Quincy celebrates 28th August Moon Festival

BY ELLEN DUONG

On August 16, Quincy celebrated its 28th Autumn Moon Festival. The event, organized by Quincy Asian Resources, Inc. (QARI) and presenting sponsor South Cove Community Health Center, is the largest festival in the South Shore with more than 12,000 attendees each year.

The festival opened with an energetic dragon and lion dance that drew the attention of festivalgoers to the main stage. QARI board directors Kim Chan and Frank Poon then greeted the crowd with welcoming remarks.

“For this year’s program, we have over 90 vendor tables, 12 food vendors, and the YMCA children’s area,” Chan said. “When it gets too hot, there is a dunk tank in the back lot. We have amusement rides and pony rides for children.”

Poon and Chan then introduced several elected officials and thanked the 300 volunteers, community partners, and sponsors for making the event possible. Mayer Thomas Koch shared the sentiment and praised the August Moon Festival for inspiring a sense of unity.

“It is a great event that brings us together as a community — really, as a very large family,” Koch said. “We’re all members of the same human family, and we are so blessed to have such a wonderful city with so many wonderful organizations like QARI.”

This year’s festival featured more than 20 performances on two stages, including martial arts demonstrations, traditional Chinese dances and several musical acts. The Quincy August Moon Festival was a fun and family friendly event for people of all ages.

Mary Truong sworn in as new head of Massachusetts Office for Refugees & Immigrants

BY THE MASS. COMMONWEALTH MARKETING OFFICE

Gov. Charlie Baker officially swore in Mary Truong as executive director of the Massachusetts Office for Refugees and Immigrants on August 10, which promotes the full participation of refugees and immigrants in the economic, social and civic life of Massachusetts. Truong is a native of Vietnam and a resident of Quincy.

Attending the swearing in ceremony were Truong’s family and friends, as well as Marylou Sudders, secretary of the Massachusetts Executive Office of Health and Human Services. The event took place in the Governor’s Office at the Massachusetts State House.
**Event Calendar**

**Parcel 12 community workshop**  
Saturday, August 22  
10 a.m. to 1 p.m.  
38 Oak Street  
Boston, MA 02111  
Learn how together we can build new affordable housing for the Chinatown community. Asian Community Development Corporation’s workshop series is to create a community vision for Parcel 12. Workshops conducted in English and Chinese at the Metropolitan Community Room. Free breakfast, lunch and child care. For more information, contact May Lui at may.lui@asiancdc.org or (617) 852-2380 x 212.

**Shojo block party**  
Sunday, August 23  
5 p.m. to 6 p.m.  
Chinatown Gate  
Shojo, Boston’s modern Asian Bistro, turns three years old this month. To celebrate the anniversary, the restaurant is throwing its annual block party, co-hosted by Laced Boston and along with many other local brands, including, KC Arts, Floor Lords, and many others. The signature Shojo martial wall updates will also be unveiled.

**Naturalization workshop**  
Monday, August 24  
1 p.m. to 4:30 p.m.  
87 Tyler Street  
Boston, MA 02111  
The Asian American Civic Association’s naturalization workshop provides free instruction on filling naturalization applications, translated study material and much more. Please register with Melody Tsang at (617) 426-9492 x 0 or melody@aaac-a.org.

**Free legal clinic**  
Monday, August 24, every fourth Monday  
6 to 8 p.m.  
1509 Hancock Street, Suite 209  
Quincy, MA 02169  
Quincy Asian Resources, Inc. will host its free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@qaqriassetsources.org.

**Free health care service**  
Every Tuesday  
6 p.m. to 8 p.m.  
First Church in Malden  
184 Pleasant Street  
Malden, MA 02148  
The Sharewood Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area. For more information please call (781) 324-8991 or e-mail sharewood.director@gmail.com.

**Global Mental Health: A Chinese Perspective**  
Wednesday, August 26  
6:30 p.m. to 9 p.m.  
55 Lake Avenue  
Worcester, MA 01605  
A symposium on mental health in China and among Chinese Americans will take place at the UMass Medical School, Amphpitheater II S4-102. RSVP with Allison Xie at xian.allison@umassmed.edu.

**Free yoga classes**  
Thursday, August 27  
6 p.m. to 7:15 p.m.  
Boston Common Frog Pond  
38 Beacon Street  
Boston, MA 02108  
Yoga instructors will provide flow movements for people of all levels.

**Free block party**  
Thursday, August 27  
6 p.m. to 10 p.m.  
12 Hudson Street  
Boston, MA 02111  
The free #ThrowbackThursday block party will take place at the Hudson Street lot. Activities start at 6 p.m. and a screening of documentary “9-Man” will take place at 8 p.m. or sundown.

**Films at the Gate**  
August 28 to 30  
7 p.m.  
Chinatown Park  
The 10th Films at the Gate will take place at Chinatown Park. Performances start at 7 p.m. and featured kung fu films will show at 8 p.m. or sundown. For more information, visit www.filmsatthe-gate.org.

**First-time homebuyer classes**  
August 29 to 30  
9:30 a.m.  
38 Oak Street  
Boston, MA 02111  
ACDC offers HBO101 classes in English, Cantonese and Mandarin. Each session is a 9-hour class over the course of a two-day weekend. Tuition is $40. Registration required, by calling (617) 482-2380 ext 19 or 212, emailing CHAP@asiancdc.org or visiting www.asiancdc.org/content/first-time-homebuyer-workshop-hbo101.

**Chinatown Safety Committee meeting**  
Wednesday, Sept. 2  
10:30 a.m.  
821 Washington Street  
Boston, MA 02111  
The Chinatown Safety Committee meeting will take place at the DoubleTree Hotel. The public is welcome to attend.

**Chinatown Resident Association meeting**  
Wednesday, Sept. 2  
6:30 p.m.  
885 Washington Street  
Boston, MA 02111  
The Chinatown Resident Association meeting will take place at the Jo-siah Quincy Elementary School cafeteria. The public is welcome to attend.

**Clean Up Chinatown Tuesday, Sept. 8  
11 a.m.  
87 Tyler Street  
Boston, MA 02111  
The Clean Up Chinatown committee will take place at the Asian American Civic Association, 5F. The public is welcome to attend.

**The Chinatown Coalition meeting**  
Thursday, Sept. 10  
9:30 a.m.  
38 Ash Street  
Boston, MA 02111  
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit tcsboston.org.

**Pour the Core: A Hard Cider Festival – Boston**  
Saturday, September 12  
Noon to 3:30 p.m.  
5 p.m. to 8:30 p.m.  
279 Tremont Street  
Boston, MA 02118  
The festival will be held in two sessions at Royale in Boston’s Theatre District. Tickets and more information are available at www.pourthecore.com/boston.

**Parenting Journey workshop**  
Friday, Sept. 18  
9:30 a.m. to 11:30 a.m.  
38 Ash Street  
Boston, MA 02111  
The Parenting Journey 10-week program deve-lops parents into nurturing individuals. The program will be at the Boston Chinatown Neighborhood Center. Register with Shih-Chin Su before Sept. 11 at (617) 655-5129 x 1071, shixin.su@bcnc.net or fax (617) 292-6599.

**Kite and Cultural Festival**  
Sept. 19 to 20  
10 a.m. to 4 p.m.  
Pope John Paul II Park  
Boston, MA 02111  
The 13th East Meets West Kite and Cultural Festival will feature outdoor activities and kite-flying. For more information, call (774) 365-2225 or visit www.emn21.com.

**Asian American Day**  
Saturday, Sept. 20  
10 a.m. to 11 p.m.  
1 Burlington Mall Road  
Burlington, MA 01803  
The Fifth Asian American Day will take place at the Boston Marriott Burlington. There will be seminars, antiques, auctions and artistic performances. Tickets are $60, available at http://aafevent5.eventdome.com.

**Chinatown/South Cove Neighborhood Committee meeting**  
Monday, Sept. 21  
6 p.m.  
90 Tyler Street  
Boston, MA 02111  
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend.

**Young Leaders Symposium**  
Thursday, Sept. 24  
2 p.m. to 8 p.m.  
100 Morrissey Boulevard  
Boston, MA 02125  
This free event will introduce young adults to leadership and service in the public and private sectors at the UMass Boston Ryan Lounge. Dinner and refreshments will be served. RSVP at http://bit.ly/1kz2L.

**CelebrAASIANS Benefit Fashion Show**  
Friday, October 9  
6 p.m. to 9 p.m.  
32 Harvard Street  
Brookline, MA 02445  
Asian Women for Health will host CelebrAASIANs’ first fashion show at the Ko-rean Church of Boston. Asian cancer/trauma sur-vivors will share inspiring stories as they model creations by Asian designers. For more information, contact Chien-Chi Huang at cychi@asianwomen-forhealth.org.

**Boston Asian Film Festival**  
October 22 to 25  
Boston  
The Boston Asian Film Festival (BAAFF) empowers Asian Americans through film by showcasing Asian American experiences and serving as a resource to filmmakers and the greater Boston community. BAFF is a volunteer-run program and a project of the Asian American Resource Workshop. For more information on the films and locations, visit www.baaff.org.
ACDC develops community vision for affordable housing at Parcel 12

BY SYLVANA CHAN

Boston’s Chinatown is conveniently located a stone’s throw from the city’s downtown shopping and financial districts. Yet its prime location has also proven to be one of its biggest problems: a short stroll down Harrison, Kenneled - located a stone’s throw from the city’s able - you’ll notice that there isn’t much avail or any of Chinatown’s main streets and you’ll notice that there isn’t much avail able land.

Parcel 12 is one of the few remaining undeveloped properties in Chinatown. Owned by the Boston Redevelopment Authority (BRA), Parcel 12 is situated in the heart of the Theater District on Trem ont Street between the DoubleTree Hotel /Wang YMCA and the Tufts Medical Center parking garage. It has been identified as having a high potential for imme diate development due to its prime loca tion and ownership by a public entity.

There have been a number of prospects for the development of Parcel 12 since the 1990s. The Massachusetts Bay Transportation Authority wanted to use the site as an underground portal en trance for the Silver line, but its plan was rejected. The Boston Arts Academy wanted to build a new school on the site, but withdrew its proposal. And most recently, community developer Asian Community Development Corporation (ACDC) has advocated for the site to be used for affordable housing development.

Debbie Chen, community planner at ACDC, stressed the necessity of creat ing more affordable housing in Chinate town by hosting a Community Visioning workshop at the nonprofit’s headquarters on August 8.

Chen explained, “[People] live in Chinatown because it provides easiest access to public transportation, as well as being linguistically accessible to services and jobs.”

With an average yearly household in come of $32,000, however, Chinatown residents face eventual eviction as gov ernment funding for low-income housed continues to shrink and the cost of construction continues to rise. Unless the community makes a greater effort to build more affordable housing in the area, “those who need Chinatown the most will soon be priced or bought out of their neighborhood,” Chen said.

Using candy sweats, the organization came up with a fun and creative exercise to show just how complex the issue of financing is when it comes to building affordable housing. Participants were split into teams and given a hypothetical $400 to design a candy housing development - including both market rate and affordable units. One unit of market rate housing derived $22, while one unit of affordable housing earned just $17. Each unit of housing was comprised of at least eight toothpicks (costing $2 each) plus four corners of either marshmallows ($1) or gumdrops ($2). Participants quickly learned it was not profitable to build af fordable housing units.

According to Chen, the exercise strove to answer a number of critical ques tions:

- What does the community want to see built on Parcel 12?
- What are we allowed to build given zoning restrictions?
- And what are the resources and cost challenges we must consider to create a feasible vision?

ACDC plans to submit a proposal to the BRA for Parcel 12 based on this community vision. “It is central to ACDC’s work to ensure that resident voices are part of the development process and can help shape their neighborhood positively,” Chen said.

The second Parcel 12 community visioning meeting will take place August 22.

Tremont Village renovated, preserves local affordable housing

BY THE ASIAN COMMUNITY DEVELOPMENT CORPORATION

Asian Community Development Corporation (ACDC), a 27-year old non profit organization serving the Asian American community of greater Boston, has just completed the rehabilitation of Tremont Village, a 20-unit low-income apartment building at the border of Chinate town and Bay Village. An entire building was held at the property, on August 18.

“The rehabilitation project preserves an important affordable housing asset and allows low-income families to re main in Chinatown and access the amenities, services and opportunities this community offers,” said Janelle Chan, executive director of Asian Community Development Corporation. Owned by the state Department of Housing and Community Development (DHCD), Tremont Village consists of 20 state pub lic housing units originally constructed in 1987. ACDC was selected by DHCD as the redeveloper for Tremont Village through a 2010 RFP.

“DHCD is pleased with the work ACDC has done to rehabilitate and pre serve affordable housing in Chinatown,” said Department of Housing and Comm unity Development undersecretary Chrystal Komegay. “Retaining low in come access to neighborhoods and com munities is an essential part of DHCD’s mission, and Tremont Village will ensure that families from across the income spectrum can participate in the neighbor hood’s continued growth and development.”

ACDC undertook renovations to add d life-safety and quality-of-life is sues, as well as improve the energy efficiency of the property, in order to preserve these affordable housing units for low-income residents. The building includes four two-bedroom units and 16 three-bedroom units.

This project was financed by DHCD, MassDevelopment, Boston Private and Massachusetts Housing Investment Cor poration. Prefeedence financing was provided by the Community Economic Development Assistance Corporation (CEDAC).

The project team included Davis Square Architects, Pinck & Company and Page Building Construction.

AFFORDABLE RENTAL LOTTERY

130 Cabot St. Beverly $1,270/mo.

N/I utilities, (2) 1BR, 1BA, 760 s.f.

Info. Mgr: 9/24/15 at 6pm, Beverly City Hall.

Lottery: 10/15/15 at 6 pm, City Hall.

Income limits: 1P $48,800, 2P $55,800

Applications: Kris Costa, L.A. Associates

kriscosta@verizon.net (978) 758-0197, City Hall
(978) 921-6000, Beverly Library (978) 921-6062

AFFORDABLE LOTTERY

Stonestall Farms Billerica.

2BR, 2½ BA twnhse, w/gar $155,500. Max income 1P $46,100; 2P $52,650; 3P $59,250; 4P $65,800. Info session 10/11/15 Lottery 10/29/15 both 6pm @ Billerica Town Hall.

Apps Kristen Costa L.A. Assoc. 978-758-0197

Complete the Health Survey to win PRIZES!

http://sampan.org/2015/08/augustmoonsurvey/
Congresswoman Grace Meng visits Boston

BY LING-MEI WONG

Congresswoman Grace Meng of New York visited Boston for a speech at Harvard and a community meeting at the China Pearl in Boston on August 7.

“My parents taught me to give back to the community,” Meng said. “I never thought I would enter politics, as I was a very shy kid growing up. Throughout college and law school, I realized how important it was to give back to the community.”

Meng is in her second term representing the Sixth Congressional District of New York, which encompasses west, central and northeast Queens. She is the first Asian congress member in the northeast Asian, she is the first Asian representative from Queens.

“I like to remind everyone to get involved in the political and civil process, with really basic things like registering to vote,” Meng said. “We always talk about the most recent census data, as Asians are the fastest growing group in the country, but that story will not help the community unless Asian voting percentages increase.”

Locally, Meng worked to have Chinese New Year included as a public holiday, which was approved for New York City public schools by Mayor Bill de Blasio. It goes into effect for the 2015-2016 school year.

Meng lives in Queens with her husband Wayne and sons Tyler and Brandon.

Two graduates of the Asian American Civic Association (AACA) Next Steps Transitional English Program (Next STEP) were among 20 winners of this year’s $1,000 scholarships awarded by First Literacy. The winners were recognized by Boston Mayor Martin Walsh at a City Hall ceremony on August 6.

Eugenia Kagranamovna, a native of Russia, will attend UMass Boston in September to study economics. Pei Xia (Peggie) Kuang, who emigrated from China, won a second year continuation scholarship after winning for first time in 2014. She is currently majoring in mathematics at Quincy College.

Both women said they are very grateful to the Next STEP staff and to AACA for helping them prepare for and reach their goal of higher education.

Chinatown crime blotter for August 7 to 21

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from August 7 to August 21 for District A-1, which includes Chinatown.

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

Larceny
August 10, 4:52 p.m.: The victim reports while in the Chinatown Gateway an unknown male grabbed his cell phone and ran off towards Harrison Avenue.

Drug possession
August 15, 6 p.m.: The suspect was arrested on LaGrange Street on a drug offense. The officers discovered several bags of what appeared to be crack cocaine at the base of his feet. The suspect had removed them from his pocket and tossed them to the ground.

Larceny
August 17, 4:40 p.m.: The victim reports an unknown person stole her wallet while on Washington Street and made fraudulent transactions with her credit card.
Clean Up Chinatown Committee looks into cameras

BY LING-MEI WONG

The Clean Up Chinatown Committee (CCC) met on August 11 at the Asian American Civic Association. (Left to right) Hillary Tsoi and Amy Guen discussed trash problems. (Image courtesy of Ling Mei Wong.)

The Clean Up Chinatown Committee met on August 11 at the Asian American Civic Association on August 11.

The Mayor’s Hotline is now 311, providing services for non-emergency events such as uncollected garbage and graffiti, said Frank O’Brien, Public Works Department liaison. Its app, formerly known as “Citizens Connect,” is now “BOS:311.” Citizens can also report issues online at Boston.gov/311.

The committee will ask the Chinatown Business Association (CBA) and the Chinese Consolidated Benevolent Association to buy cameras and work with the city to monitor public areas for illegal trash dumping. CBA also plans to add “Welcome to historic Chinatown” signage to lamp posts.

“We need to improve the economy of Chinatown, Chinatown needs to thrive,” said CCC moderator Mary Chin. “I want to make sure Chinatown is a tourist destination, not just a place for Chinese people to eat.”

O’Brien said street signage on trash and fines will be going up soon. He brought an old street sign for the committee to see.

The next CCC meeting will be on Sept. 8, the second Tuesday of the month, at 11 a.m.

NAAAP Boston Asia Fest celebrates Asian entrepreneurship

BY NAAAP BOSTON

NAAAP Boston held its second annual Asia Fest on August 15 at Dewey Square in Boston. (Image courtesy of NAAAP Boston.)

The National Association of Asian American Professionals Boston Chapter (NAAAP Boston) held its second annual Asia Fest on August 15 at Dewey Square in Boston to celebrate and increase awareness of Asian-owned or Asian-focused businesses. The event attracted more than 400 members and 29 professional organization in greater Boston to celebrate and increase awareness of Asian-owned or Asian-focused businesses.

With more active and well-organized events, the Asian American community is increasingly important to local society,” said Jesse Nandhavan, president of NAAAP Boston.

Boston City Councilor at-large Michelle Wu brought an official certificate of appreciation to NAAAP Boston. NAAAP Boston is the largest Asian professional organization in greater Boston with more than 400 members and 29 sponsors and partners, and continues to grow.

NAAAP Boston Asia Fest takes place in downtown Boston on August 15 with more than 400 members and 29 professional organization in greater Boston.

The August Moon Festival or Mid-Autumn Festival takes place on the 15th day of the eighth lunar month, which falls on Sept. 27. Traditionally a festival to celebrate a good harvest, it is celebrate today as a family reunion, symbolized by the fullness of the moon. Modern festivities include eating mooncakes and moon watching.


date

The Chinatown August Moon Festival took place in Boston on August 9. (Image courtesy of Arturo Gossage.)

NAAAP Boston

The Chinatown August Moon Festival took place in downtown Boston on August 9.

The festival featured vendors, games, activities for children and cultural performances, Lion dances, dragon dances and martial arts performances were performed.

The August Moon Festival or Mid-Autumn Festival takes place on the 15th day of the eighth lunar month, which falls on Sept. 27. Traditionally a festival to celebrate a good harvest, it is celebrate today as a family reunion, symbolized by the fullness of the moon. Modern festivities include eating mooncakes and moon watching.

The Marshfield Housing Partnership is accepting additional applications from qualified applicants for grants to assist them in purchasing an existing market rate home or condominium in Marshfield. A deed restriction will be recorded on each unit purchased with a grant to secure affordability in perpetuity.

MAXIMUM GRANT AMOUNTS

MAXIMUM HOUSE/CONDOMINIUM AMOUNTS

MAXIMUM ANNUAL HOUSEHOLD INCOME

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

Net family assets may not exceed $75,000.

Hearing Room # 2, Marshfield Town Hall, 870 Moraine Street, Marshfield

Thursday, September 10, 2015, 7:00 PM:

Hearing Room # 2, Marshfield Town Hall, 870 Moraine Street, Marshfield

Saturday, September 12, 2015, 10:00 AM:

Hearing Room # 2, Marshfield Town Hall, 870 Moraine Street, Marshfield

A lottery will be held on Thursday, October 8, 2015 at 7:00 PM at the Marshfield Town Hall, Hearing Room # 3, 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 Coordinator (781-834-1051) or the Town Clerk’s Office, 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, September 25, 2015.

Households interested in applying should attend one of the two informational sessions being provided.

Hearing Room # 2, Marshfield Town Hall, 870 Moraine Street, Marshfield

Tuesday, September 8, 2015, 7:00 PM:

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MAXIMUM ANNUAL HOUSEHOLD INCOME

1 Person 2 Person 3 Person 4 Person 5 Person 6 Person 7 Person 8 Person 9 or more

$54,800 $55,800 $62,750 $60,700 $67,300 $80,000 $86,450 $92,050

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

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Marshfield Housing Authority

The Marshfield Housing Partnership has an obligation to provide reasonable accommodations to applicants if they or any family members has a disability. If needed, language assistance is provided at no cost to the applicant.

MHOPP Funding was made possible by the Town’s adoption of the Community Preservation Act
Celebrating the August Moon Festival with mooncakes

BY KA HEI KAREN LAU, REGISTERED DIETITIAN

The August Moon Festival is one of the most important traditional Chinese festivals. This is a time for family reunions and to count the blessings from the past year. Lanterns will be lit that day, and families will enjoy delicious dishes together. Families from different cities in China, Taiwan, and Hong Kong may celebrate with different festival foods, including taros, pears, pomelos and most importantly, mooncakes.

Mooncakes from different regions have different fillings, such as lotus seed paste, red bean paste, salted duck egg yolks or nuts and seeds. Traditionally, mooncakes are about 4 inches in diameter and 1.5 inches thick, with a thin soft crust. In recent years, smaller “mini mooncakes,” ice cream mooncakes, snowy mooncakes and reduced sugar mooncakes are also available. Regardless of the flavor, they generally are very rich and thick in texture. See the table of the average nutrition content of one whole piece of mooncake of different flavors.

Most mooncakes are high in energy, carbohydrates, sugar and fat content. With some careful planning, people with diabetes can still enjoy the festival with diabetes can still enjoy the festival with this festive food. Here are five steps that can help in preventing the post-season. Staying active is equally important to your health. Take a 15-20 minute walk after the meal. This will help in preventing the post-meal blood sugar surge. And you will also have an additional benefit of seeing a nice full moon!

About the author
Ka Hei Karen Lau is a registered dietitian and certified diabetes educator in the Asian Clinic at Joslin Diabetes Center.

<table>
<thead>
<tr>
<th>Type</th>
<th>Energy</th>
<th>Carb</th>
<th>Sugar</th>
<th>Fat</th>
<th>Estimated walking time to burn off calories*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lotus paste with 2 egg yolks mooncake</td>
<td>838 kcal</td>
<td>100 g (≈ 2 1/3 bowl of rice)</td>
<td>62 g (≈ 12 tsp of sugar)</td>
<td>42 g (≈ 8.5 tsp of oil)</td>
<td>2 hr 35 min</td>
</tr>
<tr>
<td>Mixed nuts and ham mooncake</td>
<td>761 kcal</td>
<td>99 g (≈ 2 1/3 bowl of rice)</td>
<td>(Data not available)</td>
<td>31 g (≈ 6 tsp of oil)</td>
<td>2 hr 20 min</td>
</tr>
<tr>
<td>Mung bean paste and egg yolk snow mooncake</td>
<td>660 kcal</td>
<td>73 g (≈ 1 2/3 bowl of rice)</td>
<td>41 g (≈ 8 tsp of sugar)</td>
<td>37 g (≈ 7.5 tsp of oil)</td>
<td>2 hr</td>
</tr>
<tr>
<td>Reduced sugar lotus paste and egg yolk mooncake</td>
<td>388 kcal</td>
<td>46 g (≈ 1 bowl of rice)</td>
<td>1 g (≈ 0.2 tsp of sugar)</td>
<td>20 g (≈ 4 tsp of oil)</td>
<td>1 hr 12 min</td>
</tr>
<tr>
<td>Mini lotus paste with egg yolk mooncake</td>
<td>246 kcal</td>
<td>30 g (≈ 2/3 bowl of rice)</td>
<td>18 g (≈ 3.5 tsp of sugar)</td>
<td>12 g (≈ 2.5 tsp of oil)</td>
<td>45 min</td>
</tr>
<tr>
<td>Mini mung bean paste snowy mooncake</td>
<td>200 kcal</td>
<td>29 g (≈ 2/3 bowl of rice)</td>
<td>16 g (≈ 3 tsp of sugar)</td>
<td>8 g (≈ 1.5 tsp of oil)</td>
<td>37 min</td>
</tr>
</tbody>
</table>

*Based on a person weighing 150 pounds.

1) Offer more healthy food choices at the meal. Prepare some lean protein such as fish, and include a few healthy vegetable dishes.

2) Reduce the amount of carbs such as rice, noodles or bread that you have from the main meal to balance out the carb that you will be having from the mooncake.

3) Enjoy a quarter of a regular size mooncake or half of a mini mooncake.

4) A reduced-sugar mooncake is still high in calories. Remember to limit the serving size to a quarter of a regular size mooncake or half of a mini mooncake.

5) Enjoy the mooncake on the day of August Moon Festival, but remember to resume your usual meal plan the following day!

MBTA NOTICE TO BIDDERS

- Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bidx.com forthwith after the bid submission deadline.
- No paper copies of bids will be accepted.
- Bidders must have a valid digital ID issued by the Authority in order to bid on projects.
- Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

The work at the MBTA Everett Bus Facility will consist of a permanent environmental remediation barrier, installation of lightweight cellular concrete in the crawl space, installation of settlement monitoring instrumentation, installation of access hatches with ladder, accessibility upgrades to the facility, utility work on the exterior of the building, removal and disposal of pavement, soils, and trash, new pavement, adjustment of utility frames, grates, cover to grade, electrical, mechanical, and plumbing work.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation 80 percent.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
Immigration tips: How to apply for a green card

BY JOHNSON & FYTEN LAW OFFICES

The application for a green card can be a long and arduous process. Many immigrants do not even know if they are eligible for a green card or where to begin. Here are a few tips on how to get a green card.

The first preference, called EB-1, is for workers of “extraordinary ability.” Extraordinary ability usually refers to a person who is renowned as an expert in their field. The second category, EB-2, is for workers with advanced degrees and “exceptional ability.” The third category, EB-3, is for “skilled workers,” the fourth is for religious workers and the fifth is for employment creation workers who can either invest $500,000 in an American company, or invest $1 million in starting their own company that will hire at least 10 American workers.

Refugees and asylees

A third way to get a green card, which is less common, is through the asylum process. To be eligible for asylum, the immigrant must demonstrate that they have suffered persecution in their home country on the basis of their race, religion, nationality, political opinion or membership in a particular social group or that they are at a substantial risk for future persecution. This is a very difficult burden to meet, but if asylum is granted, the immigrant is given a green card and can apply for U.S. citizenship in five years.

Diversity-based

The final way to get a green card is as a diversity immigrant. This is also sometimes known as the green card lottery, because it is essentially luck of the draw. The U.S. government sets aside a certain number of immigrant visas for immigrants from various countries in the interest of promoting diversity in the United States.

As you can see, the process for obtaining a green card can be long and arduous. However, with a basic understanding of the process and the help of an experienced immigration attorney, it can be achieved.

Justin Fytten is a founding partner and immigration attorney at Johnson & Fytten Law Offices in Boston, Mass. You can reach him at (617) 848-4563 or fyten@johnsonandyftenlaw.com.

Three cool places to beat the heat

BY THE SampAN EDITORIAL TEAM

As temperatures climb in summer, Boston offers several options for staying cool. We looked at several family friendly venues to beat the heat.

Showcase Cinema de Lux Revere

The East Coast’s first MX4D Cinema Theatre is at Showcase Cinema de Lux Revere, only the second in America. Unique features of MX4D cinema technology include “pitch, roll, and heave” motion seats, air and water blasts, leg ticklers, fog, scents and other special effects that emanate from the patrons’ seats or from inside the theatre itself. The nuanced effects are artfully designed to enhance the on-screen action and sound. Tickets start from $18. www.showcasecinemas.com/

Frost Ice Loft

Frost Ice Loft houses New England’s only permanent indoor bar designed and furnished entirely of ice. Maintained at 21 degrees, guests can enjoy a transportive experience complete with a variety of ice sculptures and ice seating. Tickets are $12.
http://frosticecloth.com/

Spirit of Boston harbor cruise

Spirit of Boston’s Boathouse Fridays alternates one hour dockside, one hour cruising along Boston Harbor from 3 p.m. to 6 p.m. every Friday through September and features a live DJ and games like bean bag toss and oversized jenga. Tickets are $20 and you can board and leave as often as you want.
www.spiritcruises.com/boston/

JOIN LINDEN PONDS FOR A THURSDAY OPEN HOUSE!

Get an inside look at vibrant retirement living! Tour our beautiful campus and maintenance-free homes. Discover dozens of exciting amenities, clubs, and activities. Join us for the second event in our Smart Retirement series and learn more about our health and wellness offerings.

Bring your friends and family!

Thursday, August 27, 2015
300 Linden Ponds Way, Hingham, MA
11:00 a.m.

Call 1-800-617-9189 for more information and directions, or to learn about other upcoming events if you can’t make this date.

East Boston Savings Bank proudly supports BCNC

BY EAST BOSTON SAVINGS BANK

East Boston Savings Bank (EBSB) continues to proudly support the Boston Chinatown Neighborhood Center (BCnC) Youth Center. Due to the bank’s support, the youth center continues to serve more than 150 low-income Asian American and other youth in the city on a term basis and are willing to pay the costs. Just like with family-based, there are categories based on the skill, experience, and job. There is a visa bulletin for employment-based immigration as well.

Family-sponsored

The first category, family-sponsored immigrants, is considered the fastest and easiest way to get a green card. The wait times and the procedure vary depending on the familial relationship, as well as the country of origin. The U.S. government issues a “visa bulletin” every month with updated processing times (see Chinese page). The government divides family-based immigrants into five preference categories. The first is immediate relatives (spouses, children, parents of U.S. citizens who are over 21, and children of U.S. citizens who are unmarried and under 21).

Citizenship

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The first MX4D cinema on the East Coast is in Revere. (Image courtesy of Lisa Richov/NA

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Employment-based

An employer can also sponsor an immigrant for a green card if they want the immigrant to work for them on a long term basis and are willing to pay the costs. Just like with family-based, there are categories based on the skill, experience, and job. There is a visa bulletin for employment-based immigration as well.

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The second and third categories require the employer to demonstrate that there are no qualified American workers for the job through a process known as labor certification.

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www.spiritcruises.com/boston/
Kwong Kow students showcase summer talents

BY LING-MEI WONG

Kwong Kow Chinese School students showcased their summer learning on August 14 with a hip hop performance. (Image courtesy of Ling-Mei Wong.)

Kwong Kow Chinese School celebrated the end of summer with a student talent show on August 14 at the school.

Students took the stage with lion dance and kung fu performances. Instrumental performances included Chinese dulcimer, guzheng, violin and drums. Chinese students sang in Mandarin, while musical theater students belted out “You Raise Me Up” and “Getting to Know You” with piano accompaniment.

A group of students put together a hip hop dance performance. “We are so proud of you and hope you enjoy the rest of the summer,” said Kwong Kow principal Felicia Tseng.

Kwong Kow’s seven-week summer program is for the full day, unlike its typical afterschool and weekend schedule during the school year. This year’s summer theme was “Revolution and Innovation.”

Kwong Kow students sang “Getting to Know You.” (Image courtesy of Ling-Mei Wong.)

Liberty Tree 250th anniversary

Revolution 250 celebrated its inaugural event on August 14 at Liberty Tree Plaza. The Liberty Tree Project is a public art event conceived by Michael Dowling of Medicine Wheel Productions joining with community members from Ostiguy High School, Boston Asian: Youth Essential Service, St. Francis House, South Boston en Accion and the Museum of African American History. Drawing on the Revolutionary-era tradition of illuminating the Liberty Tree with lanterns, 108 copper lanterns with unique handcrafted sleeves stamped with images were carved by members of the five community groups. (Image courtesy of Ling-Mei Wong.)