New building for Quincy Upper School, Boston Arts Academy could open 2017

BY LING-MEI WONG

The Josiah Quincy Upper School and the Boston Arts Academy desperately need larger facilities and a $260 million school at Parcel 25 would meet those needs. Combining the two schools at one location would save cost and could be ready by 2017, said school officials at an Oct. 8 meeting.

One building at Kneeland and Hudson streets would allow both schools to share space for a library, cafeteria, kitchen and nurse suite, said Pipp Lewis, principal architect at HMFH. The building would be about 10 stories, based continuously on enrollment and programming needs.

The school would be the most expensive one in the state, surpassing $200 million for the Newton North High School or the "Taj Mahal," as one elementary school parent put it.

"We are combining two projects, compared to Newton North," said Carleton Jones, executive director of capital and facilities management for the Boston Public Schools. "If we build Boston Arts Academy by itself and the Upper School by itself, it would be way more than $260 million. … It’s not an apples-to-apples comparison.”

A downtown location allows Quincy Upper to remain in Chinatown and brings Boston Arts Academy closer to the Theater District.

The Josiah Quincy Upper School was a pilot school launched in 1990 by then-Quincy Elementary principal Bak Fun Wong and concerned parents. Two years ago, it became the first BPS school to offer the International Baccaulaureate program.

“We’re the only school — public or private — in New England for IB programming from grades 6 to 12 continuously,” said Richard Chang, co-headmaster of Quincy Upper. “It’s a very rich and rigorous program used in many exceptional schools.”

The school facilities had to be authorized for IB certification, but they do not include science or media labs. “They allowed us to be an IB school with the understanding that the state had a plan,” said Steve Cirasulu, Quincy Upper co-headmaster. "In two and a half years, we need to go through re-certification. If we do not get a plan, we may lose our IB status.”

Boston Arts Academy is the first public arts and performing academy in Boston. It shares space with Fenway High School and is in a former U.S. Postal Service warehouse.

"There are monologues practiced in the hallway,” said Joy Bautista, Boston Arts Academy’s academic dean. “Counseling happens in the stairwell… Too often, children in Boston receive sporadic instruction in the arts.”

Quincy Upper is on two campuses, with middle school students in a modular building on Washington Street and high school students in the former Abraham Lincoln school on Arlington Street. Once the new school is completed, the Arlington Street building will become an elementary school, Jones said.

"As for the Washington Street lot where the modular building is, the city does not yet have plans, said Mike Galvin, chief of public property for the city of Boston.

The project is currently in the feasibility planning phase and will not start construction.

"It’s very exciting for downtown neighborhoods to add space for schools,” said state Rep. Aaron Michlewitz. "Young families make up the demographics and heart of these neighborhoods.”

Double Tenth celebration carries on despite rain

BY SYLVANA CHAN

Droves of supporters came to Chinatown on Oct. 6 despite rainy weather to celebrate the Double Tenth Day of China on Oct. 10.

The celebration kicked off with a parade that began at the gates of China town and ended at City Hall Plaza, filling the streets of downtown Boston with the rumble of Chinese drums, shouts of lion dancers and occasional cannon blasts from the minutemen marching band.

At City Hall, Anne Hung, director-general of the state of the commonwealth address Asian representatives.

"Happy New Year!" was honored with poems, dances and live activities, including making a wish on a Chinese New Year wishing tree, that sparked the revolution against the Qing Dynasty — ending two millennia of Chinese imperial rule and resulting in the establishment of the Republic of China or Taiwan on Jan. 1, 1912. Today, the holiday serves as an opportunity for Taiwanese and Chinese communities to celebrate the perseverance of freedom, democracy and the rule of law.

Paul Chan of the Gee How Oak Tin Family Association of New England emphasized the importance of the holiday not just for Taiwanese, but for ethnic Chinese all over the world. He points out the gilded Chinese characters enshrined on the Chinatown gate: tian xia wei gong. "It means equality for all, a Chinese philosophy," Chan said.
The Chinatown Coalition met on Oct. 16 to discuss community updates. The city of Boston’s Public Works Department gave a presentation on Oct. 16 on drafting a new contract for trash collection.

TCC welcomed Giles Li as the new executive director for the Boston Chinatown Neighborhood Center. He will take over for Elaine Ng in November, who stepped down to spend more time with her child. Ng’s son was diagnosed with a neurological disorder last year.

“I know I leave BCNC in good hands,” Ng said in a prepared statement.

The Boston Chinese Evangelical Church gave an update on its expansion to 120 Shawmut Avenue, where South Cove Manor Nursing Home will move out of in 2015. Its present Chinatown campus at 249 Harrison Avenue may be torn down for a larger building or swapped with Parcel A, said Steve Chin, senior pastor.

More than 1,000 people attend church services at the Chinatown campus, with seven services every Sunday in Chinatown and Newton. “South Cove Manor will continue to have an office and presence in Chinatown, as it hopes to have elderly seminars and services,” Chin said.

The Chinatown Community Educational Partnership is now part of TCC, allowing organizations to meet at one location, said Richard Goldberg, adult education director at the Asian American Civic Association.

Lew Finner of the Mass Communities Action Network presented two petitions to collect signatures. The first petition is to raise minimum wage and the second is for earned sick leave.

AACF board president Mary Chin introduced the Mulan Society that partners professional female mentors with AACF female students.

The Department of Public Works presented on trash pickup at the Josiah Quincy School. It is drawing up a new contract for trash collection in 2014 and sought community input on trash collection times, frequency and recycling efforts.

The department is interested in community feedback on additional yard trash collection and introducing food waste collection services, said Matthew Mayrl, chief of staff for the Department of Public Works. Boston does not have the facilities to deal with food waste, but state requirements for 2014 could change that.

Another Public Works community meeting will take place 6 p.m. on Oct. 22 at City Hall.

Matthew Mayrl, chief of staff for the Department of Public Works, presents on Oct. 16 at the Josiah Quincy Elementary School. (Image courtesy of Ling-Mei Wong.)

Kollaboration Boston 3 empowers and entertains

The third Kollaboration Boston talent show took place on Oct. 16 at the Berklee Performance Center. Kollaboration is a nonprofit organization dedicated in providing a platform for young Asian American artists to showcase their talents. Its mission is “Empowerment through Entertainment.”

The event featured seven local talents: UPlifting (dance), Justin Oppus (vocal), Angel and Will (piano/vocal), Daisum Yim (piano), Derek Hsu (yo-yo), LuDow (lyricist) and Movement Box (vocal/dance). Together, they showcased some of the city’s best dancers, musicians, vocalists, rappers and yo-yo artists.

Boston’s winner, Chinese yo-yo artist Derek Hsu, won a $1,000 cash prize and the chance to compete against Kollaboration winners from other cities for a $20,000 grand prize at Kollaboration Star in Los Angeles on Nov. 16.

There were also two freestyle challenges, where audience members could compete for a $50 cash prize. The challenges involved a vocal challenge and a dance challenge, attracting 11 enthusiastic audience members.

The judges for Kollaboration Boston 3 were Ellen Kim, AJ Rafael and Andrew Rhim. Each judge also performed for the audience at the end of the event. Ellen Kim showcased her dancing skills, while AJ Rafael and Andrew Rhim performed several songs, including two original songs “Without You” and “She was Mine.” Justin Chou, winner of Kollaboration Boston 2012, guest performed.

Hsu first picked up the Chinese yo-yo as a hobby through YouTube videos and online forums. The Chinese yo-yo is different from Western yo-yo because it is spun with two sticks tied together with a string and can be tossed into the air, swung around the body and other complex movements. Hsu’s yo-yo techniques grabbed the audience’s attention.

The first runner-up was Movement Box.

Tufts Neighborhood Service Fund (TNSF) Request for Proposals

TNSF is soliciting requests for proposals. Charitable, tax-exempt, community-based organizations located in Boston’s Chinatown or serving Chinatown residents are eligible to apply.

An eligible organization must be able to demonstrate that members of the Tufts University community are involved with the organization as volunteers.

Interested parties should contact Community Relations at (617) 627-3780 or visit http://communityrelations.tufts.edu/tufts-neighborhood-service-fund/ for an application.

Applications are due by November 25, 2013. Awards will be announced before the New Year.

Vote in the Election Nov. 5!

Tufts Neighborhood Service Fund (TNSF)

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Chinatown meeting roundup: Chinatown Coalition, Public Works

BY LING-MEI WONG

Matthew Mayrl, chief of staff for the Department of Public Works, presents on Oct. 16 at the Josiah Quincy Elementary School. (Image courtesy of Ling-Mei Wong.)

Kollaboration Boston 3 empowers and entertains

BY SHERRIE CHOONG

Derek Hsu performs with the Chinese yo-yo. (Image courtesy of Sherrie Choong.)

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Boston’s District 2 city council candidates face off at forum

BY LAN NGUYEN

Bill Linehan and Suzanne Lee, candidates for District 2’s Boston city council seat, participated in a forum on Oct. 3 at the Boston Public Library in Copley.

Lee, a retired Josiah Quincy Elementary School principal, is challenging incumbent Linehan once more for District 2’s seat in the Nov. 5 general election.

Lee lost to Linehan by 97 votes for the same position in 2011. District 2 includes Chinatown, South Boston and parts of South End.

Throughout the forum, Linehan highlighted his six years of experience as District 2 city councilor. He served as chairman of the Economic and Planning Committee and chair of the Redistricting Committee.

Lee touted her experience as an educator for more than 30 years and her ability to bring the community together.

Both candidates said public education needed improvement. Lee said, “Parents will go the lengths needed for their kids to do better. Parents don’t have to be physically there for them to be involved. That is not reality. People work. I know that when a student shows up to school, that the parent is involved.”

Apart from parental involvement, Lee said there needed to be “harmony” in the city and good programming.

Linehan said the community must come together to improve the quality of education. He suggested long-
Tufts MC names Michael Wagner interim president, CEO
BY LING-MEI WONG

Tufts Medical Center’s interim president and CEO Michael Wagner is no stranger to the hospital.

Born in Connecticut, Wagner came to Tufts MC after completing his medical residency in 1990. “I came because Tufts was known in medical decision-making for patient care,” he said. “It was a great opportunity to come to downtown Boston and be part of a great organization.”

Wagner stepped in on Sept. 19 for Eric Beyer. “I have a tremendous amount of affection for Eric,” he said. “I have big shoes to step into. The organization has been phenomenally supportive and has taken this in stride. The board made it clear the mission continues.”

While Wagner has worked outside of Boston in New York and Texas, he stayed in touch with Tufts MC. He returned to the medical center in 1999 and stayed for good in 2008 as chief of internal medicine and adult primary care. Since his return, Wagner has been involved with most of Tufts programs — some since their inception — bringing stability in a time of transition.

The medical center has changed over the years. “Some things are the same: the culture, a deep relationship with the community and with employees,” Wagner said. “We have more heart transplants here than any hospital in New England. We take care of patient with technology advances and are a tertiary medical center: Patients are sicker, with more complex treatment. This requires more training of HIT, and more complexity of the nurses and doctors.”

Tufts MC’s location in Chinatown puts it in the heart of the community. The Asian community has become a priority during recruitment for doctors, nurses and staff.

“Being bilingual is important,” Wagner said. It’s not just the physician but staff, who can support needs in a culturally sensitive way for patients.

For Wagner, Tufts MC feels like home. “I met my wife in 1991,” Wagner said. “I have deep roots with Tufts and the community. When I drive down the street, it’s like I’ve been doing it for 20 years.”

East Coast Chinatowns reflect changing face of residents
BY LAN NGUYEN

Chinatowns are known for being a community of working class immigrants. But with development projects on the rise, it is clear that the character of Chinatowns is on the verge of disappearing.

Gentrification is threatening the historical and cultural identity of Chinatowns across the East Coast, according to a report conducted by the Asian American Legal Defense and Education Fund.

The report, “Chinatown Then & Now,” is a study of three Chinatowns: Boston, New York and Philadelphia. Researchers spent a year going block by block and by lot to collect current land-use data. Additionally, they also analyzed three decades of census data.

According to the report, traditional family households in Chinatowns are on the decline. This is a good indicator of gentrification, as immigrants tend to favor multigenerational family housing. With the development of universities and luxury condos encroaching on Chinatown, demographics are shifting from working-class immigrant families to single college students and young professionals.

Nonfamily households in Boston Chinatown has increased by 450 percent between 1990 and 2000 and increased another 46 percent from 2000 to 2010.

As a result of these luxury condominiums, low-income immigrants feel they are being pushed out. Recently, some Boston Chinatown residents were faced with a 25 percent rent increase with a notice that was entirely in English, said the Chinese Progressive Association’s organizing director Karen Chen and community organizer Baolian Kuang. With the help of CPA and pressure from the community, residents were able to fight the rent increase.

The CPA estimated the current median household income of immigrant families in Boston’s Chinatown to be about $15,000, who are unable to afford the high rent of luxury buildings.

Local small businesses are also affected by gentrification and displacement of residents. The report found Boston’s Chinatown currently has the smallest portion of small businesses and the largest portion of national chains.

To preserve Chinatown’s identity as a center of community life for immigrants and to prevent it from becoming “little ethnic Disneyland,” researchers recommend a census of Chinatown housing, reinforcing low-income housing, subsidizing small local businesses, prioritizing open green spaces, strengthening the linkages of satellite Asian enclaves to central city Chinatown, and engaging in more discussion with the community.

MARSFIELD HOUSING OPPORTUNITY PURCHASE PROGRAM ROUND 8-C
The Marsfield Housing Partnership is accepting additional applications from qualified applicants for grants to assist in purchasing an existing rental home or condominium in Marsfield. A deed restriction will be recorded on each unit purchased with a grant to secure affordability in perpetuity.

MAXIMUM GRANT AMOUNTS
1 Bedroom $60,000 2 Bedroom $80,000

MAXIMUM HOUSE/CONDOMINIUM AMOUNTS
Bedrooms Sale Price Maximum Grant Net Price After Grant
1 BR House $194,000 $60,000 $134,000
2 BR House $225,000 $60,000 $165,000
3 BR House $250,000 $80,000 $170,000
4 BR House $286,000 $80,000 $206,000
5 BR House $306,000 $100,000 $206,000

MAXIMUM ANNUAL HOUSEHOLD INCOME
1 Person $47,150 2 Person $53,900
3 Person $60,650 4 Person $67,350
5 Person $72,750 6 Person $78,150
7 Person $83,550 8 Person $89,950
9 or more $95,550

Subject to periodic change by the U.S. Department of Housing and Urban Development.

Net family assets may not exceed $75,000.

Houses/homes in applied in applying should be attended on both of the informational sessions being provided:

Informational sessions will be held at the following locations:

Thursday, November 14, 2013, 7:00 PM, Hearing Room 2, Marshfield Town Hall, 870 Moraine Street, Marshfield
Saturday, November 16, 2013, 10:00 AM, Hearing Room 4, Marshfield Town Hall, 870 Moraine Street, Marshfield

A lottery will be held on Thursday, December 19, 2013 at 7:00 PM at the Marshfield Town Hall, Hearing Room 4, 2, to select grant recipients. Successful grant recipients are required to have at least one family member attend and complete a Homebuyer Education Workshop.

For additional information or to receive an application please contact either the Marshfield Housing Authority (781-337-2777) or the Marshfield Housing Coordinator (781-834-3051). Applications are available at the Marshfield Town Hall.

All applications must be received and date stamped by the Marshfield Housing Authority no later than 12:00 PM (Noon) on Friday, December 6, 2013.

Marshfield Housing Authority
12 Tea Rock Gardens
Marshfield, MA 02050

MHOPP Funding was made possible by the Town’s adoption of the Community Preservation Act.
‘Women Lead’ discusses long-term career options for women

BY LING-MEI WONG

Author Tracey Wilen-Daugenti spoke about women leadership on Oct. 14 at MIT.

Wilen-Daugenti worked in Silicon Valley firms Hewlett-Packard, Apple and Cisco Systems, while a visiting scholar at Stanford University. Her latest book, “Women Lead,” surveyed women and also conducted in-depth interviews with women on leadership.

In an interview with the Sampan, she discussed her book and research on the future of work.

“The message I do have to young women is you have many, many options,” she said. While many of the popular business books focus on advancement in a corporate environment, women today have many more options such as self-employment, entrepreneurship, small and medium businesses, franchises, public sector work and nonprofits. Every firm and opportunity has a culture and women work and nonprofits. Every firm and options such as self-employment, women today have many more opportunities,” she said. While many of the popular business books focus on advancement in a corporate environment, women today have many more options such as self-employment, entrepreneurship, small and medium businesses, franchises, public sector work and nonprofits. Every firm and opportunity has a culture and women work and nonprofits. Every firm and options such as self-employment, women today have many, many options.

Wilen-Daugenti emphasized women should take ownership of their career, and thoughtfully plan where they want to be and what they want to do. Many assume that the firm or their manager will do this for them.

“There’s interesting research in job growth and hiring, which is not at large or small firms, but young firms,” she said. “Firms which are five years and younger have many of the future job and career opportunities,” she said.

The nature of work is changing, as few jobs guarantee lifetime security. As young people today can expect to live to more than 100, their career time will double to 50 to 60 years — much longer than their parents.

“The Bureau of Labor statistics for 2012 found the average tenure of a job is 4.4 years,” Wilen-Daugenti said. “If people cycle through jobs that fast, we’re only few steps away from being an agent, even entrepreneurial. If you’re looking for a new job every four years, you will learn the skills to be employable for life.”

One promising industry is health care, which has high growth potential for its breadth of options, ranging from finance, marketing to technical positions, Wilen-Daugenti said. There are also portfolio career options where individuals can assemble a career around multiple projects.

Regardless of one’s age or gender, the workplace today has many more choices, “As a young person, entrepreneurship was not an option for me. Today it is,” Wilen-Daugenti said. “Young people can start and open a business form the smart devices using the Internet. I just think that’s fantastic.”

To find out more about Wilen-Daugenti’s work, visit her website at www.traceywilen.com.

Speaking more than one language enhances brain development, according to the latest research. Adults who speak more than one language have a lower risk of Alzheimer’s and a later onset if they are afflicted. Yet, parents worry that their children who speak a different language than English in their home may not be prepared for school.

What do we know about learning English? First, developing a child’s home language is critical for a variety of reasons. Language carries the culture of a people and connects children to their traditions and family who speak that language. Parents are a child’s first and most important teachers. Language skills developed in the home language create a foundation for the learning of a second language. Children can either learn languages sequentially or at the same time.

In the pamphlet “Bilingual Bebe, a resource guide for bilingual families and educators” funded by the Mass. Department of Early Education and Care and written by Child Care Choices of Boston, the following recommendations are made for parents:

1. Be consistent with the language you choose to speak to your child.
2. Use one language at one time and another different time. If there are two people who use two languages, have one speak one language and the other use the other language.
3. If one person is raising the child using more than one language, use one language in one location and the other in another. Another alternative is to use one language at a particular time of the day and another language at another.
4. Create opportunities for your child to use and hear the home language. Make them fun. Examples can be movies in home language suitable for children, books or cultural events where the language is used.
5. Ensure your child has exposure to both languages frequently. English is the dominant language in the culture. You will have to promote your home language to have your child keep it.
6. Speak to all children in your home in the same language.
7. Stopping usage of the home language in preference to English if it has been used in the home can disrupt language development in both languages.
8. Don’t punish children for using or not using English or the home language.
9. If possible, expose your child to both languages from birth. Children can learn many languages at once and learning a second language makes it easier to learn a third.
10. When children learn two languages either at the same time or sequentially, they have a different language development pattern. Children learning two or more languages initially learn vocabulary in two languages. When children are in an English environment for the first time and have been using a different language at home, it is normal to have a period of silence when they are learning but not using the language. It is also normal initially to mix two languages. This will smooth out with time. Acquisition of English takes time and the social oral skills come first.

There are things you can do with your child that will support literacy, no matter what language you use in your home. Make sure you both talk and listen to your child from birth. Name things in the baby’s environment.

Read to your child. Make lists of all kinds: groceries, things you will do on the weekend, what to bring to school. Label things in your child’s room. Tell stories about your life. Help your child name her feelings.

Play with your child regularly. Explore the zoo, the children’s museum and talk about the things in the world you are experiencing with your child. Children who are talked and listened to regularly develop comfort and competency in speaking and listening. Enjoy your child and try to use language to share good times. This will prepare your child to use language in life and in school.

ACTON AFFORDABLE HOUSING

The Meadows at Acton

263 Great Road

One 3 Bedroom Detached Single Family Home

Price: $181,600

For Application and Information

Email: lotteryinfo@mcohousingservices.com

Call MCO Housing Services:

(978) 456-8388

Pick Up:

Acton Town Hall, Town Clerk’s Office

Acton Public Library

1st Time Homebuyers/Assets to $75,000

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com

PUBLIC INFORMATION MEETING

7:00 p.m., Monday, October 28, 2013

Acton Town Hall — Room 204

Application Deadline

November 26, 2013

MAXIMUM ALLOWABLE INCOME

1 — $47,150  4 — $67,350

2 — $53,900  5 — $72,750

3 — $60,650  6 — $78,150

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com

October 16, 2013
BY KENNY SUI-FUNG YIM

October 16, 2013

Yin Yu Tang: A Chinese home preserved in New England

The Peabody Essex Museum is home to a rare, carefully preserved house known as the Yin Yu Tang in Salem, Mass. The house is an authentic achievement that preserves the physical memory of the Huang family of Anhui Province, whose roots can be traced back to the thirteenth century.

The household is considered representative of a lower-middle class family. As part of the merchant class, they were allocated less land than individuals from scholar-official class. They were particularly susceptible to harsh criticism during the middle of the 20th century, and suffered great reversals of fortune, as evidenced throughout the house, most notably by bedrooms converted to storage units. While compact, the house is two stories tall, evidence of how the family adapted their limited space. In contrast to the rapidly rising skyscrapers in contemporary China, this is an architectural marvel of a more modest nature spanning a bygone era.

Visitors enter in groups of approximately 15 to explore the space. They can spend a suggested time of 30 minutes inside. Visitors begin at the exterior of the building, under open skies, where the audio guide explains the minute architectural details including the style of installation for additional windows and the use of feng shui principles to call forth good omens on the house. The exposed roof slopes downward, as water was a sign of life that inhabitants hoped would flow into the household.

Life and death are interwoven in this space. Coffins, death plackets and altars to ancestors shared space with chickens and live fish that would be eaten for special occasions, such as weddings. Some rooms were dedicated to the Huang sons and new daughters married into the family, marked by the auspicious sign of “double happiness” on a wooden door.

The house is filled with historical artifacts: mah-jong tiles, wall-paper shipped from England, carved wood panels, chamber pots and lofty beds in cramped spaces. This tour of a 200-year-old house is worth experiencing in person.

Cost is $5 with museum admission ($18). Cost for youth (16 and under) is free. From 10 to 11:15 a.m. and 1:15 to 2:15 p.m. Tuesday through Friday, Yin Yu Tang is unavailable to general audiences due to scheduled school group and adult group visits.

Eagle Brook Village in Wrentham Affordable Housing Lottery

www.s-e-b.com

3BR Single Family Homes for $202,500

Your Total Monthly Housing Costs* are only $1,473 (approx.!!!)

*Total Monthly Housing Costs are the estimated sum of your 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, two 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 $78,150 (6 people)

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

For more information on the Development, the Units or the Lottery Application Process or for reasonable accommodations for persons with disabilities, please visit www.s-e-b.com or call 617-782-6900x7.

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

A Public Info Session will be on Nov 6th at 6 pm in the Sweat 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) during hours: Tues-Thur 10-8, Fri-Sat 10-5, Sun 10-4.

Grant Manor Apartments

Boston, MA

On Tuesday, October 22, 2013 beginning at 9:30 A.M., Grant Manor Apartments located at 1812 Washington Street, Boston MA 02118 will re-open the waitlist for 1 bedroom units, as well as for 1,2,3 and 4 bedroom handicap accessible apartments. The waitlist will close on Friday, November 22, 2013 at 4:30 P.M.

Applications can be picked up at the Management office located at 1812 Washington Street, Boston MA 02118 during normal business hours M-F 8:30 am to 5:00 pm, or you may request to have an application mailed by calling 617-445-0077.

Grants Manor is a Low Income Housing Tax Credit Development subsidized under the federal Section 8 Program and subject to IRS Code Section 42 in addition to other eligibility criteria. In order to be eligible, your total family income must be below the following HUD income limits:

HUD Income Limits

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<th>2</th>
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A Apartments at Grant Manor are available on an Open Occupancy Basis all applications will be used to establish a waitlist in accordance with the Tenant Selection Plan. Rents are based on 30% of adjusted monthly income for eligible families.

AFFORDABLE HOUSING OPPORTUNITY

Managed by: Trinity Management, LLC.
75 Federal St. Fourth Floor, Boston, MA 02110
It was late on a school night — 3 a.m. — and Tracy’s 17-year-old son, Jason, was still playing video games. The family had uprooted from Hong Kong to move here a few years ago, and Jason had become angry and withdrawn. When he wasn’t arguing with his mother or brother, he would retreat into endless video games.

Tracy had arrived with such big hopes for her boys — a shot at one of New York City’s top public high schools, a chance for college. But making a new life in Queens was tougher than she had imagined. “Life is very hard here; to get used to the new environment, the economic problems,” she said. While her husband remained in Hong Kong, she got up to work at an office job and then came home to take care of her children like a single mom.

Her younger son had adjusted smoothly, but not Jason. “I thought he was being rebellious,” she said. But eventually, Tracy learned the truth: Jason was deeply depressed.

Depression in Asian American teens is a problem that few people glimpse, let alone imagine. But it’s a reality — a painful one that’s often obscured by stigma, misinformation, and shame.

Jason’s social worker, Chi-Kit Ho, described him as a withdrawn teen who was being rebellious, “I thought he was not Jason,” she said. “I thought he would be rebellious, but not Jason. ‘I thought he would be rebellious, but not Jason.’”

Make no mistake: most Asian American teens are emotionally healthy and thriving. But government statistics suggest that a substantial number struggle emotionally. Among Asian American high school students, 29 percent have reported feeling “sad or hopeless” for at least two weeks in a row during the past year, enough to interfere with their daily lives, according to a recent national youth survey conducted by the Centers for Disease Control and Prevention.

That figure is slightly lower than that of teens from all racial groups, 28 percent. With suicidal thoughts, the gap widens. When the CDC asked Asian American students if they had seriously considered suicide during the past year, 19 percent answered yes, compared to 16 percent of all high school students. About 4 percent of Asian American teens reported a suicide attempt within the past year that required medical attention, compared to 2 percent of all students.

Once a virtual shut-in, Jason has begun to recover. He’s back in school and hopes to still be able to go to college, Tracy said. Even though he still has trouble making friendships, he has developed an online social group by publishing his fictional stories on the Internet.

Parents and caregivers can help protect children and improve their health. Here are a few simple steps:

• Do not allow anyone to smoke near your child, especially in your home or car. Opening a window does not protect your young child from smoke.

• Do not take your child to restaurants or other indoor public places that allow smoking.

• Teach your children to stay away from secondhand smoke.

• If you’re a smoker or know one, you can double the chances of successfull quitting by calling the Asian Smokers’ Quitline, a free nationwide program for Chinese, Korean and Vietnamese smokers who want to quit. The Asian Smokers’ Quitline is available Monday through Friday from 8 a.m. to 9 p.m., Pacific Time.

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 brgldawson@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, 7:00 p.m. at the Medford Public Library.

Asian American teens with depression

It’s back to school time but some students may have serious health issues that hinder them from attending regularly. Studies have shown that older children living with smokers are sick more often, resulting in more absences from school. Their lungs grow less than children who do not breathe secondhand smoke, and they are more prone to getting bronchitis and pneumonia.

“We want to encourage all smokers, especially those who are parents, to quit, not only for their own health, but for their children’s health and future success,” said Joann Lee, physician and project manager of the Asian Smokers’ Quitline. “Secondhand smoke can cause serious health problems in children. It can result in more frequent and severe asthma attacks, as well as ear and respiratory infections.”

Secondhand smoke can damage a person’s lungs, which can lead to long-term breathing problems. Kids with asthma who are exposed to secondhand smoke sometimes experience more flare-ups, are more likely to go to the emergency room because of severe asthma attacks; more likely to miss school; more likely to need asthma medication; and will have more difficulty in controlling their asthma overall.”

According to the Centers for Disease Control and Prevention, secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. It contains more than 7,000 chemicals, of which hundreds are toxic, and about 70 can cause cancer.
The film “Girl Rising” was shown on Oct. 4 by the Women’s Forum of the United Nations Association of Boston at the Massachusetts Continuing Legal Education auditorium in Boston. The event was held to celebrate the International Day of the Girl, Oct. 11, and to support two important campaigns: Girl Rising and Girl Up.

Girl Rising is an international campaign focused on raising awareness of the importance of education for girls and the difficulty many girls and women have in getting even basic education in many developing countries. The campaign centers on the film “Girl Rising.” This film tells the stories of nine girls in a variety of countries who have had to struggle for their right to education. In some cases, such as the case of Amina from Afghanistan, they are still struggling. For many years in Afghanistan, girls were forbidden to go to school. However, Amina was able to learn to read and write, thanks to the work of a volunteer teacher. Unfortu-

nately she had to stop her schooling when she was married at age 11. Early marriage, or the threat of early marriage, is one of the biggest challenges for many of the girls.

The courage and determination that the girls showed in the film was truly inspiring. It was also impressive to see the members of the Acton chapter of Girl Up taking part in the evening. Girl Up is part of the United Nations Foundation. It offers girls in the United States the opportunity to become involved in their communities by raising awareness and funds for programs that help other adolescent girls in developing countries.

Founder and current member of Acton’s R.J. Grey Junior High School Girl Up club Katrina Sousounis introduced the film.

The whole night was moving. After the film, there was a performance by Women of the World, a musical group of women from all different countries. The Girl Up club raised money for their group through a raffle and all proceeds from the tickets went to the Girl Rising foundation.

For more information, please visit www.girlrising.com.

Study links moderate activity to lower breast cancer risk

SUBMITTED BY THE AMERICAN CANCER SOCIETY

A large American Cancer Society study released Oct. 4 adds to increasing evidence that physical activity reduces the risk of breast cancer in postmeno-

pausal women. Researchers say moder-

ate recreational activity was associated with a 14 percent lower risk of breast cancer compared to women who were active at the lowest level.

A large body of evidence shows that women taking part in regular physical ac-

tivity have an approximately 25 percent lower risk of breast cancer compared to the most inactive. But still unclear are issues such as whether moderate inten-

sity activity, like walking, has a benefit in the absence of vigorous exercise. Also unclear is whether the association differs based on tumor features, such as hormone receptor status, or by individual factors such as a woman’s body mass in-

dex, weight status and use of postmeno-

pausal hormones.

To learn more, American Cancer So-

ciety researchers led by Alpa Patel com-
pared exercise and breast cancer status in 73,615 postmenopausal women taking part in the CPS-II Nutrition Cohort, a prospective study of cancer incidence established by the American Cancer Society in 1992. During the 17-year study, 4,760 women in the study were diag-

nosed with breast cancer.

About one in 10 (9.2 percent) women reported no recreational physical activity at the beginning of the study. Among those who were active, the average expenditure was equivalent to 3.5 hours per week of moderately-paced walking. Physically active women engaged pri-

marily in moderate intensity activities, like walking, aerobic exercise and dancing rather than vigorous-intensity activi-

ties like running, swimming and tennis. Among all women, 47 percent reported walking as their only recreational activity.

Physically active women tended to be leaner, more likely to maintain or lose weight during adulthood, more likely to drink alcohol, and less likely to currently smoke. They were also more likely to use postmenopausal hormone therapy and to have had a mammogram in the past year.

Among those who reported walking 60 percent of women report some daily walking, promoting walking as a healthy leisure-time activity could be an effec-

tive strategy for increasing physical ac-

tivity among postmenopausal women,” Patel added.

Alpa Patel, strategic director of the Cancer Prevention Study II for the American Cancer Society. (Image courtesy of the ACS.)

As their only activity, those who walked one to 10 (9.2 percent) of their total weekly minutes of moderate-intensity activity had a 25 percent lower risk of breast cancer compared to those who walked three or fewer hours per week. Consistent with most prior studies, the most active women had 25 percent lower risk of breast cancer than the least active. The associations did not differ by hormone receptor status, BMI, weight gain or postmenopausal hormone use. Also, sitting time was not associated with risk.

“Our results clearly support an as-

sociation between physical activity and postmenopausal breast cancer, with more vigorous activity having a stron-
ger effect,” Patel said. “Our findings are particularly relevant, as people struggle with conflicting information about how much activity they need to stay healthy.”

Without any other recreational physical activities, walking on average of at least one hour per day was associated with a modestly lower risk of breast cancer. More strenuous and longer activities lowered the risk even more.”

Current guidelines recommend adults get at least two-and-a-half hours per week of moderate-intensity activity, or 75 minutes per week of vigorous-intensity aerobic activity for overall health. But studies indicate less than half of U.S. adult women are active at these minimum levels. “Given that more than 60 percent of women report some daily walking, promoting walking as a healthy leisure-time activity could be an effec-
tive strategy for increasing physical ac-

tivity among postmenopausal women,” Patel added.
CelebrAsians: Cancer survivors model fashion for charity

BY LAN NGUYEN

Asian Breast Cancer Project in 2010. By November 2012, the success and overwhelming support from the Asian Breast Cancer Project expanded into Asian Women for Health. This peer-led, community-based network sought to advance Asian women’s health through education, advocacy and support.

The night started out with a reception catered by Tantric Indian Bistro, Snappy Sushi and Café Tango. Attendees were treated to a colorful scarf, a gift certificate to a Shiodeso facial, complimentary light makeup from Shiodeso and a hand massage.

The fashion show featured 17 Asian cancer survivors wearing beautiful clothing and jewelry by Shelley Chhabra, Avni Trivedi, Philip and Anh from Philip Sawyer, Soodee and Qingjian Shi from SparkleBop Boston.

Before the models walked the runway, emcee Lola Tom would tell their story from their diagnosis of cancer to their life today. Designer Chhabra dedicated her collection to Rita Tuli, a close family friend who lost her fight to cancer last June. In between gabs about the models’ survival stories and the applause and cheers that erupted, raffle prizes were presented.

Asian Women for Health received two citation awards from Boston Mayor Thomas Menino and Somerville Mayor Joseph Curtatone for its dedication and service to the Asian community.

By Heideman’s account, the purpose behind the benefit fashion show, Runway, was to honor Asian Breast Cancer Project in 2010. By

Surface Tension brings visual arts to Boston

BY HAO LU

The Surface Tension exhibit at Simmons College will be on display until Nov. 7. (Images courtesy of Sand T Kalloch and Susan Heideman.)

Surface Tension, an exhibition of mixed media and paintings by Susan Heideman and Sand T Kalloch, was presented by Simmons College at the Trustman Art Gallery.

The two artists are particularly interested in making people notice the surface of their images. While Heideman painted on ragged surfaces, deconstructing monotypes, ripping apart and sewing or gluing the pieces together, Kalloch used a combination of ultraviolet light-resistant epoxy resin, graphite and acrylic paint on archival tempered wood or acrylic glass panels.

“I started this series in 2007,” said Kalloch. One day, when working on another art piece, she accidentally dropped some resin on the colored paper. She found the dried droplets to be very beautiful, and decided to make them into a series called “lines+droplets.”

Born in Malaysia, Kalloch received her master’s degree in fine arts from Tufts University and the School of the Museum of Fine Arts. She is now an award-winning artist working full-time creating mixed-media art objects from her studio in Malden.

Apart from “lines+droplets,” she is working on other projects such as quiet, field, recorded silence, stillness in motion, abstract landscapes, and “time-space-energy.”

The process of creating the “lines+droplets” series was a time-consuming affair in a controlled environment.

There are many layers contained in one piece. The colored panels, lines and dots are separated by resin in different layers. Each layer requires time and attention to details.

“There cannot be any dust in the exhibition room. We also need to make sure that the environment is neither too dry nor too wet, and that the temperature is at the exact degree we want. Everything needs to be perfect, or it will do harm to the art pieces,” Kalloch said.

Surface Tension will be exhibited from Oct. 7 to Nov. 7 at the Trustman Art Gallery. The gallery is free, open to the public and wheelchair accessible.

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Restaurant review: New Shanghai

BY LING-MEI WONG

Spice lovers, take note: New Shanghai is your home away from home. An enormous cluster of fiery chilies adorns one wall, while Zagat awards and many “Best of Boston” rankings line another. It specializes in Szechuan dishes from southern China and Peking dishes from the north, with a dedicated chef for each cuisine. The result is authentic dishes that keep regulars coming back for a taste of home.

New Shanghai makes sure its seasonings and sauces come straight from Sichuan, but adjust the flavors for freshness. It uses Sichuan chilies that are dried and preserved, then beaten into chili sauces or combined with other spices.

The Chung Du spicy chicken ($11.95) has a generous helping of dried chilies over fried chicken and sliced green peppers. Each bite of battered chicken was full of flavor and crunch, without being greasy. The heat from the chilies tingles the tongue pleasantly without numbing your senses completely.

A Szechuan signature dish is ox tendon and tripe with chili sauce ($7.95), literally translated as “lung slices made by the married couple.” Wafer-thin slices of marinated beef, tendons and other organs were sold on the streets of Cheng Du with a generous helping of cilantro, garlic and chili oil, as the organ meats and lungs were cheaper. This cold-cut appetizer is tricky to prepare, as the meat must be tender and juicy. New Shanghai’s version hits all the right notes.

Not all Sichuan dishes are hot. Cucumber with minced scallion sauce ($4.95) was crisp and refreshing. The cucumbers are not quite as sour as pickles, but have been marinated in the scallion sauce for a light contrast to the spicy chicken and beef. It has a subtle flavor that is fresh and sweet.

New Shanghai’s Szechuan offerings are truly unique among Chinatown’s Cantonese cuisine. As temperatures start to drop, its fiery dishes are the perfect way to heat things up.

Please note this was an arranged tasting.

(Left) Chung Du spicy chicken. (Top right) Ox tendon and tripe with chili sauce. (Bottom right) Cucumber. (Images courtesy of Ling-Mei Wong.)

Boston native and TV host Tommy MacDonald visits Josiah Quincy Elementary School

BY LING-MEI WONG

Dorchester native and TV host Tommy MacDonald or “Tommy Mac” gave a presentation at the Josiah Quincy Elementary School on Oct. 16. MacDonald stars in “Rough Cut,” a WGBH show about woodworking.

Fourth graders in Phil Amara’s class and K2 students of Denis Kelly and Pam Sullivan learned about everyday items that came from trees and proper forestry techniques.

“Forestry in the United States replants every tree that gets cut down,” MacDonald said. “We don’t waste trees, we use every part of the tree.”

MacDonald started making YouTube videos and landed his own TV show, which is now in its fourth season. He encouraged the students to pursue their dreams. “You guys are so young, you can do anything,” he said.

The fourth graders will practice persuasive writing and incorporate the forestry vocabulary for a science lesson later, Amara said.

Each student received a T-shirt, ruler and box of pencils after the presentation.

Tommy MacDonald, host of PBS show “Rough Cut,” grins with Josiah Quincy Elementary School K2 students in Denis Kelly and Pam Sullivan’s class. (Image courtesy of Ling-Mei Wong.)