When ‘bad energy’ kills home sales

BY LING-MEI WONG

A lure panel used by feng shui masters. In Boston’s hot home market, some buyers have passed on houses with the wrong feng shui. (Image courtesy of Flickr user Warren R.M. Sturt.)

The house looked bright, spacious and airy. But the buyer immediately shook her head and left.

“It was an open layout, where you could see straight from the front door to the back windows,” said Melody Tsang, Multi-Service Center coordinator at the Asian American Civic Association. “My friend recognized it as ‘chun tong sat’, or a knife slicing through the home, causing your fortune to slip away, bad temper and even bad health.”

Feng shui literally means “wind” and “water,” a discipline originating from China. According to the International Feng Shui Guild, it is a study of one’s space and the flow of energy.

Boston has a robust real estate market, with 41 percent of homes going for over asking price in 2017, according to Zillow Research. And yet realtor Jason Young of East Coast Realty has seen buyers pass on a house due to bad feng shui. While feng shui masters are relatively rare in Boston, most buyers understand the principles of harmonious energy.

“I’ve had many buyers who object to the house or condo number, as four has the same sound as ‘death’ in Chinese or ‘164’ sounds like ‘one-way road to death,’” Young said. “Or they might raise concerns about the orientation or layout, with the ideal orientation being a south-facing house.”

A house with good feng shui brings people together. Several tabs include bathroom doors to never face beds or kitchens, said Taiwan-based feng shui expert Yuan-Yi Hou. A stove should not face any door, as outside energy could bring harm. And no beams should be over a stove, nor drains underneath it.

“There are two guiding principles for positive energy in your home,” Hou said.

CONTINUED ON PAGE 3
Event Calendar

Mulan Society classes
Saturdays, August 4 to 7, 10 a.m. to 1 p.m.
North Quincy, MA 02170
Mulan Society Center for Women’s Empowerment classes will take place at the Asian American Civic Association, 4F. Registration for Women’s Empowerment classes will be held at the mulanassociation.org.

Free social service clinic
Every Monday, 9 a.m. to 12 p.m.
Malden, MA 02148
First Church in Malden, 184 Pleasant Street Malden, MA 02148
Free social service clinic is for people with a degree from the Borzay area. For more information, call (617) 635-2980.

Free meditation class
Every Thursday, 5:30 p.m. to 6:30 p.m.
Mulan Society Center for Women’s Empowerment classes will take place at the Greenway.

Free immigration clinic
Tuesday, August 7, 10 a.m. to 12 p.m.
Malden, MA 02148
Bread of Life, 100 Norway Street. Most of the practice is seated. In the event of rain, classes will be at Morville House, 100 Norway Street.

Free yoga class
Every Thursday, 10 a.m.
Symphony Park Yoga instructor Nicole Ferraro will lead gentle moving and breathing at Symphony Park, on the corner of Edgery Road and Norwood Street.

Free tai chi class
Every Thursday, 10 a.m.
Symphony Park Instructor Huan Zhang will lead tai chi at Symphony Park, on the corner of Edgery Road and Norwood Street.

Chinatown Park play session
Every Thursday, 5 p.m. to 7 p.m.
Chinatown Park A play session will take place at the Greenway.

Chinese brush painting
Saturday, July 21, 2 p.m. to 3:30 p.m.
99 Allen Street Boston, MA 02111
Learn to paint flora and fauna with instructor Liu Xiaoyong at the Pao Arts Center. Instruction is in Mandarin for adults, with interpretation in English or Cantonese. Fee is $100 per four-class series or $30 per drop-in class. Register at https://bit.ly/2IlaKv7.

Free meditation class
Sundays, Thursdays, 10 a.m.
Mulan Society Center for Women’s Empowerment classes will take place at the Greenway.

Chinese social service clinic
Monday, July 23, 8:30 a.m.
87 Tyler Street Boston, MA 02111
Free social service clinic is for people with a degree from the Borzay area. For more information, call (617) 426-9492 x 210 or www.aaca-boston.org.

Free immigration clinic
Wednesday, August 1, 10 a.m. to 12 p.m.
South Cove Manor location. Register at www.aaca-boston.org/workforce-education/.

Chinese social service clinic
Mulan Society Center for Women’s Empowerment classes will take place at the Greenway.

Free immigration clinic
Tuesday, August 7, 10 a.m. to 12 p.m.
Malden, MA 02148
Bread of Life, 100 Norway Street. Most of the practice is seated. In the event of rain, classes will be at Morville House, 100 Norway Street.

Free yoga class
Every Tuesday, 10 a.m.
Symphony Park Yoga instructor Nicole Ferraro will lead gentle moving and breathing at Symphony Park, on the corner of Edgery Road and Norwood Street.

Free tai chi class
Every Thursday, 10 a.m.
Symphony Park Instructor Huan Zhang will lead tai chi at Symphony Park, on the corner of Edgery Road and Norwood Street.

Chinatown Park play session
Every Thursday, 5 p.m. to 7 p.m.
Chinatown Park A play session will take place at the Greenway.

Breakfast seminar
Thursday, July 26, 9:30 a.m. to 11 a.m.
120 Shawmut Street Boston, MA 02118
All are welcome to attend at the BCEC auditorium, the former South Cove Manor location. Refreshments provided. For more information, call Terry Yin at (203) 893-7963.

Chinese social service clinic
Monday, July 23, 8:30 a.m.
87 Tyler Street Boston, MA 02111
Free social service clinic is for people with a degree from the Borzay area. For more information, call (617) 426-9492 x 210 or www.aaca-boston.org.

Free immigration clinic
Wednesday, August 1, 10 a.m. to 12 p.m.
South Cove Manor location. Register at www.aaca-boston.org/workforce-education/.

Chinese social service clinic
Mulan Society Center for Women’s Empowerment classes will take place at the Greenway.

Free yoga class
Every Tuesday, 10 a.m.
Symphony Park Yoga instructor Nicole Ferraro will lead gentle moving and breathing at Symphony Park, on the corner of Edgery Road and Norwood Street.

Free tai chi class
Every Thursday, 10 a.m.
Symphony Park Instructor Huan Zhang will lead tai chi at Symphony Park, on the corner of Edgery Road and Norwood Street.

Chinatown Park play session
Every Thursday, 5 p.m. to 7 p.m.
Chinatown Park A play session will take place at the Greenway.

Breakfast seminar
Thursday, July 26, 9:30 a.m. to 11 a.m.
120 Shawmut Street Boston, MA 02118
All are welcome to attend at the BCEC auditorium, the former South Cove Manor location. Refreshments provided. For more information, call Terry Yin at (203) 893-7963.

Chinese social service clinic
Monday, July 23, 8:30 a.m.
87 Tyler Street Boston, MA 02111
Free social service clinic is for people with a degree from the Borzay area. For more information, call (617) 426-9492 x 210 or www.aaca-boston.org.

Free immigration clinic
Wednesday, August 1, 10 a.m. to 12 p.m.
South Cove Manor location. Register at www.aaca-boston.org/workforce-education/.

Chinese social service clinic
Mulan Society Center for Women’s Empowerment classes will take place at the Greenway.

Free yoga class
Every Tuesday, 10 a.m.
Symphony Park Yoga instructor Nicole Ferraro will lead gentle moving and breathing at Symphony Park, on the corner of Edgery Road and Norwood Street.

Free tai chi class
Every Thursday, 10 a.m.
Symphony Park Instructor Huan Zhang will lead tai chi at Symphony Park, on the corner of Edgery Road and Norwood Street.

Chinatown Park play session
Every Thursday, 5 p.m. to 7 p.m.
Chinatown Park A play session will take place at the Greenway.

Breakfast seminar
Thursday, July 26, 9:30 a.m. to 11 a.m.
120 Shawmut Street Boston, MA 02118
All are welcome to attend at the BCEC auditorium, the former South Cove Manor location. Refreshments provided. For more information, call Terry Yin at (203) 893-7963.

Chinese social service clinic
Monday, July 23, 8:30 a.m.
87 Tyler Street Boston, MA 02111
Free social service clinic is for people with a degree from the Borzay area. For more information, call (617) 426-9492 x 210 or www.aaca-boston.org.

Free immigration clinic
Wednesday, August 1, 10 a.m. to 12 p.m.
South Cove Manor location. Register at www.aaca-boston.org/workforce-education/.

Chinese social service clinic
Mulan Society Center for Women’s Empowerment classes will take place at the Greenway.
Taiwan trade office welcomes Wellington Shih

BY LING-MEI WONG

Taiwan Economic and Cultural Office director Wellington Shih hosted a lunch on July 17 at Harvest. (Image courtesy of Ling-Mei Wong.)

The Taiwan Economic and Cultural Office in Boston hosted a luncheon for its newest director Wellington Shih on July 17 at Harvest.

Boston is Shih’s third diplomatic tour overseas, having spent time in the Solomon Islands and Hungary before. Shih oversees communications for the office, starting on July 1.

“Boston has been so welcoming, with friendly people,” Shih said. “The summers are mild, compared to Taiwan.”

Director-general Douglas Hsu spoke about his third month in Boston, after starting in April. He was impressed by the breadth of the technology sector, with talent from local universities. The large number of Taiwanese students in the Boston area took him by surprise, compared to his previous post in Washington, D.C.

The Ascend Pan Asian Women Leadership Forum took place July 16 at EY. Speakers Chris Yamamoto, Vineeta Kumar and Mable Chan talked about their journeys to leadership. (Image courtesy of Yiyan Zheng.)

Ascend women forum encourages ‘bold and brilliant’ Asian females

BY YIYAN ZHENG

The Ascend Pan Asian Women Leadership Forum took place July 16 at EY in the John Hancock tower. Three Asian female speakers talked about their “bold and brilliant” journeys to leadership; they were Vineeta Kumar, Chris Yamamoto and Mable Chan.

Business advisor, management consultant and entrepreneur Vineeta Kumar encouraged women to challenge boundaries and boldly live up to her nickname of “limitless.” After two decades of experience in IT advising, she entered entrepreneurship, focusing on Fintech ventures and giving strategic advising to start-ups.

“My first and last advice is to step out of your comfort zone,” Kumar said. “Raise your hands, ask for new projects and try a different taste.” She was recently named to India New England’s list of 20 Outstanding Women.

Former EY partner and former president of the DC chapter of Ascend, Chris Yamamoto advised women to build and cultivate their personal brand. “If someone comes to you and asks if you are the best person to do this job, you should be able to say with confidence that ‘I absolutely am,’” Yamamoto said. “If you can’t do that, you need to think about what is holding you back.”

Yamamoto is also a breast cancer survivor and a Zumba dance enthusiast.

Award-winning journalist Mable Chan encouraged attendees to find their voice and connect with their feelings.

“The reason I wanted to find my voice is not for professional success. It’s personal,” Chan said. “I’ve seen my father break down and my supervisor saw me break down. I realized that the key to success begins with courage and conviction that comes through your voice.”

Chan is currently hosting and producing the “One in a Billion” podcast about China, through the voices of Chinese millennials in America.

The forum was co-organized by Ascend New England and EY.

BURLINGTON AFFORDABLE RENTALS

The Huntington

20 Second Avenue, Burlington

12-1 and 2 Bedroom Apartments

Rent: One/$1,470 and Two/$1,631

For Info and Application Availability:

Pick Up: Burlington Town Hall, - Selectmen’s Office, Public Library & Leasing Office
Phone: (978) 456-8388
TTY/TDD: 711, when asked 978-456-8388
Email: lotteryinfo@mcohousingservices.com

Language/translation assistance available, at no charge, upon request.

Reasonable Accommodations Available for persons with disabilities. Units available to all eligible applicants.

Smoke Free. Pets Are Allowed.

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com

Applicants must be submitted or postmarked on or before the application deadline. Applications can be returned by mail. The Application includes all submission information.

July 20, 2018

Sampan NEWS

3
Retired Asian-American law enforcement honored on Fourth of July

BY YANXUAN LI

A banquet to honor retired Chinese-American law enforcement personnel coincided with the community’s Fourth of July celebration. More than 300 people, including honorees, family members and elected officials gathered July 4 at China Pearl Restaurant.

Frank Chin, Chinatown community leader, said “I am very honored that you gave up your Fourth of July to be here.”

Congressman Michael Capuano of the Seventh District and Boston City Councilor for District 2 Ed Flynn expressed their well wishes to the officers for their service.

“You all know the challenges. The police have to amass a huge amount of information and educate the community,” said Chin.

The honorees included 12 members of the Boston Police Department, four former State police officers and two Transit police officers. Theodore Woo of Customs Border Protection and Victor Lau of the Middlesex Sheriff’s Office were also among the honored retirees.

“I am very honored to be invited here,” said Homer Moe, a Boston detective who received a Commissioner’s Commendation and Distinguished Service Award last year from the Boston Police Department. “I am happy to represent this community.”

“Woo, a retired chief of Customs Border Protection, expressed concern about Asian American representation in New England law enforcement. “When I started 37 years ago, there were two Asian officers that worked in New England. When I retired 37 years later, there were still only two,” Woo said. “That’s something for all the politicians to think about when we move forward, because we want to keep this legacy of Asian officers. We want to do a better job to get our Asian officers in.”

Honoree Sharon Wong was recognized as the first Asian female police officer in Boston. Wong retired in 2015 and said she was humbled to be honored at the banquet.

The banquet hosted by the Chinese community of New England, Kwong Tung Association of New England and Friends of Hong Kong & Macau.

The banquet, guests could pick up two Chinese traditional instruments: the Er Hu and Pi Pa. “The festival draws lots of people in summer, and people who come here are always interested in Chinese culture,” said a Shenynnner.

The 15th Chinatown Main Street Festival took place July 7 on Beach Street, Hudson Street and at the Rose Kennedy Greenway to celebrate the coming of summer. Featuring arts and crafts, Chinese street food and Asian traditional dances, the event attracted many locals and tourists.

Starting with the lion dance, a variety of Asian performances were showcased on the stage. Highlights included a Chinese martial arts performance, a tai kwan do demonstration and Chinese folk dances.

Chinatown Main Street board director Gilbert Ho said, “The Chinatown Main Street Festival is usually the first festival to kick off summer. We hope it can bring more people to the community and promote local businesses.”

Many vendors returned to participate in the festival. David Tang, owner of Florist Passion Bouquet on Harrison Avenue, comes to the festival every year. “I’ve been here since the early ’90s,” said Tang, “Anything small and easier to carry is popular. Lucky bamboo is also a best-seller.”

The 15th Chinatown Main Street Summer Festival took place July 7 at the Greenway.

Children practice martial ages before the taking the stage. (Image courtesy of Yiyian Zheng)

Chinatown Main Street Festival celebrates summer

BY YIYIAN ZHENG

Affordable & Low-Income Housing Lottery: Hancock Estates

200 Estates Drive, Newton, MA

80% AMI Affordable Units: Two 1BRs @ $1,438*, Two 2BRs @ $1,550* 65% AMI Affordable Unit: One 1BR @ $1,217* 50% AMI Low-Income Units: Two 1BRs $894, Two 2BRs @ $938*.

*Rents subject to change in 2019. Utilities not included. Tenants will pay own Gas, Heat and Hot Water and Cooking, Electricity, Water and Sewer.

Hancock Estates is an 85 unit rental apartment community. 4 of these apartments will be available to households with incomes at or below 80% AMI, 1 unit will be available to households with incomes at or below 65% AMI, and 4 apartments will be made available to households at or below 50% AMI (the Low-Income units). Units include in-unit washers and dryers, and include one parking spot.

MAXIMUM Household Income Limits for 80% AMI AFFORDABLE units: $56,800 (1 person), $64,900 (2 people), $73,000 (3 people), $81,100 (4 people)

MAXIMUM Household Income Limits for 65% AMI AFFORDABLE units: $49,049 (1 person), $56,056 (2 people)

MAXIMUM Household Income Limits for 50% AMI LOW-INCOME units: $37,750 (1 person), $43,150 (2 people), $48,550 (3 people), $53,950 (4 people)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on September 10th, 2018.

A Public Info Session will be on August 20, 2018 at 6 pm in the Newton Free Library (330 Homer Street). The lottery will be on October 3rd, 2018 at the same location. Applications and Information available at the Newton Free Library (open M-Th 9am-9pm, F 9-6, Sat 9-5, Sun 1-5).

For Lottery Information, Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900 (x1) and leave a message.

Free translation available.

St. James the Greater Church will open its doors Monday to Wednesday, starting August 20.

The church is open for Sunday Mass and activities at 125 Harrison Avenue, Boston, MA 02115.

From Monday to Wednesday, opening hours will be 9 a.m. to noon. Mass and prayers will take place from 9 a.m. to 10 a.m. in the lower church. Community and parish activities will take place from 10 a.m. to noon in the church hall.

Parking will not be available at the Hudson Street lot on weekdays. All are welcome to St. James.

Chinatown Main Street Festival celebrates summer

BY YIYIAN ZHENG

The 15th Chinatown Main Street Festival took place July 7 on Beach Street, Hudson Street and at the Rose Kennedy Greenway to celebrate the coming of summer. Featuring arts and crafts, Chinese street food and Asian traditional dances, the event attracted many locals and tourists.

Starting with the lion dance, a variety of Asian performances were showcased on the stage. Highlights included a Chinese martial arts performance, a tai kwan do demonstration and Chinese folk dances.

Chinatown Main Street board director Gilbert Ho said, “The Chinatown Main Street Festival is usually the first festival to kick off summer. We hope it can bring more people to the community and promote local businesses.”

Many vendors returned to participate in the festival. David Tang, owner of Florist Passion Bouquet on Harrison Avenue, comes to the festival every year. “I’ve been here since the early ’90s,” said Tang, “Anything small and easier to carry is popular. Lucky bamboo is also a best-seller.”

At the Shenynn Symphony Orchestra

The 15th Chinatown Main Street Summer Festival took place July 7 at the Greenway. Children practice martial ages before the taking the stage. (Image courtesy of Yiyian Zheng)
DA candidate Linda Champion looks to become first Asian-American elected statewide

BY LING-MEI WONG

Linda Champion knows about being different. Born to a Korean mother and an African American father, she learned to confront stereotypes early.

“As a biracial child, sometimes people misunderstand who I am,” Champion said. “People see me as an Asian-American woman, or they see me as black woman. But I was raised by a Korean immigrant. My culturalmanners are more taught by my mother when I was a child.”

Champion is running for Suffolk County District Attorney, one of five candidates seeking to replace Dan Conley, who announced in February he would not seek reelection. If she wins, she would be the first Korean-American woman elected to office in Massachusetts.

“We need to interact with all people across Suffolk County, not just Asian Americans or black people, but South Americans and undocumented people,” Champion said. “I don’t want people to see law enforcement for the first time in their lives in an adversarial way.”

Champion served two years as an assistant district attorney under Suffolk County DA Conley, prosecuting criminal cases in juvenile court, Dorchester and Roxbury District Courts. She was promoted to Superior Court prosecutor in 2013 and worked in the Elder and Disabled Victims Unit. Champion is taking a leave of absence from the Massachusetts Department of Industrial Accidents, where she has served since 2013 as an assistant general counsel.

“Some people are dangerous,” Champion said. “But some people commit a crime of passion, poverty or addiction. If they are given the proper resources, they become productive citizens.”

Champion plans for the office’s assistant district attorneys to be paid $65,000 to $75,000 a year, instead of below industry rates at $42,000 to $50,000. Many prosecutors are forced to work two jobs to pay off student loans and cover the cost of living, impacting their ability to focus on public work. If the roughly 200 prosecutors made a living wage, they could invest in their community — just 10 hours a week could make a difference.

“We need prosecutors to be constant, consistent presences in the lives of the community,” Champion said. “It’s one step towards preventing crime. You’ve got to get kids who could be impacted by gangs and violence to look up to prosecutors working in the community, not drug dealers.”

Champion hopes the DA’s office staff becomes more diverse and representative of Suffolk County.

“People need to understand cultural differences,” she said.

For her community work, Champion has served with nonprofit Chungh Chang Livings for a Chinatown summer music program at Boston Chinatown Neighborhood Center. She also teaches first-time homebuyer courses for Urban Edge and NeighborWorks affiliates and workshops for the City of Boston.

“I hope the community puts prosecutors out of business. You want jobs, housing and resources that will be productive,” Champion said. “We need to make sure everyone in the community has an opportunity.”

The Suffolk County DA primary takes place Sept. 4.

CRIME: Local police report for July 6 to 20

CONTINUED FROM PAGE 3

They said they observed on their surveillance camera two males breaking into a car. The officers observed an unlocked motor vehicle. It appeared nothing was missing. The officers secured the motor vehicle.

Auto theft

July 11, 8:14 a.m.: The victim reported his parked motor vehicle on Hudson Street. He returned later to find his motor vehicle missing. The victim stated he left the keys in the car also.

Arson

July 14, 12:12 a.m.: The reporting party observed the suspects light a trash barrel on fire at Washington Street.

They report the suspect grabbed his gold chain from his neck and fled on Beach Street. The officers observed surveillance video and identified the suspect.

Larceny

July 17, 11:25 a.m.: The victim reported an unknown person stole the license plates off of his motor vehicle on Hudson Street.

Drug arrest

July 18, 12:44 p.m.: The suspects were arrested on Harrison Avenue on a drug offense. The officers observed the suspects involved in a drug transaction.

Residents at Eagle Drive
Kingston, MA
Affordable Housing Lottery

www.s-e-h.com

Five 3BR Single Family Homes for $238,900.
The first affordable homes will be ready in Oct/Nov 2018.

This is a lottery for five affordable units being built in the third phase of building at Residents at Eagle Drive. These 5 units will be sold at affordable prices to households with incomes at or below 80% of the area median income.

The affordable homes at are all 1,700 sq. ft., 1.5 baths, and have one garage parking spot, unfinished basements, two zone forced hot air heating, and an exterior sprinkler system. There are no HOA fees as there is no HOA association. Kitchens contain formica countertops, fridge, stove, microwave and dishwasher (no garbage disposal). Bedrooms, living room and stairs are carpeted. Kitchen, bathroom and laundry room have vinyl tiling (a washer/dryer is not included in the laundry room).

Maximum Household Income Limits:

$56,800 (1 person), $64,900 (2 people), $73,000 (3 people), $81,100 (4 people), $87,600 (5 people), $94,100 (6 people)

The Maximum Household Asset Limit is $75,000.

For more information on the Development, the Units or the Lottery and Application Process or for considerations for persons with disabilities, please visit: www.s-e-h.com/lottery or call 617.782.6900 x 2. A Public Info Session will be on August 6th, at 6 pm in Room 203, Kingston Town Hall (26 Evergreen Street, Kingston, MA). The lottery will be on October 1, 2018, at the same location.

Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on September 12, 2018.

Applications and Info Packets also available in the Kingston Public Library (6 Green Street, Kingston, MA) (Hours: Mon-Thurs 10AM to 8PM; Fri-Sat 10 AM to 5 PM. Closed Sundays).

Happy July 4th to everyone!
The Massachusetts Department of Public Health launched its first statewide public information campaign to educate parents of middle and high school-aged children about the dangers of vape pens and e-cigarettes on July 11. (Image courtesy of Department of Public Health.)

**How to avoid dehydration**

A breakfast seminar for seniors was hosted by South Cove Manor on June 28 at the Boston Chinese Evangelical Church. Greater Boston Chinese Golden Age Center dietitian Wailing Balsley explained the importance of hydration. Water is a basic nutrient. More than half of the human body is made of water, so we cannot lack hydration. Water helps the body:

- Deliver nutrients and aids the effectiveness of medicines
- Reduces constipation
- Protects joints and organs
- Maintains the skin’s moisture and suppleness, keeping it looking young
- Balances body temperature, cooling in a summer and preserving heat in winter

The average person needs six to eight glasses of water each day. Each individual has a unique body size and activity level which impact water intake. Climate also affects how much water you need. Kidney function decreases with age, becoming less effective at retaining water in the body and increasing the amount of water lost. The senses also slow down, becoming less sensitive to physical thirst. By the time you feel thirsty, the body has already entered a dehydrated state.

Dehydration is when the water we drink does not make up for lost hydration. Symptoms of dehydration include dry mouth, red skin, exhaustion or headache. The body temperature increases, and breathing or heartbeat may accelerate. Someone might feel disoriented or dizzy. Urine may also be dark yellow or brown.

Not having enough water in your body could result in kidney stones, urinary tract infection, urinary and bladder cancer, constipation, lung inflammation or other types of inflammation. Dehydration is among of the 10 top reasons for elders to require hospitalization.

Avoid dehydration by drinking water at set times, always finishing the whole glass. Put water bottles all throughout your house for easy access. Drinking tap water saves money, has a more rigorous inspection process than bottle water, and contains fluoride for healthy teeth.

If plain water sounds boring, you can filter it to improve its taste. Adding lemon slices, cucumber slices, mint or fresh berries can freshen up your glass. You can also add a few drops of juice or concentrated juice made with sugar substitutes.

Other drinks such as ice tea, coffee and soda count as hydration, but should be drank sparingly. Sugary drinks add unnecessary calories. Coffee, tea and soda also have caffeine, a mild diuretic which can cause dehydration.

Some seniors are concerned about incontinence, creating an obstacle for staying hydrated. Balsley recommended seniors to plan times to drink water based on daily needs. For example, elders staying indoors or at home can drink water freely, as they don’t need to worry about finding a bathroom. Avoid drinking water hours before sleeping.

If you have trouble getting enough water, talk to your doctor.

---

**Dietitian Wailing Balsley explained the importance of hydration.** (Image courtesy of South Cove Manor.)
2. Make it personable will make life easier for everyone. Working with a reputable local lender the one that gets accepted.

3. Find out the seller’s key drivers Besides the offer price, there are other factors that can be key drivers for the seller. These include:

   • the timeline for a closing date, payment method (either financing or cash), whether there will be a home inspection, and other contingencies, such as an appraisal or a review of condo documents. Please keep in mind the fewer contingencies, the stronger the offer.

4. Offer a higher earnest deposit Offer a higher earnest deposit to show you are a more serious and stronger buyer. This deposit is offered by the buyer, after an offer has been accepted. The bottom line is to present an offer the seller cannot refuse. Sellers want to proceed with an offer that can accommodate their timeline, has competitive pricing, and have a smooth transaction. Make sure to partner with a reputable licensed real estate agent who can advise on how to best use these strategies. Please keep in mind your offer success will depend on the level of motivation, the type of property, and competition level.

For more information, please contact Elena Lau at Elena@UNIONRealEstateLLC.com.
ARTS: ‘Peter Pan’ and ‘Anything Goes’ feature exuberant acting, sensitive casting

CONTINUED FROM PAGE 7

Chef owner Tracy Chang's first restaurant, Pagu, Japanese for “pug,” opened in 2017 to high expectations. Chang’s resume include stints at a Michelin three star restaurant in Spain and the widely acclaimed O Ya. The dining space highlights the open kitchen, along with a lascivious leg of Iberico ham on the counter.

We started with the curry crab croquette ($12), one of many Spanish tapas with Asian influences on the menu. The Japanese korokke crust of the potato croquette was crunchy, filled with delicious coconut curry and crab.

Chang cofounded the Guchi Midnight Ramen pop up, sparking ramen fever in Beantown. The ramen ($16) uses homemade noodles for a chewy texture without being soggy. Deeply flavorful broth is not oily but combines pork, chicken and dried shiitake broth for a rich broth that is not overly spicy. The service was attentive and the server provided thoughtful suggestions.

The Pagu hibiscus lemonade ($5) was refreshing without being overly tart. The glass of milk complemented the buttery richness of black cod, cooked perfectly in shiro miso.

We shared a small plate of the amazing 51's jamon iberico ($16), cured 36 months from pigs fed exclusively acorns. The XO gai lan or Chinese broccoli ($7) had a generous portion of crisp stalks flavored with Cantonese XO sauce. The sauce made from dried scallops, dried shrimp and chili punched up the umami flavor.

The crispy octopus ($15) was expertly fried without being tough. Artfully arranged rojo mojo sauce, made from garlic and paprika, and black squid ink tuille added a lovely visual appeal.

The Josiah Quincy School’s FIRE Quartet won the Boston Public Schools Got Talent Contest on June 15. FIRE's members are part of the Boston String Academy, a nonprofit organization that promotes engagement in music making by providing string instrument instruction to city youth. FIRE represents the Josiah Quincy School’s values: “Focus. Integrity. Respect. Empathy.”

With other professional credits at NSMT, Lyric, Wheelock, he already has acting chops to hold his own with older scene partners. His sheer joy when flying particularly in the cavernous venue is priceless. As standbys, Choi-Harris and Fitzgerald deserve credit for performing technically demanding roles seamlessly. The ensemble includes excellent dancers (notably Tiger Lily Victoria Byrd) and storytellers. In this production the ‘Indians’ were ‘Neverlanders’, a culturally sensitive nod, but not fully realized in costume choice. But there weren’t headaddresses and Ugh-a-Wug was toned down.

“Anything Goes” ended its run July 15, with “The Music Man” coming up.

“Peter Pan” will play until July 22, with “Mamma Mia” to run August 7 to Sept. 2. “Mamma Mia” to run August 7 to Sept. 2.