Tufts Launches Laboratory Community Advisory Committee
written by Teresa Cheong

In response to public concerns about the operation of the Arnold 8 Biosafety Lab, Tufts University School of Medicine (TUSM) has formed a Community Advisory Committee (CAC) to assess all aspects of the project, from its benefits to potential risks, and analyze public opinions collected in different public meetings. The team had their orientation meeting on July 11.

The CAC members include: Janelle Chan, executive director of Asian Community Development Corporation, Paul K. Chan, director of development of Massachusetts Housing Investment Corporation, Richard Chin, Gilbert Ho, board member of Chinatown Main Street, Chau-ting Lee, executive director of Asian American Civic Association, Bill Moy and Ruth Moy, executive director of the Greater Boston Chinese Golden Age Center.

The CAC will function as an independent body whose members will apply their individual experience and expertise to any questions or issues raised by the laboratory project. The committee will meet regularly throughout the permitting process and may continue to provide an ongoing voice when the laboratory begins operation.

“Chinatown is a very diverse neighborhood and we want to make sure that everyone -- whether they are Chinese seniors, or a young family, or a graduate student -- can understand what’s going on and also know that Tufts is listening and responding,” said Janelle Chan, one of the CAC members.

TUSM is constructing a 1,700-square-foot biosafety research laboratory within its existing medical research building at 136 Harrison Avenue. It will be their first biosafety level 3 (BSL-3) laboratory, and the facility will be operational in 2013. TUSM announced the news in May and have already organized eight public meetings to invite Chinatown residents to comment on the project.

Henry A. Yee, co-chairman of Chinatown Residents Association, Boston, suggested that some Chinatown residents are concerned about having the laboratory built in the heart of Chinatown.

He said in a phone interview that even though tuberculosis is not a serious illness, the public is worried about any possible leaks that will directly affect their health. Kimberly M. Thurler, director of public relations at Tufts University, reassured that the laboratory will incorporate a number of special features to protect researchers and ensure that the bacteria cultures are isolated.

“We have physical barriers, such as biosafety cabinets and sealed walls, and a specialized air system to protect the researchers and prevent the agents (tuberculosis) from leaking to the external environment. We have an enormous room of air filters to clean the air before emitting it to the environment,” she said. Thurler also explained that in the U.S., there have never been any major accidents in a BSL-3 laboratory that affect possible leaks that will directly affect their health.

Urban College is Opening in Fall
Contributed by ABCD

Registration for the fall semester at Urban College of Boston will take place from August 27 to September 4 at college headquarters in the Robert M. Cord Building, 178 Tremont St., Boston, across from the Boston Common and near several MBTA and bus lines. Classes begin on September 4.

“We are thrilled to be open for business and we heartily encourage students to register for September classes,” said Bob Regan, Urban College President. “In recent weeks there has been press coverage of the college’s financial challenges, but we are back on track thanks to several generous donors and an outsourcing of support from our community.

Urban College’s unique mission of serving low-income, disadvantaged adult learners ensures that it makes a difference in many lives.

For more information, please go to www.urbancollege.edu.
COMIC

Empty Bamboo Girl by Lillian Chan

After 35 years cooking up General Gao’s chicken at Lucky Dragon, it was time for Barbara Lee to hang up the apron.

I’m officially retired today... it’s time you two PAY UP!

But, I thought you weren’t retiring until NEXT year?

Gahhh!

for more info, become a fan at www.facebook.com/id.in.TheComic

6-6-12

Event Calendar

Free Screening: LOST YEARS
Start: Aug. 12, 3pm-5pm Tufts University’s Sackler Hall - DeLillo Auditorium, 145 Harrison Ave, Boston, MA
LOST YEARS is an epic documentary covering four generations of racism as revealed through the journey and family story of Kenda Gee.
Free event with Limited Seating, RSVP required. Please email tms.chien@bcnc.net for more info or questions.

Boston Chinatown August Moon Festival 2012
Sunday, Aug. 12, 10am-5pm Chinatown, Boston
You will find Vendor booths, Chinese Dough Art, Chinese Opera, Children’s Chinese folk dance, Martial Arts Performance, Lion Dances and more in this annual festival.

2012 Quincy August Moon Festival
Sunday, Aug. 19, 11am-5pm Hancock Street in Quincy Center, Quincy
It will feature performances by talented local artists, exhibits, crafts, food, children’s and senior programming. For more information, please visit www.quincyasianreasuresources.org/en/AMF2012

Joe Wong: Chinese Comedy Made in the USA
Tuesday, Aug. 21, 7:30 pm ImprovBoston, 40 Prospect Street, Cambridge
Boston comedian Joe Wong is about to perform a very different evening of Chinese stand-up comedy at ImprovBoston. Tickets cost $18 and $14 for students with a valid student ID.

Tickets are available at www.improvboston.com. Guangzhou Little Angel Symphony Orchestra Visits Quincy/Boston Friday, Aug. 10, 6pm, Chinatown (free) Saturday, Aug. 11, 7pm, Quincy High (ticket: $10; student ticket-$5)
Little Angel Symphony Orchestra is the largest, most complete, world-renowned and abroad of young amateur symphony orchestra in 20 years in China.

For more information, please visit www.aaaqui.org

Malden Senior Charlie Card Event
Aug. 22, 9am-1pm Council Chambers at Malden City Hall, 20 Pleasant Street, Malden
This event will be open to all senior citizens of Malden, MA (65+) who want to register for a Senior Charlie Card. With a Senior Charlie Card, seniors can ride buses for $0.75, inner express for $0.99, outer express bus for $2.25.inner express buses for $2.25. The subway for $1.00, and commuter rail or boat services for 50% off of the full fare. Visitors will need to check in online with a copy of the event & date announcement.

Lecture: Living Healthy with Chronic Conditions
Thursday, Aug. 16, 10am 40 Washington St. Quincy, MA 02169
Learn how to take charge of your health care challenges and improve your quality of life. Create a more positive outlook - and feel better about yourself - by using strategies to live life more fully even with a chronic illness.

Malden citywide recycling day
Saturday, August 18, 9am-2pm DPW yard, 356 Commercial St., Malden
The Malden Department of Public Works will hold a recycling day for those tough to dispose-of items. For the first time, the recycling day also will feature a shredding service for residents’ old documents. Residents may bring one banker-sized box of shreddable material.

Household paint -- latex, oil, and acrylic -- will be accepted until 1 p.m. Not accepted by the DPW will be antifreeze, household hazardous materials, and cleaning chemicals.
The Malden neighborhood Center is a multi-service non-profit agency serving Asian Americans and the greater Boston community for over 40 years. Our Acorn Early Education and Care Program is currently seeking for a full-time wage: Competitive salary with full agency benefits.

Chinese Consolidated Benevolent Association
Notice for Construction Bid
Project: Renovate 2 bathrooms in basement level
Location: Chinese Consolidated Benevolent Association of New England building at 90 Tyler Street, Boston, MA 02111
Interested contractors should contact our office in Quincy, MA 02169 and ability to relate well to children, staff and family when they don’t have a Bachelor Degree in this field. Evidence and ability to relate well to children, staff and families. Able to work well in a multicultural environment. Meet DEEC health and background check requirements.

Chinese Section:
Contributors: Lillian Chan Anna Ing Michael Tow Samuel Tsui Zhanglin Kong Translators: Gongquan Chen Ivy Mah
Advertising: Teresa Cheong ads@sampan.org

SAMPAN is a publication of the American Asian Civic Association.

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August 10, 2012
Chinatown Residents Celebrate National Night Out}

CONTINUED FROM PAGE 1

the surrounding community, and tuberculosis is not a dangerous research germ.

“The tuberculosis germs are actually rather hard to grow, for example, sunlight can destroy them. It is not a kind of disease you will contract by touching a door knob. It is transmitted by air, and you will get infected when people who have tuberculosis cough close to you,” she said.

In addition to the concern about public safety, the laboratory’s close proximity to a highly populated area has alarmed some Chinatown residents.

Xue Li, who works in Chinatown, also thinks that building such kind of laboratory in a crowded area is not a good idea.

“It’s better to relocate the laboratory to a less crowded area to avoid any possible leaks of contagious diseases,” Li said. Yee also agreed and mentioned that Tufts has other campuses in the suburb and can use build the laboratory in a less populated town.

Thurler explained that proximity is also a decisive factor in their strategic building plan. Chinatown is the home of TUSM and the researchers working in the laboratory are the faculty of the medical school. Since they have to teach classes and do research at the same time, distancing their workplaces is impractical.

“Most research projects are time sensitive or have to be conducted at a particular time, sometimes at odd hours. Accessibility is an important factor to a successful research,” she said.

Ruth Moy, another CAC member, also thinks that the research will benefit generations to come and she does not see any risks in the mean time.

“TUSM has been very careful with the project and has taken all the precautionary measures. The CAC is also responsible for monitoring the process, and we will make sure people are safe in Chinatown,” she said.

Members of the community who want to learn more about the committee or the project can visit the project website: www.medicine.tufts.edu/Research/Arnold8BiosafetyLab, or call 617-627-3780.

Safety Features:
- Biosafety Cabinets
- Localized Tanks at Each Sink for Waste Water
- Redundancy in All Safety Systems - Backup Power, Two Vent Fans, Two Autoclaves
- Special Filters

Written and Photo taken by Yuanfei Zheng

Tufts Biosafety Lab Raises Public Awareness

On the afternoon of August 7, Boston’s Chinatown Safety Committee together with about a dozen community organizations held the 29th National Night Out in Tai Tong Village Plaza, Chinatown, attracted hundreds of residents.

National Night Out is a nationwide event to fight against crime, improve community safety, bond the police and residents. Boston held the citywide event in Moakley Park in South Boston this year. The Boston Police Department A-1 District Police Captain Tom Lee arrived in Chinatown about 5pm and celebrated the event with Chinatown residents.

In addition to the police station A-1 District Police, K-9 unit, about a dozen community organizations were presented, including the Chinatown Main Street, Chinese Golden Age Center, the Chinese Progressive Association, Wang Chinatown YMCA, Tufts University and Tufts Medical Center and Qiao sheng Music Society. Free smoothies, popcorns, balloons, together with free services including blood pressure screen, dental care demonstration were provided during the event.

During the event, Fanny Kwan, the fourth administrator of Tai Tong village, who passed away in April this year, was awarded the Community Service Award, in recognition of her services for the community. Andrew Kwan, Fanny’s brother, on behalf of her received the award from Paul Chen, the first administrator of Tai Tong village and William Moy, co-chair of the Chinatown Safety Committee.

From right to left: Bill Moy, Lifen Weng, Andrew Quan, Xueqing Zeng, Paul Chen, Yaohan Weng and Weimin Chen.

From left to right: Tufts staff teaching a girl how to brush teeth.

Ruth Moy and Chinese Golden Age Center provide service to residents.

BRA

The Boston Redevelopment Authority will host a public meeting regarding

Millennium Tower and Burnham Building

Wednesday, August 15th, 6:30PM, Boston Redevelopment Authority Board Room 9th Floor of Boston City Hall

The Proponent filed a Notice of Project Change (NPC) proposing the renovation and preservation of the existing seven-story Burnham Building located at the corner of Washington and Summer Streets to contain approximately 330,000 square feet of retail, restaurant, office and parking uses; the development of a new mixed-use, approximately sixty (60) story tower with residential, health club, retail and restaurant uses along Franklin Street and a multi-level below grade parking garage beneath both buildings for up to 550 vehicles.

Close of Comment Period: September 11, 2012

MNR

GEORGE LEWIS

BOSTON REDEVELOPMENT AUTHORITY

ONE CITY HALL SQUARE, 9TH FLOOR

BOSTON, MA 02201

PAX

617-742-7783

PHONE

617-918-4297

EMAIL

geoff.lewis.bra@cityofboston.gov

Brian P. Golden

Executive Director/Secretary
CONCORD MEWS APARTMENTS
AFFORDABLE HOUSING OPPORTUNITY
CONCORD, MA
1BR and 2BR units now available on a first-come, first-served basis to eligible households!!
88 New Affordable Apartments with rents starting at $1,203 (1BR), $1,316 (2BR) and $1,444 (3BR)

The Maximum Income Limits are as follows:
- 1 Person $45,500; 2 Persons $52,000;
- 3 Persons $58,500; 4 Persons $65,000;
- 5 Persons $70,200; 6 Persons $75,400

For Information and Applications call 978-610-6523
Applications and Information also available at the Concord Mews Leasing Office or on www.s-e-b.com/lottery
Concord Mews - 1 Nathan Pratt Drive - Concord, MA 01742
Phone: 978-610-6523
Email: leasing@concordmews.com
www.liveatthemews.com

GOVERNOR PATRICK SIGNS BILL TO PROTECT TEMPORARY WORKERS

Contributed by the Governor Deval Patrick Office

Governor Deval Patrick signed H. 4304, “An Act Establishing a Temporary Workers Right to Know” on August 6. The legislation strengthens the Commonwealth’s ability to regulate staffing and temporary agencies to protect vulnerable workers and level the playing field for businesses.

“Thousands of Massachusetts workers are sent off to work by staffing agencies without any idea of where they are going, what work they will do, and what they will be paid,” said Governor Patrick. “This bill levels the playing field for all of our businesses while fulfilling our responsibility to make sure all of our workers are being treated fairly.”

Workers employed by temporary and staffing agencies that cut corners might not know what type of work they will be required to do, their rate of pay or even the name of their employer. Workers employed under such conditions often fail to receive their earned wages or can be injured at hazardous worksites without workers’ compensation coverage in place. This not only hurts workers, but also law-abiding businesses that must bear the costs on behalf of these staffing agencies.

“The Temporary Workers Right to Know Bill promotes transparency and fairness,” said Secretary of Labor and Workforce Development, Joanne Goldstein. “This legislation requires staffing agencies to provide employees with notice about basic information before going to a job, such as the temporary agency’s contact information, workers’ compensation carrier, and the rate of pay.”

“This bill provides for a basic bill of rights for temporary workers,” said Senator Jack Hart. “Every employee should have the right to know the amount of their wages, who they are employed by and any deductions which may be taken from their wages. I applaud the support of my colleagues in the legislature and the efforts of the many advocates who have worked tirelessly for many years to pass this important piece of legislation.”

The bill also prohibits agencies from charging certain fees, like the cost of registering with the staffing agency or for performing a criminal record check. Staffing agencies are also prohibited from charging any fee that would reduce a worker’s pay below the minimum wage, and are required to reimburse a worker if it sends him/her to a worksite for the purposes of working and no work is available.

SEE BILL ON PAGE 5

Malden's Moving

Mayor Gary Christenson and residents joined Malden is Moving. Photo and Content provided by City of Malden

Doing his part to promote a healthy and active community, Mayor Gary Christenson walked the streets of Malden on last Tuesday, July 31, with residents as part of the Malden is Moving initiative, an effort coordinated through the Board of Health and the YWCA.

The group started out at City Hall Plaza and will walk a different route every other Tuesday.

“I love getting outside during the day to interact with residents,” said Mayor Christenson, “and I can’t think of a better way to enjoy the City.”

The next Walk and Talk with the Mayor will be Tuesday, August 14th at 12:00 Noon.

The activity is part of the Malden is Moving initiative, the Malden version of the Mass in Motion program supported by a five-year $300,000 Community Transformation Grant from the Department of Public Health. Christopher Webb, Director of Public Health, is working on this initiative in conjunction with the YWCA Malden.
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.IBGdesignbuild.com
www.SouthField.com

The Cottages at Hollybrook is now being built in the newly redeveloped South Weymouth Naval Air Station. 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 new 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 bedroom 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 envelope the neighborhood. Please go to www.IBGdesignbuild.com for more information on floor plans, specs and neighborhood details.

<table>
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<tr>
<th>Household Size</th>
<th>Minimum Income Limit 80% AMI</th>
<th>Maximum Income Limit 120% AMI</th>
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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 Shea Memorial Drive in South Weymouth (M 10-5, Th 10-6, F 10-5, Sa 10-4, 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.

Joe Wong Brings Chinese Comedy Made in the USA

Traditional Chinese comedy is famous for the satirical exchange between two comedians while the Americans are more comfortable with a solo stand-up comedy. Local Chinese comedian Joe Wong attempts to combine the two forms of art — doing a stand-up comedy, in Chinese.

Being born and raised in Jilin, China, Wong speaks in his native tongue, Mandarin, during his show, Chinese Comedy Made in the USA, which will be held at ImprovBoston, Cambridge on Tuesday, August 21 at 7:30 p.m.

“Our production of Chinese in the U.S. is growing and I would like to perform in Chinese too,” said Wong. “I also want to give native Mandarin Chinese comedians an opportunity to perform.”

Wong is not worried about performing in Chinese in front of his audience.

“I have performed in Chinese at Harvard, MIT, Northeastern University and Tsufl among student audiences. This one will be the first Chinese show open to the general public,” said Wong. “I will talk about my 18 years living in USA as an immigrant.”

Wong came to further study chemistry at Rice University in Texas in 1994 after graduating from Jilin University and Chinese Academy of Sciences. He moved to Boston in 2001 and began to perform his comedy in English.

Wong is no stranger to mainstream media and, of course, the social media as well.

He headlined the Radio and TV Correspondents’ Dinner where he roasted Vice President Joe Biden. He has also made multiple appearances on the David Letterman and Ellen DeGeneres shows. He claims to be a dedicated social networker, Facebook status, a verbose tweeter, and an avid spam email reader.

Frequently making fun of himself in his standup routines, Wong insisted that his life has been very boring except two surprises in 2010: going to the Great American Comedy Festival and winning the competition, and becoming the Boston Comedian of the Year.

“When Joe Wong asked about performing at Impro-Boston of course I said yes. When Joe asked if he could do his show entirely in Chinese I was thrilled,” said Zach Ward, Improv Boston managing director. “As a non-profit Comedy Theater our mission is to make high-quality comedy accessible to the entire community and to encourage audiences to laugh, think and feel in new ways. Chinese Comedy Made in the USA serves that mission perfectly.”

Tickets cost $18 and $14 for students with a valid student ID. Tickets are available online at www.improvboston.com. Improv-Boston is located at 40 Prospect Street.

Joe Wong talking about his new show in Starbucks.

Written and Photo by Faye Zheng

August 10, 2012

New Bill to Protect Temporary Workers

The job order notification requirement, the central provision of the law, excludes professional workers under the broad definition of “professional” in the Fair Labor Standards Act, and secretarial and administrative assistants as described by the Bureau of Labor Statistics. The new requirements under this law conform to industry standards practiced by the Commonwealth’s staffing agencies. These provisions reflect the fact that this bill balances both workers’ rights and the business needs of staffing agencies.

The Executive Office of Labor and Workforce Development’s Department of Labor Standards is currently responsible for registering staffing agencies, and will issue regulations and carry out inspections and investigations under this new law. The Office of the Attorney General will enforce the law.

CONTINUED FROM PAGE 4
Watch 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 development in the second phase of the project. 10 of these apartments are reserved for individuals and families who qualify for this affordable housing program.

100% Smoke Free community, Fitness Center of site, Pets welcome (breed restrictions apply), Washer/Dryer in each apartment, half a mile from Waltham MBTA Station, Access to Charles River walking and bike paths, nearby Moody Street’s many dining and entertainment options.

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.

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

The Lottery 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 8-9, Fri-Sat 9-5, Sun 1-5)

PARKVIEW PLACE WORKFORCE HOUSING
Two 3BR Townhomes $315,000
Applications due by 2 pm on September 27th, 2012
South Weymouth, MA
www.WhitmanHomes.com
www.SouthField.com

Parkview Place is now being built in the newly redeveloped South Weymouth Naval Air Station. Workforce Homes have the same specs as typical market-rate homes but offered at a discounted price (nearby $65,000) 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!

The Bilmore shows excellent value for the price with over 1,500 sq ft and a 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, 2 car garage, basement with storage available or finishing options. Please go to www.WhitmanHomes.com for more information on floorplans, specifications and neighborhood details.

Household Size Minimum Income Limit 80% AMI Maximum Income Limit 120% AMI
1 $45,500 $82,150
2 $52,000 $95,800
3 $58,500 $106,700
4 $65,000 $117,600
5 $70,200 $128,700
6 $75,400 $138,300

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.

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 (M-Th 10-6, F 10-5, Sa 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.

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: $167,300

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 serenely 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 x6.

Applications and Information available at the:
Blanding Public Library on 124 Bay State Road in Rehoboth (open Mon-Thur 11-30-8; 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.
### Apple and the Apple-picker

By Samuel Tsoi

**INalienable Rights**

America prides itself for being the golden door of opportunity and freedom. What was once a refuge for the world’s disenfranchised populations has become a place where ease of entry is contingent upon your ability to compete in lucrative fields such as science, technology and medicine.

Instead of welcoming the “poor huddled masses,” the Emma Lazarus poem emblazoned at the foot of the Statue of Liberty would more accurately reflect US immigration policy if it read: “Give me your PhDs, your highly-skilled, your job-creating businesses yearning to make America #1.”

Indeed, the United States’ immigration system is an inadequate solution in the face of the growing labor demands of our innovative industries. Over 75% of high-end patents belong to teams with at least one foreign-born inventor, many of whom are in immigration limbo. The standard H1-B visa are in immigration limbo. in the United States, opting for unconventional strategies like working on a ship floating over international waters. Others simply take their talents to Canada and elsewhere.

As policymakers, universities, and businesses call for immigration reform that spurs entrepreneurial activity, they must be more open to welcoming all who desire a better life. It is the ability to absorb people with little assets and big dreams that makes America truly exceptional. Our nation has ushered in generations upon generations of immigrants - the pilgrims, the Gold Rush Rush Rush Rush Rush - all those fleeing the Irish potato famine, the persecuted Jews in Europe, and the Mexican farmers who are priced out by American agribusiness.

As the son of a Syrian immigrant, Steve Jobs’ iconic career is often celebrated as the hallmark of American ingenuity. For every Steve Jobs, there are thousands of other remarkable unsung immigrant heroes and heroines who rejuvenate our Main Streets with their neighborhood businesses, restaurants and globally-connected, culturally-enriching organizations.

We often take for granted the hard-working hands from abroad that grow our food, care for our children and elderly, and build our homes. Immigration and labor laws that embrace, protect, and offer more easily navigable legal pathways toward naturalization should be available to those who aspire to contribute. Such policies are as important as STEM and start-up visas.

Alas, the reality of America’s need to attract foreign labor is often countered by outcomes accusing “they take our jobs”. But the overarching narrative is clear: America and other industrialized countries are increasingly dependent on foreign labor from all skill levels – and this country’s competitive edge has always been the relatively high influx of immigrants.

As the world markets continue to integrate, globalization’s full story needs to be told. Globalization displaces workers and fans the flames of nativism. As we work towards sensible and economically-advantageous resolutions to our immigration laws, we also need to assure that business and government do not take advantage of human beings’ fundamental need to work, survive, and at times, cross borders.

We must affirm the dignity of every worker, and support their hope to provide for their families. We must focus on their contributions - not just our GDP.

Samuel Tsoi is the Policy Associate for the Massachusetts Immigrant & Refugee Advocacy Coalition. Twitter: @samuels_tsoi

### Vietnamese Food Truck: Bon Me

By Anna Ing

**A Food Afinccionado**

In the last few years, gourmet quality food trucks have come onto the food scene. This growth in popularity was spearheaded by the Boston Food Truck Competition held in the winter of 2010-2011. Three winners were declared at that competition. One of these reigning champions is the Bon Me Truck led by the local Bostonian husband-wife team, Pat and Ali. Their food truck cuisine emphasizes fresh, healthy, and tasty Asian flavors.

The name of their food truck, Bon Me, is a play on the phrase, bahn mi, a delicious sandwich of Vietnamese origin. They don’t claim to be authen-

tic, but they do use locally sourced food, and recycled/compostable contains. Their reasonably priced menu varies with the season. In the winter they offer a noodle soup option.

We opted for a bahn mi with the organic spiced rubber chicken for $6. The sandwich toppings include pate, cilantro, spicy mayo, pickled carrot, and daikon. The lightly toasted bread of the bahn mi complemented the generous portion of organic spice rubbed chicken. The flavor was not overly salty or overwhelming and melded well with the veggies and the homemade spicy mayo.

The next dish was the organic tofu and shiitake mushroom noodle bowl which came with a choice of rice or soba noodles for $6. They recommended we try the Soba with the toasted sesame sauce. The organic tofu was crumbled over a bed of field greens, cilantro, daikon, carrots, red onion and bean sprouts. I enjoyed the lightness of the dish overall, and I could barely taste the toasted sesame sauce. It was, however, difficult to find the shiitake mushroom. It may have been mixed with the portion of tofu. If it was supposed to be “tofu only” then put into the noodle bowl, I did not see any. In my opinion this selection was slightly too salty, but the combination of flavors and the crunchy fresh veggies made it tasty and satisfying.

The Deviled Egg Tea which sold for $2.50 was served with a hint of basil was infused in the limeade which I thoroughly enjoyed. I want more! Even my non-basil loving friend enjoyed this drink.

**TO SUMBIT AN EVENT LISTING**

E-MAIL news@sampan.org

**WINTER GARDENS APARTMENTS**

45 Winter Street, Quincy, MA
2 Newly Constructed Affordable Residences

- Balconies
- On-Site Parking
- Elevator
- Playground
- Hardwood Floors

Eighteen (18) units offered at discounted rents

- One-Bedroom from $891/month (1 unit)*
- One-Bedroom from $1,113/month (5 units)*
- One-Bedroom from $1,289/month (12 units)*
- Two-Bedrooms (1 unit)*
- Two-Bedrooms (5 units)*
- Two-Bedrooms (6 units)*

*Rent includes Heat, HW, Water & Sewer (tenant responsible for electric)

Annual Income for eligible households cannot exceed 120% of the Greater Boston “Area Median Income” (AMI) - see details in table below.

Six (6) units offered with “Section 8 Project-based Rent Subsidies”

- One-Bedroom (2 units) set aside for Community Based Housing
- Two-Bedrooms (1 unit) set aside for Community Based Housing
- Three-Bedrooms (1 unit)

Rents for Section 8 homes will be determined based on tenant income. These units will be administered by the “Metro Boston Housing Partnership” (MBHP). Annual Income for eligible households cannot exceed 30% of the Greater Boston AMI - see details in table below.

### Applications for the lottery must be picked up in person at 45 Winter Street, Quincy.

**Application pick-up and submittal period will run from Mon., Wed, & Fri 8AM - 3PM & Tues & Thurs Noon - 8PM on a first come, first serve basis.**

Completed Applications for the lottery must be received by 5 PM on Tuesday, August 21, 2012.

Households needing accessible apartments will have preference for 2 accessible units.

The lottery for all 24 units will be held on Tuesday, August 28, 2012.

For more info or reasonable accommodations call Maloney Properties at 617-542-4037 or MA Relay at 711 or visit www.bostonhousing.org.

### Applications are due by 5 PM Tuesday, August 21, 2012.

**Managed by:**

Maloney Properties, Inc.
How Obesity Affects Your Health

By Zhanglin Kong

Obesity negatively impacts the entire human body, rather than several organs or parts.

Lower extremity pain - As the body size increases, the knees, hips and feet start to hurt and wear out because of the weight they need to carry around all the time. You may not understand this concept if you have a normal body weight, so imagine that being obese is like carrying the equivalent of 50 to 100 pounds of rice wherever you go in addition to your normal body weight.

Cardiovascular diseases - People who are obese carry a larger volume of blood in their blood vessels to transport the necessary oxygen and nutrient supply for their excess tissue. Additionally, the blood of an obese individual becomes thicker because of their elevated levels of cholesterol and fat. As a result, the heart has to use excess force to pump the extra volume of thick blood. At the same time, the fatty deposits start to build up in arteries, including those that supply the heart. These fatty deposits will narrow or even block coronary arteries, and the overall stress on the cardiovascular system will cause stiffness in the blood vessels and heart muscle. Together, these problems will cause heart disease, and eventually, heart failure.

Diabetes - Excess fat tissue deposits also decrease the body's insulin sensitivity. Insulin is the hormone that regulates blood sugar. As a result, the blood glucose, or sugar, levels start to rise. When these blood glucose levels rise uncontrollably due to decreased insulin sensitivity a person has developed diabetes. This disease has many comorbidities such as cardiovascular conditions, blindness, slower wound healing, lower extremity amputation etc. In the Asian American non-Asian population, diabetes can cause sleep apnea, a condition that can cause an individual to stop breathing for brief periods while they sleep. The sudden interruptions in breathing caused by sleep apnea can result in daytime fatigue. Sleep apnea also causes heavy snoring.

Liver diseases - In obese individuals, a large amount of fat is deposited in the liver cells, and the liver becomes enlarged and inflamed. When the inflammation becomes chronic, scar tissue develops and liver cell function is impaired. With treatment and weight reduction the liver may partially or completely recover from the damage, or fibrosis. However, if it is left untreated, the excess scar tissue will make the liver hard and dysfunctional, also known as irreversible cirrhosis. Because the liver is a vital organ for daily metabolism and detoxification, individuals that develop cirrhosis may require a liver transplant.

Impaired memory and cognitive function - Recent studies show that being overweight or obese is associated with higher risk of developing dementia and Alzheimer’s disease. The impaired cognitive function caused by these diseases negatively affect the quality of life for older individuals.

Apart from the above conditions, obesity is also associated with higher rates of depression, cancer, infertility, kidney failure and death. The entire body can be affected negatively by excess weight. Fortunately, obesity is definitely treatable through proper diet, ample physical activity, and appropriate medication.

On Aug 24 Sam will have an obesity speaking event and we will expand upon the prevention and treatment options for obesity.

Kong is a Master of Nutrition Science at Tufts University, and a dietitian for the nutrition program at Greater Boston Chinese Golden Age Center.

Image by Joe_13 via Flicker

World Hepatitis Day

Team HBV's Harvard chapter (green), Quest Diagnostics-New England (orange) and Team HBV’s MIT chapter (blue) led a Guinness World Record attempt to raise awareness for viral hepatitis.

Photo and Content provided by Patrick George.

July 28th is annual World Hepatitis Day, and this year, the World Hepatitis Alliance called on its international partners, including the World Health Organization (WHO) and Team HBV, to take part in a global, synchronized action within a 24-hour period. The event asked participants to perform one of three symbolic gestures: 'See No Evil' covering their eyes, 'Hear No Evil' covering their ears, or 'Speak No Evil' covering their mouths.

"We want Boston to be represented in this global fight," said David Yang, President, Team HBV Harvard.

According to the World Health Organization (WHO), roughly 350 million people worldwide have chronic hepatic B and 170 million people have chronic hepatic C. While this is far higher than the prevalence of HIV or any cancer, awareness is inexplicably low and the majority of those infected are unaware. That is why viral hepatitis reputed to be “silent epidemic” by the U.S. Department of Health and Human Services and countless other global health organizations.

In Boston, Asians represent less than 10% of the total population; however they account for more than 50% of new chronic hepatitis B cases. Roughly 25% of patients with chronic hepatitis B, if untreated, develop serious ailments like liver cancer. Locally, the mortality rate among Asians from liver cancer is nearly 3 times the city-wide average.

Use and Occupancy Restrictions Apply. Maximum Income Limits Apply

For more information or reasonable accommodation contact: MCO Housing Services (978)456-8388

<table>
<thead>
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SUDBURY HOUSING AUTHORITY DUPLEX RENTALS

10 two bedroom units by lottery

Income eligibility - either under 30% or under 50% of median income

Rent - 30% of income

The 10 two-bedroom, newly constructed apartments are located at 41, 43, 54, & 56 Great Road, 11 & 15 Ford Road, 19 Greenwood Road, 19 Curry Lane and 4 & 6 Landham Road. Two accessible units are available; one for physical handicaps and one for sensory handicaps, i.e. deaf or blind.

All units will be distributed by lottery to eligible households.

MCO Housing Services, P.O. Box 372, Harvard, MA 01451

Call or email MCO Housing Services:

978-456-8388
maureen@mcohousingservices.com
www.mcohousingservices.com

MCO Housing Services

Tufts Medical Center

Sudbury Housing Authority, 55 Hudson Road Regular Hours

Goodnow Library, 21 Concord Rd, Sudbury

Regular Hours

Pick-Up

Application Availability from July 1 -- September 10, 2012

Application Deadline

4:00 p.m. Monday, September 10, 2012

Mail or drop off to MCO Housing Services

Goodnow Library, 21 Concord Rd, Sudbury

Regular Hours

Pick-Up

Sudbury Housing Authority

6:30 p.m., Wednesday, August 15, 2012

Sudbury Housing Authority

Community Room

Application Information Meeting

Pick-Up

Sudbury Housing Authority, 55 Hudson Road Regular Hours

Goodnow Library, 21 Concord Rd, Sudbury Regular Hours

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MCO Housing Services

 underscores the need for global action within a 24-hour period.

The event asked participants to perform one of three symbolic gestures: 'See No Evil' covering their eyes, 'Hear No Evil' covering their ears, or 'Speak No Evil' covering their mouths. In Boston, patients with chronic hepatitis B, if untreated, develop serious ailments like liver cancer. Locally, the mortality rate among Asians from liver cancer is nearly 3 times the city-wide average.