The city of Quincy celebrated its 27th annual August Moon Festival on August 17. The festival, organized by Quincy Asian Resources, Inc (QARI) and presenting sponsor South Cove Community Health Center, is the largest outdoor cultural event in the South Shore.

Celebrations kicked off with a dazzling display of dragon and lion dances on the main stage. Festival co-chairs, elected officials, and festival sponsors then gathered on the stage and greeted the crowd with welcoming words. “Look around you,” said Quincy Mayor Tom Koch. “There is a sea of people of all ages, sizes, and colors. It is a great day for Quincy to celebrate the August Moon Festival.” He acknowledged the hard work and efforts of over 300 volunteers who worked tirelessly to make preparations for the event, and he thanked the sponsors for making the event possible in Quincy.

The Quincy August Moon Festival featured two stages with several cultural performances, including traditional dances, martial arts demonstrations, singing, and drumming. Many vendor and sponsor booths were set up along both sides of Hancock Street, spanning roughly 1400-1600 blocks. Vendor booths sold Chinese charms and figurines, as well as international food and cold drinks. Several of the sponsor booths featured crafts, games, and other interactive activities for children and families. This year’s festival even featured a second area along Ross Parkway between Hancock Street and Hannon Parkway with amusement rides, pony rides, and a dunk tank, where proceeds benefited QARI’s programs and services.

Chinatown/South Cove Neighborhood Council looks at local safety

The Chinatown/South Cove Neighborhood Council (CNC) met on August 18 for its monthly meeting to discuss new business approvals and keeping Chinatown clean, particularly alleys.

The meeting was held at the Chinese Consolidated Benevolent Association.

The council suggested working with Boston’s licensing board so businesses must approval from the CNC on new proposals, so businesses maintain a healthy relationship with the community. The council proposed talking with the Boston city government and the Chinatown Safety Committee about involving the neighborhood council.

The council discussed a Chinatown shooting that occurred August 17 on Edinboro Street, after four men were hospitalized. Boston police arrested a suspect named Melvin Smith, 27, of Mattapan. Members talked about ways to keep the streets of Chinatown clean and safe.

The council discussed closing alley ways or gates between buildings, such as areas near Beach Street or the Peck Farm restaurant on Tyler Street, to prevent unauthorized people from using those spaces to litter, do drugs, sleep or engage in prostitution.

While accounting for safety concerns, such as emergency building evacuations, one suggestion was using locked gates that allow exiting but not entering during late-night hours. One hurdle would be the cost of implementing such gates, which would fall on the business owners.
Come and learn more on Wednesday, September 3, 2014 10 A.M. to 3 P.M.

State Transportation Building 2nd Floor
Conference Rooms 1, 2 & 3
10 Park Plaza
Boston, MA 02116

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For more information contact:
Derrick Mann
Office of Diversity and Civil Rights (ODCR), MassDOT

Phone: (617) 368-8541, e-mail: Derrick.Mann@state.ma.us

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Massachusetts Bay Transportation Authority

www.mbta.com

www.mass.gov/massdot

Event Calendar

2014 CRA Annual August Moon Festival Celebrations
8:30 p.m. to 10:00 p.m.
Friday, Aug. 29
Joseph Quincy Elementary School Auditorium
885 Washington St., Boston, MA 02111

There will be music performance by Kong Dong Musical Association and Boston Chinese Dancing Group. For more information please contact Terry Yin, 617-851-7001 or terry@chinatownresident.org.

Films at the Gate Outdoor Film Festival
Friday to Sunday, Sept. 2 to 14
6:30 p.m. to 7:30 p.m. at Rainbow Chinatown Park at the Chinatown Gate Rose Fitzgerald Kennedy Greenway

The Asian Community Development Corporation will host its 9th annual Kung Fu Film Festival, an outdoor theatre showcasing classic and new movies, as well as, national art performances beginning at 6 p.m.

Huxint School of Arts Open House
Friday, Sept. 5
7 p.m. to 9 p.m.
437 Cherry St.
West Newton, MA 02465

Learn about the art classes offered: Painting, Yi-Yo, Kung Fu, Percussion, Dulcimer, Erhu, Fencing, and Gachung. For more information call 617.332.0377 or visit www.gacha.org.

Chinatown Lantern Festival
2124 p.m.
Saturday, Sept. 6
Rose Kennedy Greenway
Chinatown Main Street, Mayor of Boston, Martin J. Walsh, Arts and Tourism celebrations The Lantern Festival. There will be moon cake samplings, entertainment, food vendors, martial art demonstrations, and a lion dance performance.

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Sampan | INFO

August 22, 2014

Sampan | EVENTS

August 22, 2014
Chinese opera group rings in 75th anniversary

Chinese opera group performance story on August 16 at John Hancock Hall. (Image courtesy of Justine Wang.)

By VEKONDA LuANGAPHA

The Chinese opera group, a nonprofit that performs Cantonese opera in Boston, performed six vignettes with the help of sponsors and 80 staff members. Its passion for Cantonese opera was shared by the audience of about 800, mostly Chinese senior citizens.

In 1999, the members were determined to keep Cantonese opera alive, although they no longer hosted out-of-state performances for cost. They put on their own performances with the help of volunteers. “We were literally amateurs. At the beginning, our makeup was not good-looking at all,” Leung said. The opera group put on shows that they were able to hand down to their children and the next generation.

“We enjoy the legacy and we hope to keep on going,” said Leung. “We are trying to pass on the art to the next generation.”

AFTER SEPTEMBER 24TH, APPLICANTS FOR ONE BEDROOM AND TWO BEDROOMS must not be responsible for applications that are lost or delayed in the mail.

We are not responsible for applications that are lost or delayed in the mail.

Applications can be obtained in person from the management office at 140 Evergreen Drive, Bradford, MA 01835, or mailed to the above address.

No applications for the two-bedroom applicants will be accepted after 1 PM September 24, 2014. We will open our extremely low income waitlist at 1 PM on September 24, 2014.

Applications may be returned in person or mailed to the above address.

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Blackstone Apartments will no longer be accepting applications for the 1 bedroom and 2 bedroom apartment.

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NOTICE OF NONDISCRIMINATION – Blackstone Apartments provides equal housing for all eligible applicants.

Blackstone Apartments does not discriminate against any applicant on the basis of disability, age, race, color, religion, gender, familial status or national origin in the admission, access or operations of programs, services or activities.
Films at the Gate will take place Sept. 12 to 14 at the Chinatown Park. The annual event in 2013 attracted Chinatown residents and movie lovers. (Photo courtesy of the Liang.)

AsianCDC’s 9th Annual Films at the Gate

By Jonathan Tsang, A-VOYCE

Asian Community Development Corporation (AsianCDC) hosted its ninth annual Films at the Gate, a free Hong Kong film festival, from Sept. 12 to Sept. 14. At 6 p.m. in Chinatown Park on the Rose Kennedy Greenway. Each year AsianCDC transforms Chinatown Park into an outdoor movie theatre and stage with cultural performances, Chinese language films, food and much more. This free community event began as an effort to reclaim under-utilized space, but has developed into an outdoor movie theatre and stage.

Films at the Gate is one of the many services offered by the Boston Chinatown Neighborhood Development Corporation. The annual Films at the Gate, partnered with One Hen, Inc. this summer to teach children social entrepreneurship by way of basic financial literacy, money management and business skills. Participating students received microloans, how much they could sell their products for, and how much they could donate a percentage of their net revenue to a charitable cause. One Hen’s youth entrepreneurship program is one of the many services offered by the Boston Chinatown Neighborhood Center, a nonprofit organization that has been serving Boston and Greater Boston for over 40 years.

One Hen teaches Chinatown children about social entrepreneurship

By One Hen

Students at the Red Oak After School and Summer Program in Chinatown learned about entrepreneurship firsthand with their own snack bar. (Photo courtesy of Helen Rosenblitch)

Tufts University celebrates scientific achievements of Massachusetts high school students

By Tufts University

Summer Program Encourages Multicultural Students to Pursue Careers in Medicine and Science

Tufts University School of Medicine today celebrated the achievements of 26 Massachusetts high school students who participated in the school’s summer program. The program encourages high school students from diverse backgrounds to explore their interests in medicine and biomedical science.

In the past, the program has supported the careers of aspiring young doctors, nurses, pharmacists, and biomedical professionals and scientists by engaging them in a range of research and clinical opportunities.

Tufts is committed to encouraging young people to explore their interests in science, especially those from communities that are underrepresented in medicine and the health sciences, said Harris Berman, M.D., dean of Tufts University School of Medicine. “We know that the bright, talented students who spend their summer with us at Tufts will go on to make lasting contributions to our communities.”

For more than 25 years, Tufts has offered programs to students to explore medicine. In the past, students have had the opportunity to explore careers in medicine. Tufts offers programs for students in middle school, high school, and college, as well as college graduates.

One Hen Academy (OHA) program at the Red Oak Summer Program sold their products, practicing their best sales pitches and marketing tactics to make the most money possible. One way they learned in the process of making their products was to understand the different financial terms as cost, revenue, and profit, determining what they could afford to buy with their microloan, how much they could sell their products for, and how much they could donate to a charitable cause.

Their OHA entrepreneurship program is one of the many services offered by the Boston Chinatown Neighborhood Center, a nonprofit organization that has been serving Boston and Greater Boston for over 40 years.

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The joys and stresses of having a child: What Asian families need to know

BY DR. CINDY H. LIU, PSYCHOLOGIST, BETH ISRAEL DEACONESS MEDICAL CENTER, HARVARD MEDICAL SCHOOL

For most, having a baby is one of life’s greatest joys. But for some, the joys and stresses of parenthood can vary significantly. What are some of the challenges and rewards that new parents can expect, and how can they prepare themselves emotionally and financially for this exciting new chapter in their lives?

BY PEI-SHAN ZHAO, MD

Grace Slick said it and she had it right. Neurotransmitters now believe there is something significantly boost our chances of maintaining a healthy brain well into old age. But just ask Gary Wenk, professor of psychology, neuroscience and medical genetics at Ohio State University. Dr. Wenk wrote the book, “Your Brain on Nutrition,” and is working to keep your brain healthy:

- • Antioxidants are molecules found in a variety of fruits, vegetables, and nuts. They help to protect against free radicals. So our cells, including neurons, may become more vulnerable as we get older. That doesn’t mean we should all go on a strict diet. But it does mean that we should choose foods that are rich in antioxidants. Some of the best sources of antioxidants include:
  - Berries, such as blueberries, blackberries, and strawberries
  - Leafy green vegetables, such as spinach and kale
  - Nuts, such as almonds and walnuts

- • Omega-3 fatty acids are found in fatty fish, such as salmon and tuna. They help to reduce inflammation in the body, which can lead to a variety of health problems, including heart disease and stroke.

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It is the stick of meat fired over a flaming grill that draws a barbecue fanatic’s attraction. Then it’s the addicting cumin spice rubbed over meats and vegetables that can get diners saying “Wow this barbecue is good!” Typically, restaurants may marinate their meat before grilling, but Wow Barbecue, a food business with a restaurant located in Malden, pride themselves on doing it differently.

Yi Peng, the head chef of Wow Barbecue Restaurant, flavors the meat with a little salt and heavy cumin right before grilling it, because to him marinating the meat isn’t necessary. “We don’t marinate any of our food because I strongly believe that Mongolian barbecue really depends on the meat, not on the seasoning,” he said.

“In the Mongolian region, they cut the sheep right in front of you before they grill it so everything is really fresh. The seasoning they put on it is very light, so you can really taste the meat itself,” said Steve Liu, general manager.

And with lamb skewers being the restaurant’s most popular meat, I had to try the meat. It was exactly how they described it: Tender meat and yet flavorful. Still curious on other meats, I also tried beef. And it’s the same story.

Sticking to the authenticity of Chinese barbecue, they also use volcanic rocks in place of coal rocks used in China, to achieve that same smokey flavor over the rich cumin spice.

Liu said Chinese barbecue focuses on rubbing dry cumin-based seasonings on meat skewers, whereas Korean barbecue is more focused on self-barbecuing at a dining table, and Japanese meat skewers, or yakitori, tends to be sweeter. “We’re the only one dedicated to Chinese barbecue.”

This Chinese barbecue started life as a food truck. From meat to vegetables, their food is served on skewers. What started as a backyard barbecue with friends in 2002 turned into a business idea that led to huge social media buzz. The first Wow Barbecue food truck rolled out in July 2013 and the restaurant’s soft grand opening in this May was sold out.

With bold red walls and dark wood frames, the decor screams new hip place. The cartoon art on the walls are hard to miss and demand a few snaps. The restaurant attracts millennials and international students. “When people eat the food, they say ‘Wow, this reminds me of China,’ and that makes me really happy,” Peng said.

The food was delicious. By the T, I live about an hour away from Malden, but the barbecue is well worth the trip.

Wow Barbecue
184 Salem Street
Malden, MA 02148
(508) 826-3192
www.wowbarbecue.com