Mayoral candidates discuss poverty issues at forum

BY LING-MEI WONG

Ten of the 12 mayoral candidates participated in a forum on reducing poverty on Sept. 11 at 178 Tremont Street, Action for Boston Community Development’s headquarters. The candidates discussed youth jobs, neighborhood disparities, homelessness, nutrition, the planned Suffolk Downs casino and alternative education.

City councilor at-large Felix Arroyo proposed investing Boston’s public funds in banks that support local business and lend to homeowners to inject money into communities.

District 5 city councilor Rob Con salvo planned to increase youth summer jobs by 15 percent and boost literacy for young people not in school or unemployed youth.

District 8 city councilor Mike Ross advocated for skills training and got kids out of “I don’t think we should be putting money into the police for preventative programs, but into community programs, which are jobs in the summer and year-round,” he said.

State Rep. Marty Walsh proposed an Office of Economic Development to bring in new businesses for greater employment. He also supported leasing city lots for housing developments.

Former state Rep. Charlotte Gol ar Richie talked about her experience with homeless issues. She said the city should partner with more nonprofits, manage company and emergency agencies for placing homeless families.

“Hotels and motels should be the last resort. We need to get families into stable, affordable housing,” she said.

Bill Walczak, who opposes the casino in Suffolk Downs, as the gaming license will not be approved until April 2012, said that local governments need more job training directly connected to businesses and health care.

John Barros supported more funding for alternative education, as each alternative education student is funded at a third of the amount of a regular student. About 12,000 students have not graduated and are unemployed, but only 3,000 alternative education seats are available in the Boston Public Schools system.

“Part of why some[cities] already have more students is that the district has more partnerships and more direct connections and accountability. We’ve got more flexibility to meet the needs of our community,” he said.

City councilor Charles Clemons spoke about his experience with adult diabetes and improving nutrition awareness.

“Education is key... so there are so many fried chicken places and fast food locations,” he said.

City councilor Charles Yancey proposed to work with private and public organizations to deliver food to seniors, as federal program Meals on Wheels suffered cuts. “The sad reality is food is literally thrown away,” he said. “Nutritious and unexpired food can go to Meals on Wheels.”

District attorney Dan Conley and candidate David James Wyatt did not attend the forum.

FUNDRAISING

By December, the candidates will have the opportunity to raise money for their campaigns.

By early next month, the candidates will also have the opportunity to be interviewed by the League of Women Voters, which, if they participate, will allow the candidates to be placed on the Mayoral Forum list.

The forum will be held at the John F. Kennedy Library and Museum on Oct. 16.

ACTION

On Sept. 14, at the Massachusetts Statehouse.

Civil rights leader Martin Luther King Jr. was honored with poems, dances and live opportunities.)

Cy’s Asians, to connect Asians and non-

The Next Steps Transitional English Program (Next STEP) provides free ESL education for immigrants, to help them develop the skills necessary for success, as the company’s Chief Executive Officer and President Agnes Young would suggest. Patrolling, young volunteers who provide extraordinary assistance that helps put Boston-area residents on pathways to better lives on Sept. 17 at the Revere Hotel, Boston.

The annual event celebrated the volun- tary efforts of individuals who work tirelessly to address and placate the plight of Boston’s underserved resi- dents and communities through voluntary leadership and service.

Bill Walczak, former ABCD President and CEO John Drew said every day when ABCD opens its doors across the city, hundreds of volunteers make a difference for people seeking assistance.

The honorees are nominated by ABCD’s neighborhood centers and major programs such as Head Start and Health Services.

Born in Taishan, David Wong advocated for universal early education, the importance of the classroom, the better they will learn the next steps.”

The students really appreciated being a part of the classroom, the better they will learn the next steps.”

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Event Calendar

Estate planning workshop and mortgage lender fair Saturday, Sept. 21 9:00 a.m. to 12:30 p.m. Asian Community Development Corporation 38 Oak St., Boston, MA 02111
ACDC will be hosting a workshop dedicated to improve the understanding of the estate planning process and caution in borrowing bank loans. To register, please call 617-482-2380 or email CHP@acidanec.org.

28th Annual Oak Street Fair Saturday, Sept. 21 11 a.m. to 2 p.m. Josiah Quincy School 885 Washington Street Boston, MA 02111
This free fair is designed for children and families in Chinatown area, featuring games, community resources and a watermelon eating contest. Princess Changing Cantonese opera Saturday, Sept. 21 6 p.m. John Hancock Hall 180 Berkeley Street Boston, MA 02116
The Que Sheng Chinese Music & Opera Group will present the Cantonese opera “Princess Changping.” Tickets are $15 or $25. For more information, please call (617) 901-2861.

Free legal clinic Monday, Sept. 23 6 p.m. to 8 p.m. 1309 Hancock Street Suite 209 Quincy, MA 02169
Quincy Asian Resource will host a free legal question and answer convention on immigration law, landlord/tenant law, family, personal injury and criminal issues.

Health workshop Tuesday, Sept. 24 3 p.m. 5 Oak Street Boston, MA 02111
Tufts Medical Center oncologists Jack Erban and Young Kim will discuss breast and ovarian cancer at Quincy Tower.

Chinese Consolidated Benevolent Association meeting Tuesday, Sept. 24 7 p.m.
90 Tyler Street Boston, MA 02111
The Chinese Consolidated Benevolent Association will hold its bimonthly meeting. The public is welcome to attend.

East meets West: Kite and Cultural Festival Saturday and Sunday, Sept. 28 to 29 10 a.m. to 4 p.m. Pope John Paul II Park Hallett Street Boston, MA 02124
The 11th East meets West: Kite and Cultural Festival will feature the best kits, kite-flying demos and a kite-making workshop. For more information, visit http://www.member.com or call (508) 863-7389.

Family Wellness Health Fair Saturday, October 5 10 a.m. to 2 p.m. Thomas Crane Public Library 40 Washington Street Quincy, MA 02169
The Family Wellness Health Fair offers free fun for the family! Get a free car safety inspection and learn about health. For more information, contact Elsa Chiu of Quincy Asian Resources Inc. at (617) 472-2209 or elsa@quincyasaionsresoures.org.

Chinatown Resident Association meeting Wednesday, Oct. 5 6:30 p.m. 885 Washington Street Boston, MA 02111
The Chinatown Resident Association will hold its monthly meeting at the Josiah Quincy School. The public is welcome to attend.

Double Tenth 2013 Parade Sunday, Oct. 6 9:30 a.m. Chinatown Gate 185 Kneeland Street Boston, MA 02111
The annual parade will start at the Chinatown Gate with the termination at City Hall. Traditional Chinese observation will be performed, and a dinner will be held at Empire Garden Restaurant at $300 per table of ten. For more information, please contact Rosemary Yee at (617) 338-6868 or Frank Chin at (617) 928-3238.

Opening Our Doors 13 Monday, Oct. 14 10 a.m. Christian Science Plaza 210 Massachusetts Avenue Boston, MA 02115
The 12th Annual Opening Our Doors is a single day, free cultural event embodying more than 60 activities including art, dance, play and dance. To learn more, visit www.fenwayculture.org.

Book signing Tuesday, Oct. 15 5 to 7 p.m. China Pearl Restaurant 9 Tyler Street Boston, MA 02111
A book signing and reception will be hosted for the publication of Madge Meyer’s “The Innovator’s Path.”

For more information about the publication of Madge Meyer’s “The Innovator’s Path,” please call 781-598-5564 or contact Rosemary Yee at (617) 338-6868 or Frank Chin at (617) 928-3238.

Together, Cambridge works.
Bring your career to the City of Cambridge and, together, we’ll achieve great things. Your work will support a city rich in industry and communities alive with culture. Get together with a city that works. Work for Cambridge today. Current openings include:

- Administrative Assistant/Law Dept
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- Building Services Manager
- Preservation Administrator
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- Special Needs Inclusion Facilitators
- Youth Workers (Teen and Pre-Teen)

Detailed job descriptions on these and other positions, as well as application instructions are available on www.cambridgema.gov. Click on JOBS. We are an AA/EE Employer.
The Chinatown Coalition met Sept. 12 at 38 Ash Street, while the Chinatown Resident Association and the governor’s Asian American Commission held a mayoral forum on Sept. 11 at the Josiah Quincy School. The Healthy Chinatown Coalition met Sept. 18 at 38 Ash Street. The CRA and the governor’s AAC held a mayoral forum with District 8 city councilor Mike Ross. He discussed worker rights, affordable housing and education. Ross planned to reform the Boston Redevelopment Authority and supported building a library in Chinatown.

“Like many of you, my father came here without anything,” Ross said. “As sad and as broken as he was, he had heard about the American dream. From part of the American dream to make sure it remains available for other people.”

The Chinatown Coalition

The Chinatown Coalition will draft a letter to Boston’s next mayor, which will be delivered January 2014 when the winning candidate takes office. It will list neighborhood priorities for Chinatown, such as city support for a Chinatown library and affordable housing. TCC will solicit community input before sending the letter.

A presentation on the Community Oncology Disparities Initiative was given by Susan Parsons, oncologist at Tufts Medical Center’s Cancer Center. The initiative looks at disparities between Caucasians and Asian Americans during cancer treatment, with Asians reporting dissatisfaction with U.S. cancer care.

Certain cancers tend to be more prevalent in the Asian population, such as liver, stomach and cervical cancers. “Cancer is the leading cause of death for Asian American women,” Parsons said. “Breast cancer is the most common cancer in Chinese American women.”

A Chinatown Community Survey collected responses from 250 individuals in eight focus groups, split by age, gender and language (English, Cantonese and Mandarin). One finding was a strong belief in Chinese medicine, regardless of the person’s level of acculturation. Parsons said physicians must address Chinese medicine when discussing care with cancer patients.

The survey also found a mental disconnect regarding screening and treatment for cancer. Patients saw no need to go for cancer screening until they felt ill. Because of this cultural difference, the Tufts Cancer Center saw more patients seeking help at advanced stages of the disease, rather than coming in for preventive screening to catch problems early, Parsons said.

To address cultural needs, the Cancer Center added signage in Spanish and Chinese. It also started a free acupuncture and massage program for patients to alleviate chemotherapy and radiation symptoms. Two full-time Cantonese and Mandarin navigators help patients understand the health care process.

“We’re trying to help people walk out of an incredibly difficult journey,” Parsons said.

BY LING-MEI WONG

The Healthy Chinatown Coalition

The Healthy Chinatown Coalition will compile a list of health issues. Child care centers directors noted playground safety issues with trash and home-less individuals, along with hazardous equipment. It will coordinate with other agencies and organizations such as the CRA and the list. The coalition will invite the two final mayoral candidates to tour Chinatown and discuss health priorities.

Chinese Youth Initiative teenagers pose with Chinatown Resident Association co-chair Marie May (third from left), Boston mayoral candidate Mike Ross and CRA co-chair Henry Yee. (Image courtesy of Ling-Mei Wong.)

BY LING-MEI WONG

The Boston Foundation and the Greater Boston Citizenship Initiative celebrated immigrants on Citizenship Day Sept. 17 at the foundation’s office on 75 Arlington Street.

Both agencies help legal permanent residents become American citizens through workshops, application assistance and support services. They also refer individuals to English classes and legal advice.

“We’re honored to have people from someplace else who decided to make the United States their home,” said Tref Borden, executive director of the Fish Family Foundation, which funds the HBCL.

The Massachusetts Office for Refugees and Immigrants received $100,000 in 2013’s state budget increase from the state. However, this cannot meet the needs of 180,000 legal permanent residents in the state who are eligible to naturalize, as the cost of civics courses, English classes and application fees are a barrier, said Marcony Almeida, chief of staff at the Massachusetts ORI.

Three immigrants shared their success stories. Rebeca de Vives came from Chile 40 years ago with her husband. She worked her way from being an intern at Saks Fifth Avenue and is now president of a consulting firm.

Rebeca de Vives spoke about immigration on Sept. 17 at the Boston Foundation. (Image courtesy of Ling-Mei Wong.)

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Transit-oriented development is the way to go

BY ANGIE LIOU, DIRECTOR OF REAL ESTATE AND VINTAGE SHIAU, INTERN, ASIAN COMMUNITY DEVELOPMENT CORPORATION

Journalist Alex Marshall once stated transportation shapes the form of a place. Boston’s Chinatown is a prime example. Imagine what Chinatown would look like if there was no Orange Line, Red Line and Silver Line — Chinatown would not be the bustling and vibrant community it is today. For city planners and designers, we call this type of development pattern a transit-oriented development. To understand why this planning concept is in vogue today, we should look at the age of suburbanization after World War II.

When the war ended, two major federal policies contributed to the suburbanization of America, namely the Veterans Administration Loans and the Highway Act. The VA loan was designed for veterans returning from war to purchase their own homes and start new lives. An entire generation of homebuyers flocked to newly developed suburban communities and the suburbs slowly drained people from cities. However, many cities experienced revitalization in the 1990s, and more people were choosing to live in cities for their convenience and access to amenities. TOD is a concept that encourages denser and mixed-use developments surrounding transit stops. It focuses on development in proximity to transit hubs so that residents and visitors have transit choices other than driving. Residential and retail developments are located within walking distance to transit stops, providing a convenient and pedestrian-friendly environment for everyone.

In the late 1990s, when the suburbs area started to grow over large areas. However, this American dream of owning a single-family home with a white picket fence came with its own challenges. People were forced to build new roads, sewers and utilities, and schools to accommodate the new housing developments. Other indirect costs of sprawl include air pollution from automobiles. From the 1950s to well into the 1980s, the suburbs slowly drained people from cities. Sprawl poses an problem for Chinatown, of the Chinatown community.

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The next time you are in Chinatown, take a look at all the people who fill the streets every day. It has become a very diverse neighborhood attracting workers, professionals in the local community and beyond. The MBTA system allows a high-income density which is essential to support local retail stores and restaurants. TOD reduces the need for parking spaces, and makes it possible for people who do not drive or own cars to live there. Owning a car is expensive, and TOD developments in Chinatown allow low-income residents to live close to amenities, services and jobs. Chinatown is a living example of how TOD enables people from the greater Boston area to participate in the community and to further residents’ well-being.

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on Nov 5th 2013. A Public Info Session will be held on Oct 8th, 2013 at 6:00 pm in the Arlington Senior Center Main Room (27 Maple Street, next to Town Hall). The Lottery will be held on Nov 18th 6 pm in the Arlington Senior Center Main Room.

For Lottery Information and Application, or for reasonable accommodations for persons with disabilities, go to www.e-b.com/lottery or call (617) 782-6900x3 and leave a message. Applications are available at the Robins Library and at the Arlington Town Hall Planning Department, 730 Mass. Ave. (M-W 9-9, Thurs 1-9, Fri-Sat 9-5, Sun 2-5) and Arlington Town Hall Planning Department, 730 Mass. Ave. (M-W 8-4, Thurs 8-7, Fri 8-noon).
Jerusalem: Soar above the Holy Land

BY HAO LU

The Museum of Science Mugar Omni Theater will premiere “Jerusalem” on Sept. 20, a documentary film that explores on a grand scale the intersection of science, history and religion in this enigmatic city.

Located on a plateau in the Judean Mountains between the Mediterranean and the Dead Sea, Jerusalem is one of the oldest cities in the world. This city, destroyed and rebuilt countless times over 5,000 years, is sacred to half of the people on earth, and has become the center of the world for three major religions: Judaism, Christianity and Islam.

“With this extraordinary film’s immersive experience, audiences will feel as if they are really walking the streets of this beloved and iconic place,” said Lisa Truitt, president of National Geographic Entertainment, co-presenter of the film.

The film is narrated by Benedict Cumberbatch (“Star Trek into the Darkness,” PBS’s “Sherlock”), giving audiences access to the city, some holy sites, as well as little-known parts of the region. By following three young Jerusalemites and their families, who are Jewish, Christian and Muslim, it attempts to answer three questions: What made it so important to so many different cultures? How did it become the center of the world for three major religions? Why does it still matter to us? Through the three young girls’ eyes, audiences can learn experience celebrations and events that mark the high points of a year in the life of the city.

“Jerusalem” explores how the city become a vital cultural crossroads and of spiritual importance to three of the world’s major religions, and how its historical, artistic and religious significance has influenced so many different cultures,” said Paul Fontaine, Museum of Science vice president of education.

The 43-minute large format film will be open to the public in the Museum of Science Mugar Omni Theater starting from Sept. 20.

Brew your own tea latte

BY HAO LU

Since summer is about to end, hot tea latte is coming back to people’s life. Instead of buying those pricy green tea lattes from Starbucks, how about learning to brew your own delicious and healthy lattes for the winter?

The process of brewing tea latte is actually much simpler than you would imagine. Similar to a latte made with espresso, the tea latte is made with milk and tea — almost any kind of tea can be made into a tea latte, just choose your favorite or what you have at home!

Here is a simple recipe for a green tea latte.

Ingredients (for a single serving)
- 2 tablespoons of loose leaf tea
- 1 tablespoon of sugar, honey or maple syrup
- A tea infuser or a tea bag
- 1/2 cup of milk (choose from soy milk, whole, 2 percent or nonfat)

Steps
1. Put your tea in a tea infuser/tea bag, then steep it in 1/2 cup boiling water
2. Wait for five minutes, then remove the infuser
3. While the tea is brewing, heat a 1/2 cup of milk until steaming
4. Put your heated milk and the tea brew into your mug, then add sugar, honey or maple syrup
5. Enjoy!
**Best home workout: ‘Insanity,’ ‘Jung DaYeon’ or ‘Pump It Up?’**

**BY HAO LU**

“Insanity” workout videos have gone viral on Youtube, while almost every young female in Asia has heard of “Jung DaYeon” or “Pump It Up.” Many people have tried these fitness programs. If you want to keep fit, build muscle or lose weight, which one should you choose?

**‘Insanity’**

**Difficulty level:** 8/10  
**Duration:** 60 minutes  
**Introduction:** Insanity is a super high-intensity workout program. It builds muscle while stripping away fat. It is more suited for men, but women can use it to lose weight as well. The interval training program lasts for at least 60 days. For each day, one hour is totally enough.

**How it works:** You start with a moderate pace for a while, and then kick up your speed and heart rate for a minute or so. After that, it is back to a lower gear, giving you time to catch your breath.

**‘Jung DaYeon’**

**Difficulty level:** 5/10

**‘Pump It Up (PIU)’**

**Difficulty level:** 6/10  
**Duration:** 40 minutes  
**Introduction:** Some women who want to lose weight may find “Jung DaYeon” not intense enough. In that case, “Pump It Up” is worth a try. The difficulty level is between “Insanity” and “Jung DaYeon.”

**How it works:** The program is well-designed and provides guidance after each workout session you can follow for some stretches.

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**61 Boston Avenue in West Medford**

Eat in kitchen, refrigerator, stove, dishwasher, garbage disposal, bamboo floors, water and sewer, cable ready, storage unit, yard, coin operated laundry on premises.

- Two bedroom, first floor, 1 bathroom, 1 off street parking space, $1,261 per month.
- Four bedroom, second & third floor, 2 bathrooms, 2 off street parking spaces, $1,574 per month.

**Area Schools**

- Brooks Elementary School, 388 High Street
- Andrews Middle school, 3000 Mystic Valley Pkwy.
- Medford High School, 489 Winthrop Street
- St. Clement Parish Schools, Private PK-12 579 Boston Ave.

**Public Transportation**

- Bus Line-Line 95-West Medford-Sullivan Square Station via Mystic Ave.
- Commuter Rail-481 High Street

**Household income limits:**

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To request an application please visit the Medford Public Library; 111 High Street or Medford Community Development, 85 George P. Hassett Drive or contact Housing Resource Group, LLC at 781.820.8797 or byjkl-alwan@yahoo.com.

Tenants will be selected by lottery at 7:00 p.m. on Monday, November 18th, 2013 at the Medford Public Library.

To be entered in the lottery completed applications must be postmarked by November 11th, 2013.

An information meeting will be held Monday, September 30th, 2013, 7:40 p.m. at the Medford Public Library.

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**A food aficionado:**

**Clay Pot Café**

**BY ANNA ING**

My parents raved about Clay Pot Café, which took over the tiny hole-in-the-wall formerly known as King Fung Garden. Their specialties are the Taishan Yellow Eel Clay Pot Rice and Five Flavors Triple Delights on Rice plate.

The décor is still minimal, with a handful of tables. The service was friendly but at times, you will have to wave to get the servers’ attention.

When we asked for iced water over the hot tea that came out, the server did it with a smile. All questions were answered well when inquiring about the menu.

The Taishan Style Round Dumping Soup (tang yaun dumplings made from glutinous rice flour, which were not stuffed) ($4.85) were served in a simple unadorned broth. I like the sweetened version better with sweet fillings, such as red bean, peanut or sesame seed. Tang yaun are usually served during the winter solstice and on special occasions.

Next we had the Ginseng with Black Chicken Herbal Soup ($6.75), which came out in a small covered soup cup. The broth was strong in ginseng flavor and Chinese herbs, but the black chicken was bony.

- **Ginseng with black chicken herbal soup. (Image courtesy of Anna Ing.)**
- **The Chinese Broccoli in Oyster Sauce ($5.75) did the job without being overcooked and the oyster sauce was excellent as our sole vegetable dish.**
- **Then came the Five Flavors Triple Delights on Rice ($8.50), which features five different sauces and your choice of three meats. We opted for the soy sauce chicken and roast duck over rice, which had a side of Shangh hai Bok Choy ($6.75). Due to heavy competition for roasted meats and poultry, it was passable, but the chicken and duck were just too bony.**

My mom, who is from Taishan, raved about the house specialty: Yellow Eel Clay Pot Rice. It comes in three sizes (small, medium and large), so we got the small to share ($8.98, medium for $18 and large $30). The rice was covered with small-boned eel pieces topped with chopped green onion. We loved the crispy and burnt rice on the bottom, and mixed everything together. The eel was subtle and lightly flavored — bland for me. Yellow eel is smaller, as it is immature and not fully grown.

- **My parents raved about Clay Pot Café, which took over the tiny hole-in-the-wall formerly known as King Fung Garden. Their specialties are the Taishan Yellow Eel Clay Pot Rice and Five Flavors Triple Delights on Rice plate.**
- **Five flavors triple delights rice, with chicken and duck. (Image courtesy of Anna Ing.)**
- **One favorite dish was the Beef Brisket Lo Mein ($6.74) with a generous portion of chewy soft tendon and beef brisket over thin crispy lo mein noodles. The sauce was flavorful but the beef brisket flavors mixed in with the noodles made a great savory and crunchy combination.**

The prices are affordable and the restaurant is cash-only. I liked Clay Pot Café and would go back to check out other clay pot rice dishes not commonly found in Chinatown.
Tips to avoid the ‘Freshman 15’

Women’s Health

SUBMITTED BY STATEPOINT

Trying to avoid the dreaded “Freshman 15” weight gain? While college is an adjustment, it doesn’t have to mean an adjustment in your pants size.

Freshman students gain only 2.5 to 3.5 pounds on average during their first year in college, according to a recent study published in Social Science Quarterly.

But be advised, the same study finds that college students do gain moderate but steady weight during and after college.

So stay vigilant about diet and exercise.

Be prepared

“Stress, anxiety and homesickness can all lead to overeating,” said registered dietitian nutritionist Kristi King, a spokesperson with the Academy of Nutrition and Dietetics.

Before you snack, ask yourself why you’re doing so. If stress, anxiety or sadness is a factor, take a study break to chat with friends or go on a walk.

Smart snacks

Late nights and stress can lead to binging, so don’t keep junk food on hand. Instead, stock healthy snacks that combine protein and carbohydrates.

Don’t skip breakfast

“Breakfast wakes up the metabolism and provides energy to the brain and muscles for the day’s activities,” said King. “People who eat breakfast tend to eat less throughout the day.”

King recommended that breakfast be quick and combine carbohydrates and some protein to help keep students feeling full. Good options include whole-grain toast with peanut butter, a low-fat granola bar and fruit, or a whole-wheat tortilla with hummus and an apple.

Cafeteria 101

The dining hall can be a friend or foe. There may be high-calorie foods and oversized portions, but most universities provide nutritious options too.

Opt for foods that are baked, broiled, steamed, grilled or roasted, while steering clear of foods that are buttered, fried or swimming in cream sauce.

When filling your plate at the cafeteria, consider following the US Department of Agriculture’s MyPlate guidelines.

Alcohol

“Alcohol is readily available and can pack on the pounds quickly if you’re not careful,” King warned.

For students over 21, King recommended light beer and avoiding drinks mixed with regular soft drinks or sugary juices.

When drinking, alternate a glass of water between alcoholic beverages. You’ll consume less alcohol and fewer calories.

Exercise

Regular exercise pays dividends, helping control weight, improve one’s mood and control stress.

Many universities have excellent fitness centers available for students, but you don’t have to become a gym rat to stay fit. Instead of taking the bus or driving to class, walk or ride your bike.

Get help

If you’d like help creating a healthy meal plan, or want tips for controlling weight, check to see if your university offers nutrition counseling services.

Registered dietitian nutritionists are food and nutrition experts, and they can help you ace your health goals.

More tips to maintain a healthy weight your freshman year and beyond can be found at www.eatright.org.

Going to college means adjusting to a new lifestyle. Don’t let the changes get the better of your health and wellness.

Daughters of the dust: The changing face of mesothelioma

SUBMITTED BY GARY COIN

As a young girl growing up in the Black Hills of South Dakota, Heather Von St. James loved wearing her Dad’s work coat, the type that she could wrap her whole body inside. It was one of those large construction jackets and was often covered with white flecks of dust. There was something about wearing it that made her feel closer to him, as if he was enveloping her instead of four pounds of nylon. Whenever she had chores outside — whether to feed her rabbits or fetch the mail — she would slip it on and head out to brave the bitter northern cold.

Three decades later, that same coat with the white flecks became much more than a childhood memory. Heartbreakingly, at age 36 and just three months after the birth of her first child, she was diagnosed with malignant pleural mesothelioma. It turned out that those white flecks were asbestos dust brought home by her father from his construction job, and she was exposing herself each time she put the jacket on.

“I believe I was exposed from my father’s work clothes,” Von St. James, 44, said. “He would come home with a white coat, white shoes and white pants, all covered with drywall dust containing asbestos. I would always wear my Daddy’s jacket. He hung it in the utility room — it was always there. The dusty boots were always there.”

“I’m angry because it could have been prevented, but anger is a negative emotion,” she added. “I’ve turned my anger into action to keep people from being exposed to asbestos.”

Unfortunately, Von St. James’ story is one more people are beginning to know. An increasing number of relatively young women are being diagnosed with mesothelioma and other asbestos-related diseases. Some of them, like Von St. James, had no known work-related contact with the substance; they apparently were exposed to asbestos dust through a family member who regularly brought it home.

Mesothelioma and other asbestos-caused diseases have a lengthy latency period, and most cases of this deadly cancer are diagnosed 30 years or more after the initial exposure.

In the past, mesothelioma has traditionally been considered to be an older man’s disease that primarily affected men who worked around asbestos long-term, chiefly in shipyards and construction work.

However, advocates believe, and anecdotal evidence indicates, an increasing number of women are also being affected, including many whose primary exposure came from family members.

Although added safety measures are being taken in the workplace, family members and women at home are continually being put at risk. It is them, the daughters of the dust, that are the changing face of mesothelioma.

It is up to all of us to stand up against the misuse of this deadly carcinogen and become a part of the ever-growing mesothelioma community, because only then will we have the chance to rewrite this needless fate.

When you needed it most someone was there to guide you

HEALTH

September 20, 2013

There are teenagers and young adults from your community who need someone to provide a safe, stable and nurturing home until they graduate from high school, vocational school or college.

Your patience, understanding and encouragement can provide a young person with confidence and support to last a lifetime.

Be part of their success!

Experienced foster parents and social workers are ready to answer your questions.

Support is available 24 hours a day.

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Massachusetts Department of Children & Families
Supporting Children - Strengthening Families
Restaurant Review: Asian Garden

BY LING-MEI WONG

Asian Garden is all about the wok. The mark of a first-rate Chinese restaurant is its “wok hei,” or literally “wok air” in Cantonese. For a dish to have “wok hei,” the food must sizzle when it lands in a flaming-hot wok. Cantonese and Szechuan cooking from southern China emphasizes high heat for a delicious char that seasons the dish.

Asian Garden earned a reputation for solid cooking when it opened 20 years ago in the basement of 42 Beach Street, now the Café de LuLu. Word spread about the authentic “wok hei” and the hard-working couple from Hong Kong who ran the place with big smiles.

The rest is history, with Asian Garden residing at its 28 Harrison Avenue location for the past nine years. Its owner stops by every day, while his wife personally greets regulars by name.

A new dish with plenty of “wok hei” is the stir-fried eggplant pork vermicelli ($7.95). Diced pork and strips of eggplant are tossed into a fiery wok with a dash of soy sauce. Bean sprouts and scallions add crunch and color. The result is a fragrant combination of vermicelli and herbs, with the eggplant absorbing the flavors of the pork.

One of the must-have signature dishes is the chicken salad ($15.95). An entire cooked chicken is deboned and shredded, then tossed with cabbage pickles, cucumbers, carrots, peanuts, jellyfish strips and cilantro in sesame oil. It’s a great appetizer to share with friends, with the tender chicken and crispy vegetable flavors.

Asian Garden has a homey look, with comfortable chairs, large tables and Cantonese dramas on its TV. It may not exude the luxury vibe, but the food is consistently tasty and comforting.

Please note this was an arranged tasting.

Asian Garden
28 Harrison Avenue
Boston, MA 02111
(617) 695-1646

Chicken salad at Asian Garden. (Image courtesy of Ling-Mei Wong.)

Vermicelli is seared in a flaming wok. (Image courtesy of Ling-Mei Wong.)

Stir-fried eggplant pork vermicelli. (Image courtesy of Ling-Mei Wong.)

Sampan | FOOD

September 20, 2013

Many Faces of Mental Health: Sharing Our Stories

For many, getting help starts with a conversation. Shame and stigma too often leave people feeling like there is no place to turn. We need to make sure they know that asking for help is not a sign of weakness—it is a sign of strength.

(Commemorating President Barack Obama’s Proclamation on National Mental Health Month, May 2013)

Please join us for a free public event to learn more about mental health and recovery within all ages and cultures and for information on resources and services available in the community.

Lunch and Limited Childcare Provided*

September 28, 2013
8:30 AM – 4:30 PM
Kroc Center
650 Dudley Street, Dorchester

*Pre-registration is required for childcare, childcare is limited and will be provided on a first come first serve basis.

Questions About Mental Health...

Are you a veteran or veteran family member?

Need information about resources and services?

Do you care for a family member?

Click or copy/paste the following link:  https://www.surveymonkey.com/s/ManyFacesRegistration

Presented by: The Massachusetts Department of Mental Health
This event is possible through the support of:
National Association for the Mentally Ill MA Chapter
Massachusetts Association for Older Americans
Massachusetts Association for Mental Health
Massachusetts Association for Mental Health
MA Behavioral Health Partnership (MBHP)
Tri-Ad Veterans League, Inc.
Wheelock College

Click or copy/paste the following link:  https://www.surveymonkey.com/s/ManyFacesRegistration

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