Chinatown thriving despite gentrification

BY LING-MEI WONG

Chinatown has come a long way from the Combat Zone, with its seedy strip clubs and dangerous reputation. Gleaming luxury developments have inched closer from the Boston Common, ever closer to the neighborhood’s public housing complexes and row houses. As downtown Boston experiences a construction boom, what effect will it have on Chinatown?

Boston Mayor Marty Walsh said in an email, “This administration absolutely supports a thriving, healthy Chinatown that is affordable to those who want to live there. Chinatown has always been an important neighborhood of Boston, and we want to ensure that Chinatown remains vibrant.”

In Boston’s housing plan, the population is expected to reach 700,000 by 2030 — a boom unseen since the 1950s. The housing plan identified gentrification as a concern in 12 of Boston’s 15 neighborhoods, including Chinatown.

Chinatown will need to adapt. “It seems likely that Chinatown will continue to see new development of high-end housing and that the population will become increasingly white and high-income,” said Joe Kriesberg, president of the Massachusetts Association of Community Development Corporations, a statewide entity comprised of community developers. “What is harder to predict is whether the retail businesses will begin to convert as well.”

However, Chinatown has more than 2,000 units of affordable housing, adding new stock with Hong Lok House, One Greenway and 10 Oxford Place. Federal funding for public complexes like Tai Tung Village and Mass Pike Towers has dwindled, but private partnerships and state funds have made affordable housing possible.

Most housing developments in Boston are 13 percent affordable, Kriesberg said. “More market-rate housing is being built here, which is good smart-growth approach to locate housing near transit-oriented places,” said Janelle Chan, executive director for the Asian Community Development Corporation (ACDC).

SEE CHINATOWN ON PAGE 5

Boston immigrant exhibit reopens at Back Bay

BY KAWALA XIE

The “Dreams of Freedom: Boston’s Immigration Experience” exhibition celebrated a grand reopening March 10 at the Skywalk Observatory of Prudential Tower. As the only educational exhibit on immigration history in Boston, it traced the progressive revolution of Boston immigrants back to the colonial period and with vital images of their stories.

Westy Egmont, exhibit curator and director of the Boston College School of Social Work Immigration Integration Lab, led a team presenting the multimedia exhibit featuring stories of coming to America. The video, “Boston Story,” was a highlight of the exhibit.

“This city thrives because of the foreigners,” in “Dreams of Freedom,” our exhibits tell the story of Boston, was attended by local dignitaries. State Senator Linda Dorcena Forry was one of the interviewees for “Boston Story” and spoke about a second-generation Haitian immigrant.

“This exhibit is not just a tourist site, it’s our story here in Massachusetts. We are a destination of choice, and a common world committed to equal opportunity and shared promise,” Dorcena Forry said.

The production team chose the highest point in Boston to host the exhibition and considered the Skywalk Observatory’s importance, not only attracting tourists but also symbolizing the city’s growth, just as immigrants have done.

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波士頓成為華人的大本營嗎？中文第六版

Sampan publishes every other Friday. For more news, please visit Sampan.org
Professionals group launches with food and wine tasting

BY LING-MEI WONG

The Professionals in Alliance for the Asian American Civic Association (PAAACA) had its inaugural event on March 13 at the China Pearl in Chinatown. More than 100 guests attended the “Amrita” or “food of the gods” food and wine tasting, with Boston Wine School founder Jonathon Alsop pairing six cuisines with different wines.

PAAACA co-chairs Julia Kim and Amy Chen spoke about giving back to immigrants, as both women are also first-generation immigrants — Kim came from Korea and Chen from China.

“In October 2014, we started organizing PAAACA to engage more professionals to help AACCA clients and students, and their families through mentoring, tutoring and other ways to broaden our reach and engage more volunteers,” Chen said.

Steering committee members include Sterling Soo Hoo, Libby Soo Hoo, Suzanne DeFelice, Treen Liu, Patty Moy and Tony Franzese.

Laura Sen and Linda Moulton, co-chairs of the AACA “Secure our Future” campaign announced they had raised more than $2 million of the $3 million goal.

“My family is happy to support and be a part of an organization that has done so much for the city,” said Sterling Soo Hoo.

PAAACA embraces the goal of strengthening the individual, the family, the community. The committee provides a platform for all professionals to work together toward this goal through mentoring, volunteering and fundraising.

For more information, please visit www.aaca-boston.org.

Greater Boston Chinese Golden Age Center receives donation from Cathay Bank

BY GBCGAC

The Greater Boston Chinese Golden Age Center (GBCGAC) received a check for $3,000 from Cathay Bank on March 4.

“This check will go toward our newly completed Hong Lok House’s library on Essex Street. Hong Lok House, meaning “healthy happy” house, has 74 units of senior housing for elders who pay 30 percent area median income. It offers a live-in manager unit and significant community space, including an adult day health program, a senior center and a green roof with tai chi deck. These spaces were created for residents of the building and elders from the surrounding community.”

St. Patrick’s Day parade

BY THE EDITORIAL TEAM

The Boston St. Patrick’s Day Parade took place March 15 in South Boston. Mayor Martin Walsh made history by marching in the annual parade, after organizers decided to make the parade more inclusive. (Image courtesy of Arturo Gossage.)

Boston Asian YES rings in Year of the Sheep

The Boston Asian Youth Essential Service celebrated Lunar New Year with Boston police from District A.3 on March 12. (Image courtesy of Ling-Mei Wong.)
March 20, 2015

Event Calendar

APIASF reception
Friday, March 20 6 p.m.
251 Franklin Street, 33rd Floor
Boston, MA 02110
The Asian & Pacific Islander American Scholarship Fund (APIASF) will host an intimate convening of Asian American & Pacific Islander (AAPI) business leaders and executives in the Boston area at the University of Massachusetts Club.

CPA Chinese New Year banquet
Friday, March 20 7 p.m.
9 Tyler Street
Boston, MA 02111
The Chinese Progressive Association will hold its annual gala at China Pearl. To RSVP, call (617) 357-4499.

Colon cancer workshop
Saturday, March 21 9 a.m. to 1 p.m.
800 Washington Street
Boston, MA 02021
“Living with Colon Cancer: Therapies Beyond Medicine” will take place at Tufts Medical Center’s Weight Audio-rium. Breakfast and light appetizers will be served. For more information and to register for this free workshop, visit www.tufmedicalcenter.org/coloncancerevent.

APIASF Jump Start College Tour
Saturday, March 21 9 a.m. to 1:30 p.m.
100 Morrissey Boulevard, McCormack Hall
Boston, MA 02125
The Asian & Pacific Islander American Scholarship Fund (APIASF) Jump Start College Tour will provide scholarship information, college planning advice, leadership training and financial education for students and families at The Ryan Lounge, UMass Boston.

2nd Massachusetts Business Matchmaker
Monday, March 23 8 a.m. to noon
1657 Worcester Road
Worcester, MA 01610
Join Sen. Elizabeth Warren at her 2nd Annual Massachusetts Business Matchmaker, an opportunity for Massachusetts businesses to connect with government procurement specialists at the State, Federal and Military levels.

A Taste of Ginger
Monday, March 23 6:30 to 9:30 p.m.
465 Huntington Avenue
Boston, MA 02115
Joslin Diabetes Center will host its annual fundraiser at the Museum of Fine Arts for the Asian American Diabetes Initiative. Tickets are $250 and online at www.joslin.org/ginger.

Free health care service
Every day 6 to 8 p.m.
858 Washington Street
Boston MA 02111
The Chinatown Resi-dent Association meeting will take place at the Jo-siah Quincy Elementary School cafeteria. The public is welcome to attend.

One Greenway information session
Saturday, April 4 9:30 a.m.
Wednesday, April 8 6 p.m.
50 Oak Street
Boston, MA 02111
One Greenway at 66 Hudson will have 95 affordable housing units, with applications available March 30 and due April 27 by 5 p.m. For more information, visit www.onegreenwayaffordable.com.

Clean Up Chinatown Committee meeting
Tuesday, April 14 10:30 a.m.
87 Tyler Street
Boston, MA 02111
The Clean Up Chinatown Committee meeting will take place at the Asian American Civic Associa-tion, 5F. The public is welcome to attend.

Chinatown Safety Committee meeting
Wednesday, April 1 10:30 a.m.
821 Washington Street
Boston, MA 02116
The Chinatown Safety Committee meeting will take place at the DoubleTree Hotel. The public is welcome to attend.

Chinatown Resident Association meeting
Wednesday, April 1 6:30 p.m.
885 Washington Street
Boston MA 02111
The Chinatown Resi-dent Association meeting will take place at the Jo-siah Quincy Elementary School cafeteria. The public is welcome to attend.
Boston sets snowfall record, with more snow expected

BY LING-MEI WONG

The carport roof at 120 Shawmut Avenue partially collapsed due to water issues, as seen on March 12. No one was injured and the Boston Chinese Evangelical Church is working to repair the damage. (Image courtesy of Ling-Mei Wong)

Chinatown March meeting roundup: TCC, CNC

BY LING-MEI WONG

The Chinatown Coalition (TCC) met March 12 and the Chinatown/South Cove Neighborhood Council (CNC) met March 16. The Clean Up Chinatown Committee meeting on March 10 was canceled, due to city officials being busy with snow removal.

TCC

The TCC meeting took place at the Boston Chinatown Neighborhood Center. Alejandra St. Guillen, director of the Office of New Bostonians, gave a presentation on her office’s work, such as translation of city materials for greater language access into Spanish, Chinese and other languages.

Anna Fan, interim executive director for American Chinese Christian Educational and Social Services (ACCESS), presented on the adult English programs offered by the agency. Most ACCESS clients are recent Chinese immigrants, with more Mandarin speakers compared to Cantonese ones in the past 10 years.

The Liberty Tree plaza in front of the Chinese Trade Center will close for renovations in fall and reopen in May 2016, said Allison Perlman, project manager for the Boston Parks and Recreation Department. The project was delayed due to a subsurface investigation into the city utilities and Orange Line tunnels under the plaza. Funding for the subsurface investigation came through, which will take place at Tremont and Washington Streets once the snow has melted.

The CNC met at the Chinese Consolidated Benevolent Association. Five presentations from the Chinatown Safety Committee on March 4 came before the CNC.

The nonprofit restaurant at the Radian has enjoyed a smooth opening since February 25, said developer Noam Ron. Jaho Coffee plans to open a coffeehouse with coffee-based cocktails at the Kensington on 665 Washington Street. Two existing locations for Jaho Coffee in the South End and Salem do not serve alcoholic coffee drinks. The committee postponed a vote until a safety plan was drawn up for the next April meeting.

Bijou owner George Aboujoudie planned to open a restaurant at 57 Stuart Street tentatively named “Hide and Seek.” He sought the council’s support to amend his current liquor license at Bijou nightclub on 51 Stuart to include the proposed restaurant at 57 Stuart. The committee postponed a vote until the April meeting until Aboujoudie presented more information on the kitchen’s layout and a safety plan.

David Shum sought a zoning change for American Chinese Christian Evangelical Church to change the site in June 2014 and worked with the Boston redevelopment agency to change the zoning from a nursing home to church use. The church received its Certificate of Occupancy this February.

A woman driving down Tyler Street had falling ice from a roof hit her car on Feb. 22, which damaged her car and caused car pain, according to the Boston Police District A-1 crime report. The woman was treated at a hospital.

The carport roof at 120 Shawmut Avenue partially collapsed due to water issues, as seen on March 12. No one was injured and the Boston Chinese Evangelical Church is working to repair the damage. (Image courtesy of Ling-Mei Wong.)
The MIT Asia Business Conference took place March 7 at the Massachusetts Institute of Technology. Panelists discussed Asian business development. (Image courtesy of Kawala Xie.)

Industry leaders demystify business practices in Asia

BY KAWALA XIE

The fifth MIT Asia Business Conference took place March 7 at the Massachusetts Institute of Technology. Industry leaders spoke about business practices in Asia.

The full-day conference featured keynote speeches and discussion panels, organized by the MIT Sloan School of Management. Charlie Jiang, CEO of Vantone Holdings China Center in New York, spoke on the difference between east and west, which Asian business must adapt overseas.

“If we want to reach an agreement, we need to do something of a paradigm shift to understand each other,” Jiang said. Jiang said Chinese companies should not focus solely on profit growth, but to improve their internal management. “We should have our own strategy to survive the ‘new normal’ and succeed in this ‘new normal’. To have vision not only in the domestic market but to go abroad,” he said.

Kaya Qin, head of marketing for the Alibaba Group, represented the domestic market but to go abroad,” he said. Qin played a video from Jack Ma, founder of Alibaba Group. He reiterated his mission “to fight for the little guy, the small businessman and their consumers. Through our ecosystem, we help merchants and their consumers find each other and conduct business, on their terms, and in ways that best serve their unique interests.”

Leaders from various international businesses participated in the panels on opportunities in the Asian market and how Asian businesses benefit from globalization. “I’m surprised to see the energy from the entrepreneurs when I visited China. The Chinese startup eco-system has a lot of potential,” said Jungwook Lim, managing director of Startup Alliance Korea. He highlighted Xiomi, the rising Chinese smartphone giant.

Scott Surn, professor at the MIT Sloan School of Management, said, “One thing you see in Xiaomi, as well as in Alibaba, is a global ambition level built into (something) new and distinctive.”

Asian business still face challenges in the international market. “It’s too early for them to bring back what they have gained overseas. Now they are still learning how to operate, the political economic environment and the eco structure here. It’s still a long process,” said Liang Yang, president of the Innovation Ideas Institute.

ACDC is the nonprofit developer behind One Greenway, the Metropolitan and Oak Terrace. “Planning needs to include affordable housing in the mix, to bring the city forward in the next generation.”

Funding affordable housing

Boston has seen federal funding for affordable housing decline significantly, but is working with the state and other partners to make up for it. “Balancing the impacts of losing this funding this is a primary focus of my administration,” Walsh said. “In fact, there are currently nearly 500 units of affordable housing in the pipeline for Chinatown.”

One focus is senior housing, which will require an additional 5,000 units by 2030 as Bostonians age, according to the city’s Walsh plans to increase resources and funding for affordable housing and housing for the elderly.

“We are looking at a variety of resources, and the City recently put out an RFP for $20 million for affordable housing,” Walsh said. “The proposals we received would create nearly 1,000 units of housing, and I’m looking forward to announcing those recipients soon.”

Along with building new units, ACDC also preserves existing affordable housing stock. It started renovations on Tremont Village in 2014, which will be completed this year, Chan said. Boston implemented a full inclusionary development policy (IDP) in 2010, requiring developers to devote funds or a percentage of a development to affordable housing. This is administered by the Boston Redevelopment Agency, which has suffered a lack of transparency.

“It’s sometimes unclear where the money goes … what contributions come back to the community,” Chan said. “We want more public oversight of how things are working out.”

IDP funds have benefited Chinatown. Hong Lok House’s 74 units of senior affordable housing were partly funded by the Kensington, which paid $7 million.

Dynamic neighborhood

Chinatown is changing, but the continued flow of immigrants makes it unlikely to become Washington, D.C.’s largely symbolic Chinatown. Few Chinese live in D.C.’s Chinatown, but significant affordable stock in Boston’s Chinatown keep the neighborhood Chinese. Its central location between Quincy and Malden make Chinatown’s restaurants and supermarkets accessible to commuters and families.

“This Chinatown is very relevant to the region,” Chan said. “So many families — who live in the “burbs” — come in on Sundays to have dim sum with Grandma, who lives in Grandw—

Diversity is part of Chinatown’s allure. Census data found Boston to be about 9 percent Asian, while Quincy is 25 percent Asian. In some neighborhoods, Asians represent more than half of the population. Chinatown’s diversity makes it an attractive location.

“China-town has character.”

Visitors shared their reactions to the interactive exhibit pieces. Stacy Shref- fler, Greater Boston Convention and Visitors Bureau tourism sales manager, was impressed by data showing how di- verse Boston is, despite not being No. 1 in terms of size.

Doreena Forry talked about the state and national progress toward immigra- tion reform. “It’s a work in progress,” she said. “We have great leadership. We have great community here people who are involved.”

For more information about the ex- hibit, visit http://skyswalkboston.com.
**By the Boston Police Department**

**Warrant arrest**
March 6, 11:20 a.m.: The suspect was arrested on Essex Street on a warrant.

**Assault and battery with a deadly weapon**
March 6, 11:20 a.m.: The victim was assaulted by his shipmate.

**Chinese Speakers Crime Blotter**

**All reports are submitted by the Boston Police Department. The time period is from March 6 to 19 for District A-1, which includes Chinatown. To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.**

**Warrant arrest**
March 6, 11:20 a.m.: The suspect was arrested on Essex Street on an outstanding warrant issued out of Boston Municipal Court.

**Assault and battery with a deadly weapon**
March 7, 12:05 a.m.: The victim reports why working on LaGrange Street the suspect hit her in the face with his cell phone. The suspect was placed under arrest and transported to the district.

**Assault and battery with a deadly weapon**
March 8, 3:41 a.m.: The officers responded to Edinboro Street on a report of a fight. Upon arrival, the officers met and spoke with the victim. He stated he was stabbed. The victim was not cooperative and could not provide a good description. He declined transportation to hospital for medical treatment. He was later transported to hospital by a family member.

**Possession of a deadly weapon**
March 14, 8:57 p.m.: The suspect was arrested on Essex Street for possession of a dangerous weapon, a piece of sharpened bamboo with a rope handle.

**Drugs**
March 13, 7:53 p.m.: The suspect was arrested on Essex Street on a drug possession offense.

**Assault and battery**
March 14, 12:30 a.m.: The victim reports while at a night club on LaGrange Street he was assaulted by his shipmate. The victim sustained a broken nose.

**Assault and battery with a deadly weapon**
March 14, 2:52 a.m.: The officers responded to Washington Street on a report of a large fight. Upon arrival, the officers observed two vehicles that appeared to have been involved in an accident. Upon further investigation, the officers discovered several motor vehicles had been involved in a collision. The victim was transported to hospital by a family member.

**Vandalism**
March 10, 6:30 p.m.: The victim reports while working at the store on Beach Street, two unknown black males vandalized the store’s display case.

**Gables University Station**

**Avery Place Station**

**Affordable Housing Lottery**

Westwood, MA

**Six 1BRs @ $1,251**, Eight 2BRs @ $1,387

No Utilities included except water and sewer

Gables University Station is a 130 unit apartment building on 95 University Avenue. 14 of the units will be rented to households with annual incomes not exceeding 80% of AMI adjusted for family size as determined by HUD. Gables University Station shares community amenities with Gables II University Station (such as clubhouse area with a pool, lounge, conference room, and fitness center) however only the affordable units at Gables University Station are available through this lottery. The affordable units at Gables II University Station will be available through a separate and distinct lottery in the near future. Please see the Info Packet for more details.

**Maximum Household Income Limits:**

- **Very Low Income**
  - 1 Person: $30,100  
  - 2 Persons: $34,400

- **Low Income**
  - 1 Person: $30,100  
  - 2 Persons: $44,750

**Applications and Info Packets 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).**

**Chinese Innovation Group Promotes Mass. Trade at Statehouse**

**By Ashley Li**

The Chinese and American Entrepreneur Innovation Center (CAEIC) (Boston) held a ribbon-cutting ceremony at the Statehouse on March 4. This is the first time the Statehouse has hosted an event for U.S. and Chinese partnerships.

Scientists, entrepreneurs, investors, and politicians from China and the United States attended the event: Gov. Charlie Baker; Jiansheng Li, executive chairman of the American and Chinese Committee for Cooperation and Development; Gene Hartigan, co-chairman of the American and Chinese Committee for Cooperation and Development; Michael K. Thomas, president of the New England six-state Committee of Higher Education; Paul Guzzi, president of the Greater Boston Chamber of Commerce; Nam Pham, assistant secretary of business development at the Massachusetts Executive Office of Housing and Economic Development; Hangang Wang, president of Hanhai Zhiye Investment Group; Jihua Xie, director of Shanghai Yangpu Center of Entrepreneurship, and Ming Wang, president of Chengdu Xingu Group.

**Supported by Chinese Ministry of Science and Technology and the State of Massachusetts, the Chinese and American Entrepreneurs Innovation Center (Boston) cooperated with the Hanhai Zhiye Investment Group, the Shanghai Yangpu Center of Entrepreneurship and the Chengdu Xingu Group for building a platform of Chinese and American Cross-border Innovation and Cooperation. The Chinese and American Entrepreneurs Innovation Center (Boston) was established February 2015, and strategically located near top colleges, universities and innovation centers. The center will cooperate with the American and Chinese Committee of Cooperation and Development to build a mutual development platform for Chinese and American enterprises.**

**Pine Oaks Village**

**Phases 1 and 2**

61 John Nelson Way, Harwich, MA 02645

**Accepting Applications for Placement on Wait List**

Pine Oaks Village is sponsored by MidCape Church Homes Inc. Phase 1 is an apartment community designed for elderly (62 and over) persons. Phase 2 is designed for elderly (62 and over) and also for disabled persons who may be under 62.

**Phase 1** is subsidized by the HUD Section 8 Program. Phase 2 is subsidized by the USDA Rural Development Rental Assistance Program. Most residents pay 30% of their adjusted annual income for rent. Some residents may pay more than 30% based on availability of subsidy and on income.

**Phase 1 Income Limits: Very Low**

| 1 Person | $30,100 |
| 2 Persons | $34,400 |

**Phase 2 Income Limits: Very Low**

| 1 Person | $30,100 |
| 2 Persons | $44,750 |

**Pine Oaks Village Phases 1 and 2 are beautifully landscaped communities close to beaches, shops, doctors, churches, police and fire stations and public transportation. All units are ground level. Interested parties may call (508) 432-9611 or TDD 1-800-545-1833 x 132 or may write to the address listed above. Pine Oaks is a non-smoking community.**

**This institution is an equal opportunity provider and employer.**
Get the low down on low down payments

BY STATEPOINT

You may have heard the rule of thumb that you shouldn’t buy a home unless you can put down 20 percent of the purchase price. However, today’s home buyers have many choices when it comes to the size of the down payment. While this magic number of 20 percent will save you from paying Private Mortgage Insurance (PMI), an added insurance policy that protects the lender if you are unable to pay your mortgage, you can pay considerably less than this if you want.

“Today’s consumers persistently overestimate the size of a down payment they need to finance a home,” said Christina Boyle, senior vice president and head of single-family sales & relationship management at Freddie Mac.

According to the results of a recent survey conducted by Zelman & Associates, 39 percent of those surveyed estimated that the minimum down payment requirement for a home is at least 15 percent of the purchase price. The reality is quite different however, as qualified buyers can get a conventional mortgage with a down payment of as little as three percent.

In fact, recent statistics show more than one in five borrowers who took out conventional mortgages in 2014 put down 10 percent or less. Educating potential homeowners on the rules of down payments — and available assistance programs — plays a large role in getting qualified borrowers off the sidelines and into homeownership, according to Boyle, who also noted today’s historically low mortgage rates, coupled with affordable home prices in many parts of the country, make it an attractive time to consider buying.

“If putting 20 percent down will deplete all of your savings and leave you with no financial cushion, it’s probably not in your best interest,” she said.

If you don’t put down 20 percent, the cost of PMI varies based on your loan-to-value ratio — the amount you owe on your mortgage compared to its value — and credit score, but you can expect to pay between $30 and $70 per month for every $100,000 borrowed. While it’s no doubt an added cost, it enables buyers to purchase now and begin building equity versus waiting five to 10 years to build enough savings for a larger down payment.

Additionally, once you’ve built equity of 20 percent in your home, you can cancel your PMI and remove that added expense from your monthly payment.

New-homeownership opportunities in Massachusetts are poised to grow. Carefully evaluate your finances to determine how much you can afford and talk with your lender or housing professional about what makes best sense for you and your particular situation.

Is Boston truly “China’s Town”?

BY LING-MEI WONG

You’ve seen the flashy cars, designer handbags and jaw-dropping houses. Obscenous displays of wealth have become synonymous with overseas Chinese — Boston Magazine declared the city to be “China’s Town” in its September 2014 issue. If rich Chinese are flooding the market, local buyers are facing fierce competition.

Broker associate Richard Ho of Re-max Andew Realty Services would beg to differ. While there certainly are investors buyers with deep pockets, there are also a fair number of Chinese buyers who just want a home. They may not be the wealthiest in their home country, but find Boston property affordable for their children attending college or graduate school.

“Compared to that part of the world, we’re very reasonably priced,” Ho said. “In Massachusetts, $600,000 gets you a nice house. In Singapore where I’m from, you’re lucky to get a two-bedroom apartment. Southeast Asian real estate in Hong Kong, Beijing and Shanghai are even more expensive than Singapore.”

Hot market

As the market heats up, overbidding and all-cash deals have become the norm in hot neighborhoods near top universities or good school districts. Boston home values have gone up 6.8 percent over the past year, as the median listing price in Boston was $519,000, with the median sale price at $524,500, according to real estate search site Zillow.

“If you look at metro Boston or Boston proper, such as Allston/Brighton, nine out of 10 potential rental properties will be for buyers to get mortgages. The median rent in Boston is $2,595, while the Boston metro median rent is $2,371, according to Zillow. In 2014, 16,147 Chinese nationals studied in Massachusetts, representing 28.2 percent of all international students. This does not include Chinese students from Hong Kong, Taiwan or Singapore.”

“Most colleges require first-year students to live on campus,” Ho said. “But after that year, the parents don’t want to pay rent, so they buy a one- or two-bedroom condo. At the end of the child’s college education, they can sell it and make a profit.”

The appetite for prime real estate isn’t limited to foreign nationals, as locals are getting in on the action.

“The local homebuyers do have the cash to buy,” Ho said. “Because of the lack of inventory this year plus speculation about the Fed raising rates, the market sprung up really early this year in end of January, rather than in February or March. Even with the storms and snow, people are shopping for houses.”

Beyond Chinese buyers

Boston and Middlesex County were ranked among the top 10 housing markets by real estate search site Trulia. However, high rents combined with newer properties being rental-only limit buying opportunities.

“In 2008, the market dropped and property management companies bought up a lot of properties in the priciest rental markets, such as Fenway,” Yung said. “Boston also doesn’t have rent control, so some corporate landlords increase rent 10 percent every year.”

Another impact on Boston’s housing market is lending policies. Most mortgages require buildings to be 50 percent occupied, so some corporate landlords increase rent to pay rent, so they buy a one- or two-bedroom condo. At the end of the child’s college education, they can sell it and make a profit.”

“The Chinese are not the biggest factor, compared to the overall market,” Yung said.

There is demand for housing in greater Boston, but attributing the growth to Chinese buyers alone is unfounded. As the region continues to draw the best and brightest, Boston will experience growing pains.

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Understanding anemia in children

By Dr. Jason Law

The word anemia comes from the Greek language meaning “without blood” and is a condition in which a person has fewer red blood cells or hemoglobin than is normal. If untreated, anemia can lead to poor physical and/or intellectual development in children and impact productivity and focus in adults.

What are the symptoms of anemia?

Signs and symptoms of anemia include headache, feeling tired, light-headed, dizzy, and irritable. It may be hard to focus at school or work and performance may suffer. Those with anemia may sleep more than normal, have a pale complexion, and may be unable to tolerate exercise or physical activity. Depending on the cause, there may also be yellowness of the skin or eyes, the urine may turn brown, or there may be blood in the urine or stool. If you see these signs, bring them to your doctor’s attention right away.

Who gets anemia?

According to the World Health Organization, anemia is a public health problem affecting 1.62 billion people globally, or 24 percent of the world’s population. All ages and sexes can be affected by anemia, but those at greatest risk are women of childbearing age and preschool aged children (1-5 years old). For example, worldwide, almost half of all preschool children are anemic— including as many as 47.7 percent of preschool aged children throughout Asia and 20 percent of those in China. According to the Centers for Disease Control and Prevention, 11 percent of preschool children in the United States are anemic.

What causes anemia?

There are many causes of anemia but the most common, especially in children, is iron deficiency. This may be caused by not eating enough iron-rich foods (red meat, dark green leafy vegetables, tofu and some types of beans are good sources of iron). Other common causes include infections, intestinal problems, heavy menstruation and diseases like the inherited blood disorder thalassemia (which is particularly common in Asians, affecting 10-13 percent of the population). There are many other less common causes of anemia, some of which may be serious, so a thorough evaluation should be performed.

How is it treated?

As there are many causes of anemia, the treatments can range from changes in the diet to oral medicines to blood transfusions. Rarely, some severe cases may even require a bone marrow transplant.

What should I do if I am concerned about anemia?

Raise your concerns with your pediatrician or primary care physician. A history and physical exam combined with a simple blood test called a CBC can diagnose anemia. Other tests such as urine and stool tests may be needed to identify the cause. Your doctor can then refer you to a hematologist for further evaluation and treatment if needed.

About the author

Dr. Jason Law is an assistant professor at Tufts School of Medicine. He specializes in pediatric hematology, oncology and bone marrow transplant at Floating Hospital for Children at Tufts Medical Center. To make an appointment with Dr. Law, call (617) 636-5535.

Understanding anemia in children

How to master exercise machines at the gym

By Ryan Kelly

Spring is finally upon us! We can finally thaw out and leave the house! If you have forgotten what the inside of a gym looks like, it’s OK. But remember that beach season will be here before you know it!

Now that we’re back in the gym, the next step is to remember how to set everything up. This is important for many different reasons, but the most important is to make sure we do not hurt ourselves and are able to make tomorrow’s workout.

Types of equipment

Cardio: The American College of Sports Medicine states how important cardiovascular exercise is in reducing chances of cardiovascular disease, stroke, type 2 diabetes and some forms of cancer in a released position stand. Basically, cardiovascular exercise will help you live a longer and easier life. One of the more popular forms of cardio is the stationary bike. This is also one of the most common machines in the gym, the issue is knee placement; the knee is not allowed to straighten much at all. Ideally your knee should not be locked if the pedals are at 12 and 6 o’clock. An easy tip to get a good idea of how high the seat should be is to position it at hip height when standing behind the bike. This may not be perfect, but it will give you a good place to start from.

Resistance: Resistance exercise is just as important to any well-blended exercise routine. Reasons to include resistance exercise consist of it decreasing body fat percentage, blood pressure and chance of heart disease. While decreasing all of that, bone mass will increase, leaving you with less of a chance of developing osteoporosis. Resistance machines where you can get the most muscle for your money include the chest press, lat pulldown and leg press.

The leg press will train the “push muscles”: Chest, front of shoulders and triceps. Easy setup of this machine would be to make sure that your arms begin at shoulder height before you push the handles. If your hands are closer to your ribs or ears, you may need to adjust the seat height. The lat pulldown will train the “pull muscles” which are the opposite of the chest press: Upper back, rear shoulders, and biceps. For a good and safe workout, be sure to hold on to the handles before sitting down. Now that the weight is already up, it should stay there until your set is done. As you pull the handles towards your shoulders, do not lean back. That causes stress on the lower back and no one wants that!

The leg press will work on the front and back of your legs: Thighs, hamstrings and glutes. Use this piece in the same way that you would stand up or sit down in a chair. The most common mistake is to press your toes off the pedal, instead of your heels. Also make sure that when your legs are in the straight position, your knees do not lock out, or hyperextend. Both of these mistakes can lead to knee pain or injury.

In the words of G.I. Joe, “Knowing is half the battle!” Use this information to help strengthen, tone and increase your capacity. If you still need help, feel free to stop by the Wang YMCA and our certified personal trainers can get you going.

How to master exercise machines at the gym

By Ryan Kelly

Spring is finally upon us! We can finally thaw out and leave the house! If you have forgotten what the inside of a gym looks like, it’s OK. But remember that beach season will be here before you know it!

Now that we’re back in the gym, the next step is to remember how to set everything up. This is important for many different reasons, but the most important is to make sure we do not hurt ourselves and are able to make tomorrow’s workout.

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About the author

Ryan Kelly graduated from Quincy College with an associate’s degree in exercise science, is a Certified Personal Trainer through the American College of Sports Medicine, and the director of health and wellness at the Wang YMCA. Contact him at (617) 426-2237 x 234 or RKelly@YMCAboston.org
Five reasons to make flossing a habit

BY FARIEN FRANKLIN

When you think of maintaining a healthy lifestyle, flossing everyday may not be the first thing that comes to mind. Your life is busy, so why add one more task to the list of things to do? If you’re in a hurry and happen to skip flossing, no one will be able to tell the difference, right?

Wrong! While those around you probably will not notice that you did not floss, your body definitely will. After a meal, small pieces of food stay behind in hard-to-reach places between your teeth. Floss does so much more than make your teeth feel minty clean. While brushing helps to keep your teeth healthy by clearing food and liquids, flossing at least once a day clears remaining debris in places your toothbrush cannot reach.

Five reasons why flossing can help you:

1. Flossing reduces the amount of bacteria in your mouth
   Bacteria can irritate your gums as well as feed on food from your meals and make acid that causes tooth decay. Flossing removes food and bacteria from between the teeth where toothbrushes cannot reach. According to the American Dental Association, flossing in combination with brushing is more effective than brushing alone.

2. Flossing saves you money
   Flossing helps prevent gum disease, cavities and other serious dental problems, which can save you money in the long run. A packet of floss costs around $3.

3. Flossing is good for the whole body
   According to The Center for Oral and Systemic Diseases at the University of North Carolina, oral bacteria can get into the bloodstream and negatively affect the rest of the body, especially when gums are diseased. Furthermore, certain bacteria found in the gums have been linked to heart disease and inflammation.

4. Flossing gives you fresh breath
   Flossing away food and bacteria that build up in the mouth on a daily basis can help get rid of bad breath.

5. Flossing helps keep the pain away
   A healthy and pain-free mouth requires clearing food and liquids, flossing at least once a day clears remaining debris in places your toothbrush cannot reach. Flossing at least once a day is a great way to get rid of harmful bacteria, and it only takes a few minutes a day. So please do not skip the floss!

March is National Nutrition Month:
Tips to recharge your resolutions

BY STATEPOINT

Have your healthy New Year’s habits already begun to fade? Recharge your resolutions this March during National Nutrition Month. While a healthy lifestyle can certainly help you get the body you always wanted, the benefits extend well beyond your appearance, say experts.

“Adopting a healthy lifestyle offers more than just weight loss alone; it can also promote your overall health and reduce your risk of chronic diseases, like diabetes, heart disease, stroke and even some types of cancer,” said registered dietitian nutritionist (RDN) and Academy of Nutrition and Dietetics spokesperson, Ximena Jimenez. “Eating right and staying active is an investment in a high-quality life.”

In time for National Nutrition Month, Jimenez is offering a few ways you can “Bite into a Healthy Lifestyle,” the theme of this year’s annual focus on nutrition.

• Make informed food choices
   A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While this is important, it’s also essential to make informed food choices based on your individual health and nutrient needs. Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan, are all part of making smart choices. A registered dietitian nutritionist can educate you and guide your food choices while keeping your tastes and preferences in mind.

• Choose sensible snacks
   Sensible snacks are a part of any healthful eating plan. If you choose carefully and plan ahead, snacks can prevent overeating at mealtimes and throughout the day. For children and adults, alike, snacks can supply foods and nutrients that we might miss in meals. Focus on fruits, vegetables, whole-grains and low-fat dairy foods.

• Get plenty of physical activity
   Daily physical activity is a crucial part of a healthy lifestyle, and unfortunately most Americans don’t include enough exercise in their daily routines. Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness and fosters overall well-being.

• Consult an expert
   Registered dietitian nutritionists draw on their experience to develop a personalized nutrition plan for individuals of all ages. RDNs are able to separate facts from fads and translate nutritional science into information you can use. An RDN can help you adopt a healthy diet, reach and maintain a healthy weight, and ultimately reduce your risk of chronic disease.

To help, the Academy offers tips, games, tools and nutrition resources at www.EatRight.org/nnm.

Don’t let your 2015 resolutions fall by the wayside. Use National Nutrition Month as an opportunity to revive your goals for the long-term.
Josiah Quincy School celebrates Year of the Sheep

Josiah Quincy Elementary School students and faculty celebrated Lunar New Year on March 5 with songs, dance and instrumental music. (Image courtesy of the Sampan editorial team.)

Fourth graders learn about flying cars

Vanessa Blakeley from Woburn company Terrafugia spoke to Josiah Quincy Elementary School fourth graders on March 16 about flying cars, how they are designed, and how they might change life in and around the city. (Image courtesy of Phil Amara of QJS.)

Superintendent
Department: Property Management, Residential
Location: Massachusetts
City: Boston
Requisition Code: 483JK01132015
Location: In Boston at on Harrison Ave learn more about us at taitungvillage@winnco.com

Position Summary:
Provide direction, guidance, supervision to all maintenance staff. The Maintenance Superintendent will act as a working supervisor with most of his/her time spent performing maintenance functions. He/ she will also be responsible for assigning and follow up of all work completed by every employee which will include work order completion, the quick turnover of vacant apartments, all required preventative maintenance and capital improvement tasks. This position requires that the individual be available to respond to emergency maintenance repairs after normal working hours.

Assistant Manager
Department: Property Management, Residential
Location: Massachusetts
City: Boston
Requisition Code: 483JK01132015
Location: In Boston on Harrison Avenue. Learn more about us at taitungvillage@winnco.com

Position Summary:
The primary role of the assistant manager is the collection of rents and subsidy payments; maintaining resident records; and maintaining property financial data in line with the budget. The Assistant Manager also assists the Property Manager in managing and maintaining the community.

For more detail information , to complete an online application, please visit: http://www.winnco.com/careers, click view our employment opportunities, then select "Location" and "Department" for the above job positions.

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.

· MBTA Contract No. H62CN01: REPAIR/REHABILITATION OF BEVERLY DRAW BRIDGE OVER DANVERS RIVER BEVERLY/SALEM, MASSACHUSETTS, (CLASS 1A, MARINE GENERAL CONSTRUCTION and CLASS 4B, BRIDGE/CONCRETE STRUCTURE AND PROJECT VALUE – $9,044,010.00).

· Submitted at www.bidx.com until two o’clock (2:00 p.m.) on April 14, 2015.

· Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work under Contract No. 1 – Approach Span, consists of cleaning of piles of all debris and marine growth, concrete pile repairs and jacketing, and FRP wrapping of concrete piles. Removal and replacement of stone riprap at the south abutment. Replacement of stone blocks at north abutment walls and fully grouting of joints between stones, with all work being done in the dry. Miscellaneous structural repairs to the concrete superstructure and coating of all exposed superstructure concrete surfaces with water repellent coating. In addition coordination with Contractor for future Contact No. 2 – Swing Span.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
FEATURES

Boston Chinatown Neighborhood Center rings in Lunar New Year

BY LING-MEI WONG

Boston Chinatown Neighborhood Center (BCNC) celebrated the Year of the Sheep on March 6 at Empire Garden. More than 600 guests attended the agency’s 27th annual spring banquet.

“As we celebrate our 46th year, it’s going to be our best year ever,” said Giles Li, BCNC executive director.

BCNC opened a second location in Quincy in 2013, added the Family Connector program to support emotional health for families and headed up an effort to replicate its Family Solutions model in the Haitian community.

The “Friends of BCNC” award was presented to Renee Inomata and Paul Lee. Inomata is a partner at Burns & Levinson and Lee is a proprietor of the Hong Kong Restaurant in Cambridge.

Another “Friends of BCNC” award recipient was the Amelia Peabody Foundation. The foundation’s mission is to increase the number, range and depth of positive learning experiences available to materially disadvantaged young people in Massachusetts. BCNC honored the foundation for its support of youth programs and funding since 2004.

The event raised $288,750 from ticket sales, silent auction items and live auction sales.

The lion dance was performed by the Gund Kwok Lion Dance Troupe and the Cambridge Center for Chinese Culture had a live drum performance. Yang Shu Won performed traditional Chinese face changing.

BCNC was founded in 1969 by neighborhood residents. For 45 years, BCNC has been the vital link for the Asian community of greater Boston, providing essential services that ease their integration into American society and preserve their rich culture. BCNC offers exemplary services to more than 2,000 children, youth and adults each year, strengthening families and building communities. For more information, visit www.bcnc.net.

The Asian American Civic Association (AACA) received a $9,500 check for its capital campaign from Cathay Bank on March 5. The agency has raised $2,329,318, which is 77 percent toward its goal. AACA is seeking funds to expand programs with long waiting lists and begin new workforce training initiatives. Its programs include English for speakers of other languages, job and career training and the Multi-Service Center.

The Asian American Civic Association (AACA) received a $9,500 check for its capital campaign from Cathay Bank on March 5. Pictured left to right at the China Pearl are AACA executive director Chau-ming Lee, Grant Pattison of Cathay Bank and Devika Thanayan of AACA. (Image courtesy of Ling-Mei Wong.)

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Conservatory Lab Charter School celebrates 16th anniversary

BY CONSERVATORY LAB CHARTER SCHOOL

The Conservatory Lab Charter School’s 16th Anniversary celebration took place on March 12 at the John Hancock Atrium in the Seaport District. Distinguished guests, including Boston Mayor Marty Walsh, joined with parents and students in the celebration of Conservatory Lab Charter School’s 16th Anniversary, on March 12 at the John Hancock Atrium in the Seaport District. Pictured are Conservatory Lab parent Cindy Mui and her sons, fourth grade ambassador and Dudamel musician Ethan Chen and Boston Latin School ninth grader Eric Chen (Conservatory Lab alum and All-State Festival violinist) of Mission Hill along with Head of School Diana Lam. (Image courtesy of Toni Jackson of Conservatory Lab.)
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Choose to chill out, go out or eat out. Montage is a condominium community located in Framingham just two miles from the Mass Pike. It’s a neighborhood that’s tucked away, yet surrounded by every amenity and convenience imaginable: The Natick Mall, Wayland Town Center, Whole Foods and a myriad of restaurants and retail are all just minutes away.


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