Sustainable Storefronts Design Competition Intensifies

BY KANE CARPENTER

The winning business will receive an $18,000 award to help defray the costs of their renovation, and the winning design team will take home the remaining $2,000 as a stipend. All the award money was funded by a grant from the Barr Foundation.

"The Asian American Civic Association is excited that Chinatown is being included in the 'greening' of Boston," says Chau-ming Lee, Executive Director of the AACA. "A Chinatown business will greatly benefit from a newly designed, more energy-efficient storefront."

Bringing sustainable design excellence to Chinatown's business and restaurant district is the goal of the competition; however, the benefits are vast for the students involved, too.

"This competition provides our BAC students with a valuable learning opportunity to conduct research and apply a holistic understanding of sustainable design through close interaction with Chinatown's dynamic business community," says Lee.

SEE COMPETITION ON PAGE 3

Shenzhen: The New Silicon Valley?

BY YUNZHE WANG

In 30 years, a baby will grow into an independent man.

In 30 years, a tiny border town of 30,000 people, neighboring Hong Kong, has grown into a modern metropolis that can boast a population of 10 million residents. The development of Shenzhen is the epitome of China when it comes to reform and modernization.

Shenzhen is the epitome of China when it comes to reform and modernization. The only bilingual Chinese-English Newspaper in New England

全紐英倫區唯一的中英雙語雙週報

November 3 - November 17, 2011

2011年11月4日 - 11月17日

二萬元懸賞近咫尺，「綠色店面設計比賽」進行得如火如荼，是次比賽由波士頓重建局(BRA), 華美福利會(AACA)及波士頓建築學院(BAC)合辦，以一附有評審團的比賽來讓波士頓建築學院「Gateway Initiative計劃」的設計系學生和六間華埠商店負責人合作，設計出最具環保意識的門面設計。

綠色店面設計比賽

進行白熱化階段

本地人合作，設計出最具環保意識的門面設計。「Gateway Initiative計劃」的設計系學生和六間華埠商店負責人合作，設計出最具環保意識的門面設計。

綠色店面設計比賽

進入白熱化階段

本地人合作，設計出最具環保意識的門面設計。
COMIC
Empty Bamboo Girl
by Lillian Chan

Is that Ma calling again?
Yup...for the fifth time...

And she still called...
I actually answered her call the first time...

So, Ma...any reason why you had to call me five times within a two hour span?

I just wanted to know when you’d be back for dinner.

For more adventures of Ma and her family, become a fan on Facebook at www.facebook.com/sidlinTheComic

www.emptybamboogirl.com

EXECUTIVE DIRECTOR STONEHAM HOUSING AUTHORITY

Stoneham Housing Authority seeks qualified and experienced applicants to fill the full-time position of Executive Director. The Authority manages 281 units of State-funded housing on 3 sites; it has 4 units under construction and oversees a staff of 8. The salary range is $51,958-53,845 based on experience. A minimum of 6 years experience in the field of housing management, community development, and another closely related field is required. A bachelor’s degree may substitute for 2 years experience.

The candidate should possess a knowledge and understanding of DHCD principles and practices of housing management, finances, maintenance, and capital improvement systems. Mass. Procurement Laws, Open Meeting Law and a strong background in public housing administration. A demonstrated ability to manage personnel, strong oral and written communication skills, computer proficiency and the ability to deal with people at all socio-economic levels is essential.

Must have a Public Housing Managers Certification or acquire a PHM within one year of employment.

A full job description is available for pick-up at the office. Handicapped individuals only may call 781-438-0734 to receive a packet by mail. Forward 5 copies of resume, 3 references and a relevant writing sample no later than December 8, 2011 to:

Stoneham Housing Authority Search Committee
Vincent Orrilla, Chair
11 Parker Chase Road
Stoneham, MA 02180

Equal Employment Opportunity
The Legacy of BaBa
By Teresa Cheong

A vivid illustration of dynamic past in China, The House Baba Built is another masterwork from Caldecott-winning artist Ed Young, who documents his childhood in Shanghai through some old family pictures, simple drawings and wild collages.

Young's father, whom Young and his four siblings called Baba, decided to relocate his family in Shanghai during the Japanese invasion of China. He built a large house in the safest part of the town for free for the landowner in exchange for a safe, 20-year right of abode in the home. The three-story mansion then transformed into the playground for the five kids and witnessed the impact of World War II on the Young's family.

Different from other memoirs written by many Chinese autobiographers, who focused on the suffering of the Japanese invasion, Young looked forward to preserving his father's legacy - the house that he designed and built - as well as his childhood memories in his illustrative memoir. Young employed various graphic design techniques to enrich the illustrations, e.g. making collages with his family photos, his own drawing and historical pictures, which appeals to both adult and children readers.

Being the illustrator for more than eighty books for children, Young was a veteran in translating a complicated story into a simple plot that even young children will understand. He attempted to make The House Baba Built a foldout book in order to interact with the readers and tour them to his childhood paradise. It is an innovative approach, yet is also one that is rather hard for young children to follow. Instead of entertaining children, The House Baba Built is more of a book unlocking the cherished memories of adults.

members of the Chinatown business community," says Len Charney, Head of Practice at BAC. "The possibility of seeing their collaborative efforts realized and then spearhead subsequent storefront improvement with Chinatown is exciting and motivates them to do their best work."

What is a sustainable storefront? The design teams will get to decide, but will likely explore building envelope performance, materials, natural light, energy production, signage, storm water management and more in the process. Overall design excellence including streetscape context and historic preservation will weigh heavily on the judging, too.

Participating Businesses in Chinatown:
China Pearl Restaurant, 9 Tyler Street, Boston MA 02111, Chung Wah Hong, 55 Beach Street, Boston MA 02111, Great Taste Bakery Restaurant, 61-63 Beach Street, Boston MA 02111, Kneeland Electronics, 58 Kneeland Street, Boston MA 02111, Nam Bac Hong, 75 Harrison Ave, Boston MA 02111, Shing Hong Trading, 70 Kneeland Street, Boston MA 02111

 Jury Members: Paul Chan, Director of Development, Massachusetts Housing Investment Corporation; Yong Mei, Vice President – Business Bank, Eastern Bank; John Dalzell, Boston Redevelopment Authority; Lance Fletcher, AIA, Boston Architectural College; Jim Hunt, Chief, Energy and Environmental Services, City of Boston; Johnny Ip, Senior Vice President, Director of New England Region, East West Bank; Tunney Lee, Professor of Architecture and Urban Study and Planning, MIT; Matt Sobelt, AIA, NCARB, Behnisch Architects; David Wong, Business Owner of Empire Garden; Bak Fun Wong, Principal, Josiah Quincy Upper School.

Flour Bakery
CONTINUED FROM PAGE 1

Flour Bakery and Café is most famous for their delectable Sticky Buns ($2.95 each) which were showcased on the Food Network's famed-celebrity-chef Bobby Flay's show, "Throwdown with Bobby Flay". Of course, she won! Plus these delicious treats sell out quickly!

(Here's a helpful tip: customers can call to reserve some to pick up later) Each Sticky Bun has a generous amount of toasted pecans and "goo" aka the sticky sweet caramel sauce which tastes wonderful over the soft, not overly flaky or buttery brioche bread. Washing down all this sticky, sweet goodness with milk is mandatory for me! More recently I discovered Sticky Buns Bread Pudding (not always available) which are also amazing! This combination of eggs and Sticky Buns is a great treat that has a sweet caramel sauce covered with a tasty and more custard like edge. Great stuff!

All of Flour's mouth-watering baked goods are worth every bite! Favorites such as their Carrot Cake made with raisins, walnuts and spices are wonderful but the best part is the sweet cream cheese frosting. Or check out their yummy Banana Bread ($2.25 each slice) which is packed full of the sweetness from ripe bananas and crunch from the walnut bits. Also available are croissants, tarts, cakes, cookies, muffins and other baked goodies, too.

Each location also offers refreshments: a wide variety teas, coffees, milk and juices. All of their sandwiches, soups and salads are made fresh and taste delicious plus the menu has everything well labeled as vegan, gluten free, and vegetarian friendly. Each of the three locations is set in a bright and cozy setting with a black board that has a quote of the day as well as the weather forecast written down. Their talented staff (some of whom are talented bakers too) are friendly and knowledgeable. Flour Bakery and Café is a Boston favorite and a must for me to bring out of town friends to for a little taste of sweetness while exploring Boston! Joanne's favorite motto is very appropriate, "Make life sweeter...eat dessert first!"
Keeping an Eye on Obesity and Diabetes

A n interview with Deeb N. Salem, Chairman of Medicine at Tufts Medical Center, Physician-in-Chief at Tufts Medical Center, and a long time member of AAGA’s Board of Directors.

Sampan: Dr. Salem, why is everyone so concerned about being over-weight and obese?
Dr. Salem: The statistics have been telling us that Americans have been gaining weight over the last few decades for a number of reasons. Being over-weight and obese puts people at risk for other serious medical problems that could be avoided, such as high blood pressure, heart disease, kidney disease and type 2 diabetes. These conditions can lead to other serious health problems and affect a person’s quality of life and survival.

Sampan: You mentioned that there are a number of reasons the population is getting heavier. What are some of those reasons?
Dr. Salem: Everyone’s very busy, there’s easy access to fast foods, but it’s also the size of portions. Studies that have shown the serving sizes at restaurants have increased almost by 50% over the last 10 years. We are also living much more sedentary lifestyles — there’s less physical education in school, more interest in computers, computer games and television for children and youth, and for adults — work is less physical, it is, again, more sedentary. The combination is not a good one.

Sampan: And what is an over-weight person to do?
Dr. Salem: Well we’re not suggesting that people stop eating fast foods, or their favorite foods. We’re encouraging people to avoid making them their staples as well as eating more fresh fruits and vegetables, whole grains, fewer fried and fatty foods, and become more active, i.e. walking more, or enjoying a new activity such as ballroom dancing, Zumba, even bowling on a regular basis. There are many activities, both indoors and outdoors that can be done alone or with friends.

Sampan: So obesity and diabetes can be prevented?
Dr. Salem: Yes, for many people, making different food choices, reducing portion sizes and increasing one’s physical activities on a regular basis will help people to avoid gaining weight or lose weight and maintain that weight loss. By maintaining a healthy weight and regular physical activities, many people will avoid type-2 diabetes.

Sampan: And the importance of avoiding diabetes?
Dr. Salem: Diabetes, like obesity, can lead to high blood pressure, kidney disease, heart disease, circulatory problems, neuropathy (nerve pain) and glaucoma which could lead to blindness. All of which would affect a person’s overall health and ability to lead an active life. I should just add that there are two types of diabetes, type 1 where there is a family history and early onset. Type 2 is the most common form and is the one that has risen drastically in recent years and is related to weight gain. Millions of adults now suffer from pre-diabetes which raises the risk for type 2 diabetes, heart disease and stroke.

Sampan: So how is Tufts Medical Center helping to address the “epidemic” of obesity and rise in diabetes?
Dr. Salem: The Medical Center has a number of grant funded initiatives, including the Asian Health Initiative. For the current cycle, diabetes, obesity and tobacco use (smoking) are the priorities. Five organizations based here in Chinatown have been awarded grants to provide a wide range of physical activities such as ice skating, exercise classes, even rock climbing. The programs have been designed to meet the needs of adults, teens and children. Staff from the Youth Wellness Program will also be providing training to grantee staff on nutrition and helping them to help their participants create balanced meals, understand food labels and choose healthy snacks.

Among the programs that we have at Tufts are a Youth Wellness Program that works with youth and their families to prevent obesity or help youth with healthier habits and weight loss. We have also initiated a Diabetes Reversal Program for adults.

Sampan: Thank you for this informative interview.
Dr. Salem: My pleasure.

To reach the Editor, email: kcarpenter@sampan.org

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MARK THE DATES!

Boston Water and Sewer Is Coming to Your Neighborhood

A Boston Water and Sewer Commission Community Services Department representative will be in your neighborhood at the place, dates, and times listed here.

Our representative will be available to:
- Accept payments. (Check or money order only—no cash, please.)
- Process discount forms for senior citizens and disabled people.
- Resolve billing or service complaints.
- Review water consumption data for your property.
- Arrange payment plans for delinquent accounts.

Need more information? Call the Community Services Department at 617-989-7000.

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FOR THE YOUTH

Healthy Habits

Healthy Habits

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GARLIC AND OIL PASTA

Since November is Diabetes Awareness Month we thought we’d share a fantastic little recipe that is great for someone with diabetes and that the whole family can enjoy.

12 oz Pasta, angel hair, semolina, dry
3 tbsp olive oil
1/2 tsp minced garlic
1 tsp chopped parsley, finely chopped

1. Cook the pasta according to the package instructions, omitting any oil and salt, and drain and set aside.
2. In a small skillet, heat the olive oil and sauté the garlic and parsley for a few minutes, and toss with the pasta, and serve.

Recipe Source: diLife
**EVENT LISTING**

**METRO NORTH**

- Malden YMCA 20th Annual Gala Auction
  - Thursday, Nov 10, 6:00pm
  - at Anthony’s, Malden, MA
- Career Workshop: Salary and Benefits Negotiation
  - Thursday, Nov 3, 6:30pm to 8:30pm
  - at Malden Public Library, Malden, MA
- ESL Conversation
  - Wednesday, Nov 9, 1:00pm to 2:30pm
  - at Malden Public Library, Malden, MA
  - Every Wednesday, the Malden Public Library hosts a free English Conversation class from 1:00 p.m. to 2:30 p.m.
  - This is an excellent opportunity for beginning English speakers to practice their skills, conversation, and new words.
- Christenson For Mayor Online Forum
  - Friday, November 4, 9:00 pm
  - at 587 Pleasant St, Malden, MA, FREE
- Free Citizenship Class
  - November 3-8, 2:30 pm
  - The Immigrant Learning Center, Inc., 442 Main St, Malden, MA, FREE
  - The Immigrant Learning Center, Inc. (ILC) is offering a free class for anyone planning on taking the United States Citizenship Exam within the next twelve months.
  - The class meets Wednesdays from 12:30 to 3:00 p.m. and prepares students for the citizenship exam and interview.
  - To attend this class, students must register in person at The ILC. Registration hours are Monday, Tuesday, and Thursday from 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 2:30 p.m.
  - For more information, call (781) 322-9777.
  - For more activities, events and listings in your area, please go online to sampan.org for more.

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**Ask the CFP® Professional**

*By Michael Tow CFP®*

**My husband and I are in our 60’s and we have started to talk about Long Term Care Insurance. I’m worried that it may be out of our budget, your thoughts?**

Anonymous, Boston, MA

Yes, it is called the Required Minimum Distribution or (RMD). The year in which you turn 70 ½, you are required to make a withdrawal of a certain amount from your IRAs. This includes, Traditional IRAs, SEP’s, 401k’s, 457 plans, 403(b)s and the Roth 401k. However, the RMD does not apply to ROTH IRAs.

The first year of your RMD payment you are able to delay until April 1st of the following year; but all consequent years the deadline is December 31st.

The amount of the RMD is a formula based on your age, a life expectancy factor and the value of your IRA assets. Many times the firm that holds your IRA will calculate the RMD for you but it can be tricky if you have multiple accounts at different places.

Don’t forget to take your RMD as there are stiff penalties if you fail to withdraw. The amount not withdrawn is taxed at 50%.

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.

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**CERTIFIED FINANCIAL PLANNER**™, Michael Tow is President of New Boston Financial. He is a registered representative of and offers securities and advisory services through Commonwealth Financial Network, a member firm of FINRA/SIPC and a Registered Investment Adviser. He is located at 58 Harvard Street in Brookline and can be reached at 617-734-4400 or www.newbostonfinancial.com.

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**TODDLER LEAD TEACHER, INFANT AND PRE-SCHOOL TEACHERS**

Primary Duties and Responsibilities:

Care for children utilizing Reggio Emilia approach in a Mandarin Immersion setting.

Qualifications/Requirements:

- **Toddler Lead Teacher:**
  - Associate Degree in ECE (RS preferred), 3 years experience and EEC certification.
  - $28000 - $35000

- **Infant, Toddler, Pre-school Teachers:**
  - 4 ECE courses (RS degree preferred), 2 years experience and EEC certification.
  - $24000 - $30000

- **All** must be native speakers of Mandarin and fluent in English.

Salary: commensurate with experience and education. Full benefits package.

**To apply:** send resume and cover letter by to:

HR Department
Asian American Civic Association
89 Tyler St, 5th floor
Boston, MA 02111
Email: hr@aacassociation.org

AAC is an equal opportunity/affirmative action employer.
City of Quincy to begin printing Chinese-Language Ballots in 2012

Due to the city’s large Asian population, Quincy is now required to provide Chinese-language ballots. However, due to the proximity of the upcoming fall elections, the bilingual ballots will not be printed until next year according to a Boston Globe report published last week.

Census data from 2010 showed Quincy’s Asian population had reached 24 percent resulting in the federal government sending official notice that future ballots would have to be printed in both Chinese and English, City Clerk Joe Shea told the Globe.

“[Providing bilingual services] has been something we have worked on for many years,” said Betty Yau, Assistant to Quincy Mayor Thomas P. Koch and the office’s Asian constituent service liaison, in a phone interview.

Despite bilingual ballots not being printed for the upcoming elections, Yau believes that bilingual ballots will be available upon request, along with a host of other information that is already printed in both English and Chinese.

An especially important document that will be available in Chinese at the upcoming elections is a list of candidate’s names.

“The City of Quincy has been very sensitive on the issue [of language barriers],” said Yau. “So [providing materials in different languages] is not new to us.”

City of Quincy Municipal Final Elections will be held on Tuesday, November 8, 2011.

The image on the left is a sample ballot which can also be seen online at the City of Quincy’s official government website.

A list of voting locations is available online both at the City of Quincy’s website, as well as at sampan.org.

ABCD Celebrates 50 Year Anniversary

U.S. Congressman Ed Markey accepts framed painting after speaking at the annual ABCD Community Awards Dinner on October 27 at the Seaport Hotel. Boston Celtics Head Coach Doc Rivers was keynote speaker and Ben E. King of the Drifters rocked the house with an eight-piece band! Almost 900 guests attended the dinner which honored 19 community volunteers from every Boston neighborhood. (l-r) ABCD President/CEO John J. Drew, Doc Rivers, Congressman Markey and ABCD Executive Vice President Sharon Scott-Chandler.

The dinner launched ABCD’s 50th Anniversary Year.

PHOTO BY FAY FOTO

Jaylin Turner, age 11, and the great-great-grandson of community activist Melnea Cass, a founder of ABCD and known as the “First Lady of Roxbury,” accepts ABCD Hall of Fame award in Mrs. Cass’s honor along with his grandmother, Kim Williams from ABCD President/CEO John J. Drew.

PHOTO BY FAY FOTO

Wish you could predict your bills down to the ?

It’s easier when you retire at Linden Ponds.

While no one can foresee every bill that comes their way, we make full-service retirement living more affordable by giving you predictable expenses. Plus, you gain fantastic amenities like restaurants, a swimming pool and the on-site medical center.

Call 1-800-431-6057 for your free brochure. We’ll include a helpful financial worksheet, so you can compare your current spending to Linden Ponds.

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Sage Hill Wayland
One 3BR Unit of New Construction Available
$177,700

Information Session:
Wednesday December 7, 2011, 7:30pm
Wayland Senior Center
Applications accepted:
Through December 28, 10pm

Housing Lottery: January 28, 2012
Application and Information:
278 Old Sudbury Road, Sudbury, MA 01776,
978-568-3788

Income and Asset Limits. Use and Rents Restrictions Apply

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Bloomfield Gardens
NEW AFFORDABLE RENTAL APARTMENTS SPRING 2012
NEW CONSTRUCTION – LEED SILVER CERTIFIABLE – NON-SMOKING BUILDING
455-475 GENEVA AVENUE, FIELDEN CORNER, BOSTON

20 APARTMENTS AVAILABLE - 2 BEDROOMS, 1 BEDROOMS AND STUDIOS

Appliances Included: Electric, Heat, Hot Water, Cable Ready

Rent Restrictions Apply – Maximum Income By Household Size

<table>
<thead>
<tr>
<th>Income Limit</th>
<th>1 Bedroom</th>
<th>2 Bedroom</th>
<th>3 Bedroom</th>
<th>4 Bedroom</th>
<th>5 Bedroom</th>
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<td>$64,900</td>
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<td>$97,900</td>
<td>$108,900</td>
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2 units have a preference for disabled households requiring accessible units. Up to 70% of the units have a preference for Boston residents. All apartments have a preference for households with at least one person per bedroom.

Apartment Features:
- Heat & Hot Water Included
- On-site Coin Laundry
- Wired for internet service
- Bike Storage
- Parking Available
- Mgmt. Office Nearby
- Located across the street from the Fields Corner station on the MBTA Red Line

Applications Available December 9 – 16th
Monday 7 – 9, Tuesday 9 – 6, Wednesday 9 – 1

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"INDIAN FOND ESTATES"

TOWN OF KINGSTON
Affordable Housing Lottery
January 19, 2012
Available in first time homebuyers
3 Bedroom Single Family Homes $230,400
3 Bedroom Duplex Units $195,200

MAXIMUM INCOME LIMITS
1 Person (Single) – $44,250
2 Persons – $52,500
3 Persons – $60,750
4 Persons – $69,000
5 Persons – $77,250

Applications are available at:
Kingston Town Hall – 26 Evergreen St
Kingston Public Library - 6 Green St
www.DHCD.state.ma.us
www.Housing.kingstonga.org
www.massconstructionregistry.org

By the end of the day, go with your gut.

The best agents want you to be happy so you will tell all of your friends and family about the wonderful and successful experience you had buying your dream home.

Mildred Wong is a Licensed Real Estate Agent with City Central Realty, LLC. She can be reached at 617-236-2020 or mildred@citycentralre.com.
A new neighborhood for your career.

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