Historical Restaurant Leads Green Trend in Chinatown

China Pearl, one of the oldest restaurants in Boston Chinatown, is about to undertake a new initiative in the community – going green.

China Pearl was announced the winner of the Sustainable Storefronts Design Competition in January. The restaurant has started their renovation project this June. The competition was sponsored by Boston Redevelopment Authority (BRA), the Asian American Civic Association (AACA) and the Boston Architectural College (BAC). Six Chinatown businesses teamed up with different groups of BAC students to work on individual green storefront designs to compete for a $20,000 award.

Brian Moy, owner of China Pearl, is excited about the big renovation project on his 52-year-old restaurant. Upon completion, China Pearl will be the first green restaurant in Chinatown. He is currently working with a design team on the final design of the storefront, which includes green elements such as natural light and clean energy production.

“We plan to invest about $150,000 to $200,000 on this project in addition to the money awarded,” said Moy. “We will incorporate bamboo into our design, featuring recycled material and other sustainable elements in our green storefront.”

Moy also believes that being green is not only essential to environmental conservation but also economic savings. He hopes that China Pearl will set an example for Chinatown.

New Population Trend and Community Concerns Discussed at TCC Meeting

Tufts Medical Center’s 2012 Community and Health Needs Assessment revealed their latest findings at The Chinatown Coalition meeting on July 12.

Beverly Wing, program consultant of Tufts Medical Center’s Community Health Improvement Programs, reported on updates of the assessment, which highlighted health concerns of the community as well as feedback from Chinatown residents on the quality of life.

According to Wing, the objective of the assessment is to analyze population changes and new demographics for Chinatown residents since the last community needs assessment in 1994. She mentioned that the group collected data from three sources: population data from the U.S. Census, ACA and NSA to develop a triennial comparison of the population over a 30 year period, community data from a broad representation of community stakeholders who participated in focus groups, and available health data from the Boston Public Health Commission.

As shown in the Census data, the Chinatown population increased 30 percent between 2000 and 2010. Among all race groups, the Caucasian population has the largest increase of 90 percent, in which the overall percentage climbed from 28.9 percent to 38 percent. The percentage of seniors (aged 65 and older) residing in Chinatown rose to 15 percent in 2010 after a dip in 2000 to 8.3 percent.

They conducted seven focus groups to identify the community assets and strengths as well as concerns for the community and participants themselves. The focus groups concluded that the two leading concerns are perceptions of Chinatown as a place with not enough facilities and safety concerns.

State Street Foundation President Presents Career Award to AACA Graduate

George A. Russell, Jr., President of the State Street Foundation, presented the George A. Russell, Jr. Career Advancement Award to an AACA Building Energy Efficient Maintenance Skills (BEEEMS) Program graduate at AACA’s Center for Workforce Development on July 18. At the ceremony Russell reflected, “Investment on AACA, and AACA’s students, is one of the best investments of State Street Foundation in this community.” The State Street Foundation continues to provide critical funding and support for AACA’s services.
People of any fitness level can participate. The "high-energy, outdoor interval class" emphasizes endurance and fitness. As part of Mayor Thomas M. Menino’s "Fitness on the Plaza" will expand to yet another free fitness class. The Boston Public Health Commission announced that the public will have access to this new free fitness class. The classes are held outdoors, rain or shine, at City Hall Plaza.

Every Wednesday from 5:30-6:30 p.m. from July 11 until Aug. 29. Every Wednesday from 5:30-6:30 p.m.

The Boston Public Library’s popular Concert series will include three talented groups offering free performances on a special date — Saturday, July 28. Hour-long concerts will be held at 11 a.m., 12:30 p.m., and 2 p.m. in the Boston Public Library’s beautiful Italianate courtyard at its Central Library in Copley Square, located at 700 Boylston Street in Boston.

The Boston Public Library’s popular Concerts in the Courtyard series will include three talented groups offering free performances on a special date — Saturday, July 28. Hour-long concerts will be held at 11 a.m., 12:30 p.m., and 2 p.m. in the Boston Public Library’s beautiful Italianate courtyard at its Central Library in Copley Square, located at 700 Boylston Street in Boston.

In order to promote Chinese culture and cultural exchange between China and the global community, the Overseas Chinese Affairs Office of China’s State Council has carefully selected 20 outstanding, talented students from China and formed Chinese Culture Land — Talented Juvenile Troupe. The troupe will perform spectacular Chinese folk dances and songs, martial arts, and acrobatics among others for local young Chinese and non-Chinese audiences. An unforgettable experience guaranteed! Seats are extremely limited! Presented by Asian Cultural Center U.S.A.

Three free, outdoor concerts hosted by Boston Public Library
Saturday, July 28, 11 a.m., 12:30 p.m., and 2 p.m.
Central Library in Copley Square, located at 700 Boylston Street in Boston.

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Improving School Choice community meeting: Chinatown
Saturday, July 21, 2012, 10 a.m. – 11:00 a.m.
BCNC, 38 Ash Street, Boston, MA 02111 (US).

Boston Public Schools is creating a new school assignment system and we want your input! More than 2,000 people have shared their thoughts already. Join us to talk about what we have heard and the next steps. Child care will be provided. Cantonese and Mandarin interpretation will be provided.

A new neighborhood for your career.

Diverse. Inclusive. Different.

Be part of an organization that inspires you to make a difference every day. For more than 25 years NHP has been a leader in health care, serving the community’s diverse, nonpartisan. Founded in 1972, SAMPAN is published by the Asian American Civic Association. SAMPAN is distributed free in Chinatown and the Greater Boston area.

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The reproduction, in whole or in part, of any information contained herein and prior is forbidden without the express written permission of the publisher.

SAMPAN is a publication of the Asian American Civic Association.

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SAMPAN is a publication of the Asian American Civic Association.
Chinatown Leaders Gathered to Celebrate Chin’s Life Achievements

Chinatown Community Leader Frank Chin “Uncle Frank” celebrated his 80th birthday and 50th wedding Anniversary with his wife Kathleen Chin at China Pearl in Chinatown on July 15.

Over 500 guests crowded into the restaurant and joined the festive party. Among them were State Treasurer Steven Grossman, Boston Mayor Thomas M. Menino, Congressman Michael Capuano, Senator Sonia Diaz, State Representatives Aaron Michlewitz and Donald Wong, City Councillors Bill Linehan, John Connolly and Steve Murphy and Former Senate President William Bulger. They thanked Chin for his life long contributions to the community.

At the end of ceremony, Uncle Frank shared his secret to 50 years of happy marriage with the guests.

“It is lots of patience, lots of understanding, and lots of happiness,” he said.

Chinatown Residents Express Concerns in Personal and Public Safety

for more affordable housing and family housing.

Different focus groups also raised different priorities. Youth raised additional issues such as the need for jobs, education or training opportunities that led to jobs for adults, and the prevalence of smoking in the community. Residents and business representatives identified garbage as the primary concern and its impact on safety, health and business. Parents and seniors suggested the need for public toilets. Adult English learners expressed interest in and the need for recreational activities such as dancing.

The collected health data indicated that cancer remains the leading cause of death, with lung cancer the leading diagnosis. Two infectious diseases- tuberculosis and hepatitis B- also have a significantly higher incidence in the Asian community than the general population.

An official summary report of the 2012 Community and Health Needs Assessment will be published in September.

China Pearl Going Green

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China Pearl Going Green

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China Pearl Going Green

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ZONING HEARING

The Zoning Commission of the City of Boston hereby gives notice, in accordance with Chapter 665 of the Acts of 1956, as amended, that a public hearing will be held on August 1, 2012, at 9:30 A.M., in Room 900, Ninth Floor, Boston City Hall, in connection with Text Amendment Application No. 427 and Map Amendment Application No. 616, filed by the Boston Redevelopment Authority.

Said text application would amend Article 38 (Midtown Cultural District) with respect to use and dimensional regulations within Planned Development Areas (“PDAs”), maximum height and floor area ratio (“FAR”) standards in Table A of Planned Development Areas Standards for Development Plan Review, and Planned Development Areas General Design and Environmental Impact Standards. Said map application would amend Map 1A (Midtown Cultural District) by amending the key which shows maximum height and FAR in established PDAs.

Copies of the petitions may be obtained at the office of the Zoning Commission, Room 953C, Boston City Hall, between 9 A.M. and 5 P.M. any day except Saturdays, Sundays, and legal holidays.

For the Commission, Jeffrey M. Hampton, Secretary
MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
TRANSPORTATION BUILDING
10 PARK PLAZA
BOSTON, MASSACHUSETTS 02116-3975

NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. E22CN01, HARVARD STREET AND MEDFORD STREET RAILROAD BRIDGE RECONSTRUCTION AND 21 WATER STREET DEMOLITION, CITIES OF MEDFORD, SOMERVILLE AND CAMBRIDGE, MASSACHUSETTS, (CLASS 1, GENERAL TRANSIT CONSTRUCTION - $9,000,000.00 and CLASS 4A – BRIDGES – STEEL SUPERSTRUCTURE - $3,000,000.00, TOTAL PROJECT VALUE - $15,298,655.00), will be received by the Director of Contract Administration at the Contract Administration Office, 6th Floor, Room 6720, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o’clock (2:00 p.m.) on August 21, 2012. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of

- The reconstruction and widening of the Harvard Street Railroad Bridge (New Hampshire Line), retaining wall/ noise barrier construction, track relocation, ancillary utility and roadway improvements in Medford, MA
- The widening of the Medford Street Railroad Bridge (Fitchburg Line) in Somerville, Massachusetts
- The demolition of the MBTA-owned tire facility building at 21 Water Street, Cambridge, Massachusetts.

The Contract is subject to financial assistance through the Massachusetts Department of Transportation via an Intergovernmental Service Agreement. The Authority is working to secure 50% of the total estimated project cost from the Federal Transit Administration’s New Starts discretionary transit funding program.

Each prospective bidder proposing to bid on this project must be prequalified in accordance with the Authority’s “Procedures Governing Classification and Rating of Prospective Bidders.” Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.

Prequalified bidders may obtain from the Contract Administration Office a “Request for Bid Form” which must be properly filled out and submitted for approval. Please refer to Section 1.12 “Competency of Bidder” of Section 00200 Instructions to Bidders for additional requirements.

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m., beginning on July 18, 2012, Monday through Friday, at no charge. Copies of the Bidding Documents will be available in electronic format (CD). Contract Specifications and Drawings shall be available in portable data file (.pdf) format. If requested, Bidding documents will be shipped for a fee of $25.00, made payable by check to MBTA. For overnight mail service, a completed mailing label, with an approved carrier account number (i.e. Federal Express), must be included. All bidding documents requested by check will be shipped via U.S. Postal Service. NONE OF THESE CHARGES ARE REFUNDABLE.

Bidders’ attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of 16 percent.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Bidders will be required to comply with Federal Equal Employment Opportunity Regulations and the President’s Executive Order No. 11246 and any amendments or supplements thereto. Bidders will also be required to comply with the Governor’s Executive Order No. 481, prohibiting the use of undocumented workers on State Contracts and any amendments and supplements thereto.

Authorization for the Bidders to view the site of the work on the MBTA’s property shall be obtained from the Project Manager, Jeffrey A. Sarin, P.E., 500 Arborway, Jamaica Plain, MA, 02130, (617) 222-3079. The Authority will conduct an inspection tour of the site on Thursday, July 26, 2012. Bidders are requested to be present in front of the MBTA Tire Facility, 21 Water Street, Cambridge, Massachusetts, at 9:00 a.m. to participate in the tour. Bidders are advised that they should have representation at this tour as no extra visits are planned.

A prebid conference will be held on Thursday, July 26, 2012 at 2:00 p.m. at the GLX Project Office, 155 Federal Street, Suite 304; Boston, MA 02110, (617) 426-9570. Any request for interpretation of the Plans and Specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their bids that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the work.

This Contract is subject to Federal wage and hourly laws and minimum State wage rates as well as all other applicable labor laws.

Bidders are advised that the “Buy America” provisions of the Surface Transportation Assistance Act of 1982 (Pub. L-97-424) as amended, apply to any Contract, procurement or agreement which results from this solicitation.

Bid Guaranty shall consist of a bid deposit in the amount of five (5) percent of the value of the bid, in the form of a bid bond, cash, certified check, treasurer’s or cashier’s check.

The successful Bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract.

The Authority reserves the right to reject any or all Bids, to waive informalities, to advertise for new Bids or proceed to do the work otherwise, as may be deemed to be in the best interests of the Authority.

This information may be viewed at the MBTA website:

http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY

Date: July 16, 2012

By: Richard A. Davey
Secretary and Chief Executive Officer of MassDOT

Jonathan R. Davis
Acting General Manager of the MBTA & Rail & Transit Administrator of MassDOT
Quincy Mayor Tom P. Koch spoke on “Empowering Immigrant Communities in Quincy: Difficulties, Opportunities and Civic Engagement” at the Asian American Civic Association Summer 2012 Community Forum on July 12. Over 75 Chinatown and Quincy residents as well as community leaders attended the meeting.

“Quincy is the fastest growing Asian community in Massachusetts with 24 percent of its population being Asian,” said Mary Chin, President of the Asian American Civic Association. “It is important for the people to know what plans and projects are going on in the city and how they can participate.”

Being born and raised in Quincy as a third-generation German American, Koch emphasized his immigrant roots as a personal connection to the large immigrant community residing in Quincy since the 1920s. He suggested that similar to all communities, education, safety and public transportation have always been the main concerns for Quincy residents.

Koch went on to discuss the “New Quincy Center” project and its impacts on the economic development of the city. As part of the Quincy Center reconstruction project, at least three twenty-story buildings will begin construction around February and March of 2013.

The budget of the project is estimated to be $1.6 billion and it will create approximately 15,000 jobs in seven years for the city, among which 4,000 will be construction jobs, and at least 25 percent of those jobs will hire local residents.

“Quincy is always on the move”, said Koch, who believed the project will boost the local economy.

Koch also wanted to encourage the Asian community to participate in local politics. He stated that during the mayor election last year, only 1,000 out of 6,000 registered Asian voters voted.

“I look forward seeing the Asian Community to be active and involved in politics,” said Koch.

During the discussion section, representatives from South Cove Manor Nursing and Rehabilitation Center and South Cove Medical Center especially thanked the mayor for his support of their facility expansion projects in Quincy.

Mayor Welcomes Chinese Disabled Persons’ Federation to Malden

Mayor Gary Christenson welcomed 25 officials from the Chinese Disabled Persons’ Federation, China’s largest non-profit organization for disabled people, to Malden City Hall to learn how United States Government agencies assist disabled people in obtaining employment on July 10. Triangle’s Chief Executive Officer, Michael Rodrigues, attended the meeting and presented employment and training services that Triangle provides for people with disabilities.

“I’m honored that the Chinese Disabled Persons’ Federation chose Malden as a venue to discuss opportunities and options for disabled people getting to work,” said Mayor Christenson. “We as a community continue to seek ways to empower people with disabilities.”

Mr. Rodrigues introduced Triangle’s nationally recognized School-to-Career Project which helps youth with disabilities to identify their job skills, expand their employment experience and effectively pursue their personal and career goals. The Chinese Delegation was interested in learning about Triangle’s philosophy, operation, various employment support programs and training opportunities.

“The meeting was very informative. We definitely can put a lot of the in-
Vietnamese-speaking Biology teacher needed!

Excel High School is seeking a certified Biology teacher to work with Vietnamese students who are new or recent arrivals to the country. The ideal candidate has expertise in Biology and Chemistry, speaks Vietnamese and English, and is dedicated to the success of his or her students. Excel High School’s mission is to prepare all of its students for success in college and careers. Each year, more than 90% of Excel students are accepted into 2 or 4-year colleges or universities. Interested and qualified applicants should email their resume and a letter of interest to Stephanie Sibley (ssibley@boston.k12.ma.us).

Chinese Disabled Persons’ Federation Visits Malden

Chinese Disabled Persons’ Federation along with Mayor Christenson, Kevin Duffy, Business Strategy & Development Officer, Eleanor Cushing, HR Director and Yan Yu, Constituent Services Representative.

The Massachusetts Department of Public Health announced on July 6 that West Nile virus has been detected in mosquitoes collected from Malden. This is the first time this year that mosquitoes in Malden have tested positive for West Nile virus. The first of two spray treatments took place on July 6 in the Delta Terrace area, where the mosquitoes were identified.

Contaminated mosquitoes were also sited in Roslindale and West Roxbury last June. The City of Malden has posted all precautions on the city’s web site and in the reverse 911 informational call.

According to a phone interview with Maria L. Tamagna, Registered Nurse at the Malden Board of Health, there have not been any reported cases of a human infection as of July 13.

“We have conducted a reverse 911 informational call to the high risk area to inform our residents. The areas of known high risk will continue to be monitored throughout the summer, and treated as necessary,” said Tamagna.

West Nile virus is most commonly transmitted to humans by the bite of an infected mosquito. The mosquitoes that carry this virus are common throughout the state, and are found in urban as well as more rural areas. While West Nile Virus can infect people of all ages, people over the age of 50 are at higher risk for severe infection.

“The mosquitoes are most harmful to persons age 50 and over. With death more often to occur to people over age 70. The adult population is more often at risk to be bitten because, the insect bites a motionless human, which is interesting because adults are less likely to use insect repellent,” she said.

According to Tamagna, there are traps set up throughout the City, adjacent wetlands and water drains. When a mosquito is identified in a specific area, the area will be alerted.

Taylor Tai, 32, resident of Malden, said he will pay more attention to the hygiene of his house and the surrounding area after learning the news.

“[I will pay] more attention to dirty water or waste surrounded my house, I’ll just keep cleaning up to make sure [the mosquitoes] don’t have a chance to survive or exist,” he said. “[I’ll also suggest] others don’t let their kids play outside the house.”

For more information, please contact Christopher Webb, Board of Health Director at 781-397-7049, or webb@cityofmalden.org.

Chinese Disabled Persons’ Federation Visits Malden

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YOUTH

One of the hardest decisions you might make in life is finding the right college for you. This process not only determines how your life might end up, but also who you are. Finding the right college might be stressful especially if you have no idea how to start. As a high school senior who recently graduated, I just want to give my two cents on what you should consider while looking for colleges:

1. First of all, ask yourself what type of college you are looking for. Do you like to attend a small college or a large college? What type of environment would college you are looking for. Do you like?

2. Next, think about what you are passionate about. Are you the type of person who likes to help others? Are you interested in educating the next generation? If you are interested in educating the next generation.

3. After finding your interest majors, then you go over the list of colleges you gather from question 1. Narrow down the schools to ones that offer the majors you have in mind. Narrow down the schools to ones that offer the majors you have in mind. Remember to make a list (Collegeboard.org will be the ideal site for this.)

4. Now that you narrowed down your choices by major and personal preference, look into the cost. Collegeboard.org offers the cost of each college and how much financial aid you might get. If you go on the site, you can check out the financial aid calculator and get an idea of what your financial aid letter might be. Always apply to colleges that you are sure you will get financial aid from. This includes state schools, which cost way less than private colleges. Colleges also like to give students more financial aid if the student’s statistics are above their average entrance stats. That’s another reason you should apply to safety schools.

5. Now that you are almost done, you will be making decisions on this step. If possible, check the average SAT and GPA scores of each college you are interested in. If you are interested in, compare your own statistics with the colleges and catego-reize your list of colleges into one of the three groups: Safety, Match, and Reach. Safety: Your stats are higher than the average accepted students. Match: Your stats are similar to the average accepted students. Reach: Your stats are lower than the average accepted students. Always, always apply to safety schools because match schools and reach schools are not guaranteed. The rule I went by is in 3 safeties 1 love, 4 matches and 3 reaches (Just a sign of what I did, follow your own preference.) Although a school might be a reach for you, don’t hesitate to apply because you will never know what will happen. I know people who got accepted to their reach schools with lower statistics than the average accepted students. Just work hard on those essays and interviews if your statistics are not good enough.

Find the Right College

By LiLi Kuang, Youth Council Chair of AACA

Free Summer Meals Available in Boston

From June 25-August 31, 2012, Boston children can take advantage of the Summer Food Service Program to get free, healthy breakfast and lunch.

The Summer Food Service Program provides free meals for children ages 18 and under at nearly 150 locations throughout the city, including schools, community centers, Boys and Girls Clubs, churches, Boston Housing Authority sites, Massachusetts Department of Conservation and Recreation (DCR) pools, and YMCAs.

Around Chinatown, three sites are open, including Quincy Elementary School, Kwong Kow Chinese School and Idil Learning Center.

No registration or ID is required to take part in this program. To find the site closest to you, call 1-800-645-8333, or visit www.bostonpublicschools.org/meals.

THE COTTAGES AT HOLLYBROOK WORKFORCE HOUSING

2BR Cottages starting at $290,000

Applications due by 2 pm on September 27th, 2012

South Weymouth, MA

www.BGdesigbuild.com

www.SouthField.com

SouthField

The Cottages at Hollybrook is now being built in the newly redeveloped South Weymouth Naval AirStation. Workforce Homes have the same specs as typical market-rate homes but offered at a discounted price (nearly $35,000) to eligible households through a lottery process. The resale restriction (i.e. discounted price) on these homes is removed after 5 years and the home is then worth full market value without any restrictions!

Each of the Workforce Cottages at Hollybrook are beautiful single-family homes that will have 2 bedrooms, 2.5 bathrooms and 1,400 square feet of living space. On the first floor, the kitchen, living area, dining room, mudroom and garage are open to one another, for a spacious feel. The Cottages also offer patios and porches for outdoor entertaining and enjoyment. A special bonus is the common Greens that envelop the neighborhood. Please go to www.BGdesigbuild.com for more information on floor plans, specs and neighborhood details.

Household Size | Minimum Income Limit | Maximum Income Limit
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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 Info also available at the SouthField Welcome Center on 223 Shaw Memorial Drive in South Weymouth (M: 10-5, T: 10-6, F: 10-5, S: 10-5, Sun 12-4). Details on the entire SouthField community can be found at www.SouthField.com Completed Applications and required Income Documentation must be delivered, not postmarked, by 2 pm on Sept 27th, 2012. The SouthField Welcome Center will be the location for a public Info Session on August 22nd at 6 pm and the Lottery on October 9th.

HORTON ESTATES

Rehoboth Affordable Housing

www.longbuilthomes.com/rehoboth-ma.htm

Four 3BR, 2 bathroom single family homes: $187,700

Three 2BR, 2 bathroom single family homes: $167,500

Horton Estates is Rehoboth’s premiere active adult community, designed specifically to accommodate the lifestyle of those esteemed members of our society that are over the age of 54. The community offers the best of both worlds being nestled in a serene secluded bucolic setting, yet located in close proximity to major highways and a wide range of conveniences, including the Swansea Mall. The community features a clubhouse and an outdoor swimming pool on the clubhouse grounds, as well as an on-site private community water system and an on-site private wastewater treatment facility, both of which are operated by the condominium association.

The remaining 7 affordable homes are being offered through this lottery to households with incomes at or below 80% of the area median income. All seven of these affordable homes feature exceptional one-story floor plans that have either 2 or 3 bedrooms, 2 bathrooms and garages, and are built with quality craftsmanship throughout and impressive attention to detail. These homes will also be Energy Star certified. Please visit www.longbuilthomes.com/rehoboth-ma.htm for all unit and development related questions.

The Maximum Income Limits for Households are as follows:

- 1 Person: $42,350
- 2 Person: $48,400
- 3 Person: $54,450
- 4 Person: $60,500
- 5 Person: $65,350
- 6 Person: $70,200

Households cannot have more than $75,000 in assets and, if they currently own a home, they cannot have more than $150,000 in equity.

For more information on the Development, The Units or The Lottery and Application Process, please visit www.s-e-b.com/lottery or call 617, 782-6900 ext. 1.

Applications and Information available at the Blanding Public Library on 124 Bay State Road in Rehoboth (open Mon-Thur 9-11:30, Fri-Sat 10-2) A Public Information Session will be held on August 1st at 6 pm in the Rehoboth Senior Center on 55 Bay State Road. The lottery will be held on September 26th at 6 pm at the same location.

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on September 13th.
This is the special Green issue of the Sampan. In the middle of the summer like some other diehards, when I hear the word green I only think of Golf greens! So I took the liberty of writing this issue’s article about ways to save money during the golf season.

Avoid playing during peak times. Even the best courses have significantly reduced rates at off peak times. Not only do you save money on the tee time but you probably play a much faster round. I played a round of golf last week with my mom at 6am, got the early bird rate and also finished 18 holes in 2 ½ hours!

Walk. Save some money by not renting a cart when you can. First, it’s good exercise for you (An average walking round can be 5-8 miles) and it’s also better for the course. Carts cause much more wear and tear on a course which is just can’t see from a cart.

Prepare yourself before you go out. There’s nothing worse than arriving at the golf course and realizing you forgot your golf shoes, glove or enough balls. This is especially painful when you have 2 brand new pairs of golf shoes sitting in your basement that you’ve never worn. Don’t worry, the pro shop should have what you need but be prepared to pay full retail price.

Look for deals. With the popularity of daily online web deals, there are always discount deals on golfing greens fees. There are also local golfing coupon books that you can buy that have discounts on hundreds of courses in the area. Sign up online at your favorite courses and you will receive email news, discounts and specials at the course.

Practice more at the range not on the course. Not only is spending more time at the range one of the best ways to improve your game it’s also much more inexpensive as well. Hitting balls at your local driving range can cost $7 a bucket considerably less than a full round golf. For your short game practice, most public courses have putting and chipping areas that you can use for free.

Don’t buy your game. Contrary to product advertisements, getting the latest and greatest golf equipment will probably not help your game. Most times upgrading your clubs regripped can delay new club purchases by a season or two. It’s expensive for golf equipment and there’s nothing more amusing than watching the golfer with the hottest, most expensive equipment who still can’t break 100.

Don’t pay full price for equipment. Take advantage of all those golfers who get new clubs each year by buying used clubs. Usually you can get some pretty good deals on Ebay or Craigslist but make sure you know your specifications and try them in person. If you can do new equipment, wait until the end of the season when prices are considerably cheaper.

Play 18 holes and skip the 19th. It’s not just the golfing that can be expensive but the food and drinks after a round that can add up. The infamous 19th hole can be great after a round of golf on a hot and humid day but the tab can sure add up quick. I hope this article is able to save you some money playing golf year. When you’re out on the course, hit ‘em straight!

If you have a topic that you would like to discuss in a future article please email mtton@newbostonfinan- cial.com.

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

Living in America, we have a long way from being really “green” as in other countries. Caring about our environment is very important too as well. Recently I traveled to South Korea and marveled how they are strict on how they recycle their food waste, plastics, glass, etc. Also recycling bins are more widely available than in Boston. It was during college where I realized it was important to recycle, reduce and re- use. Everyone can make more “green” choices even regarding their food choices too.

Famed Californian chef/ owner of Chez Panisse Alice Waters for over forty years led the culinary philosophy that delicious, local, seasonal food that is produced sustainably. For the last decade, more and more people are tak- ing notice about their food, the origin and where it is from. If you have space, you can grow some herbs and create a mini garden on your sunny window sill. There can also grow mi- cro greens, salad greens, scallions and mushrooms are a few examples that are easy to grow.

Not widely available, people can take being green one step further and compost their food scraps that later breaks down and turns into fertilizer and soil. There are also known to compost but mainly organic food scraps are compostable while bones are not.

The Green Golfing Budget
By CERTIFIED FINANCIAL PLANNER™ Michael C. Tow

GREEN SPECIAL
Green Golfing Budget
By CERTIFIED FINANCIAL PLANNER™ Michael C. Tow

Green Food Tips
By Anna Ing
A Food Aficionado

Watching Factory Lofts
Affordable Housing Lottery
Waltham, MA

10 New Affordable Apartments
1BRs @ $1,156/mo 2BRs @ $1,269/mo

Rent does not include any utilities

The historic Watch Factory, located along the Charles River in Waltham, Massachusetts, is being adapted into a vibrant mix of office, residential and retail use with riverfront amenities. There are 96 apartments being developed.

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 p.m. on September 20th, 2012.

The Lottery for eligible households will be held on October 2nd at 6 p.m.

For Lottery Information and Applications go to www.s-e-b.com/lottery or call (617) 782-6900 x5 and leave a message.

Applications and info. also available at the Waltham Public Library on 735 Main St. (M-Th 9-9, Fri-Sat 9-5, Sun 1-5)

The Maximum Income Limits for Households are as follows:

1 Person - $45,500 2 Person - $52,000

3 Person - $58,500 4 Person - $65,000

A Public Info Session will be held on August 7th, 2012 at 6:00 p.m. at 119 School Street in the Waltham Government Building Auditorium


A Food Aficionado

By Anna Ing

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A Food Aficionado
Control Your Blood Glucose by Enjoying Fresh Summer Produce

By Zhanglin Kong, Master of Nutrition Science, Dietitian. Zhanglin works as a full time Dietitian for Greater Boston Chinese Golden Age Center (GBCGAC) responsible for nutrition counseling and education for clients, nutritional analysis of meals and food products, and participate in monthly menu planning.

During the hot humid summer, everybody changes their lifestyle more or less. Not only the longer daytime, but also the more frequent sunny warm weather give us mood to travel and engage in outdoor activities. In the same time, we buy ice creams from the street stand, eat hotdogs at the baseball games, enjoy BBQ food with family and friends, and grab ice cold cookes under the sun to cool down. For people with Diabetes, do these foods sneak into your already perfect diet and gave you tough time for blood glucose control? Let the juicy and extra nutritious summer vegetables and fruits help you!

The reasons we choose seasonal vegetable and fruits are they provide better taste, freshness and texture but at the same time are lower in price. First of all, you need to know what kinds of fruits and vegetables are in season. Bring the following chart with you to the grocery store and farmer’s market to stock up! Watch the serving size for each of them and incorporate them into your diet.

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Serving Size*</th>
<th>Vegetables</th>
<th>Serving Size*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackberries</td>
<td>1 cup</td>
<td>Basil</td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup</td>
<td>Bell Peppers</td>
<td></td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>1 cup, cubed</td>
<td>Broccoli</td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td>2/3 cup</td>
<td>Cucumbers</td>
<td></td>
</tr>
<tr>
<td>Figs</td>
<td>2 small</td>
<td>Eggplant</td>
<td></td>
</tr>
<tr>
<td>Honeydew Melons</td>
<td>1/8th</td>
<td>Green Beans</td>
<td>1 ½ cups cooked, or 3 cups raw</td>
</tr>
<tr>
<td>Nectarines</td>
<td>1 small</td>
<td>Jalapeno Peppers</td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>1 medium</td>
<td>Okra</td>
<td></td>
</tr>
<tr>
<td>Plums</td>
<td>2</td>
<td>Zucchini</td>
<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
<td>Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>Sugar Snap Peas</td>
<td></td>
</tr>
<tr>
<td>Watermelon</td>
<td>1 ¼ cup cut</td>
<td>Corn</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

*Each serving size contains about 15g of carbohydrate

Be creative with snacks, replace chips, pretzel, ice creams, cookies and candies with these summer treats from the farm land as listed here! Besides natural sweetness and all the fresh flavors, fruits also provide insoluble and soluble fibers that help on stabiling blood glucose level and bowel movement. Individual fruits can be natural snacks by themselves, just use a sturdy container to pack berries and cut up melons. When you are in a rush, simply grab a peach, plum, or nectarine. Serve fruit salad with yogurt dip as refreshments in your barbeque or pool parties to stand out from all the other regular pre-packed snacks!

Sometimes it is hard to resist the temptation of ice cold soda or beer under the burning sunlight, although these sugary or alcoholic beverages fluctuate your blood sugar. But consider making your own iced tea or fruit smoothies to get much tastier and healthier options. Try the following smoothie recipe to quench your next summer thirst—it provides richful amount of calcium, protein and vitamins, at the same time, the combination of protein and carbohydrate will prevents the blood glucose spike.

**Banana Berry Smoothie**

**Ingredients** (for 4 servings)
- 2 cup low-fat/fat free plain yogurt*
- 1 cup fresh berries
- 1 cup fresh banana
- 1 cup orange juice
- (Optional: a sprinkle of honey for extra sweetness)

**Preparation**
Place all ingredients into a blender and blend until smooth and creamy, and enjoy!

*(Use non-fat yogurt if you are watching your calories or fat intake.)*

**Nutrition**

<table>
<thead>
<tr>
<th>Serving Size: 210 g</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>156</td>
<td>2%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>2mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>34g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars</td>
<td>25g</td>
<td>6%</td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
<td>1%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Be careful about low blood sugar (hypoglycemia) during summer after excess exercise and outdoor activities if you have Diabetes. When you feel the low blood sugar signs, such as shaky or dizzy and your blood glucose level is lower than 70, use this 15/15 rule: consume 15g of carbohydrate, and wait 15 minutes. If the symptoms stay and your blood glucose is still below 70, repeat the 15/15 rule. Half cup of fruit juice can be a good food to give you this 15g carbohydrate. Other options can be 1/2 cup regular (not diet) soft drink, 3-4 glucose tablets, 1 tube of gel etc.

Fresh fruits and vegetables will give you so much nutrients and fun during this summer! Find them in local farmer’s markets, major supermarkets or any grocery store at the street corner, and start to create your new favorite summer dishes!
PROMOTING A SUSTAINABLE WORLD

State Street Celebrates the Asian American Civic Association

At State Street, we know that what we do today will have a tremendous impact on our future and the future of those we serve. That’s why our commitment to corporate citizenship is embedded in our culture, and why we are confident we can help lay the groundwork for a better tomorrow.

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