Work begins on Tufts research lab

BY LING-MEI WONG

Tufts University started work this month on the Arnold 8 Biosafety Laboratory, a biosafety level 3 research facility at 136 Harrison Avenue, within its existing medical research building. Construction will be completed this summer, with operation depending on the lab’s approval.

“Once construction is complete, an outside ‘commissioning agent’ retained by Tufts comes in to inspect the laboratory building and its systems to be sure they are functioning as required to meet the standards set by the City of Boston, Commonwealth of Massachusetts and federal agencies,” said Kimberly Thurler, director of public relations for Tufts University. “The Boston Public Health Commission will review the report of the commissioning agent and also do its own inspection. The BPHC can take as much time as it needs to conduct inspections, ask questions and request information from Tufts. There is no set deadline.”

The Arnold 8 Biosafety Laboratory will research tuberculosis. The disease is 20 times more common in Asians than Caucasians in Boston and infects a third of the world’s population, according to the World Health Organization. Handling the tuberculosis organisms requires a BSL-3 lab with specialized air handling systems and other protective features, one grade above Tufts’ current BSL-2 lab.

“There has never been any doubt in my mind that Tufts will comply with the letter of the law and will make every effort to see that the lab will be safe for both its research staff and the neighboring community,” said Paul Chan, member of the project’s Community Advisory Committee and director of development, Massachusetts Housing Investment Corporation. He and other members of the CAC toured the lab space to understand the design and operating procedures.

Contractor Shawmut Design & Construction is working to provide opportunities for neighborhood residents, Thurler said. The job will employ about 10 to 20 workers each week.

For more information, visit www.medicine.tufts.edu/Research/Arnold-8BiosafetyLab.

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Gourmet Dumpling House owner plans new restaurant in Chinatown

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council met Feb. 19 at the New England Chinese Consolidated Benevolent Association at 90 Tyler Street. Ed Chen, owner of Gourmet Dumpling House at 52 Beach Street, presented plans for the tentatively named Authentic China House Restaurant across the street at 55 Beach Street, formerly the Chung Wah Hong Market. It will serve Szechuan cuisine and seat up to 90 patrons, based on preliminary plans. The council approved Chen’s proposal, which will go before the licensing board and health inspector.

Council member Tony Yee missed three meetings in a row, which are grounds for expulsion by CNC bylaws. Yee has had seven absences in the past three meetings in a row, which are grounds for expulsion by CNC bylaws. Yee had seven absences in the past 13 months. The council voted to expel him, which fell one vote short of the two-thirds, or 12 votes, needed.

“Now that I know the bylaws, I will change my attendance to 100 percent,” Yee said. He cited his involvement with the CCBA, his new company Eclipse Mass Media and his two sons as other reasons he could not attend.

The main reason for Yee’s absence was the CNC’s letter to the attorney general about the CCBA’s usage of rental funds from 50 Herald Street. The building was sold by Tufts Medical Center to the CCBA, which CCBA claims had no restriction on rental income for affordable housing.

“I think the letter to the CCBA was uncalled for,” Yee said. “The CNC has the authority to send a letter to attorney general. My problem is many members here didn’t know what was going on with the CCBA and the attorney general. They didn’t know about the new lease, but still voted in favor to send the letter. You don’t randomly send a bomb to somebody.”

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HIGHLIGHTS

Chinatown Lantern reading raisesto go dark in March PAGE 3

Boston’s Chinatown shows no sign of demise, scholar says PAGE 3

Chinatown Coalition celebrates 20th anniversary PAGE 4

Chinese seniors strengthen bodies and friendships at Wang YMCA PAGE 7

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Sampan publishes every other Friday. For more news, please visit Sampan.org
Event Calendar

Free film, food & discussion
Friday, Feb. 22
6:30 - 9 p.m.
Castle Square Community Center
47 Tremont Street
Boston, MA 02118

The Castle Square Tenants Organization (CSTO) will hold its screening event at the Castle Square Community Center. The documentary “The Black Power Mixtape 1967-1975,” which has won many awards including the Editing Award at the 2011 Sundance Film Festival, will be screened. Besides the film, appetizers will be served and a panel discussion will follow. Middle or low income residents can apply for affordable housing with the certificate of class accomplishment, and enjoy benefits such as loans and low prepayments, which can be 35% of the house price. Class fee is $40.
Contact: 617-482-2380 ext.208, or CHOP@chicangourmet.com

First homebuying class
Saturday, Feb. 23
9:30 a.m. - 3:30 p.m.
ACDC
38 Oak Street
Boston, MA 02111

Asian Community Development Corporation will host its first homebuying class. Middle or low income residents can apply for affordable housing with the certificate of class accomplishment, and enjoy benefits such as loans and low prepayments, which can be 35% of the house price. Class fee is $40.
Contact: 617-482-2380 ext.208, or CHOP@asiancdc.org

PKUAA-NE New Year Celebration
Sunday, Feb. 24
12 p.m.
Sichuan Gourmet
1004-1006 Beacon Street
Brookline, MA 02446

Peking University Alumni Associate - New England (PKUAA-NE) will have a luncheon to celebrate the new year of 2013 and the coming Lunar New Year. Delicious Sichuan food will be served and some other activities will be held. Participants will have opportunities to win prizes.
Tickets: $25 ($10 for children under 12)
Register: pkuaa-ne.org
Contact: Le Zhang 617-651-0963 or zhanglefosiel@gmail.com

BCNC New Year Celebration
Friday, March 1
7 p.m.
Empire Garden Restaurant
890 Washington Street
Boston, MA 02111

Boston Chinatown Neighborhood Center will host its annual Chinese New Year Banquet to celebrate the Year of the Snake. The banquet will include a 10-course dinner, performances, and silent and live auctions. The banquet is BCNC’s largest annual celebration and fundraiser. Proceeds from the banquet will help fund and expand BCNC’s programs.
Tickets: $125
Contact: Tina Chien 617-635-5129 x 1054 or tina.chien@bcnc.net

Hakka Ripped Sky Festival
Saturday, March 2
11 a.m. - 3 p.m.
90 Lincoln Street, Newton Highlands, MA 02461

New England Hakka Association is holding its second annual Hakka Ripped Sky Festival Celebration in Newton. Members of the association will bring famous and traditional Hakka food to the celebration. Hakka culture and art performance will be presented. Members of the association can receive free entrance. Nonmembers are also welcome to join and enjoy the performance and food.
Ticket: $10
Contact: Giyuing Zhang 617-338-8801 or cell 857-928-8268

A Spoonful of Ginger
Monday, March 18
6:30 - 9:30 p.m.
Museum of Fine Arts, Boston
Art of the Americas Wing at 465 Huntington Avenue, Boston, MA 02115

A Spoonful of Ginger will once again feature Boston’s finest chefs for a food tasting like none other at the beautiful Art of the Americas Wing at the Museum of Fine Arts. Guests will enjoy an evening of gourmet dishes prepared by some of Boston’s most renowned chefs, including Joanne Chang, Andy Husbands, Ming Tsai and Jasper White.
Tickets: $250
Contact: 617-306-2512, Kevin.Hudson@joslin.harvard.edu or visit: www.joslin.org/ginger

2013 Walk for Hunger
Sunday, May 5
7 a.m.
Boston Common
Tremont Street
Boston, MA 02108

Project Bread’s 45th Walk for Hunger will be held on May 5th. The 20-mile route moves through Boston, Brookline, Newton, Watertown, and Cambridge, and includes entertainment and free snacks along the way.
More than 40,000 Walkers will step out and raise $3.5 million to help provide in need with sustainable, reliable access to nutritious food. The rolling start is from 7 to 9 a.m. on the Boston Common.
Contact: 617-723-5000 or www.projectbread.org

SAMPA N
A Publication of the AACA
www.sampan.org
87 TAYLOR STREET
BOSTON, MA 02111
Tel: (617) 426-9492
Fax: (617) 482-2316

ENGLISH SECTION
Contributors: Lillian Chan Ha Lu

CHINESE SECTION
Contributors: Ha Lu Ivy Liu

MARCH 8
2013 Walk for Hunger will be published on MARCH 8!

Job Hiring
Boston Chinatown Neighborhood Center is seeking creative, energetic Group Leaders to supervise and develop recreational and academic activities for After School Program for children aged 6-13 years. Group Leaders are part-time (20 hr/wk) during school year and full-time (37.5 hr/wk) when public schools on vacation.

Persons with experience with children in a school-age setting, 18+ years of age, interested in sharing skills in art, music, leadership, sports are welcome. Position comes with health and dental benefits! This job is perfect for artists, musicians, writers with an interest in teaching or youth development.

BCNC is an equal opportunity employer.
Position is open until filled.

Email resume with cover letter to:
CYNTHIA.WONG@BCNC.NET

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FLYER
Chinatown Lantern reading room to go dark in March

BY LING-MEI WONG

The Chinatown Lantern reading room will close Feb. 25 after 10 months, as funding from a one-time grant ended.

“It’s been pretty fun meeting new people,” said Joan Chen, library staffer at the Lantern since September 2012. “I’m a little sad too, as a lot of elderly patrons ask about the next round of English lessons, which are coming to an end.

The space at 888 Washington Street is provided by the Asian Community Development Corporation, which owns the Oak Terrace apartment complex. Children’s and young adult books will be left for residents to read, while historical books or rare Chinese titles will be stored for placement at a permanent location, Chen said.

“We originally sought to develop a cultural and educational center for art, music and drama,” said Stephanie Fan, Chinatown Lantern Executive Committee member. “Now that we’ve completed this pilot, we know how the community uses the space.”

More than 5,000 visitors stopped by the Lantern for computer classes, English conversation lessons and children’s programs for storytelling, check and checkers tutoring, according to a prepared statement. Nearly all services were performed by more than 100 volunteers over 1,000 hours.

“It’s really a worthwhile project,” Chen said. “You get to know the community.”

To follow or volunteer at the Chinatown Lantern, please visit www.chinatownlantern.org.

Chinatown meeting roundup: CSC and CRA

BY LING-MEI WONG

The Chinatown Safety Committee and the Chinatown Residents Association (CRA) met Feb. 6.

The CRA had a presentation from the clean energy company Viridian Energy and the Chinatown Residents Association for its target audience.

Both meetings discussed Tufts Medical Center’s plans for its parking lot at Hudson Street. The site is currently a private street-level lot for Tufts and St. James the Greater Church.

Tufts renewed an agreement with the Boston Redevelopment Authority for the parking, which increased rent “significantly,” said James Foley, director of Tufts Shared Services. It plans to allow other cars to park for a fee until 11 p.m. to offset its increased rent, which requires a commercial license. The committee approved the motion.

Edward Chen announced plans to open a Szechuan restaurant tentatively called Authentic Chinese House Restaurant at 55 Beach Street, formerly the site of Chung Wah Hong Market. After the renovation is complete, he will apply for a city and takeout license, which requires a commercial license. The committee approved the motion.

The Hot Pot Café, 70 Beach Street, plans to expand to the third floor, adding Korean barbecue and 120 seats for a maximum capacity of 288. Its proposal was approved by the committee; it will go before the licensing board for final approval.

The Descent lounge in the W Hotel, 100 Stuart Street, went before the committee to increase its capacity from 200 to 1200 people. Bill Bunce, general manager at the W, said the space could hold 250, but was scaled down to accommodate other nightclubs in the neighborhood.

The space will no longer be operated by the W but by Brian Lesser, who runs Sushi Yoko and Sweet Cheeks. Chairman Bill Moy asked the W to return at the March meeting with security plans.

The proposed Adams House Dinner Club at 531 Washington Street presented modified plans for a “supper club,” with three floors of dining, live entertainment and a fourth floor for private events. Maximum capacity would be 796 people.

No motion was taken, with Moy suggesting proprietor Sam Sokol to go before the Midtown Park Plaza Neighborhood Association for its target audience.

“You’re not catering to Chinatown, that’s obvious,” Moy said.

Boston’s Chinatown shows no sign of demise, scholar says

BY LING-MEI WONG

The fate of Chinatown is far from grim, based on affordable housing demand, community activism and immigration trends, said Tannyee Lee, retired professor of Urban Studies and Planning at MIT. He discussed “Boston’s Chinatown: Beyond Stereotypes, Food and Boundaries” during a lecture at the Boston Central Library on Feb. 13.

Lee spoke about his family history in relationship to Chinatown’s development. His great-grandfather left Toisan, Guangdong, to work on the transcontinental railroad and moved to Tacoma, Wash., after its completion in 1867. When backlash against the Chinese resulted in violence and evictions, his great-grandfather returned to China and started a family.

“The Chinese Exclusion Act of 1882 was the first and only immigration law in U.S. history aimed at an ethnic group, intended to wipe out the Chinese by attrition,” Lee said.

Despite the discrimination, Lee’s great-grandfather returned in 1892 to work in a laundry in Bridgewater. At its peak in 1885, 500 laundries were listed and operated by the Chinese.

“Chinatown started as a bachelor society on Harrison, Essex and Beach streets. Sundays were their only day off and the laundry workers came to Chinatown for rest and relaxation. They would meet relatives, get entertainment — legitimate or not — including gambling and opium, and buy food,” Lee said.

Fear of gambling and vices corrupting youth led to efforts to destroy Chinatown, such as widening Harrison Street in the 1840s. “But Chinese persistence for survival was strong, so they built better housing and upgraded,” Lee said.

In the Roaring Twenties, restaurants began dominating Chinatown’s economy. “Many came through to savor the exotic food,” Lee said.

The end of World War II marked a turning point. “The development of Boston and highways had the Central Artery route around the railroad to wipe out the Garment District and Chinatown, leaving it open for higher uses,” Lee said.

“It was an opportunity to wipe out the Chinese by attrition,” Lee said. “They continued to grow.”

More with families, new community organizations were formed for education, health and political activism. “But a big obstacle in Chinatown was the Combat Zone,” Lee said. Originally conceived as an adult entertainment zone, the strip clubs and bars moved down Washington Street and spilled over into Chinatown. It declined as technology advanced.

Chinatown today has come a long way, with more businesses开了 and higher education institutions such as Emerson College and Suffolk University.

“There is a continued influx of Chinese into Massachusetts,” Lee said. “The core Chinatown will remain a regional center despite pressure from colleges and condos.”
New England Gee How Oak Tin Family Association rings in Chinese New Year

BY LING-MEI WONG

The Gee How Oak Tin Family Association of New England celebrated the Year of the Snake during its annual banquet Feb. 16 at the China Pearl and Hei La Moon restaurants with 107 tables. The family association represents Chinese individuals including “Uncle Bill” and “Uncle Frank” Chin.

“If you’re born in the Year of the Snake, you’re smart and seductive,” said Paul Chan, North American president of the Gee How Oak Tin Family Association, who pointed to Bill Chin as an example. “Have an excellent year.”

Boston Mayor Thomas Menino wished guests a prosperous and happy new year. “Frank Chin was the best visitor while I was in the hospital,” he said. “He brought 20 bags of Chinese food for the nurses and doctors.”

Other guests included Sen. Elizabeth Warren, State Treasurer Steve Grossman, State Representative Tackey Chan, State Sen. Sonia Chang-Díaz, City Councilor for District 2 Bill Linehan, City Councilor-at-Large Ayanna Pressley, Boston Police Department Superintendent Kenneth Fong and Edward Kao, director of the Culture Center of the Taipei Economic and Cultural Office in Boston.

Five associations were honored with donations at the dinner: the Greater Age Golden Age Center, the Kwong Kow Chinese School, South Cove Manor Nursing home, Chung Wah Academy of New England and the Chinese Community of New England.

Tufts Medical Center welcomes Year of the Snake

BY LING-MEI WONG

Josiah Quincy Elementary students watch the Gung Ho Club perform the lion dance at Tufts Medical Center’s Chinese New Year celebration. (Image by Ling-Mei Wong.)

Tufts Medical Center celebrated the Year of the Snake with lion dances, instrumental performances and traditional dances by Josiah Quincy Elementary School students on Feb. 13.

The Gung Ho Club performed the lion dance and scattered candy, to the delight of the students. A cabbage was “eaten” and flung as well.

“Lettuce means good luck,” said Sherry Dong, director of community health improvement programs, Tufts Medical Center. “We’re going to have a lot of that this year.”

Josiah Quincy Elementary students performed a tea-picking dance and a crimson scarf dance. The program closed with a string performance by the school’s music program.

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Sutton Town Hall

4 Uxbridge Road

Room 3A

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April 10, 2013

For Application and Information

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lotteryinfo@mcohousingservices.com

Call MCO Housing Services:
(978) 456-8388

Pick Up:
Sutton Town Hall, Town Clerk’s Office

Sutton Public Library

Chinatown Coalition celebrates 20th anniversary

BY LING-MEI WONG

The Chinatown Coalition celebrated its 20th anniversary on Feb. 14 at Hosting International. Its present committee includes representatives from the Asian Community Development Corporation, Boston Chinese Evangelical Church, Boston Chinatown Neighborhood Center, Tufts Medical Center, Tufts University and the Chinese Progressive Association.

“We started in 1993, when there were lots of organizations that did great work individually and with each other, but there was not a lot of communication between groups,” said David Moy, founder and former executive director of BCNC.

“The TCC has built relationships and we’ve seen a transition of leadership to young people in the neighborhood.”

As an interagency committee, the first TCC meetings were hosted at each organization’s headquarters, including the former YMCA bubble. Since its founding, it has drawn up the Chinatown Master Plan, first in 2000 and again in 2010, to highlight community development needs.

“TCC started in 1993, when most of us were protesting Tufts Medical Center,” said Lydia Lowe, executive director of the CPA. “It was a tense time and we needed a neutral space to talk things out.”

As part of Valentine’s Day, the legacy of St. Valentine — jailed for helping those in need — was a timely reminder.

“Sometimes it’s easier to throw stones, so it helps to see each other” said Thomas Lee, assistant pastor at BCC’s Newtown campus. “We speak the truth in love to one another.”
MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
TRANSPORTATION BUILDING
10 PARK PLAZA
BOSTON, MASSACHUSETTS 02116-3975

NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. D01CN02, ENHANCEMENTS TO KEY BUS ROUTES 23 & 39, BOSTON, MASSACHUSETTS (CLASS 1, GENERAL TRANSIT CONSTRUCTION AND PROJECT VALUE - $1,666,181.00) 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 March 7, 2013. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of bus stop alterations including the lengthening of bus stops, addition and upgrading of amenities (shelters, benches, trash receptacles, and solar trash compactors), new bus stop signage, sidewalk widening and reconstruction, curb ramps, pavement markings, and traffic signal improvements and, at some locations, the elimination of bus stops, the addition of new bus stops and/or significant curb realignment to provide curb extensions. Bus Route 23 work will extend from Talbot Ave at Dorchester Ave (Peabody Square) to Washington St at Blue Hill Ave in Grove Hall (via Talbot Ave, Codman Square and Washington St). Bus Route 39 work will extend from South St at St. Mark St in Jamaica Plain/Forest Hills to Huntington Ave at Gainsborough St in Back Bay.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation is 100 percent under the American Recovery and Reinvestment Act (ARRA) of 2009.

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.

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 February 13, 2013, Monday through Friday, at no charge. Copies of the Bidding Documents will be available in electronic format (CD). Contract Specifications shall be available in searchable portable data file (.pdf) format and Contract 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 15 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.

A prebid conference will be held on February 22, 2013 at 10:00 a.m. at 500 Arborway, Jamaica Plain, MA 02130, Terrence P. McCarthy, 617-222-4166, TPMcCarthy@MBTA.com. 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 price.

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: February 13, 2013
By: Richard A. Davey Beverly A. Scott, Ph.D.
Secretary and Chief Executive Officer of General Manager of the MBTA
MassDOT & Rail & Transit Administrator of MassDOT
Malden High teen wins regional award for artwork
BY LING-MEI WONG

Zhuang moved with her family to America three years ago. While her brother is a senior in New York, she wanted to be in the Boston area. “In New York, you don’t speak English at school,” she said. She wanted to learn English in an immersive environment, so she and her parents moved to Malden.

“Tardy” by Zhuang won a Silver Key. “It’s not real, but you can use your imagination,” she said. “It’s interesting, you can do whatever you want to the pictures,” Zhuang said. “It’s not real, but you can use your imagination.”

Zhuang moved with her family to Malden High School was recently awarded a Gold Key, Silver Key and honorable mention from the 2013 Scholastic Art & Writing Awards.

“It’s not real, but you can use your imagination, with results for Gold and Silver medals announced March 15.

BY TSERING LHADON

Youth programs play a very important role in children’s lives today. Such programs allow youth to learn in different environments and promote knowledge as well as awareness. They also help youth to express themselves and their capabilities.

One of these youth programs called Youth in Government lets the younger generation learn about democracy and how each and every person can make a difference. The YIG helps children express their individuality through public speaking, giving them opportunities to develop their leadership skills as well as make new friends. It helps participants understand the democratic process. The YMCA YIG stands on the four cornerstones of caring, honesty, respect and responsibility. There are YIG branches established throughout the United States but it is Malden’s first delegation. Although this is Malden’s first delegation, YIG has been running in Massachusetts for 29 years and currently consists of 200 members.

In YIG, there are five branches where students can choose from: Legislative Branch, Judicial Branch, Executive Branch, Press Corps and Lobbying Corps. The Legislative Branch allows students to debate, write and participate in law-making process. The Judicial Branch is for students who are interested in the law, arguing, grappling with moral issues and writing the laws. The Executive Branch allows students to exercise and develop their leadership qualities. The Press Corps is for students who are interested in writing, doing research and reporting news. They also get an opportunity to publish their articles in The Beacon. And lastly the Lobbying Corps allows student who likes to influence others with their point of view and advocate for positions. Students also get opportunity to apply for leadership positions in their respective branches.

Through YIG, the students are able to participate in the state Pre-Legislative Conference for three Saturdays, where they represent their own delegations. Before the conference, students meet at the local level every one or two weeks after school for meetings that last about two to three hours.

Currently the Massachusetts YIG has ended its Pre-Legislative 3 Conference and is now heading toward the Model Government Conference, which will be held March 13 to 14 at the Omni Parker Hotel in Boston.

Connie Lam is in the Delegate Leadership Council of the Malden delegation. At first, she didn’t really like the idea of the YIG as she never had any interest in politics but when she saw her friend going to one of the meetings, she joined anyway. The first meeting included a brief summary about YIG, which she “kind of” liked. It was not until the Pre-Legislative 1 Conference that she truly fell in love with YIG. Lam loved all the people that she met. Now she “loves” the idea of writing a bill and seeing if it would pass, just like how laws are passed in the real world.

Homeowner protection increased by new foreclosure laws
SUBMITTED BY CHRISTINE CHONG, ASIAN COMMUNITY DEVELOPMENT CORPORATION

For struggling families in Greater Boston, there are new foreclosure laws to help homeowners keep their property. Learn more about these laws by speaking with a housing counselor. Asian Community Development Corporation’s Comprehensive Housing Opportunities Program has housing counselors who can help.

The Massachusetts Division of Banks has filed proposed regulations. It provides stronger protection from foreclosure to borrowers. This is good news for families who are struggling to pay their mortgage and are at risk of foreclosure.

With the new legislation in place, lenders must prove that the value of foreclosure outweighs the value of modifying a loan before they take action. Homeowners are also protected by new guidelines lenders must take to avoid foreclosure. These include a timeline lenders must follow when communicating with borrowers. Early loan modification is incentivized.

For families looking for a stable place to live, homeownership knowledge is especially important. Following the new legislation, families can learn to take advantage of the new protections offered. They can learn useful tools to prevent foreclosure, such as requesting a loan modification. The new laws mean stronger protection and more security, but education is a key factor.

CHOP provides homebuyer education. There are monthly first-time homebuyer workshops and one-on-one homebuyer counseling. Services specialize in affordable housing for low- and moderate-income individuals and families.

For more information about CHOP, call Lee Lin, ACDC’s housing coordinator, at (617) 482-2380 x 208, visit us online at http://asiancdc.org or stop by ACDC’s office Monday through Friday from 9 a.m. to 5 p.m. at 38 Oak Street, Boston, MA 02111.
Chinese seniors strengthen bodies and friendships at Wang YMCA

BY LING-MEI WONG

Walking was a trial for Yong Lin, 76. After a knee replacement and back surgery, he frequently had swollen legs and difficulty moving.

Today, Lin walks faster than all his friends and can extend both knees completely. “Every day, I do more than an hour of exercise,” he said.

Lin’s secret was the Get Fit, Stay Fit for Life program at the Wang YMCA of Chinatown. Since 2006, Chinatown seniors gather for six months of group exercise classes, nutrition workshops and social activities.

“They love this place because their body and health are improving,” said Richard Chin, director of community development for the Wang YMCA of Chinatown. “Those who stay six months all claim they feel so much better.”

The Tufts Health Plan Foundation awarded the YMCA of Greater Boston a two-year, $100,000 grant for the Get Fit, Stay Fit for Life program. The Wang YMCA and the West Roxbury YMCA will benefit from the grant, which makes the program free to participants.

“I lost 20 pounds and my diabetes is under control,” said Tai Hai Wong, 70. “Now I only have to get a checkup every six months, instead of every month.”

At the start of each session, each of the 50 participants has their weight and body mass index taken and undergoes a physiological survey. They receive a free six-month membership with the requirement of working out three days a week and attending a weekly nutritional workshop.

Norovirus causes inflammation of the stomach and intestines, stomach flu is caused by the so-called “vomit bug” norovirus. It causes about 20 million illnesses each year in the United States, according to the Centers for Disease Control and Prevention. This means about one in every 15 Americans will contract norovirus each year.

Norovirus can spread quickly from person to person, and it can also spread from infectious food and water to people. It is highly contagious, and even one person with the illness can infect many others. It causes a viral gastroenteritis, which is inflammation of the stomach and intestines.

As there is no specific medicine to treat norovirus illness, people who get infected should drink plenty of liquids to replace fluid lost from throwing up and diarrhea. Oral rehydration fluids that you can get over the counter are most helpful for mild dehydration. Sports drinks and other drinks without caffeine or alcohol can help with mild dehydration, but these drinks may not replace important nutrients and minerals. Don’t leave dehydrated people unattended, and always report dehydration to a healthcare provider immediately.

How to prevent stomach flu

BY ZHANG LING KONG, REGISTERED DIETITIAN AT GREAT BOSTON CHINESE GOLDEN AGE CENTER

As winter is flu season, your stomach can also catch the flu. Unlike respiratory illness caused by the influenza virus, stomach flu is caused by the so-called “vomit bug” norovirus. It causes about 20 million illnesses each year in the United States, according to the Centers for Disease Control and Prevention. This means about one in every 15 Americans will contract norovirus each year.

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Craigie on Main: Hamburger heaven

BY LING-MEI WONG

Mouth-watering food. Affable and fast service. Cozy décor. Craigie on Main delivers solid results on all three counts, making it nearly impossible to find fault with this restaurant.

The burger ($17), by far the most acclaimed item at Craigie, is not on its menu at all — except for Sunday brunch, when it’s a guaranteed menu item. James Beard award-winner Tony Maws spent a painstaking six months on crafting the perfect burger, with three cuts of grass-fed beef, beef marrow, suet and miso powder in the patty. National food magazines have swooned over it, with The New York Times raving, “It’s a burger in its own league.”

Craigie on Main grass-fed beef cheek, brisket and smoked beef tongue hash with onion strings and a fried egg. (Image by Ling-Mei Wong.)

The burger can be ordered with a fried egg ($3) and bacon ($3), which we enjoyed. The patty was so juicy and flavorful that the add-ons aren’t necessary. It comes with homemade ketchup, and a sesame bun with the right balance between crunch and chewiness.

Another hit was the grass-fed beef cheek, brisket and smoked beef tongue hash ($18), which came with crispy fried onions and a fried egg. The cubes of potato melt in your mouth, with rich smoky beef flavor in every bite. As much as I enjoyed the burger, the hash was more memorable for the distinct tang of each ingredient melding into a perfect whole. The burger is sinfully delicious, but a tad heavy after too many bites.

The burger is sinfully delicious, but a tad heavy after too many bites. (Image by Ling-Mei Wong.)

We enjoyed the smoked pork belly ($8), along with the house-made profiteroles with caramel ice cream and rum-Valrhona chocolate sauce ($10). If you’re craving excellent brunch, put Craigie on Main at the top of your list.

Craigie on Main brunch burger, topped with a fried farm-fresh egg and bacon. (Image by Szechun Leung.)

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