartments - well managed, stylish, modern and constantly updated...Take your pick!

>> SOUTH SHORE

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<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Description</th>
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<tbody>
<tr>
<td>Academy Buildings</td>
<td>(508) 674-1111</td>
<td>102 South Main Street, Fall River</td>
</tr>
<tr>
<td>Lincoln School Apartments</td>
<td>(781) 749-8677</td>
<td>86 Central Street, Hingham</td>
</tr>
<tr>
<td>Quincy Commons</td>
<td>(617) 528-6277</td>
<td>1 Canton Road, Quincy</td>
</tr>
<tr>
<td>Brockton Commons</td>
<td>(508) 594-2373</td>
<td>55 City Hall Plaza, Brockton</td>
</tr>
<tr>
<td>Faxon Commons</td>
<td>(508) 522-6766</td>
<td>1001 Southern Artery, Quincy</td>
</tr>
<tr>
<td>Hanover Legion</td>
<td>(781) 335-4734</td>
<td>74 Downtown St., #21, Weymouth</td>
</tr>
<tr>
<td>Kent Village</td>
<td>(781) 545-2233</td>
<td>65 North River Road, Scituate</td>
</tr>
<tr>
<td>McNamara House</td>
<td>(617) 783-5490</td>
<td>210 Everett Street, Allston</td>
</tr>
<tr>
<td>Phipps Apartments</td>
<td>(508) 872-6383</td>
<td>5 Second Street, Framingham</td>
</tr>
<tr>
<td>Stone Run East</td>
<td>(781) 331-2555</td>
<td>8 Old Stone Way, Weymouth</td>
</tr>
<tr>
<td>The Ledges</td>
<td>(781) 335-2626</td>
<td>1 Avalon Drive, Weymouth</td>
</tr>
<tr>
<td>Weymouth Commons</td>
<td>(781) 335-4773</td>
<td>74 Downtown St., #21, Weymouth</td>
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APPLICATIONS DUE TUESDAY MAY 16, 2011

>> BOSTON

<table>
<thead>
<tr>
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<tr>
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<td>(617) 842-6656</td>
<td>46 Irving Street, Framingham</td>
</tr>
<tr>
<td>Tremont Commons</td>
<td>(508) 872-6383</td>
<td>5 Second Street, Framingham</td>
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>> WESTERN MASS.

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<th>Address</th>
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<tbody>
<tr>
<td>161 W. Mountain Street, Worcester</td>
<td>(508) 852-0040</td>
<td>161 W. Mountain Street, Worcester</td>
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</tbody>
</table>

**For Lottery Information and Applications for the lottery, go to:**

www.southfield.com

The Southfield Welcome Center will be the location for a public Info Session on Saturday, May 7, 2011, 10:00 AM: Details on the Townhomes can be found at WhitmanHomes.com. Details on the entire Southfield community can be found at www.Southfield.com

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**The Townhomes at Parkview Village**

One 3BR Townhome $294,300

[SouthWeymouth.com](http://www.southweymouth.com) [SouthField.com](http://www.southfield.com)

The Townhomes at Parkview Village are being built in the newly redeveloped South Weymouth Naval Air Station. One of the four Townhomes (The Bilmore) is being offered at a discounted price to eligible households through a lottery process. The resale restriction (i.e. discounted price) on this home is removed after 5 years and the owners can then sell their home for fair market value.

The Bilmore shows excellent value for the price with over 764 sq ft on the first floor with country sized kitchen with pantry and dining area, expansive family room, main level laundry, all bedrooms on upper level, nice foyer entrance with coat closet, cozy balcony overlooking the Park, basement with storage available or finishing options.

Please go to www.whitmanhomes.com for more information on floorplans, specifications and neighborhood details.

**For Lottery Information and Applications for the lottery, go to:**

www.s-e-b.com/lottery or call (617) 782-6900 And Leave A Message.

Applications and Information also available at the SouthField Welcome Center on 223 Shea Memorial Drive in South Weymouth PM 10-5, Thu-Fri 10-5, Sat 10-4. Sun 12-4.

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

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Applications are available by calling the MCCA at 508-460-3715 or on the City of Marlborough website under Community Development.

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Available May 1, 2011

*Rents for voucher holders determined by the subsidizing agency.

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• Teacher - Children’s School

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www.QCC.edu

Wellesley Public Schools 2011-2012 OPENINGS

DISTRICT WIDE

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ELEMENTARY

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• Special Educator (1.0 FTE) (Moderate SPED)
• Special Education Teacher/Therapeutic Class (1.0 FTE) (Moderate SPED)
• Nurse (0.9 FTE)

MIDDLE SCHOOL

• History (0.6FTE)

HIGH SCHOOL (9-12)

• Biology (1.0 FTE)
• Chemistry (1.75 FTE)
• English (2.0 FTE)
• Chinese/Latin (1.0FTE)
• Family/Consumer Science (1.0FTE)
• Child Study Lab Teacher, Degree in Child Development or Early Childhood Education
• Fitness & Health (0.2 FTE)
• Math (4.0FTE)
• Guidance Counselor (1.0 FTE)
• Field Hockey Coach

Please send a cover letter, resume, three letters of reference, transcripts, and licensure by April 1, 2011 to: Salvatore Petralia, Asst. Supt., Wellesley Public Schools, 40 Kingsbury Street, Wellesley, MA 02481

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www.sampan.org
he says. “The young guys are immature, and they know the elderly can’t fight back. They’re looking for a yellow face to make trouble.”

On one occasion, two young men followed and harassed Guo while he was biking near Charlestown High School. Guo, another time a young man pushed Guo off his bike and bloodied his knee. He has had volleys of stones and snowballs thrown at him, been threatened with dogs, taunted and jeered at. He recounts a story of a friend who was beaten and had a rib broken by a group of men on Main Street. These days, Guo has learned to protect himself: he carries a cane to hit “dogs and violent people,” as well as a cell phone so he can pretend to call friends when he feels threatened (“Why call 911?” he says. “By the time the police arrive, everyone will have run away!”) He says he stays in Charlestown only because he has no choice; he applied to public housing in Chinatown, but the waiting list is several years long.

Like almost every Chinese Charlestown resident interviewed for this article, Guo travels to Chinatown once a week to go grocery shopping with help from the Chinatown Progressive Association. There are no such services available for the elderly through Charlestown organizations. In fact, the lack of community services for Chinese in Charlestown is almost universal. There are no Chinese grocery stores, let alone doctors or banks. Residents shop almost exclusively at a Johnny’s Foodmaster on Main Street.

New Chinese immigrant Mandy Li explains that she grocery shops in Chinatown because “they have our typical Chinese food there. Here in Charlestown, we only have American food.” Shuk Tsui, who has lived in Charlestown for decades, has similar habits—she goes to Chinatown to buy food, go to a bank, or see a doctor, even though she sometimes must wait for up to an hour for a bus. Suzanne Lee, a former Charlestown teacher, has a theory about what might be behind this behavior. “People still ask the question ‘Why do you need a Chinatown? Why can’t you integrate?’ and it’s really for self protection!” she says. “For the same reason, my grandfather in Boston only knew a few streets of the city. Because when you go out, people spit on you. Even people who live far away come to Chinatown, it’s a social and cultural service center and it will always be. That’s where you belong!”

For now, it seems the new Chinese community in Charlestown remains a satellite of Chinatown, without the services or cultural landmarks that would help it stand on its own. And there seems to be little effort being made to change that fact, as the prevailing reality of Chinatown as the center of Bostonian Chinese life funnels essential volunteer resources into the city center. Helen Chin-Schlichte, who is David Chin’s sister and also lifelong Charlestown resident, says for her Charlestown is “more of a bedroom community, I have friends there and live there, but am I there even 12 hours a day? Really, it’s only in the mornings. My activities are more in Boston in general.” Chin-Schlichte and her brother are both remarkably active volunteers in Chinatown—he teaches at Kwong Kwong Chinese School, and she sits on several philanthropic boards and founded the South Cove Manor nursing home, which specializes in care for Chinese speakers. “I see us as doing things to assist and help Asian and Chinese people in the community,” Chin says. Both siblings, however, profess to not spending time or effort in Charlestown. “I do donate, but do I go to meetings? No.” Chin-Schlichte says. “I don’t have time [to volunteer in Charlestown], as I’m volunteering in Chinatown.” Chin adds. “The focus seems to be elsewhere, and I don’t know why. Nobody is making an effort in Charlestown.”

Next: Although the situation is difficult for the likes of Guo, Chan’s students, and the Chinese people of Charlestown in general, Chin’s assessment is perhaps too severe. A few developments at local schools and in the Charles New Town public housing development serve as hints of a brighter future and a stronger, more close-knit Chinese community.

Alissa Greenberg is a Sampan correspondent.

By Kane Carpenter

The Chinese Folk Art Workshop hold their 2011 Spring Performance at the Virginia Wimberly Theatre last Saturday, March 19.

Nearly 200 people squeezed into the two-story auditorium, decorated with soft, red cushions and new-age lighting to watch the hour-long show, which started at 2 p.m.

Thirty-four members of the Chinese Folk Art Workshop, all between the ages of 12 to 18, performed short, yet elaborate presentations that highlighted the numerous ethnic cultures within Chinese society. Split into two groups, boys and girls, the performers showcased their talents.

The boys, who opened the show with an intricate drum number, performed routines ranging from traditional Chinese lion dance, to martial arts, to spinning Chinese yo-yo. The girls, whom were clad in a multitude of colorful costumes, danced daintily to different styles of music from different regions in China.

“I think the show went very well,” said Kun Chang, Director of the Chinese Folk Art Workshop. “The kids practiced a lot.”

Whaftung Wang of Hopkinton, whose friend’s daughter performed in the show, continued the sentiment. “The dancing was very nice. The show was very cultural and the choreography was good,” she said.

Founded 12 years ago by Kun Chang, the Chinese Folk Art Workshop began as a small endeavor: “I wanted to teach my kids about Chinese culture, and to not be shy like some children are about their culture,” he said.

Today, the Workshop is a non-profit organization, based in Woburn, Mass., which hosts 42 teenagers, and performs at schools, festivals, and events all around the northeast.

“The goal of the performances is to teach the kids balance, time management, discipline, and to strive for a good presentation,” Chang said. “The goal of the organization is to instill the values of friendship, support and teamwork onto the kids.”

The Workshop relies on the help of the children’s parents to make sure the shows run smoothly, as well as for financial investment. “As a parent, I feel that I am investing in my child,” Chang said. “The other parents help a lot. Some parents help with lighting, too. It’s great.”

The Workshop typically performs twice a month around this time of year. “Chinese New Year is when we are the busiest,” Chang said. “In fact, sometimes we perform every weekend. I remember one weekend when we had five performances. That was crazy.”

Despite a hectic schedule, Chang insists that all the effort is worth it, as the organization benefits the children. “We want the children to be proud and confident of their culture,” he said. “It’s interesting because they are at [teen] age, but the children can become life-long friends.”

Kane Carpenter is a Sampan correspondent.