Boston mayor releases plan for 53,000 housing units by 2030

BY VEKONDA LUANGAPHAY

Mayor Marty Walsh announced plans to add 53,000 housing units in Boston by 2030 on Oct. 9 at the One Greenway construction site in Chinatown. (Image courtesy of Vekonda Luangaphay.)

“Housing a Changing City: Boston 2030,” a plan for housing that calls for 53,000 new units by 2030 on Oct. 9 at the One Greenway construction site.

The plan focuses on four demographic groups: Seniors, low-income households, the middle class and students. A total of 5,000 new units will be for seniors, 44,000 new units for the workforce and 4,000 new units for vacancies to stabilize the market.

“When (Seniors) must be able to age in their homes. They have earned that right and we need to them as neighbors,” Walsh said. “We need to support services and help them with financial assistance.”

The city will dedicate $6.5 million of the affordable housing units for low-income and non-elderly households, in which the city’s goal is to ensure that 1,700 of the units are accessible to extremely low-income individuals earning less than $25,000 a year. Of the new units, 20,000 will be for middle-class work force.

“We have to make sure our workforce can afford to live in the city and to stay in our growth and support our civic life, to achieve this pace we have,” Walsh said.

The plan also calls for universities to produce more dormitories, freeing up 5,000 units — currently occupied by students — to be available for working professionals. The city plans to add 16,000 undergraduate dorm beds to reduce off-campus living in Boston by 30 percent by partnering with colleges and universities, as one of the action plans.

Janelle Chan, executive director at the Asian Community Development Corporation, provided updates on the One Greenway project, which will comprise 363 new housing units slated for completion in 2015. Of the homes, 40 percent will be affordable to families with extremely low incomes, low incomes and middle incomes. “I look forward to cutting that ribbon with you all next year,” she said.

With a growing city and a forecast of reaching more than 700,000 Boston residents by 2030 — a figure the city had not seen since the 1950s — the project is expected to bring in $2.1 billion in new development, creating 51,000 jobs.

“Prosperity must reach every neighborhood. Anyone who wants to contribute to our city should be able to find a home no matter their income their age, their race or their abilities,” Walsh said.

Republican governor hopeful Charlie Baker visits Chinatown

BY VEKONDA LUANGAPHAY


Republican governor candidate Charlie Baker campaigned in Chinatown at the Nam Pai Boston Ultimate Fitness gym on Harrison Street on Oct. 12.

“He is a very compassionate person, and he knows his material well,” said Amy Guen, a 90-year-old Chinatown resident, about Baker’s health care experience. She was sitting with more than 70 attendees, including many senior citizens.

State Rep. Donald Wong and community leader Frank Chin helped organize the Baker event in Chinatown. In 1994, Baker signed legislation to make Medicare supplement insurance more affordable for low-income seniors. Baker was the president and CEO of Harvard Vanguard, a company that in 2005. When Advanced Electronics, a company that 1978 decided to close its doors in manufacturing low to medium volume. 2005. When Advanced Electronics, a company that in 1978 decided to close its doors in manufacturing low to medium volume. The plan also called for universities to produce more dormitories, freeing up 5,000 units — currently occupied by students — to be available for working professionals. The city plans to add 16,000 undergraduate dorm beds to reduce off-campus living in Boston by 30 percent by partnering with colleges and universities, as one of the action plans. Janelle Chan, executive director at the Asian Community Development Corporation, provided updates on the One Greenway project, which will comprise 363 new housing units slated for completion in 2015. Of the homes, 40 percent will be affordable to families with extremely low incomes, low incomes and middle incomes. “I look forward to cutting that ribbon with you all next year,” she said. With a growing city and a forecast of reaching more than 700,000 Boston residents by 2030 — a figure the city had not seen since the 1950s — the project is expected to bring in $2.1 billion in new development, creating 51,000 jobs. “Prosperity must reach every neighborhood. Anyone who wants to contribute to our city should be able to find a home no matter their income their age, their race or their abilities,” Walsh said.

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The Next Steps Transitional English Program (Next STEP) provides free ESL learning service to adult students from Greater Boston area. The program is run by the Massachusetts Immigrant and Refugee Action Center (MIRA). For more information, please visit MIRA's website at: mira.org

The program focuses on helping adult students improve their English language skills in order to better integrate into American society. Students in the program participate in classes that cover a range of topics, including conversation, reading, writing, and listening. The program also offers supplemental services such as job search assistance, cultural orientation, and community integration.

The program is open to adult students who are 18 years old or older and who are currently living in the Greater Boston area. Applicants must complete an application process, including an interview with a program staff member.

The program operates at several locations in the Greater Boston area, including the Boston Public Library and community centers. Classes are offered in the evenings and on weekends, and each class is led by a certified ESL teacher.

For more information, please visit the MIRA website at: mira.org

The program is funded by the Massachusetts Department of Higher Education, the U.S. Department of Education, and various private foundations. For more information, please visit the program’s website at: mira.org
Business festival celebrates Asian entrepreneurship

BY ELLEN DUONG

The National Association of Asian American Professionals’ Boston chapter (NAAP Boston) held the Asian Business Festival at Chinatown Plaza in celebration of Asian entrepreneurship and community on Oct. 12. The event, which featured booths of Asian-owned and Asian-focused businesses, attracted many people with more than 30 vendors and nonprofits.

Many lined up for a hot meal from the Chicken & Rice Guys and Wok Bar because food trucks, while enjoying live music from Anawati and Solesian, two bands from the Berklee College of Music, and the Berklee College of Music’s CityFest.

Many contests and games also took place during the festival. Boston Delta Psi Sigma hosted a volleyball tournament at the Reggie Lewis Memorial Park with cash and T-shirt prizes. Boston Road Runners held a planting contest with prizes for the longest plant held by females and males. Some booths also offered raffle giveaways, prize wheel games, and rock and roll table games for visitors to enjoy.

Family wellness fair

Saturday, Oct. 18
10 a.m. to noon
Thomas Crane Public Library
40 Washington Street
Quincy, MA 02169

The library is a short five minutes from the Red Line Quincy Center Station. Come to the library for a free, fun, healthy and helpful day!

Asian-focused businesses, attracting visitors to enjoy.

CelebrAsian fashion show

Saturday, Oct. 18
10 a.m. to noon
Boston Asian American Chamber of Commerce

Chinatown Plaza

The event will feature Asian art, fashion, and entertainment. Attendees will have the opportunity to participate in arts and crafts, learn about Asian culture, and enjoy live performances.

Contact our courteous staff at thomastonauction.com to arrange absentee or online bidding.

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2014 Fall Feature Auction
Fine Art & Antiques
November 7, 8 & 9
Including more than 250 lots of Asian Art

Offered for three sessions.

November 7, 8 & 9

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The Chinatown Coalition (TCC) met to discuss business development in Chinatown and congressional updates during its monthly meeting on Oct. 9 at the Boston Chinatown Neighborhood Center.

John Barros, Boston’s first chief of economic development, spoke on the potential job market, which he was optimistic about. He discussed potential investors from other countries, such as China, to talk about bringing businesses from Massachusetts.

U.S. Representative Michael Capuano, D-Mass., and Maloney Properties, Inc., gave an update on the lack of major changes before primary elections on Nov. 4, one reason being the deep political divide along party lines.

Community members discussed their concerns about hurdles for entrepreneurs. For the immigrants who first settle in Chinatown and are interested in starting a business, they can get discouraged by acquiring licenses. “It is tricky, generic. Jesse Nandhavan, director of Adult Education, shared his aggravating experience with acquiring licenses. “It is tricky, frustrating for the owners,” he said. He added there is a plan for code changes around licensing and how to streamline licensing, which will be open for public comment.

NAAAP leadership forum showcases Asian faces

Young Asian Americans learned about what it meant to be a leader at the National Asian American Professionals (NAAAP) Third Annual Leadership Forum on Oct. 4 at the Boston Marriott Cambridge.

“Raise your hand up high and say I am a leader to whichever group you feel like leading because we need more of those roles,” said Sheila Lirio Marcelo, CEO and founder of Care.com, in her keynote speech.

The event meant to inspire junior professionals, with about 210 professionals and students at the forum. Beginning with a core of 180 registrants, the 2014 theme was “Leading Beyond Your Title.”

It was important to NAAAP Boston’s members — comprising 500 individuals — that speeches were not fluffy and generic. Jesse Nandhavan, director of corporate relations at NAAAP and co-ordinator of the leadership forum, helped make sure of that.

“We just wanted to hear personal stories and anecdotes from proven leaders who could basically help shape the future for some of these junior folks, and help them develop themselves professionally.” Nandhavan said. “I think Sheila really brought it home, and really set the stage for the rest of the conference.”

Marcelo shared her struggles with discrimination as an Asian woman and how she overcame it along her career path. She urged the audience “woman up,” a gentle way on “man up.”

For Blue Cross Blue Shield employer Su Jian, she was inspired by Marcelo’s experience. “I feel like I’m ready to go do something important. She’s very authentic in explaining and talked a lot about her personal journey which was amazing, and that made me feel like we’re not alone.”

With strong attendance, Nandhavan said 2014’s leadership forum was the best so far. “It’s a lot more real when people come to share stories and struggles. I think that really resonated with the audience this year,” he said.

Villa Victoria Community

640 Tremont St
Boston, MA 02118

Lottery Date Changed

Please note that the date for the lottery for Victoria Apartments, Viviendas Apartments, South End Apartments, Casa Borinquen has been changed.

The lottery will now take place on October 28, 2014 at 11:00 am at 85 West Street, Boston, MA 02118.

It is not necessary for applicants to attend the lottery.

Next STEP English program recognized by state for most students sent to college

By VEKONDA LUANGAPHA

For the second year in a row, the Next Steps Transitions English Program (Next STEP) of the Asian American Civic Association (AACA) has sent more adults to college than any other community-based adult basic education program funded by the Mass. Department of Elementary and Secondary Education (DESE).

Next STEP was created in January 1993 to bridge the gap between basic English classes in greater Boston’s immigrant communities and community colleges, job training programs and higher levels of employment. The program teaches English, connecting five intermediate English levels, and academic support to adult immigrants who wish to improve their English skills to be better prepared for college, job training and better jobs.

Adults often arrive in the United States having attended school in their home countries, with little or below 80% of the Area Median Income. Unit finish includes stainless steel Energy Star appliances (including stove and fridge), custom wood cabinetry, large walk-in and linen closets and full-sized washers and dryers. 1 Parking Space is included in the rent for each affordable unit.

MAXIMUM Household Income Limits: $47,450 (1 person), $54,200 (2 persons), $61,000 (3 persons), $67,750 (4 persons), $73,200 (5 persons) and $78,600 (6 persons)

A Public Info Session will be held on Nov 3rd at 6 pm at 119 School Street in Waltham. For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6902 and leave a message.

Applications also available at Waltham Public Library on 735 Main St (M-Th 8:30-8:30, Fri-Sat 9-4, Sun 1-4) and Waltham Clerk’s Office on 810 Main Street (8:30 - 4:30, M-Fr) or Building Department.
Used needles on streets pose threat to safety and health

BY VIKONDA LUANGAPHA

Used needles and syringes in Chinatown's public spaces are far too common with residents and local organizations raising awareness about safety and potential diseases.

"I am concerned for the safety of my child and all the other children. They should be exposed to the possibility of getting a contaminated needle or an- other dangers objects," said Cheng Lin Tan, Chinatown resident and parent of an 8-year-old attending the Josiah Quincy Elementary School.

Tan has expressed concern about used needles found at the elementary school. It is one of many places where needles have been found, such as alleyways and public parks.

As part of Chinatown Safety Committee meeting, Boston Emergency Medical Service (EMS) Capt. Phil McGovern welcomed more syringe needle disposal bins throughout Boston, noting one was located in South Boston. As EMS has limited resources to handle the needles or "sharps" found on the streets, proper disposal is important.

Two of the nearest disposal sites are at Walgreens on West Street and the.

The Josiah Quincy Elementary School opened needle has areas where people can feel it their home playground, where students spend their recess.

The elementary school shares safety concerns for its students. Custodians have found at least eight needles each morning on its rooftop playground, along with objects such as condoms, flosses and alcohol beverage bottles.

The custodial staff cleans and cleanses the rooftop twice before children arrive, said Michael McCarthy, assistant principal. He checks personally for missed items during his morning rounds and makes sure there are no tour operators before recess.

Spin building on Quincy Street. “What we’re seeing now is opium users [who] just dispose of needles anywhere. That’s why we’re finding them all over the city," said Boston Police Department Capt. James Chen of District A-1, which includes Chinatown.

When sharp are found, the public is to call 911. “It can be routed to the EMS to help the hospitals and they send somebody out to retrieve that," he said. Police officers are not equipped to handle sharps.

Youth Council helps register voters in Chinatown

BY ARIEK WONG

As the Nov. 4 general election approaches, the Asian American Civic Association Youth Council provided information and registration forms to express themselves and to get in- terpreters were presented to help.

Youth Council helps register voters in Chinatown.

Boston Police Department.

All reports are submitted by the Bos- ton Police Department. The time period is from Oct. 3 to Oct. 5, for District A-1, which includes Chinatown.

To report a crime or suspicious activi- ty, call 911. Interpreters are available.

Public drinking

Oct. 3, 2014 1:50 p.m. The public is drinking on Oxford Street, a public way.

They were both issued summarios to ap- pear in court.

Warrant arrest

Oct. 4, 2014 10:35 a.m. The suspect was arrested on Essex Street on an out- standing warrant issued out of Watertown District Court.

Trespassing

Oct. 5, 2014 8:05 a.m. The two suspects were arrested on Temple Street for trespassing. They were both observed in an area where a sign was clearly posted.

Oct. 5, 2014 8:39 p.m. The two sus-pects were arrested on Roxbury Street for trespassing. They were both observed in an area where a sign was clearly posted.

Earn your degree. Explore your potential

> Human Services, BA, MS
> Community Development, BA

Concentrations in Community Health & Economic Development

Attend an INFORMATIO SESSION

October 18, 1:30 PM
October 28, November 25, 5:30PM

Learn more and register online: www.cpsa.umb.edu
Contact us: cpsaweb@umb.edu

PUBLIC COLLEGE OF AMERICAN SERVICE

Massachusetts Bay Transportation Authority
Transportation Planning Board
100 Summer Street
Boston, Massachusetts 02116-3975

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 Author- ity 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.

Electronic bids for MBTA Contract No. B91CN12, EMERGENCY BRIDGE REPAIR SYSTEM WIDE (CLASS 1 - GENERAL TRANSIT CONSTRUCTION and CLASS 4A - BRIDGES/STEEL STRUCTURE; CLASS 4B - BRIDGES/CONCRETE STRUCTURE, PROJECT VALUE - $4,531,130.00) is made available to interested parties both at BCNC and the Urban College of Bos- ton, where college-level courses in Com- munity and Mandarin will be held.

In response to displacement and the pressure of January 2014, the community created its own Chinatown Master Plan and is working for the goal of 1000 new or newly preserved afford- able housing units, for a community-led, public facility, a permanent fixture for the Jo- seph Yi Louie Upper School, and to stu- dents of school programs specifically in Bos- ton's Chinatown.

Finding, Nov. 8, BCNC will offer workshop in Boston and Quincy, with subsequent sessions in the winter and spring. The center will also offer train- ing later in the fall for those interested in substitute teaching, which will help them to work in at a call list for a variety of programs or work in substitute care.

Special interest are five workshop sessions with a stipend intended for high school students who are interested in working with children.

For more information, call Mei Bla at 617-625-1329 x 104.

SAMPAN WISHES
EVERYONE A HAPPY HALLOWEEN

R Visions for Chinatown: Remain, reclaim, rebuild

BY THE CHINESE PROGRESSIVE ASSOCIATION

R Visions for Chinatown is a one-week series of temporary art interventions in Chinatown highlighting public as well as performances, running at different times during the week of October 19 – 25. Grab your R Visions for Chinatown Walking Guide from the Chinese Pro- gressive Association’s Wong Ye Gallery (One Nassau Street Unit 2, or 28 Ash Street) just walk around Chinatown and look for these sites.

Please join the artists at a fundraising reception to benefit Right to the City Boston on Thursday October 22, 5:30 – 7:00 pm at the Wong Ye Gallery of the Chinese Progressive Association, One Nassau Street, Unit 2. Suggested donation $10 or more. Arrive by 6:00 pm to join us for an Art Walk!

For more information, call 617-357- 4490, or go to www.facebook.com/cponlinestuff for further details.
First Chinese woman to backpack across India finds self on the road

BY LING-MEI WONG

Sampan

October 17, 2014

Oct 17, 2014 Sampan

Imagine taking the road less traveled.

Hong is the first Chinese woman to backpack across India, documented in her new travelogue “The Farther I Walk, the Closer I Get To Me.” (Image courtesy of the publisher)


By Leo Guen

Although such phishing schemes to obtain your Account Number and Password or PIN (Personal Identification Number) are effective, they require the criminal to re-enter the bank system to make a withdrawal from your account.

For you older readers, keeping up with technology today is almost as difficult as keeping up with the latest methods criminals might use to steal your financial assets via the Internet.

Home banking became widely accepted in 2001, cyber criminals have sought increasingly clever ways to get inside your computer system.

One way of traveling in India, you see lot and get close to the people. If we had joined a tour group, we would only see a lot of buildings,” Hong said.

A healthy baby starts with a healthy mom. This is true for your teeth and gums, just as it is for the rest of your body. Your growing baby is a part of you, so he or she will benefit from your good health. That’s why it’s so important to keep yourself healthy, including your mouth.

There are five tips for good dental care for pregnant moms-to-be. Keep them on your fidge or bathroom mirror as a reminder.

1. Tell your dentist that you are pregnant. The dentist knows how far along you are, how you are feeling, and if there have been changes to your health or medications.

2. Brush your teeth twice a day, every day, with a soft toothbrush and fluoride toothpaste. Clean in-between your teeth with floss once a day, every day. Some expecting moms notice swelling, redness, tenderness or bleeding in their gums. You may hear or read that this is called pregnancy “gingivitis.” This means your gums are sick and need special attention to get better. Seeing your dentist and keeping your mouth clean before, during, and after pregnancy can help keep this from happening.

3. Protect your teeth from harm following morning sickness. Sometimes, expecting moms have morning sickness and may vomit often. If this happens, do not brush your teeth immediately afterward, first rinse your mouth with a glass of water that has one tablespoon of baking soda mixed in. This can help protect your teeth from harm by the acids in your vomit. Be sure to ask your doctor for help with morning sickness as well.

4. Always check for changes in your mouth. You may notice changes such as red gums or bumps on your gums, or in between your teeth. It is very important to notice all changes in and around your mouth, and to have them looked at by your dentist regularly. He or she can refer you to a specialist if needed.

5. See your dentist regularly for cleanings and check-ups. You can still get cavities and infections when you are pregnant. The American Dental Association says routine dental visits during pregnancy are safe for most women. A visit to the dentist to talk about what’s best for you and your baby.

Keeping your mouth healthy is the first step to helping your baby’s mouth have healthy start. Congratulations, mom!

How to avoid cyber financial scams

BY LEO GUEN

For older readers, keeping up with technology today is almost as difficult as keeping up with the latest methods criminals might use to steal your financial assets via the Internet.

Home banking became widely accepted in 2001, cyber criminals have sought increasingly clever ways to get inside your computer system.

Once you are online, a MITM attacker can use imper -
tact or characters to type in, before verify or characters to type in, before
ting naming a different beneficiary.

The attacker then isolate or neutralize malware. Check the results to see if any “Trojans” were detected.

So be wary of this type of attack. The American Dental Association says routine dental visits during pregnancy are safe for most women.

For more information on Hong’s book, visit www.facebook.com/IndiaBackpack- or www.facebook.com/TheFartherIWalk.

Even after your visit to the dentist, you need to know what’s best for your teeth and gums. You can still get cavities and infections when you are pregnant. Keeping your teeth and gums healthy is the first step to helping your baby’s mouth have a healthy start. Congratulations, mom!

Webster’s Farm (54 Felton Street, Peabody, MA 01960)

About the orchard

The American Dental Association says routine dental visits during pregnancy are safe for most women.

But Asia is changing fast,” Hong said.

“gap year” to see the world.

If you were a criminal, wouldn’t it be easier to attack?

To you, the malware pretends to be your bank. To your bank, the malware pretends to be you.

Although such phishing schemes to obtain your Account Number and Password or PIN (Personal Identification Number) are effective, they require the criminal to re-enter the bank system to make a withdrawal from your account.

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Hong Mei - the “Farther I Walk, the Closer I Get To Me” (Image courtesy of the publisher)

Hong Mei lived in Beijing from the ages of 5 to 14, but her parents separated when she was 14, so she moved to Hong Kong with her mother and then to Mumbai, India.

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Chinese seniors learn about nutrition in Newton

BY RICHARD LEVINE

The Greater Boston Chinese Golden Age Center and Springerfield hosted a “Happy Elders” seminar on antioxidants and diet on Oct. 14 at the Greater Boston Chinese Cultural Association, on 437 Berkeley Street in Newton.

The workshop attracted 20 Asian seniors, with nutrition information provided by Megan Ostendorf, nutrition director at Springfield. Lili Mei, a director at the Greater Boston Chinese Golden Age Center, interpreted in Cantonese and Mandarin.

Ostendorf answered questions about the health benefits of condiments to the best type of olive oil for cooking.

“Those questions were very good,” Ostendorf said. “This is the first time I’ve done a specifically Asian [workshop for seniors], but the questions are very similar.”

Albert Li, a financial planner from Reading and long-time volunteer at the Cultural Association, found Mei’s translation helpful for the seniors. “She really knows her stuff, she’s well trained and had very enthusiastic,” he said.

For Grace Li, 74, the event was a success. “You always learn something,” she said.

He lives alone in Cambridge, but makes the trip to Newton’s Cultural Association once or twice a week to see friends or attend events. She smiled as Mei raffled off $25 Whole Foods gift cards.

The next Happy Elders event on Oct. 21 on chronic disease management will take place at the Greater Boston Chinese Cultural Association.

Cello prodigy Kett Lee takes pride in his Chinese heritage

BY CANDICE CHEN

If you are watching a musical at the Lyric Stage Theater in the Back Bay, you will find only one Asian face in the orchestra — Kett Lee, a Chinese-Malaysian — and the only cellist on stage.

Lee started to learn piano at nine, and cello and piano at 12, but is most skilled in cello. Now Lee is a freelance in the Boston area, performing at different locations around the city.

Lee was for almost every orchestra he was the only Asian. He is also ranked as the first cellist of the Boston area.

“Every time the orchestras need a cellist, they will call me,” said Lee in Mandarin.

As an Asian, Lee says being a cellist in Boston is not easy. “Most players are white people,” said Lee. “They are very interested in my background.”

Lee’s parents live in Malaysia, raising Lee in a traditional Chinese family. “Every time I introduced myself, I would say I am a Chinese-Malaysia,” said Lee.

Lee said his parents taught him Chinese when he was very young. “Chinese-Malaysians pay attention to preserving their heritage,” he said.

To Lee, the decision to step into the music world was accidental. Although he learned to play musical instruments from his father, he is not interested in economics in high school. But when he was accepted into a musical festival in Hong Kong, Lee met his future Boston mentor and he learned to play the cello.

“The thing is right for you,” Lee said. “You never know you will grow up.

Lee was the youngest member of the National Symphony Orchestra and Radio Television Orchestra in Malaysia. Lee moved to Boston in 2003 and attended The Boston Conservatory and Longy School of Music. After graduation, Lee’s skill allowed him to remain in America on an “extraordinary ability” visa.

Lee said he owes his success to his Chinese background. Most Chinese families teach children to be persistent and polite; those qualities helped Lee move up for Asians in Boston’s music industry.

“The focus of ‘persistence’ and ‘caring attitude’ in Chinese culture helped me to achieve today’s success,” Lee said.

Chinese-American student death at Penn ruled suicide

BY EZRA WHITE

University of Pennsylvania student Amanda Hu’s committed suicide on Sept. 28 in her bedroom. The Charlotte, North Carolina resident was taking a leave of absence and worked in a biochemistry lab.

This is not an isolated incident on the University of Pennsylvania’s campus; His suicide marks the university’s sixth since August 2013. On August 24, Penn student Theodis Reed committed suicide.

Reed had a history of depression that was being treated at home, as well as by the university’s counseling and psychological services division. What made Reed’s suicide especially troubling is that Reed’s mother shortly before the death at Penn ruled suicide a murder.


In a political climate where mental illness is not static; it progresses faster than 25 years ago. A third of college students indicated mental health disorders are the most prevalent health concern on campus; but the questions are very similar.

The American Freshman: National Norms survey of more than 200,000 college students indicated mental health disorders are the most prevalent health concern on college campuses outside of colds and allergies, said Jerald Kay, chair of the department of psychiatry at Wright State University in Ohio and co-author of Mental Health Care in the College Community.

“Mental illness is not static; it progresses faster than 25 years ago. A third of college students indicated mental health disorders are the most prevalent health concern on college campuses outside of colds and allergies,” said Jerald Kay, chair of the department of psychiatry at Wright State University in Ohio and co-author of Mental Health Care in the College Community.

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Louise of oil and nutrition were discussed at a senior worship hosted by Springerfield and the Greater Boston Chinese Golden Age Center on Oct. 14. (Image courtesy of Flotter user Steve Javert)

Chinese-American artist celebrates peace in Watertown exhibit

BY PREWEB

During the month of October, the Watertown Free Public Library will display a Peace series of artwork in its gallery space that is strikingly pertinent and necessary dialogue in times of social unrest. The loss of innocent lives is a tragedy always, and it affects humanity locally, as well as in a wide circle that ripples outward to encompass the whole world.

The artist responsible for the Peace series of art, Yoonis Yang, is a cubist-based painter and filmmaker who expresses herself across a broad range of mediums, but always with the concept of promoting peace at its center. The work was previously on display in September at the Arts Club of Washington, D.C. The paintings will be accompanied by a musical film, which will screen at the exhibition reception.

When terrorism hit close to home during the April 2013 Boston Marathon bombings, Yang grappled with the loss of innocent lives by painting a large and looming painting titled “V Day” (2013) "By displaying this painting in Watertown, we direct the audience towards the terrorist suspects’ chase, which took place April 19, 2013, Yang hopes to bring the event full circle — a place of closure, where people will begin to heal and understand.

Watertown is where Donlik Var- mans, in his desperate attempts to escape police custody, ran over the body of his accidentally murdered brother. Tamilar Watertown is also where Donlik Varman was apprehended, hiding out in a boat parked in a backyard.

Sandra Gomez, curator for the Arts Club of Washington exhibition, said, “The manner in which Miss Yang dealt with spatial configuration in her relationship to color, how she arranged an color-spatial transformative language, made me think of the time I lived in Korea...Her palette, once on the canvas, is reminiscent of more than a Zen-like experience. She beautifully captures you into the beautifully poetic conversation she engages you in, and invites you on a journey of immersion as well as your time you look at her work.”

The art reception will be held Oct. 26 (2 to 4 p.m.). The film screening will be held at 3 p.m. in the Raya Stern Trust - Foundation from 2 to 4 p.m. The film screening will be held at 3 p.m. in the Raya Stern Trust Foundation from 2 to 4 p.m. (Image courtesy of Flotter user Steve Javert)
Pho Basil offers cutting-edge flavors that tease the taste buds

BY YEKONDA LUANGAPAYAH

Pho Basil’s fried calamari was tender and not rubbery. (Photo courtesy of Velemagoo Photography)

As I walked into Pho Basil on a recent Tuesday night hoping to satisfy a craving for something creamy with soft texture at a restaurant that specializes in Vietnamese and Thai cuisine, buzzed chatter filled the whole dining room, and all but one table was taken. Stepping inside, the décor of this small restaurant was inviting. The dim lighting at each table encouraged conversations while also making it easier for diners to tune out noise. Considering the busy night, it wasn’t long until my fried calamari (72.25) came. Lightly battered fried calamari was garnished with scallions and pickled jalapeños, and served on a bed of fried crispy wonton strips, with a Thai sweet and sour sauce dip. The calamari was tender and not rubbery. The cold sauce and the pickled jalapeños revived my taste buds between each bite of calamari. I enjoyed the combination of texture and hot and cold temperature. My entrees came out: crispy chicken red curry ($10.95) and crab tempura yellow curry ($14.95). Topped with crispy chicken and thick orange slices for garnish, the red curry was gently stewed with coconut milk, red pepper, bamboo, carrot, Chinese eggplant, mushrooms, string beans and basa fish. It was a sweet, creamy, spicy dish worth relishing. The sweetness of the coconut cream balanced the bold spices, while the strong hits of Thai basil teased my taste buds. And to feel as if every third bite was the first taste, small bites of orange slices provided a nice palate cleanser.

I was able to enjoy the yellow crab tempura. The soft shell crab was placed on top of pineapple and mixed vegetables stewed in yellow curry, yielding a mix of sweet and savory surprises. While munching on a tiny crab leg, I felt like I was eating crispy French fries because the crabs were incredibly soft. The sweet pineapple bits were a delicious counterpoint to the savory flour. With just enough tummy room left, the two scoops of ice cream ($4) — strawberry and green tea — were a delightful finish. The mango was sweet and creamy while the vanilla was a bit bitter.

Pho Basil does not disappoint, aside by the lack of tables — there was a line out the door when I left. An expansion would be welcome, although I enjoyed the intimate feel of the place. I plan to come back on a slower night.

Pho Basil is located at 1350 Massachusetts Avenue, Boston, MA 02118, (617) 262-5377. Visit www.phobasil.com for more information.

Tufts University Neighborhood Service Fund (TNSF) Request for Proposals

TNSF is soliciting requests for proposals. Charitable, tax-exempt, community-based organizations located in Boston’s Chinatown or serving Chinatown residents are eligible to apply.

An eligible organization must be able to demonstrate that members of the Tufts University community are involved with the organization as volunteers.

Interested parties should contact
Community Relations at (617) 627-3780 or visit http://go.tufts.edu/TNSF for an application.

Applications are due by November 28, 2014. Awards will be announced by the New Year.

Tufts Neighborhood Service Fund (TNSF) Request for Proposals

For history buffs, the Granary Burying Ground is a must-see attraction. On the Freedom Trail, stop at the cemetery containing the final resting places of John Hancock, Paul Revere, Samuel Adams and many more historical figures.

For more information, visit the Granary Burying Ground’s website at www.granaryburyingground.com.

Pho Basil is located at 1350 Massachusetts Avenue, Boston, MA 02118, (617) 262-5377. Visit www.phobasil.com for more information.
DID YOU KNOW?
你知道嗎？

9 MILLION U.S. ADULTS suffer from food allergies
9百萬美國成年人都在忍受食物過敏的折磨

TUFTS MEDICAL CENTER FOOD ALLERGY CENTER
塔夫茨醫療中心食物過敏中心

Food allergies are real and can be challenging to accurately diagnose. Dr. John Leung (pictured) and the Tufts Medical Center Food Allergy Center team are here to help patients with suspected or established food allergies — and in a timely fashion.
食物過敏真實存在，並且很難準確診斷。John Leung 醫學博士 (如圖) 和塔夫茨醫療中心食物過敏中心團隊將為疑似或確診的食物過敏患者提供及時的幫助。

“I pride myself on seeing patients who urgently need evaluations within three business days, and we respond to questions from patients within 24 hours — faster if it's urgent.”
“我很驕傲自己一直都在3個工作日內完成對急需評估患者的診斷，而且我們在24小時內就會回覆患者的問題，如果情況緊急，我們的回覆將更為迅速。”

THINK YOU HAVE A FOOD ALLERGY?
懷疑自己有食物過敏？請前往www.tuftsmedicalcenter.org/allergy或撥打617-636-5333了解更多信息。

TO BOOK AN APPOINTMENT, call 617-636-8833.
請撥打617-636-8833進行預約。