Proposed site for Quincy Upper School remains in Chinatown

BY LING-MEI WONG

Josiah Quincy Upper School could share a location with the Boston Arts Academy in Chinatown. The proposed school project would be the most expensive one in the state, with costs estimated to surpass $261 million.

However, state reimbursement of 80 cents for each dollar lowers the cost. The proposed site is presently empty at Kneeland and Albany streets. According to Richard Chang, co-headmaster of Quincy Upper School, “There’s no question the school supports affordable housing. Housing is a priority in Chinatown.”

Chang said other public land parcels in Chinatown had potential housing designations, but Parcel 25 had no such designation. “The bottom line is this definitely does not detract from the housing objectives of Chinatown,” he said.

The Massachusetts School Building Authority voted to pursue schematic designs for the school at an Oct. 2 meeting. While preliminary planning has taken place, the schematic design phase evaluates site needs and costs. The authority will vote to approve the plans in July 2014.

The project requires lifting the building up to Kneeland Street and building a cover over the Central Artery to combat air pollution. Site mitigation is expected to cost $20 million to $25 million, compared to $30 million to acquire private land through eminent domain in Boston, said Maureen Anderson senior project manager in the city of Boston’s property and construction management department. Other site considerations have driven up the project’s cost estimates.

In comparison, Newton North High School cost nearly $200 million to build, a controversial project that is the most expensive Mass. school to date.

Quincy Upper School has two campuses at Arlington and Lincoln streets, while the Boston Arts Academy is in a former warehouse in Fenway. A community meeting about the project will take place at 6 p.m. on Oct. 8, at the Quincy Upper auditorium on 152 Arlington Street.

Chinese Historical Society celebrates 21 years

BY LING-MEI WONG

The Chinese Historical Society of New England held its annual meeting and dinner on Sept. 27 at the China Pearl. More than a hundred guests attended the event.

The historical society presented its Sojourner Award to South Cove Manor Nursing and Rehabilitation Center for offering cultural and linguistic health care to seniors in the community.

Two students received the $500 CHSNE/ Waterman-Waring-Langone Scholarship, which is renewable for three years. Cindy Shaw, a freshman at Boston University, and Kent Chan, a freshman at Harvard University, received the awards. They joined six other recipients of the scholarship already enrolled in college.

A new scholarship was established in honor of long-term CHSNE volunteer Noreen Chung, who passed away Jan. 23. Victor Liang, freshman at North-eastern University, received the scholarship, which is also for $500 that is renewable each year. Unlike the CHSNE/Waterman-Waring-Langone Scholarship, it has a preference for American-born high school graduates who read and write Chinese, and speak Cantonese.

CHSNE named Susan Chin sen to be part-time managing director. Executive director Nancy Eng will step down after 2013.

CHSNE’s 2012-2013 board members include president Sherry Dong, vice president Wing-kai To, treasurer David Chang, clerk Shauna Lo, Carmen Chan, Peter Chan, Thomas Chin, Stephanie Fan, Peter Kiang, York Lo, Manyee Tang, Allan Tow, Richard Wing, Joseph Yeung and Da Zheng.

Wah埠議會綜合報告：
中華公所、華埠居民會

華埠主街頭發了5千美金給
華埠公所的街道清潔基金。從
1月12日開始，兩位清潔人員每日
打掃華埠的街道。

華埠議會在會議上報告昆
士新領袖的進度。新地點會增
加接近三倍的床位。所有街舊址
將貨給波士頓華人分會，但中
華領袖會保留辦公室和繼續舉
辦八月健康研討早餐會。

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Event Calendar

Celeb Asians
Friday, Oct. 4
7 p.m. to 10 p.m.
16 Bow Street
Somerville, MA 02143
This is a philanthropic fashion show for Asian cancer survivors, organized by Asian Women for Health. Refreshments and a raffle will take place. For more information, please visit celebra
sians2013.eventbrite.com.

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) 472-2200 or ets@quin
quiasianresources.org.

Double Tenth 2013 pa
rade
Sunday, Oct. 6
9:30 a.m.
Chinatown Gate
185 Kneeland Street
Boston, MA 02111
The annual parade will start at the Chinatown Gate and end at City Hall. Traditional Chinese observance will be performed, and a dinner will be held at Empire Garden. For more information, please contact Rosemary Yee at (617) 338-6868 or Frank Chin at (857) 928-3238.

Restaurant sanitation workshop
Monday, Oct. 7
1 to 7 p.m.
Empire Garden
690 Washington Street
Boston, MA 02111
This is a free event about managing safety and hygiene in restaurants. Please contact Dick Wong at (617) 283-6388 to register.

Harvard Chinese cultural workshop
Monday, Oct. 7
2 to 4 p.m.
Harvard Yenching Li
brary, Common Room
2 Divinity Avenue
Cambridge, MA 02138
Featuring lectures by Professor Hsiao-hung Chang of Taiwan University and Professor Fujita Rina of K o k u s h i k a n Univer
sity.

Stroke in the Asian Population
Population
Wednesday, Oct. 9
10:30 a.m.
Wollaston Senior Center
550 Hancock Street
Quincy, MA 02170
Join this free talk presented by Michael Ho to learn more about the history of stroke in Asian population. Call (617) 471-9354 to register.

Kollaboration Boston
2013
Friday, Oct. 11
6:30 to 9 p.m.
China Trade Center
2 Boylston Street
Boston, MA 02116
This is a free event featuring $100. For more informa

Community meeting
Tuesday, Oct. 8
6 to 8 p.m.
Josiah Quincy Upper School auditorium
132 Arlington Street
Boston, MA 02116
Josiah Quincy Upper School will have a presentation on colocating with Boston Arts Academy. Learn and explore the colab
oration between Boston Public Schools and the Massachusetts School Building Authority on the proposed project of co-locating JQUS and BAA and the next steps.

Kollaboration Boston 2013
Friday, Oct. 11
7:30 p.m.
Berkeley Performance Center
136 Massachusetts Avenue
Boston, MA 02115
This event is the biggest asianAmerican talent show, featuring some of the city’s best Asian American dancers, musicians, vocalists, rap
ers and even yo- yo artists. Tickets are available online at www.Kollabora
tionBoston.org.

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

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

Taiwan IDEAS Day
Thursday, Oct. 17
5 to 8 p.m.
Venture Cafe
One Broadway, 5th floor
Cambridge, MA 02142
This event presents Taiwan’s top startups to investors. It is free, but online registration is required through http://tai
wanindy.com/boston/

College day
Sunday, Oct. 20
11 a.m. to 3 p.m.
87 Tyler Street, 5th floor
Boston, MA 02111
The Asian American Civic Association youth council is offering an information

Wang YMCA Legacy Dinner
Saturday, Nov. 9
Empire Garden
690 Washington Street
Boston, MA 02111
The Wang’s YMCA will be hosting its fifth ann
ual Legacy Dinner and Fundraising event, which includes a 10-course Chi
nese banquet. For more information, please visit http://ymcaboston.org/
wanglegacy.
Fitchburg Mayor Lisa Wong speaks at Chinatown forum

BY SYLVANA CHAN

Fitchburg Mayor Lisa Wong spoke at a “Community Conversations” forum hosted by Gov. Deval Patrick’s Asian American Commission on Sept. 19 at the Boston Chinatown Neighborhood Center.

Wong was elected to office in November 2007 at age 28, becoming the first female Asian American mayor in Massachusetts. She is serving her third term as mayor and has been recognized for her work in economic restructuring and redevelopment projects, as well as her efforts to bolster environmental affairs and lower crime.

Wong credited her upbringing for her public service. Like many immigrants, her parents emigrated to the United States from Hong Kong hoping to provide their children with new opportunities and a quality education. Their journey paid off: after working as a waiter, Wong’s father became a restaurant owner. The family moved from an apartment into their own home.

As Wong’s family prospered under the ethos of the American Dream, she noticed the stark reality of social and economic inequality within her suburban community. “Were there some people rich and others were poor?” It was this observation that “would lead me down a road of activism and a road of politics,” Wong said.

Her undergraduate studies in international relations and economics at Boston University only fueled her ambitions to make a positive difference in the world.

Economics is the study of the allocation of scarce resources,” Wong explained. “And I wanted to know what role I could play to break down some of those (economic) barriers.”

She joined the Fitchburg Redevelopment Authority in 2001 and became its executive director in 2004. Although it never crossed her mind that she could be mayor, Wong made the bold decision to run for office after realizing Fitchburg could benefit from her direction. Applying her background in economics, Wong made fiscal stability one of her top priorities. She consolidated 22 city departments into 10 and increased a stabilization fund from $20,000 to more than $4.6 million — all while balancing the city’s budget. Thanks to Wong, Fitchburg’s bond rating doubled.

Reflecting upon her mayoral run, Wong said “politics is the best vehicle for positive change.” Wong urged audience members to think about what they can do to improve their communities and families.

The “Community Conversations” series strive to provide the Asian American community with opportunities to learn about what the speakers do and their thoughts on various issues affecting the Asian American community.

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Chinatown meeting roundup: CCBA, CRA

BY LING-MEI WONG

The Chinese Consolidated Benevolent Association held its monthly meeting on Oct. 2 at the Josiah Quincy School. The CRA invited the two remaining mayoral candidates to speak.

State Rep. Marty Walsh thanked resi-
dents for voting in the Sept. 24 primary. If elected, he promised to commit city re-
sources toward cleaning up Chinatown, keeping bilingual ballots and strengthen-
ing education with a $1 billion plan.

Walsh also wanted to increase low-
income affordable housing in the neigh-
borhood and would seek community in-
put on potential development. “I plan on working with developers in Boston on Chinatown. As they build luxury condos, we should look if we have enough af-
fordable housing in Chinatown.”

City councillor-at-large John Connelly discussed education and public safety.

He planned to make the Boston Redevel-
opment Authority more transparent and responsive to the community. Connolly also supported the plan for the Josiah Quincy Upper School’s new location with Boston Arts Academy.

“What I am for are flexible and au-
tonomous schools, built from the school up and not the district down.” Connolly said. “The needs of students in East Boston are different from the students in Chinatown. I want to see schools built by the community: by teachers, parents and community partners.”

CCBA Chinatown Main Streets presented a $5,000 check to the CCBA’s street-clean-
ing fund during the CCBA’s bimonthly meeting. Two street cleaners were hired to go through Chinatown four hours ev-
eyday, starting Sept. 15.

South Cove Manor Nursing and Re-
habilitation Center gave a presentation on its Quincy facility, which is expected to open in 2014. Its Shawmut Avenue location was sold to the Boston Chinese Evangelical Church, which will maintain South Cove Manor’s offices and weekly breakfast seminars to the public.

“We will show Boston seniors to our new home,” said Dick Wong, president and CEO of South Cove Manor. “We want to service Boston and we’re not that far away, just 7 miles.”

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Chinatown Main Streets presented a $5,000 check to the Chinese Consolidated Benevolent Association for street cleaning. (L to R) Simon Chan, Philip Huang, Tony Yee, Courtney Ho, Rick Wong, Levelin Chan and Larry Young. (Image courtesy of Ling-Mei Wong.)

The Chinese Consolidated Benevo-

East Meets West Kite Festival flies high in Dorchester

BY SHERRIE CHOONG

The 11th annual East Meets West kite and cultural festival took place Sept. 28 and 29 at the Pope John Paul II Park in Dorchester.

Many families with children attend-
ed the free event, featuring kites from the east and west. The sky was filled with many colorful kites, such as dia-
monds, ladybugs and butterflies. Orga-
nizers also prepared a impressive 300-
foot dragon kite. All attendees were en-
couraged to fly a kite, so they could pay respect to victims of recent disasters.

Apart from kite flying, a bucket of

homemade bubbles was available for children to play with. With two sticks and some yarn, children enjoyed creat-
ing big bubbles and popping them.

A kite-flying demonstration and kite-making workshop took place Satur-
day afternoon. There were also cultural and health exercises for all attendees.

This event drew attention from many passersby in the park. It was a day filled with fun, excitement and harmo-
y, along with the fusion of both eastern and western cultures.

The 11th East Meets West kite and cultural festival took place Sept. 28 and 29 at the Pope John Paul II Park. (Image courtesy of Sherrrie Choong.)
**Entrepreneurs gather at Startup Bootcamp**

**BY KENNY SUI-FUNG YIM**

Ten presenters from the world of startup entrepreneurship presented their stories of success and failure at the Start-up Bootcamp on Sept. 14 at the Massachusetts Institute of Technology. Two of the speakers were Asian women: Julia Hui of Lark and Grace Hsia of Warmilu. Hsia, an MIT dropout, developed her product after being annoyed by her boyfriend’s alarm clock. As a “techni-nerd,” she worked with a team to devise a “silent alarm clock” you could wear on your wrist. After getting her big idea, she set up offices in China for production. She knew she made it big when Apple decided to distribute her solution. The partnership with Apple has been valuable to the fledgling Lark Company, which continues to expand in areas of health, diet and wellness.

Hu looked for mentors, making a bee-line for high-profile women like Arianna Huffington at parties. Another mentor is a sleep expert who worked with National Basketball Association players. She was willing to approach strangers and ask seemingly silly questions like, “How does this material feel on your wrist?”

While most presenters shuffled to the stage, Hsia emerged with a million-watt smile and waved enthusiastically. Based in Michigan, having studied materials science, she developed her products — a non-electric heating device for blankets and heat packs — manufactured and distributed through her company, Warmilu. Aimed at babies and the elderly, the heating device works by cracking a medication and releasing heat. The heating device is thermally regulated to prevent overheating. Hsia will expand to developing countries, which are better connected to global channels than one might imagine, she said.

Hsia opened up about discrimination she experienced. She was approached af-ter an event by an individual who pointed out she was young, a woman and an ethnic minority. Taken aback, Hsia said, “Thank you.”

She encouraged audience members not to react to naysayers, because they are everywhere. Hsia may not look like the typical entrepreneur, but it is breaking down assumptions.

Other speakers included Michael Grinich who founded Bootcamp and is now working on a new project revolutionizing e-mail, called Inbox; Ryan Bu-binski, cofounder and CEO of Codecademy; Dulcie Madden cofounder and CEO at Rest Devices, in Cambridge; Rebecca Hough, cofounder of Plugless; Iqram Magdon-Ismail of Venmo; Greg Ginsburg of Actual Food; and Evan Spiegel of SnapChat.

**Tufts tuberculosis researcher receives prestigious grant**

**SUBMITTED BY TUFTS UNIVERSITY**

Bree Aldridge, microbiologist and bioengineer at Tufts University School of Medicine, has received a 2013 National Institutes of Health Director’s New Innovator Award, which supports creative new scientists working on innovative biomedical research projects. Aldridge is an assistant professor in molecular biology and biochemistry at Tufts University School of Medicine, a member of the WHO Multidisciplinary and Immunology program faculty at the Tufts School of Graduate Biomedical Sciences at Tufts, and adjunct assistant professor in biomedical engineering at Tufts University School of Engineering. She has been awarded a five-year, $1.5 million grant for her research focused on improving drug treatments for tuberculosis.

The NIH Director’s New Innovator Award is a component of the High Risk High Reward program supported by the NIH Common Fund, which helps advance visionary research that has the potential to transform scientific fields and greatly impact human health.

Aldridge’s research addresses a major obstacle in controlling tuberculosis, which is the lengthy multidrug therapy currently required to effectively cure the disease. Due to the prolonged treatment, adherence to the drug therapy can be difficult. In addition, when these drugs are misused or mismanaged, multidrug resistance can develop. To improve health outcomes for patients, and reduce the emergence of drug-resistant strains of the disease, she hopes to shorten and simplify treatments for tuberculosis. The Aldridge lab includes a multidisciplinary team of researchers who combine molecular approaches with mathematical modeling to study the bacterium that causes tuberculosis.

Tuberculosis is an infectious disease that spreads through the air and typically affects the lungs, but can attack major organs of the body. According to the Centers for Disease Control and Prevention, nearly 10,000 cases of tuberculosis were reported in the United States in 2012 and the disease affects one third of the world’s population. Most individuals who are infected do not become sick, while others will develop an active form of the disease. If not treated properly, the disease can be fatal. The World Health Organization noted it is the second lead-causing cause of death from an infectious disease worldwide.

“Aldridge’s New Innovator Award recognizes her commitment to addressing a serious global health issue through scientific research and is an example of how members of the Sackler School faculty continue to strive to solve problems of global importance,” said Naomi Rosenberg, dean of the Sackler School of Graduate Biomedical Sciences and vice dean for research at Tufts University School of Medicine.

Aldridge is one of 41 recipients of the 2013 NIH Director’s New Innovator Award. Applicants are reviewed by a multidisciplinary group of experts, and recipients are selected by the NIH Director based on recommendations by the review group.

Established in 2007, the NIH Director’s New Innovator Award program is designed specifically for researchers in the early stages of their careers who have not yet received a Research Project Grant or equivalent NIH grant, to conduct exceptionally innovative research.

**About Tufts University School of Medicine and the Sackler School of Graduate Biomedical Sciences**

Tufts University School of Medicine and the Sackler School of Graduate Biomedical Sciences at Tufts University are international leaders in innovative medical education and advanced research. The School of Medicine and the Sackler School are renowned for excellence in education in general medicine, biomedical sciences, special combined degree programs in business, health management, public health, bioengineering and international relations, as well as basic and clinical research at the cellular and molecular level.

Ranked among the top in the nation, the School of Medicine is affiliated with six major teaching hospitals and more than 30 health care facilities. Tufts University School of Medicine and the Sackler School undertake research that is consistently rated among the highest in the nation for its effect on the advancement of medical science.
Chinese restaurant first to offer English training to staff

SUBMITTED BY THE ASIAN AMERICAN CIVIC ASSOCIATION

China Pearl became the first Chinese restaurant in Boston to invest in the language skills of its employees on June 5, introducing an English language program for its predominantly Chinese-speaking staff. The well-known restaurant has engaged the Asian American Civic Association to provide English for speakers of other languages classes to employees while they are at work. The program is funded by a $150,000 Learn At Work grant from the Massachusetts Department of Elementary and Secondary Education over two years.

“My many of my employees have limited English skills,” said Patricia Moy, director of operations at China Pearl. “The customer demographics have changed in Chinatown. We are seeing more American-born Chinese and Americans visiting Chinatown to experience the culture and dine in local restaurants, so we need English-speaking staff to serve them.”

The program also helps employees better situate themselves in America. “Some of my employees had no chance to go to school in China. After a few classes, they don’t feel lost and dumb when approached by the English-speaking customers,” she said. “They can see eye to eye with people who speak English. It is all about empowerment so they don’t feel lost in the United States.”

AACA has years of experience providing workplace education; most recently at South Cove Community Health Center and Tufts Medical Center. It is AACA’s first time to partner with a restaurant.

“The goal is for all employees-students to be better able to communicate in English in all aspects of their lives by the end of the program,” said Gillian Burleson, workplace education coordinator at AACA. Past participants in the workplace education program have demonstrated that staff members with solid language skills are not only better placed to succeed in their current roles, but they also have the necessary skills to advance up the career ladder.

China Pearl hosts English classes on four afternoons per week during the hours when business is slow. There are two levels of classes available: one basic level, taught by a Cantonese-speaking instructor, and another higher level English immersion class.

China Pearl is required to give its Chinese-speaking staff to serve them.

If you can’t work due to disability, Social Security can help

SUBMITTED BY KRISTEN ALBERINO, SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

If you are disabled and you’re no longer able to work, you should learn how Social Security can help you. Disability is something most people do not like to think about. However, the unfortunate reality is this: the chances that you will become disabled are probably far greater than you realize. Studies show that a 20-year-old worker has a more than one in four chance of becoming disabled before reaching retirement age.

Social Security pays benefits to people with disabilities through the Social Security disability insurance program, which is financed by Social Security taxes. If you qualify, you can receive a monthly disability benefit from Social Security for as long as you remain disabled. Disability benefits are based on your past working history and your earnings record.

When you work and pay Social Security taxes, you earn credits. The number of credits you need to qualify for disability benefits depends on your age, and some of the work must be recent. For example, if you become disabled after age 31, you need to have worked at least a total of 10 years, including five of those years having been worked within the past 10 years. But if you become disabled before age 24, you need only one and a half years of work in the past three years.

If you have a disability that keeps you from working, the time to get started with your application is now. That’s because it takes time to determine whether you qualify for benefits. It usually takes about three to five months for a medical decision from the state agency that evaluates your condition. If your application is approved, your first Social Security disability payment will be made for the sixth full month after the date we determine that your disability began.

Given the time it can take, it’s in your best interest to do everything you can to speed up the process. The best first step is for you to read our online publication, “Disability Benefits,” at www.socialsecurity.gov/pubs. It will tell you all about the process, including the information you will need to apply for benefits. Then, take advantage of our online disability starter kits. You will find them on the disability website at www.socialsecurity.gov/disability. From that page, simply select the option to apply for benefits online, and you will find the disability starter kits on that page. There is one kit for children and one for adults.

Each kit is available in both English and Chinese. The starter kits help you begin the process by providing information about the specific documents and the information that we will request from you. Once you complete the online disability starter kit and you’re ready to apply, the most convenient way to do that is online. Just go to the same disability website at www.socialsecurity.gov/disability.
Innovator Madge Meyer overcomes barriers for Asian women

BY LING-MEI WONG

When Madge Meyer talks, she expects you to listen. Raised in Shanghai and then Hong Kong, Meyer’s parents taught her to respect others by paying attention to what they were saying, and that to connect with people is not to seek favors. Meyer is a petite and elegant woman who served as an executive at IBM, Merrill Lynch and State Street, where she was a minority.

“As a Chinese female, I started my career when it was very hard for women to attain corporate executive positions, and probably even harder for a Chinese female,” Meyer said. “So, I learned how to overcome many obstacles during my career. As I often point out, I have many tools in my toolkit that can provide others with the opportunity to learn from those experiences, and help them to accelerate their own path to success.

In her new book “The Innovator’s Path,” Meyer describes how to make innovation “business as usual.” Innovators are not necessarily inventors, but passionate people who are dissatisfied with the way things are, and find creative solutions that will bring business value.

“Throughout my own career, I never accepted the ‘status quo,’” Meyer said. “I always sought improvements and used the early adoption of new technologies or novel methods to exceed expectations.”

Meyer’s book is divided into eight disciplines, illustrated by interviews with 16 successful leaders and innovators in a variety of enterprises and institutions. From military commander Admiral Michael Mullen to celebrity chef Ming Tsai, their stories illustrate Meyer’s discussions during her 10-year tenure of managing technology and becoming its first chief innovation officer. “I was able to bring innovation to the forefront of every employee,” she said.

Innovators also reach out to others. Too often, Meyer sees hardworking young Asians asking her why they got passed over for promotions, when they do not make networking a priority. “Most Asians do work hard, but if you are an entrepreneur or someone working in a large corporation, emotional intelligence is extremely critical to everyone’s success,” Meyer said.

Meyer wants other Asian women to be self-confident and assertive. They should also identify good mentors and role models.

“If you can acquire different soft skills from each person, you’ll become far better,” Meyer said.

A book signing for “The Innovator’s Path” will take place 5 p.m. on Oct. 15 at the China Pearl, 9 Tyler Street.

DVD review: ‘Kung Fu for Teens’

BY MAI DU

For many busy teens, physical activities can occupy a substantial part of their week. Some like team sports while others enjoy individualized engagement such as learning kung fu. If you or your teens are curious to explore what kung fu is all about, the “Kung Fu for Teens” DVD by the YMAA Publication Center will provide a decent glimpse into what it takes to learn kung fu.

However, for youth, my recommendation is to actually take your teenagers to a respected local school to seriously commit to learning kung fu. Unlike practicing aerobics or other general exercises, kung fu learning in its traditional sense involves not just the body, but it also demands the mind, spirit and the intellect to fully embrace and appreciate the arts through years of hard work.

“Kung Fu for Teens” features certified instructor Ben Warner leading students in their late teens through the basics of kung fu techniques to build strength in the arms, legs, torso, and core without any special equipment. Towards the second half of the video, single and partnered movements explain the blocks, strikes, and kicks to elicit power and application. Warner and his student talents touch upon building speed through speed training and stamina through endurance conditioning. Warm-up and post-workout stretching are emphasized in this 155-minute long DVD. The DVD ends with training strategies to train efficiently and safely, along with a discussion about “wu de,” the martial arts code of morality.

There are many rich topics and skills shared in the DVD. However, it is ambiguous in its purpose and targeted audience. Yes, it is about kung fu and it’s for teenagers to watch. But some parts of the DVD seem to be just to expose teens to kung fu movements and, other parts seem more instructional. Moreover, it’s unclear if this DVD is made for a certain level or all levels. If it’s for beginners, there is too much information to digest. If it’s for experienced kung fu practitioners, the communication is somewhat disconnected. I like the excellent Long Fist forms performed. But I didn’t think the presentation format was most effective or engaging. I give this DVD a 2 and 3/4 stars out of five.

Mai Du is a female certified instructor in the Wah Lum Tam Tai Northern Praying Mantis kung fu style, tai chi and qi gong.

Chinatown then and now: Beach Street El demolition

BY TUNNEY LEE, MIT PROFESSOR EMERITUS OF ARCHITECTURE

A view of the Beach Street El demolition from Harrison Avenue on May 19, 1942. The El was torn down during World War II and the scrap iron was used for the war effort. From 1900 until 1942, the elevated structure occupied Beach Street, overshadowing the stores and sidewalks. The rumbling and squeals of the train as it rounded the corner of Harrison Avenue made the area highly undesirable except for the Chinese and the garment industry. In 1942, garment factories occupied the tall buildings in the foreground. However, no Chinese were working in the needle trades until the 1960s. (Image courtesy of Historic New England.)

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As the federal government rolled out the Affordable Care Act on Oct. 1, it is aimed at middle-class households earning $32,000 to $90,000 each year. To ease their medical insurance costs, the act offers more affordable insurance and related advantages. The ACA requires Americans to obtain medical insurance; but many people are unfamiliar with the legislation. Under ACA, individuals and families have to purchase insurance to cover individuals with preexisting health conditions, such as cancer, long-term illness, pregnancy or other cases. Individuals 26 and under can remain dependent in their parents’ insurance plans. Those under 30 can choose to buy medical insurance just for accidents or major illness.

All state residents can choose a medical insurance plan best suited for their health needs and income from their state’s health insurance marketplace. ACA is designed for individuals who do not qualify for state Medicaid because their income exceeds the limit, but cannot afford medical insurance. This legislation gives nearly 50 million people access to more affordable medical insurance. Families with annual incomes under $90,000 qualify for tax premiums, to ease the financial burden of medical insurance.

Individuals who are uninsured in 2014 will be penalized. The fee in 2014 is 1 percent of your yearly income or $5 per month for the household, whichever is higher. The fee increases every year. In 2016 it is 2.5 percent of income, $695 per person, whichever is higher.

The health insurance exchanges started operating on Oct. 1 and are expected to serve more than 7 million uninsured individuals, who will be covered by 2014. ACA has four categories of personal medical insurance: bronze, silver and platinum. Bronze plans cover 60 percent of medical costs, while silver covers 70 percent and platinum covers 80 percent. Bronze plans have the lowest premiums, which scale up to the platinum plans. Individuals who are uninsured and over 18 years of age is considered the standard, because tax credits are based on silver medical insurance plans. Individuals can select the right plan for their needs. ACA requires insurance providers to cover many basic health benefits, such as colonoscopies and mammograms.

The Kaiser Family Foundation offers a subsidy calculator. It found a family of four — two children and no smokers — with an annual income of $50,000 would pay about $9,800 for silver medical insurance that qualified individuals to pay 30 percent of medical costs. However, because the household qualifies for ACA premium tax credits, they could apply a tax credit of about $5,500. In other words, the household would pay just $3,300 per year or $275 per person for medical insurance. Currently, most only offer coverage if you are in a Medicare subsidy amount. As the health exchanges went online on Oct. 1, people can have a better idea of the exact cost of medical insurance and how much tax benefit they qualify for.

State insurance changes

ACA is a national health care reform. Mass. residents can purchase insurance from the Health Insurance Exchange, with bronze, silver, gold and platinum plans. They can also enjoy tax credits. Massachusetts is complying with health care reform by providing Qualified Health Plans which fulfill ACA requirements. The health insurance exchange is operated by the Massachusetts Health Connector. These plans can be chosen from the online Health Insurance Exchange by individuals over age 19, low-income residents, green cardholders, individuals who do not qualify for Medicare and those who are ineligible for health insurance plans offered by their employers. Among the Qualified Health Plans, individuals must select a Connector Care Plan to qualify for monthly federal subsidies.

For low-income Mass. residents who are green cardholders with five years of residency, MassHealth requirements will be changed. First, MassHealth coverage will expand and there will be fewer restrictions. Second, CommonwealthCare will end after 2013. The Qualified Health Plans will be rolled out in 2014. Before the end of 2013, Commonwealth Care low-income residents in some plan types will qualify for Mass Health. These two categories include individuals whose annual income falls under 133 percent of the federal poverty line.

Federal subsidies are available to those who have not resided in the United States for five years and are using Commonwealth Care will be notified to switch to health care plans starting Oct. 1. To apply for a Qualified Health Plan, they must visit the online Health Insurance Exchange at www.MAhealthconnector.org. On the website, they must select a Connector Care Plan from the Qualified Health Plans to qualify for monthly federal subsidies.

An email address is required to successfully log into the Health Insurance Exchange. Once in the website, individuals can reapply, register, compare insurance rates and buy insurance. However, the online exchange is difficult to navigate, as different states and federal agencies combine their databases. For users to access successfully without contacting technical support, you must prepare the following information before logging into www.MAhealthconnector.org://

- An email address
- ID: U.S. passport number, citizenship document, naturalization document, birth certificate, green card, foreign passport or work permit (original documents)

Social Security cards for your whole family (digital do not apply)

Two recent consecutive paychecks or an employment letter verifying one’s salary, tips and employer’s contact information

Most recent tax return, including the 1040 form, W-2 and other forms

If individuals have any other forms of medical insurance, please prepare by your insurance cards. Some people may need to pay on a monthly basis, so please have outstanding checks ready. If you lost or misplace your Health Insurance Exchange successfully, be sure to remember your login ID and password to access your information online in the future.

How the Affordable Care Act affects Mass. residents

By Linda K. WONG

A workshop on breast and cervical cancer took place Sept. 24 at Quincy Tower. Oncologists John Erban (fifth from right) and Kim Young (third right) spoke. (Image by Linda W. Wong.)

Women should be vigilant about breast and cervical cancer screening, according to Tufts Medical Center oncolgists at a health workshop on Sept. 24 at Quincy Tower, 5 Oak Street.

Kim Young gave a presentation on cervical cancer and John Erban discussed breast cancer. Both doctors said screening for these two types of cancer was safe and reliable, with many national resources at the Tufts Cancer Center.

Two things can prevent cervical cancer: Pap smears and the human papillomavirus vaccine for females and males from age 9 to 26, Young said. The HPV vaccine does not affect childbearing.

"Cervical cancer is most common for women under age 30, 40s and 50s," he said. "If a woman has had several normal Pap smears in a row, she can stop at 65. If she has ever had a Pap smear, she probably should have one or two." As HPV is transmitted sexually, the vaccine does not affect childbearing. Organizers encourage women to be administered before sexual activity, Young said. Females are recommended to get the vaccination early, as well as males. Men do not get cervical cancer, but if they are vaccinated, they will not pass HPV to their partners.

Breast cancer can be detected through mammograms and magnetic resonance imaging, which are safe and effective, Erban said. MRI scans are more sensitive than the X-rays for mammograms and are recommended for women with a familial history of breast cancer.

"Men get breast cancer too," Erban said. "One man out of every 100 women develop breast cancer.”

Women should be checked by a medical professional if they find a lump in their breast, the position of their nipple moves in or out, or the skin at the breast is red for more than a day or two, Erban said. Many lumps are benign and normal.

"Many factors increase the risk of breast cancer," he said. "The most important are diet and exercise. Women should also avoid alcohol and cigarettes.”

Eagle Brook Village in Wrentham

Affordable Housing Lottery

www.e-b.com

3BR Single Family Homes for $202,500

Your total monthly housing costs are only $1,473 (approx.)!!!

Your Total Monthly Housing Costs are estimated costs of a mortgage payment (30 year, fixed rate), your monthly real-estate taxes, and insurance.

All affordable homes are between 1,716 to 1,912 sqft (not including an unfinished basement) and have 3 bedrooms, 2 and a half bathrooms, master bedroom with walk-in closet, two zone heating and central air conditioning, Harvey double-hung Low-E Insulated Glass Windows, laundry room (washers and dryers not included), and garage parking for one car.

This is a lottery for the 16 affordable Single Family Homes being built at Eaglebrook Village. These 16 homes will be sold at affordable prices to households with incomes at or below 80% of the area median income. The first affordable homes will be ready in early 2014.

The Maximum Income Limits for Households are as follows:

- $47,150 (1 person) $53,900 (2 people), $60,650 (3 people)
- $67,350 (4 people), $72,750 (5 people) and $87,150 (6 people)

Households cannot have more than $75,000 in assets.

For more information on the Development, the Units or the Lottery and Application Process or for reasonable accommodations for persons with disabilities, please visit www.e-b.com/lottery or call 617.782.6900 x7.

Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on December 10th, 2013

A Public Info Session will be on Nov 6th at 6 pm in the Sweatt Meeting Room in Fiske Public Library (110 Randall Road, Wrentham). The lottery will be on December 19th in the same location. Applications and Info Packets also available in the Fiske Public Library (110 Randall Road, Wrentham) Hours: Tu-Th 10-8, F 10-5, Sa 10-4.
Oak Street Fair offers fun for the whole family

BY LING-MEI WONG

The watermelon-eating competition at the Oak Street Fair drew many children on Sept. 21 at the Josiah Quincy School playground. (Image courtesy of Ling-Mei Wong.)

The 28th Oak Street Fair took place Sept. 21 at the Josiah Quincy School playground. Families enjoyed food together, while children had their faces painted and competed in the watermelon-eating competition. Other games and activities included arts and crafts, puppet making, a photo booth and live performances.

The event was organized by the Boston Chinatown Neighborhood Center.

Sponsors included Boston Medical Center, Comcast, Harvard Pilgrim Health Care, Hingham Institution for Savings, Ocean Spray, Rockland Trust, Senior Whole Health, South Cove Community Health Center, Staples, TJX, Tufts Medical Center and Tufts University’s School of Dental Medicine.

Chinese Re-enactor Association relives history

SUBMITTED BY THE CHINESE RE-ENACTOR ASSOCIATION

The Chinese Re-enactor Association of New England’s Max Lee and Yi Lee educated the public about China’s years at war with Japan from 1931 to 1945 during the Reading Air Show. (Image courtesy of CRANE.)

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Sesame Street character Elmo attended the Oak Street Fair and took photos with children. (Image courtesy of Ling-Mei Wong.)

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