Education
The Academy of the Pacific Rim combines best of east and west
BY LING-MEI WONG

The Academy of the Pacific Rim takes Chinese very seriously. Chinese class is required from 7th grade until senior year at the public charter school, which serves 5th to 12th graders. Students tidy the school together and start class with a distinctly Asian call to order.

"Qiao lai (rise)! Jing li (bow)!

For Hyde Park senior Marcus Vilme, 17, he was initially skeptical about learning Chinese. “As the years went on, I found the importance of it,” he said. “It’s rare for an African American to know a foreign language. Chinese is modernized and a very big part of America. … When I’m in college, it’s easier to find what I want to do with Chinese as my background.”

Vilme will be attending Lafayette College in Pennsylvania, after being accepted by early decision. While he has not decided on a major, he is interested in Asian studies and music engineering. “I can’t fall asleep without music,” he grinned.

The school’s mission empowers urban students to realize their full potential by combining the high academic standards of the east with the individualism of the west. Co-founder Robert Guen studied education in Taiwan, observing how the longer school day and classroom setup could benefit students in America. The school received its charter in 1995 and opened in 1997, making it one of the oldest charter schools in Massachusetts, said Susan Thompson, executive director of APR.

“All of APR’s class of 2012 was college-bound, attending schools including Brown University, Johns Hopkins University and Smith College. The 500 students enrolled are mostly individuals of color at 76 percent — African-American, Asian-American, Hispanic and other minorities — and African-American students represent 57 percent of the school population — and 53 percent qualify for subsidized school lunches for low-income families. APR does not charge tuition, as it is funded by the state and admits students based on a lottery.”

SEE ACADEMY ON PAGE 3

Chinese New Year Issue

FAMILY ISSUE

New 社會服務支援病患照顧者

BY LING-MEI WONG

波士頓親友照顧者支援計
劃意在為病患照顧者提供支持和
幫助。此計劃是由波士頓老人居
家庭服務中心實施，並同時服務於
Ethos and Central Boston Elder Services.

照顧者一般都是一些經常忽
視自己需求的照顧者，波士頓
老人居家服務中心親友照顧者支
持計劃負責人Tia Nguyen說道：
“每當患者去世的時候，照顧他
們的親友們會感到非常孤獨，難
過，以至於忽略了自己健康問
題。

這個項目主要服務於需要照
顧六十岁以上的人士。如果需照
顧患有阿爾茨海默氏病（也稱失
智症）或相類疾病的患者，無年
齡限制。項目不僅會引導照顧者
如何照顧他們的家人，同時還會
幫助照顧者們適應放鬆自己的身
心，透過補助。照顧者可以提供
照顧服務上所需之不廣; 譬如買
必需品給患者或請人看顧他們親
人。課室還教照顧者如何與醫學
專業人員溝通。阿爾茨海默氏病
的治療及治療中以及健康飲食。

Nguyen表示：「有的時候
照顧者自己本身就是一名老人
人，譬如配偶或親友亦需照顧80
歲母親。他們經常身心疲憊並
且缺少照顧病人的專業知識。我
們非常關心這些家庭，並且向他們
提供有用的幫助與支持。」

Tia Nguyen, a care manager at APR, said: “We hope to help people who are caring for patients to reduce the burden of illness. We help patients who are in the later stages of illness and are taken care of by friends and family. We offer services to help them adapt to their situation and manage their health.”

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詳情請登陸波士頓老年信息
網www.elderinfo.org。如果您
講廣東話或者普通話請致電顧問
服務中心(617) 938-5112 或郵件
snoak@sbchcn.org.

Chinatown meeting roundup: CSC and CRA

BY LING-MEI WONG

The Chinatown Safety Committee and Chinatown Resident Association met March 6. The CRA discussed the Tufts University biosafety level 3 lab and had a presentation from Viridian Electric.

The W Hotel presented safety and security plans for its Descent nightclub space, which will be run by Storyville owner Brian Lesser. It will be renamed “Tunnel” and plans to increase capacity to 200 from 120. Safety precautions include no 21st birthday parties, no admission for aggressive individuals and a list of patrons banned for bad behavior.

The committee approved the club’s plans, which will be presented to the Chinatown/South Cove Neighborhood Council on March 18.

A presentation on expanding South Station was given by Kate Fichter, MassDOT South Station Expansion Project Manager. No construction is under way, as the project is in the planning stages and will go through environmental review. The process is expected to take several years.

“We're looking to make station bigger but also better,” Fichter said: “We want to make it more modern and a better neighbor.”

South Station offers train service for the MBTA and Amtrak, along with bus service. The U.S. Postal Service has a location at South Station, which would move to make space for more trains.

More information on the South Sta-
tion project can be found at www.mass-
dot.state.ma.us/southstationexpansion.

SEE CHINATOWN ON PAGE 5

HIGHLIGHTS

Chinese journey to America marked by trials and triumph

PAGE 3

Film screening raises awareness for 2011 Japan tsunami victims

PAGE 4

Confessions of a chopsticks novice

PAGE 6

Family program cares for senior caretakers

PAGE 7
Event Calendar

**JP Concerts**
Saturday, March 9
4 p.m.
St. John’s Episcopal Church
Roanoke Avenue
Jamaica Plain, MA 02130

JP Concerts will present the Weston Wind Quinet performing Sextet in C minor by Louise Farrell; Quintet in G minor by Paul Taffanel; and Le Tombeau de Couperin by Maurice Ravel. Tickets are $10 at the door. For more information and directions please see jpconcerts.org.

**Chinese New Year Celebration**
Thursday, March 14
6 - 9 p.m.
Hei La Moon Restaurant
88 Beach Street
Boston, MA 02111

The Academy of the Pacific Rim invites the public to join their Chinese New Year celebration. Tickets are $25 and will benefit the Chinese language and culture program. On-site parking available.

“**A Place Called Asian America**” Exhibition
Friday, March 1 - Friday, March 29
Aideman Arts Center
40 Talbot Avenue, Tufts University
Somerville, MA 02155

An exhibition of photographs about the lives of Asian Americans by New York based photojournalist Corky Lee will be on view at the Slater Concours Gallery at Tuft University. Lee is giving a public talk at an opening reception on Wednesday, March 6, from 6 to 8 p.m. and will also lead a photography workshop for students, faculty, and community members interested in using photography for on Thursday, March 7, 6:30 to 8:30 p.m. All events are open to the public. To find out more, please visit: http://aplacecalledasianamerica.wordpress.com/ Contact: Thomas Chen, 781-475-9493, or thomas.chen@tufts.edu.

**Girls Leadership Summit**
Saturday, March 9
11 a.m. - 2 p.m.
Curry Student Center
Northeastern University
346 Huntington Avenue
Boston, MA 02115

In celebration of Women’s History Month, Mayor Thomas M. Menino and Boston Centers for Youth & Families (BCYF) invite Boston girls ages 11-15 to the FREE Girls Leadership Summit: Building Leadership Skills to Develop Social Changers. Workshops, a panel discussion and a motivational keynote speaker will focus on empowering girls to develop the skills they need to be positive role models in their communities. Registrations run from 10-11 a.m. Please call 617-635-4920 x2314 or e-mail aeriha butler@cityofboston.gov for pre-registration.

Elegant Chinese Night
Saturday, March 30 - Sunday, March 31
8 p.m. - 1 a.m.
Boston Park Plaza Imperial Ballroom
50 Park Plaza
Boston, MA 02116

Global Fanci Society and Chinese Career Development Association are holding an elegant Chinese night for a ball party. Everyone is welcome to join. Please dress properly and bring ID with you. For dressing instruction please visit www.fengyanight.com/ Tickets and clothes: http://fengyanight.eventbrite.com/.

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

Project Bread’s 45th Walk for Hunger will be held on May 5th. The 20-mile route weaves through Boston, Brookline, Newton, Watertown, and Cambridge, and includes entertainment and free snacks along the way. Over 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.

CHSNE scholarship
The Chinese Historical Society of New England (CHSNE) and the Boston Harborside Home of J.S. Waterman & Sons-Langone Funeral Home announce their annual scholarship competition for 2013. Two scholarships will be awarded to high school seniors of Chinese ancestry entering a New England college in the fall of 2013. Each scholarship is $500 per year. The deadline of submission is May 31, 2013 and winners will be announced September 2013. For more details please visit: http://chsne.org/scholarships.htm

**Correction**
In our Feb. 22 article, “Boston’s Chinatown shows no sign of demise, scholar says,” the height of the Boston laundries is 1915, not 1885. The Sampan sincerely regrets the error.

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BY JOANNE WONG

As a lifelong resident of Chinatown, I consider my upbringing similar to other kids in the neighborhood. My parents would often bring home food from restaurant kitchens to grimey basements, to pay the bills and keep food on the table. More often than not, my siblings and I were coerced into “job-shadowing” when neighbors and relatives were unavailable to babysit. Eventually, my parents decided to enroll us in an after-school program. What initially started as a reprieve from my parents’ busy work schedules turned out four years ago. “The hard work of the Chinese immigrants made their Chinese mother a good student, and success in American culture. The blend of academic and extracurricular activities in the program provided me with a strong appreciation for learning, not only in American culture, but also a better understanding of Chinese culture. After-school programs and summer camps, as fun as they are, do come with a price. More than once, my parents considered pulling us out of the programs due to financial constraints, but decided against it after our persistent protests. We were lucky. Unfortunately, not all low-income families, especially those living in urban, low-income neighborhoods, have the resources to invest in extra educational programs.

Expanded learning time initiatives, as suggested by policymakers such as U.S. Secretary of Education Arne Duncan, are a critical investment that better prepares children to be successful in the 21st century,” said U.S. Secretary of Education Arne Duncan.

In Massachusetts, ELT refers to schools that significantly expand and restructure their school day and/or year, adding at least 300 hours to the school day and/or year for all students in the school. Schools integrate traditional schooling with after-school, out-of-school, in-classroom, and/or any time learning opportunities.

The Orchard Gardens K-8 Pilot School in Roxbury offers a good case study on the impact of ELT on student performance. In just one academic year from 2010 to 2011, Orchard Gardens dramatically improved the instruction and programming students receive.

SEE LEARNING ON PAGE 3

ACADEMY: Chinese part of classroom
CONTINUED FROM PAGE 1

“Tons of people come back from college and say that in their freshman classes, they’ve already studied the material senior year,” said Ariel Christian, 17, a senior from Dorchester.

APR’s school day starts at 7:45 a.m. and ends at 5 p.m., which is 100 hours or more 50 more days of instruction compared to students attending Boston Public Schools. Teachers form close relationships with students as mentors, advisors and extracurricular sponsors.

“I gained a good three mothers in last three years,” said Michael Davis, 18, a senior from Dorchester. “The first one was Miss (Yong) Li. Last year for Mother’s Day, we took her and two other people at her house. The principal (Jenne Colasacco Grant) talks to you like a best friend. And the counselor Miss (Doreen) Kelly-Carney is the happiest person I’ve ever met.”

The ultimate test of APR’s Chinese immersion is its exchange program with Beijing No. 80 school. Holiday and Christian went in April 2012, while Njoroge and Vilmé went for the first time this April. “It’s just fascinating to me,” Christian said. “Everyone is so nice. There’s lots of food. It was warm and appreciative.”

Holiday stayed with the family of a Beijing No. 80 school student and spent 20 minutes trying to identify which towel he could shower with. However, his Chinese classes at APR paid off when he was able to understand what everyone was saying, he said. “It felt like I was at home.”

To learn more about the school, visit www.pacrim.org.

BY LING-MEI WONG

Boston native Alice Kane, nee Yee, spoke at the Central Library on “They Came for the Gold and Stayed: An Introduction to Chinese-American Genealogy” on Feb. 27.

Kane was born in South Boston to Chinese parents from Tsinan. She worked in the microtext department of the Boston Public Library, giving her invaluable experience in microfilm research. Kane was later certifed as a genealogist.

Kane looked at Chinese immigration to America and where to find Chinese ancestors. Most came from the Pearl Delta of China in Guangdong Province, where the land was lush but unproductive. The siren song of the Golder Rush drew many in 1848 and more Chinese laborers came to build the Transcontinental Railroad in 1863.

“Many men and women came of their own volition,” Kane said. “But the demand for labor meant many were tricked or kidnapped to the United States or other places.

While the Chinese were initially welcomed as immigrants, this did not last long. “The hard work of the Chinese immigrants made them rather successful and they started to earn the jealousy of American and European miners,” Kane said.

The Page Act of 1875 excluded “undesirable” immigrants with a criminal past, mental illness and Chinese descent, making it the first piece of U.S. legislation to name a specific group. Fear of Chinese laborers and female prostitutes infecting the white population resulted in the Chinese Exclusion Act of 1882, which only allowed diplomats, merchants and students to enter the country. These restrictions required a completely new system for documenting Chinese immigrants, which were not lifted until the Immigration Act of 1965, Kane said.

“Most other immigrants were allowed into country,” Kane said. “The Chinese had to undergo physical exams. The immigration service developed more procedures to fine-tune how to identify a Chinese person, whether they were natural-born or children of natural-born citizens, and not laborers.”

The Chinese laborers typically came to earn their fortune in America, returned to their families in China and then came to the U.S. again to work. Because the first laborers had citizenship, the children they had in China were eligible to come to America when they were of age. Chinese men documented one child a year — whether they had that many or not — and could sell the official document in China to another person that would become their “paper son,” Kane said.

For genealogy buffs, the legacy of Chinese discrimination yields a great deal of paperwork to trace one’s roots. Kane’s great-grandfather Yuen Yee entered the United States through the port of San Francisco, which was documented in an admission ledger.

The Greater Boston School Human Resources Network proudly sponsors its first annual Diversity Job Fair for Educators
Saturday, March 23, 2013 from 10:00 am - 1:00 pm, held at the Broadmeadow Elementary School 120 Broad Meadow Road, Needham

We are committed to increasing the diversity of our teaching staff. If you want to join a system committed to excellence, we want to talk to you. The needs are real. The opportunity is great. Be part of it.

To register, please go to www.greaterbostonschoolhrn.com
Bring 10 resumes to the Job Fair.

FRIENDLY GARDEN CO-OP APARTMENTS

Friendly Garden Co-op Apartments where member residents have a voice in the management of the property, has large studio and one bedroom apartments.

Located a short distance from Revere Beach, this active senior co-op is on an MBTA bus route, and is within walking distance to shopping, banks and medical personnel.

Features such as...
- Scenic views of Revere’s beachside community
- Plenty of space for indoor relaxation
- Emergency Response personnel on site, on call
- On site laundry facilities and air conditioning
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Rent is based on 30% of income (income limits apply to qualified seniors 62 and older, and to younger persons who are mobility impaired requiring the special design features of accessible units.

CALL 1-800-225-3151 WWW.CSI.COOP

Member Districts are Equal Opportunity Employers
Making your home safe for your family

BY LING-MEI WONG

Making a home safe for children means understanding hazards. Lead and mold are two common hazards in the home that affect children’s health.

While lead is hazardous for people of all ages, it affects children the most because they are still developing. Children come down with lead poisoning because it’s sweet,” said Andy Scarano, director of construction/rehabilitation for the Malden Redevelopment Authority. “It smells like licorice.”

Lead is commonly found in paint, as it has strong sticking power. However, the heavy metal affects the brain, joints and is associated with dementia, along with Alzheimer’s. Lead was banned from U.S. homes in 1978, but many homes in Massachusetts are older than that, making it difficult to remove completely.

About 1.7 million children have blood-lead levels above safe levels, mostly due to lead-based paint hazards, according to the Environmental Protection Agency.

“When children get lead poisoning, they get it in their joints,” Scarano said. “We saw one child who suffered retardation. Another person was heavily poisoned; he suffers from a mental disorder and has a twitch. It does last a long time.”

Massachusetts school children are tested for lead poisoning. A home with more than 1 microngram of lead per liter must be abated, meaning the lead must be removed or encapsulated.

All work must be done by a licensed deleader for the house to receive a certificate of compliance. Short-term measures, such as covering a painted floor with carpeting or painting over lead paint, are considered “interim control,” but people cannot live in that house until the lead is removed.

A database at the Childhood Lead Poisoning Prevention Program website shows whether a house is deleaderd or not.

A lead inspection for an apartment starts at about $205, while a house is around $400. The cost depends on the size of the property. If lead is detected, the homeowner needs to find a deleader or contractor. Federal and state deleading programs offer grants and low-interest loans to qualified homeowners based on need.

Eliminating mold

Mold can affect the respiratory system, causing sinus problems, cold symptoms, headaches and skin irritation. People who are most susceptible include young children and the elderly.

“Mold in air causes problems,” Scarano said. “People who live in moist homes with mold usually have asthma.”

8 things you should know about mold

1. Exposure to elevated levels of mold can cause health problems in sensitive individuals, such as respiratory problems and sinus problems, cold and flu-like symptoms, headaches, fatigue, trouble concentrating, and memory loss.

2. There are many molds that have the potential to cause health problems.

3. Molds spores can cause health problems even if the spores are dead.

4. Mold requires an organic food source, such as cloth, sheet rock, or wood, and a moisture source to grow.

5. Mold spores are common outdoors and there is no practical way to eliminate all mold spores indoors.

6. Molds can grow undetected inside wall spaces, under carpet, and inside heating-ventilation and air conditioning systems.

7. Mold growth can often be the visible sign of a structural defect that allows moisture to intrude into a building.

8. When doing mold abatement, it is first necessary to find and eliminate the moisture source.

Town of Mansfield

HOUSING LOTTERY

Spring St. Mill Apartments

Brand New 1 Bedroom Apartments

$875 - $975/Month

Income Limits

2 Person Household - $31,500
1 Person Household - $45,100

To apply for Spring St. Mill Apartments

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Apply online at www.delpihousingregistry.com

Call Delpic Associates at 508-994-4100 for more information

Available for income eligible applicants ages 55 and over

Applications must be received by 5 pm, 5/3/13

2 Person Household - $31,500
1 Person Household - $45,100

For Application and Information

Email: lotteryinfo@mcohousingservices.com

Call MCO Housing Services:

(978) 456-8388

Pick Up:

Sutton Town Hall, Town Clerk’s Office

Sutton Public Library

Sutton Affordable Housing

LELAND HILL ESTATES

located on Leland Hill Road, Leland Hill Estates is a new 52 unit development in a beautiful country setting.

Offering 10 three and four bedroom

PUBLIC INFORMATION MEETING

7:00 PM Thursday, March 21, 2013

Sutton Town Hall

Leisure Road

Room 3A

APPLICATION DEADLINE:
April 10, 2013

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com

Maximum Allowable Income per family

1 person: $45,400
2 person: $51,550
3 person: $58,000
4 person: $64,400
5 person: $69,600
6 person: $74,750
7 person: $79,900
8 person: $85,050

Income limits

2 Person: $31,500
1 Person: $45,100

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Sutton Public Library
**CHINATOWN: Crime on the decline**

**CONTINUED FROM PAGE 1**

**Crime report**

Capt. Tom Lee reported less crime from last year, "This is the greatest reduction of any district in the last three months." Three robberies occurred in the area.

A man tried to give a person some money at 660 Washington Street and had his Rolex watch taken from him on Feb. 17, Lee said.

An attempted robbery took place at Washington and LaGrange streets, with three white males trying to steal a cab driver’s cash. They fled down the street and were arrested.

A third robbery took place Feb. 15 at Maple Place and Pine Street, when a 21-year-old woman was grabbed by a black male, who tried to take her place. When she held on to her purse, he took a gold necklace off her neck. "We had one or two chain grabs before; this is the first one on those streets," Lee said.

Drug activity was noted at South Station. "Last week alone, there were three to four arrests of marijuana or other drugs," said Dana DeLorenzo, police officer for the MBTA Transit Police.

**LEARNING: Longer classes benefit children**

**CONTINUED FROM PAGE 3**

In 2011, school-wide Massachusetts Comprehensive Assessment System proficiency rates rose in both English Language Arts (30 percent) and Math (35 percent). The school’s student growth percentile — an index that compares yearly growth in individual student MCAS scores against that of other students with similar testing backgrounds — was 63 in ELA and 79 in Math.

An SGP of 60 is considered "high growth" in both subjects.

In 2012, five states agreed to expand and redesign their school calendars. Public schools in Massachusetts, Colorado, Connecticut, New York and Tennessee are embarking on an effort to radically improve learning for tens of thousands of students. The collaborative effort is being organized by the Ford Foundation and the National Center on Time & Learning to develop high-quality and sustainable expanded-time schools.

"Students need to know how to solve complex problems, work independently and in teams, and how to think critically," said Jennifer Davis, co-founder and president of NCTL.

In hindsight, I am grateful for the services offered through the after-school and summer programs that I had the privilege of attending. The teachers and staff members not only understood what it meant to straddle different cultures — Chinese and American — but they were also a motivational force. They planted the seed in my head that I could and would succeed if I put my best effort in my endeavors. Through ELT, I am hopeful that many more children will experience the social and academic benefits of a longer school day.

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**Fung Wah bus line suspends services**

**BY LING-MEI WONG**

The Fung Wah bus line suspended services indefinitely on Feb. 27, after the U.S. Department of Transportation ordered Fung Wah to remove its buses from operation. It runs buses between Boston and New York City’s Chinatowns.

A Fung Wah representative at the Boston bus station said operations have stopped and tickets would be sold at the counter when available. Its fleet of 28 buses was subject to safety inspections by the state and federal authorities. Fung Wah plans to resume operations after the inspection, according to its website.

The Massachusetts Department of Public Utilities inspected 21 of Fung Wah’s buses on Feb. 21 and found structural deficiencies, along with poor maintenance.

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**Moy Association rings in new year**

The Moy Family Association celebrated Chinese New Year on Feb. 23 and presented awards. (Left to right) Lili Mei, President of the Moy Family Association, Michelle Mei who won $300, Ruth Moy, Matthew Fong who won $400 and Helen Fong, grandmother of Matthew Fong. (Image courtesy of the Moy Family Association.)

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**PINE OAKS VILLAGE PHASES 1 AND 2**

61 JOHN NELSON WAY, HARWICH, MA 02645

**ACCEPTING APPLICATIONS FOR PLACEMENT ON WAIT LIST**

Pine Oaks Village is sponsored by MidCape Church Homes Inc. Phase 1 is an apartment community designed for elderly (62 and over) persons. Phase 2 is designed for elderly (62 and over) and also for disabled persons who may be under 62.

Phases 1 is subsidized by the HUD Section 8 Program. Phase 2 is subsidized by the USDA Rural Development Rental Assistance Program. Most residents pay 30% of their adjusted annual income for rent. Some residents may pay more than 30% based on availability of subsidy and on income.

**PHASE 1 INCOME LIMITS: VERY LOW**

<table>
<thead>
<tr>
<th>Persons</th>
<th>Income Limit</th>
</tr>
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<tr>
<td>1</td>
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<tr>
<td>2</td>
<td>$32,800</td>
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</tbody>
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**PHASE 2 INCOME LIMITS: VERY LOW**

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<th>Persons</th>
<th>Income Limit</th>
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<tr>
<td>1</td>
<td>$28,700</td>
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<tr>
<td>2</td>
<td>$43,700</td>
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<td>$32,800</td>
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<td>$49,950</td>
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</tbody>
</table>

Pine Oaks Village Phases 1 and 2 are beautifully landscaped communities close to beaches, shops, doctors, churches, police and fire station and public transportation. All units are ground level. Interested parties may call (508) 432-9611 or TDD 1-800545-1833 x 132 or may write to the address listed above.

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**

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**HOME Program Director Hiring**

Director of the North Suburban Consortium’s HOME Program Housing Development Programs administered by the Malden Redevelopment Authority (MRA). Work includes ensuring compliance with regulations pertaining to the HOME Investment Partnership Program, including underwriting and initial certification of NSC-funded development projects, preparation of annual plans and reports for HUD, oversight of the NSC’s housing portfolio.

This is a responsible administrative and professional position that requires:

- Close coordination with local municipal partners, federal and state agencies, community development and housing development agencies, as well as regional and non-profit partners.

Knowledge and experience in the HOME Investment Partnership Program regulations:

- Affordable housing development, Fair Housing laws, ability to read engineering and architectural plans, and knowledge of loan underwriting.
- Proficiency in Microsoft Office, including Excel, Word, and Power Point required.
- Familiarity with Access Database a plus.
- Bachelors degree and a minimum 3 years in related field required.
- Masters degree or equivalent work experience a plus. IDIS experience preferred.

Interested candidates may submit a written letter of interest and resume to info@northsuburbanconsortium.org by Wednesday, March 20th at 5 PM. Selected candidate will need to submit to a Criminal Offenders Records Information report (CORI) background check and pre-employment drug screening.
Confessions of a chopsticks novice

BY DEVIN YOUNG, AACA YOUTH LEADERSHIP COORDINATOR

Since moving to Boston and beginning my AmeriCorps service in Chinatown, I have encountered many Chinese traditions that were previously unknown to me. The first occurred on my first day, when I went to dim sum with my coworkers. It took me a while to even make out what people were saying when they uttered those two words, so I had no idea what to expect. What I found at the restaurant was a pleasant surprise. Laminated menus allowed customers to write how many of each item they want ed, a social process of sharing similar to potluck or Thanksgiving dinner. A lazy susan allowed for easy access to lots of cheap food. What could be better? Not to mention that the food was delicious. I soon found myself stuffed with dumplings, noodles, rice and much more. At that point, I wondered about my boss’ theory that everyone who works in Chinatown becomes fat from Chinese food. No wonder! Even my chopsticks skills will improve as well.

Har gao or shrimp dumplings at Bubor Cha Cha. Image by Ling-Mei Wong.

The Chinese market and picked up a hunk of beef, the only one of its kind in sight. When I was in line, I asked the cashier if it was the right beef for hot pot. The customer in front of me looked at it and said that it should be fine. However, when I got to the party, I found that this was not the case. Everyone shared a good laugh when I removed my purchase from its bag. I didn’t know the beef was supposed to be sliced into thin strips! I soon forgot my blunder, though, when I saw the spread before me. An array of vegetables, meat, noodles and tofu covered the table next to the bubbling pot. My cohorts walked me through the process of toasting in components and fishing them out for consumption. In no time at all, I was again full to the brim with delicious beef, lamb, mushrooms, noodles, tofu, pork and the list goes on. More importantly, I again found the tradition to revolve around sharing, helping and an overall communal experience. I admire the way the Chinese culinary customs promote this type of community and hope to experience more of Chinese culture that Boston has to offer soon! Hopefully, my chopsticks skills will improve as well.

YOUTH VOICES

Dunkin’ Donuts Coffee Coolatta

BY TSERING LHADON

Oh my cool cool Coolatta! So so sweet to my mouth like butter. Like snow on a rocky mountain, Just as if from heaven’s very fountain. Its signature orange straw rising up, To touch the enclosure of my mouth in a gulp. Racing down my throat like a cool stream, Filling my stomach with delicious whipped cream. Its caffeine jumping into my brain, Allowing me to do homework without going insane.

BCNC banquet celebrates youth

BY LING-MEI WONG

The Gund Kwok Children Lion Dance performed at the Boston Chinatown Neighborhood Center’s Chinese New Year Banquet on March 1 at Empire Garden. (Image by Ling-Mei Wong.)

The Boston Chinatown Neighborhood Center celebrated the Year of the Snake at its Chinese New Year Banquet on March 1 at Empire Garden. “BCNC is positioned to expand its services to the community,” said Selina Chow, board president of BCNC. The banquet raised $223,000 in ticket sales and hoped to reach $500,000 from silent auction sales, including an autographed jersey from Jeremy Lin of the Houston Rockets, other sports memorabilia and a trip to Nantucket.

The Gund Kwok Children Lion Dance and the Genki Spark Taiko Drum. Two Friends of BCNC Awards were presented to Michael and Susan Fung, and Comcast. The banquet is BCNC’s largest annual celebration and fundraiser. Proceeds from the banquet fund BCNC’s programs — child care, after school, youth, recreation, adult education and family services — which reach more than 2,000 individuals in the greater Boston area annually.

ACTON HOUSING AUTHORITY DUPLEX RENTALS

12 two and three bedroom units by lottery

Income eligibility — either under 30% or under 50% of median income
Rent — 30% of income

The twelve 2 & 3 bedroom, newly constructed apartments are located at 15-26 Sachem Way. 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.

***PRIORITY FOR HOMELESS AND DISPLACED FAMILIES***

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

捡起折扇的瞬间，那股清冷的风像细雨一样，轻柔地拂过我的面颊。我将扇子举向天空，仿佛在与那片遥远的云朵对话。

像雪一样洁白的扇面在阳光下闪耀，如同我心中那份纯净的渴望。我想，这或许就是我追求的那份宁静与和谐吧。

BCNC banquet celebrates youth

BY LING-MEI WONG

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Ask Doctor Yu, Chinese medicine practitioner: Winter herbal remedies

SUBMITTED BY ALEX YU

Spring and summer are the seasons to nourish one’s hot energy of yang, while autumn and winter is the time to feed the cold energy of yin, according to traditional Chinese medicine. As the seasons come and go, the unpredictable weather moves from freezing to freezing. Drier seasons means the body needs more moisture and nourishment. Autumn dryness is considered similar to中医 medicine’s five elements, which affects the lungs. Therefore, the principle of autum nutrition should be soothing nourishment to prevent dryness and irritation of the lungs.

Autumn marks a transition to cooler temperatures. The body responds with the metabolism slowing down, as some people are susceptible to digestive imbalances with diarrhea or constipation. Symptoms of autumn dryness include dry and itchy skin, sore throat and nose bleeds, and some dryness in the digestive functions, the following foods are recommended: Apples, pears, grapes, yam, chestnut, pears, yam, garlic, chives, spicy dishes and fried foods. Light nourishing fare should be avoided, such as fish bladders or maw for collagens, along with lemon. These are usually served in soups with turnips, chayote, winter melon, sweet potatoes, cress, and seasonal fruits and vegetables.

However, most city dwellers enjoy a good life of quality that does not require excessive nourishment. As daily life includes a fatty diet, greater stress and weaker digestive function, a sudden increase of yang foods may block the functions of the stomach and spleen. This may lead to being yin and not being able to absorb yang soups, seen with bloating, lack of appetite and nausea. In extreme cases, this may even lead to a flare-up of excessive yang fire, causing mouth ulcers and dryness of the throat and tongue. Therefore, winter herbal soups should make improving stomach and spleen functions a priority, while boosting qi as a secondary.

Nourishing winter soups include garlic, tea, chicken, ginger and scallion soup; cabbage, heme date and almond soup; lotus root, bamboo shoot and orange peel soup; goji wolfberry and ginger soup; winter melon and mushroom soup; men dan dang asparagus root and root of the dwarf lilyturf soup; yam and ginger sweet soup; chrysanthemum, date, napa cabbage and tofu soup; walnut boiled in malt sugar; scallion date soup; and chayote, corn and almond soup.

Alex Yu is a registered Chinese medicine practitioner in Hong Kong and a doctoral candidate of the Guangzhou Chinese medicine practitioner in Hong Kong and a doctoral candidate of the Guangzhou

Family program cares for senior caretakers

BY LING-MEI WONG

The Family Caregiver Support Program of Boston makes sure caretakers of seniors take care of themselves. It is housed at Boston Senior Home Care and also serves Ethos and Central Boston Elder Services.

Caregivers are usually family members, who neglect their needs when caring for a loved one. “When the loved one passes away, the caregiver feels lonely and isolated, and they haven’t been taking care of their health,” said Tia Nguyen, Family Caregiver Support Program Manager for Boston Senior Home Care.

The program offers information and resources for caregivers of seniors older than 60 or people with Alzheimer’s or dementia. It helps caregivers navigate medical and social services for their family member, along with helping them find time to relax. Through a yearly grant, caregivers can pay for services, such as buying necessities for their loved one or reimbursing someone for watching their loved one while they take time off. Classes cover communication tips with medical professionals, rehabilitation therapy with an Alzheimer’s coach and healthy eating.

“Our mission is to ensure that culturally diverse elders and their caregivers have the necessary supports in order to remain living at home and in their communities,” Nguyen said. “So, one of our goals this year is to reach out to communities that may not be aware of all the community resources available to them due to cultural or language barriers.”

Mental illness has a stigma and is frequently misunderstood. “We encourage families if their loved one has memory loss to talk to a doctor and see if it’s related to cardiovascular issues or Alzheimer’s,” Nguyen said. “They should not write it off as part of the aging process and not address the needs of the elder.”

While many services tailor to seniors, there is little support for caregivers. “Sometimes the caregiver may be a senior themselves, a 60-year-old caring for an 80-plus mom,” Nguyen said. “They’re tired and not getting the education they need on Alzheimer’s. We also work with many families where one elderly spouse is providing all the care for their spouse.”

“Caregivers should take advantage of this program and get the help they need,” said Biki Mok, caregiver advisor for the Family Caregiver Support Program of Boston. “When you take care of yourself, everybody benefits.” For more information, please go to Boston Elder Information, www.elder.info.org.
BY ANNA ING, A FOOD AFICIONADO

Market Lunch and Teaism in Washington, D.C.

Crab cake ben. (Image by Anna Ing.)

It has been a while since I wrote about food outside the Boston area. Not long ago, I visited one of my favorite destinations, the nation’s capital Washington D.C. Along with great attractions, museums and memorials, there is also some great food.

Whenever I go, crab cake is a must. A favorite of mine is at Market Lunch, right in Capitol Hill’s Eastern Market. There are long lines but it is worth it for simply good food. Over the weekend, you must try the blueberry bucks, aka blueberry buckwheat pancakes (full stack of three $6.25), with real maple syrup ($2.25). The crab cake ben ($12.95) is delicious, filled with all crab meat and next to little or no breadcrumbs. We opted for a side of chipotle cheese grits, which made a nice contrast to the sweetness of the syrup and richness of the hollandaise sauce of chipotle cheese grits, which made a nice contrast to the sweetness of the syrup-up and richness of the hollandaise sauce from the crab cake’s eggs Benedict. Don’t forget your wallet, as it is cash only for a no-frills dining experience. The simply delicious food makes it well worth the wait.

A local favorite is Teaism, which opened in 1996 and boasts four locations in the area. I can always get healthy, delicious, top quality and reasonably priced fare, along with a variety of great tea. It serves foods from Asia including Korean, Chinese, Japanese, Indian and Thai flavors, so there is something for everyone with a daily specials menu. Being self service allows Teaism to keep costs low without sacrificing quality. I got the salmon teriyaki ($9.75) served cold in a pretty bento box with two scoops of rice topped with sesame seeds and nori, pickled Salmon teriyaki bento. (Image by Anna Ing.)

led radish, spinach and a cucumber salad. My friend opted for the yellow curry with chicken ($10.50), which was studded with tons of vegetables and a scoop of brown rice. Its jasmine tea infused crème brûlée ($4.50) was gently creamy with lovely accents of jasmine flavor that made every bite wonderful.

The next time you visit D.C., check these places out!

**Market Lunch**
Inside Eastern Market, 225 7th Street SE
Washington, DC 20003
(202) 547-8444
*Breakfast and lunch only*

**Teaism**
Four locations around the D.C. area
https://teaism.com/

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BY LING-MEI WONG

Josiah Quincy Elementary School students celebrated the Year of the Snake on March 1, after Winter Storm Nemo postponed the event originally planned for Feb. 14.

Fifth grade students performed a lion dance, followed by Chinese songs. A Chinese zodiac chant from the second grade was performed in Mandarin. Several dances showcased the student’s talent and a recorder ensemble accompanied a chorus.

“Our school has a lot of extracurricular activities that are part of our education, not just academics,” said Principal Joshua Ho.

The celebration included tumbling and dancing by the Flying Dragons gymnasts. 

“You are one of the best schools in Boston and I’m so proud to represent you at the state legislature,” said Aaron Michlewitz, state representative for the 3rd Suffolk district. He joined the students in performing “Gangnam Style,” along with Principal Ho and Felix Arroyo, at-large Boston city councilor.

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**Josiah Quincy Elementary School**
450 Fifth Street
Boston, MA 02116
(617) 694-8300
http://www.josiahquincy.org