Chinatown community celebrates groundbreaking for 67 affordable housing units

BY LING-MEI WONG

The Chinese Economic Development Council had a groundbreaking on May 20 for its 60,000-square-foot housing development at 10 Oxford Place. Construction will start June for 67 affordable housing units, with completion set for summer 2013.

“The proud of this project’s commitment to this project will create 67 units of affordable rental housing for working people in Chinatown,” said Mayor Marty Walsh. “The construction of Oxford Ping On will rebuild and preserve an important portion of Boston’s Chinatown community. We are proud to partner with an exemplary team of builders and designers.”

The $26.7 million project is developed by the CEDC and funded partly by the City of Boston, which contributed $5.5 million. It will generate about 100 construction jobs.

“The groundbreaking ceremony is a momentous occasion for Chinatown,” said Edward Chiang, CEDC board chairman. “This is a transformational project that will result in much-needed, modern, efficient and comfortable residences for this community.”

The 11-story building will replace a parking lot with 48 studio apartments, 16 one-bedroom and three two-bedroom apartments. Four of the 67 units will be handi-cap-accessible.

“Housing means prosperity, blessing and fertility in the Chinese culture,” said Amy Guan, long-term Chinatown resident. “We will have a lot of growth in our Chinese way in Chinatown.”

The project is designed by Chia-Ming Tsai Architects and will be built by Consigli Construction.

Boston Renaissance gala raises funds for cultural programs

BY JULIA L. WONG

Many of Boston’s prominent organizations, influential dignitaries and supporters gathered at Taj Boston on May 15 for the Champions for Children gala. The benefit helped raise money for the Boston Renaissance Charter Public School (BRCPS), which teaches Mandarin to all students. Among the attendees were Diane Patrick, First Lady of the Commonwealth; Dana Mohler-Faria, president of Bridgewater State University; and Melvin King, Lifetime Achievement award recipient.

The Boston Renaissance Charter Public School is a preschool to sixth grade school focusing on developing students into “Renaissance” men and women, well-rounded individuals who excel in many different subjects. Throughout the evening, students from the school displayed their work in a variety of subjects, including visual arts, music, Chinese language and culture. Mandarin Chinese has been taught at the school as a second language for all grades since 2009.

As the evening progressed, vocals from the Voice of Renaissance choir lured guests into the ballroom for a special treat of uplifting songs. Roger Harris, BRCPS superintendent and CEO, described the school’s goal as “to widen the path for those coming behind us” by giving our students “educational opportunities and to teach them that there is a world beyond their neighborhood.” Students learn Chinese beginning in kindergarten and later have the opportunity to travel abroad to China to further their knowledge.

Sampan publishes every other Friday. For more news, please visit Sampan.org
Small business workshop gives tips for success

BY ANNA TSE

To celebrate national Small Business Month, the Asian American Civic Association (AACA) and Eastern Bank held a workshop on “Positioning your small business for growth success” May 21 at AACA. It provided commerce, health care and legal information for people interested in starting a new business.

The two-hour workshop discussed how to get loans, selecting the right health insurance for workers and legal issues for new businesses.

The U.S. Small Business Administration (SBA) is a federal program founded in 1953 to help citizens start their own businesses.

“Many big companies like Apple, Nike, AOL and Ben & Jerry’s actually got started with the SBA,” said Norman Eng, SBA economic development specialist. “Massachusetts has been rated No. 1 for small loans in the country.”

SBA loans are one way business owners can access capital. Other services provide free counseling and contracting, with many different free SBA programs. The next workshop will focus on Asian imports and exports at AACA on June 10 from 8:30 a.m. to 11 a.m.

“SBA is one of the best free programs that the federal government offers to help people,” Eng said. “We hope by reaching out and educating the public, more people will utilize these SBA programs, helping their business to succeed.”

To see a complete list of free events in your area, visit www.sba.gov/events or contact Eng at norman.eng@sba.gov.

The Affordable Care Act requires companies with more than 50 full-time employees to provide health insurance coverage for workers. Choosing the right coverage can be confusing, with so many different health care providers and plans.


Business owners often seek legal advice on limiting liability, taxation, management and control. Law firm Ropes & Gray provided legal basics for small businesses, based on its business and financial background.

CNC evaluates Harrison renovation

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council (CNC) held its monthly meeting May 19 at the Chinese Consolidated Benevolent Association. During the meeting, the CNC heard a presentation on a proposed renovation project at 213 Harrison Avenue by architect Arthur Choo and building owner Bob Chen.

This is the second time that Choo and Chen have stood before the council to propose their renovation project. The renovation would increase the building’s height to five stories from 3.5 stories, while remaining under the 80-feet height limit. The existing building, situated between two rowhouse buildings, is 53 feet and 2 inches, with the proposed addition bringing the building height up to 59 feet and 6 inches.

Moderator Bill Moy told Choo and Chen to get more signatures of support from residents in adjacent buildings before appealing a negative Zoning Board decision. Notification letters were sent to residents within a 300-foot radius of 213 Harrison Avenue, but were not translated into Chinese, which Chen said he would do.

Per the proposal, the basement would be converted into commercial space, while the four floors above ground would be residential units. Safety improvements, such as sprinkler and fire alarm systems, are also part of the proposed renovation.

Greater Boston Golden Age Center holds gala

The Greater Boston Chinese Golden Age Center held its annual gala on May 21 at the China Pearl in Boston’s Chinatown. (Image courtesy of the Editorial Team.)

A guide to creating and sustaining a culture of innovation focused on business value

THE INNOVATOR’S PATH introduces business readers to thought leader Madge M. Meyer’s unique, cross-cultural perspective on corporate innovation. The book presents eight essential disciplines (Listen, Lead, Position, Promote, Connect, Commit, Execute, and Evolve) that pave the way for individuals, teams and organizations to continually innovate in ways that create new business value. The author overturns existing assumptions about inspiring and managing innovation, while offering new insights and practical advice for aspiring innovators and corporate leaders. Meyer demonstrates her points by telling the stories behind many of her award-winning initiatives to bring innovative solutions to problems ranging from global sustainability to healthcare, education and veteran’s reintegration. Her first book, “The Innovator’s Path” is a 2014 Axiom Business Book Award winner in the Success/Motivation/Coaching category.

MADGE M. MEYER - a public speaker, award-winning author, and the founder of “Madge Meyer Consulting, LLC” – is known for her unique yet practical approach to advancing innovation and leadership throughout entire organizations. Madge was the Chief Innovation Officer and Technology Fellow at State Street Corporation, where she served as Executive Vice President for over a decade. She has been personally recognized with 16 awards and honors for her industry and community achievements. She is still representing State Street assisting MIT Collaborative Initiatives in bringing innovative solutions to problems broadly ranging from global sustainability to healthcare, education and veteran’s reintegration. Her first book, “The Innovator’s Path” is a 2014 Axiom Business Book Award winner in the Success/Motivation/Coaching category.
Event Calendar

Free home care info clinic
Every Saturday
9 a.m. to noon
7 Billings Road, 02382
North Quincy, MA 02171
Multicultural Home Care offers free advice and assistance to folks who have questions regarding home health services for their elders. If you have questions regarding how to get a visiting nurse, physical therapist, home health aide or homemaker, feel free to come to the Quincy office on Saturdays. For more information, please call (617) 470-8880 or (617) 285-9638.

CMCLS registration
Every Sunday
2 to 4 p.m.
Spring semester ends June 1, fall semester starts Sept. 7
Hastings Elementary School
111 E. Main Street
Westborough, MA 01581
Central Massachusetts Chinese Language School is now open for Fall registration. Please come for a free trial class, from kindergarten to adults. For more details, please visit cmcls.org.

Home buying, refinancing and ID theft prevention workshop
Saturday, May 31
9:30 a.m. to 12:30 p.m.
38 Oak Street
Boston, MA 02111
Find out about home buying and refinancing, along with identity theft prevention at this workshop. The fee is $10, but is Free for Asian Community Development Corporation members and Home Buying 101 graduates. Register at (617) 482-2380 x 208, x 212 or CHOP@asiancdc.org.

ExprASIANs
Saturday, June 7
3 to 6 p.m.
Boston Medical Center
840 Harrison Avenue
Boston, MA 02118
This uplifting event will feature Asian cancer survivors and care givers, while raising funds for Asian Women for Health. Attendees will also have the opportunities to experience Asian food and games, purchase artwork and crafts made by Asian Breast Cancer Project members, and receive health information. General admission is $20, $15 at the door and group tickets for 10 are available for $150. For more information, please go to http://2014ExprASIANs.tickethop.com, email ccb@asianwomenforhealth.org or call (617) 767-1071.

Chinatown Main Street dance
Saturday, June 7
6 to 11 p.m.
Hei La Moon Restaurant
88 Beach Street
Boston, MA 02111
Buffet dinner and dancing with cha cha, line dance, disco music, balloon room and the Chitter Bug! Tickets are $35 per person. All proceeds benefit Chinatown Main Street. For tickets, please contact (617) 350-6303.

GBCCA Chinese Music Ensemble 30th Anniversary Concert
Saturday, June 7
Jordan Hall, New England Conservatory
30 Gains Street
Boston, MA 02114
For the GBCCA 30th Anniversary Concert tickets, please contact Mr. Chi-Sun Chan at chsan2000@gmail.com.

“Strategies & Assistance for Asian Importing & Exporting” workshop
Tuesday, June 10
8:30 to 11 a.m.
87 Tuler Street
Boston, MA 02114
The workshop hosted by the Small Business Administration takes place during “World Trade Month.” In June, the workshop will be conducted by six experts with expertise in importing and exporting to/from Asian manufacturing, supply chain management, logistics, financial and legal issues.

Boston Dragon Boat Festival
June 14 to June 15
Charles River
The 35th Boston Dragon Boat Festival will have 62 teams racing on June 14. June 15 marks the final races, along with Asian foods, arts and crafts, and cultural performances. For more information, please visit www.boston-dragonboat.org.

Against the Tide
Saturday, June 21
8:30 a.m. to 10:45 p.m.
508 Harbor Way
Hopkinton, MA 01748
The Massachusetts Breast Cancer Coalition’s 22nd annual Against the Tide swim, walk, run, and/or kayak event will be held at DCR’s Hopkinton State Park in Hopkinton, Mass., on June 21. For more information, please visit www.mbcce.org/wmwm.

Central Massachusetts Chinese Language School Asian Festival Sunday, June 29
7 to 9:30 p.m.
28 Mulberry Street
Worcester, MA 01605
Come for an exciting afternoon full of dance performances, colorful costumes, music and food from many Asian countries. If you have any questions, call (508) 791-4373 or email asianfestival@seacma.org.
Tufts University to install signage system on Boston campus

BY TUFTS UNIVERSITY

Tufts University is pleased to announce the installation of an external signage system on the university’s historic sciences campus beginning on May 27. The new system of banners, maps and kiosks is designed to help visitors find their way to university and Tufts Medical Center buildings and also establish a more cohesive campus identity. The installation is expected to be completed by June 27.

Thirteen perforated metal banners will hang from building entrances on Kneeland and Washington streets and on Harrison Avenue. Eight campus maps will be affixed to walls at key points where visitors are most likely to seek directions, including the Tufts Medical Center parking garage. Five freestanding kiosks will also hold maps that will help orient visitors. The installation is not expected to impact pedestrian or vehicular traffic, and the university is committed to minimizing any impact the installation may have on the community.

The first stage of work will involve the installation of metal connections on selected building exteriors for banner suspension. After limited sidewalk excavation, kiosks will be installed, followed by the mounting of banners.

The Boston Redevelopment Authority approved the university’s final signage plan, and a Chinatown advisory committee signed off on the proposal and provided advice on colors and other aspects of the plan.

Gov. Deval Patrick recognizes Asian American Heritage Month

BY THE EDITORIAL TEAM

Gov. Deval Patrick’s Asian American Commission/Advisory Council hosted the annual Asian American Pacific Islander Heritage Month Celebration on May 8 at Lowell’s Sunny Da Restaurant. The event featured ethnic performances from local Cambodian and Asian American groups, along with Patrick’s final appearance as governor.

Patrick is in the center, with Asian American Commission chairwoman Christina Chan on the right and cultural performer on each side. (Image courtesy of the Editorial Team.)

College Corner: Why verbal skills matter

BY CAMBRIDGE LEARNING CENTER

With all the emphasis on science and technology in education today, there’s little wonder that verbal skills aren’t emphasized as much as they should be. This is unfortunate, since they may be the most important elements in the college admissions process.

Why? Two of the most important factors in admissions are SAT scores and application essays. Most serious students do quite well on the math section of the SAT but is often in the verbal section that they have the most difficulty. It’s a high score in the verbal section that often distinguishes a student from his peers.

Verbal skills are also critical in writing an admissions essay. This is often the only place a student can appear as more than a series of numbers from test scores and grades. It’s the place where an applicant’s achievements and personality show through, the place where he makes his case and shows why he should be admitted instead of all the other students who may have the same grades and scores.

CONTINUED ON PAGE 7

Affordable Homeownership Opportunity in Newton

1 Bedroom - $154,558

Must be First Time Homebuyer

Open House: June 1, 2014, 2-4 PM at 368 Elliot Street, Unit 8, Newton, MA

Application Accepted: May 19, 2014-June 13, 2014 Lottery: June 29, 2014, Newton City Hall Cafeteria, 1000 Commonwealth Ave., Newton, MA

The condominium is subject to a deed restriction that limits the amount of appreciation. Income Limits are 80% of area median income. 

1 person - $47,450
2 people - $54,200

Buyers should have sufficient income to pay property taxes, condominium fees and debt service.

For Information and application contact

Mark Maloney at 617-209-5228 or mmaloney@maloneyproperties.com.
The AARP had a multicultural caregiver panel on May 8 at the Boston Convention and Exhibition Center. (L to R) Kun Chang, assistant executive director of the Greater Boston Chinese Golden Age Center; Daphne Kwok, AARP vice president, multicultural markets and engagement; Lorraine McClenny Wright, emeritus associate professor, North Carolina State University and Lydia Arevalo-Pichas, St. David’s School of Nursing at Texas State University. (Image courtesy of Anna Tse.)

AARP workshop looks into multicultrual caregiving

BY ANNA TSE

The AARP held a large convention from May 8 to 10 at the Boston Convention and Exhibition Center named “Life@50+ guide.”

One workshop on May 9, “Caring for all-Multicultural Caregiving Conversation,” focused on how traditions shape the way caregivers provide care for their loved ones, what cultural barriers they have to overcome, and assistance for caregivers.

A caregiver is someone taking care of a relative or a friend helping that individual with his or her daily living activities. They can be paid or unpaid.

“In many Asian families, often the spouse, children, son and daughter-in-law or older son find themselves in the position of caregivers’ roles,” said Kun Chang, assistant executive director, Greater Boston Chinese Golden Age Center.

Chang said, “In Chinese culture, caring for elders is a duty and one must take this responsibility seriously.”

Many baby boomers often find themselves in the position of caring for elders, and in any time of our lives, “We also need to be a ‘cultural translator’ who can help our loved ones navigate the complex medical, health insurance system and deal with the many legal and financial issues that come up, as they grow older.”

Many caregivers spend all their energy on others and often neglect their own health. “Everyone can become a language interpreter, on top of caretaking.”

“I don’t only mean translating language for elders who cannot communicate fluently in English,” Chang said. “We need to be a ‘cultural translator’ who can help our loved ones navigate the complex medical, health insurance system and deal with the many legal and financial issues that come up, as they grow older.”

In honor of Asian Pacific Heritage Month, the Anti-Defamation League (ADL) New England Region’s Asian-Jewish Roundtable hosted an exclusive screening on May 15 of “Vincent Who?” (2009), a documentary that examines the murder of Vincent Chin in 1982. Producer Curtis Chin attended the screening, held at the Boston Public Library, and answered audience questions.

Vincent Chin was a Chinese American who was severely beaten by two white Americans in Detroit. The two perpetrators initially served no jail time for their crime and were given a three-year probation and fined $3,000. Vincent Chin’s death and the resulting trial, however, aroused Asian Americans’ anger and awareness of the injustice of the crime.

The case inspired Asian Americans throughout the country to come together to form American Citizens for Justice and start the Asian American Civil Rights Movement.

Curtis Chin, currently a visiting scholar at New York University, interviewed approximately 80 young Asian Americans about Vincent Chin in the documentary, but most of them did not know him. Curtis Chin also interviewed journalists, activists and scholars who were either involved in the case or had opinions about racial justice.

The documentary has been screened at more than 350 colleges in four countries and has won awards from the National Association for Multicultural Education and Asian Americans Advancing Justice (AAJC).

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ADL was founded in 1913 with the aim to stop the defamation of the Jewish people. Now, it fights anti-Semitism and tries to protect civil rights for all. Last year, ADL founded the Asian-Jewish Roundtable to advance alliances and partnerships between the Asian and Jewish communities.

Everly Apartments

14 Audubon Road, Wakefield, MA

www.s-e-b.com/lottery

(No utilities included except water and sewer)

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on July 9th, 2014.

For details on Applications, the Lottery and the Apartments, or for reasonable accommodations for persons with disabilities, call 617.782.6900 (press 1 for rental units and then press again for Everly) or go to: www.s-e-b.com/lottery

Watertown Mews

1 Repton Place, Watertown, MA

32 Affordable Apartments

Watertown Mews is a 26 unit luxury apartment community located in Watertown at 1 Repton Place. 32 of these apartments will be rented to households with incomes at or below 80% of the Area Median Income. Maximum Allowable Income Limits: $47,450 (1 person), $54,200 (2 people), $67,750 (3 people).

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For details on Applications, the Lottery and the Apartments, or for reasonable accommodations for persons with disabilities, call 617.782.6900 (press 1 for rental units and then press 5 for Watertown Mews) or go to: www.s-e-b.com/lottery/rental

Wtartown Mews

1 Repton Place, Watertown, MA

32 Affordable Apartments

Studies #1 $1,094; 1BRs #1,246; 2BRs #1,386

Approx Ave. Size

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<th>2BR</th>
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Applicants and Information also available at the Wakefield Public Library at 345 Main Street (Hours: M-Th 9-9, F 9-7, Sa 9-5, Su 1-5).

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Founder of JP Fuji Group devotes work to Asian American community

BY CANDICE CHEN

Jimmy Liang has been making sushi since he was 14 years old and opened his first restaurant when he was only 19. Now, as the owner of JP Fuji Group in Quincy, Liang has also devoted his work to helping the Asian American community.

Liang was born in Guangdong Province in China. Although he came to the United States at the age of four, he has always been seeing China as his home. Liang established the company with his friend Peter Tse in 1998, but is gradually turning into a family business. Now the company owns multiple restaurants all over Boston. Liang and his company have chaired charitable events such as the Greenbrush Project and Quincy Asian Resource’s Lunar New Year Festival. He has also participated in other events to benefit Father Bills, Joslin Diabetes Center and the South Shore YMCA.

“I believe in the importance of giving back to help make the world a better place than you have found it,” Liang said.

To Liang, the Asian American community preserves traditions of the old world, while accepting the cultures of the new. But more importantly, Liang said no matter what or where his community is, it is his intention to help make it better for everyone. Liang is passionate about his work. But seeing him make sushi, you will never imagine he was an English major in college. Liang wanted to be a writer or teacher at first, but it was his English teacher who encouraged him to do whatever he wanted. At that time, he found his interest was making sushi.

“I really do not feel like I ever work, because I love what I do,” Liang said. Because of his hard work, Liang has been nominated by “South Shore Living” as one of the 10 most influential people in the area.

Speaking of future plans, Liang said he is planning to open more restaurants and continue to contribute to his community. “I will continue to strive to give back and do more for the community I am a part of,” Liang said.

Civil rights groups rally to amend Voting Rights Act

BY ASIAN AMERICANS ADVANCING JUSTICE | AAJC

A Supreme Court ruling on the Voting Rights Act (VRA) in June 2013 decreases safeguards against discrimination for voters. To counter this, the Voting Rights Act Amendment (VRAA) was introduced Jan. 16, with civil rights groups working to pass the legislation by the August midterm recess.

The VRA and Asian Americans

The right to vote gives Asian Americans the power to be heard, to have a say in what happens in this country. This is why protecting voting rights is a fundamental issue for Asian Americans. As Asian American communities continue to grow rapidly across the country, reactions to this influx can result in racial tension and discrimination. Asian American communities are growing rapidly in areas that have a history of voter discrimination. Tools, like the fixes proposed in the VRAA bill, protect Asian Americans’ right to vote and ensure the election process is free from discrimination and harassment.

History

First enacted in 1965 with large bipartisan support, the VRA is a landmark law that prohibits discriminatory voting practices that have been responsible for the denial and abridgement of the voting rights of racial, ethnic and language minorities in the United States.

At the heart of the VRA is Section 5, which requires jurisdictions with a history of voting discrimination to submit any proposed changes in voting procedures to the U.S. Department of Justice or a federal district court in the District of Columbia to determine if the change would result in discrimination before it is implemented.

Shelby County v. Holder

In April 2010, Shelby County, a largely White suburb of Birmingham, Alabama, filed suit in federal court in Washington, D.C., seeking to have Section 5 of the VRA declared unconstitutional. Shelby County claimed that Congress did not have the required constitutional authority when it reauthorized Section 5 of the VRA in 2006.

The case reached the U.S. Supreme Court in 2013. On June 25, 2013, the Court ruled 5-4 that the coverage formula in Section 4(b) of the VRA, which was used to determine the states and jurisdictions subject to Section 5 preclearance, was unconstitutional because it was based on "decades old data."

Voting Rights Act Amendment of 2014

Congress introduced the bipartisan VRAA of 2014, which proposes a modern and flexible set of protections that ensure an effective response to voting discrimination against racial, ethnic and language minorities across the country. The bill’s provisions would:

• Enhance the power of federal courts to stop discriminatory voting changes from being implemented
• Create new nationwide transparency of certain voting changes to keep communities informed
• Continue the federal observer program, critical to combating racial discrimination and ensuring language access at the polls.

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.

Electronic bids for MBTA Contract No. C72CN01, Worcester Commuter Rail Improvement Project, Rail De-Stressing, Boston to Worcester, MA, (CLASS 1, GENERAL TRANSIT CONSTRUCTION, and CLASS 3, TRACK WORK, PROJECT VALUE - $1,200,000, can be submitted at www.bidx.com until two o’clock (2:00 p.m.) on June 12, 2014. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work along the Worcester Line will consist of rail de-stressing operations at various locations on both Tracks 1 between Boston and Worcester. Work shall be performed during weekdays and weekends and shall be done segmentally within signal block limits as shown on the Contract drawings. Rail de-stressing shall include but not limited to cutting welded rail at selected intervals, removing rail anchors and/or clips, heating rail to desired neutral temperature, providing means for the rail to expand, re-anchoring or clipping the rail at the desired temperature, and re-welding the rail.

Bidders attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. While there is no DBE goal associated with this contract, the Authority strongly encourages the use of Minority, Women and Disadvantaged Business Enterprises as prime contractors, subcontractors and suppliers in all of its contracting opportunities.

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

On behalf of the MBTA, thank you for your time and interest in responding to this Notice to Bidders

Massachusetts Bay Transportation Authority

Beverly A. Scott, Ph.D.
MBTA General Manager and Rail and Transit Administrator

Richard A. Davey
MassDOT Secretary and CEO

May 15, 2014
Tea Do enters Boston boba scene

BY LING-MEI WONG

Tea Do, or “way of tea,” marks the entrance of one of the few dedicated teahouses in Chinatown. While you can still satisfy your boba fix at one of the bakeries or Vietnamese restaurants, Tea Do puts the quality of their beverages first in a trendy space on Tyler Street.

Founded in Philadelphia in 2012, Tea Do arrived in Boston’s Chinatown with plenty of experience in pleasing their customers. The Boston location, which opened in March, keeps popular features such as games, vibrant decor and late hours, staying open until 1 a.m. on Fridays and Saturdays. Regular drinks are $3 while large ones are $4, keeping prices wallet-friendly. The Jenga-playing groups make this a lively teahouse.

The classic boba milk tea ($3) nails it just right for black tea, milk and chewy boba. Be sure to specify how sweet you want your tea, along with how to make them persuasive. At Tea Do, the “Sunset,” which features green tea and how to make them persuasive. At Tea Do, the “Sunset,” which features green tea mixed with kumquat, lemon and aloe jelly ($4). Tea Do uses real tea leaves rather than powder, a choice that becomes most evident in the taste of its green tea.

Snacks are tasty and fairly quick at Tea Do. The takoyaki ($3.50) includes six scrumptious squid balls that are hot and topped with mayonna and bonito flakes. Onigiri, made-to-order rice wrapped in sheets of nori, or roasted seaweed, range from $2.50 to $3.50. The Kani, or crab onigiri ($2.50), was perfectly complemented by spicy mayo dipping sauce. Spicy onigiri ($2.50), fried spam enveloped in warm rice and crispy nori, also made for a satisfying snack.

Tea Do already has a number of fans, including Boston City Councilor and former teahouse owner Michelle Wu. With the right mix of tea, fun and lively ambience, Tea Do has carved out a hip niche in Chinatown.

Tea Do
8 Tyler Street, Boston, MA 02111
(617) 988-8182
http://kenshinteado.com/
Acupuncture and the treatment of depression

BY MELANIE CHERING, LICENSED ACUPUNCTURIST MAOM, EASTWAY WELLNESS
SPONSORED BY HARVARD PILGRIM HEALTH CARE’S EASTERN HARMONY PROGRAM

The Centers for Disease Control and Prevention estimate that 1 in 10 U.S. adults report depression. Experiencing sadness from time to time is part of the normal range of human feelings. But for those experiencing depression, the sadness infiltrates with daily life and can persist for more than two weeks at a time.

While there are many contributing factors to not only depression, studies have shown it impacts an area of the brain that regulates mood. Stress, which plays a role in depression, may also be a key factor.

For most people with depression, traditional treatment such as antidepressants and counseling has been effective in decreasing symptoms and improving quality of life. However, some people with depression may prefer to try alternative therapies alone or in addition to traditional treatment. It is important to speak with your healthcare provider before starting a new treatment or discontinuing an existing treatment.

Recent studies suggest that acupuncture helps people with major depression feel significant relief after receiving acupuncture for a period of time. A study published by the University of York showed that patients who suffer from depression may benefit more from acupuncture or counseling alongside their usual care (antidepressants). In 2012, a research study conducted at the School of Chinese Medicine at the University in Hong Kong involving electro-acupuncture stimulation of the scalp demonstrated those who received this treatment showed greater improvement in both clinical depression assessment and self-reporting depression scale.

Before patients suffering from depression come to an acupuncturist, they often have questions such as how depression is understood in traditional Chinese medicine, what a typical treatment involves and how long treatment will take before they feel improvement.

According to Chinese medicine, the root causes of depression can vary. Sometimes the source of depression is a deficiency, either in “Qi” (life force energy), “Yang” (life force energy that is more active) or blood. Other times the root issue stems from stagnation or blockages in the Qi, either from lack of physical movement or emotional blockages most often associated with the liver. If deficiency is present, acupuncturists stimulate points that nourish either Qi, Yang or blood. If stagnation is present then points that move Qi and smooth the liver will be stimulated. Either way, acupuncture points that calm the mind are always used to help bring a state of calm. Chinese herbal remedies are often used to reinforce treatments.

Treatment plans will vary from patient to patient, but most will begin with two to three treatments per week, depending on the patient’s needs, and then as symptoms improve, visits are decreased. Patients should start to experience some relief of the second or third treatment and should feel a significant shift in mood around the tenth treatment.

For more information about depression, www.harpings.org/healthandwellness and click on Health Education. To learn about Harvard Pilgrim’s Eastern Harmony program, which blends health and wellness practices of Eastern and Western medicine, please call (617) 599-8015. Call Harvard Pilgrim’s behavioral health partner, Optum’s Behavioral Health Access Center at (888) 777-4742 for confidential referrals.

Melanie Chering or Eastway Wellness can be reached at (617) 792-2136, (781) 688-0138 and eastwaywellths.com.

Eight tips for disciplining children in public

BY KENNY SUI-FUNG YIM

Everyone has seen a child, maybe their own child, crying or throwing a tantrum in public. Instead of stewing in songs, if you say “please stop stop stop,” you just can’t say, “stop,” and expect them to follow you. You can give them the better solution, like, “you have a favorite toy, like a car.”

If you play a song, it calms them down. Some parents work hard and don’t have time for their child. If you ask someone else to take care of the child, they will become insecure and learn to not trust you. You have to watch your own kids.

When a child is crying on the bus: “They don’t know time, so you can’t say ‘the mother.’ Children need to feel comfort, so you can tell a child to make an arrangement,” she advised.

“Don’t use power to force a child back the toy,” she advised.

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For more information about depression, visit www.harpings.org/healthandwellness.

What is prostate cancer?

BY KENNY SUI-FUNG YIM

In the time you read this article, chances are an American man will be diagnosed with prostate cancer. With prostate cancer cases annually, it is the most common internal cancer in American men, and second only to lung cancer among causes of death. The death rate peaked in 1992 and has been falling.

Age is the strongest predictor of risk for prostate cancer, according to a report from the U.S. Preventive Sciences Task Force.

If men live long enough, they probably will get prostate cancer. Yet the likelihood of dying from it, compared to other cancers, is fairly low.

How can one lower the risk of developing it? Diet seems to play a big role.

When comparing diets from different cultures, men living in countries with a high consumption of fat have a much greater risk of developing prostate cancer than men in countries with low fat intake. For example, men in America, including those of Japanese descent, are nine times more likely to die from prostate cancer than men in Japan.

The most important development in men’s health is the prostate specific antigen (PSA) test. One of the major functions of the prostate is to store semen. The gland also converts testosterone and other male sex hormones. The PSA test allows doctors to detect prostate cancer at its earliest, potentially most curable, phase, by liquefying semen.

The American Cancer Society recommends annual PSA testing to every man over the age of 50. For men with a family history of prostate cancer as well as other risk factors, such as being of African-American descent, doctors can start testing annually at 45.

There is some confusion that surrounds the best strategy for treatment, since men with prostate cancer are likely to get different advice from different doctors. Researchers from Harvard, the University of Massachusetts and the University of Connecticut asked more than 1,000 physicians what they would recommend for a patient. The results were split, with 93 percent of urologists recommending surgery while 72 percent of radiation oncologists suggesting radiotherapy.

A silver lining is that a diagnosis of prostate cancer, like other cancers, is no longer a death sentence. A study from Connecticut found men who were diagnosed with localized, low-grade prostate cancer between 65 and 75 years of age who did not get treatment lived just as long as men who never had prostate cancer.
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