In Quincy condo boom, demand for affordable housing exceeds supply

BY VALERIE LI

South Shore resident Yuenan Ding settled in Weymouth after being priced out of Malden. “The rent now costs us 30 percent of our income, much cheaper than where we were before,” she said.

Like many young couples who want to start a family near public transit, Ding is on the fence about purchasing a permanent home on the South Shore.

For home buyers looking for a place to raise a family, there aren’t enough options.

Quincy resident Idae Wahng agreed. “The core problem is the influx of housing, but all the housing comes in a form of luxury condos,” said Lena Lau, broker and owner of Union Real Estate.

Quincy resident Idae Wahng agreed. “The core problem is the influx of housing, but all the housing comes in a form of luxury condos,” said Lena Lau, broker and owner of Union Real Estate.

The state level, legislators on Beacon Hill are looking into restoring rent control to ease the housing crisis.

“I remembered the 1994 ballot went through when I was in college,” said Rep. Tackey Chan. “There was a big debate on whether to prohibit landlords from raising rent. I think it really depends on the mechanism of the new bill, so it ensures landlords can maintain high quality and affordability for the units they rent out.”

CONTINUED ON PAGE 7

AARP基金会Tax-Aide计划是全国最大的免费税务协助及报税服务，（图片来自莱莉）

BY LING-MEI WONG

The only English-Chinese newspaper in New England

April 5 - 18, 2019

Happy New Year!

Sampan publishes every other Friday.
For more news, please visit Sampan.org

Civil rights groups: 2020 Census must be fair and accurate

BY THE LEADERSHIP CONFERENCE EDUCATION FUND

Civil rights leaders and census experts held a press call March 28 to elevate the importance of a fair and accurate 2020 Census. April 1 marked one year from Census Day, when the census will be in full swing. The U.S. Constitution requires a census every 10 years to ensure equal representation for all communities. Census data also influence the allocation of more than $880 billion in federal resources. It is imperative that the government counts every person in our country equally well.

“The Day of Action is an important opportunity to raise awareness about the upcoming count and educate communities about how census data impact our daily lives and our voice in democracy,” said Vanita Gupta, president and CEO of The Leadership Conference Education Fund. “While the census may have political consequences, its conduct must be strictly nonpartisan and non-political. This count is the bedrock of representative democracy.”

“Given the importance of Census 2020 in distributing billions of dollars in federal funding and the allocation of political power to communities across the country for the next 10 years, we cannot afford to have millions of Latinos and other Americans missed in the nation’s decennial count,” said Lizette Escobedo, NALEO Educational Fund Director of National Census Program. “A number of changes and challenges pose a real threat to a full count of Latinos in Census 2020, including the addition of the citizenship question during a time of increased fear and mistrust in the government.”

“The 2020 Census is our only chance in a decade to get a full and accurate count of the Asian American, Native Hawaiian, and Pacific Islander communities,” said Terry Ao Minnis, director of census and voting programs at Asian Americans Advancing Justice | AAJC. “Without an accurate count, valuable dollars that support immigrant and minorities communities will be lost and they will not be represented accurately or served in the way they are Constitutionally entitled. To reduce the risk of an undercount in Black communities we need to make sure our folks know what the census is really about: claiming our legacy, getting our fair share and mobilizing for economic justice for Black people in America,” said Jennifer Edwards, senior campaign director of the digital and democracy program at Color of Change.
Free citizenship class
April 6 to June 22
9:30 a.m. to 11 a.m.
244 Harrison Street
Boston, MA 02111
A free citizenship class in Eng-
lish and Cantonese will take place
at American Chinese Christian
Educational & Social Services.
Register by March 29
by calling (617) 426-1070.

CCC gala
Saturday, April 6
6 p.m. to 10 p.m.
88 Beach Street
Boston, MA 02111
The Chinese Culture Con-
nection’s 14th annual fundraising
gala will take place at Hei La
Moon.

Chinese chat group
Fridays, Tuesdays
6:30 p.m. to 9 p.m.
677 Huntington Avenue
Boston, MA 02115
A Cantonese conversation group
will meet Friday at the Harvard T.
H. Chan School of Public Health,
Kresge 201 on 2F. A Mandarin
group will meet Tuesday.
RSVP at www.meetup.com/
bostonchinese/.

Mulan Society classes
April 6, April 9
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women’s
Empowerment classes will take
place Mondays at 11 a.m.
and Saturdays at 1 p.m. at the
Asian American Civic Associa-
tion. Register with Kiki Tsang
at (617) 635-5129 x 387.

Customer service English class
April 6, April 9
87 Tyler Street
Boston, MA 02111
An eight-week English class
for customer service will be offered
at BCNC. Open to low-income
Boston residents with interme-
diate English. For more infor-
mation, call (617) 635-5129 x
2012.

Wives and mothers of smokers group
Monday, April 8
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. For more information,
email chinatownlanglab@bhcc.
mass.edu.

Workforce training assessment
Tuesday, April 9
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic As-
sociation offers workforce train-
ing programs Building Energy
Efficient Maintenance Skills and
Careers in Banking and Finance,
and will offer assessments. The
New Roots to Employment program
is for people with a degree
from their native country.
Applicants should be at least
18 and have a GED/high school
diploma.

Free evening meals
Every Tuesday to Friday
5:30 p.m. to 6:30 p.m.
493 Main Street
Malden, MA 02148
Bread of Life offers free evening
meals for low-income families
and individuals in the metro
North area. Evening meals are
served Tuesday, Wednesday,
Thursday and Friday at First
Baptist Church. For more infor-
mation, call (781) 397-0404.

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 Bos-
ton area.

Financial aid assistance
Wednesdays
9 a.m. to 5 p.m.
87 Tyler Street
Boston, MA 02111
Get free assistance on college
planning and applying for finan-
cial aid towards higher educa-
tion. Service offered in Manda-
rin, Cantonese and English.

Chinatown/South Cove Neighborhood Committee meeting
Monday, April 15
8 p.m.
87 Tyler Street
Boston, MA 02111
The Chinatown/South Cove Neigh-
borhood Committee meeting
will take place at the Chi-
nese Consolidated Benevolent
Association.

Free immigration clinic
Wednesday, April 17
9 noon to 2 p.m.
1 City Hall Square
Boston, MA 02201
The Mayor’s Office for Immig-
rant Advancement offers free
private immigration clinics at
the Boston City Hall Room 806.

Anime Boston
April 19 to 21
900 Boylston Street
Boston, MA 02115
Anime Boston, the Northeast’s
largest Japanese animation con-
vention, will take place at the
Hynes Convention Center
and Sheraton Boston Hotel.
Register at www.animeboston.com.

First-time homebuyer classes
April 20 to 21
38 Oak Street
Boston, MA 02111
ACDC offers HB101 classes in
English and Chinese at the
Metropolitan. Each session is a
two-hour class over the course
of a two-day weekend. Tuition
is $50; $25 for Boston residents.
Registration required, by calling
(617) 482-2380 x 208 or 202,
emailing CHOP@asianacdc.org
or visiting https://asianacdc.org/
hb101.

English for college or job training
Monday, April 22
8:30 a.m.
87 Tyler Street
Boston, MA 02111
Attend testing for the AACA’s
English classes for college or
job training. For more informa-
tion, call (617) 426-9492 x 250
or email intake@aaca-boston.
org.

Heart of the Community
sum breakfast
Free social service clinic
Thursdays
9 a.m. to noon
244 Harrison Street
Boston, MA 02111
Enhance Asian Community
Health will help people at Ameri-
an Chinese Christian Educational & Social Services
with health insurance and ben-
efits. For appointments, call
EACH at (857) 472-3224.

Free yoga class
Thursdays
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.

Free dim sum breakfast
April 26
7:30 a.m. to 9:30 a.m.
9 Tyler Street
Boston, MA 02111
Asian Community Development
Corporation’s Heart of the Commu-
nity dim sum breakfast will
take place at the China Pearl.
Tickets at https://asianacdc.org/
events/dimsum2019.

Breakfast of Family Champions
Tuesday, April 30
6 a.m.
100 W 2nd Street
Boston, MA 02127
Parenting Journey hosts Break-
fast of Family Champions Fund-
raiser at Artists for Humanity
EpCenter. Tickets at https://
parentingjourney.org/bfsaco.
April 5, 2019

Chinatown meeting roundup: CCBA, CSC, CRA

BY LING-MEI WONG

Paul Chan spoke at the Chinese Consolidated Benevolent Association meeting March 26 at its headquarters. (Image courtesy of Jingfei Cui.)

The Chinese Consolidated Benevolent Association of New England held a monthly meeting March 26 at its 90 Tyler Street headquarters.

A special meeting closed the press on March 19. The board created an executive committee of 15 directors to act for the 46 board directors.

Beacon Communities is in negotiation with the CCBA to be the developer for the Tai Tung Village parking lot.

The CCBA will send out a request for proposals for 50 Herald Street to develop the present C-Mart location for affordable housing.

BY VALERIE LI

Asian Task Force Against Domestic Violence (ATASK) held an annual meeting on March 25 at the Pao Arts Center Board. Chairwoman Sarah Kim spoke of ATASK’s achievements in 2018. (Image courtesy of Valerie Li.)

Agency continues fight against Asian domestic violence

Asian Task Force Against Domestic Violence (ATASK) held an annual meeting on March 25 at the Pao Arts Center Board. Chairwoman Sarah Kim spoke of ATASK’s achievements in 2018. (Image courtesy of Valerie Li.)

“Among them, 24 to 60 percent of the victims reported lifetime abuse or violence.”

The meeting honored legal services provider Vivian Hsu, accounting firm EY and recently retired finance manager Katherine Estes.

Chinatown Resident Association strives to keep residents in community

The Chinatown Resident Association celebrated its annual banquet March 29 at China Pearl. (Image courtesy of Jingfei Cui.)
Three bridge closures planned for Green Line Extension, says MBTA

BY VALERIE LI

The Green Line Extension Project held an open house on March 20 at Kennedy-Longfellow School in Cambridge. (Image courtesy of Justine Wang.)

With the Green Line Extension (GLX) underway, temporary bridge closures will affect local and regional commuters starting March 22, said MBTA officials at a public meeting on March 20 at Kennedy-Longfellow School in Cambridge.

“Green Line Extension is right on time and on budget,” said MBTA deputy program manager Terry McCarthy. “We worked out the best and shortest routes for detour to minimize the inconvenience it may cause. The city of Somerville is also sponsoring a shuttle bus in Ball Square.”

McCarthy added the station is expected to open in December 2021. Some expressed concern over the accessibility of Union Square Station. “There is no elevator access on the Prospect Hill side of the station,” said Ann Camara, board member of Union Square Neighborhood Council. “I can’t imagine how people with wheelchairs can go up and down the station without an elevator.”

The project will involve three bridge closures, including Broadway Bridge at Ball Square, Washington Street Bridge in East Somerville and Medford Street Bridge in Gilman Square. For more information on planned detour routes, visit www.greenlineextension.org.

Tufts MC employees share global food

BY LING-MEI WONG

Tufts Medical Center employees hosted a global food and culture expo from March 25 to March 26. (Image courtesy of Justine Wang.)

Tufts Medical Center employees hosted a global food and culture expo from March 25 to March 26. They invited colleagues to enjoy snacks from around the world and to learn more about their cultures.

The food fair was part of a workplace education class, teaching English for speakers of other languages. Training is provided by the Asian American Civic Association.

Beautiful Brookline restaurant for sale

Prime Retail-Office Storefront Available for Lease

338 Walnut Street in Newton MA.
- 850 square feet ground level + 850 sq. ft. full basement
- High ceilings, Great exposure, Good Foot Traffic
- Parking lot in the rear of building
- Near Shaw's Supermarket, Starbucks and Newton North High School.

Good for Real Estate office, Insurance, Tax Prep, Hair Salon, Food/ Bakery, Coffee shop Ok.

Call Peter (617)738-5866

Affordable Rental Opportunity - Village Green in Littleton

Village Green has opened its waiting list for 1-bedroom apartments and is now accepting applications. Please see below for income limits and details. These limits are for the Boston-Cambridge-Quincy HUD MFA Area

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Income Limits</th>
<th>Rent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Person</td>
<td>$56,400</td>
<td>$1,404</td>
</tr>
<tr>
<td>2 Persons</td>
<td>$64,900</td>
<td>$1,404</td>
</tr>
<tr>
<td>3 Persons</td>
<td>$73,700</td>
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<tr>
<td>4 Persons</td>
<td>$81,100</td>
<td>$1,404</td>
</tr>
</tbody>
</table>

The Rent is $1,404. No utilities are all included in the monthly rent. Village Green is a pet friendly community.

To learn more or obtain an application, please visit our office.
19 Boxwood Drive, Littleton, MA, 01460
Office Hours: Monday - Saturday 10:00AM - 6:00PM
Rental Office Phone Number: 978-776-6114

Free Translation Services available upon request.
TTY: 800-225-5254

Creative City Boston invests in artists

The New England Foundation for the Arts (NEFA) announces the launch of Creative City Boston, a new grant inspired by the Creative City pilot program. This new iteration of the program is funded by a grant of $950,000 from the Barr Foundation.

NEFA released a report and video series on the Creative City pilot, illustrating the transformative power art can play in civic life and the importance of investing in artists as community leaders. Another resource is a national field scan, Programs Supporting Art in the Public Realm, by the Animating Democracy program of Americans for the Arts.

Joslin rings in 15th Taste of Ginger

BY ANNA ING

The 15th A Taste of Ginger benefit for Joslin Diabetes Center’s Asian American Diabetes Initiative took place March 25 at the Museum of Fine Arts. Almost 400 attendees enjoyed delightful food and drink from more than 30 local restaurants and chefs.

Joslin Diabetes Center president and CEO Dr. Peter Amenta said, “Joslin’s goal is to defeat diabetes.”

Asian Americans and Pacific Islanders develop diabetes at lower or normal body weight.

Chinese Progressive Association celebrates worker rights

Creative City Boston invests in artists

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Asian Americans and Pacific Islanders develop diabetes at lower or normal body weight.
The Greater Boston Chinese Golden Age Center dedicated a Giving Tree with donors at Hong Lok House on March 22. (Image courtesy of Lili Mei.)

Golden Age Center unveils Giving Tree supporters

BY MEILIN ZHU

The Greater Boston Chinese Golden Age Center (GAC) gathered staff and donors for the dedication of its Giving Tree at Hong Lok House on March 22. Hong Lok House mounted the Giving Tree at its lobby, with each brass leaf engraved with a donor’s name or an honor in English and Chinese.

GAC board president Peter Chan and GAC executive director Ruth Moy thanked the community for serving Chinese-speaker elders. The agency provides housing at Hong Lok House, delivers thousands of hot Chinese-style lunches and adult daycare at three sites in Boston. It partners with senior centers across greater Boston for culturally sensitive and linguistically appropriate services.

AARP Foundation Tax-Aide available now through April 15

BY AARP FOUNDATION

Now through April 15, AARP Foundation is providing free tax assistance and preparation through its Tax-Aide program. AARP Foundation Tax-Aide is the nation’s largest free tax assistance and preparation service. Since its inception, the program has served more than 68 million taxpayers.

Tax-Aide started in 1968 with just four volunteers working at one site. Today, nearly 35,000 volunteers serve low-to moderate-income taxpayers at almost 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers nationwide. There’s no fee, and AARP membership is not required. To find an AARP Foundation Tax-Aide site or more information, including which documents to bring to the tax site, visit aarpfoundation.org/taxsite or call 1-888-AARPNOW (1-888-227-7669).

BY YIYAN ZHENG

The Wayside Athletic Club in Marlboro received a grant from the U.S. Tennis Association, funding a free program for Asian American children age 7 to 12 to learn tennis professionally. (Image courtesy of Yiyang Zheng.)

After a warmup, 8-year-old Mia served an orange tennis ball for the first time in her life. Mia and 23 other children, who were mostly Asian American, divided into two groups on court and experienced tennis at the Wayside Athletic Club of Marlboro. The MetroWest children arrived every Thursday after school to participate in a free tennis program. “Parents are obviously excited, because they could expose their kids to a lifelong sport they can play forever” said Jennifer Cunningham, assistant director of the club. “Tennis is a strategic sport that doesn’t require full physical contact. We won’t get concussions.”

Awarded a Diversity and Inclusion Grant by the United States Tennis Association (USTA), the club used the grant to provide Asian American students age 7 to 12 with an eight-week tennis course and professional instruction.

Located in the town of Chelmsford, The Kinloch is a development consisting of 168 total rental units in four structures. The development will consist of a mix of Two- and One-bedroom units. At least twenty (20%) percent of the units in the development will be rented to those families earning at or below 50% of the Area Median Income. The affordable units consist of one 15 one-bedroom units and 20 two-bedroom units. Parking for cars is to be provided on-site. The apartments will come with an electric stove, air conditioning, and washer/dryers.

Affordable Rental Opportunity

The Kinloch

104 Turnpike Road, Chelmsford, MA

Unit Size

One BR
Two BR

Gross Rent
$1,055
$1,186

Utility Allowance
$178
$245

Tenant Rent
$877
$941

2018 Maximum Income limits,
50% AMI

One BR
Two BR

Gross Rent
$256,000
$292,000

Income Based
$247,890
$252,850

Tenant Rent
$232,100
$237,850

$257,250

50% AMI

Occupancy is estimated to begin June 2019.

Applications are available beginning April 5, 2019. Completed applications must be received or postmarked by June 4, 2019, at 12:00 PM in care of the Chelmsford Housing Authority. Applicants are encouraged to apply online. Applications received after 5PM on May 17, 2019 will not be included in the lottery. Those who are selected will be notified by June 30, 2019.

The Kinloch, located at 104 Turnpike Road in Chelmsford, is a development consisting of 168 total rental units in four structures. The development will consist of a mix of Two- and One-bedroom units. At least twenty (20%) percent of the units in the development will be rented to those families earning at or below 50% of the Area Median Income. The affordable units consist of one 15 one-bedroom units and 20 two-bedroom units. Parking for cars is to be provided on-site. The apartments will come with an electric stove, air conditioning, and washer/dryers.

Yarmouth Commons
Yarmouth, MA

Now Accepting Applications for New Affordable One, Two and Three Bedroom Apartments

Applications available beginning March 19, 2019

Applications received after 5PM on March 19 will not be included in the lottery. Those who are selected will be notified by June 14, 2019. Applications are available in person or by mail.

Applications may be requested:
Download Online: www.yarmouthcommons.com
By calling: (781) 992-5219 (Relay 711)

In person Monday through Friday, 9AM-4PM at
Maloney Properties, Inc.
767 Independence Drive
Barre, MA 01005

Weekdays: 7AM-5PM

Applications are available at:
Yarmouth Town Hall, 1146 Route 28, South Yarmouth, MA

Informational Meetings:
Yarmouth Town Hall, 1146 Route 28, South Yarmouth, MA

Applications received after 5PM on March 19 will not be included in the lottery. Those who are selected will be notified by June 14, 2019.

Minimum Income Requirements apply by apartment size for 60% AMI units as follows (subject to change): (voucher holders exempt from minimum income requirements) One (1) Bedroom: $29,100 Two (2) Bedroom: $34,920 Three (3) Bedroom: $40,920

Applications may be requested:
Download Online: www.yarmouthcommons.com
By calling: (781) 992-5219 (Relay 711)

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Applications are available in person or by mail at:
Yarmouth Commons
72 Mica Lane, Wellesley, MA 02481

Selection for apartments will be by lottery on May 22, 2019

Applications are available beginning April 5, 2019

Informational Meetings:
Yarmouth Town Hall, 1146 Route 28, South Yarmouth, MA

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Addiction workshop examines alcohol and tobacco

BY LING-MEI WONG

South Cove Community Health Center hosted a well-being workshop on addiction March 27 at its 145 South Street clinic. Psychiatrist Alison Tam spoke about substance abuse, particularly alcohol and nicotine. “Excessive drinking is the third leading cause of preventable death in the United States,” Tam said. “People say they self-medicate with alcohol but it lowers inhibitions, resulting in doing things you normally wouldn’t do.”

For nicotine, it takes at least five attempts before a smoker successfully stops smoking cigarettes, Tam said. Vaping can be a nicotine replacement therapy for adult smokers, along with patches, gum and lozenges. “If people quit smoking in their thirties before they turn 45, the long-term health risk goes away,” Tam said. “The lung function can recover.”

However, vaping affects brain development for children and teenagers, as the brain develops until 25, Tam said. School-based interventions are effective, teaching children social skills to avoid peer pressure to vape. Addiction is an illness in which a person can become physically or psychologically dependent on a substance or an activity to the point that it interferes with their ability to function at work or school and has a negative impact on their relationships and ability to meet their obligations.

Substances include:
- Alcohol
- Drugs
- Tobacco/nicotine

Signs of addiction include changes in appearance, such as flushed skin, bloodshot eyes, and broken capillaries. Someone could have weight loss or weight gain. They may argue or fight with family or friends, and experience irritability, depression or mood swings. Other signs are unexplained changes in personality or attitude. Individuals may feel unexplained or extremely tired or energetic. Addiction signs include blacking out or memory loss. A person may experience withdrawal symptoms such as headaches, insomnia, nausea, diarrhea, sweating, tremors and shaking, panic attacks, nightmares, or hallucinations.

Resources
- South Cove Community Health Center Behavioral Health Department (617) 521-6733
- Asian Smokers Quiltine (Chinese) 1-800-838-8917 www.asiansmokers-quiltine.org
- Substance Abuse and Mental Health Services Administration helpline 1-800-662-4357
- Massachusetts Substance Use Helpline 1-800-327-5050

Elected officials and youth leaders join fight against tobacco on Kick Butts Day

BY VALERIE LI

Lt. Gov. Karyn Polito (left) presented Salem high school student Aiyana Lilly with the State-wide Youth Leadership Award on April 3 at the Statehouse. The award was part of Kick Butts Day, a day of national observance to raise awareness for preventing tobacco use among teens. (Image courtesy of Valerie Li.)

The Baker-Polito Administration launched a statewide public information campaign to raise awareness among middle and high-school aged youth about the dangers of vapes and e-cigarette use. State officials announced the public health campaign alongside student advocates during an event at the State House in observance of Massachusetts’ Kick Butts Day—a day of activism that empowers youth to stand out and speak up against tobacco companies.

“We took an important step alongside our colleagues in the Legislature last year to prevent addiction among young people and encourage healthy choices by raising the legal age for buying tobacco to 21,” said Lieutenant Governor Karyn Polito. “We look forward to the public awareness this important campaign will bring to young people across Massachusetts about the harmful effects tobacco products can have on their lives.”

In January, the Baker-Polito Administration proposed applying the current 40 percent excise tax imposed on cigars and smoking tobacco to include vape products, as well as a 13.75 percent retail tax on electronic cigarettes.

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Information Session: April 10, 2019 6:00 pm, Room 205, Municipal Building, 355 East Central Street. Franklin, MA 02038.
Lottery: May 15, 2019, 6:00 pm, Council Chambers, Municipal Building.
Applications and Information available at: www.franklinline.gov/Boards/Committees/Municipal-Affordable-Housing-Trust or the Municipal Building, 355 East Central St, Room 113, or the Franklin Library, 118 Main Street. Contact Maxine at 508-553-4890 or mkinhart@franklinma.gov

Application Deadline is May 7, 2019 4:00PM

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Tufts Medical Center’s Asian Health Initiative (AHI) has worked with the Chinatown community to address health needs for over two decades. The AHI identifies health priorities from public health data, community engagement and advisory committee feedback. With community partners, the AHI has addressed various health priorities over the years, including chronic disease, mental health, family violence and promotion of healthy lifestyles. Community partners are presently focused on the harmful effects of smoking, including smoking cessation, prevention and education.
Understanding time

BY VENERABLE MASTER HSIN YUN, FOUNDER OF FO GUANG SHAN TEMPLE

As we cross the threshold into the millennium, more and more people have begun to ponder the question of time. According to reports, the United States has spent trillions to build an eternal clock. Its hand will only move once every century, to remind people to slow their steps and reflect upon the passing of time. To understand and successfully utilize time has become a worthwhile issue for modern people.

Many people often complain about how time flies, while others complain about how time crawls. Some spend their time in search of fame and fortune instead of spending time with their loved ones, while others waste their time on trivial matters instead of using time to better themselves. If students are unwilling to spend time plowing their land, how can they reap a full harvest? It is clear to spend time learning, how their horizons? If farmers are unwilling to spend time thinking, how can they understand and successfully utilize time and reflect upon their shortcomings. To understand the fleeting essence of time and learn how to use it wisely, can we break the boundaries of time and transcend the limits of temporal space. As long as we can learn to treasure every second of our lives and seize every moment, we will be able to realize and experience the truth in the saying “A moment is eternity.” In this way, precious time is not limited to the tolling of an eternal clock.

QUINCY: Rent control could ease pressure

BY FELIX POON

Five stars from hit TV shows “Kim’s Convenience” and “Fresh Off the Boat” spoke at a Reimagine “Asian” panel at Harvard’s Graduate School of Education (HGSE) March 25. The event sold out, filling three overflow rooms.

“I was raised on television, that was my babysitter,” said Paul Sun-Hyung Lee, who plays “Kim’s Convenience” family patriarch, Appa. “The thing is I never saw myself on the screens, and when you don’t see yourself on the screens, you start to think your stories aren’t important.”

Overcoming obstacles early on in their careers was a common thread. Andrew Phung, who plays family friend Kimchee on “Kim’s Convenience,” recounted, “I kept doing it, and then I remember in 2012, the local paper of Calgary named me the best actor and best comedian in the same year.”

Simu Liu, who plays Appa’s son Jung in “Kim’s Convenience,” talked about his challenges with sexual desirability. “I’ve definitely grown up with that chip on my shoulder, of like, ‘I will show you,’” Liu said.

Liu said, “[We] try not to make too much of a fuss, and what I’m saying is sometimes, you’ve got to make a fuss.”

The panelists expressed excitement about increased visibility for Asians in North American media and popular culture. Andrea Bang, who plays Appa’s daughter Janet, said, “I think it’s great that there’s a lot of content creators coming out who are women and who are Asian and people of all different colors and backgrounds, because we all have stories to tell.”

“I never thought in a million years we would get to this point as a community for Asian representation,” said Lee. “The lid is off Pandora’s box, and that’s an exciting thing.”

Hudson Yang, who plays Eddie Huang in “Fresh Off the Boat,” was the youngest panelist at age 15. Yang felt he had not encountered discrimination growing up. He attended with his father, writer Jeff Yang. “Kim’s Convenience” is available on Netflix, “Fresh Off the Boat” airs Fridays at 8 p.m. on ABC.

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APPLICATION DEADLINE: May 20, 2019 at 12:00 NOON

Developed by Medfield Holdings, LLC

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A food aficionado: Experiencing Moroccan cuisine

BY ANNA ING

Recently, I had the fortune to visit Morocco and enjoy delicious food there. Moroccan food reflects influences in its cuisine from the native Berbers, Arabs, Turks, Moros and French. Formerly a French colony, Morocco has a culture of coffee and cafes, as well as ice cream, pastries and wines. The Moors were in close proximity from Spain and brought olives over since the eighth century. The Ottoman Turks brought delicious grilled meat skewers, kefta and humus. The Arabs from the seventh century brought spices from Asia, such as cinnamon, ginger, paprika and turmeric, as well as nuts and dried fruits. Sweet and sour flavor profiles still feature in Moroccan cooking.

Berber from Roman times means “barbarian,” who contributed one of Morocco’s national dishes of tagine. Tangine is a North African clay pot or earthenware cooking vessel. It is ubiquitous and there are many versions with seafood, meats and vegetables.

One of our favorites in Rabat was a tomato-based sauce with squid and shrimp. Couscous is hard to prepare and takes a long time to cook, so it is only made on Fridays. It is made of steamed balls of semolina flour, for a light and fluffy base.

There is a variety of bread made from different flours: White, wheat and semolina. Baghrir is made from semolina that comes out looking like a crumpet with a spongy texture, served with jam, honey and butter. Maqra is made from wheat and barley. It is a thick cheesy bread that can be baked in an oven or a pan.

In Fez, we sampled homemade sweet and savory pastilla/bastilla, a Moroccan pie encased in phyllo-like puff pastry or waqqa dough. Originally made with pigeon, the savory version is now made with chicken; the sweet versions are made with nuts and fruits. Pastilla means small pastry in Spanish, stemming from the Moors. It is usually made for special occasions.

We loved Turkish grilled meat skewers, with beef, pork or lamb. We fell in love with the national drink, mint tea. It is served multiple times a day, preferably with lots of fresh mint leaves and heaping amounts of sugar or honey. We opted for mint tea without sugar.

Our meals ended with a selection of fruit. It was refreshing to have houmous and sweet strawberries, bananas and oranges to end our meals.

Asian Spring for actors and New England theatergoers

BY LINDA CHIN

In the film world, August 2018 was dubbed an Asian August for the releases of “Crazy Rich Asians,” “To All The Boys I’ve Loved Before” and “Searching.” In the New England theater scene it’s been Asian Spring, with stories by Asian American writers abloom on area stages.

“Endlings” by Celine Song (American Repertory Theater), “The Song of Summer” by Lauren Yee (Trinity Repertory Company) and “Dragon Mama” by Sara Porkalob (American Repertory Theater) enjoyed world premieres at New England’s premier theaters. This year is also the 30th anniversary of Amy Tan’s bestselling novel “The Joy Luck Club.” The play adaptation by Susan Kim was presented at the Umbrella Community Arts Center in Concord from March 15 to March 31. I participated in the ensemble.

Porkalob, Song, Tan and Yee wrote these works when they were in their late 20s to 30s. Their stories speak to experiences of young women growing up in America and contain autobiographical elements. They also explore the relationships between daughters and mothers, and contain semibiographical tributes to their Filipinos, Koreans, China-born mothers and grandmothers. That mothers are given voices in these stories is not coincidence, stemming from shared values of filial piety and respect for elders. The playwrights explore the characters’ composite identities.

These plays were lovingly researched, written and produced. It was also a pleasure to see them attended by diverse and enthusiastic audiences. If laughter, tears and spontaneous standing ovations are any indication, the actors did their storytelling jobs well. Hopefully theater companies concerned about business risks of producing certain plays will be relieved. In fact, ART and Umbrella added performances of “Dragon Cycle” and “The Joy Luck Club” in response to audience demand.

Asian Spring 2019 has given more opportunities for actors of Asian descent to blossom in principal roles, more than we have seen on New England stages in years. The 12-member cast of “The Joy Luck Club,” directed by Michelle Aguilera, includes 11 actors who identify as Asian American, including nine women.

Sara Porkalob more than does justice to herself and the more than 20 other Filipinos, Black and White characters she plays. In Tina Chilip’s monologue about growing up in Smalltown, USA, in “The Song of Summer,” her acting talent is evident. Later when her character reveals her Caucasian mother adopted her from China, the casting choice becomes clearer.

The current American theater canon has limited roles that are meant and not stereotyped for Asian American actors, particularly for older women. The 15 Asian American and Pacific Islander actresses in the aforementioned shows range in age from 20 to 70.

Several musicals with large Asian casts are opening in April and May. “Vietgone,” “Pacific Overtures” and a Broadway touring production of “Miss Saigon.” As we spring forward in 2019, I hope these stories are told with sensitivity. The fact that these opportunities are emerging in New England theater is not coincidence, or luck, but intention and perseverance. As Linda Jing (played in Umbrella’s production of “Vietgone” by Vivian Liu-Somers) says at “The Joy Luck Club” gathering, “Mahjong is luck, yes. But also is strategy.”

The Song of Summer
Trinity Repertory Company
Now to April 14

Dragon Cycle
American Repertory Theater
Now to April 7

Vietgone
Company One Theatre
April 26 to May 25

Pacific Overtures
Lyric Stage
May 10 to June 16

Miss Saigon
Boston Opera House
June 12 to June 30