Continued efforts to clean up Chinatown

BY ARICK WONG

The Clean Up Chinatown Committee, community members and government officials convened on Monday, Sept. 15, to discuss the looming issue of Chinatown’s streets. “Chinatown has the worst recycling rate in the entire city,” states Frank O’Brien, the public relations administrative assistant for the Public Works Department. Garbage continues to pile up on the sidewalks, and often heaps of trash are carelessly deposited into gutters and public areas.

The lack of educational resources for proper trash removal and recycling may be a primary contributor; however, the architecture, the language barriers, and the transient immigrant community only further complicate the issue.

Courtney Ho-Ha, executive director of Chinatown Main Street, comments, “a lot of new immigrants, once they get [to Chinatown], settle, and make something for themselves, all move out of this community. New immigrants come in, and you can see that the transition. Now, if it’ll always be Chinatown, but [there’s a] perception that people just don’t really care or they’re not educated enough to care.”

Currently, multiple organizations have united in an attempt to fix the situation, including the Asian American Civic Association, Chinatown Main Street, the Chinese Consolidated Benevolent Association, and the City of Boston. A general consensus has been not only to improve educational awareness but also enforce punitive measures for Chinatown code violations more strictly.

The Public Works Department has partnered with the Asian American Civic Association to translate educational flyers and pamphlets. Additional responsibilities are emphasized on landlords, who are held accountable for educating their tenants on proper trash disposal.

As for commercial restaurants and stores, the Block by Block program educates volunteers from these entities on sanitation practices and proper food storage and disposal.

Another tentative plan of action is to convert the code violation ticketing to a day program: the code enforcement police tickets during the day and tows at night, allowing sweepers to access the street more efficiently.

As for the areas that are harder to reach, Hokies, someone who sweeps where a street sweeper can’t get to—in the gutters, between cars, and around the corners, have been hired 5 days a week from Wednesday to Sunday.

“I envision Chinatown being one of the cleanest neighborhoods in the city,” O’Brien says optimistically. “Because once everyone in Chinatown takes ownership of this problem, then all of this behavior would be unacceptable.”

Chinatown Masterplan meeting

BY ARICK WONG

In this Masterplan meeting, the upcoming city plans were revealed, as community members met at the Josiah Quincy School on Washington Street.

Concerns about the gentrification of Chinatown seem to be an ongoing development, and community members met to discuss how to ensure Chinatown continues to preserve affordable housing units for their families.

In attempt to combat the gentrification process, community members have a list of priorities. Over the next ten years, members predict that approximately 1,000 new or newly preserved affordable housing units will be available.

Some potential sites for building new apartments include the Parcel R-1 area at the intersection of Harrison and Kneeland. Currently, this area is a Tufts-owned parking lot. Discourse in the community has revolved around turning this lot into an apartment complex, which is conveniently located near a park.

Another region of interest is Parcel 12 near the Double Tree Hotel on Washington Street. The meeting raised concern for claiming this parcel before the Double Tree, for this area could be vital to building new apartment complexes to house the Chinatown community. The Double Tree hotel hopes to expand their property, which may be detrimental for building new infrastructure for families.

In terms of economic uplift, the meeting breached on job training programs for new construction and permanent jobs in conjunction with the new infrastructure plans. The primary concern is not only that jobs are created but also that community members can attain jobs. For example, the incoming Whole Foods has agreed to a first source hiring agreement, where community members have a two-week-long period to apply for jobs at the Herald Street location. Additionally, Whole Foods will be monitored to assess how many community members are hired and advancing in their company.

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HIGHLIGHTS

Tremont Village undergoes renovation

PAGE 3

Mental health tips for parenting of teens and young adults

PAGE 8

頭條新聞

天溝村經歷裝修

中文第三版

健康飲食：燦爛微笑

中文第七版
Under the city lights and stars families gather to meditate and watch a martial art film.

"I loved it. It was beautiful, peaceful and helped me to connect with the Chinese culture." commented a 9-year-old boy who was watching the film. "I recommend it to everyone!"

"I am so impressed with the quality of the event and the way it was organized," said a local resident. "I have been to many events in the past, but this one was truly exceptional."

"I really enjoyed the music and the performance," said another attendee. "It was a great way to spend an evening with my family."

Overall, the event was well-received by the community and many expressed their appreciation for the efforts of the organizers. "I hope they organize more events like this in the future," said one of the attendees. "It was a wonderful experience for all ages."
Chinatown celebrates first Lantern Festival despite rain

BY VEKONDA LUANGAPHAY

The Chinatown Coalition

Raining, lighting and thunder didn’t put a damper on Chinatown’s first lantern festival on Sept. 6. “Lanterns are used for celebration in a lot in Chinese culture,” said Gilbert Ho, a board member of organizer Chinatown Main Street. 

Visitors enjoyed food from vendors, performances and the lighting of the lanterns. “The symbolizing the August Moon festival on Sept. 6, from 6:30 p.m. to midnight. We’re just going to keep the lights on for decoration, like Christmas lights.” Ho said. “It’s festive. It’s fun.”

Affordable Housing Lottery Lumiere

3780 Mystic Valley Parkway, Medford, MA

Three Studios @ $1,048*, eight 1BRs @ $1,174*, Five 2BRs @ $1,292*

“Renta start to change in 2015. Utilities not included. Tenants will pay for... Gas Heat, Hot Water, Electricity (including water), Cooking and Sewer Lumiere is a 163 unit rental apartment community located in Medford at 3780 Mystic Valley Parkway. 16 of these apartments will be made available through this application process. Unit features include fully-applianced stainless steel kitchen, 36” designer kitchen cabinets, solid surface counter and island tops, bathroom ceramic tile floor and bath surround, in unit washer dryers and... The building abuts the Mystic River Reservation, a 30 acre public park along the scenic Mystic River. Location offers convenient pedestrian and MBTA bus service to Wellington MBTA train station and suburban shopping and entertainment... Please see www.liveLumiere.com for more information about the development and the units.

MAXIMUM Household Income Limits: $47,450 (1 person), $54,200 (2 people), $61,000 (3 people), $67,750 (4 people)

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to the Medford Public Library on 11 High Street.

Library Hours (M-Th 9-9, Fri 9-6, Sat 9-5)

Lotto Drawing: 10/14/14

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APPLICATIONS MUST BE SUBMITTED TO: Canton Lottery Program, JWQ Consultant Services P.O. Box 323 Westwood, MA 02090

TRANSLATION SERVICES FOR APPLICATION MATERIALS AVAILABLE UPON REQUEST FOR QUESTIONS OR TO RECEIVE AN APPLICATION CALL, JFW Consultant Services @ (781)325-4311

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AFFORDABLE HOUSING LOTTERY FOR 2 TWO-BEDROOM TOWNHOUSE CONDOMINIUMS

469 TURPINE STREET, CANTON, MA 02021

AFFORDABLE UNIT PRICE $171,100

INCOME LIMITS

1 PERSON $45,450 2 PERSONS $54,200 3 PERSONS $61,000 4 PERSONS $67,750

DEVELOPED BY PULTE HOMES OF NEW ENGLAND, LLC

LOTTERY DRAWING: 10/14/14

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Fall is the time that the whole process of college admissions begins. Having been on admissions committees at Harvard and worked in the admissions field for many years, I’ve seen what factors are important but not the most important consideration in the admissions process. Often they are different from what most parents and students think. As you begin the admissions process, keep these six key factors in mind to maximize the chances of success in the admissions process.

1. SAT scores and grades are important but not the most important consideration in the admissions process. Admissions officers are interested in the dimensions of an application: board scores, grades, activities, and especially the essays. It’s a non-formal or formulaic process. You want to be as strong as you can be in all areas.

2. The verbal portion of the SAT is the most important math section of the SAT than the verbal section. This is due to the fact that most schools do a good job of math. That job could make my life easier, and I could make more money to support my sons. Finally, my dream is coming true. In September, I will study accounting at Quincy College. Now, I could achieve my dream. So that is the reason why going to college is important to me. I believe if I can do it, you can do it.

Karima Derrahi, Algerian

Although college is going to be important to me because that is what my dream is. I am an immigrant student. There is a chance to go to college. Also, I was working a part-time job for my financial aid to pay for the college. As a result, I finished college. I could not get older, wished I could have a better job. That job could make my life easier, and I could make more money to support my sons. Finally, my dream is coming true. In September, I will study accounting at Quincy College. Now, I could achieve my dream. So that is the reason why going to college is important to me. I believe if I can do it, you can do it.

Karima Derrahi, Algerian

Despite educational achievements in their native countries, many immigrant adults often make the difficult decision to return to school after they arrive in the United States, balancing work and family responsibilities with the demands of improving their English, critical thinking skills, and other academic skills necessary to reach their goals of higher levels of education and employability.

In this and future editions of Sampan, student writers who are studying in Chinatown will share their stories, including their successes and the challenges they face.

Peggie Kuang, China

Student voices: Adult learners reflect on coming to America

BY KARIMA DERRahi AND PeGGIe KuANG

The best strategy comes from a careful analysis of a students interests and strengths. Helping the student be the best at what interests him or her, being excellent at what he enjoys the most for an attractive admissions candidate. Admissions officers aren’t interested in seeing high-achieving clones that have all checked the same boxes in an application. What they want to create is a diverse class of interesting students with different interests that will contribute to the diversity of the class. Being aware of these issues and planning for them will greatly increase a student’s likelihood of being admitted to a school where she will thrive. These are what admissions officers look at most in evaluating a candidate.

BY CAMBRIDGE COLLEGE

The Cambridge College School of Psychology and Counseling (SOCP) is introducing three interesting and innovative concentrations for fall 2014.

Pastoral Counseling

The Master’s Concentration in Pastoral Counseling is offered to students who are interested in developing the knowledge, skills and training needed to provide holistic and faith-based counseling and therapy services from a spiritual and/or faith-based perspective. This program will integrate clinical, psychological and faith-based frameworks in order to prepare students to adequately address the multi-dimensional aspects of a client’s experience - including mental, emotional and spiritual elements.

The foundational premise of this program asserts the belief that when an integrative approach is used to understand, assess and provide treatment, clinical practice becomes more attuned and responsive to the needs of the whole person. To this end, the Natural Counseling program seeks to develop professional counselors who possess a strong clinical background, a firm knowledge base of spiritual and faith-based perspectives, and a keen ability to integrate these understandings in their approach with diverse populations of varying faith traditions. The program emphasizes inclusive, interfaith dialogues and cooperation and constructive interaction between individuals of different faiths and/or belief systems. Students will develop (1) a greater awareness of the role spirituality may play in their clients’ lives, and (2) a better understanding of the impact of spiritual and faith-based perspectives on the counseling process.

Holistic Counseling

The Master’s Concentration in Holistic Counseling is offered to students interested in exploring Eastern and Western as well as modern and ancient ways of understanding and human behavior. The program aims to integrate knowledge from the study of these two systems of knowledge and beliefs, mind, and spirit. Students will review traditional Western and Eastern ways of understanding, and will examine how different perspectives fit with new information emerging from the field of psychology. The goal is integration of a range of epistemologies, or ways of knowing, into a holistic paradigm.

The program offers courses in a series of topics: How does our understanding of evolution, physiology, and the body influence the study of psychology? What can new research in neuroscience offer a fresh perspective on both traditional and modern theories of motivation and intrapsychic/interpersonal conflict? What are the conceptual and practical differences between reductionist and holistic approaches to working with people in psychological distress? Do Eastern ways of understanding human experience complement Western theories – or are there fundamental differences? What are the intrinsic limitations of different counseling/therapy approaches and how can students form perspectives on the potential for holistic healing, self-actualization and transcendence? Rehabilitation Counseling

The LMHC/CRC concentration is a new concentration integrated within the 60 credit Master’s program. The aim with this concentration is to allow students to become eligible for state certification in Mental Health Counselor and to simultaneously be trained in Rehabilitation Counseling enabling them to pursue their national Certification as a Rehabilitation Counselor and the state of Massachusetts as a Rehabilitation Counselor.

This program ties together two fields, allowing practitioners to focus on the needs of individuals returning to work, dealing with intellectual, emotional and/or physical challenges, veterans facing complex mental health and vocational rehabilitation issues, and those seeking to work in a multidisciplinary Environment. This concentration integrates skills from Rehabilitation Counseling to provide a richer and more integrated holistic approach. To this end, the Pastoral Counseling concentration is offered to students who are interested in developing the knowledge, skills and training needed to provide holistic and faith-based counseling and therapy services from a spiritual and/or faith-based perspective. This program will integrate clinical, psychological and faith-based frameworks in order to prepare students to adequately address the multi-dimensional aspects of a client’s experience - including mental, emotional and spiritual elements. Students will develop (1) a greater awareness of the role spirituality may play in their clients’ lives, and (2) a better understanding of the impact of spiritual and faith-based perspectives on the counseling process.

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Mental health tips for parenting of teens and young adults

If you are the parent of an older child or teen, you may not think about his or her emotional needs extra support. Be ready to provide

• Help build your child’s stress. Don’t encourage them to think about excessive time-consuming extracurricular activities. Avoid avoiding your child’s friends or others. Every child has his or her own strengths.

The AAP offers these tips for parents to foster good mental health:

• At each new stage in your child’s life, 

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For additional information or to receive an application please contact either the Marshfield Housing Authority (781-834-4333) or the

The Marshfield Housing Partnership is accepting additional applications from qualified applicants for grants to assist them in

The rules have been changed to accelerate the review process. In addition to the

AFORDABLE RENTAL

Mashpee 55+ $740.00 heat/lw incl Section 8 & MVP Welcome! 508-477-6202 X206

Craze: Mad for Chicken

32 Maugus Avenue, Wellesley, MA 13 rooms, 7 bedrooms, 3 full, 1 half bath $1,947,000

Brick Tudor with custom details, and deck, multiple fireplaces and character, hardwood floors, high ceilings, central air, and

The name “Red Bean Box” comes from the red beans found in so many Chinese foods, and the playful nature of the business. Food

While testing her flavors, Radez, who spent several months in Hong Kong learning Chinese with his

When their son was born in June 2013, Radez’s dream of sharing Chinese culture with him became a reality. By month of

“Red Bean Box” was designed to be a fun and easy way to incorporate Chinese culture as young professionals and families.

Radez grew up in Connecticut with an American father and a Chinese mother, and then moved to California for college. He found other Chinese Americans who wanted to pass on their Chinese culture to the next generation, but were removed from their cultural background. In interviews with 30 individual families, he learned about their Chinese heritage. "I grew up in a community that wasn’t heavily Chinese," Radez said. "I had a comfort with his bi-racial heritage. “I knew there were a lot of families of each in soy garlic, or soy sauce and ketchup. IMAGE COURTESY OF ANNA ING

In terms of size, the wings were on the small side. The skin had a lovely deep crunch similar to Bon Chon, but the chicken also tasted more fresh and juicy. The barbecue flavor was not bad, but it was overpowered by the generous amount of sweet and spicy. The in-house rub was fantastic, but the barbecue sauce was not the best, and the chicken had a nice balance without being overly spicy. The fried chicken came with pickled daikon cubes, a great palate cleanser. We ordered an additional corn salad with chopped onions in mayonnaise. Cape has no cash and make up. We used the spicy crab avocado salad. It had an excellent combination of spicy citrus and cucumbers that burst with flavor. Cape had the red bean box and used it for dinner. The salt simple hit all the right notes.

The August Mini-Autumn Festival. IMAGE COURTESY OF ANNA ING

The trend is to personal-ize the experience further. Cape enjoyed the whole experience with the

The main attraction was the crispy chicken wings. The wings were crisp and juicy, but the chicken could have been more juicy. The chicken was cooked in a vacuum-sealed chamber to lock in flavor and was cooked in a high-temperature oven. The resulting chicken was tender and juicy, with a crispy skin on the outside. The wings were served with a variety of sauces, including spicy, sweet and sour, and garlic and chop suey. The garlic and chop suey sauce was a great complement to the wings.

The fried chicken was served with a side of coleslaw, which was a great contrast to the crispy chicken. The coleslaw was a blend of cabbage, carrots and cucumbers, with a tangy dressing. The coleslaw was a good complement to the crispy chicken.

In terms of price, the wings were on the high side, but the chicken was a great value. The wings were well-prepared, and the chicken was cooked to perfection. Overall, the Red Bean Box was a great choice for anyone looking for a unique Chinese dining experience.

A futur made

by you.

Foster Parents Matter Become a Foster Parent!

Whether foster parents are involved in caring for teens for one night, one year, foster parents play a crucial role in supporting the

The trend is to personal-ize the experience further. Cape enjoyed the whole experience with the

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Ten tips for parenting teens today

BY STATEPOINT

Parenting a teenager can be an uphill battle. In addition to the problems you may have faced in your own youth, teenagers today face a new host of issues presented by texting, sexting, social media, and cyberbullying.

“Say the right thing and you’ll open up lines of communication. Say the wrong thing and it could lead to a fight or silent treatment,” said Joani Geltman, child development and parenting expert and author of “A Survival Guide to Parenting Teens: Talking to Your Kids About Sexting, Drinking, Drugs, and Other Things That Freak You Out.”

Geltman offers her “Top Ten Parenting Tips.”

• Encourage teens to think independently. Restrain yourself from being chief problem solver so they can make good choices even when you’re not around.
• Try not to ask a zillion questions. You won’t get the answers you want anyway. Engage them in a conversation on a neutral topic before you start the interrogation.
• Refrain from going on the “lecture circuit.” Model what it means to be a good person so you don’t need to tell them. They will “get it.”
• As uncomfortable as it may be, you have to talk about sex. Do it with honesty and understanding, not judgment. Talk about your own experiences when you were a teen, especially those moments of which you are the least proud so that they will feel freer to share their questions and worries.
• When it comes to alcohol and drugs, make your house safe. Again, have honest discussions sans judgment. Help them to anticipate new situations and problems and learn about ways to stay safe.
• Don’t rule with an iron fist. This may have worked when the kids were younger, but teens need to be part of the rule making. Most kids are actually pretty reasonable when given the opportunity to have some control.
• With their input, set limits on using cell phones, computers and video games. Just like you let them eat only a few pieces of Halloween candy for a night when they were younger, you need to see these devices in the same way.
• Express your appreciation and pride in your teens. Not for the good test scores or grades necessarily, but for moments of kindness and hard work. There’s nothing more important than an out-of-the-blue “you’re a good kid, and maybe I don’t tell you that enough” comment.
• Find some fun with your teen. Hang out, watch TV, order pizza, go to the driving range, play a video game, listen to music, go get manis and pedis, bake a cake, take the dog for a walk, go shopping — anything that may give you a moment, maybe just a moment, of sweetness with your kid.
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