Year Up enables urban adults to achieve career success

BY LING-MEI WONG

Julie Doan has a bright smile, hard-working attitude and serious dedication. The 23-year-old from Dorchester graduated from Charlesmark High School and studied accounting at Suffolk University for two years. Financial issues forced her to drop out, resulting in Doan working two jobs in retail and dry cleaning.

"I spent 18 months working to pay the bills," Doan said. "Then my friend told me about Year Up and I applied."

Year Up pays 18- to 24-year-old individuals for six months of workforce training and a six-month internship. Students must be high school graduates or GED recipients, attend classes five days a week and be drug-free. Students are mostly people of color: 39 percent are African American, 41 percent are Latino, 4 percent are Asian, 8 percent are white, and 8 percent are other or mixed.

"We have high expectations, as the students have come to dress professionally every day and show up on time," said Adanta Ahanonu, Year Up associate director of outreach and recruitment.

Students have access to instructors, social workers, staff coaches and a professional mentor from outside the program.

The program’s point system is tied to each student’s stipend, so an infraction, such as texting in class, will cost 15 points or $15 off one’s weekly stipend. A career-readiness curriculum also covers workplace etiquette, such as appropriate topics and language for the office.

Students can earn up to 31 college credit recommendations, with information technology, finance, professional sales and quality assurance tracks.

Doan found Year Up different from her previous education. "There’s more of a support system, unlike high school—when teachers are trying to get you to pass—and college—when you’re on your own," she said. "Here, you get a paycheck for being in class and respecting the core values to 'work hard and have fun.' We learn more technical skills, like how to balance a checkbook."

CONTINUED ON PAGE 8

Que Shing opera group celebrates 77th anniversary

BY HONGYI GONG

The Que Shing Chinese Music and Opera group celebrated its 77th anniversary with a Cantonese opera performance at John Hancock Hall on July 16.

The opera group presented a six-act opera of "The Sacrifice of Sai Si," starring Winnie Leung and Kwok Wing Ng. The audience also enjoyed a singing performance, "Memory in Shen Garden," sung by Judy Wong and Wai Wah Law.

"I’m glad we have a good turnout tonight," said chairman emeritus Arthur Wong during intermission. "I hope everyone has a good time, because we worked very hard for this."

About 1,000 people joined the celebration. Que Shing, a nonprofit organization, gave away about 600 free tickets to seniors and Chinatown affordable housing residents. With a mission of preserving Chinese music and opera culture, the group serves the community by providing entertainment and learning resources.

The Que Shing Chinese Music and Opera group celebrated its 77th anniversary at John Hancock Hall on July 16. Actors performed a vignette from "The Sacrifice of Sai Si." (Image courtesy of Hongyi Gong.)
Chinatown committee hears about local business

**BY LING-MEI WONG**

The Chinatown/South Cove Neighborhood Council met at the Chinese Consolidated Benevolent Association on July 18. Restaurant owner Brian Moy asked the council to support an alcohol license transfer to the Best Little Restaurant. (Image courtesy of Ling-Mei Wong.)

The Chinatown/South Cove Neighborhood Council meets at the Chinese Consolidated Benevolent Association on July 18.

Residents can register their rental units by July 1, said a representative for Boston’s Inspectors’ Services Department. The initial registration fee is $25 per unit, with an annual renewal set at $15 per unit. Large buildings are assessed a maximum of $2,500 per building or $5,000 per complex. Properties that fail to register by July 1 will be fined $300 a month. Applications can be downloaded at www.cityofboston.gov/isd/rental.

The Massachusetts Department of Transportation (MassDOT) submitted a Final Environmental Impact Report (FEIR) for the South Station expansion project to the Massachusetts Secretary of Energy and Environmental Affairs on June 30, said Steve Woelfel, director of the MassDOT Office of Transportation Planning. Written comments on the FEIR will be accepted until August 5.

The FEIR details expansion proposals for Amtrak and Commuter Rail service areas, which include seven new tracks, four new platforms, and access to Dorchester Avenue for vehicles and pedestrians, Woelfel said.

The Hamilton Company owns the surface parking lot at 85 Essex Street, next to the Cheung Chow City restaurant. Hamilton leases the 50-space lot to a third-party operator and sought the council’s support to continue using the lot for parking for three years. The council asked Hamilton to add lighting and plants before it would draft a support letter.

Brian Moy, owner of the Best Little Restaurant, sought the council’s support for a beer and wine license transfer from a closed restaurant to the Best Little Restaurant, adding cordials to the license. The council voted to support the transfer.

Mayor Marty Walsh presented the George A. Russell Jr. Career Advancement Award to Sudha Bhandari. (Image courtesy of Ling-Mei Wong.)

Asian American Civic Association looks back at 49 years of service

**BY LING-MEI WONG**

The Asian American Civic Association (AACA) celebrated 49 years at its annual gala, “Their Courage to be New,” on July 13 at Club Royale. About 400 guests attended the event.

“We are so honored to serve immigrants, as they are the fabric of our community,” said Yongmei Chen, AACA board president.

The Community Service Award was presented to Eastern Bank chairman and CEO Richard Holbrook.

Gov. Charlie Baker said, “Let me congratulate the AACA for all the work that you do. … Eastern Bank is not just a partner with your organization, but Richard is a tremendous guy as a professional and as a community leader.”

The Employer Partner of the Year Award went to Home Depot.

AACA adult learners were honored at the event. Yannmei Chen, a research associate at Sanofi Genzyme, received the Richard & Susan Smith Family Foundation College Achievement Award.

Sudha Bhandari, head teller at TD Bank, received the George A. Russell Jr. Career Advancement Award. Mayor Marty Walsh said, “The association has done tremendous work to support the greater Boston immigrant community. You’ve connected people, especially people new to our country, with educational opportunities, training and services they need to build a life here. You’ve impacted so many families over the years.”

The event featured live performances, including a pipa performance by Yang Wei of the Silk Road Ensemble.

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- Health and Wellness Promotion
- Health Care Management

Open House Saturday, August 6th at 10am 1000 Mass. Ave, Cambridge, MA
**Event Calendar**

**A Taste of Ethnic Boston**
Saturday, July 23
5:30 p.m. to 8 p.m.
183 State Street
Boston, MA 02109

“A Taste of Ethnic Boston” will take place at the HarborSide Inn and Lounge. Tickets are $20 at www.getconnected.com/atoeb3.

**South Cove Manor breakfast seminar**
Thursday, July 28
9:30 a.m.
120 Shumway Street
Boston, MA 02118

All are welcome to attend at the BCCÉC auditorium, the former South Cove Manor location. Food and refreshments provided. Seminars will be presented in Chinese. For more information, call Terry Yin at (203) 893-7963.

**Free tai chi class**
Thursday, July 28
10 a.m.
30 Edgerly Road
Boston, MA 02115

Free tai chi classes with Huan Zhang will take place Thursdays at Symphony Park. This gentle class is appropriate for all levels and ages.

**National Night Out at Tung Village**
Tuesday, July 26
6 p.m. to 10 p.m.
Tung Village
Boston, MA 02120

The Mayor’s Office for Immigrant Advancement offers free private immigration clinics at the Boston City Hall Room 506. For interpreters other than Spanish, please call at least one week in advance at (617) 635-2980.

**August Moon festival**
Saturday, August 26
11 a.m. to 6 p.m.
Hancock Street
Quincy, MA 02169

The August Moon Festival hosted by Quincy Asian Resources is a community event filled with vendors, lion dances and children’s games. For more information, visit http://quincyasianresources.org.

**Films at the Gate**
Saturday, August 26 to 28
Chinatown Gate
The Asian Community Development Corporation will screen films at the Chinatown Gate.

**Lantern Festival**
Saturday, Sept. 10
10 a.m. to 6 p.m.
Harrison Avenue and Tyler Street
Boston, MA 02111

“National Lantern Festival” will take place in Boston’s Chinatown.

**A Taste of Ethnic Boston**
August Moon festival
Saturday, August 26
10 a.m. to 6 p.m.
Harrison and Beach streets
Boston, MA 02111

The August Moon Festival will take place in Boston’s Chinatown.

**MBCC Aquathon**
Saturday, August 20
7 a.m. to noon
3488 Main Street
Brewster, MA 02631

The Massachusetts Breast Cancer Coalition (KBCC) will hold its annual, statewide Against the Tide Swim, Kayak, Walk and/or Aquathon fundraising event in Cape Cod. Register at www.mbcc.org/swim or call (617) 376-6222.

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Gov. Baker voices commitment for parks

BY SARA BROWN

Gov. Charlie Baker hosted a media conference for the ethnic press on July 13 at the Statehouse, (image courtesy of the Governor’s office.)

Gov. Charlie Baker met with members of the media to discuss his administration’s work at the Statehouse on July 13.

In terms of development, the Reggie Wong Memorial Park will remain on-site for the land parcels on Kneeland Street. The public process will continue through various phases and the sale of property.

Baker also celebrated the opening of Ferrous Park in Lawrence, Massachusetts. The park is 4.5 acres and Gateway City Parks Program provided $2.75 million to fund the land acquisition, design and construction of the new park.

Baker said parks in urban spaces are important as they ensure a high quality of life for residents, which he wants to see more of in various areas of the Commonwealth.

Bank fair attracts community job seekers

BY THE Sampan Editorial Team

A banking fair took place at the Asian American Civic Association on July 19. (Image courtesy of Natalie Ornell.)

A banking fair took place at the Asian American Civic Association on July 19.

Students came to meet bank representatives at the agency, which offers the Careers in Banking and Finance job training program. The last cycle of students were 100 percent matched to employment at financial institutions.

Banks at the fair included People’s United Bank, Bank of America, Citizens Bank, Eastern Bank, Rockland Trust and Wellesley Bank.

The Careers in Banking and Finance course was developed in partnership with over a dozen banking partners.

Gov.’s effort continues for parks

BY THE Sampan Editorial Team

Baker and Boston Mayor Marty Walsh made an announcement in February about using the site for public good. However, residents felt that the invitation to bid document should have used stronger language for developers on affordable housing and preserving the Reggie Wong Park on-site.

Baker and the Massachusetts Department of Transportation are committed to having public input from residents about all developments. They said they will host additional public meetings to hear what the public has to say. They encourage public feedback that way knowing the concerns of the neighborhood and consider them for the future use of any property.

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Baker said parks in urban spaces are important as they ensure a high quality of life for residents, which he wants to see more of in various areas of the Commonwealth.

Boxborough Rental Voucher Program

Applications are now being accepted for the Boxborough Rental Voucher Program. Monthly rental assistance of $250 is available to Eligible Households through the program.

The following income limits apply:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tr>
<td>Gross Income</td>
<td>$44,135</td>
<td>$57,175</td>
<td>$65,200</td>
<td>$75,900</td>
<td>$86,630</td>
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<tr>
<td>Net Income</td>
<td>$44,135</td>
<td>$57,175</td>
<td>$65,200</td>
<td>$75,900</td>
<td>$86,630</td>
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</table>

Housing units assisted through the program must be located in Boxborough; other eligibility requirements apply.

General Information Session will be held on July 28, 2016 at 7:00 PM, at Sargent Memorial Library located at 427 Massachusetts Avenue, Boxborough, Massachusetts 01719.

For additional information, contact Lauren Abraham, Community Services Coordinator, Town of Boxborough at 978-264-1730 or laabraham@boxborough-ma.gov or visit: http://www.boxborough-ma.gov/

Section 8 subsidized housing for elderly and handicapped

1 & 2 bedroom apartments, some wheelchair adapted. All apartments have fully appliance kitchens, wall-to-wall carpets, A/C, tile baths, recessed patios and more. Modern 12 story building located on bus line, steps away from Central Public Library. Apartments available on an open occupancy basis. Waiting list maintained. Call for an application and eligibility requirements weekday mornings.

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Equal Housing Opportunity

4 Sampan NEWS July 22, 2016
MASSACHUSETTS MILLS DISTRIBUTING APPLICATIONS BEGINNING JULY 25, 2016

Soaring ceilings, spacious floor plans, extra-large windows and exposed brick are some of the dramatic elements to cherish in brand new apartment homes built in a refurbished cotton mill building in Lowell’s historic downtown area. Apartment homes will be available January/February 2017.

Gas heat and gas hot water are provided. Resident is responsible for electrical cooking, air conditioning and general electricity including fans for circulating heat.

52 Apartments Reserved as affordable for those who qualify under 60% AMI Income limits below:

<table>
<thead>
<tr>
<th>One Person</th>
<th>Two Persons</th>
<th>Three Persons</th>
<th>Four Persons</th>
<th>Five Persons</th>
<th>Six Persons</th>
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<tbody>
<tr>
<td>$38,340</td>
<td>$43,800</td>
<td>$49,260</td>
<td>$54,720</td>
<td>$60,180</td>
<td>$66,600</td>
</tr>
</tbody>
</table>

Studio rent: $892 1 BR rent: $975 to $981 2 BR rent: $1,000 to $1,016 3 BR Rent: $1,282

7 Apartments Reserved for those who qualify under 30% AMI income limits below:

<table>
<thead>
<tr>
<th>One Person</th>
<th>Two Persons</th>
<th>Three Persons</th>
<th>Four Persons</th>
<th>Five Persons</th>
<th>Six Persons</th>
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<td>$27,150</td>
<td>$29,550</td>
<td>$32,580</td>
<td>$35,000</td>
<td>$37,420</td>
<td>$40,000</td>
</tr>
</tbody>
</table>

Applications will be distributed at the Mass Mills Leasing Office, 150 Mass Mills Drive, Lowell beginning Monday July 25th. The hours are Noon to 4pm Monday, Wednesday and Friday and Noon to 6pm on Tuesday Thursday and Saturday. Applications will also be available by mail by calling 978-479-4839 TTY 800-439-2370.

Minimum Income requirements apply (not applicable for applicants in possession of a housing voucher). Voucher holders are encouraged to apply.

A team of specialists will be available from Monday, August 15th through Saturday, August 20th. The hours are 10am to 4pm on Monday July 25th. The hours are Noon to 4pm Monday, Wednesday and Friday and Noon to 6pm on Tuesday Thursday and Saturday. Applications will also be distributed at that time. Deadline for receipt of completed applications is August 31st.

Massachusetts Mills III offers free oral translation services. Reasonable accommodation for persons with disabilities is available.

The Quincy Saves Program announced it has already exceeded 65 percent of their goal of having Quincy residents complete 701 home energy assessments by December 2016. If the City’s goals are met, Quincy will earn $40,000 from National Grid towards a community project. With 473 assessments already completed, the team is well on their way to accomplishing their goals, but the City still needs to encourage more eligible residents to get a home energy efficiency assessment.

The assessments are provided at no cost to eligible Quincy residents, and result in reducing residents’ energy bills. The work during the 701 assessments will collectively save more than $500,000 in energy bills for those residents over the 10-year average lifetime of the installed measures. The impact of the work will reduce Quincy’s greenhouse gas emissions by an amount equivalent of taking 58 cars off the road each year.

“Every resident who gets a home energy assessment is a winner. They will personally reap the benefits of saving energy which helps keep their household costs down, and they will contribute to further reducing the energy needs for the City. After installing energy efficiency measures, many find their homes are more comfortable, and they are saving money. Collectively, we’re reducing emissions that are a public health problem and contributor to climate change,” said Shelly Dein, Quincy’s energy and sustainability director.

The City of Quincy is partnered with the nonprofit organization HEET (Home Energy Efficiency Team) and HomeWorks Energy, a leading home performance contractor providing the Mass Save no-cost Home Energy Assessments.

During the assessment, the HomeWorks Energy Home Energy Specialist will install energy saving devices such as LED and CFL lightbulbs, programmable thermostats, faucet aerators, low-flow showerheads and energy efficient plug strips at no cost. The assessment also includes an evaluation of insulation levels as well as a test of the home’s heating and cooling systems for safety and efficiency.

The Quincy Saves program ends in December 2016. Call now to get your assessment and contribute to the energy efficiency and overall well-being of the City of Quincy. Contact HomeWorks Energy at (617) 885-9889 to schedule your no-cost home energy assessment.

The Premier Asian Community Health Center in Massachusetts SOUTHEAST COVE COMMUNITY HEALTH CENTER South Cove Community Health Center has been serving the Asian-American Community in the greater Boston area since 1972. We have a strong commitment to making health/preventive care linguistically and culturally accessible to patients and clients. We are currently looking for qualified individuals to fill the following positions.

SOCIAL SERVICES ASSISTANT (PT-WASH. ST.)
Assists, provides and advocates for patients and their families with billing, insurance and social service programs. Co-schedules patients with the Medical Director, Senior Administration and the Board of Directors to maintain and monitor the Quality Improvement Program at the heart center. A minimum of 5 years of management experience in a healthcare setting with a background in management. Must be licensed in management or clinical practice.

DENTIST (PT & FT -QUINCY)

MEDICAL INTERPRETER (SL-PFT)
Provides interpretation services for Cantonese/Mandarin speaking patients and providers at Beth Israel Deaconess Medical Center. Bachelor’s Degree preferred and experience in both. Fluent in Cantonese/Mandarin and/ or Vietnamese and English to ensure accurate interpretation and translation according to the MMRA Standard of Practice. Medical Interpreter Certification required. Knowledge of cultural aspects of patients care and work effectively in a fast-paced environment. Test will be given at BEMC for the position.

Interested candidates should send fax or email their resume to: Attn: Human Resources, 145 South Street, Boston, MA 02111, Fax No: (617) 522-6705, E-mail: hrdepart@wchc.org

South Cove Community Health Center is an Equal Opportunity Employer.
Are you applying your sunscreen properly?

BY STATEPOINT

Protecting skin from the sun is one of the most important things you can do for your health. Unfortunately, many people fail to take sufficient measures year-round, but especially in summer when skin exposure tends to be at its peak.

Men can be particularly neglectful. Indeed, fewer than 15 percent of men use sunscreen regularly when outside for more than an hour, according to the Centers for Disease Control and Prevention.

“This summer, make sun care a habit,” said Dr. Richard Kirkpatrick of the Brevard Skin and Cancer Center. “By finding a sunscreen you like that suits your activities, you’ll be more apt to apply it often.”

Kirkpatrick notes that with so many choices, finding sunscreen that works best for your lifestyle and properly applying it can be confusing. Luckily, some brands are helping simplify selection with sunscreens according to the activity and environment in which they will be used.

Read labels for application instructions and to determine whether a given product is right for you, and consider these quick tips for maximum skin protection:

• Broad-spectrum sunscreens contain both UVA and UVB protection. Select one with an SPF of at least 30 and apply evenly 15 to 30 minutes before going outdoors. One ounce is the right quantity to cover the whole body. Don’t forget ears, back of neck, hands, tops of feet and top of the head, if exposed. Reapply every two hours and after swimming, sweating and towel drying.

• Going swimming? Use sunscreen engineered for water resistance. Whatever sunscreen you opt for, don’t forget to reapply after exiting the water.

• If you’re playing a sport where you need to keep hands grease-free, use an alcohol-based gel that dries quickly. If you sweat a lot while working out or simply going about your day, avoid sunscreen running into your eyes with a solid stick formula.

• In the woods? Pack lightly by beating burn and bite with a sunscreen that’s also an insect repellent.

• Don’t let cost prevent you from taking care of yourself and your family’s skin. Affordable sunscreens are available.

“Whether you’re a long distance runner or a beach bum, sun protection should be part of your routine,” said Kirkpatrick.

South Cove Manor had a breakfast workshop on June 30 at the Boston Chinese Evangelical Church (BCEC) auditorium at 120 Shawmut Avenue, with more than 60 seniors attending. Dr. Cheng-Chieh Chuang, certified family physician graduated from Yale University School of Medicine and Brown Medical School, was the guest speaker on the topic of “Filling your life with beauty.”

Dr. Chuang started with the definition of beauty. It can be a single thing or a combination of qualities, such as visual beauty, intellectual beauty, physical beauty, sensual beauty of pleasure, culture and love.

Each individual has unique sense of beauty. Studies have shown that beauty can not only help with improving physical health, but also mental health. Dr. Zhuang let the seniors express their own ideas of beauty. Many seniors said the breakfast seminar motivates them to be more social and active, which was intellectual beauty. Some other seniors said helping others and receiving help was another form of beauty.

After the breakfast seminar, the seniors enjoyed a lunch celebration for the opening of the South Cove Manor Boston Office and BCEC phase 1 renovation at 120 Shawmut. More than 120 people attended this community event.

NOW ACCEPTING APPLICATIONS FOR WAIT LIST

PINE OAKS VILLAGE PHASE 3
400 LEIGHTON’S LANE
HARWICH, MA 02645
Please call (508) 432-9623

FOR WAIT LIST

Apartment community designed for 62 & over
Mayor Walsh issues safety tips for hot weather

BY BOSTON MAYOR MARTIN WALSH

Heat safety

- Adults and children should use sunscreen containing an SPF-15 or higher and wear protective, loose fitting clothing, including long sleeve shirts and hats.
- The elderly, young children and those with chronic medical conditions are more susceptible to the effects of heat.
- Always check in on family or neighbors who may be at risk of heat exhaustion or heatstroke as temperatures climb.
- Children and pets should never be left alone in vehicles, even for short periods of times.
- If you become lightheaded, confused, weak or faint, stop all activity and immediately find shade or a cool area to rest. If symptoms persist, call 911 immediately.
- Limit outdoor activity to morning and evening hours. Rest often in shady areas and be extra cautious from 11 a.m. to 3 p.m., when the sun’s UV radiation is strongest.
- Drink plenty of fluids regardless of activity level. Avoid alcoholic beverages and liquids high in sugar or caffeine.
- Homeless individuals can become dehydrated rapidly due to a lack of access to water or shelter from the heat. If you observe someone who appears to be in distress, call 911 immediately.
- If you have a child in your home, use child window guards in addition to screens on any open window on the second story or above. Falls are the leading cause of injury for children under the age of six.
- Secure all window air conditioner units according to the manufacturer’s specifications.

Playground safety

Children should always wear shoes on playgrounds because surfaces can become extremely hot and cause burns, even splash pads and spray decks.

Outdoor fires and grilling

- No outdoor fires are allowed in Boston, including fire pits, chimineas and bonfires.
- Charcoal grills must be on the ground and away from buildings. Keep in mind the wind and never leave unattended.
- Propane tank grills are only allowed on first floor porches with steps to the ground. Do not place propane tank grills near air conditioners or up against a building. Make sure all connections are tight and never carry propane tanks into a home.
- Grills should always be used in a well-ventilated area.

Mosquitoes and ticks

If you are in a grassy or wooded area, apply a DEET-containing repellent that will protect against mosquitoes and ticks. Always check yourself, children and pets for ticks after returning indoors and remove attached ticks immediately using tweezers. Mosquito bites can spread West Nile virus and Eastern Equine Encephalitis, while attached ticks can spread Lyme disease.

Wear long sleeve shirts, long pants and socks to prevent mosquito bites. Limit your time outdoors between dusk and dawn when mosquitoes are most active and apply an approved mosquito repellent.

To prevent mosquitoes from breeding, residents should limit places around the home where standing water can collect.

Places to stay cool

Boston Centers for Youth & Families operates 18 pools and one beach for families looking to cool off in the summer heat. To find the pool or beach nearest you, visit www.cityofboston.gov/BCYF.

GEORGETOWN
AFFORDABLE RENTAL LOTTERY
32 Lisa Ln., $1,384.50 N/I utilities, 3-BR, 2,544 sf. Info. Mgr. 617/693-9470.
GEORGETOWN Town Hall (617) 796-1000 &Town Library (617) 796-1360

Affordable Housing Lottery
37 Washington Melrose, MA

37 Washington is an 86 unit luxury rental apartment community located on 37 Washington Street in Melrose. Of these apartments will be rented to households with incomes at or below 80% of the Area Median Income.

Maximum Allowable Income Limits: $51,150 (1 person), $58,450 (2 people), $65,750 (3 people), $73,050 (4 people), $78,900 (5 people) and $84,750 (6 people)

<table>
<thead>
<tr>
<th>Rents (utilities not included)</th>
<th>Four 1BR units</th>
<th>Three 2BR Units</th>
<th>One 3BR Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1,333 to $1,339</td>
<td>$1,486</td>
<td>$1,614</td>
<td></td>
</tr>
</tbody>
</table>

Unit finishes include stainless steel appliances, vinyl plank flooring in living rooms, kitchens and baths, subway tile backsplashes in kitchens, granite countertops, kitchen cabinets with 42” uppers, carpet in the bedrooms, and washers and dryers in all units. Amenities include a clubroom, a fitness room, a meeting room and lounge, and an outdoor firepit and grills.

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on Sept 12th, 2016. A Public Information Session will be held at 6 pm on August 24th, 2016 and the Lottery on Sept 28th, 2016 in the Aldermanic Chamber of Melrose City Hall, 362 Main Street, Melrose, MA.

For details on Applications, the Lottery and the Apartments, call 617.782.6900 (press 1 for rental and then press 4 for 37 Washington) or go to:
www.s-e-b.com/properties/rental-developments/

Affordable 2-BR Condo in Watertown

Two-Bedroom condominium is now available at The Village Condominium in Watertown for $236,459.

Income Limits Apply:
1-person: $51,150
2-person: $58,450
3-person: $65,750
4-person: $73,050
5-person: $78,900

Unit will be sold through a Lottery. Applications must be received by 5:00 p.m. August, 17, 2016. Call Eric with spyRealty for additional information and open house dates: 508-980-9130

For additional information and to download an application please visit: http://metrowestcd.org/housing-services/
Dear Mom, Dad, Uncle, Auntie: Black Lives Matter to us, too

BY LETTERS FOR BLACK LIVES
Mom, Dad, Uncle, Auntie, Grandfather, Grandmother:

We need to talk.

You may not have grown up around people who are Black, but I have. Black people are a fundamental part of my life: they are my friends, my classmates and teammates, my roommates, my family. Today, I’m scared for them.

This year, the American police have already killed more than 500 people. Of those, 25 percent have been Black, even though Black people make up only 13 percent of the population. In Louisiana, two White police officers killed a Black man named Alton Sterling while he sold CDs on the street. The very next day in Minneapolis, a police officer shot and killed a Black man named Philando Castile in his car during a traffic stop. He sold CDs on the street. The very next day in Minneapolis, a police officer shot and killed a Black man named Philando Castile in his car during a traffic stop. And killed a Black man named Philando Castile in his car during a traffic stop.

I want to share with you how I see people who are Black, but I have. Black people are a fundamental part of my life: they are my friends, my classmates and teammates, my roommates, my family. Today, I’m scared for them.

This is not the case for our Black friends. Many Black people were brought to America as slaves against their will. For centuries, their communities, families, and bodies were ripped apart for profit. Even after slavery, they had to build back their lives by themselves, with no institutional support not allowed to vote or own homes, and constantly under threat of violence that continues to this day.

In fighting for their own rights, Black activists have led the movement for opportunities not just for themselves, but for us as well. Black people have been beaten, killed, even killed for fighting for the many of the rights that American enjoy today. We owe them so much in return. We are all fighting against the same unfair system that prefers we compete against each other.

When someone is walking home and gets shot by a sworn protector of the peace — even if that officer’s last name is Liang — that is an assault on all of us, and on all of our hopes for equality and fairness under the law.

For all of these reasons, I support the Black Lives Matter movement. Part of that support means speaking up when I see people in my community — or even my own family — say or do things that diminish the humanity of Black Americans in this country. I am telling you this out of love, because I don’t want this issue to divide us. I am asking that you try to empathize with the anger and grief of the fathers, mothers, and children who have lost their loved ones to police violence. To empathize with my anger and grief, and support me if I choose to be vocal, to protest. To share this letter with your friends, and encourage them to be empathetic, too.

As your child, I am proud and eternally grateful that you made the long, hard journey to this country, that you’ve lived decades in a place that has not always been kind to you. You’ve never wished your struggles upon me. Instead, you’ve suffered through a prejudiced America, to bring me closer to the American Dream.

But I hope you can consider this: the American Dream cannot exist for only your children. We are all in this together, and we cannot feel safe until ALL our friends, loved ones, and neighbors are safe. The American Dream that we seek is a place where all Americans can live without fear of police violence. This is the future that I want — and one that I hope you want, too.

I want to see a future when my children feel safe. The American Dream that we seek is a place where all Americans can live without fear of police violence. This is the future that I want — and one that I hope you want, too.

With love and hope,
your children

About this project
This open letter was intended as a resource for Asian-American children who wanted to talk to their immigrant parents about anti-Blackness and police violence.

GABLES ARSENAL STREET

204 Arsenal Street
WATERTOWN, MA

www.s-e-b.com/properties/rental-developments/

As a family-centered organization, BCNC is committed to leveraging its resources to maximize its impact on families through strong coordination and alignment of services.

**Position Summary: Parent/Family Connector (part time, 15 hours/week)**

The Parent/Family Connector (FC) is primarily responsible for outreaching and implementing parent support group, parent education workshops and special art program as well as providing case management, information and referral services to families with special needs. The FC will also navigate community resources, translating, and disseminating information to parents and advocate on behalf of parents and children as need. The FC will travel between BCNC’s Boston and Quincy sites. This position reports to the Director of Family & Community Engagement.

**Skills and Experience Required:**

Associate Degree. Bilingual in English & Cantonese/Mandarin.

Min. 2 years experience working with low-income, culturally diverse families & children with special needs. Excellent written & verbal communication, organizational, problem solving, and interpersonal skills required. Experiences and skills in assisting parents & children with special needs in advocating & decision making for their families.

**To apply:** email cover letter & resume to jobs@bcnc.net.

BCNC is an equal opportunity employer. Resumes accepted until position is filled.

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**YEAR UP: Urban talent reach potential**

CONTINUED FROM PAGE 1

Year Up Boston serves 250 students every six months, who are divided into classes of 20. Once students complete the program, 85 percent of Boston graduates return to college full-time or are employed in the first four months, earning an average of $34,000 per year with benefits. Boston is one of 18 locations nationwide serving urban talent.

“Our students often earn double or triple of what their families make,” Aharonu said. “Our parents are Vietnamese immigrants of Chinese descent. Her father suffered a stroke and assembled books, while her mother was in the tail industry and her brother works at the New England Aquarium. Doan hopes to be hired after her internship or return to college full-time.

“My family is why I’m here,” Doan said. “I’m from the Asian culture, we’re family-oriented. My parents are getting much older.”

Doan is one of many Year Up success stories. One alumna was hired at Harvard University, while another was named an assistant vice president at JP Morgan Chase. After getting his start for a few years at State Street, Ahanou said.

“There are no cliques at Year Up,” Ahanou said. “Each floor is a family, as young adults who would never talk before are now supporting each other.”

For more information about Year Up, visit www.yearup.org.

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**Applications and Information also available at the Watertown Public Library on 123 Main Street (Hours: M-Th 9-9, F 9-7, Sat 10-2).**

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**Part-time Parent/Family Connector Needed**

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Boston Public Market celebrates daily operation with beer garden

BY THE BOSTON PUBLIC MARKET

The Boston Public Market is open seven days a week — an increase from the previous five days. The city’s local food marketplace celebrated the milestone with an outdoor beer garden and other festivities on July 18 and July 19.

The outdoor beer garden featured local craft beer from market vendor Hopsters Alley, music and games. Hopsters Brewery, located in Newton, Mass., is the sister company to Hopsters Alley, the permanent craft beer store within the Boston Public Market. Next spring, Hopsters Brewery will open a brewery and restaurant in the Fort Point Channel.

In addition to the beer garden, market vendor Siena Farms created a signature display of local sunflowers.

“Since the Boston Public Market opened in July 2015, the indoor, year-round marketplace for locally sourced groceries and specialty agricultural products has welcomed over 1.6 million visitors, and vendors have seen over $11 million total in sales — both surpassing initial projections.”

“This growth of the Market reflects our strong desire to fulfill the needs of our customers, which is possible through the dedication and hard work of our vendors. Initial plans for the Market envisioned opening seven days a week down the line, and we are excited that we can do this even earlier than anticipated, based on a successful first year of operations,” said Cheryl Cronin, CEO of the Boston Public Market.

The Boston Public Market, located at 100 Hanover Street above the Haymarket MBTA station, is now open 8 a.m. to 8 p.m. Monday to Saturday and 10 a.m. to 8 p.m. on Sundays.

Survival English class helps elders integrate into American mainstream culture

BY QUINCY ASIAN RESOURCES

Quincy Asian Resources’ (QARI) volunteer teacher, Kim Chan, led the seniors of its Mandarin survival English class to a fun field trip to a supermarket to master some new English vocabulary on June 14.

Funded through a grant from South Shore Elder Services, the survival English classes are organized by QARI. The goals of this program are to teach basic daily survival language skills to elders as well as help them to build networks in the Asian community. This supermarket field trip aimed to help students integrate their knowledge learned from the classroom into real-life experience. The learning process of the field trip focused on identifying certain items under each category, including a variety of vegetables, pasta and condiments, as well as how to use the price checking machines.

Positive feedback was received from the students. Some students reported they would like more of such activities because it helped them learn more English and strengthened their basic life skills. In addition, they also learned from each other on how to shop for certain healthy foods for their families.

“Our students were actively engaging and fascinated with this new shopping experience,” Chan said. “I truly believe that was the most informative shopping experience as well as a learning progress visiting a supermarket for some of them.”

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2 Mobile banking is offered as a free service of Rockland Trust. You may incur and are responsible for any charges assessed by your mobile carrier. Contact your mobile carrier for more information.

Member FDIC

American mainstream culture helps elders integrate into

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Thank You!

Thank you for supporting the AACA Annual Gala “Their Courage to be New” on July 13, 2016.

You have helped provide a beacon of hope to Massachusetts’ immigrants.

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