BY SARA BROWN

Creative college fair inspires high school students

Students from the Chinatown area gathered into the Josiah Quincy School for the Limitless and Beyond creative innovation career fair on Oct. 10. The event was sponsored by the Chinese American Citizens Alliance Boston Lodge to inspire students to pursue careers in the arts or other creative endeavors.

The event featured a student and parent panel where they offered their advice choosing a creative career over becoming a doctor or engineer.

Ai Chen was one of the featured parents on the panel. Her son is an award-winning film director and her daughter is an artistic director for a dance company in New York City.

“If you are a parent, then you just have to support your child and love them,” Chen said. “You can’t have set goals for them.”

She said good parents will support their children even if they choose in a career path they think is unstable.

“It boils down how much you are willing to show unconditional love to your child,” she said.

Others echoed Cheng’s sentiment. Keith Chow, editor of TheNerdofColor.org and co-editor of the Asian American comic anthologies “Secret Identities” and “Shattered,” also spoke as a keynote speaker. He encouraged students of color to get into creative fields so their stories are heard more in pop culture and hurtful stereotypes can disappear.

“We need your stories,” he said. “We need more artists out there that are Asian American.”

Chow used the No. 1 movie “The Martian” as an example. The movie is based on a book with two prominent Asian characters. However, in the movie, those characters were cast with non-Asian actors.

“It’s that kind of stuff that worries me,” Chow said. “America’s greatest export is pop culture. Not every Asian American needs to be a doctor. You can play a doctor on TV.”

After the selected speakers, students got to meet with various college admission staff from the New England area to learn about education options.

Mayor Walsh celebrates grand opening of Hong Lok House

Mayor Martin Walsh joined the Greater Boston Chinese Golden Age Center (GBCGAC) and Rosgeron Communities on Oct. 5 to celebrate the grand opening and ribbon cutting of the Hong Lok House, a 74-unit affordable rental housing development for seniors in Chinatown.

The more than $37 million renovation and expansion project improved services to the city’s low-income senior population with 74 new and preserved apartments as well as a roof deck garden, common area living spaces and an adult day health program staffed by the GBCGAC.

“The City of Boston is thrilled to open Hong Lok, and we know how important it is to maintain and add to our affordable housing market in the city,” Walsh said. “I thank Rosgeron Communities, the Greater Boston Chinese Golden Age Center, the U.S. Department of Housing and Urban Development, the Massachusetts Department of Housing and Community Development, and all partners involved in this project. Working together, we are helping to keep Boston a diverse city that is open and affordable to everyone who wants to live here.”

The GBCGAC serves approximately 1,200 low income seniors daily in Chinatown. The City of Boston and Boston Redevelopment Authority contributed more than $11 million to this development.

“We have come a long way and we thank you for your support of the community,” said Ethel Moy. GBCGAC executive director.

The Cape Cod African Drum and Dance Group performed at the MLK luncheon on Jan. 11.

FOR MORE NEWS, PLEASE VISIT SAMPAN.ORG
Quincy hosts mayoral and city councilor at-large candidate forum

BY ELLEN DUONG

The Quincy mayoral and city council at-large candidate forum took place at North Quincy High School on Oct. 9. Roughly 200 Quincy residents attended the event to hear how the candidates will serve the community. The debate was bilingual, with live interpretation provided in Mandarin and Cantonese.

Moderated by Patriot Ledger editor Chazy Dowaliby, the forum began with the councilors at-large. Incumbents Joseph Finn and Michael McFarland, school committee members Noel DiBona and David McCarthy, and JP Fuji Group office manager Nina Liang spoke about how they would address affordable housing, education, civic engagement and public transportation.

The scarcity of affordable housing in Quincy was a topic of discussion. DiBona argued for keeping the number of housing units at 10 percent. Finn and McFarland talked about engaging the Affordable Housing Trust in Quincy along with federal and state representatives to produce more affordable housing units. Liang added rising housing costs hurt long-term residents.

Education was a focal point in the councilor-at-large debate. DiBona emphasized having more English language arts programs to boost the literacy of the city’s Asian students, while McCarthy and Liang urged for schools to partner with local businesses to enable students to engage in real-world experience.

Following the councilor-at-large forum, Mayor Thomas Koch and former Mayor William Phelan squared off on the same topics in the mayoral candidate debate, which escalated in tension as the night went on. Each heavily criticized the other on reckless spending and waste.

Mayor William Phelan squared off on the same topics in the mayoral candidate debate, which escalated in tension as the night went on. Each heavily criticized the other on reckless spending and waste. The election for the Quincy mayoral and councilor at large positions will take place on Nov. 3.

Chinese Americans reflect on immigration with novel and documentary

BY SYLVANA CHAN

Fifty years ago, President Lyndon B. Johnson signed the Immigration and Nationality Act into law at the foot of the Statue of Liberty. The act liberalized the nation’s immigration policies by abolishing the earlier quota system that discriminated against immigrants based on country of origin — ushering in new generations of immigrants from Asia and Latin America.

To commemorate the passage of this monumental law, the Chinese Historical Society of New England and the Boston Asian American Film Festival invited award-winning historian Erika Lee and freelance filmmaker Penny Lee to showcase and present their work in Boston’s Chinatown on Oct. 3.

As the granddaughter of Chinese immigrants, Erika Lee was raised in the San Francisco Bay Area, where she earned her doctorate at the University of California at Berkeley. She currently teaches history at the University of Minnesota. Erika’s newest book, “The Making of Asian America: A History,” tells the story of Asian Americans and their role in American life from the arrival of the first Asians to the Americas at the beginning of the Manila Galleon Trade in the 16th century to the present day. According to Erika, the book explores how Asian Americans “have made and remade American life over the centuries … But more than that, it offers a new way of understanding America itself, its histories of race and immigration, and its place in the world today.”

Born in Hong Kong and raised in the States, Penny Lee is a freelance television and feature film editor and media consultant based in the Washington, D.C. area. Her short film, “Through Chinatown’s Eyes: April 1968,” documents the civil disturbances and street violence after the assassination of civil rights leader, Dr. Martin Luther King, Jr. Yet it does so from the perspective of D.C.’s Chinatown residents.

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Event Calendar

Memorial for Yuzhen Lei
Saturday, Oct. 17
6 p.m.
Chauncey and Essex streets
Boston, MA 02111

Chinatown art center meeting
Wednesday, Oct. 26
1:00 p.m.
885 Washington Street
Boston, MA 02111

The Boston Asian American Film Festival
October 22 to 25
Boston

Free legal clinic
Monday, Oct. 26
6 to 8 p.m.
1509 Hancock Street, Suite 209
Quincy, MA 02169

Mental health

Asian American Health Symposium
Friday, Oct. 16
8:30 a.m. to 5 p.m.
143 Harrison Street
Boston, MA 02111

Together: Strengthening the Health of Chinatown will take place at the Sackler Auditorium at Tufts University. Register on www.tuftsctsi.org.

Boston Public Schools citywide college fair
Saturday, Oct. 17
9 a.m. to 1 p.m.
1350 Tremont Street
Boston, MA 02120

Students, families and mentors are invited to the City-wide College and Career Fair at the Reggie Lewis Track and Athletic Center. More than 100 colleges and education exhibitors will be on hand.

FOR ASIAN AMERICANS THROUGH FILM BY SHOWCASING ASIAN AMERICANS THROUGH EXPERIENCES AND CULTURES. FOR MORE INFORMATION ON THE FILMS AND LOCATIONS, VISIT WWW.BAAFF.ORG.

Wang YMCA Legacy Fundraising Dinner
Saturday, Nov. 7
6:30 p.m.
690 Washington Street
Boston, MA 02111

Join the Wang YMCA for an evening of friendship and fun as we celebrate our second century of dedication and service in Bostons Chinatown and downtown communities. For tickets, visit http://ymcaboston.org/wang-legacydinner.

Boston Chamber of Commerce with Masashi Suzuki
Sunday, Nov. 8
3 p.m.
30 Gainsborough Street
Boston, MA 02115

The Boston Chamber of Commerce with Masashi Suzuki is widely recognized as one of the world’s leading interpreters of J.S. Bach and his contemporaries, performing at New England Conservatory’s Jee- dan Hall. His inspirational music director Masashi Suzuki founded Bach Col- legium Japan in 1990 to introduce the Japanese audience to period instru- ment performances of great works from the baroque period. Tickets $35 and up. For more information, call (617) 482-6661.

Volunteer with ASATK

Asian Americans, through film by showcasing Asian American experiences and cultures. For more information on the films and locations, visit www.baaff.org.

Mental health

Chinatown art center meeting
Wednesday, Oct. 26
1:00 p.m.
885 Washington Street
Boston, MA 02111

The Boston Asian American Film Festival (BAAFF) empowers Asian Americans through film by showcasing Asian American experiences and cultures as resources to filmmakers and the greater Boston community. BAAFF is a volunteer-run program and a production of the Asian American Resource Workshop. For more information on the films and locations, visit www.baaff.org.

BAAFF is a volunteer-run organization. For more information, email info@quincypassion.org.

The forum gathers all four candidates for Mal- den city councilor-at-large at the Malden Senior Cen-
ter.

The forum invites all registered voters. For tickets, please call (781) 324-8991 or e-mail sharewood@di- rector@gmail.com.

The forum will take place at the Behrakis Audito-
rium, Room 130.

BAAFF is a volunteer-run organization. For more information on the films and locations, visit www.baaff.org.

The forum will take place at the Chinese Consolidated Benevolent Association Auditorium, Room 130.

A candlelight vigil will be held for Yuzhen Lei, a victim of assault on July 9. Oct. 17 marks the traditional end of 100 days of mourning.

The Chinatown art center will hold a meeting about a Chinatown art center with Banker Hill Community College.

The Boston Chinatown Neighborhood Center will hold a meeting about a Chinatown art center with Banker Hill Community College.

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The Chinatown Resi- dent Association meet- ing will take place at the Josiah Quincy Elementary School cafeteria. The public is welcome to attend.

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Chinatown meeting roundup: CSC, CRA, TCC, CCC

BY LING-MEI WONG

The Chinatown Safety Committee met on Oct. 7 at the Chinese Consolidated Benevolent Association. Café de Lulu on Beach and Harrison streets will close, as the owner is retiring. Hot Eastern will take over the space. Boston Police Capt. Ken Fong reported 10 crimes were down 11 percent citywide and down by 19 percent for District A-1, which includes Chinatown, the Boston Common and Government Center. Eight crimes are Part I offenses: Murder and nonnegligent homicide, forcible rape, robbery, aggravated assault, burglary, motor vehicle theft, larceny-theft and arson.

“We’re seeing no major crime pattern or trends,” Fong said. “We have our usual homeless and drug issues on the Greenway.”

CRA

The Chinatown Resident Association met at the Josiah Quincy Elementary School on Oct. 7. Its new steering committee members were introduced. Arturo Gossage is the treasurer. Another new member is Xin Xing Wu.

Helen Wong, administrative coordinator of BCYF Quincy Community Center and former Boston Election Department employee, demonstrated how to use the AutoMark voting machines. The upcoming municipal election for at-large and district city councilors will take place Nov. 3.

“Local elections are important, they directly represent our concerns to the City Council,” Wong said.

Chinatown crime blotter for Oct. 2 to 16

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Oct. 2 to 16 for District A-1, which includes Chinatown.

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

Possession of a dangerous weapon Oct. 9, 11:11 a.m. The suspect was arrested on Oxford Street for unlawfully carrying a dangerous weapon. The officer’s investigation observed the suspect pull a large knife out of his pocket and attempt to discard it by throwing it underneath a fence.

Robbery Oct. 14, 5:30 a.m. The officers responded to Beach Street on a report of an armed robbery. Upon arrival, the officers met and spoke with the victim. He stated he was robbed at knifepoint by a black male. The officers obtained the suspect on Lincoln Street. He was placed under arrest and transported to district.

Disorderly conduct Oct. 14, 8:28 p.m. The suspect was arrested on Huntington Street for being a disorderly person. The officers were conducting a drug investigation and the suspect kept interfering with the officers.

Last Winter Made Front-Page News

But at Linden Ponds, it was a whole different story. Don’t risk another record-breaking season like the winter of 2015. There’s still time to make your move to Linden Ponds, a vibrant retirement community in Hingham. Our realty and moving services team can help you get settled before the first snowflake falls.

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Learn Chinese

Long time no see

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Obesity and your health: Understanding obesity

BY DR. JULIE KIM

How do I calculate my BMI?
• Your weight (kilograms) divided by [Your Height (Meters)] squared

• BMI does not measure body fat. Therefore in certain situations, BMI can be misleading, as a very athletic and muscular person could have a higher BMI but does not have excessive body fat.

What causes obesity?
• Obesity is a very complex, multifactorial and chronic disease. Most simply, it occurs from the over consumption of calories compared to energy expenditure. Hunger, appetite, energy storage and energy expenditure, however, are complex pathways controlled by many different neurochemicals and genes.

• What you cannot change: Your genetic makeup

• What you can change: Unhealthy diet and eating habits, inactive lifestyle, certain medications and medical conditions (ask your doctor).

What does obesity do to me?
Being obese increases the likelihood of a person getting certain diseases, such as type II diabetes, high blood pressure, heart disease, sleep apnea, high cholesterol, strokes and some cancers.

Obesity related diseases are often “silent” early on and don’t cause pain and obvious symptoms, therefore damage to your body may already be present when you are diagnosed.

Does it matter whether I am an “apple” or a “pear”?
• If you carry the majority of your excess fat around your hips and thighs, you are a “pear.” Despite skinny arms and legs, an “apple” shape has a higher risk of developing obesity related health conditions such as high blood pressure and heart disease, compared to a “pear” shape.

How do I lose weight?
• You can lose weight through changing your diet and increasing physical activity.

• Keep track of your daily calorie intake by maintaining a food log.

• Start an exercise routine. The American Heart Association recommends at least 20-30 minutes of moderate-intensity aerobic activity at least 3-5 days per week. This has been shown to be superior to long periods of exercise done less frequently.

• Slow and steady weight loss created by incorporating maintainable dietary, behavioral and lifestyle changes are associated with the best long-term maintenance versus very low calorie diets which have better short term outcomes, but poor long term compliance.

What if diet and exercise are not working for me?
• You are not alone! There is a lot of support for weight loss and achieving a healthier life style.

• Talk to your primary care doctor. You should discuss with your doctor any obesity related medical conditions you may have and options for medically supervised weight loss.

• Consult a dietitian who may identify ways you can improve your diet.

What is the Weight and Wellness Center at Tufts Medical Center?
• The Weight and Wellness Center, at Tufts Medical Center, is New England’s oldest multidisciplinary obesity treatment program. The team includes clinical dieticians, behavioral specialists, endocrinologists and bariatricians for medical weight loss, as well as experienced bariatric surgeons who perform weight loss and metabolic surgery.

• Explore our website at www.tuftsmedicalcenter.org/weightloss to obtain additional information on medical weight loss options, watch a free informational video which further details the risks and benefits of weight loss surgery, or schedule an appointment and get started today on a healthier and leaner you.

About the author
Dr. Julie Kim is a bariatric surgeon at Tufts Medical Center. To make an appointment with her, call (617) 636-6903.

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How seniors can prevent falls
BY DR. YEE CHUAN ANG

Falls are among the leading causes of serious injuries in older adults and have been associated with increased mortality. Having a fall also threatens the ability of an elder to live independently at home.

What causes falls in the elderly?
Most falls are caused by a combination of risk factors. A prior fall doubles the risk of having another. There are many changes in the body that occur with aging which can affect a person’s mobility and balance. Many elders have decrease in muscle mass, poor eyesight and impaired hearing. Medical conditions such as osteoarthritis, chronic musculoskeletal pain, chronic heart disease and chronic lung disease can also affect a person’s ability to ambulate properly.

Older adults generally take more medications. Studies have shown that elders who take four or more medications are at increased risk of falls. Less than optimal vision and hearing are tested regularly and properly corrected.

When to call the doctor immediately or go to the emergency room
One out of five falls can cause serious injury such as a head injury or broken bones. Hence, it is important to know when to seek urgent medical care. Call your health care provider immediately if a major or a high impact fall has occurred. Any change in mental status such as confusion or less alertness before or after a fall warrants an urgent medical assessment. Call the doctor immediately if there are any complaints of pain after a fall, especially in the hip or in the groin area.

About the author
Dr. Yee Chuan Ang is a geriatrician and internist at Tufts Medical Center. She is fluent in Mandarin. For an appointment with Dr. Ang, call (617) 636-5400.

How to prevent falls in the elderly
1. It is important to identify fall hazards in the home and eliminate them. Make sure that you have good lighting in your home. Minimize clutter. Throw away rugs that can be tripped over. Have rails installed in your bathroom and on both sides of your stairs.

2. Wear proper shoes with firm non-skid soles. Ask your doctor about walking aids. Discuss with your doctor about physical therapy.

3. Make sure your vision and hearing are tested regularly and properly corrected.

South Cove Manor appoints Wendy Lee as executive director
BY SOUTH COVE MANOR AT QUINCY POINT

South Cove Manor at Quincy Point a skilled nursing care and rehabilitation community focused on serving Asian elders and their families, has announced the appointment of Wendy Lee as executive director effective Oct. 8. In this role, Lee will serve as the senior executive overseeing all aspects of the organization.

Lee is a seasoned health care operations executive with more than 20 years’ experience in various management positions in diverse healthcare organizations. She most recently served as vice president for the division of surgery & service lines for Lahey Clinic in Burlington, where she had overall responsibility for financial, clinical and administrative operations, regulatory oversight, quality assurance and business planning. Prior to that, she served as director of core facility operations and business planning for Partners Healthcare in Boston.

South Cove Manor board chairman Richard Lui said, “We are thrilled to have Wendy coming on board to lead our organization at this important time in our history. As we celebrate 30 years of service to elders and our move last year to our beautiful new Quincy campus, Wendy’s skill and experience will help take us to new levels of service and quality.”

Lee is a graduate of Oberlin College with a double major in mathematics and sociology and received her master of public health degree in hospital administration from Yale University.

Lee succeeds Richard Wong who is retiring from South Cove Manor after overseeing the completion of the new facility and the successful transition of operations to Quincy.

“Wendy is a seasoned healthcare operations executive with a commitment to serving seniors in the Asian community,” Lui noted. “We are thrilled to have Wendy coming on board to lead our organization at this important time in our history.”
FEATURES

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*Including utilities or utility allowance; actual rents will vary

Applicants will be notified of available units as they come up for lease. Studio, 1, 2 and 3-bedroom units are available in existing developments and/or projects currently under construction.

General Info. Session: November 4, 2015 at 7:00 pm. Call Robyn for details. For an application and additional information contact Robyn at Metro West CD 617-923-3505 x 5 or visit: www.metrowestcd.org

Wine lovers can travel to grape-producing destinations all over the world. (Image courtesy of StatePoint.)

Great travel ideas for wine lovers

BY STATEPOINT

If you’re searching for inspiration for a trip that encompasses sightseeing, local cuisine and outdoor experiences, start with one of your passions: wine.

Consider these travel ideas from the expert winemakers of The Seeker, a global brand with wines from the most popular grape-producing regions worldwide.

Argentina

Mendoza, a province renowned for its Malbec, is an up-and-coming destination for wine loving travelers, and has also long-attracted a mixed crowd of outdoor enthusiasts. Whether mountaineering, horseback riding or rafting is your pleasure, the Mendoza province of Argentina makes a beautiful backdrop.

After a day of discovering majestic scenery, travelers can fill evenings with good company, an authentic meal and a smooth, spicy Malbec. Many meals begin with fresh warm bread and a sample of olive oil, another regional specialty.

France

If you’re looking for a trip that is a bit more technical, the volcanoes at the Auvergne Regional Park, located in Auvergne Rhône Valley of France, will be sure to please.

The region produces five quality grape varieties in the terroir. The Pinot Noir varietal, in production since the 11th century, is the oldest. Today, wineries make the most of the region’s warm days and cool nights to grow delicate, finessed grapes for its Pinot Noir wines.

New Zealand

If you’ve always longed to visit New Zealand, now is the time. Plan to see the Marlborough region for an outdoor adventure and refreshing, fruity Sauvignon Blanc, the region’s specialty.

Satiate your appetite with a glass of Sauvignon Blanc and other local cuisine such as the local fresh, green-lipped mussels, a delicacy well-known for its health benefits.

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. A90CN06, DOWNTOWN CROSSING (DTX) VERTICAL TRANSPORTATION AND STATION IMPROVEMENTS, BOSTON, MASSACHUSETTS (CLASS I - GENERAL TRANSIT CONSTRUCTION AND CLASS 7 - BUILDINGS, PROJECT VALUE -$12,660,000) .

· Submitted at www.bidx.com until two o’clock (2:00 p.m.) on November 12, 2015.

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

The Work includes but is not limited to the construction of two new elevators to connect the Orange and Red Line levels, a combined hoistway shaft and elevator pit, associated mechanical rooms and machinery, fire alarm upgrades and related measures to bring the existing station toward egress compliances.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
In less than 10 years China has built the world’s longest high-speed rail (HSR) network. Totaling approximately 7,500 miles, it exceeds the length of all HSR rail lines within the European Union and supports bullet trains reaching speeds of 200 km/h (124 mph) or higher. By 2020, the Ministry of Railways aims to have completed 25,000 kilometers of total HSR track, connecting all major Chinese cities.

The country’s strong capabilities in this field have driven engineers to pay close attention to the potential profit of their HSR technology abroad. During a Chinese State Council meeting on Jan. 28, Premier Li Keqiang advocated for overseas expansion of Chinese-developed industrial equipment such as HSR. Now in discussions with more than 20 nations worldwide, China, recently announced an agreement which will bring HSR to the United States — a landmark deal, particularly for a country notorious

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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.
- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on November 17, 2015.
- Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of the complete superstructure replacement of the existing steel Swing Span with a new steel Swing Span, along with its related mechanical and electrical components. Modifications to the existing center pivot pier to accommodate the new Swing Span superstructure. Partial demolition and reconstruction of the existing pivot pier deck and existing access stairway, along with demolition of existing mechanical and electrical components. Construction of an electric room platform and generator support platform atop of the pivot pier deck. Demolition and modification to the existing control house consisting of architectural, electrical and mechanical items. Dredging for and installation of seven new submersed conduits, along with protective backfill, along the bottom of the Danvers River between the control house and center pivot pier.

Miscellaneous repairs and replacements to existing navigation channel timber fender systems and navigation lighting system. Environmental permitting and controls as required to conform with minimum requirements on Federal, State and Local needs. For a more detailed scope of work, see section 01010.

Additional information and instructions on how to submit a bid are available at http://www.mbtata.com/business_center/bidding_solicitations/current_solicitations/
Restaurant review: Tavern in the Square

BY SARA BROWN

The traditional mac and cheese ($16) is large and extremely filling. The serving can easily feed two people. The pasta itself was cooked perfectly al dente. The richness of the cheeses leaves the customer wanting more. The pasta itself was cooked perfectly al dente. Tavern in the Square has 50 beers on tap, so beer snobs have plenty to choose from. They also have their own cocktails, which should satisfy any customer. The wait staff is friendly and attentive. Restaurant attendees did not have to wait long to be seated and served. Tavern in the Square is locally owned by four Boston residents. They opened their first restaurant after the Red Sox won the World Series in 2004. They felt Boston needed more than a “typical sports bar” atmosphere. The atmosphere in the restaurant is low-key and welcoming. They have plenty of seats inside but also offers seats outside in their patio area. The real gem of this place is the location. Being so close to North Station and TD Garden makes it feel like you are at the game.

‘East of Hollywood’ examines Asian casting struggles off screen

BY LING-MEI WONG

Michael Tow is proud to be American first and Asian second, with his family living in the States for five generations. Tow, who does not speak English or speaks a very heavy accent, learning Chinese and being proficient in kung fu. Chang must conform to stereotypes, speaking poor English, learning Chinese and being proficient in kung fu. While Asians can be proud of, as his 6-year-old daughter Sienna looks on, played by Tow’s daughter of the same name. To win the role, Tow personally understands how pervasive stereotypes can be. “One thing that bothers me is the asexualization and emasculation of Asian males on screen. That was with me my whole life,” he said, noting the famous example of Jet Li’s kiss with Aishah being cut in “Romeo Must Die,” despite Li being a lead actor. “To see someone like you in a negative role will have a prolonged effect.”

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Tavern in the Square is right by North Station. (Image courtesy of the Sara Brown.)

Tavern in the Square is right by North Station. (Image courtesy of the Sara Brown.)
Restaurant review: Select Oyster Bar

BY LING-MEI WONG

Seafood lovers, rejoice. Select Oyster Bar finds the freshest fish, bivalves and mollusks, bringing international flavor to Boston’s “chowda” scene since this winter.

Chef and owner Michael Serpa previously worked at the famed Neptune Oyster for six years as the executive chef, elevating New England staples such as lobster rolls and clam chowder to culinary masterpieces. Now, at his first solo venture, Serpa’s menu items hail from all over the globe, from Spanish octopus to Japanese-influenced salmon crudo.

Select is on the first floor of a Victorian brownstone on Gloucester Street, in the heart of the Back Bay between Boylston and Newbury streets. My hands-down favorite was the Faroe Islands salmon crudo ($14). Togarashi (Japanese seven-spice powder), pistachio oil and lime accented the fatty salmon’s sweetness. Each spice had a distinct tang, without overwhelming the sashimi-grade fish, for rich flavor. The tender fish contrasted with the sesame seeds in the togarashi, which added a satisfying crunch to each delicious bite.

Another refreshing appetizer from the “Fruits de mer” was the tuna tartare ($22), dressed in white soy and Giaveri Siberian sturgeon caviar. Accompanied by a hint of smokiness from the caviar, the melt-in-your-mouth tuna disappeared quickly off our plates.

The Prince Edward Island mussels ($15) were perfect for sharing. Cooked in cava (Spanish white wine) with roasted carrot and almond romesco sauce, the mussel broth was heavenly. It was a bold complement to the mussels, which were absolutely delicious and free of sand.

Our last dish was the Spanish octopus ($18), served with roasted tomatillo, chimichurri, blistered snap peas and serrano chili. The octopus was expertly braised and seared. Crisp snap peas added texture and color, with the octopus flavor shining through rather than being overshadowed by seasonings.

This was an arranged tasting, so Sampan’s experiences may be more pleasant than the norm.

Asian Women for Health host third CelebrAsian fashion show

BY LING-MEI WONG

The CelebrAsian fashion show for Asian survivors took place at Korean Church of Boston on Oct. 9. (Image courtesy of Ling-Mei Wong.)

Asian Women for Health (AWFH) hosted its third CelebrAsian benefit fashion show and silent auction at the Korean Church of Boston on Oct. 9. About 160 individuals came for food, fashion and empowerment of Asian survivors of cancer and trauma.

The evening began with a reading by author, poet and breast cancer survivor Brandy Lien Worrall from her memoir “What Doesn’t Kill Us.” She also walked the runway as a model, featuring designs by Shubhra Bhattacharya Chandra.

“Asian women are invisible when we suffer and it’s no good when we’re dead,” said Cheng Imm Tan, gala co-chairwoman. “These women are so inspiring, as we come together for Asian women’s health.”

For more information, visit www.asianwomenforhealth.org.

Boston Ballet dances under Greenway aerial sculpture

BY THE ROSE KENNEDY GREENWAY CONSERVANCY


The Boston Ballet dances under the Greenway aerial sculpture as part of the Rose Kennedy Greenway Conservancy's public art program. (Image by Lisa Voll for Boston Ballet.)