Hong Kong chief visits Boston to promote trade

BY LING-MEI WONG

Hong Kong Chief Executive CY Leung stopped by Boston to promote trade on May 5. About 200 guests attended a lunch at the Marriott Cambridge Hotel, which celebrated Cathay Pacific’s direct service between Hong Kong and Boston in May.

Leung’s trip was his first official visit to Boston, which included tours of the Massachusetts Institute of Technology Media Lab and the Harvard Stem Cell Institute. His Hong Kong delegation included leaders in finance and technology fields.

“My schedule only allows me one day in Boston...it seems I that am going to have to miss Fenway Park,” Leung said. “I hope that, in the not-too-distant future, I can come to Boston again, and enjoy, like all of you, a Boston Red Sox game.”

Aside from baseball, Leung spoke highly of Boston’s biotechnology sector, high ranking for livability and strong schools. The United States was Hong Kong’s second largest trade partner with $76 billion in 2014. $49 billion of U.S. trade to China was routed through Hong Kong. Massachusetts trade to Hong Kong was nearly $1 billion in 2014, making it ninth among the states.

For currency, Hong Kong is the largest offshore hub for Chinese renminbi (RMB), as local banks issued 6.3 billion RMB or 70 percent of global RMB payments in 2014. “We [Hong Kong] punch well above our weight,” Leung said. “...Hong Kong is not any international financial center, we are China’s international financial center, and the world’s China financial center.”

In response to public questions, Leung said there were no plans to change the Hong Kong dollar’s pegged floating rate to the U.S. dollar. The special administrative region is undertaking several infrastructure projects, including a bridge to Macau, tunnel projects and a third runway for the Hong Kong International Airport. He added a challenge for Hong Kong is its high standard of living, with real estate and operating costs at a premium.

Local resident Chuunghie Che protested peacefully in front of the hotel. The Cambridge luncheon was hosted by the Hong Kong Economic and Trade Office.

Chinatown meeting roundup: CNC, CSC, CRA

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council (CNC) held its monthly meeting on April 21, while the Chinatown Safety Committee (CSC) and the Chinatown Resident Association (CRA) met on May 6.

CNC

The council met at the Chinese Consolidated Benevolent Association. It supported a proposed Chinese dessert shop Sweet Kingdom, which will open on 15 Beach Street at the former Wild Cherry frozen yogurt location. The Boston Zoning Board recently denied its renovation application, which Sweet Kingdom plans to appeal.

A proposed sign on 72 Knueleand Street facing South Station will display ads, but decrease its size and reserve time for community use, said Joe Cor-
Event Calendar

Community bike ride in Quincy
Saturday, May 9
9 a.m.
86 Hollis Avenue
Quincy, MA 02171

Quincycles will host a leisurely community bike ride along a route proposed for bicycle lanes and “sharrows,” as part of this year’s Bay State Bike Week. The ride will depart from Atlantic Middle School. For more information and the event of bad weather, visit Quincycycles.org.

Women in China today
Monday, May 11
6:30 p.m. to 9 p.m.
1234 Soldiers Field Road
Brockton, MA 02135


Clean Up Chinatown Committee meeting
Tuesday, May 12
11 a.m.
87 Tyler Street
Boston, MA 02111

The Clean Up Chinatown Committee meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit tcboston.org.

QARI banquet Friday, May 15
6:30 p.m.
237 Quincy Avenue
Quincy, MA 02169

Quincy Asian Resources Inc. will host its 8th community banquet at the China Pearl in Quincy. A total of 12 scholarships will be presented to high school seniors. For more information or to purchase tickets, please visit www.quincyasianresources.org or call (617) 472-2200.

Southern Chinese art show
Saturday, May 16
10:30 a.m.
87 Tyler Street, 2F
Boston, MA 02111

Enjoy an interactive show of southern Chinese arts and crafts, hakka arts and lion dance at the Kwong Kow Chinese School. The event is part of the Cantonese Culture Week.

Chinatown walking tour: Food edition Saturday, May 16
10 a.m. to 12:30 p.m.
50 Milk Street
Boston, MA 02109

The Chinese Historical Society of New England will host a 90-minute guided walking tour of food in Boston’s Chinatown. Tickets are $8 to $15. For more information, email info@chse.org.

Cantonese children’s variety show
Sunday, May 17
1:30 p.m.
87 Tyler Street, 2F
Boston, MA 02111

The Kwong Kow Chinese School presents the Cantonese variety show, featuring poetry, music performances and dim sum.

Naturalization workshop
Monday, May 18
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 melody@aacac等活动.org.

Chinatown/South Cove Neighborhood Committee meeting
Monday, May 18
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.

South Cove Manor annual dinner
Tuesday, May 19
6 p.m.
237 Quincy Avenue
Quincy, MA 02169

South Cove Manor at Quincy Point will celebrate its 30th anniversary at its annual meeting and dinner at the China Pearl in Quincy.

Greater Boston Chinese Golden Age Center annual fundraiser
Wednesday, May 20
6 p.m.
9 Tyler Street
Boston, MA 02111

The Greater Boston Chinese Golden Age Center will hold its annual fundraising dinner at the China Pearl. Tickets are $100 and will raise $200,000 for programs and services at the new Hong Lok House. For tickets, call Megan Cheung at (617) 337-0226.

Free monthly legal clinic
Monday, May 25
6 to 8 p.m.
1509 Hancock Street, Suite 209
Quincy, MA 02169

Quincy Asian Resource ex, 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.quincyanastate resources.org or call (617) 472-2200.

DACA/DAPA immigration clinic
Saturday, May 30
10 a.m. to 4 p.m.
312 Border Street
Boston, MA 02128

The Deferred Action for Childhood Arrivals and Deferred Action for Parents free screening clinic will take place at the Massachusetts Capitol. The clinic is by appointment only; the appointment line is (617) 633-4141.

Help Us Learn More About Sleep!
If you are:
• 55-70 years old
• Non-smoker
• Healthy and taking no medication
• You may be eligible for a 37-day sleep research study at Brigham & Women’s Hospital. There will be a 4-6 week screening period. Must be willing to spend 37 day consecutive days and nights in our facility. Receive up to $7,775.

Contact: 617-525-8719 or email sleepstudy@partners.org.
Public forum examines trash issues in Chinatown

BY LING-MEI WONG

A public forum on trash and illegal dumping in Chinatown took place April 30 at the Asian American Civic Associa-
tion (AAC). The forum was organized by the Clean Up Chinatown Committee.

Representatives from the City of Bos-
ton presented updates on their efforts to handle the prevalent problems of illegal trash practices and street littering, includ-
ing street cleaning and recycling.

"Trash pickup and recycling used to be three times a week. Now it’s two times a week on Monday and Friday, which makes a big difference in terms of keep-
ing garbage off the sidewalks," said John Meaney, director of environmental serv-
ces for the City of Boston. "Recycling rates are way up since last July in Boston but Chinatown has a long way to go."

Manpower for code enforcement in Chinatown has been extended until 9 p.m. on weekdays and weekends, said Frank O’Brien, Public Works administrative as-
sistant. The officers issue tickets for code violations, such as sandwich boards or signs on side-
walks.

Recycling must be placed in approved bags. The city is work-
ing with the sup-
er and local supermarkets to carry the bags, said Brian Cough-
lin, recycling co-
or. Boston provides free re-
cycling carts to single families and complexes with less than six units. To order free recycling carts, call the Mayor’s Hotline: (617) 635-4885.

Cigarette butt litter was discussed, as it makes up 57 per-
cent of Boston litter.

The committee is looking at programs in New Orleans, Vancouver and Salem, Mass., where a private company installs receptacles and donates $1 for each pound of butts collected, said Scarlett Wu, AACA special projects coordinator. The cigarette butts are recycled into industrial products.

Community residents complained about rats on their property with increased construction from new developments. Meaney said that if there is an increase in rodent activities not due to owner be-
haviors, the city would be responsible for eradication. One positive outcome of the heavy snowfall is a decrease in the rat population. “If there’s no food, they will eat one another,” Meaney said.

Mary Chin, AACA board president, praised Mayor Marty Walsh for Citizens Connect, an app for people to report any issues. To join the May 12 meeting at AACA, call the committee at (617) 426-9492 x 206.

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Q&A Information Workshop
June 30, 2015 @ 6 pm
Both events to be held at:
Dover Town House
5 Springdale Avenue
Dover, MA 02030
Fireside Room
Only $227.100

Applications available online at:
www.DelphicAssociates.com
www.massaffordablehomes.org

See delphicasociates.com

Applications must be received by June 22, 2015.
Business leaders define China dream

BY KAWALA XIE

Richard Liu, CEO of JD.com, spoke at the open ceremony of 2015 Harvard China Forum on April 24. (Image courtesy of Kawala Xie.)

The three-day 18th annual Harvard China Forum opened at Harvard University’s Memorial Church on April 24. It attracted not only Chinese business leaders but also hundreds of students and local business people.

Chinese and American business elites spoke at the opening ceremony, including the chairman of Hillhouse Capital, Zhang Lei, and Baker Foundation Professor of Harvard Business School, F. Warren McFarlan.

Richard Liu, CEO of JD.com, was the third keynote speaker. He used his company’s story to encourage overseas students to return to their homeland as entrepreneurs. He mentioned that in JD’s early period, it was frequently questioned by others. But his insight into e-commerce and persistence in “finding and resolving the problem” earned him a great success later. He advised would-be entrepreneurs to be proactive and target problems, satisfy the market’s needs and propose solutions.

Liu was optimistic about China’s economic development for the next 30 years. “This is a great period that is worth fighting for,” he said. He urged students to change their minds about development prospects for domestic private enterprises, to contribute to China’s economy.

Followed by the opening ceremony were nine panel discussions. This year’s topics examined different industries such as e-commerce, wealth management, media and entertainment in the rapidly developing Chinese economy.

The panel “Envision, expand, and excel: Upgrading media and entertainment” discussed new trends. Speakers included Wang Zizhen, CEO of New Classic Media, one of the largest film and television production and distribution agencies; Qian Jun, chairman of Junhe Publicity; Qin Shuo, editor-in-chief of China Business News, and other Chinese media industry professionals.

Qin used the box office records of movie franchises “Transformers” and “The Fast and the Furious” in China to look at its market potential worldwide. Due to the strong effect of Chinese consumers, the sale of media products is positive.

Panelists discussed the importance of focusing media content for the domestic market. Yan Zhi, chairman of new media company Zali Development, affirmed the status of print media in the media industry. “No matter the means of communication, how the technology and the situation changes, content is still the first priority.” He believed that increasing the effect of Internet media, will make print media more valuable.

AppreciASIANS gala celebrates
Asian women advocates in health care

BY JULIA WONG

A group of women gathered at the AppreciASIANS awards gala presented by Asian Women for Health (AWFH) on April 30 at the UMass Club of Boston. AWFH is an organization led by peers to advocate for Asian women’s health through education and support. To recognize efforts for change, AWFH presented five awards for different aspects of health care.

Liz Chung, general manager of television at WGBH and AWFH’s president Chien-Chi Huang said data is crucial for awareness and AWFH’s goal is for Asian women to “receive the same care and health care access that all women deserve.”

Keynote speaker Louis Guiterrez, executive director of Commonwealth Health Insurance Connector Authority, spoke of health care accessibility via the Health Connector and urged attendees to reach out to the unserved population to apply for health insurance.

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.

Work Consists of:
1. Installation of drilled shafts for two track cantilever overhead contact system (OCS) structures.
2. Installation of temporary support of excavation and temporary vertical protection shields.
3. Installation of drilled shafts, abutments, and backwalls for proposed bridge.
4. Construction of steel through plate girder bridge over the Shore Line tracks.
5. Installation of drainage structures.

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/

Liza Talusan received the Peer Award and recounted her experiences as a breast cancer “previvor,” who had undergone surgery to lower her risks of breast and ovarian cancer and as a mother of a cancer survivor.

For innovation, the award was given to Dr. Elisa Choi, a health services researcher and an associate professor at Boston University who began a study entitled Asian Women’s Action for Resilience and Empowerment (ASURE) as a part of the Asian-American Women’s Health Initiative Project to assess how positivism affect Asian women’s mental health. Also noting health care disparities, Dr. Elisa Choi sought change as a clinician and as vice chairperson of the Asian American Commission of Massachusetts (AAC). The Provider award was given to South Cove Community Health Center for years of service in the Asian community.

MBTA Contract No. B73CN01, REPLACEMENT OF SHORE LINE BRIDGE, BOSTON, MASSACHUSETTS (CLASS 1, GENERAL TRANSIT CONSTRUCTION AND CLASS 4B, STEEL SUPERSTRUCTURES - PROJECT VALUE - $11,193,000.00).

Submitted at www.bidx.com until two o’clock (2:00 p.m.) on May 28, 2015.

Immediately thereafter, in a designated room, the Bids will be opened and read publicly.
Local author Rosana Wan examines Revolutionary Era food

BY ELLEN DUONG


Wan’s concept for the book derived from two seemingly disparate interests — her love of history and food. As a history major at Suffolk University, she took a course on 18th century life. While deciding on a research project topic, she came across the 2006 book “My Life in France,” an autobiography by American chef Julia Child, and in 2009 film adaptation “Julie and Julia.”

“It really opened my eyes about food,” said Wan. “It was astounding by [Child’s] love of food. She later became a celebrity chef, but first and foremost, she was a culinary teacher.” Inspired, Wan decided to research and bake 18th century goods for Suffolk University’s history department.

After graduating from Suffolk, Wan took a pilgrimage to the John Adams homestead, where she learned about politics, the Adams’ dreams of the future and their ideas for a new nation. “The missing piece of the puzzle in all of that is the food,” Wan said. “Samuel Adams had his beer; Thomas Jefferson had his macaroni. John and Abigail Adams also deserved a spotlight in the food world.” Thus, the idea for her book was born.

Wan did extensive research for her historical cookbook. She read books about John and Abigail Adams, as well as books from the couple’s lifetime, such as 1747 work “The Art of Cookery Made Plain and Easy.” Wan looked at countless letters exchanged between John and Abigail Adams and other historical figures to get a sense of their daily life. She also went to the places they had walked. “I visited Peacefield in Quincy,” said Wan, “which was home to a garden where Abigail once planted her vegetables. I went there to connect with them, to connect with their past.”

In her research on the Adams’ culinary lives, Wan found they were strongly influenced by the English roots, as well as by the different foods they encountered during their travels. “It inspired why we have many American dishes as modern American cuisine culture,” said Wan.

Wan’s book talk was presented as part of Revolutionary Boston, a citywide celebration. She will give another book talk on June 23 at the Central Library in Copley Square.

Bedford Affordable Housing
The Crossing at Bedford

This is a lottery for the 2 affordable homes available at The Crossing at Bedford. These 2 homes will be sold at affordable prices to households with incomes at or below 80% of the Area Median Income. This feature includes spacious floorplans with fully-equipped gourmet kitchens with 42” custom cabinetry, stainless steel appliances, breakfast islands/bars, wood-style plank flooring in kitchen and living areas, 9 ft. ceilings, full-size washer and dryers, and walk-in closets. The community features a clubhouse with state-of-the-art fitness center, yoga/group fitness studio, clubroom lounge, conference room, outdoor grilling and fireplace area with seating, and outdoor resort-style swimming pool with sundeck.

The Lottery for eligible households will be held on May 9th, 2015 but applications for the Waiting List are still being accepted and units may still be available. For Information and Waiting List Applications, or for reasonable accommodations for persons with disabilities, call 508-433-0031.

Applications and Information also available at the Leasing Office’s temporary offices on 190 North Main St in Natick, MA

About 200 individuals protested a public housing amendment which could negatively affect immigrants on April 23 at the Statehouse. (Image courtesy of the Massachusetts Immigrant and Refugee Advocacy Coalition.)

Advocates rally at Statehouse against housing budget amendment

BY THE MASS. IMMIGRANT AND REFUGEE ADVOCACY COALITION

More than 200 advocates and immigrants spoke out against a public housing amendment that could potentially deny housing to undocumented immigrants for discrimination.

“We’re gathered here to shine a disinfectant light on anti-immigrant amendments,” said Shannon Erwin, State Policy Director at the Massachusetts Immigrant and Refugee Advocacy Coalition.

“Many immigrant survivors have so few options that they stay in abusive relations,” explained Michaela Moshier, Legal Advocacy Specialist with HarborCOV. “Access to safe, affordable housing when these victims are in their most vulnerable situations can actually save their lives.”

Other groups participating in the event included the Brazilian Women’s Group, the Irish International Immigrant Center, the Dominican Women’s Group, U.U. Mass Action, the Chelsea Collaborative, the Student Immigrant Movement, the Boston Homeless Solidarity Committee and the Boston Tenant’s Coalition.

Applications and Info Packets also available at: Bedford Public Library located at 7 Mudge Way (Hours: M-Th, 9-9, F 9-6, Sa 9-5, Su 1-5)
**Senior English teacher dedicates life to service**

BY JIE YAN

Someone at my church told me about an older man who teaches English to Chinese speakers. The classes are free, but many churches offer English classes. However, when I heard he was 90, I was surprised.

My friend told me I had met him at church, to which I immediately answered, “No.”

In my imagination, if someone is 90, he should be weak, have many wrinkles and great difficulty walking.

Pastor Lei recommended this English class repeatedly to see the teacher myself. Maybe he is the man’s relative or friend?

“Non, that’s him! How can you think of it?” Pastor Lei said.

Wow! I could not believe it.

I remembered seeing him at church, looking to be 70. When we ate together, I said to him: “You are handsome today!”

“I’m always handsome!” he said.

From the beginning I was surprised by his age. Our church is at Eastern Nazarene College. Donald Reed teaches us every Tuesday, Wednesday and Thursday for two hours at a time.

He told me that he likes China, and he went to China, to train English teachers at China’s Anhui University. My English classmates told me Mr. Reed donated to Eastern Nazarene’s library, with a floor dedicated to him.

Our teacher likes reading, fishing, canoeing, and gardening.

In our teacher’s heart: God is first, others second, himself third.

He is 89 years old this year! My classmate said: “We admire our teacher so much.”

One of my church friends patted his chest and said: “Here, he is young!”

Together with our teacher who is soon to become 90, I not only learn English, but also grow and move my life.

I salute you, the oldest volunteer!

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**Japan Festival**

JAPAN SOCIETY OF MA

**Japan Festival**

The Asian American Civic Association celebrated graduation for its adult education programs on April 17 at Tufts Medical Center. AACA offers 10 levels of English language classes for adult learners from basic to higher intermediate. Classes are designed to help students to adjust to life in the United States and prepare them to continue to study English at a higher level, go to college, join a job training program or secure employment. (Image courtesy of Vekonda Luangaphay.)

**ACAA graduation**

The Asian American Civic Association celebrated graduation for its adult education programs on April 26. (Image courtesy of Arturo Gossage.)

**Senior English teacher dedicates life to service**

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- 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 includes but is not limited to replacement of an existing elevator, elevator hoistway and elevator headhouse which extends from the Green Line platform level up to the street at the corner of Tremont Street and Winter Street in Boston, Massachusetts. Below the elevator at the Red Line level, the existing elevator machine room and equipment will be replaced with new construction. Included is mechanical, electrical, communications and plumbing work to support the design. Site work includes replacing paving adjacent to the new headhouse as shown on the drawings.

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/
Chinatown crime blotter for April 17 to May 8

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from April 17 to May 8 for District A-1, which includes Chinatown.

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

Assault and battery
April 25, 3 a.m.: The victim was assaulted and kicked for the officers.

Assault with a deadly weapon
April 24, 11:15 a.m.: The suspect was arrested on Harrison Avenue on an outstanding warrant issued out of Chelsea District Court.

Violation of auto laws
April 23, 3 a.m.: The suspect was arrested on Essex Street on a charge of refusing to stop for a police officer. The officers attempted to stop the suspect but she continued driving without stopping for the officers.

Drugs
April 26, 12:23 p.m.: The suspect was arrested on Essex Street on a drug possession charge.

Assault and battery
April 26, 2:40 a.m.: The suspect was arrested on Hudson Street by the officers. The officers observed the suspect punch the victim in the face.

Assault with a deadly weapon
April 30, 10:02 p.m.: The two suspects were arrested on Washington Street for assaulting and kicking the victim.

TAI TUNG VILLAGE APARTMENTS HIRING

We are seeking a building superintendent and a cleaner to provide day to day operation in the apartment complex.

Superintendent Position Summary:
Provide direction, guidance, supervision to all maintenance staffs and cleaners. 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 following up of all work completed by every employee which will include work order completion, the quick turnover of vacant apartments, all required preventative maintenance, contractor bidding process, and capital improvement tasks. This position requires that the individual be available to respond to emergency maintenance repairs after normal working hours.

Requires experience in heating/cooling, plumbing, electrical and plumbing works. The individual must have a strong leadership, written & verbal communication skills.

Cleaner Position Summary:
Perform cleaning functions in accordance with the property’s prescribed daily schedule, functions are as cleaning windows, walls, floors, stairwells, laundromat rooms, elevators, and carpets; emptying trash cans; sweeping sidewalks, setting up hoses. Performs other /special projects as assigned daily by the Superintendent, such as cleaning empty apartments and stripping floors, carrying all necessary supplies to apartment turnovers, completes work quickly and efficiently in order to satisfy rent schedules and avoid any loss of rental income.

Both positions must be able to lift heavy items, and represent the property in a professional manner with residents, visitors, and other employees.

Benefits and salary are commensurate with experience

Please send or fax resume to:
Tai Tung Village Apartments,
232 Harrison Ave, Boston, MA 02111.
617-423-4779.

On-Call Live-In Responder Wanted
Chinatown, Boston, MA

With over 150 years of experience, Rogerson Communities has grown to provide a network of innovative, accessible, affordable housing and services for elders, persons with disabilities, and the working poor in the Greater Boston area.

The On-Call Live-In Responder will be responsible for monitoring the overall safety of the building the grounds and the residents outside of normal business hours (overnight and on weekends) at our Hong Lok location in Chinatown, Boston. This individual must be present and available for emergency situations and will be responsible for trash and snow removal. Qualified technician will live on-site.

Desired Attributes:
It is essential that the live-in responder possess a sensitivity to issues of aging and the ability to interact well with a diverse and elderly population as well as an awareness of safety and security issues.
A satisfactory CORI report is required.

Job Requirements:
- Ability to communicate in both English and Chinese
- Friendly and solutions focused
- Physical capacity to handle light maintenance

To Apply:
E-mail: careers@rogerson.org
(Please indicate job title in subject of e-mail)
Fax: 617-469-5861 c/o HR Department

Wellesley Bank launches website in simplified Chinese

BY WELLESLEY BANK

A version of Wellesley Bank’s website is now available in simplified Chinese, giving the Internet and mobile users who use Chinese as their primary language direct access to trusted resources and Chinese banking professionals. The site provides translation of banking and lending content not available at any other website offers translation of banking and lending content not available at any other website.

Users will select the Chinese flag at the top of the homepage at www.wellesleybank.com or they can go directly to the site through www.wellesleybank.com/chinese.

About Wellesley Bank
Wellesley Bank provides comprehensive premier banking and wealth management services to successful people, families, businesses and nonprofit organizations. The company’s team of highly experienced and knowledgeable bankers provides exceptional personalized service and trusted advice to its clients.

Wellesley Bank and its wholly owned wealth management company, Wellesley Investment Partners, LLC are subsidiaries of Wellesley Bancorp, Inc. (NASDAQ:WEBK).

Wellesley Bank now offers its site in Chinese. (Image courtesy of Wellesley Bank.)
What is prostate cancer?

BY DR. SRIALA GOPAL AND DR. PAUL MATHEW, TUFTS MEDICAL CENTER

Prostate cancer is a disease that affects the prostate gland. It is the most common cancer in men worldwide. In the United States, there were an estimated 233,000 new cases in 2014, with an estimated 29,480 deaths. Asian immigrants living in the United States have a higher incidence of prostate cancer than those remaining in their home countries.

What are the symptoms of prostate cancer? Men with prostate cancer may not have any symptoms. The symptoms of prostate cancer may include frequent urination, especially at night, slow urinary stream and only rarely blood in the semen or urine. Bening (non-cancerous) enlargement of the prostate (benign prostatic hyperplasia or BPH) can have the same symptoms.

What are the risk factors for getting this disease? Prostate cancer is often considered to be a disease of older men. Most people diagnosed with this disease are above the age of 65 but many younger men between the ages of 40 and 65 years are also affected. Along with age, a diet high in fat has been shown to increase the risk of death from prostate cancer. The precise role of different types of diet in affecting prostate cancer are under study but perhaps changing dietary habits among Asian immigrants may explain why there is a rising incidence of the disease.

How is prostate cancer diagnosed? A doctor will perform a digital rectal exam that could be very important for the diagnosis. A blood test called PSA (a protein known as Prostate Specific Antigen secreted by cancer cells into the blood) is used to diagnose prostate cancer. The PSA test is performed after discussion with the provider. This test used to be offered to all men over the age of 50, but the latest guidelines provided by the United States Preventative Task Force does not recommend screening in every man. However, if you have symptoms consistent with the disease, it is advisable to have this checked by a doctor.

How is this disease treated? Prostate cancer is a very treatable disease at all stages and may be curable if still localized. Some forms of prostate cancer do not require any treatment other than monitoring, as they are not dangerous. Other types can be dangerous and will require careful treatment planning and care. At Tufts Medical Center, a team of doctors including medical oncologists, surgeons and radiation doctors come together to review the diagnostic studies to help decide what treatment is best.

What is the outcome of treatment? Many patients are diagnosed in the early stage of the disease and do not need any treatment other than careful monitoring over time. As a result, most people who are diagnosed with this disease die of an unrelated cause. In higher-risk forms of early stage disease, the goal of treatment is curative and survival ranges up to 80 percent in 10 years. If the disease spreads to the bone or other organs, the disease is not curable. In this case, the goal of care is to control the disease and extend survival and protect quality of life.

How can we help with this disease? At Tufts Medical Center, we adopt a multidisciplinary team to manage prostate cancer; our oncologists are expert in the fields of genitourinary oncology and provide high quality care on par with any other center in the world. Our location in the heart of Chinatown makes it a priority for us to provide culturally sensitive care. For more challenging problems of prostate cancer, enrollment in clinical studies that offer new treatments with potential breakthrough value is offered.

About the authors
Dr. Srilala Gopal is a fellow in the division of hematology/oncology at Tufts Medical Center. Dr. Paul Mathew is an associate professor of medicine at Tufts University School of Medicine and an attending physician in the division of hematology/oncology at Tufts Medical Center.

Safe swimming

BY CHANDLER KAPLAN

Water is everywhere. Water serves many purposes, such as our health, our environment and our pleasure. My name is Chandler Kaplan and I have been swimming for nearly 20 years. I was a competitive distance freestyle swimmer on the University of Massachusetts Amherst Club Swim Team, and I have been a lifeguard and a swim instructor for seven years. This article will give you tips on how to be comfortable and relaxed in the water.

Tip #1: Stay calm
The biggest mistake you can make is to panic. Take deep breaths before entering the water and remember that your body is in control.

Tip #2: Blowing bubbles
Because we need oxygen to breath, it is scary to be in place where there is none. I recommend practicing blowing bubbles in the water so you do not swallow it when you enter the pool or swimming facility. Blowing bubbles in the water is like blowing out candles on a birthday cake. Never inhale the water, do not blow so hard you become exhausted and remember to roll over face out of the water when you feel you need air. This can be practiced in the bath tub! The more often you practice this, the more comfortable you will be in the water. It is essential to breathe steadily when swimming.

Tip #3: Floating
Floating is when you are lying flat on the surface of the water. There is the front float, where you lay on your stomach and look at the floor/ bottom of the swimming facility, and the back float, where you lay on your back, push your belly button up to the sky and stare up, and spread your arms like you are pretending to be an airplane. Being comfortable in a front float is key to learning the strokes, because it is one of the foundations to being comfortable in water.

Tip #4: Safety first!
Safety is key. Swimming is a wonderful skill to have, but it is one that takes patience. If you are a beginner, stay in water that is no higher than your shoulders. When you are at a swimming facility, recognize the lifeguards and your surroundings.

Are you interested in taking swimming lessons? It is never too late to learn how to swim!

Tip #5: Have fun!
About the author
Chandler Kaplan is a practice coordinator at Tufts Medical Center in Dr. John Leung’s Allergy Clinic. To make an appointment in the clinic, please call (617) 636-5333 x 2.

Affordable Housing Lottery

The Merc at Moody & Main
Corner of Moody and Main Street, Waltham, MA

The Merc at Moody & Main is a 269 unit rental apartment community located in the heart of downtown Waltham on the corner of Moody and Main Street across from the Waltham Common. 27 of these apartments will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income.

MAXIMUM Household Income Limits:
- $48,800 (1 person)
- $55,800 (2 people)
- $62,750 (3 people)
- $69,700 (4 people)
- $75,300 (5 people)
- $80,900 (6 people)

A Public Info Session will be held on May 27th, 2015 at 6:00 pm at 119 School Street in the first floor of the Waltham Government Building Auditorium

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on July 7th, 2015

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 x 1 then x5 and leave a message.

Applications also available at Waltham Public Library on 735 Main St (M-Th 9-9, Fri-Sat 9-5, Sun 1-5) and Waltham City Hall Clerk’s Office or the Building Department on 610 Main Street (8:30 – 4:30, M-Fri)

For details on the development and the units, please see www.LiveAtTheMerc.com
May is Asian American and Pacific Islander Heritage Month. This is a time to celebrate our culture, and a good time to raise awareness about Asian American health.

Diabetes currently affects 387 million (8.3 percent) people in the world. Asian Americans are disproportionately being affected by the disease, with every 1 in 2 adults either having diabetes or at high risk of developing diabetes. Up to 95 percent of the diabetes cases found in Asian Americans are type 2 diabetes—a condition that is caused by the body not being able to produce enough or properly use insulin, a hormone produced by the body to use the blood sugar as an energy. Type 2 diabetes can be delayed, or even prevented, through adapting a healthy lifestyle and maintaining a healthy weight. Being overweight/obese is one of the risk factors for developing type 2 diabetes. Body mass index (BMI) is often used to estimate body fatness, and to identify people who are overweight/obese leading to a higher risk for diabetes. Asian Americans are considered overweight if their BMI is 23 kg/m² or above. This overweight/obese diagnosis is considered overweight if their BMI is above 23 kg/m², losing 5 to 10 percent of your body weight will already show healthy benefits. Along with staying active, eating healthy food can help you to lose weight. Researchers at Joslin Diabetes Center have found that the traditional Asian diet can help in losing weight, lowering insulin resistance (a condition in which the body struggles to use insulin in the body), and decreasing total cholesterol and LDL cholesterol (bad cholesterol). A traditional Asian diet is a high-fiber, low-fat diet, with 70 percent of the calories from carbohydrates ("carbs"), 15 percent from protein, and 15 percent from fat, and providing 15 grams of dietary fiber for every 1,000 calories consumed. Although the diet is high in carbs, the majority of them are complex carbs, such as brown rice. Not only can the diet improve health and lower the risk for diabetes, those who tried this diet in the research study found the dishes very flavorful and appetizing.

You can follow this traditional Asian diet at home by making small changes to your recipes. Here are six steps that you can take:

1. Follow the ratio of 2:1:1 - have 2 portions of vegetables to every portion of protein (meat, fish or egg) and carbs (rice, noodles, bread)
2. Choose whole grain products (brown rice, whole wheat noodles, or whole wheat mantou) instead of refined grain products (white rice, regular noodles or mantou)
3. Try some plant-based protein such as tofu
4. Choose leaner meat products such as 90 percent lean ground beef or pork tenderloin instead of higher-fat meat products (pork belly, pig feet or chicken feet)
5. Remove visible fat (remove chicken skin)
6. Use less oil and condiments such as salt or soy sauce when preparing a meal.
Book Review: ‘The Freedom...Cage’ by Luong Ung-Lai

BY KENNY YIM

Bring a strong head and soft heart when you read Luong Ung-Lai’s “The Freedom...Cage.” Although the production costs for the book were low, Lai’s story of deep personal loss is not just about economic loss. This book is mostly set during the reign of the terrifying Khmer Rouge. “The Freedom...Cage” is about paying tribute to loss in all its forms, but mostly to pay tribute to the Khmer Rouge. “The Freedom...Cage” comes after the Lao author was born.

Midway in the book, there is a short mention of how the story begins. “Now we were living with all the other refugees in a small, tin cottage. We had to share the bathroom with the other families and the kitchen. The food was terrible and the quarters were cramped. We had to share the bathroom with the other families and the kitchen. The food was terrible and the quarters were cramped.”

The novel itself is a slim 120 pages, but we learn that this is merely the first part of a longer story. At first, I was afraid that Una-Lai would concentrate solely on the pain and suffering of living under an autocratic rule. Rather than allow dry facts and numbers to dictate her story, however, Una-Lai tells her story with a voice that is as strong as a maverick hawk, “looking a bit stronger” day by day. Read this story to gain strength.

Screen shot of Chai Jing and her daughter’s hologram from her documentary “Under the Dome.” (Image from “Under the Dome.”)
Boston’s panda

BY KEVIN FREELEY

It may be true that one is not uncommon in baseball. Michael Jordan, failed in his attempt to switch over to play professional baseball. Sandoval may look round like a panda, yet he is a highly skilled athlete. He is a two-time All-Star and was named Most Valuable Player in the 2012 World Series. In this championship series, he became just the fourth player to ever hit three home runs in a World Series game. The Panda signed a five-year contract with the Red Sox for $95 million. This is just one of the reasons that Fenway Park is the most expensive park in Major League Baseball.

Affordable Housing Lottery

2 Washington
2 Washington Street, Melrose, MA

Five 1BRs @ $1,279*, Four 2BRs @ $1,420*
Utilities not included

A Public Information Session will be held at 6 pm on June 3rd 2015 in the Alles Building, 287 Washington Street in Melrose. A lottery for the 9 affordable apartments building will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income.

Front Desk Receptionist Wanted

Shady Hill School

Start Date: July 1, 2015

This position reports to the Assistant to the Head of School.

Specific Responsibilities:

• Serve as a welcoming presence to children, parents, faculty, staff and visitors
• Answer the switchboard, sort mail, maintain copy machine and postage meter, coordinate mailings, create class lists, order supplies and update phone listings
• Record student attendance and maintain accurate family, faculty and staff information in the administrative database
• Coordinate daily school bus ridership lists
• Be willing to take required training in order to be able to administer medication in the absence of the school nurse
• Provide clerical and administrative support to the Assistant Head of School and the Director of Inclusion and Multicultural Practice

Qualifications:

• Bachelor’s Degree preferred
• Experience with administrative applications (Word, Excel, etc.)
• Ability to embrace school culture and serve as a model of caring, helpfulness and kindness to all constituents
• Ability to multitask, prioritize and work independently in a busy, dynamic office
• Prior administrative experience in a school or non-profit setting preferred
• Proven experience as a team player
• Strong communicator with the ability to be discreet with confidential information
• Prior experience with administrative databases helpful
• Willingness to obtain First Aid and CPR certification

Qualified candidates should apply online at: https://home.eease.adp.com/recruit/?id=13222651.
Pie Polat, founder of the Uyghur Kitchen food truck. It is the only Uyghur food truck in the nation. (Image courtesy of Ling-Mei Wong.)

**Food truck brings authentic Uyghur food to Boston**

BY LING-MEI WONG

Food truck Uyghur Kitchen celebrated its first year in Boston this April. As the only Uyghur food truck in America, founder Payzulla “Pie” Polat is thrilled to showcase his native cuisine.

“People think it’s ‘Yogurt’ Kitchen instead of ‘wee-gur’ Kitchen,” Polat said. “They ask if we’re Greek.”

The Uyghur people of China’s Xinjiang province are a Turkic minority among a Han population. Xinjiang’s remote northwest corner borders Mongolia and India, making it a key route on the Silk Road.

Polat’s menu includes lamb and chicken kebab, paired with salad, rice pilaf and nan wraps—similar to Greek gyros.

“For our lamb, we don’t add as much seasoning and marinate it so to let the meat shine through,” Polat said. He sources organic halal meat from Australia and New Zealand for the best flavor.

Uyghur Kitchen came from Polat’s nostalgia for his hometown flavors. He grew up in Urumqi and joined rock band gray Wolf when he was 15. As a bassist, Polat toured globally with gray Wolf.

Polat said. “Life is good.”

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Polat came to Los Angeles in 2008 to study music, later moving to Boston to study music production and engineering at Berklee College of Music. He garnered a taste of home and looked into the food business.

“Everybody has to eat and you get tired of burgers, sushi,” Polat said. “Food is a unique and positive way to introduce culture to people.”

Polat’s daytime hours depends on the truck’s location. At night, he plays bass for jazz rock band Background Orcs, which performs up to 25 gigs a year. He also is the proud father of two, sharing child care responsibilities with his mother and wife.

“I have a busy schedule, but it’s fun,” Polat said. “Life is good.”

**Uyghur Kitchen**

Locations: Clarendon and Boylston Street, Sunday and Monday 11:30 a.m. to 2:30 p.m. Prudential Belvidere, Thursday 11:30 a.m. to 8:30 p.m.

Website: http://uyghurkitchen.com/

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**Cathay Pacific launches direct service between Hong Kong and Boston**

Representatives from Boston, Massport and Cathay Pacific Airlines cut cake to celebrate Cathay Pacific’s first round-trip flight from Hong Kong to Boston on May 2. (Left to right) Tom Owen, senior vice president Americas of Cathay Pacific Airways; Kenneth Brissette, director of tourism, sports and entertainment of The City of Boston; Todd Smith, director of aviation operation at Logan International Airport; John Slosar, chairman of Cathay Pacific Airlines; Paw Wad Toor, airport services manager for Cathay Pacific Airlines at Logan International Airport. (Image courtesy of Jennifer Li.)

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**Wah Lum Kung Fu 45th anniversary**

Wah Lum Kung Fu celebrated its 45th anniversary on May 2 at John Hancock Hall. Performers came from all over the United States and the world to demonstrate dragon dance, lion dance, weapon forms and fighting sets. Grandmaster Pui Chan (bottom left) concluded the evening with a demonstration of the Wah Lum Praying Mantis System. (Image courtesy of Maia Kennedy of www.maialphotography.com.)

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