Mayor Walsh announces new projects in Chinatown

BY THE OFFICE OF MAYOR MARTIN J. WALSH

The Boston City Council and Mayor Marty Walsh recently approved two capital projects in Chinatown as part of the City’s Fiscal Year 2016 (FY16) budget. The City’s FY16-FY20 Five Year Capital Plan was approved in conjunction with the City’s FY16 operating budget. The Capital Plan is a flexible tool that allows the City to identify long-term goals and investments in infrastructure (roads, bridges, sidewalks and parks), buildings, equipment and technology. Projects in the Capital Plan are implemented over a multiyear period and go through several phases including study, design and construction/implementation.

In Chinatown, the following projects are in different phases within the Capital Plan process:

- **Liberty Tree:** $130,000 to restore this passive park including brick paving and other site improvements.
- **Tai Tung Park:** $100,000 for general park refurbishment and installation of new safety surfacing.

Walsh recently signed the FY16 operating budget that was approved by the Boston City Council. The FY16 budget provides the resources necessary to promote the Walsh Administration’s vision of a thriving, healthy and innovative Boston. The budget prioritizes investments in education, youth summer jobs, affordable housing, park improvements, basic city services, increasing diversity within city agencies and combating substance abuse.

The $2.86 billion budget provides funding to support reinstating the police cadet program as part of a multifaceted effort to boost diversity, both in the Boston Police Department and throughout the City’s workforce. Many of the City’s successful law enforcement officials have come through this program, including Commissioner William Evans and Chief William Gross. They will work closely with Chief Diversity Officer Shaan Blugh to ensure the cadet program is run fairly and effectively. The FY16 budget also includes funding for a dedicated position focused on diversity within the Boston Fire Department, which will assist in recruiting a diverse pool of firefighter candidates.

Chinatown Main Street festival celebrates community

BY THE SAMPAN EDITORIAL TEAM

The Chinatown Main Street festival took place June 27 in downtown Boston. Lion dances, martial arts, Asian dance and crafts were among the attractions at the 12th annual Chinatown Main Street Festival.

It also featured:
- Vendor booths
- Chinese folk dance
- Martial arts performances
- Lion dances
- Vendor booths
- Arts and crafts

For more information about Chinatown Main Street, visit http://chinatownmainstreet.org/.

**HIGHLIGHTS**

Gov. Baker reflects on track record in office PAGE 4

Restaurant review: Ogawa Coffee PAGE 12

轟轟新聞

州長貝克回顧執政記錄

中文第四版

餐聽指南：小川咖啡

中文第七版
Job Fair

Wednesday
July 22

10AM - 3PM
Curry Student Center Ballroom
360 Huntington Avenue, Boston, MA
(Access via Green/Orange Line – Limited Parking)

Come and Meet Top Local Employers and Training Organizations including:

Thom Carlson, Inc.
Vanguard Parking & General Services
Collegiate Press
Rebecca’s Café
Novitex Business Solutions
ADM Onsite Services, Inc.
Coca Cola
Allied Barton
Staples
Roxbury Technology
Turner Construction Company

Tishman Construction Corp. of MA
JK Blackstone Construction Corp.
Lee Kennedy Co., Inc.
Elaine Construction
Chartwells Food Services
Barnes and Noble College Bookstores
Dunkin Donuts
LAZ Parking, Inc.
Northeastern – Human Resources Management
Suffolk Construction

ABC Movers
Structure Tone, Inc.
Gilbane Building Company
Shawmut Design and Construction
Olympic Movers
Operation ABLE
YMCA Training, Inc.
Boston Career Link
July 10, 2015

Sampan

EVENTS

COMIC

EMPTYBAMBOOGIRL

THE MUNDAE & SLIMBLE ADVENTURES OF A 30-SOMETHING GIRL NAMED AH-LINE

BY LILIANA CHOW

07.10.15

Event Calendar

BCNQ Quincy summer youth programs
July 10 to August 14
716 Columbus Avenue
Chinatown Gate
Taiwan President Ma Ying-Jeou will visit Chinatown.
Clean Up Chinatown Committee meeting
Tuesday, July 14
1 p.m.
87 Tyler Street
Boston, MA 02111
The Clean Up Chinatown Committee meeting will take place at the Asian American Civic Association, 5F.
Free tai chi classes
Tuesday, July 14
10 to 11 a.m.
Symphony Park
Edgery Road and Norwell Street
Boston, MA 02115
The Friends of Symphony Park will hold tai chi classes with Sifu Huan Zhang at Symphony Park in the Fenway. In event of rain, classes will be held indoors at 100 Norwell Street.
Attending job fairs workshop
Tuesday, July 14
10 a.m. to 11:30 a.m.
716 Columbus Avenue
Boston, MA 02115
A workshop on attending job fairs will be held at the 6F Alumni Center of Northeastern University. Register by July 10 at http://attend.com/NEU-JobFairWorkshop. For questions, call (617) 373-5291.
Resume 1 workshop
Tuesday, July 14
3 p.m. to 4:30 p.m.
716 Columbus Avenue
Boston, MA 02115
A Resume 1 workshop will be held at the 6F Alumni Center of Northeastern University. Register by July 10 at http://attend.com/NEU-Resume-1Workshop.
Free yoga classes
Thursday, July 16
10 a.m. to 11:30 a.m.
716 Columbus Avenue
Boston, MA 02115
Yoga instructors will provide flow movements for people of all levels.
Interview preparation workshop
Friday, July 17
10 a.m. to 11:30 a.m.
716 Columbus Avenue
Boston, MA 02115
An interview preparation workshop will be held at the 6F Alumni Center of Northeastern University. Register by July 15 at http://attend.com/NEU-InterviewWorkshop.
Summer Chill Mixer
Saturday, July 18
6 p.m. to 10 p.m.
200 Stuart Street
Boston, MA 02116
The Alfinny Leadership Consortium will host the Alfinny Leadership Consortium annual mixer. RSVP by email cch@asianwomensforhealth.org.
Community job fair
Wednesday, July 22
10 a.m. to 3 p.m.
360 Huntington Avenue
Boston, MA 02115
A community job fair will be held at the Curry Student Center Ballroom of Northeastern University. Come and meet top local employers and training organizations. Accessible on the Green and Orange lines, with limited parking.
Computer workshop
Wednesday, July 25
9:30 a.m. to 12:30 p.m.
38 Ash Street
Boston, MA 02111
Tech Goes Home in BCNQ teaches basic computer skills. After completion of all classes, individuals can buy an Acer 710 Chromebook for $50. Boston residents only. Register with Wenjun Zhang at (617) 635-5129 x. 1039, email wenjun.zhang@bcnc.net or fax (617) 292-6599.
Free monthly legal clinic Monday, July 27
6 to 8 p.m.
1509 Hancock Street
Suite 209
Quincy, MA 02169
Quincy Asian Resource
es, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. For more information, please visit www.quincycitizen sources.org or call (617) 472-2200.
Naturalization workshop Monday, July 27
1 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association naturalization workshop provides free instruction on filing naturalization applications, translated study material and much more. Please register with Melody Tsang at (617) 426-9492 x. 0 or melodyt@ aaca-boston.org.

WIC Nutritionist/Program Coordinator Needed
South Cove Community Health Center, located in Boston, MA, has opened for WIC Nutritionist/Program Coordinator (#360989). Please see www.scchc.org for job duties and requirements. Please reference job # when mailing resumes to HR, South Cove Community Health Center, 145 South Street, Boston, MA 02111.

SAMPAN
A Publication of the ACA
www.sampan.org
87 Tyler Street
Boston, MA 02111
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SAMPAN is New England’s only bimonthly bilingual English-Chinese newspaper. It is nonprofit and nonpartisan. Founded in 1972, SAMPAN is published by the Asian American Civic Association. SAMPAN is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: $45/year (1st class mail); $35/year (3rd class mail).

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THE MUNDAE & SLIMBLE ADVENTURES OF A 30-SOMETHING GIRL NAMED AH-LINE

BY LILIANA CHOW

07.10.15

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Fax: (617) 422-2116
Email: Ling-Mei Wong
lingmeiwong@sampan.org

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Gov. Baker reflects on track record in office

BY LING-MEI WONG

Gov. Charlie Baker hosted ethnic media representatives on June 19 at the Statehouse. (Image courtesy of Ling-Mei Wong.)


Baker talked about his work on infrastructure, with added funding for winter preparedness after record-breaking snowfall. A total of $63 million was approved to upgrade the Massachusetts Bay Transportation Authority (MBTA) equipment for heating the MBTA’s electric third rails, snow removal and power generation.

“Next winter will be much better than this one,” Baker said.

Boston direct flights

Baker praised the Massachusetts Port Authority (Massport) for its efforts to bring more direct flights to Boston’s Logan Airport, including Hainan Airlines’ service to Shanghai launching on June 20 and Cathay Pacific’s service to Hong Kong in May. Hainan added service to Beijing last year, bringing Boston’s number of nonstop international and domestic destinations to more than 100.

“Partnerships like this are terrific for Massachusetts,” Baker said in a prepared statement from Massport. “By gaining new international flights, the Commonwealth is able to compete for more international business opportunities and travel options for our citizens, stimulating economic growth across the region.”

Boston is the largest U.S.-Shanghai air travel market without nonstop service, and Shanghai is Boston’s largest unserved international market, with more than 76,000 passengers travelling between the two cities last year, said Massport in a prepared statement. The total Boston-Shanghai air travel market has grown 48 percent since 2010, and is expected to grow more as a result of the nonstop service. Since May, Boston to Beijing service on Hainan Airlines has operated daily.

Asian American discrimination

Baker said he was unaware of the Asian American discrimination case against Harvard University, which is a federal lawsuit brought by more than 60 Asian American groups representing Chinese, Korean and Indian individuals. It was dismissed July 7 for being similar to another case filed in 2014.

“I don’t support any institution that discriminates against anybody, especially for something as important as admission,” he said. Baker added he would address concerns to the higher education community.

Jobs

Baker is looking at federal funds from the Workforce Innovation and Opportunity Act for workforce training in Massachusetts. He has met with employers and career centers to discuss what job markets lack trained workers.

“I want this to be demand-driven process,” Baker said. “The training needs to be consistent with what employers are looking for.”

In March, Baker created a task force for the chronically unemployed, including African Americans, Hispanic or Latino Americans, persons with disabilities and recently returned veterans. As of December 2014, these groups continued to experience higher than average rates of unemployment — ranging from 7 percent to 12 percent — both nationally and in Massachusetts as compared to the overall national average rate of 6.2 percent and the Massachusetts average rate of 5.8 percent as reported by the United States Department of Labor, according to Executive Order No. 561.

“We need to think different on how reach out to those folks to participate more fully in the workforce,” Baker said.

Community college to offer advanced English class in Chinatown

BY THE ASIAN AMERICAN CIVIC ASSOCIATION

The Asian American Civic Association (AACA) signed a memorandum of agreement with Bunker Hill Community College to offer an accelerated college English class at AACA in September. The new Bunker Hill class builds on AACA’s continuum of 10 levels of English classes, preparation for college and job training.

Richard Goldberg, AACA director of education, said, “This will help students move more quickly into credit-bearing college courses, and offering it at AACA will be convenient not only for current and former AACA students but also for other students who are studying elsewhere in Chinatown or working in downtown Boston.”

Bunker Hill president Pam Eddinger, whose early support for a class at AACA was crucial, said, “We are so pleased to partner with AACA to serve our local community closer to home. College opens up a new world of possibilities for work and advancement. This accelerated English class will be the first of many opportunities to come.”

The English 095/111 class will allow students who place at the 095 Developmental English level to take Bunker Hill’s English 095 and English 111 at the same time and earn six credits, three of which will be used toward a degree or certificate. The class will be held Tuesdays and Thursdays at AACA from 11 a.m. to 2 p.m. for the fall 2015 semester.

Students interested in registering for this class must apply to Bunker Hill, take the Accuplacer test and place at the 095 English level. To register, please visit www.bhcc.mass.edu.

Chinatown July meeting roundup: CRA, TCC

BY LING-MEI WONG

The Chinatown Resident Association (CRA) met on July 1, while the Chinatown Coalition (TCC) met on July 9.

The CRA met at the Josiah Quincy School. It heard updates on the Women, Infants, and Children program and Senior Whole Health insurance changes. TCC met at the Boston Chinatown Neighborhood Center. Chinatown Main Street gave an update, along with the Clean Up Chinatown Committee with Boston Public Works. The Mass. Asian American Commission’s new executive director Bora Chiemruem spoke to attendees.

The Chinese Youth Initiative gave a presentation on a Chinatown library.
South Cove Manor June seminar examines COPD and senior nutrition

BY SOUTH COVE MANOR NURSING AND REHABILITATION CENTER

Dr. Imrana Qawi of Tufts Medical Center spoke to seniors about chronic obstructive pulmonary disease on June 25 at Mass Pike Towers. (Image courtesy of South Cove Manor.)

South Cove Manor Nursing and Rehabilitation Center (South Cove Manor) held a monthly breakfast seminar for seniors on June 25 at the Mass Pike Towers community room.

Dr. Imrana Qawi, assistant professor of medicine at Tufts Medical Center, spoke about chronic obstructive pulmonary disease (COPD) and how to breathe better. Nutritionist Wailing Balsley talked about smart aging through proper nutrition.

What is COPD?

It is the fourth leading cause of death. It kills more than 120,000 people per year and is the second leading cause of disability.

Smoking, age, exposure to second-hand smoke, occupational exposure to fumes or dust, exposure to indoor and outdoor pollution are the top five factors that increase risk of COPD.

COPD is diagnosed by a pulmonary function test. Individuals can talk with their doctors, take a spirometry breathing test and be honest with your doctor about your smoking history.

Symptoms of COPD include coughing, shortness of breath, excess sputum or phlegm, feeling like you can’t breathe and wheezing.

Other medical problems which COPD can cause include collapsed lung, heart problems and large holes in the lung (pneumothorax).

Smart aging through proper nutrition

As the body experiences aging, several things take place. The metabolism slows down, while muscle and bone mass decreases. Less saliva and stomach acid is produced. Finally, changes take place in taste, smell and appetite.

The body requires fewer calories, depending on the individual’s age, gender and activity level. There is a focus on nutrient-rich foods and older adults have unique nutritional needs.

Marion Village Estates

理想的場所・極高的價值・無菸社區

申請表可在Marion Village Estates, C/O Ledgewood Commons Management Office, 3 Ledgewood Blvd, North Dartmouth, MA 02747 （週一至週五，上午9點至下午5點）領取或致電出租辦公室3509-955-0333 US Relay 711。

想了解更多資訊或者如果你或你的家人有殘疾或有限的通訊能力，並且導致需要幫助來完成申請表和/或者在申請過程中需要任何幫助，請致電出租辦公室509-955-0333 US Relay 711。

**Units Type Rent HH # Income Limit**

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<th>4 $52,560</th>
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**Desirable Location • Exceptional Value • Smoke Free Community**

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患者或其家屬如果需要幫助來申請表以及/或者在申請過程中需要任何幫助，可致電出租辦公室509-955-0333 US Relay 711。

**Maximum Annual Income Limits**

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**轉租戶需有收入，非低收入戶者需申請表中有適當的資助金額。**
Chinatown crime blotter for June 13 to July 10

All reports are submitted by the Boston Police Department. The time period is from June 13 to July 10 for District A-1, which includes Chinatown.

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

Drugs
June 13, 7 p.m.: The three suspects will be summoned in to court for violating the drug laws on Harrison Avenue.

Trespassing
June 14, 1:44 a.m.: The suspect was arrested on Hudson Street on a charge of trespassing. He was observed sitting on a park bench at a time when the park was closed.

Violation of auto laws
June 14, 2:39 a.m.: The suspect was arrested on Essex Street for driving a motor vehicle with a revoked license.

Trespassing
June 15, 10:40 a.m.: The suspect was arrested on Washington Street on a trespassing charge. He was sleeping inside of the store and he refused to leave after he was told to leave.

Drugs
June 15, 6:30 p.m.: The three suspects were arrested on LaGrange Street on a drug offense. They were observed sitting on a park bench at a time when the park was closed.

Violation of auto laws
June 16, 3:19 a.m.: The suspect was arrested on Essex Street for a report of an assault and battery. Upon arrival, the officer met with the victim. He stated that an unknown black female pushed the elderly victim to the ground, causing a serious head injury. The victim transported to Tufts Medical Center for treatment. The suspect was later located and placed under arrest.

Robbery
July 9, 3:19 a.m.: The officers responded to Essex Street on a report of a robbery in progress. Upon arrival, the officers met with the victim. He stated that he was robbed by three to four unknown black males. One of the suspects punched him in the face and took his iPhone 6. The victim transported to hospital for treatment of a busted lip. The officers searched the area for suspects.

Assault and battery with a deadly weapon
July 8, 7:30 a.m.: The officer responded to Essex Street on a report of an assault and battery. Upon arrival, the officer met with the victim. He informed him that an unknown male punched the victim in the head, causing serious injury. The victim transported to Tufts Medical Center for treatment. The suspect was later located and placed under arrest.

Classifieds

Wellfleet Apartments
Fred Bell Way, Wellfleet, MA
“Now accepting applications”

Wellfleet Apartments, developed and operated by the Community Development Partnership is a 12-unit rental community consisting of one, two and three bedroom apartments designed for family households.

Wellfleet Apartments are currently fully occupied; however, a waiting list has been established. Applications are accepted on a first come, first served basis. Wellfleet Apartments are subsidized by the U.S. Department of Agriculture’s Rural Housing Service, Barnstable County HOME Funds and MA Department of Housing and Community Development HOME funds.

Residents pay a designated percentage of their income for rent. The first priority for occupancy is provided to eligible household applicants whose family income is 50% or less of the established median family income for the area as follows:

Household Size Income Limits
Household Size Income Limits
1 person $30,650
2 persons $35,000
3 persons $39,400
4 persons $43,750
5 persons $47,250
6 persons $50,900
7 persons $54,400
8 persons $57,900

If there are an insufficient number of eligible household applicants whose income is 50% or less than the established median family income of the area, second priority is provided to eligible household applicants whose family income does not exceed 80% of the established median family income for the area as follows:

Household Size Income Limits
Household Size Income Limits
1 person $46,100
2 persons $52,650
3 persons $59,200
4 persons $65,800
5 persons $71,100
6 persons $76,700
7 persons $82,500
8 persons $88,300

For applications and information, contact:
Community Development Partnership
3 Main Street Mercantile, Unit 7
Eastham, MA 02642
508-240-7873/1-800-220-6202/ext. 17

“This institution is an equal opportunity employer and provider.”

State gives two-month extension to Solarize Quincy

Solarize Quincy, the state- and city-sponsored program that provides discounted solar panels to Quincy residents and small businesses, has been extended beyond its original deadline to August 31. This gives residents and business owners two extra months to have their property assessed for solar. The Massachusetts Clean Energy Center and the Department of Energy Resources elected to extend the program both because of high demand in the community and the historic levels of snow in February and March that delayed the start of the program, according to the Clean Energy Center.

As of June 30, the program’s old deadline, 61 contracts had been signed, for a total of 330 kilowatts of solar panels, said Rebecca McWilliams, lead volunteer for Solarize Quincy. “There was a huge increase in program participation as we approached the original deadline. We gained over 100 kilowatts of electricity based on the contracts signed in just a little over a week,” McWilliams said. “The word on the street is that solar is a wise financial decision for your home or business. The Solarize Quincy program offers deep discounts, value, and quality panels.”

Because of the extension, Quincy Climate Action Network members volunteering for Solarize will continue attending public events in the hope of signing up more residents for solar assessments, said David Reich, QCAN’s board chair. “QCAN has been the heart and soul of Solarize Quincy, providing the vast bulk of our hard-working volunteers,” McWilliams said.

Now that the program has been given two more months of breathing room, Quincy will likely reach the goal of adding over 400 kilowatts of solar capacity to its rooftops, said Dan Barnett, residential sales manager for Solar Flair, the exclusive installer for Solarize Quincy. If Barnett’s prediction is borne out, Solar Flair will award a free 5 kilowatt solar installation to a nonprofit. To qualify, the nonprofit must own property in Quincy, and SolarFlair must determine that the property will work for solar, based on aspects like shading and orientation.

The winner of the free solar installation will be selected by lottery from among qualifying applicants.

So far, three nonprofits have been nominated to get the free solar panels, said McWilliams. To nominate a nonprofit, go to solarizequincy.wwply.com and click on “Tier 6” at the top of the homepage.

To have a free solar assessment of your house or business, go to the homepage and click on the “Interested” tab.

Learn Chinese

What time is it?

現在幾點了?

xiànzài jǐ diǎnlè

NEWTON, “T” to work from Arborpoint at Woodland Station & save $$$.

Arborpoint
APARTMENTS • WOODLAND STATION

xiànzài jǐ diǎnlè
How to find a job: Professional writing

BY CYNDY CHAPIN, ASIAN AMERICAN CIVIC ASSOCIATION DIRECTOR OF EMPLOYMENT SERVICES

Many immigrants find it difficult to navigate the job market in the United States. Once you have conquered the English language for daily use, you soon realize that you have to learn a whole new language to be successful at finding employment.

The following tips and suggestions are based on the three “P’s” — Perception, Presentation and Professionalism — and are designed to make the job hunting process just a little easier for all job seekers; following these tips may even lead you to that coveted dream job!

Perception, presentation and professionalism are everything, whether it is your résumé, cover letter, clothing, interview skills or demeanor. Presentation must be spot on. Think of job hunting as a must be consistent and professional. Customer service, and I bring a unique skill set to this position with my ability to speak, read and write English, Mandarin and Cantonese.” Tailor this section to your special skills and language.

The final paragraph should be a closing statement asking to be considered for the position. This is also the place to talk about references. It is acceptable and good practice to write in your cover letter that you can provide excellent references, but only if this is true.

For both your résumé and cover letter, keep in mind the three “P’s” that should govern your job search. And don’t forget the three “P’s” for our next article about interview tips.
Getting your asthma controlled

BY DR. WEIHONG ZHENG AND DR. JOHN OHMAN

What is asthma?
Asthma is a narrowing of the tubes that go into your lungs. These bronchial tubes provide the oxygen that your body needs. These bronchial tubes get narrowed when they are swollen or when the muscles around the tubes tighten. A lot of mucus in the tubes also prevents the air from getting in. Asthma can be very mild in some people and very severe in others. It can come and go suddenly sometimes and at other times stay severe in others. It can come and go suddenly sometimes and at other times stay severe in others. It can come and go suddenly sometimes and at other times stay severe in others.

Who gets asthma?
Asthma comes on at all ages. In the United States, more than 25 million people have asthma and about 7 million of these people are children. Asthma tends to run in families.

What brings on asthma?
• Particles you breathe in that cause an allergic reaction: pollen, dust mite, mold, animal dander
• Things that irritate your lungs: Odors, air pollution especially in hot weather, smoke
• Exercise
• Laying down at night
• Acid indigestion
• Getting a cold or viral infection
• Less often something in a food you eat, an insect sting or getting very upset

How does your doctor figure out you have asthma?
• Your symptoms and when they happen is sometimes a strong clue
• Examining you and listening to your lungs
• A breathing test to see how fast the air goes in and out of your lungs
• Skin testing and blood tests to determine what kind of allergies you have

What can be done to treat asthma?
• Changing your environment to make sure that you reduce the things that trigger your asthma.
• Having medication available to treat attacks of asthma that come on suddenly. This is usually called “rescue medication” and most often it is an inhaler. Rescue inhalers can also be used if you have asthma brought on by exercise.
• Controller medication that is used regularly and keeps the asthma from getting worse or prevents asthma from coming on. This can be a pill or inhalers of various kinds.
• Allergy shots can be given over a period of years to make you less sensitive to the particles in the air to which you are allergic.

New treatments are available for very severe asthma including Xolair shots.
• Daily asthma requires frequent checkups with your doctor because your medication may have to be adjusted frequently.

Can asthma go away?
• Often asthma gets better with time and sometimes it gets worse.
• If allergic particles in the air are reduced then asthma can get a lot better.
• If asthma starts in childhood it will sometimes go away but there will always be a possibility that it will come back.
• There is usually no simple cure for asthma.

About the authors
Dr. Weihong Zheng and Dr. John Ohman are allergists and immunologists at Tufts Medical Center. Dr. Zheng speaks Mandarin Chinese. They can be reached at (617) 636-5333.

Gables II University Station
Westwood, MA

Forty-one 1BRs @ $1,275, Fourteen 2BRs @ $1,402
No Utilities included except water and sewer

Gables II University Station is a 220 unit apartment building on 85 University Avenue. 55 of the units will be rented to households with annual incomes not exceeding 80% of AMI adjusted for family size as determined by HUD. The community at Gables II University Station features a clubhouse area with a pool, lounge, conference room, and fitness center.

Maximum Household Income Limits are:
$48,800 (1 person), $55,800 (2 people), $62,750 (3 people), $69,700 (4 people)

A Public Information Session will be held at 6 pm on June 30th, 2015 at the Westwood Public Library Community Room (660 High St).

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2:00 PM on August 11th, 2015

The Lottery will be held on September 2nd, 2015 at 6 PM in same location as the info session above.

For Details on Applications, the Lottery, and the Apartments, or for reasonable accommodations for persons with disabilities, call 617.792.6900 (at 8am then x3) or go to: www.s-e-b.com/lottery

Applications and Info also available at the Westwood Main Library on 660 High Street
(Hours: M-W 10-9, Th 1-9, F 10-6, Sa 10-5, Su 2-5).

Tidewater at Salisbury
191 Beach Road, Salisbury, MA

Eight 1BRs @ $1,235*, Eighteen 2BRs @ $1,348*
Utilities not included. Tenants will pay own Gas Heat, Gas Hot Water, Electricity (including cooking), Water and Sewer

Tidewater at Salisbury is a 210 unit rental apartment community. 26 of these apartments will be made available through this application process. Unit features include granite kitchen and bathroom countertops, stainless steel kitchen appliances, walk-in closets, ceramic bathroom floors, one covered parking spot, in-unit washer and dryers and private balconies. The property is a luxury community offering one and two bedroom apartment homes located within walking distance to Salisbury Beach, restaurants and shops. Tidewater at Salisbury offers their residents a swimming pool, state of the art fitness center, clubhouse and outdoor grilling area. This luxury community is located close to interstates 495, 95 and the Newburyport Commuter Rail station. Please see www.TidewaterAtSalisbury.com for more details on the development and the units. Smoke Free Community.

MAXIMUM Household Income Limits:
$48,800 (1 person), $55,800 (2 people), $62,750 (3 people), $69,700 (4 people)

A Public Info Session will be held on July 20th, 2015 at 6:00 pm at the Tidewater at Salisbury Leasing Office
(191 Beach Road, Salisbury MA)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on August 26th, 2015. The Lottery will be held on September 8th at 6 pm at the Tidewater at Salisbury Leasing Office.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900 (at 8am then x5) and leave a message. Applications and Information also available at Salisbury Town Hall (Planning and Development Office, 5 Beach Road) and Salisbury Public Library at its temporary location on 167 Elm Street, Route 110, in the Rangeway Plaza.

Library Hours (M, W, Th 10-6, Tu 12-8, closed on Fri, Sa, Su)
Oral health: How to recognize nasopharyngeal cancer symptoms

BY KAITLIN DONOVAN, TUFTS UNIVERSITY SCHOOL OF DENTAL MEDICINE

Nasopharyngeal cancer (NPC) is a type of head and neck cancer found in the nasopharynx, which is located in the throat behind the nose. NPC can affect people of all ages, including children. Certain factors, such as ethnic background, gender, diet, and exposure to Epstein-Barr virus, may increase one’s risk of NPC.

According to the American Cancer Society, “In the United States, NPC is most common in Asian and Pacific Islanders, particularly Chinese Americans.” Males are at greater risk of developing NPC, and a diet consisting heavily of salt-cured foods such as fish and meat is also considered to be a risk factor.

NPC is difficult to detect and usually not identified until later stages. Routine health care visits, including dental visits, may help with early detection. During a dental exam, your dentist will look for signs and symptoms of jaw and facial pain, lumps in the neck or throat, difficulty speaking and swallowing, and problems in the ear, nose and throat areas. Dentists are part of a larger health care team composed of physicians, nurses, nutritionists, social workers and other health care providers involved in the care of patients with NPC.

What are some possible signs and symptoms of NPC?
- Lump in your nose or neck
- Prolonged sore throat
- Difficulty breathing and speaking
- Frequent nosebleeds
- Difficulty hearing
- Ringing or pain in the ear
- Headaches
- Limited ability to chew food

Please note that these signs and symptoms of NPC are not limited to NPC and may be the result of other health conditions.

NPC signs and symptoms vary and are not present in all cases. However, it is important to see a healthcare provider if you notice any of the above changes. There are three standard treatments for NPC: radiation therapy, chemotherapy, and surgery. However, treatment plans are determined between the patient and provider working together to determine the best plan possible.

References


About the author
Kaitlin Donovan is studying at Tufts University School of Dental Medicine.

Affordable Rentals
Lower Cape Cod, 1, 2, 3 and 4 Bedroom Apartments

Community Development Partnership is a non-profit organization that has affordable apartments from Harwich to Provincetown. The properties range in size from a single family home to 12 unit communities. These apartments are available to those persons who qualify in accordance with established income limits for Barnstable County. The rents start at $570 and go up to $1568 for our larger units. Some of our properties include Gull Cottages and Brackett Landing in Eastham, Thankful Chases and Little Homesteads in Harwich, as well as Harry Kemp and Nelson Ave in Provincetown. We also have properties in Wellfleet, Truro, Orleans and Brewster. Some of our units have special design features for those persons requiring wheelchair use.

Most of our apartments are fully occupied; however, a waiting list has been established. Applications are accepted on a first come, first served basis. Most of our units are funded in part with Barnstable County HOME Funds and MA Department of Housing and Community Development HOME funds.

There are income restrictions for each family size. The following is an example of maximum income limits by family size. Your income needs to be below this limit when applying for housing.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Income Limits</th>
<th>Household Size</th>
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<tr>
<td>1 person</td>
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For applications and information please visit our website at www.capecdp.org or call us for additional information.

These housing communities are professionally owned and managed by: Community Development Partnership 3 Main Street Mercantile, Unit 7 Eastham, MA 02642 508-240-7873, extension 17

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Let’s protect Boston’s watersheds
The Taiwanese American Professional members with Julie Wu (center) on June 20 at Café Philo. (Image courtesy of Julia Wong.)

**Author Julie Wu discusses evolution of Taiwanese-American identity**

**BY JULIA WONG**

The Taiwanese American Profession- als of Boston invited author Julie Wu to Café Philo in Somerville, Mass. on June 20 to speak about her debut novel, “The Third Son,” a novel about a boy growing up in Japanese-occupied Taiwan in the 1940s.

For Wu, the process of writing her novel prompted a reflection of her identity as a Taiwanese American. Growing up in suburban Lincoln, Mass., Wu’s sole exposure to Taiwan was the stories told by her parents at the dinner table. These stories stayed with Wu until, with her love of literature and writing, she returned to the same table years later to interview her parents and record those memories.

It was then that Wu discovered that her parents’ stories only skimmel the surface of Taiwan’s tumultuous, yet fas- cinating, history of colonization and oc- cupation.

Although “The Third Son” is a fiction- al piece, Wu took great care to ensure that the historical facts present are accu- rate, skillfully weaving the rich history and culture of Taiwan into the novel’s plot.

In the two years since “The Third Son’s” publication, Wu observed the novel had opened dialogue between chil- dren and parents about Taiwanese cul- ture and history. The novel has already been translated into several languages. It is Wu’s hope that “with the passage of time, more stories will come out of Tai- wan” and that storytelling will continue to play an important role in the sharing of Taiwan’s history.

To learn more about Julie Wu and “The Third Son,” visit her Web site at http://juliewuauthor.com/.

Café Philo (@ Boston is a platform for diverse group discussions: http://bos- tonphiloh.org/.

UMass Boston hosts Asian American
digital storytelling summit

**BY ELLEN DUONG**

On June 18, the Asian American Stud- ies Program and Asian American Student Success Program at University of Massa- chusetts, Boston (UMass Boston) hosted a national summit on Digital Storytelling in Asian American Studies. The event was a culmination of a year-long collabor- ation among UMass Boston, Mission College (San Jose) and Mt. San Antonio College (Los Angeles), all of which are Asian American Native American Pacif- ic Islander Serving Institutions (AANAPI-SIs).

Students, staff and faculty from the participating AANAPISIs, as well as community leaders, education research- ers and media producers, convened at UMass Boston’s Healey Library Tele- communications Auditorium for the event, which was also available for live viewing on YouTube.

After brief introductory remarks by student producers, the event kicked off with the premiere screening of several new digital story videos made by first- and second-generation Cambodian, Chi- nese, Filipino, Vietnamese and Tongan students. In the digital videos, the stu- dent producers shared personal stories and hardships from their lives, highlight- ing themes of family migration, war, violence, disability access, poverty and health disparities that Asian Americans and Pacific Islanders currently face. The deep and heartfelt stories elicited tears from many viewers in the audience.

Following the presentation of digital stories, Shirley Tang, associate profes- sor of Asian American Studies at UMass Boston, invited the students to reflect on the importance of the messages they shared in their videos and on how they felt after the filmmaking process. Many pointed to a greater appreciation for their parents and emphasized the importance of digital stories as a means of bringing awareness to issues facing Asian Ameri- cans and Pacific Islanders.

Tang introduced guest speakers and fa- cilitated an open discussion with the audience on how digital stories could help shatter stereotypes facing low-income Asian Americans and Pacific Islanders by presenting an intimate glimpse into their realities. After the discussion, many viewers in the audience thanked the stu- dents for sharing their personal stories and for allowing themselves to be vul- nerable in the process.

A reception was held at the end of the digital storytelling summit to celebrate the work of all the AANAPISI student producers.

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NORTHEASTERN UNIVERSITY

RESUME 101
This workshop covers building a strong resume that can increase your chance of getting an interview.

DATE: Tuesday, July 14, 2015
TIME: 3:00 p.m. – 4:30 p.m.
LOCATION: Northeastern University
Alumni Center, 6th Floor
716 Columbus Avenue
Boston, MA 02115

RSVP
Seating is limited, you must pre-register.
Register by Friday, July 10 at:
http://attend.com/NEUResume101Workshop
For questions, call: 617-373-5291.

Instructor: Tee Provost, Senior Community Service Employment Program, Project Manager, Operation A.B.L.E.

SPONSORED BY NORTHEASTERN UNIVERSITY
Restaurant review: Ogawa Coffee

BY LING-MEI WONG

Boston residents are in for a truly artisanal coffee experience with the grand opening of Ogawa Coffee, a Kyoto-based coffee shop chain which opened its first international outpost in Downtown Crossing on May 22.

Ogawa specializes in meticulously prepared espresso drinks, single-source coffee flights and smoothies. To that end, 2010 World Latte Art Champion winner Haruna Murayama specifically relocated to Boston to train Ogawa’s local baristas on delivering a flawless coffee experience for their customers.

Starting off with the barista special, Ogawa’s signature coffee ($10) menu item, which changes seasonally, features both a cold blended espresso made with sugar and a small cappuccino with delightful latte art. The espresso had no bitter or sour notes, just an intensely smooth coffee with a sweet finish. The cappuccino was almost too pretty to drink with its pink and white milk flowers — the taste, however, was rich and milky from start to finish.

The iced matcha smoothie ($6) features deeper matcha flavor than the Starbucks green tea latte. Sadly, the barista had just run out of whipped cream for folks who enjoy extra sweetness. The flavor was great, despite the absence of whipped cream.

The house blend Kyoto ($2.50 for small) was a perfectly brewed espresso, delivered in a delicate cup. In addition to coffee, Ogawa provides breakfast and lunch items ranging from traditional favorites like ham and cheese croissants to teriyaki chicken tartines and Asian bites. The smoked salmon and cream cheese bagel ($7.50) comes toasted and uses fresh dill in the cream cheese. The sesame and poppy seed bagel is served plain, allowing customers to top it with as much or as little cream cheese as they’d like. All ingredients were fresh, from the chewy bagel to the smoked salmon, and together, made for a very satisfying sandwich.

The avocado, tomato and roast beef tartine ($7.50) came with a side of potato chips and beautiful plating for each slice of tomato, avocado, pickle and roast beef. The open-faced sandwich is a bit tricky to eat, but packs plenty of flavor. The cafe’s interior space features a teaching lab for customers to watch with retractable stadium seating and capacity for 42 guests while the decor, designed by Takako Oji, executive director of Ogawa Coffee USA, is intended to evoke a fantasy coffee grove and provide a sanctuary from daily urban life.

Ogawa Coffee elevates coffee brewing to a fine art. It may be a splurge, but every sip is an experience beautifully rendered and well worth the trip.

Ogawa Coffee
10 Milk Street
Boston, MA 02108
(617) 780-7139
www.ogawacoffeeusa.com

Smoked salmon and cream cheese bagel. (Image courtesy of Ling-Mei Wong.)

Ogawa Coffee’s seasonal signature coffee, with a cold blended espresso in the martini glass and small cappuccino to the side. (Image courtesy of Ling-Mei Wong.)

The cafe’s interior features retractable stadium seating. (Image courtesy of Ling-Mei Wong.)