Tufts Medical Center, AAC& F "build career pathways for hospital employees

BY VALERIE LI

For many foreign-born workers in the medical field, not having enough time to take English classes is an issue. However, Tufts Medical Center came up with a solution. With the Asian American Civic Association (AAC& F), Tufts Medical Center provided English for speakers of other languages (ESOL) classes for its staff in July 2018 at its Boston campus.

“AAC& F and Tufts Medical Center have a partnership spanning several decades,” said Justin Wang, AAC& F’s executive director. “We place education coordinator and instructor, ‘Our proximity facilitates collaboration on several current projects. AAC& F previously provided ESOL and adult basic education classes to Tufts Medical Center employees for seven years and we are delighted to offer the classes again.”

Tufts employees in the ESOL program celebrated graduation on Nov. 29 and Nov. 30. “I only speak one language and I’m so proud of our employees’ phenomenal effort. Hats off to all of them,” said Bradley Michael, department of hospitality manager at Tufts Medical Center.

Originally from El Salvador, Jose Fredy Flores spent two years working long shifts, without time to learn English. “I used to take classes in other language schools but it became very difficult for me, because work was always so busy,” Flores said.

“It is a beneficial program for people with full-time jobs who want to improve their English skills with limited time and money,” said Chris Mecoli, program instructor. “It is also a good way for me to help them improve the quality of their lives and find better work opportunities.”

“This English class is a great opportunity. Chris helped us practice ‘horse’ and ‘house’ until my jaw cramped,” said Yali Zhang, a research fellow.

We designed the classes to fit with the employees’ work shifts so it’s convenient for them to attend class,” Wang said. “Also, we contextualize the curriculum to what the students need and want to learn.”

For many, improving their English is the first step for them in advancing their careers.

Francisca Rodriguez has worked at Tufts Medical Center for 21 years.

“Teacher Chris and Justin’s classes are always so much fun. Everyone is interested to attend,” Rodriguez said. “The classes are convenient for me to work and study at the same time.”

Chinatown celebrates Christmas at Wang Y. Tai Tung Village

BY VALERIE LI AND LING-MEI WONG

Tai Tung Village and ACCESS held a Christmas tree lighting event on Dec. 1 in Chinatown. (Image courtesy of Valerie Li)

Tai Tung Village and American Chinese Christian Education & Social Services (ACCESS) held a Christmas tree lighting event with music and dance performance on Dec. 1 in Chinatown, Boston. The Wang YMCA of Chinatown celebrated its 34th annual Christmas and holiday party Dec. 2 with more than 700 underserved children.

Tai Tung Village residents attended the event. They donated food and socks for the Pine Street Inn.

“This is our first time doing the food drive. I think it is a good way to give and help each other,” Tai Tung Village property manager Fong Cheong said.

Tai Tung Village is a public housing complex for 600 residents.

At the Wang Y, every child received a wrapped gift, played games, had their faces painted and visited with Santa. A Chinese food buffet was provided by the Wong family of Kowloon Restaurant and other neighboring Chinatown restaurants.

Rep. Donald Wong of Saugus greeted everyone.

Chinese New Year wishing tree at the Quincy Festival. (Image by Phoenix Tso.)
Event Calendar

Dow Fund dinner
Friday, Dec. 7
6 p.m. to 9 p.m.
9 Tyler Street
Boston, MA 02111
The Harry H. Dow Memorial Legal Assistance Fund dinner will take place at China Pearl in Boston. RSVP at www.dowfund33.eventbee.com.

Mulan Society classes
Dec. 8, 10
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women’s Empowerment will take place Mondays at 11 a.m. and Saturdays at 1 p.m. at the Asian American Civic Association. Register with Kiki Tsang at (617) 426-9492 x 251 or ktsang@aaca-boston.org.

Free meditation class
Sundays, Thursdays
9:30 a.m. to 11:30 a.m.
90 Tyler Street
Boston, MA 02111
Free meditation classes will take place Mondays at 11 a.m. and Tuesdays at 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.

Wives and mothers of smokers group
Monday, Dec. 10
2 p.m. to 3 p.m.
87 Tyler Street
Boston, MA 02111
A group for wives and mothers of smokers will take place at the AACA.

English conversation group
Every Tuesday and Wednesday
11:30 a.m. to 1 p.m.
99 Albany Street
Boston, MA 02111
An English conversation group will take place at the Pao Arts Center.

English-Mandarin conversation group
Tuesday, Dec. 18
1 p.m. to 2:30 p.m.
2 Boylston Street
Boston, MA 02116
Come practice English and Mandarin at the Chinatown branch library.

Workforce training assessment
Tuesday, Dec. 18
12:45 p.m. to 1:45 p.m.
2 Boylston Street
Boston, MA 02116
Bring your own mat for free yoga at the Chinatown branch library.

CCCS winter concert
Saturday, Dec. 15
7:30 p.m.
1555 Massachusetts Ave.
Cambridge, MA 02138
The MIT Cambridge Chinese Choral Society will present its “Ancient Poetry, New Melodies” concert at Harvard-Epworth United Methodist Church. Tickets $10 by Dec. 10 or $15 at the door. For tickets, email contact@cccsorg or call (617) 615-6108.

Free music lesson group
Tuesdays
2:30 p.m. to 4 p.m.
2 Boylston Street
Boston, MA 02116
Come practice English with adults at the Chinatown branch library.

Free health care service
Every Tuesday
6 p.m. to 8 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148
The Sharewood Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area.

Free service clinic
Thursdays
9 a.m. to noon
244 Harrison Street
Boston, MA 02111
Enhance Asian Community Health will help people at American Chinese Christian Educational & Social Services with health insurance and benefits. For appointments, call EACH at (857) 472-3224.

The Chinatown Coalition meeting
Thursday, Dec. 13
9:30 a.m.
38 Ash Street
Boston, MA 02111
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center. The public is welcome to attend. For more information, visit tcchistory.org.

A conversation on innovation & gentrification
Thursday, Dec. 13
11:30 a.m. to 1 p.m.
75 Arlington Street
Boston, MA 02116
A panel discussion on innovation and gentrification will take place at the Boston Foundation. RSVP at https://bit.ly/2BFywuUI.

Free yoga class
Thursday, Dec. 20
12:45 p.m. to 1:45 p.m.
2 Boylston Street
Boston, MA 02116
Bring your own mat for free yoga at the Chinatown branch library.

Chinatown/South Cove Neighborhood Committee meeting
Monday, Dec. 17
8:30 p.m.
90 Tyler Street
Boston, MA 02111
Attend testing for the AACA’s English classes for college or job training. For more information, call (617) 426-9492 x 250 or email intake@aaca-boston.org.

Chinatown/South Cove Neighborhood
Committee meeting
Monday, Dec. 17
9:00 a.m.
90 Tyler Street
Boston, MA 02111
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend. For more information, email ccbawestresidents@gmail.com.

Chinatown Nat’l Action Committee meeting
Wednesday, Jan. 3
12:00 p.m.
2 Boylston Street
Boston, MA 02116
The Chinatown Nat’l Action Committee meeting will take place at the Josiah Quincy Elementary School cafeteria. The public is welcome to attend. For more information, email chinatownresidents@gmail.com.

CCBA meeting
Tuesday, Jan. 23
9:30 a.m. to 11:30 a.m.
288 Washington Street
Quincy, MA 02169
All are welcome to attend at South Cove Manor at Quincy Point. Seminars will be presented in Chinese and English. For more information, call Stanley Thang at (617) 423-0590.

Free immigration clinic
Wednesday, Dec. 19
8:00 a.m. to 12:00 p.m.
1 City Hall Square
Boston, MA 02201
The Mayor’s Office for Immigrant Advancement offers free private immigration clinics at the Boston City Hall Room 806.

Breakfast seminar
Thursday, Dec. 20
9:30 a.m. to 11:15 a.m.
120 Shawmut Street
Boston, MA 02118
All are welcome to attend at the Boston Chinese Evangelical Church auditorium.

Free Christmas meal
Tuesday, Dec. 25
Noon to 2 p.m.
77 Salem Street
Malden, MA 02148
Bread of Life will serve a free Christmas meal at Malden High School.

Chinese New Year Celebration
Saturday, Jan. 26
1 p.m. to 5 p.m.
77 Salem Street
Malden, MA 02148
The Chinese New Year Celebration with Chinese Culture Connection will take place at Malden High School.

First-time homebuyer classes
Jan. 26 to 27, 2019
38 Oak Street
Boston, MA 02111
ACDC offers HH101 classes in English and Chinese at the Metropolitan. Each session is a nine-hour class over the course of a two-day weekend. Tuition is $50; $25 for Boston residents. Sign up for a workshop, graduate and receive a certificate, and become eligible for discounted mortgage products. Registration required, by calling (617) 482-2380 x 208 or 202, emailing CHOP@asiancdc.org or visiting https://www.asiancdc.org/hh101.

Job Posting
Mass Senior Action Council
Hiring Cantonese Interpreter for Malden Daytime hours - both verbal and written Reliable, and proficient in both English and Cantonese
Send resume or to inquire about position email: Pedwards@MassSeniorAction.org
December 7, 2018

Sampan

BY LING-MEI WONG

ASCEND New England held its annual Inspiring Across Generations conference “Now is the Time” on Dec. 1 at Boston College High School. About 160 people registered for interactive and inspiring workshops organized by ASCEND, an Asian American networking group for finance professionals.

Madge Meyer, former executive, author and founder of Madge Meyer Consulting, spoke about her experience as a Chinese-American woman in her professional career. “Always speak up, ask good questions, have good suggestions,” Meyer said. “It’s important to listen well.”

Lauren Cheung, filmmaker and animator based in New York City, spoke on her “Remodel Minority” film shorts on Pan-Asian stereotypes. (Image courtesy of Ling-Mei Wong.)

ASCEND conference inspires
Asian American professionals

Asian American journalists share stories

BY JINGFEI CUI

A panel of Asian American journalists took place Nov. 29 at the Pao Arts Center. (From left: Michael Yoshida, Young-Jin Kim. Image courtesy of Yiyan Zheng.)

“A Demystifying the media” panel featuring five working Asian American journalists took place Nov. 29 at Pao Arts Center, to encourage diversity and support aspiring journalists. They shared their personal and professional experience at the event organized by Asian American Journalists Association New England with Bunker Hill Community College.

Nicole Duncan, investigative reporter from the Boston Globe’s Spotlight team, spoke about uncovering injustices in reporting for the team. Michael Yoshida, news reporter for WHDH, spoke about the power of visual expression in television news. Young-Jin Kim, social media editor at NBC 10 Boston, works to produce things people enjoy viewing.

“There are stories which deserve to be known, but would not have space in traditional print media,” said Ben Watanabe, digital senior editor from New England Sports Network (NESN.) Early in his career, he told longer stories through his blog. Ling-Mei Wong, editor of Sampan Newspaper, spoke about working on a community newspaper compared to a mainstream media outlet. “I am going to continue to stay plugged into my community, even though I have my dream job,” said moderator and NBC 10 anchor Joy Lim Na- kri. “I am going to go to these places where I know there are untold stories, stay in touch with people whose stories haven’t been told, or not told enough.”

Changing affirmative action policy will impact racial inequality, study finds

BY VALERIE LI

Sociologist Van C. Tran presented his findings on Asian Americans and affirmative action policy Dec. 4 at the Massachusetts Institute of Technology for International Studies, amid growing tensions over a lawsuit against Harvard University for admission bias.

The affirmative action policy was put in place under U.S. President Lyndon B. Johnson’s executive order in 1965 to favor those who tend to suffer from discrimination, especially in relation to employment and education.

Tran’s quantitative analysis finds Korean Americans are the most supportive of affirmative action whereas Chinese Americans are the least supportive among Asian Americans. “The Chinese Americans make up the largest Asian American group in the United States at about 20 percent,” said Tran. “They are also the most polarized with the biggest income gap. That is why some are very conservative and some are very progressive with liberal thinking like Sally Chen, the student who testified for Harvard.”

Tran mentioned some groups spread false information. His results showed in Asian American communities, the more people think of African Americans as intelligent, the more they will support affirmative action.

Nine tips for your resume

BY ADEN MAKRIS

Crafting a strong resume is a key step for finding a job. (Image courtesy of Flickr user Amtec Photos.)

Crafting a strong resume is one of the most important steps for finding a job. However, the standard American resume format might be different than what immigrants from other countries are accustomed to. It is critical to know what to include and what to avoid. Your resume should be professional, not personal. Here are some essentials.

Resume do’s
1. Be organized and consistent
   - Design and presentation are crucial. Your resume should be neatly typed and well spaced. Avoid an e-mail address that may come off as unprofessional.
2. Keep it professional
   - Your resume should highlight your job-related strengths and skills. List your work, school and volunteer experience. Include your title, dates of employment, your work duties, and relevant accomplishments.
3. Contact information
   - Make sure you include a neutral e-mail address that you check regularly.
   - Avoid an e-mail address that may come off as unprofessional.
4. Summary
   - Include a short summary about yourself to explain why you are the perfect candidate for the job. Briefly state your skills, experience and the position you are applying for.
5. Be on topic
   - Your resume should emphasize your most relevant experience to the position you are seeking. It is a good idea to first craft a base resume, and modify it to fit specific needs. Focus on the positive to strengthen your case.

Resume don’ts
6. Social Security Number
   - Be extremely careful sharing your SSN. To reduce the risk of identity theft, it should never be included on your resume.
7. Personal information
   - Never include your age, race/ethnicity/religion, weight/height, gender/orientation, or family/marital information. None of that matters in the job-seeking process.
8. Hobbies and personal interests
   - Some guides will advise to include your hobbies and interests. This is actually a bad idea. Listing your hobbies is unprofessional and irrelevant.
9. Personal photos
   - Unless you are applying for a job in modeling or entertainment, you should never send a picture with your resume and job application.

Job Posting

Technology Specialist

Wellesley Public Schools seeks a full time Technology Specialist to provide software, hardware technical support for classroom teachers, students and staff.

The successful candidate will have the ability to navigate Macintosh OS, Windows, and mobile platforms and understand the set up and implementation of hardware peripherals and cabling such as speakers, projectors, scanners, Elmos, and SMARTboards.

For additional information about the position and to apply online visit the employment opportunities section of Wellesley Public Schools’ website at www.wellesleyps.org. Wellesley Public Schools offers an excellent benefit package including a defined benefit pension plan and is accessible by public transportation.

Wellesley Public Schools is an Affirmative Action/ EEO Employer
Affordable Housing Lottery

Emery flats
20 Presidential Way, Woburn, MA

Studies @ $1,307*, 1BRs @ $1,386*, 2BRs @ $1,666*, 3BRs @ $1,925

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

The program mix at Emery Flats will feature a fitness center, outdoor pool and deck, lounge, pet spa, and package concierge. Units at Emery Flats will feature high ceilings, vinyl plank flooring, and quartz countertops. Emery Flats is part of MetroNorth Corporate Center, a 1.3 million SF master-planned campus and is located immediately north of exit 37C on I-93 and approximately a half mile east of the Anderson Regional Transportation Center (MBTA commuter rail station only 25 minutes to Boston’s North Station).

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)

Completed Applications and Required Income Documentation must be received, not postmarked, January 4, 2019

A Public Info Session will be held at 4:00pm November 29th, 2018 at the Council Chamber at Woburn City Hall (10 Common Street). The Lottery will be held at 5:00pm on January 21st, 2019 at the same location.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.cityofwoburn.com/lottery or call 781-752-4900 (TTY) and leave a message. For TTY Services dial 711. Free translation available.

Applications and Information also available at the Woburn Public Library (36 Cummings Park, Woburn, MA). Library Hours (Mon-Thurs 9 AM-8PM, Fri, Sat 9 AM-5 PM, Sun, closed).

Chinatown youth honored by Mayor Walsh at We Are Boston gala

BY VALERIE LI

The We Are Boston Gala took place Nov. 27 at the Boston Park Plaza Hotel. Boston Mayor Marty Walsh presented four awards to organizations and individuals who championed diversity and cultural heritage as part of their work and charitable activities. The honorees include Red Sox manager Alex Cora, the Museum of Fine Arts, financial firm KPMG, and two Boston youth, Lenityl Ferrere and Lina Huang.

Cora, rookie manager of Boston Red Sox, led the team with a historical 108 wins into the postseason and eventually beat L.A. Dodgers to win the World Series Champion title this year.

Most recently, Huang participated in Asian Community Development Corporation’s (ACDC) ThinkChinatown project that unveiled a mural to shed light on gentrification in historical neighborhoods.

Two Boston youths with immigrant backgrounds received this year’s Youth Action Award. Originally from Cape Verde, Dearborn STEM Academy senior Lenityl Ferrere excelled in all subjects and attended college-level classes at different universities, including Duke University and UMass Boston.

Lina Huang was born and raised in Chinatown, Boston. After moving to Charlestown in her early teenage years, she started to volunteer at community organizations such as Asian Task Force Against Domestic Violence and Boston Chinatown Neighborhood Center.

“We grew up in a Toishanese-speaking household. Living in Chinatown made me worried about losing my cultural identity. That’s what drove me to the organizations in Chinatown so I can reconnect with my culture,” Huang said.

Boston Chinatown Youth Action Award recipients: "We are trying to involve the community as much as possible,” said Al-exandra Oliver-Davila to the dozens of attendees, requesting feedback from families in Chinatown.

In addition to the meetings, there is an online survey and information website translated in 11 languages. The survey is designed to be simple.

Committee members asked attendees to write their thoughts on sticky notes about certain questions, such as the strength of previous superintendents, the challenges people face, and the qualities a competent superintendent should have.

Attendees reiterated the importance of family engagement, information distribution and translation services. As several Chinese parents did not know about the abrupt leadership transition, they urged for greater transparency.

Chinese language involves many issues, such as traditional and simplified Chinese characters in writing, and speaking Mandarin and Cantonese, which have made the bilingual education programs complicated.

Attendees hoped the next superintendent would be sensitive to the diversity of the community and have the proper educational background.

Neighborhood council reelects four members, adds three new councilors

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council election took place Nov. 25 at Santander Bank. (From left) Councilors Man Ho Chan, Ruth Moy, Paul Lee, Lili Mei, Felix Liu, Pamela Lee, Bill Moy. (Image courtesy of Ling Mei Wong.)

The Chinatown/South Cove Neighborhood Council (CNC) election took place Nov. 25 at Santander Bank. Seven councilors were elected to three-year terms, with 225 votes.

Councilors reelected were Felix Liu in the agency category, Nick Chun in the business category, and Pamela Lee and Lili Mei in the resident category (previously other). Andy Wu, Linda Chu and Liang Zhang filled vacancies for councilors James Chan, Shirley Lee and Raymond Ptau. Wu represents the resident category, while Chu and Zhang are in the other category.

Asian American residents in Massachusetts older than 16 were eligible vote in the CNC election. The 21 councilors are currently elected five in the resident category, four from businesses, four from organizations, four from agencies and four in the other category.

Chinatown parents emphasize bilingual education at superintendent search meeting

BY JINGFEI CUI

A listening session for the next Boston Public Schools superintendent took place Nov. 19 at Josiah Quincy Elementary School. Organized by the search committee, this was the second event among a series of listening sessions.

BPIS Interim Superintendent Laura Perille has stated she will not serve as the permanent superintendent. She replaced Tommy Chang in July, who stepped down in June after serving three years.

“We are trying to involve the community as much as possible,” said Al-exandra Oliver-Davila to the dozens of attendees, requesting feedback from families in Chinatown.

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Chinatown crime blotter for Nov. 16 to Dec. 7

BY THE BOSTON POLICE DEPARTMENT

Police Department. The time period is from Nov. 16 to Dec. 7 for District A-1, which includes Chinatown.

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

Assault & battery
Nov. 17, 7:35 a.m.: The victim reported while walking on Harrison Avenue, he was assaulted by a group of unknown Asian males. The victim was transported to the hospital for treatment of facial injuries. The suspects fled the scene.

Assault & battery
Nov. 19, 4:53 p.m.: The victim reported while playing mahjong on Beach Street, he was assaulted by an unknown Asian male. The victim declined medical treatment.

Hit and run property
Nov. 20, 10:35 a.m.: The victim reported unknown person struck his motor vehicle that was parked and locked on Kneeland Street and fled the scene.

Assault & battery
Nov. 22, 7:23 a.m.: The victim reported while playing mahjong in an apartment on Harrison Avenue, he was attacked by an unknown Asian male. The victim was transported to the hospital by ambulance for treatment. The incident is to be further investigated by district detectives.

Shoplifting
Nov. 25, 3:36 p.m.: The victim reported two males entered the store on Washington Street and removed several items.
Chinatown meeting roundup: CCBA, CSC, CRA
BY LING-MEI WONG

The Chinese Consolidated Benevolent Association met Nov. 27 at 90 Tyler Street. Matthews Seta (right) became English secretary, with president Paul Chan on the left. (Image courtesy of Ling-Mei Wong.)

The Chinese Consolidated Benevolent Association (CCBA) board of directors met Nov. 27 at the 90 Tyler Street headquarters. Matthew Seta was nominated to become English secretary, replacing Susan Chu. Seta stepped down as a director representing American Legion Chinatown Post 528.

The directors voted to hire Chu as executive director to oversee its construction projects at the Sept. 25 meeting. Chu started on Nov. 1 and left her job as an attorney.

CCBA owns five properties in downtown Boston: Tai Tung Village, Tremont Village, Waterford Place, 90 Tyler Street and 50 Herald Street, currently leased to supermarket C-Mart. Two of the five sites are undergoing the planning process for redevelopment at 50 Herald Street and Tai Tung Village’s south parking lot.

The CCBA is an umbrella organization for 35 family associations and community groups, and Chinese Consolidated Benevolent Association (CCBA) board of directors met Nov. 27 at 90 Tyler Street.

The Chinatown Safety Committee meeting took place Dec. 5 at the Double-Tree Hotel.

A Chinatown massage parlor was one of four sites for human trafficking and prostitution, with Boston woman Dan T. Zheng arraigned Dec. 6. The Rose Health Spa on Harrison Avenue was found to be a front for prostitution after a six-month investigation. Six women were alleged trafficking victims at the four massage businesses operated by Zheng in greater Boston.

Joseph Quincy Elementary School Principal Cynthia Soo Hoo gave an update on safety concerns at the school. “We are still looking to put in some sort of gate for the Washington and Marginal entrances, as our rooftop playground is open,” she said.

Moxy Hotel Downtown sought community support for its alcohol and food license application. The hotel at 240-242 Tremont Street is slated to open mid-2019.

The Chinatown Resident Association meeting took place Dec. 5 at the Josiah Quincy Elementary School.

Moxy Hotel Downtown gave a presentation for its alcohol and food license.

ACDC opens 51 affordable units, expands to Malden
BY VALERIE LI

The Asian Community Development Corporation (ACDC) held an annual meeting on Nov. 14 at the Metropolitan. Community members and elected officials attended the event.

Deputy executive director Hamilton Ho presented the agency’s progress for the past year. “This August, we welcomed 51 new families into the homeownership condo units at 88 Hudson Street in the heart of Chinatown,” Ho said.

Along with developing affordable housing, ACDC also offers homeownership classes, youth programs and matched savings program to help home buyers finance their homes.

“Because of Asian CDC, I learned how to budget my spending, to read my W-2 form, and to build up my credit score,” said Fan Xuehua, a matched savings client.

This year, ACDC’s accomplishments include a new Malden location, the renovation of Oak Terrace, submitting an affordable housing proposal for Parcel 12, and affordable housing preservation in Quincy.

The Eastonale Cottages
121 Pine Street, Easton MA
Affordable Housing Lottery
www.s-e-b.com

5 2BR Single Family Homes for $162,100 to $169,400
($237-$288/mo HOA fees)

2 1BR Single Family Homes for $144,500 ($253/mo HOA fees)

The first affordable homes will be ready in April/May 2019.

This is a lottery for the 7 affordable homes being built at the Eastonale Cottages. These homes will be sold at affordable prices to households with incomes of 80% of the area median income.

The 1BR homes are 984 square feet and the 2BR homes range from 1,060 to 1,279 square feet. All homes feature full basements, AC, vinyl flooring in the bathroom and laundry area, carpet in living areas, hallways and bedrooms. All homes feature a garage parking spot.

Maximum Household Income Limits:
$39,260 (1 person); $44,850 (2 person); $50,440 (3 person); $56,030 (4 person)

The Maximum Household Amount is $75,000.

Applications

Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on January 14, 2019.

A Public Information Session will be held at 6 pm on December 5, 2018 in the Quest House First Floor Presentations Commons Room (33 Main St, Easton).

For more information on the Development, the Units or the Lottery and Application Process or for reasonable accommodations for persons with disabilities, please visit: www.s-e-b.com/lottery or call (617) 782-6900 (x1)

Applications and Info Packets also available at the Ames Free Library on 53 Main Street (M+Th+F 11-5, Tu+W 11-8, Sa 10-2) and Hyannis Public Library located at 401 Main Street (M-F 11-8, Sa 10-11:30, Su 1-5) and 265 Communication Way, Hyannis MA (Hours: M-Th 10-8, F-Sa 10-5).

Affordable Housing Lottery
The Everleigh Cape Cod, Luxury Apartments
For Residents Aged 55 or Older
265 Communication Way, Hyannis MA

1 BRs @ $1,014*, 2 BRs @ $1,123*
(A) have incomes at or below 65% of the Area Median Income  AND (B) have at least one household member age 55 or older.

Maximum Affordable Income Limits are:
$32460 (1 person); $42250 (2 person); $47250 (3 person);
$56000 (4 person)

Everleigh Cape Cod, located at 265 Communication Way in Hyannis, Massachusetts, is Cape Cod’s first active adult independent living community. Its 15% apartment homes offer a 1,000 square foot club houses and an array of concierge services such as social hours and culinary experiences, continental breakfast, fitness classes and more. The property features an array of amenities including a great room, resident lounge, pool lounge, fitness center and yoga studio, hair and nail spa, library, game room, creative art studio, theatre media center and pet wash with washing station. Everleigh Cape Cod additionally offers an extensive outdoor amenity area with a swimming pool and sun-deck, dog park, bocce ball court, pickle-ball court, dog wash pump, and community garden.

Applications for Everleigh Cape Cod will have modern kitchens with GE stainless steel appliances, quartz countertops, tile backsplashes, and island kitchens for extra prep space. The units are stylishly appointed with wood floors in living spaces and plush carpeting in bedrooms, individually controlled heating and air conditioning systems, in-suite washers/dryers, ample bins storage and spa-quality bathrooms.

Everleigh Cape Cod is a pet-friendly community, professionally managed by Greystar.

Completed Applications and Required Income Documentation must be delivered, or postmarked, by 2 pm on January 4, 2019.

Applications postmarked by the deadline must be received by no later than 5 business days from the deadline.

A Public Information Session will be held at 6 pm on November 20, 2018 at the Selectmen’s Committee Room, on the 2nd Floor of Renfrew Hall and the Lottery on January 15, 2019 in the Heating Room on the 2nd Floor at Renfrew Town Hall (87 Main St, H 02651)”.

For Lottery Information and 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.

For TTY Services dial 711. For Monadnock Easton call (617) 484-0700.

Applications and Info Packets also available at:
Shriners Hospital Library located at 300 Main Street (Hours: M, W, T, Th 9-11, F 11-8, Sa 9-6 and 11-4) and Hyannis Public Library located at 401 Main Street (Mon-Th 10-11:30, Tu-W 11-8, Sa 10-11:30 and Planning & Development Department on the 3rd Floor of Renfrew Town Hall.

The Asian Community Development Corporation held an annual meeting on Nov. 14 at the Metropolitan. Deputy executive officer Hamilton Ho gave a presentation about the agency’s achievements. (Image courtesy of Valerie Li.)

**American Lung Association urges flu vaccine to save lives**

**BY AMERICAN LUNG ASSOCIATION**

According to the American Lung Association, the influenza or flu is not just a bad cold, but a serious and contagious respiratory illness, and can be fatal. In fact, the Centers for Disease Control and Prevention report that last year more than 80,000 Americans died of the flu, the highest number in over a decade. Influenza vaccination is the best way to protect yourself and to reduce the spread of the flu. "Flu vaccination is essential for not only your health and life, but also for those around you who are more susceptible to the effects of the flu — young children, older adults and those with weakened immune systems," said Amber Pelletier, director of health promotion for American Lung Association in Massachusetts. "National Influenza Vaccination Week is a great reminder to get to your local pharmacy, health department or healthcare provider to get the flu shot."

The CDC recommends that everyone 6 months and older get an annual influenza vaccination. Vaccination against the flu is especially important for pregnant women, people age 50 and older and those with chronic health conditions including asthma and chronic obstructive pulmonary disease, as they are at a higher risk of developing influenza-related complications.

The flu season begins as early as October and usually peaks around January or February. For National Influenza Vaccination Week from Dec. 2 to 8, the American Lung Association is encouraging everyone to get vaccinated. "During National Influenza Vaccination Week, get your annual flu vaccine," Pelletier said. "It might be the most important gift you give yourself and those around you this holiday season."

Learn more about the flu and flu vaccinations at Lung.org/flu.  

**FDA wants to ban menthol cigs. Why not all cigarettes?**

**BY ACTION ON SMOKING AND HEALTH (ASH)**

FDA Commissioner Scott Gottlieb announced his intention to begin the process for banning the sale of menthol cigarettes on Nov. 15. Action on Smok- ing and Health (ASH) applauds this move. Menthol was left out of a cigarette flavor ban in 2009, and the result is that African Americans smoke menthol cigarettes at a much higher rate — and suffer the consequences — than the general population. But it’s long past time to think about doing away with ciga- rettes altogether. As Stanford Univer- sity’s Robert Proctor put it in his book “Golden Holocaust,” “the cigarette is the deadliest artifact in the history of human civilization.”

The addition of menthol makes that first cigarette easier on the throat, making inhaling easier and increasing nico- tine addiction. Menthol brands have been heavily marketed to African Ameri- cans, resulting in nearly 9 out of 10 Af- rican American smokers using menthol cigarettes. "The African American com- munity has been perniciously targeted by the tobacco industry for decades," said Carol McGruder, co-chair of the African American Tobacco Control Leadership Council. “It’s an outrage.”

Cigarettes still cause nearly 500,000 deaths in the U.S. annually, over one fifth of all deaths. More than half of all long-term smokers die much younger be- cause of it. And it’s not just smokers that become victims. Tens of thousands of people die from exposure to secondhand smoke, read one of many stories here. And the cost to the economy — mostly borne by taxpayers — is another $33 billion a year. The cigarette is unreason- ably dangerous.

As a society, we have become numb to the harm caused by cigarettes, thanks largely to a century-long tobacco indus- try public relations campaign to normal- ize smoking. But take a step back, and imagine a new product coming on the market tomorrow that is highly addic- tive and deadly when used as intended. It would be removed from the shelves im- mediately. Ask yourself another question: at what age do I want my kids to start smok- ing? The answer for nearly everyone is obviously “never.” Most smokers want to quit and wish they had never started. Nearly all made the “choice” to smoke that first cigarette as children; by adult- hood, they were already addicted.

“The mass marketing of cigarettes, a highly sophisticated, addictive and de- fective nicotine delivery device that kills over 7 million people globally every year, is an abuse of corporate power and a human rights violation,” said Laurent Huber, executive director of ASH. “Banning smoking is a step in the right direc- tion, but it is time to go one step further and phase cigarettes out of the market to prevent millions of unnecessary deaths.”

The FDA was precluded from ban- ning tobacco sales when it was finally given authority over tobacco products. But all the states and many local juris- dictions are empowered to end the sale of cigarettes and protect the lives of their citizens. “It’s now within reach,” Huber said. “With the stroke of a pen, com- munities can end the No. 1 preventable cause of death and disease.”

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Harvard Pilgrim is proud to support the Asian American Civic Association.

harvardpilgrim.org
Restaurant review: El Peñol serves top-notch Colombian cuisine

BY VALERIE LI

Tucked away on a narrow street in East Boston, El Peñol cooks authentic Paisa food, from the mountainous region of Medellín, Colombia. The restaurant pulls in homesick expat Colombians. For main courses, we tried the trucha gratinada ($14.50), or grilled trout covered with cheese. I never thought white fish could work so well with cheese on top! The cheese didn’t overpower the freshness of the fish and the seasoning was on point.

We shared the bandeja paisa ($12.50) mountain dish, which was a generous portion. The dish featured red beans cooked with pork, white rice, carne molida (ground meat), chicharrón (fried pork rind), fried egg, plantain, chorizo, arepa, hogao sauce, black pudding, avocado and lemon. The plate is plenty for two or three people.

If you don’t have a huge appetite but still want to sample everything, I recommend the cazuela paisa ($11). It is basically a smaller portion of the bandeja paisa.

For starters, we had arepas with cheese ($3). Arepas are a traditional Colombian street food. They are normally served hot with soft cheese, but some variations add chorizos, chicharrón or other meats.

For dessert, we shared the popular postres de las tres leches ($4.50). The soft sponge cake was soaked in three different milks: condensed milk, evaporated milk and heavy cream. It is a rich and creamy cake, topped with whipped cream and chocolate.

The restaurant is always packed, so plan a trip after peak times. Otherwise, you could end up in line for up to an hour.

El Peñol translates to “the peak,” or a giant stone called the Rock of Guatapé outside of Medellín in central Colombia. In East Boston, this standout restaurant showcases the diversity of Colombian cuisine beyond beans, rice and plantains.

Restaurant review: El Peñol

BY VALERIE LI

El Peñol
54 Bennington Street
East Boston, MA 02128
(617) 569-0100

The second annual Berklee China-U.S. Music Summit took place at Berklee College of Music Dec. 1 to Dec. 2. More than 20 renowned musicians and senior executives from China participated in a series of cross-cultural panels on topics such as copyright laws, artist management and music technology in China.

Presented by Berklee’s Chinese Music Industry Club and the Chinese Students and Scholars Association, the event provided insights into the future of the music industry in China and identified new opportunities for collaboration.

New York University music business student Sicong Li came all the way from New York to attend the summit. The international student plans to return to China to work in artist promotion on streaming media platforms.

“I feel grateful. It is a valuable experience in my career development,” Li said. “Before I fully dive into the industry, I can directly talk to these mentors from China’s leading music companies and social media platforms.”

Billy Koh, founder and former CEO of Ocean Butterflies, has produced music and mentored Kit Chan, JJ Lin, A-Do and other singers. During the session “Make hits for four decades: The anatomy of A&R,” Koh shared insights on music style, songwriting and artist cultivation.

The summit concluded with a concert at the Berklee Performance Center. Chinese singer Tia Ray and Berklee students performed soul-pop, R&B, funk and jazz. Ray debuted at “I Am a Singer,” a Chinese singing competition reality show in 2012 and became popular. She is hailed as the soul-pop queen of contemporary China.


Berklee gathers Chinese pop music industry leaders in Boston

BY YIYAN ZHENG

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