Chinatown adds 51 homes with 88 Hudson opening

BY LING-MEI WONG

The Chinatown community celebrated the completion of 88 Hudson on Nov. 28, which adds 51 affordable homes to the neighborhood.

“Hudson Street especially has gone through a revitalization,” said Boston Mayor Marty Walsh, whose housing plan proposes adding 53,000 homes by 2030. “This street here used to house a lot of families on it and then through the highway, houses went down and buildings changed. Today we’re bringing this neighborhood back to having a neighborhood with families on it again.”

The building completes the One Greenway project at Parcel 24, which opened 66 Hudson in 2015. At 88 Hudson, the six-story building has 51 homeowner-ship condos: 21 one-bedroom units, 22 two-bedroom units and eight three-bedroom units. Next door, 66 Hudson is a 21-story building with 95 affordable and 217 market-rate rental units. One Greenway has a total of 363 units, with more than a third designated affordable.

“Now we are adding 51 affordable condos to Chinatown, so that more families can establish their roots here without worrying about rising rent or the threat of eviction,” said Angie Liu, executive director of Asian Community Development Corporation.

Man Li Chan will move into a two-bedroom condo with her family as a first-time homeowner. She cut the ribbon during the opening ceremony.

“No, my husband and my son all work in Boston, so I am so happy to live close to where we work,” Chan said.

More than 1,600 applications were received for the 51 condos. Forty-nine of the condos are already sold and buyers are lined up for the remaining two units.


Nesterly connects young people to homes with elders

BY SHIRA LAUCHAOREN

Noelle Marcus, co-founder of the Nesterly platform, affirmed the benefits of intergenerational social interactions and living situations at the Massachusetts Gerontology Association’s Fall Policy Forum, held on Nov. 28. The “Massachusetts for All Ages: Building Community Across Generations” conference focused on inclusivity and age integration.

Nesterly is an online program that pairs older residents, or “empty nesters,” with spare bedrooms in their houses, with millennial students in need of affordable housing. The website takes advantage of existing infrastructure to provide younger people with reasonable rent prices in exchange for help with household chores and to better utilize unoccupied spaces. The platform facilitates connections between people of different generations, helping to combat isolation, as the population of people over 65 is expected to double by 2050, according to Nesterly. With more than 3.6 million rooms in the United States being unoccupied, students can save up to $24,000 per year.

“We took this age-old concept of intergenerational home sharing and are trying to bring it into the digital age,” Marcus said. “People hear of housing options usually through word of mouth or through Craigslist, but that’s not usually an accessible medium. We’re helping people stay in their homes longer, which is enabling greater neighborhood stability.”

Nesterly and Boston’s Intergenerational Homeshare Pilot is running from December 1 - 14, 2017, states in the region and beyond with infrastructure.

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

**‘Hold These Truths’ at Lyric Stage**
- Dec. 1 to Dec. 31
- 140 Clarendon Street 2F
- Boston, MA 02116

**Health, Kresge 201 on 2F.**
- A Cantonese conversation group for immigrants who resisted internment are welcome to join. For more information, call (781) 874-1023.

**Chinatown tree sale and holiday bazaar**
- Saturday, Dec. 2
- 11 a.m. to 4 p.m.
- 885 Washington Street
- Boston, MA 02111
- The Chinese American Civic Association’s Next STEP program will host a holiday bazaar and Christmas tree sale at the Josiah Quincy Elementary School.

**Tai Tung Village Christmas tree lighting**
- Saturday, Dec. 2
- 2:30 p.m. to 5 p.m.
- 244 Harrison Avenue
- Boston, MA 02111
- Tai Tung Village and American Chinese Christian Education & Social Services will host a Christmas tree lighting with story time and refreshments.

**‘The Chinese Exclusion Act’ screening**
- Saturday, Dec. 2
- 3:30 p.m. to 6:30 p.m.
- 559 Washington Street
- Boston, MA 02111
- Documentary “The Chinese Exclusion Act” will be screened at the Paramount Center’s Bright Family Screening Room. The screening is one of six in December for Boston.

**Free meditation class**
- Sunday, Dec. 3
- 10 a.m. to 4:30 p.m.
- 101 Mystic Avenue
- Medford, MA 02155
- Free meditation classes will take place Sundays and Thursdays (7 a.m. to 8:30 a.m., 10:30 a.m. to 12:30 p.m.) at Boston Bodhi Meditation. People with limited mobility are welcome to join. For more information, call (781) 874-1023.

**Chinatown tree lighting**
- Sunday, Dec. 3
- 1:45 p.m.
- Chinatown Gate
- Mayor Marty Walsh and his enchanted Trolley Tour will light a holiday tree in Chinatown.

**Wang Y Christmas party**
- Sunday, Dec. 3
- 2 p.m. to 5 p.m.
- 8 Oak Street West
- Boston, MA 02116
- The annual Christmas and Holiday Party will take place at the Wang YMCA of Chinatown.

**English for college or job training**
- Dec. 4, Dec. 11
- 8:30 a.m.
- 87 Tyler Street
- Boston, MA 02111
- The Asian American Civic Association’s Next STEP program classes for college or job training begin Jan. 2. For more information, call (617) 426-9492 or 250 or email fce@aaacuca.org.

**Smoking cessation fair**
- Monday, Dec. 4
- 9 a.m. to 11:30 a.m.
- 25 Essex Street
- The Chinatown Resident Association meeting will take place at the Josiah Quincy Elementary School cafeteria. The public is welcome to attend.

**Boston, MA 02111**
- The Greater Boston Chinese Golden Age Center will host a smoking cessation health fair at Hong Lok House.

**Free information clinic**
- Monday, Dec. 4
- 10 a.m. to 3 p.m.
- 275 Hancock Street 2F
- North Quincy, MA 02171
- Chinese American Citizens Right Alliance will help clients at Quincy Asian Resources Inc. to provide information and referral services to Chinese Americans. For more information, call QARI at (617) 472-2200.

**Chinatown Safety Committee meeting**
- Wednesday, Dec. 6
- 10:30 a.m.
- 821 Washington Street
- Boston, MA 02111
- The Chinatown Safety Committee meeting will take place at the DoubleTree Hotel. The public is welcome to attend.

**Free immigration clinic**
- Wednesday, Dec. 6
- Noon to 2 p.m.
- 1 City Hall Square
- Boston, MA 02201
- The Mayor’s Office for Immigration Assistance offers free private immigration clinics at the Boston City Hall Room 806. For interpreters other than Spanish, please call at least one week in advance (at (617) 635-2980).

**Chinatown Resident Association meeting**
- Wednesday, Dec. 6
- 6:30 p.m.
- 885 Washington Street
- Boston, MA 02111
- The Chinatown Resident Association meeting will take place at the Josiah Quincy Elementary School cafeteria. The public is welcome to attend.

**BCNC Day at the Lyric Stage**
- Saturday, Dec. 9
- 3 p.m. to 5 p.m.
- 87 Tyler Street
- Boston, MA 02111
- BCNC Day for Jeanette Sakata’s play, “Hold These Truths,” will take place at the Lyric Stage. Tickets available at www.bcnc.net.

**CPPA gala**
- Tuesday, Dec. 12
- 5:30 p.m. to 7:30 p.m.
- 86 Harrison Avenue
- Boston, MA 02111
- Chinese Progressive Political Action will hold a holiday celebration and fundraiser at Double Chin.

**Winter concert**
- Thursday, Dec. 14
- 6:30 p.m.
- 885 Washington Street
- Boston, MA 02111
- The Josiah Quincy Orchestra Program will have a concert at the auditorium.

**Affordable Homeownership**
- Manor House
- 509 Woburn Street, 2 Manor Terrace, Lexington, MA 02420
- New Construction – 6 Units offered via lottery
- Five 2BR units $167,500 to $170,500
- Lottery: January 29, 2018 at 7:00 p.m.
- Applications accepted through January 10, 2018, 1 p.m.
- Lottery: January 29, 2018 at 7:00 p.m.
- Cary Memorial Building, Estabrook Hall, 1605 Mass. Ave, Lexington, MA
- Application and Lottery Information: Housing@Sudbury.Ma.US
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Second graders from The Mather School attended the 30th anniversary of the Asian American Studies Institute at UMass Boston event on Nov. 27, during which college students read to them from original storybooks. (Image courtesy of Shira Laucharoen.)

UMass Boston celebrates 30 years of Asian American studies

BY SHIRA LAucharoen

The University of Massachusetts Boston honored the 30th anniversary of its Asian American studies program through a creative and educational event held at the Campus Center on Nov. 27. The celebration included highlights such as a visit from second grade students, art installations, and digital stories presented for listening.

“In the spring of 1987, I reactivated a course called Asian Minorities in America that had been dormant in the catalog, and we have been teaching Asian American studies courses every semester since then,” said Peter Kiang, professor and director of the Asian American studies program. “I wanted to develop a strong program here at the urban public university because this was where the community kids are attending college and because private universities were not interested in Asian American studies and still are not, even now.”

UMass Boston celebrated the 30th anniversary of its Asian American studies program at the Campus Center on Nov. 27. (Image courtesy of Jianghe Niu.)

Forum gathers Chinese medical experts

BY JIANGHE NIU

The American Chinese Medical Exchange Society (ACMES) held its conference at Harvard Medical School on Nov. 18. Local and Chinese medical experts, teaching faculty and students listened to presentations on eastern and western medicine.

The mission of ACMES is to promote medical exchanges between the United States and China, and to promote the optimal health and well-being of Asian Americans in the local community.

The American Chinese Medical Exchange Society held its conference at Harvard Medical School on Nov. 18. (Image courtesy of Jianghe Niu.)

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OPEN HOUSE
Saturday, January 6, 2018
10:00 a.m.—12:00 p.m.
44 Leanne Way

Public Information Meeting
6:30 p.m., Tuesday, December 19, 2017
Franklin Town Hall
Council Chambers
Application Deadline
January 16, 2018

The Massachusetts Bay Transportation Authority (MBTA) held a public meeting about the Wollaston Station improvement project on Nov. 15 at Quincy Central Middle School.

MBTA officials updated residents on project developments. Renovation will start Jan. 2, 2018, rather than in 2017, and shuttle bus services will assist commuters between North Quincy and Wollaston to ease the stress. Wollaston Station is expected to be closed for 20 months to make handicap-accessible improvements, as it is the only Red Line station that is not accessible.

During the program, elementary school children gathered in groups to meet with college students who shared picture books, which featured southeast Asian characters, that they had created in Kiang’s class. The second graders attend the Mather School in Fields Corner, which has a large Vietnamese population. Also on display were laptops that revealed digital stories covering topics such as categorization and belonging, racial harassment, and missing parents.

Kiang said that an Asian American studies curriculum is an important part of any academic program.

“I think any major issue affecting the city, state, or larger society has to account for Asian American populations, issues and contexts,” Kiang said. “Asian American studies provides the skills and vision for people to make better choices for themselves, their families, their communities and for the society.”

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In advance of the Wollaston Station shutdown, Red Line trains from North Quincy to Braintree will stop running Sundays through Thursdays after 9 p.m. until Jan. 25, 2018. As the construction continues, all stations south of North Quincy will remain closed after 9 p.m. on weekends till the completion of the project.

Brian Kane, MBTA director of operations, spoke about minimizing disruption to Quincy locals.

“There will be 20 to 25 shuttle buses looping between North Quincy and Wollaston Station during rush hours,” said Kane. “The buses leave Wollaston according to the train schedule.”

Many local residents were concerned about the long construction period proposed by the state agency of 20 months.

“It shouldn’t be taking more than six months to install two elevators,” said Quincy local Joseph Enos, who has been living near the station for 10 years.

Recently reelected councilor-at-large Noel Dilhina suggested extending the shuttle bus service to JFK/UMass Station, where the two Red Line branches merge, for greater convenience to commuters.

MBTA officials promised to look at the proposal. Several MBTA representatives and Quincy city officials attended the public gathering. Approximately 80 people attended the Wollaston Station meeting, with nearly half expressing concern.

The shuttle bus services will be managed by private contractor Yankee Lines. It has assisted MBTA with other projects, such as the shuttle between Park Street and Kendall/MIT stations.

Approximately 80 people attended the Wollaston Station meeting and around 40 of them expressed their concerns on Nov. 15 at Quincy Central Middle School. (Image courtesy of Valerie Li.)

MBTA officials showed the proposed shuttle bus route between North Quincy and Wollaston stations. (Image courtesy of Valerie Li.)

Quincy locals furious over Wollaston Station shutdown

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MBTA officials showed the proposed shuttle bus route between North Quincy and Wollaston stations. (Image courtesy of Valerie Li.)
Chinatown meeting roundup: CNC, CCBA

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council met Nov. 20 at the Chinese Consolidated Benevolent Association (CCBA). A presentation on a renovation at the Tufts Dental School lobby was given by Barbara Rubel of Tufts University. The lobby is at Kneeeland and Washington streets, or the former Bank of America branch. Its space is too cramped to accommodate dental students and patients, so the lobby will be enlarged and a fifth elevator will be added to the building, said architect Karen Dubrovsky. Construction is expected to begin next spring and take about two years, with minimal pedestrian impact.

The CNC election took place Nov. 26 at the Santander Bank at 61 Harrison Avenue. Seven councilors ran unopposed, with 128 votes cast. Man Ho Chan and Paul Lee were reelected in the organization category; Ruth Moy was reelected and Matthew Seto was elected in the agency category; Bill Moy was reelected in the other category; John Leung and Irene Ruan were elected in the business category.

The councilors who ended their terms in 2017 were Man Ho Chan, Ricky Chan, Richard Chan, Lee, Bill Moy, Patty Moy and Ruth Moy. There are 21 council seats, with councilors elected to two-year terms and seven up for election each year.

CCBA

The New England CCBA met Nov. 28 at its headquarters. The board plans to develop the south parking lot of the Tai Tung Village for housing. A request for proposals went to 13 developers, with six responses. The six developers were interviewed by the Asset Committee, which invited Winn Development, Beacon Communities and the Asian Community Development Corporation for proposals in November. The Confucius statue in front of the building needs repair for its base and status restoration. Six bids have been received by the Asset Committee, said English secretary Susan Chu.

The CCBA officer election will take place Dec. 5, with candidates introducing themselves during the meeting. President candidates are Paul Chan and Philip Huang; Chinese secretary candidates are Henry Leung and Felix Lui; English secretary candidates are Chu and Simon Chan; accountant candidates are Man Ho Chan and Paul Yip; audit candidates are Nick Chau and Stephen Yung.

Chinatown Gate gets official sign

BY LING-MEI WONG

The Boston Transportation Department installed signage for the Chinatown Gate. (Image courtesy of BTD.)

Signage for the Chinatown Gate was installed by the Boston Transportation Department in November. The “Chinatown Gateway” sign is located on the Surface Artery and Beach Street, helping tourists locate the Gate.

The Gate was a gift from Taiwan in 1982. Inscribed on the Gate are four characters on each side: “Tian xia wei gong” facing the Surface Artery, loosely translated as “All men are brothers” and “Liu yi lian chi” facing Beach Street, stating the four societal bonds of propriety, justice, integrity and honor.

QARI and YMCA partner to expand access to community outreach services

BY QUINCY ASIAN RESOURCES AND THE SOUTH SHORE YMCA

Quincy Asian Resources Inc. (QARI) is proud to announce that it is partnering with the South Shore YMCA (SSYMCA) to expand its community outreach services. As of Oct. 1, QARI now has representatives at the Quincy Y branch at 79 Coddington Street on most Wednesdays, Thursdays and Friday mornings. Clients can seek information and referrals on a walk-in basis.

QARI’s joint venture with the SSYMCA executes a goal of the organization’s strategic plan to bring new services and programs into the community. Quincy’s Asian population is currently at 26 percent and growing. With this continuous expansion comes an increased need for culturally competent services and programs.

“Quincy’s population is always evolving,” said Philip Chong, CEO of QARI. “We are bringing QARI into the community. Not only are we making it easier for clients to access our services, but we are also adding new programming to meet the needs of our diverse city.”

QARI has representatives at the Quincy Y branch at 79 Coddington Street on most Wednesdays, Thursdays and Friday mornings. Pictured are Angela Chan of QARI and Eric Snyder of the South Shore YMCA. (Image courtesy of QARI.)
Chinatown crime for Nov. 17 to Dec. 1

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Nov. 17 to Dec. 1 for District A-1, which includes Chinatown.

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

Larceny from building
Nov. 19, 4:20 p.m.: The victim reports an unknown person stole a laptop computer out of his locker on Oak Street.

Breaking and entering
Nov. 23, 5:23 p.m.: The suspect was arrested on Kneeland Street on a breaking and entering offense. He was observed by a Tufts University police officer inside the business.

Larceny from motor vehicle
Nov. 24, 3:03 a.m.: The victim reports unknown person broke into his motor vehicle that was parked and locked on Tyler Street. The suspect removed a suitcase containing several items.

Vandalism
Nov. 19, 2:31 a.m.: The victim reports the suspect entered the restaurant on Harrison Avenue and began to throw ports the suspect entered the restaurant on Beach Street carrying a black object that appeared to be an audio recorder. The victim asked the suspect to leave. The suspect left after causing a disturbance.

Note: All reports are submitted by the Boston Police Department. The time period is from Nov. 17 to Dec. 1 for District A-1, which includes Chinatown. The suspect to leave. The suspect left after causing a disturbance.

Hot jobs

BY AACA EMPLOYMENT CENTER

The Asian American Civic Association works with local employers through its Employment Center. Feel free to contact the team at employment@aaca-boston.org or (508) 309-2080. If you leave a message, a staffer will return your call.

Full- or part-time jobs
• Chinese advocacy/Outreach Coordinator @ Quincy
• Children’s Specialist/Community Services Coordinator @ Quincy
• R&D Technicians/R&D Operators @ MIT/Kendall Square Area

• Hospital Customer Service Associate @ Longwood Medical Area
• Ambassador @ Longwood Medical Area
• PT Chinese/English ESOL Teacher @ Boston
• Vale/Cashier Supervisor @ Boston
• Education and Career Advisor @ Boston
• Professional Development Assistant @ Boston
• Maintenance Technician @ Greater Boston
• Bank Teller @ Everett/Boston

Michael Hisamoto (left) stars in “Hold These Truths” at the Lyric Stage, directed by Benny Sato Ambush. The play features the true story of Gordon Hirabayashi, who resisted the Japanese-American internment during World War II. (Image courtesy of Henry Lussier.)

‘Hold These Truths’ brings Japanese-American internment to center stage

BY LING-MEI WONG

“Hold These Truths” tells the story of Gordon Hirabayashi, a Japanese-American who refused to enter internment camps during World War II and was jailed. His conviction was overturned in 1987. Originally written as a one-man play by Jeanne Sakata, the Lyric Stage’s version stars Michael Hisamoto as Hirabayashi, who interacts with three kurogo or silent actors on stage.

“Gordon was the picture of principle resistance, sustained over a lifetime,” said director Benny Sato Ambush. “He insisted he was an American citizen — who looked like he did and had an ancestry like his — and that he be treated equally.”

Ambush is a quarter Japanese. His maternal grandfather Takayuki Yoka- wa Sato married his black grandmother Grace Virginia Woods, after coming to America as a cook for a missionary family. Hisamoto can count his American ancestors back five generations. Born in Tokyo to Japanese-American parents who traveled the globe as army brats, Hisamoto was raised in Singapore before moving to Orange County when he was 10. He grew up hearing stories of survival from his Japanese grandparents, who witnessed the Tokyo air raid and the nuclear bombing of Hiroshima.

“Between my maternal grandma and paternal grandpa, they loved the promise of America, having seen all they saw,” Hisamoto said.

CONTINUED ON PAGE 8
**Smoking in your home poses health risks for all**

**BY SARA BROWN**

As smoking bans become common in public and open spaces, more people are lighting up inside their homes. However, this can have dangerous health effects.

When smoking at home, the smoke from the cigarette clings to everything, such as the carpet and furniture. This creates a constant environment of thirdhand smoke. Thirdhand smoke is tobacco smoke contamination that remains after the cigarette has been finished. Dust samples taken from the homes of smokers contain tobacco-specific carcinogens, making thirdhand smoke a possible risk factor for cancer as well. A Lawrence Berkeley National Laboratory in San Francisco study found the residue of nicotine on surfaces can react with other chemicals in the air to form potent carcinogens, which are known to cause cancer.

Thirdhand smoke can be particularly dangerous to infants and toddlers, as they will grow up in a house filled with unhealthy chemicals. Infants and young children might have increased exposure to thirdhand smoke due to their tendency to place objects in their mouths and touch affected surfaces, according to the Mayo Clinic. A study from the journal Proceedings of the National Academy of Sciences found that opening a window while smoking does not reduce the harm of thirdhand smoke.

Smoking at home can also cause fires. The U.S. Fire Administration said home fires caused by smoking materials kill almost 1,000 smokers and non-smokers every year in the United States. During these fires, more than one-third of those killed were children of the smoker. One in four killed in these house fires were not the smoker.

For your health and safety, avoid smoking indoors at home.

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**Five tips for staying healthy this holiday seasons**

**BY ALEXA POZNIAK, TUFTS MEDICAL CENTER CORRESPONDENT**

Whether it’s by car, bus, train, or plane, traveling has become synonymous with the holiday season for millions of Americans. And while it’s customary to spread joy and cheer this time of year, coming into close proximity with a variety of people, oftentimes in a confined space, can also spread germs.

“For the most part, when we think about catching germs from other travelers, it’s really viruses that we’re most concerned about,” explains Dr. Shira Doron, an infectious disease specialist.

“It’s relatively rare for a passenger to be carrying a germ that is transmitted by circulating through the air; the more common infections are spread through droplets or secretions,” Dr. Doron explains. “Your biggest risk is getting coughed or sneezed on, or touching something with germs on it.”

No matter what mode of transportation you choose, Dr. Doron suggests five top tips to keep you healthy throughout the holidays.

**Practice good hand hygiene**

Washing your hands on a regular basis is essential to stopping the spread of infection, and can dramatically reduce your chances of getting sick. The Centers for Disease Control (CDC) recommends working up a lather and then rubbing your hands together for 20 seconds or as long as it takes you to sing the “Happy Birthday” song to yourself twice. If you don’t have access to a faucet, hand sanitizer is a great substitute as long as it contains at least 60 percent alcohol. Keep your hands away from your face at all times.

**Eat immune-boosting foods**

The best way to combat germs is with a strong immune system. Maintain a healthy diet before, during and after your trip. Include plenty of protein, healthy fats, and a balance of vitamins and minerals with a minimum of processed ingredients and sugar.

**Hydrate**

Air systems on airplanes work quite well at filtering out germs, but the air is dry. According to a study published in the Journal of Environmental Health Research, this increases the risk of getting sick. A thin layer of mucus in your nose and throat normally flushes out germs. But when it becomes dry, your body is more vulnerable to invasion. Drink water throughout your trip, and don’t overdo it on alcoholic beverages and caffeinated drinks, which can further dehydrate the body.

**Sleep**

Sleep deprivation can weaken the immune system and make your body more vulnerable to infection. So set out on your trip well rested, aiming for eight hours of shut-eye each night in the days leading up to your departure date.

**Flu shot**

Since the holidays coincide with peak flu seasons, get the flu shot. It may prevent you from getting sick, or if you do get sick, it may make your illness milder.

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**When & Where**

Applications will be accepted from December 7, 2017 through December 29, 2017 at the following locations and times:

- Sonoma Maple Schuyler Apartments Management Office Mon-Fri, 9:00AM – 5:00PM, 1 Maple Court, Suite B, Dorchester, MA, 02121
- Grove Hall Public Library 41 Geneva Avenue Dorchester MA, 02121 Mon-Wed 10:00AM-6:00PM, Thurs 12:00PM-8:00PM & Fri-Sat 9:00AM-5:00PM
- If you are unable to use these methods, please call (617) 442-7004 and ask that an application be mailed to you.

Your place on the waiting list will be decided by a Lottery of all applications taken during the rent-up period, so there is no need to come in person, early, or wait in line.

**Returning Completed Applications and Lottery Selection**

Completed Applications may be returned by mail or in person at the site office no later than Tuesday January 2, 2018 at 5:00PM. This is the final deadline for taking applications for the Lottery.

Your place on the waitlist will be decided by a Lottery. Eligible applicants will be notified in writing 10 DAYS prior to the lottery date. The Lottery will be held at the location below:

Grove Hall Public Library 41 Geneva Avenue Dorchester MA, 02121

Thursday January 11 at 2PM

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**Sampan Medical Center**

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**HEALTH**

Holidays can be joyful or anxiety producing, depending on how you plan for the occasions. (Image courtesy of Flickr user Antonio Castagna.)

**Handling the holidays: A guide to health and happiness**

**BY SHIRA LAUCHAROEN**

The holidays are just around the corner and with them come the expectations and pressures associated with the festivities. You can make this season a time for celebration, rather than one of stress, by following these tips from Parenting Journey’s Ellie Zambrano.

**Find time for yourself**

“The most important thing is that all of us can do a lot better at taking care of ourselves,” Zambrano said, highlighting the significance of keeping mental balance. “We’re a culture in which the emphasis is on giving, and that’s also important for ourselves as well.” Be sure to find time for relaxation or practicing mindfulness activities.

**Revive family traditions**

The holidays can trigger memories of lost loved ones, but you can honor them by reviving old traditions.

“‘My stepfather was a strong figure, and he was a big part of our holidays. He passed away eight years ago,” Zambrano said. “He orchestrated the meals and what was going to happen. Our family selects recipes that were infamous because of him to make sure his memory is present, rather than getting stuck on loss.”

**Maintain healthy relationships**

Keep positive social connections and avoid problematic interactions that could increase stress levels. Plan in a way that sets limits around how much exposure you are creating.

**Cherish the moments**

Families need time together in order to thrive, Zambrano said. Seek out rituals to practice as a family to bond and connect with each other.

“One of the things we do in my family is we sit around the table and offer things that we’re thankful for,” Zambrano said. “It’s a way that we honor and reflect on what has happened over the year.”

**Five tips for staying healthy this holiday seasons**

**BY ALEXA POZNIAK, TUFTS MEDICAL CENTER CORRESPONDENT**

Whether it’s by car, bus, train, or plane, traveling has become synonymous with the holiday season for millions of Americans. And while it’s customary to spread joy and cheer this time of year, coming into close proximity with a variety of people, oftentimes in a confined space, can also spread germs.

“For the most part, when we think about catching germs from other travelers, it’s really viruses that we’re most concerned about,” explains Dr. Shira Doron, an infectious disease specialist.

“It’s relatively rare for a passenger to be carrying a germ that is transmitted by circulating through the air; the more common infections are spread through droplets or secretions,” Dr. Doron explains. “Your biggest risk is getting coughed or sneezed on, or touching something with germs on it.”

No matter what mode of transportation you choose, Dr. Doron suggests five top tips to keep you healthy throughout the holidays.

**Practice good hand hygiene**

Washing your hands on a regular basis is essential to stopping the spread of infection, and can dramatically reduce your chances of getting sick. The Centers for Disease Control (CDC) recommends working up a lather and then rubbing your hands together for 20 seconds or as long as it takes you to sing the “Happy Birthday” song to yourself twice. If you don’t have access to a faucet, hand sanitizer is a great substitute as long as it contains at least 60 percent alcohol. Keep your hands away from your face at all times.

**Eat immune-boosting foods**

The best way to combat germs is with a strong immune system. Maintain a healthy diet before, during and after your trip. Include plenty of protein, healthy fats, and a balance of vitamins and minerals with a minimum of processed ingredients and sugar.

**Hydrate**

Air systems on airplanes work quite well at filtering out germs, but the air is dry. According to a study published in the Journal of Environmental Health Research, this increases the risk of getting sick. A thin layer of mucus in your nose and throat normally flushes out germs. But when it becomes dry, your body is more vulnerable to invasion. Drink water throughout your trip, and don’t overdo it on alcoholic beverages and caffeinated drinks, which can further dehydrate the body.

**Sleep**

Sleep deprivation can weaken the immune system and make your body more vulnerable to infection. So set out on your trip well rested, aiming for eight hours of shut-eye each night in the days leading up to your departure date.

**Flu shot**

Since the holidays coincide with peak flu seasons, get the flu shot. It may prevent you from getting sick, or if you do get sick, it may make your illness milder.

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Seven tips for finding the right home
BY SHUYI WANG

We have some tips to help future homebuyers to finding the right home in today’s market. Much of it is common sense, but here are seven tips that may not always be apparent:

1. Don’t buy without an agent.
   In today’s technology-driven world, it’s easier than ever to go it alone, relying on sites like Trulia (www.trulia.com), Realtor.com (www.realtor.com) and even social media. However, while you’re likely to get a lot of data, without representation you risk missing out on analysis and negotiating skills.

2. Consider the neighborhood too.
   For many people, what’s most important in a neighborhood is “safety and proximity to work, good schools, family and friends.” While those things are critical to your long-term happiness, there should be other considerations too.

3. Know what suits you, and be honest.
   Beyond the obvious (like the number of rooms), you have to determine what floor plan suits you. An open floor plan can be great for entertaining or keeping track of children. If, on the other hand, your family members want more privacy or you want to contain or manage clutter, then a traditional house with more walls is better. It may be better for zoned heating and air-conditioning too.

4. Know the trends, but think twice.
   McMansions and three-car garages were once the rage, but they have since lost some of their allure — as many trends do. Personal preference should take precedence over trends or even resale value. What matters most is, “Do you like the space? Can you live with the space?”

5. Delve further into the house.
   When it’s time for a home inspection, accompany the inspector. The inspector will not only reveal issues with the home but will tell you how the home operates. Meet with the sellers prior to close of escrow, too, so they can explain how things work. This could range from tips on the heating and cooling systems making sure you know where the owners’ manuals are for appliances.

6. Investigate homeowners associations (HOAs) and condos.
   Talk with the other owners in the neighborhood or complex and ask them how well the complex is managed. Understanding condo regulations is even more important: How many parking spots are there? What about pets? And make sure the association or condo is financially able to make needed repairs.

7. Be realistic.
   No house is perfect, even when people build their own. Be realistic and keep asking yourself, “Does this work?”

If you have found the right home for you and want to buy a home but assume you won’t qualify for a mortgage, it’s worth a closer look.

NESTERLY: Platform connects young adults to homes with elders

CONTINUED FROM PAGE 1

In addition, Nesterly vets users who join the network, asking for identity verifications, as well as background and reference checks, making it more trustworthy than other platforms.

“Our goal is to get as many hosts and active rooms on-site as possible,” Marcus said. “We want to create as much information and transparency as possible for hosts to make informed decisions.”

The intergenerational housing model has been implemented internationally as well, with the EDSUS Services Inter-Generations in Lyon, France pairing seniors and students in living situations since 2004. Students are selected through an interview with the organization and are matched with compatible elders. In Boston, housing affordability remains a prevalent problem, as over half of renters and 36 percent of homeowner’s are spending more than 30 percent of their income on housing, according to a report from The Boston Foundation. Boston neighborhoods have experienced price appreciation, with home prices in South Boston and Jamaica Plain rising by 71 percent and 83 percent since 2005. Communities near Boston have seen home prices spike, with Cambridge homes rising in cost by 85 percent since 2005.

For more information, visit www.nesterly.net.

As you consider buying a home, make sure you consider your needs and what you can afford first. (Image courtesy of Flickr user Jason Pratt.)

When looking for a home, avoid impulse buying. (Image courtesy of Flickr user Decor8 Holly.)

Three big home buying mistakes to avoid

BY ELENA M. LAU

When it comes to buying a home, there are many intricacies that buyers are often not aware of. When they are in such situation, they are dealing with frustration and stress. Read on these big mistakes to avoid before embarking on buying a home.

1. Going solo or misrepresented
   There are buyers who believe that going solo is more advantageous than having an agent representing them. Others may think that going straight to the seller or listing agent will get them the best pricing and terms. What buyers do not realize is that the listing agent is working for the best interest of the sellers, not the buyers. As noted on the Massachusetts Mandatory Real Estate License-Consumer Relationship Disclosure, the “seller’s agent must put the seller’s interest first and attempt to negotiate price and terms acceptable to their seller client.”

2. Choosing the wrong house
   In this competitive and fast-paced real estate environment, it is easy to go by impulse and buyers may end up getting the wrong house. Although there is no perfect home, buyers and their agents should do due diligence on a property as soon as possible. After all, buyers purchase a home to provide a better lifestyle and build equity.

3. Neglecting to get everything in writing
   Do not assume that things you expect to come with the house will be part of the sale. If there is anything buy- ers want in the house, such as windows treatments, shower or kitchen fixtures, buyers must ensure that they are part of the sale.

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When & Where
Applications will be available from December 7, 2017 through December 29, 2017 at the following locations and times:

• Grove Hall Apartments Management Office Mon-Fri, 9:00AM - 5:00PM
12 Castlegate Road (Rear Entrance), Dorchester, MA. 02121

• Grove Hall Public Library 41 Geneva Avenue Dorchester, MA. 02121
Mon-Wed 10:00AM-6:00PM, Thurs 12:00PM-8:00PM & Fri-Sat 9:00AM-5:00PM

• If you are unable to use these methods, please call (617)742-5113 and ask that an application be mailed to you.

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WHEN & WHERE
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Boston Ballet delights with holiday spectacle ‘The Nutcracker’

BY SARA BROWN

“The Nutcracker” has become a beloved holiday tradition over the years. Families delight in the magic and beauty of a story that gets everyone in the holiday spirit.

This year the tradition lives up to the hype once again. The Boston Ballet production of the beloved show is one to thrill and delight audiences everywhere. This rendition of the ballet is produced by the company’s artistic director Mikko Nissinen.

“Whether they’re seeing it again or for the first time, ‘The Nutcracker’ inspires and delights audiences of all ages with its beloved score, exquisite sets and costumes, and spectacular dancing,” said Nissinen. “It is the cornerstone of classical ballet and the perfect way to start an exploration into the art of ballet and dance. It is also a great opportunity for growth within the company because it is a technically challenging production that allows dancers to explore a variety of new roles and characters.”

The coveted role of Clara is portrayed by Elise Beauchemin. She possesses stunning poise for a young dancer. Beauchemin has the makings of a future principal dancer in the company, delivering an enchanting performance.

Principal dancer Misa Kuranaga was the Sugar Plum Fairy for opening night on Nov. 24, a role she shares with other principal ballerinas and soloists. Kuranaga is one of the most magnificent dancers the company has produced, making the Sugar Plum Fairy’s fancy footwork look effortless.

“The Nutcracker” includes the full company of 56 dancers, 10 Boston Ballet II dancers and 250 Boston Ballet School students. The 44-performance run will feature many dancer debuts in new roles, showcasing the company’s vast talent. Each performance will be accompanied by Pyotr Ilyich Tchaikovsky’s renowned score performed by the Boston Ballet Orchestra, led by three conductors: Principal guest conductor Beatrice Jona Affron and guest conductors Kenneth Hsieh and Geneviève Leclair.

The costumes are theatrical and fun. The music adds life to ballet and creates a fun rhythm for the show. The Boston Opera House transforms into a beautiful winter wonderland for a breathtaking backdrop. The Boston Ballet creates a wonderful experience for everyone.


PLAY: True story of Japanese-American patriot comes to Boston

CONTINUED FROM PAGE 5

Jeanne Sakata is the playwright for “Hold These Truths.” (Image courtesy of Sakata.)

“Both my grandparents still believed the world was fundamentally a good place, and America truly made for the betterment of the world,” Hisamoto said. Choreographer Jubilith Moore directs the three kurogos Khloe Alice Lin, Gary Thomas Ng and Samantha Richert. The kurogo is an onstage attendant from the kabuki tradition, literally being “one dressed in black” to imply invisibility.

“The three kurogos help transform the spaces Gordon travels through,” Moore said. “Gordon committed the crime of being an active citizen. We need people to say ‘Don’t be quiet.’” Ambush felt Hirabayashi’s story was timeless, as xenophobic voices today call for Muslim bans and border walls. Hirabayashi was a Quaker, which guided his internal compass.

“Gordon is a patriot and voice of conscience,” Ambush said. “It was not an easy road and he sacrificed tremendously, but he remained true and was right about it.” “Hold These Truths” will be at the Lyric Stage from Dec. 1 to 31. For more information, visit www.lyricstage.com.

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