Hong Lok House expands to house more Chinese seniors

BY LING-MEI WONG

Hong Lok House may look old on the outside, but that’s just its façade. Past its four different exteriors, a new steel building with high ceilings, wood floors and large windows overlooks Essex Street.

Located next to public transportation, restaurants and luxury condos, Hong Lok House is exclusively for affordable housing. A total of 74 units, including studios and one-bedroom apartments, will rent for less than $500 a month on average. Amenities include a senior center open to the community, a rooftop garden, tai chi deck and in-unit emergency call buttons.

The original Hong Lok House used to be the Normandy Lounge, which was bought by the Greater Boston Chinese Golden Age Center. It opened in 1981 with 28 units of affordable housing for low-income seniors.

“Before, it was a terrible place,” said Ruth Moy, executive director of the Greater Boston Chinese Golden Age Center. “Building Hong Lok House really brought up the neighborhood.”

The 39 current residents will move to a newly completed section of Hong Lok House in a few weeks, along with four formerly homeless individuals. The original wood building will have its façade preserved and be replaced by the new interior building.

“What’s important is being able to live in Chinatown where the services are,” said Anne Morton Smith, vice president of development and community relations for Rogerson Communities, an elder-service nonprofit developer that developed the new Hong Lok House and manages the building. “The number of diabetics spoken at Tufts Medical Center by the nurses and doctors is significant. The food and transportation Hong Lok residents need are all right here in this community.”

Redeveloping Hong Lok House cost nearly $33 million, with 23 sources of public and private funds. The waiting list is seven to eight years long due to demand, according to Moy. Phase two’s wait list is closed until at least the end of 2013.

Hong Lok House at Essex Street, which kept the original façades in front of a new steel building. (Image by Ling-Mei Wong.)

Quincy Lunar New Year celebrates Year of the Snake

BY PHOENIX TSO

After a weather delay from Feb. 24, the 25th Annual Chinese Lunar New Year festival — organized by Quincy Asian Resources Institute and staffed by 200 volunteers — took place March 10 at North Quincy High School.

At least 7,000 people attended the celebration, witnessing an opening lion dance, performances on two stages and eating Asian food from several local restaurants. They also participated in various activities, including making a wish on a Chinese New Year wishing tree, that reflected the tradition and spirit of the Spring Festival.

“The New Year festival has many goals: To celebrate the culture of Quincy’s Asians, to connect Asians and non-Asians, and to reach out to the community with partners that provide essential services,” said John Brothers, executive director of QARI.

To that end, 100 vendors set up tables in the high school gymnasium to offer information on essential services ranging from real estate, public health and employment that were tailored to Quincy’s Chinese and Vietnamese populations. The outreach portion also included volunteers bearing clipboards of voter registration forms in Chinese and the South Shore YMCA’s family fun area. In addition, State Street Global Outreach sponsored a “Green Area” where volunteers taught children how to make snakes and standing drums out of recycled materials.

“It’s very rare that you bring this many people together,” Brothers said. “It’s especially hard to reach out and connect with new people in the community. We didn’t want to set our goals too high, but we have generally had very positive feedback on our outreach.”

Chinese New Year wishing tree at the Quincy festival. (Image by Phoenix Tso.)

Chinatown Coalition discusses Chinese American history

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‘Spoonful of Ginger’ raises awareness for Asian diabetes

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Community groups call for affordable housing

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Discovering simple Icelandic fare

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2013 GO Expo
March 23 - 24
9 a.m. - 5 p.m.
Student Organization Center at Hilles
Harvard University
59 Shepard Street
Cambridge, MA 02138
American Collegiate GO Association is holding its 2013 GO Expo. Over 200 people will get together to learn and play GO. A Chinese GO delegation including Chang Hao, the former world champion and others official from the Shanghai Ing Foundation, will attend. They will screen the “Surround Game,” the first documentary telling the inside story of GO. For more information please contact Yuci Xu at 617-803-0982.

Angel Performance Art
Sunday, Mar 24
7 p.m.
Casey Theatre
Regis College
235 Wellesley Street
Weston, MA 02493
Angel Dance Company will be holding 2013 Angel Dance Celebration, which will include modern and folk dances. Prices are $20 to $100. For more information please contact (617) 230-3854 or angeleperformanceart.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 those in need with sustainable, reliable access to nutritious food. The rolling start is from 7 to 9 a.m. on the Boston Common.

CHSNE Scholarship
The Chinese Historical Society of New England (CHSNE) and the Boston HarborSides Home of J.S. Waterman & Sons-Waring-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. For more details please visit website: http://chsne.org/scholarships.htm

Hiring
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LEAD TEACHERS AND TEACHERS
 Applicants must have a B.A. in Early Childhood Education with a specialization in Mandarin, Mandarin proficiency in speaking is required.

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Lead Teacher – 3 years Preschool or Infant/ Toddler teaching experience, Associates Degree in ECE or related fields (Bachelors preferred), fluent Mandarin and English.
Infant, Toddler or Preschool Teachers – 4 ECE courses (AS in ECE preferred), 1 year experience with infants and toddlers or Preschool in a group setting, fluent Mandarin, proficient English.

Primary Duties and Responsibilities: Care for children utilizing Reggio Emilia approach in a Mandarin Immersion setting.

To apply: Send resume and cover letter to HR Department, Asian American Civic Association, 87 Tyler St, 5th Floor, Boston, MA 02111.

Email: hr@aaca-boston.org

AACA is an equal opportunity/affirmative action employer
Wong and Yee family associations celebrate Chinese New Year

BY JOANNE WONG

The Yee and Wong Family Associations celebrated the Year of the Snake at Chinatown’s Empire Garden Restaurant. The Yee event was on March 9, while the Wong dinner was on March 10. Highlights included lion dancing and martial arts performances by community-based organizations, as well as singing and dancing by association members and guests.

“"We celebrate the new year differently in East Boston and in other communities, and this is what makes Boston a great place to live,” said Mayor Thomas Menino, still recovering from his surgery, attended the Wong Family Association dinner, where he wished all participants a happy and healthy new year. In addition, Fitchburg Mayor Lisa Fitchburg attended the dinner at the event with her parents.

At both events, State Representatives Donald Wong, Tackey Chan and Aaron Michlewitz attended to deliver a declaration from the State House. In addition, students who exemplified excellence in academic achievement received scholarship awards.

Chinatown Neighborhood Council loses two members

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council met March 18 at the New English Chinatown Consolidated Neivolent Association. Council member Michael Wong quit, while another council member Tony Yee was removed after an incomplete vote from the February meeting. Chairman Bill Moy brought a motion to reconsider February’s vote to remove Yee. The council had voted to remove him, but did not ask for votes to keep Yee if members wished to abstain. “This is just to continue where we left off,” Moy said. “It’s reconsideration in the bylaws and it’s legal.”

Wong left the meeting, as well as Ruth Moy. “I quit my job, if you pass this and then turn them over,” Wong said.

The council took a two-thirds vote for the 18 members who were at the Feb. 19 meeting; 11 had voted to remove Yee, falling one vote short. The other seven voters included two members who were absent, Ruth Moy and Wong who left and Yee, who was ineligible to vote. The two remaining members voted to remove Yee.

“There are already so many things to do in Chinatown. Why vote to remove me?” Yee said.

Voeila Energy gave a presentation on steam line maintenance on Oak Street, which would close the sidewalk and parking lane between Washington and Harrison streets to Harrison and Tyler

Chinatown Coalition discusses Chinese-American history

BY LING-MEI WONG

The Chinatown Coalition met March 14 at the Boston Chinatown Neighborhood Center.

“"Kate Fischer, MassDOT South Station Expansion Project Manager presented plans for expanding South Station. No construction is taking place yet, as the project will be in the planning stage for about three years.

The station is too small to meet demands for travel from Boston to New York City and Washington, D.C., along with travel within Massachusetts. “We are looking to design a new and bigger station with the existing station at the core,” Fischer said. “The jewel of the project is to move the station onto the land where the postal office is now, so we can regain access to Dorchester Avenue.”

Dorchester Avenue is behind South Station and would enable greater automobile access, alleviating traffic on Atlantic Avenue, said Stephanie Funas, a board member of the Chinatown Lantern.

More information on the South Station project can be found at www.massdot.state.ma.us/southstation/expan.ion

David Chang presented the Chinatown Atlas, a project organized by retired MIT professor Tunney Lee and the Chinese Historical Society of New England. It is a graphical depiction of how Chinatown has grown over the years through building elevation maps, photos and newspaper clippings.

“Tunney thought he would like to develop a website documenting changes in the physical dimensions of buildings,” Chang said. “Using that as a base for history, it would include all the factors external to Chinatown, like immigration laws and what was happening in the rest of the city. That’s why he used the term ‘atlas.’”

The Chinatown Atlas was displayed in the Chinatown Lantern and is now at the Kwong Kow Chinese School at 87 Tyler Street.

Fan also gave an update on the Chinatown Lantern reading room, which closed Feb. 25. “It was a successful run and we could see people’s commitment,” she said.

The Lantern reading room at Oak Terrace will remain open to residents, staffed by two Asian Community Development Corporation volunteers from Tufts University. Children’s books and laptops are available, while the rare Chinese and historical books are in storage until the Lantern has a permanent location. Board members are still needed to develop the project, Fan said.

CHSNE cut its executive director position for March, after reviewing its budget and operating on a deficit for several years, said Fan, who is a CHSNE member. It will have an office manager and volunteers staffing its office at 2 Boylston Street.

The next Chinatown Coalition meeting will be on April 11 and will focus on youth development.

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

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• Plenty of space for indoor relaxation
• Emergency Response person living on site, on call
• On site laundry facilities, air conditioning
• Large community room with many social events

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.

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‘Spoonful of Ginger’ raises awareness for Asian diabetes

BY PHOENIX TSO

A classical Indian dance was performed at “A Spoonful of Ginger” to raise awareness for Asian diabetes. (Image courtesy of Phoenix Tso.)

The Asian community and other supporters came out on March 18 for “A Spoonful of Ginger,” an annual gala that raises awareness and funds for the Asian American Diabetes Initiative at the Joslin Diabetes Center. Held at the Museum of Fine Arts, guests enjoyed an open bar and a roomful of Boston restaurants' signature South and East Asian inspired hors d’oeuvres, while bidding on items at a silent auction and entering a “mystery box” raffle for $50 each.

This year’s event focused on South Asians, featuring a classical Indian dance and a chole chaat salad, made with green and red peppers and chickpeas. Sridaran and a chole chaat salad, made with green and red peppers and chickpeas. Sridaran

Asians, featuring a classical Indian dance and red peppers and chickpeas. Sridaran

The concert was delayed by the snow storm, but it did not dampen our passion for music,” said Daisy Chen, president of the Berklee CSA and a fourth-semester performance student. She performed a live version of “Price Tag” by Jessie J. accompanied with a rap by Jack Liu, a sophomore at Boston College. Chen and Liu also performed “High High Life” by MC Hotdog with Xiaolong Dai, a Northeastern student. Performances ranged from jazz-tinged updates of Chinese classic “Jasmine Flower” to a rendition of “One Night in Beijing” with a traditional Chinese “suona.” (Image by Ling-Mei Wong.)

A Spoonful of Ginger also spotlighted Boston’s Chinese community as well. Chinese individuals are twice as likely to develop diabetes, along with other Asian ethnicities. Janet Wu of WHDH 7 News was mistress of ceremonies, while Nick and Eva Chau and celebrity chef Ming Tsai were honored for their contributions. Chinatown restaurants such as Xinh Xinh, Bao and Chinatown Café also participated, serving comfort food such as wontons and steamed rice flour buns filled with beef, ginger and scallions.

For more information about Asian Americans and diabetes, visit aadi.joslin.org.

Students showcase musical talent at Berklee Chinese concert

BY LING-MEI WONG

Woodwind performer and Berklee student Yazhi Guo (second left) performs “One Night in Beijing” with a traditional Chinese “suona.” (Image by Ling-Mei Wong.)

Chinese students celebrated the Lunar New Year and White Valentine's Day with 1,100 attendees on March 14 at the Berklee Performance Center. The concert was delayed by the Feb. 8 blizzard, organized by the Berklee Chinese Student Association with students from Boston College, Boston University, Harvard University, MIT and Northeastern University.

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All reports are submitted by the Boston Police Department. The time period is from March 1 to March 14 for District A-1 or Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

Boston Police Department journal log

- Laracy over $200
- Warrant arrest

March 6, 12:28 p.m.: The suspect was arrested on Essex Street by the officer for driving with a suspended license.
- Armed robbery

March 11, 3:45 p.m.: The victim reports that he was robbed on Washington Street at knife point by an unknown white male.
- Violation of auto laws

March 11, 2:20 a.m.: The suspect was arrested on Essex Street by the officer for violating auto laws.

Boston Police Department journal log

- Laracy in a building
- Violation of auto laws

March 6, 12:05 p.m.: The victim reports that he was placed under arrest.
- Shoplifting

March 6, 3:50 p.m.: The victim felt that they were just too strict.

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For detailed job descriptions and application instructions on these and other positions, visit www.cambridgema.gov and click on "Jobs". We are an EEO/AA Employer.

BY HAO LU

Starting from the 1800s, Chinese workers and businessmen have migrated to the United States, establishing families in America for a better life. However, what they might not have expected was a culture clash between them and their children, which has led to struggles between the generations.

Joanne Yen, a 25-year-old student at Gordon-Conwell Theological Seminary, was born and raised in America. Yen’s parents are originally from Taiwan. They came to the U.S. in 1985 and started a small laundry business in New York. “I grew up knowing the term ABC, which is American-born Chinese, is almost like a way to identify who I was,” Yen said. She eats Chinese food, makes Chinese friends and speaks fluent Chinese, but cannot change the fact that she has been influenced by American culture.

Yen said that when she was young, there were times when she could not understand why her parents were so strict. “For instance, grades,” Yen said. “If I went home and was like ‘Oh I got a B’, my parents would say ‘Why didn’t you get an A’? If I got a 95 or even 99, they were like ‘Why didn’t you get a 100’? Why don’t you do it better? I didn’t want you to do wrong!” But I noticed that even if my American friends got an 80 or 75, their parents would say ‘Good job!’ or ‘Good effort!’ Try harder! You can do it next time! Their words are more positive.”

Through her teenage years, Yen, like other ABC’s, felt frustrated when her parents would react to certain things differently than her American friend’s parents. When everyone got piano lessons, she had to go to summer camp in order to do the same. “I definitely felt that I’m not as strict as parents in China, but I still have to push the kids a little harder.”

Her five-year-old son has been studying piano for almost a year, and her four-year-old daughter just started a ballet class. “I don’t know what will happen in the future. I hope the kids can learn some Chinese,” she said. “I don’t want to push them too hard either. I want them to choose what they like and what they want to do,” Liang said.

BY LING-MEI WONG

A protest organized by community activists took place on March 13. The Chinese Progressive Association and the Chinatown Resident Association participated.

“We are thousands of luxury condo units being built around Chinatown, but less than a hundred affordable housing units in the buildings,” said Henry Yee, chairman of the CRA. “We don’t want Chinatown to be without Chinese residents.”

More than 150 protesters gathered at the State Street T stop, then marched their way over to Harrison Avenue and Essex Street. They chanted slogans against banks and home mortgage lenders such as Bank of America and Fannie Mae in English, Cantonese and Spanish.

Participating organizations include the Chelsea Collaborative, City Life Vida Urbana, Northside Bank Tenant Association, Lynn United for Change, Alternatives for Community and Environment, and Boston Workers Alliance.

BY SANDRA BOON

The state Department of Agricultural Sciences, which houses the Massachusetts Agricultural Experimental Station, was established on April 1, 1903. The station was created in response to the need for agricultural research and education in the state. It has since become a vital part of the Massachusetts agricultural research and extension system, providing a strong foundation for the state’s agricultural industry.

The station’s current focus areas include plant diseases, food safety, and crop production. It has a strong reputation for providing high-quality research and extension services to farmers, businesses, and communities throughout the state.

BY SANDRA BOON

The annual Cambridgeshire Music Festival, held in September, is one of the city’s most popular cultural events. The festival features a wide range of performances, including classical and contemporary music, as well as jazz and blues. Attendees can enjoy a diverse range of concerts, from small intimate venues to large outdoor stages. The festival also includes workshops and masterclasses for aspiring musicians.

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Importance of English learning and adult basic education programs

BY JOANNE WONG

Despite the Commonwealth’s commitment to investing in English language and adult basic education classes, studies have shown that the programs serve only a small subset of immigrants and newcomers who need the services.

Gov. Deval Patrick proposed allocating $1 million, a 321 percent increase, to the state’s citizenship programs in his FY2014 budget proposal. “Massachusetts, like the country, is enriched by the people who come here,” Patrick said at a recent ethnic media round table. “[Newcomers] contribute in and to our economy, to our social scene, to the way we think about ourselves. They contribute to the food . . . It makes us stronger and better. How we integrate and welcome newcomers will be a factor in our future strength.”

Indeed, English language skills have a substantial impact on personal income and society as a whole. An immigrant who speaks English well—a difference of $24,000—according to a 2011 report published by the Boston Foundation. The report found less than 5 percent of the 236,933 immigrants with limited English skills in greater Boston are being served by programs supported by the state’s Department of Elementary and Secondary Education. DESE offers several programs to assist with adult education. One program, the Adult and Community Learning Services, offers classes and resources at no cost to adults. Another framework is Career and Technical Education, which provides several branches of increasingly “innovative” programs ranging from secondary, postsecondary and adult education. Early successes of CTE include statistics in 2010 indicating 24.5 percent of graduates decide to seek employment, and nearly 50 percent of graduates enroll in a public university. Within this CTE population, however, is a small fraction of those in adult basic education.

Capacity is a major challenge that the state and community-based organizations alike must face. At any given point, more than 10,000 people are on waiting lists, some for as long as two years, according to The Boston Foundation. There are indications that plenty more are not applying for or not even know such programs exist.

Adult basic education and English language classes are sorely needed in Massachusetts. Despite better economic outcomes for both the individual and the collective. In Chinatown, several organizations, including the Asian American Civic Association, Boston Chinatown Neighborhood Center and ACCESS, offer English language classes, but the demand for such instruction greatly exceeds the capacity of the organizations. Patrick’s proposal to increase investments in the field of English language and citizenship classes reflects a step in the right direction.

Photographer documents Chinese-American contribution

BY PHOENIX TSO

Photography exhibit “A Place Called Asian America” opened at the Slater Concourse Gallery at Tufts University March 6.

On display until March 29, the exhibit features the work of Chinese-American photographer Corky Lee, whose photographs highlight the contributions that Asian Americans have made to America, a facet of history that even Asian Americans know little about.

“My involvement in photography came as a result of the Vietnam War,” said Lee to a crowd of about 50 at the exhibit’s opening reception. “And that pretty much got me into photographing Japanese Americans I met who had been in the concentration camps, which I had never heard of in school.”

Featuring 24 images by Lee, the exhibit shows the diversity in work, activity and celebration that Asian Americans take part in, from riding in the Sikl Motorcycle Club to getting one’s twins blessed at a Cambodian temple. “A Place Called Asian America” devotes an entire wall to “photographic justice,” depicting demonstrations from protests on behalf of Vincent Chin and Danny Chen to Connie King’s “toilet garden,” a memorial to her hometown Locke, Calif., and its history as a Chinese-American enclave dating back to the Gold Rush.

The exhibition is not just about the photographs, but also a sign of support for the Asian American studies minor, instituted this year after a 20-year fight and to educate the campus about this minor, because [the minor] was so new, and it was something you want people to be interested in.”

Esther Kim, who also curated, said, “What I got from this was the realization that what [Lee] was doing was so much bigger than himself. We’re contributing to this cause and this movement of raising awareness about Asian America that’s going to continue even after we are done at Tufts.”

A spectator asked Lee what happened to a photo he had taken at Promontory Point, Utah, of descendants of the Chinese workers who worked on the Transcontinental Railroad. When the railroad was completed in 1879, the Chinese workers were excluded from the photos.

Lee replied that he had asked the head park ranger to hang the photo in a spot that he had chosen in the auditorium, but didn’t know if the ranger honored his request.

“If it’s in a warehouse somewhere, I’m going to have to go back out there,” Lee said. “If you go out yourselves, ask, ‘Where is that photograph?’ If you don’t make a whole lot of noise, nobody’s going to listen to you.”

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Regular Hours
Application Deadline
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March 22, 2013

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NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. 6G7CN03, FITCHBURG COMMUTER RAIL IMPROVEMENTS TRACK, CIVIL AND SIGNAL PROJECT, SOMERVILLE TO FITCHBURG, MASSACHUSETTS PROJECT VALUE: $59,990,000 (CLASS 1 - GENERAL TRANSIT - $59,990,000, CLASS 3 - TRACK - $13,284,000, CLASS 6A - TRANSIT SIGNALING - $15,973,000) 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 April 23, 2013. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work on the Fitchburg Commuter Rail Line will consist of improvements to the existing track alignment, construction of new tracks through select segments, new or improved interlockings, a second track through South Acton Station area, a new train control signal system, replacement of Automatic Grade Crossing Warning Systems (AGCWS), upgrade of existing at-grade highway crossing track and roadway surfaces, the retirement of portions of the existing train control signal systems and AGCWS and the demolition of select existing turnouts, crossovers and track segments as indicated. These improvements will be made while the existing commuter line service and freight line service continues to function.

The DBE goal is 16%. 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 50 percent.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

On behalf of the MBTA, thank you for your time and interest in responding to this Notice to Bidders Massachusetts Bay Transportation Authority.

Beverly A. Scott, Ph.D.
MBTA General Manager and Rail and Transit Administrator
Richard A. Davey
MassDOT Secretary and CEO
March 22, 2013

People say weight management is a lifelong project for women, which I can’t agree with more. How much you weigh is highly related to how healthy you are, and only a healthy lifestyle can be the most effective way in the long run.

A myth is that slimness is the ultimate goal for weight control. However, different body types affect longevity. For women, an adequate amount of fat is crucial for energy supply, absorption of Vitamins A, D, E, K, and functional reproduction. Stronger muscles give support to your bones and also burn more calories even while resting. As a result, being too slim is not only unrealistic but also harmful for health. Your body mass index should fall between 18.5 and 24.9 and your fat percentage should be between 21 to 24 percent.

If your BMI equals to or is higher than 25, here are some suggestions.

1. Maintain a regular eating schedule. Skipping meals will make your body crave high-energy foods and you are more likely to overeat in the following meal. Reducing your portions too much will make you crave high-energy foods and you are more likely to overeat in the following meal. It can cause problems such as high blood pressure, elevated cholesterol and high blood sugar. Maintaining normal body weight can help you prevent these problems. If you are already obese and losing weight is a challenge, make baby steps to start, as even losing 10 to 15 pounds can make a big difference.

2. Have a balanced meal that is full of plant-based food. Enjoy vegetables, fruits, nuts, beans and whole grains.

Consume an adequate amount of low-fat dairy products, such as skim milk, low-fat cheese and yogurt. Follow "MyPlate" diet guidelines from the U.S. Department of Agriculture (www.choosemyplate.gov) and cook at home as much as possible.

3. Stay active whenever possible. I understand every young lady has a busy schedule, and spending an hour at the gym every day sounds too intense. Not to worry! Try to walk or use the stairs whenever possible. If your destination is only a mile away, walk there – back and forth you will cover 2 miles and be moderately active for about 30 minutes. Or if you take the T, try to stand rather than sit. Every step counts!

4. Snack smart. Healthy snacks in the right portion sizes can add on nutrition and suppress your appetite at regular meal time. For example, a fresh fruit and a cup of milk/yogurt is my favorite snack combination. It gives you vitamins and calcium as well as helping you avoid a huge dinner or late-night snacking.

5. What to do with social eating and dining out? A diet is easily disrupted by dining out frequently is associated with excess weight gain, and your appearance, but also raises your risk for type 2 diabetes, heart disease and stroke. It can cause problems such as high blood pressure, elevated cholesterol and high blood sugar. Maintaining normal body weight can help you prevent these problems. If you are already obese and losing weight is a challenge, make baby steps to start, as even losing 10 to 15 pounds can make a big difference.

Senior enjoys unique ‘family care plan’

SUBMITTED BY SOUTH COVE MANOR

Tang Chen (centered) with his daughters Ruixia, Ruilin, Rujiang and RuHua.

Tang Chen may be the only senior in America who can say when he moved into his nursing home, his four daughters were already there.

All four daughters were already employed at South Cove Manor as certified nursing assistants in September 2010 when their 92-year-old father moved in from a senior housing facility where he had been living with his wife. Injured and needing rehabilitation, the elder Chen found that by living at South Cove he could spend more time with his daughters than before.

The daughters have arranged their shifts so that one of them is always there to keep their dad company. Every day, the daughters take turns giving him a bath after their shift has ended.

"It is very important to him, and to his daughters, that they get to see each other every day," said Amy Macauley, director of community relations at South Cove Manor. “Having him here makes their lives so much easier. They don’t worry about how he is doing because one of them is here 24/7.”

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
Transportation Building
10 Park Plaza
Boston, Massachusetts 02116-3975

NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. G67CN03, FITCHBURG COMMUTER RAIL IMPROVEMENTS TRACK, CIVIL AND SIGNAL PROJECT, SOMERVILLE TO FITCHBURG, MASSACHUSETTS PROJECT VALUE: $59,990,000 (CLASS 1 - GENERAL TRANSIT - $59,990,000, CLASS 3 - TRACK - $13,284,000, CLASS 6A - TRANSIT SIGNALING - $15,973,000) 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 April 23, 2013. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work on the Fitchburg Commuter Rail Line will consist of improvements to the existing track alignment, construction of new tracks through select segments, new or improved interlockings, a second track through South Acton Station area, a new train control signal system, replacement of Automatic Grade Crossing Warning Systems (AGCWS), upgrade of existing at-grade highway crossing track and roadway surfaces, the retirement of portions of the existing train control signal systems and AGCWS and the demolition of select existing turnouts, crossovers and track segments as indicated. These improvements will be made while the existing commuter line service and freight line service continues to function.

The DBE goal is 16%. 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 50 percent.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

On behalf of the MBTA, thank you for your time and interest in responding to this Notice to Bidders Massachusetts Bay Transportation Authority.

Beverly A. Scott, Ph.D.
MBTA General Manager and Rail and Transit Administrator
Richard A. Davey
MassDOT Secretary and CEO
March 22, 2013
Discovering simple Icelandic fare
BY ANNA ING, A FOOD AFICIONADO

Cold, volcanos, happy people and seafood come to mind when I think of Iceland. Surprisingly, an affordable hot dog is the nation’s favorite dish that even President Bill Clinton had to try. Aside from delicious seafood, there are some famous Icelandic delicacies, such as fermented shark. Being an island, it can get very expensive.

Spending a weekend in Iceland’s capital Reykjavik, one can definitely find delicious meals at a variety of price points. We checked out a wallet-friendly hot dog stand Bæjarins beztu, open since 1973. Locals told us it serves Iceland’s “national food,” which I liked with everything – mayo, fried and raw onion, ketchup plus a delicious mayo-based remoulade with sweet relish. The long skinny hot dog is made with lamb and little to no pork. There is a nice snap without a gamey lamb taste; flavors are light and meld together to make a great hot dog stand.

President Bill Clinton had to try. Aside from delicious seafood, there are some famous Icelandic delicacies, such as fermented shark. Being an island, it can get very expensive.

Another destination was Café Loki in front of a famous church, the Hallgrimskirkja or the Church of Iceland. This café serves traditional Icelandic fare and snacks. We had the cod with mashed potato over homemade rye bread and smoked trout over rye. My friend, who only likes Chinese-style steamed fish, enjoyed the fish mash, as it was light and not overly fishy. It was simple and clean tasting. The smoked trout looked like salmon but had a light smoked flavor not overly fishy. It was simple and clean tasting. The smoked trout looked like salmon but had a light smoked flavor.

The Icelandic pancakes filled with bits of sugar and jam were light and airy. All these treats are reasonably priced. Credit cards are widely accepted in Iceland, which made it easier to avoid exchanging money.

Do you have?
• A high school diploma or equivalent (G.E.D.) from an accredited institution with the ability to comprehend, communicate and respond to instructions, orders, signs, notices, inquiries, etc. in English
• Three (3) years of experience in the repair of mechanical, electrical and/or HVAC components of large vehicles, heavy equipment or heavy machinery
• Or a substitution of knowledge of mechanical, electrical and electronic theory and principles as acquired through a two (2) year technical or vocational training program, including but not limited to a college degree program, union apprenticeship, United States Armed Services training and/or documented employer training.
• Valid driver’s license.

Charter school rings in New Year
BY LING-MEI WONG

The Academy of the Pacific Rim Charter Public School welcomed the Year of the Snake at its 4th Chinese New Year Celebration on March 14 at Hei La Moon, after a delay due to the Feb. 8 blizzard.

Students put on a musical performance and a presentation on spending the summer in China. “We at APR are obsessed about China,” said Yong Li, Mandarin Department Chair and Director of the China Exchange Programs. The school’s exchange program with Beijing No. 80 School has involved more than 250 students and 30 faculty members since its inception 12 years ago. APR hopes to send 90 percent of its students to China in the future.

APR has operated for 16 years and had the highest 2012 MCAS score for 10th graders, said Sue Thompson, executive director of APR. It received 1,075 applications for the 2013-2014 school year, but as a charter school, it can only accept a limited number of students through a lottery.

“We are lobbying to raise the cap on the number of students,” Thompson said. Leverett Wing, vice chair of the Governor’s Asian American Commission, praised the school for its tolerance when anti-Chinese rhetoric is the norm. “These students will be leaders,” he said. “They will be even more important in the coming years.”

Chinese language instruction is mandatory at the school, which serves 504 students from 5th to 12th grade. The student body is 58 percent African American, 20 percent white, 17 percent Hispanic, 2 percent Asian and 3 percent identified as “other.”

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Come to the Open House
April 1st and 8th
at 10 a.m., 1 p.m., 3
Transportation Building, 10 Park Plaza, Boston, MA Conference Rooms 1, 2, 3
To Attend the Open House applicants MUST pre-register @ http://mbtarepairermandmachinistinfo.eventbrite.com
To view full job descriptions or apply online, visit www.mbta.com.

Do you have?
• A high school diploma or equivalent (G.E.D.) from an accredited institution with the ability to comprehend, communicate and respond to instructions, orders, signs, notices, inquiries, etc. in English
• Two (2) years of experience in the repair of mechanical and electrical components in transportation vehicles, including diagnostics, engine overhauls, and preventative maintenance programs.
• Or a substitution of knowledge of mechanical, electrical and electronic theory and principles as acquired through a two (2) year technical or vocational training program, including but not limited to a college degree program, union apprenticeship, United States Armed Services training and/or documented employer training.
• Valid driver’s license.