Artist Wen-ti Tsen reflects on immigration and aging

BY LING-MEI WONG

Between art shows and exhibitions, you would never know Wen-ti Tsen is 83 years old.

"Being an artist means not following a set pattern of retiring at 65; nobody every had to do that," Tsen said. "The older you get, you think better. You have fewer distractions."

Tsen’s portfolio includes a Chinatown mural of Chinese garment workers, with a model displayed at 38 Ash Street, the Boston Chinatown Neighborhood Center lobby. His “Home Town” project featured 12 figures of everyday Chinese people from the Chinese Historical Society of New England’s archives, which he placed throughout Boston Chinatown in 2016 and at Lexington Library exhibition in 2018. Tsen created the “Asian American Comic Book” with the Asian American Resource Workshop. In 2017, he produced a mural at Tufts University with Tufts Museum School students, working with Asian American Studies professors Lisa Lowe and Jean Wu.

"All my work has involved politics and art," Tsen said.

Tsen helped mentor Ngoc-Tran Vu, a Vietnamese American multimedia artist and organizer based in Dorchester. Her 2017 work “Community in action: A mural for the Vietnamese people” incorporated community input to tell the journey of Vietnamese individuals to Fields Corner.

"Wen-ti understands communities and what collaboration is all about," Yu said. "For the projects he’s working on with the Chinese community in Chinatown, he goes back continuously. It’s not a one-off thing. It’s truly mission-driven work to highlight underrepresented stories that are often times forgotten or misrepresented.”

Budding artist

Tsen was born in 1936, to high-ranking officials Tsun Tsumin and painter Fong Juh in China. His father died when he was 3, taking a bullet intended for Chinese President Wang Jingwei.

“I was 10 for the first time I went to school in Shanghai,” Tsen said. "From 1945-1948 I did terribly. The best thing I did was to skip classes. It influenced the things I do now."

As Shanghai swelled with refugees from the Sino-Japanese War and the Chinese civil war, Tsen recalled seeing the body of a dead girl on the street. Despite the dire circumstances, Tsen and his elder brothers enjoyed a privileged childhood with tutors, servants and weekly films.

CONTINUED ON PAGE 13

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Kwong Kow honors alumna Cynthia Soo Hoo, leaders

BY LING-MEI WONG

The Kwong Kow Chinese School celebrated 103 years June 14 at Hei La Moon. More than 300 guests attended, enjoying student dance performances, live Chinese dulcimer and zither music, and a lion dance eye-dotting ceremony.

Josiah Quincy Elementary School Principal Cynthia Soo Hoo, a Kwong Kow alumna, was honored. Award presenter Bak Fun Wong, who was Soo Hoo’s principal at the elementary school, remembered reading her Kwong Kow graduation essay on wanting to be a teacher when she was in fifth grade. Wong presented Soo Hoo with Chinese calligraphy of the word “Dream.”

Soo Hoo said, “Thank you to Kwong Kow for teaching me Chinese language and more importantly, Chinese culture.”

Shue Pon and Saul Ping Lee were honored for continued community service, operating Hing Sing Bakery and restaurants in Honolulu. Shue Pon coached nine-man volleyball teams for many years. Saul Ping served with the Chinese Women’s Association and the Lee Family Association, organizing health seminars for seniors and women’s health workshops.

Stanley and Josephine Chen were honored, with the award received by Peter Kiang, director of the Asian American Studies program at the University of Massachusetts, Boston. Stanley Chen developed Quincy Tower, South Cove Plaza East and West, and One Lincoln Street. His legacy includes a scholarship at UMass Boston for students, requiring them to serve at agencies serving the Asian American Community. The Chens reside in California and did not attend the gala.

Nam Pai Kung Fu Academy performed the lion dance. A laptop drive for students will take place July 13 for laptops less than four years old.

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CONTENTS

Community PAGE 2
Boston PAGE 4
Education PAGE 5
Health PAGES 7-8
Metro PAGE 9
Local PAGE 10
National PAGE 11
Arts PAGE 12
Lifestyle PAGE 13

Sampan publishes every other Friday. For more news, please visit Sampan.org
Josiah Quincy Upper School (JQUS) celebrated 45 graduates June 8 at Lion of Judah. Many of the students had grown up together since kindergarten. Valedictorian Kamaiya Erika Austin has a full scholarship to attend Tufts University. “This has been my school since kindergarten. At JQ, we truly are family,” she said.

Kamaiya is the first African American female valedictorian in the school’s history. It was founded in 1999 by Bak Fun Wong, then principal of the Josiah Quincy Elementary School.

JQUS co-principal Stephen Cirasullo said, “We really cherish the fact you entrusted your children to us. … They were little boys and girls when we met them. Now they’re all grown up.”

JQUS serves kindergarten to fifth grade. Wong saw many students separat-ed after sixth grade, so the Upper School was founded for students could have a pathway from sixth to 12th grades. Principal Sarah Chang said, “When you face uncertainty or obstacles — because you will — choose kindness, toward yourself and others. … You have the power to make the world a better place and I am so proud of you all.”

Stephanie Nataly Da Costa Pereira was named the Class of 2019 Salutatorian. Franklin Medals for scholarship and meritorious deportment were presented to Kamaiya and Henry Yu. The Andrew Hung Fai Leung Memorial Award for improvement in Mandarin was presented to Henry, honoring a former Mandarin teacher. Sebastian Rodriguez received the Bak Fun Wong Award in honor of school’s founder and first headmaster.

Leon Huang received the Hoong Wei Speicher Memorial Award, in memory of a founder, leader and teacher. JQUS will have a new home in Chinatown, as Boston Chinese Evangelical Church agreed to sell its 249 Harrison Avenue location.

The 150th anniversary of the Transcontinental Railroad and its Chinese workers were celebrated June 17 at the Statehouse. (From left) Beverly Lee, Wilson Lee, Leverett Wing, Terry Guen, Amy Guen, Boston Councilor Ed Flynn, Mabel Lam, Rep. Donald Wong, Ron Young, Judy Young, Maiden Councilor Steve Winslow. (Image courtesy of Ling-Mei Wong.)

Chinese workers remembered at 150th Transcontinental Railroad ceremony

BY LING-MEI WONG

The contributions of Chinese workers were honored June 17 at the Statehouse, on the 150th anniversary of the Transcontinental Railroad’s completion. Descendants of eight Chinese workers were recognized.

Commonwealth Seminar executive director Leverett Wing’s great-grandfa-ther Wing S. Lee was a railroad worker from Guangdong, who told stories about setting explosives in tunnels and rushing away in time. “When he came to America, immigration switched his first and last names around, and that’s how we became Wings,” Wing said. “It is so gratifying today to share his story.”

Other descendants included Amy Guen, Terry Guen, Mabel Lam, Beverly Lee, Tunney Lee, Wilson Lee, Janet Wu of WCVB, Ron Young and Judy Young. Tunney Lee was unable to attend the cer-eemony.

State Rep. Donald Wong said, “The Transcontinental Railroad was how a lot of our ancestors came. It took courage to leave China, their families and their wives.”

The event was hosted by youth from the Asian Community Development Corp. A traveling exhibit “The Chinese and the iron road, Building the Transcon-tinental Railroad” was displayed.
COMIC

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(617) 426-9492 x 206
or email ads@sampan.org.

Event Calendar

BCNC Quincy opening
Friday, June 21
3 p.m. to 5 p.m.
1458 Hancock Street, 9306
Quincy, MA 02169
Celebrate BCNC Quincy’s new location with refreshments and an open house.

First-time homebuyer classes
June 22 to 23
9 a.m.
38 Oak Street
Boston, MA 02111
ACDC offers HB101 classes in English and Chinese at the Metropolis. 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@asiandc.org or visiting https://asiandc.org/hb101.

Mulan Society classes
June 22, June 24
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women’s Empowerment classes will take place Saturdays at 11 a.m. and Mondays at 11 a.m. at the Asian American Civic Association. Register at (617) 426-9492 x 251 or mulan@aaac-boston.org.

English for college or job training
Monday, June 24
8:30 a.m.
87 Tyler Street
Boston, MA 02111
Attend testing for the AAC’s English classes for college or job training. For more information, call (617) 426-9492 x 250.

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 Edgerly Road and Norway Street. Most of the practice is seated. In the event of rain, classes will be at Morville House, 100 Norway Street. 

Workforce training assessment
Tuesday, June 25
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
AAC offers workforce training 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.
293 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 information, call (781) 397-0404.

CCBA meeting
Tuesday, June 25
7 p.m.
90 Tyler Street
Boston, MA 02111
The Chinese Consolidated Benevolent Association will hold its bimonthly meeting.

Financial aid assistance
Wednesdays
9 a.m. to 5 p.m.
87 Tyler Street
Boston, MA 02111
AAC offers college planning and applying for financial aid towards higher education. To make an appointment, call (617) 426-9492 x 0.

Public meeting on 125 Lincoln Street
Wednesday, June 26
6 p.m.
88 Beach Street
Boston, MA 02111
Boston Planning and Development Agency will host a public meeting about 125 Lincoln Street at Hei La Moon.

Pedestrian safety meeting
Wednesday, June 26
6:30 p.m.
300 Shawsheen Avenue
Boston, MA 02138
Boston Transportation Department will discuss pedestrian safety improvements on Tremont Street in the South End between Herald Street and Massachusetts Avenue at Blackstone Innovation School cafeteria.

Breakfast seminar
Thursday, June 27
9:30 a.m. to 11 a.m.
120 Shawsheen Street
Boston, MA 02118
All are welcome to attend at the BCCEC auditorium. Refreshments provided. For more information, call Terry Yin at (203) 893-7963.

Free tai chi class
Every Thursday
10 a.m.
Sudbury Park
Instructor Huan Zhang will lead tai chi at Symphony Park.

Job Posting
Looking to fill full
1/2 or 1 full position
Part-time bookkeeper
- Work between 10-20 hours a week inputting entries
- $13/hour (hourly pay will increase based on experience)

Full-time Business Tax Analyst
- Manage 2 to 3 bookkeepers and to make sure entries are booked correctly
- Review business tax returns
- Answer emails and respond to client’s needs timely.
- Starting rate of $25/hour, master’s degree preferred but not required, paid federal holidays first year of employment.

Company located in Quincy, MA. Please email resume to: Nancy@ascend1040.com

 Classified Ads

Free pizza class
Thursdays
12:45 p.m. to 1:45 p.m.
2 Boylston Street
Boston, MA 02116
Attend free yoga at the Chinatown branch library.

SaturPLAY
Saturday, June 29
1 p.m. to 3 p.m.
Mary Soo Host Park
A play session will take place at the Greenway, next to the Chinatown Gate.

Free immigration clinic
Wednesday, July 3
Noon to 2 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. For interpreters other

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http://www.sudbury-housing.org

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Chinatown meeting roundup: TCC, CNC

BY LING-MEI WONG AND YIYAN ZHENG

State Rep. Aaron Michlewitz gave an update on the Massachusetts budget June 13 during the Chinatown Coalition meeting at the Boston Chinatown Neighborhood Center. (Image courtesy of Ling-Mei Wong.)

The Chinatown Coalition met June 13 at the Boston Chinatown Neighborhood Center.

Tai Tung Village’s south parking lot will be developed in 85 affordable rental units, using 69 parking spaces, said Chinese Consolidated Benevolent Association (CCBA) executive director Susan Chu. The planned residential building will have 40 parking spaces on the ground floor.

CCBA is seeking developers for 30 Herald Street, currently leased to C-Mart. It has invited nine developers to submit requests for proposal and will select a partner in August or September, Chu said.

State Rep. Aaron Michlewitz gave an update on legislative priorities.

Residents raised concerns about the outdoor dining area on the east side of the street and a bike lane on the west side were proposed. Residents raised concerns about the outdoor area occupying parking spaces for trucks to unload and whether the bike lane was necessary.

Timezone Wireless, an electronics retail store at 64 Kneeland Street, will be converted into a dessert shop.

Chinatown/South Cove Neighborhood Council met at CCBA on June 17.

Asian Health Initiative founded by the Tufts Medical Center was introduced at the meeting. It has prioritized tobacco use prevention and cessation since 2016, partnering with six agencies to educate community members about e-cigarettes, secondhand smoke and their health effects.

Its 2019 needs assessment is focused on chronic disease, mental health and neighborhood safety in Chinatown.

CCBA gave an update on development of the south parking lot of Tai Tung Village, after selecting Beacon Communities as its developer. A six-story building will be constructed with about 85 affordable rental units. The ground level will be a parking lot with 40 spaces. There will be no loss of its existing open space.

Jacob Wessel, Boston public realms director, presented updates on the renovation of Chinatown’s Phillips Square on Harrison Avenue between Essex Street and Beach Street into a more neighborhood-friendly space. An outdoor dining area on the east side of the street and a bike lane on the west side were proposed. Residents raised concerns about the outdoor area occupying parking spaces for trucks to unload and whether the bike lane was necessary.

Symphony Plaza’s rededication was celebrated with a ribbon-cutting June 14 at the New England Conservatory. (Image courtesy of Ling-Mei Wong.)

Symphony Plaza elder housing to stay affordable

BY LING-MEI WONG

Symphony Plaza, an affordable housing community for low-income seniors and persons with disabilities, will remain affordable permanently. A celebration for the completed rehabilitation took place June 13 at The New England Conservatory.

Boston City Councilor for District 7 Kim Janey said, “We’ve got to make sure working families, seniors and people with disabilities have a place to stay. We need to make sure residents can stay.”

Symphony Plaza is comprised of Symphony Tower East and Tower West on Massachusetts Avenue, with 403 units across from Boston’s Symphony Hall. Acquired by Retirement Housing Foundation in 2001, the property was re-financed with public and private funders to preserve the towers as affordable housing long-term.

More than half of the Symphony Plaza residents are Asian. Resident Ji Caixia prayed in Mandarin, “May our elders live in love and joy. Bless our homes and bless America.”

RHF president and CEO Laverne Joseph said, “Our priority is to serve those who need housing. ... I get calls from relatives to sell our inventory and I thank them for the laugh.”

Boston’s population is growing, with an emphasis on building housing and increasing its inventory of 5,400 affordable units, said Boston chief of housing and director of neighborhood development Sheila Dillon. “You have a glorious home in Fenway,” she said.

The nearly $16 million rehabilitation combined tax-exempt bond financing from MassHousing, 4 percent low income housing tax credits, a bridge loan funded by Wells Fargo, support from the Massachusetts Department of Housing and Community Development, permanent debt placed by Rockport Mortgage, and a loan from RHF.

Chinatown meeting roundup: TCC, CNC

BY LING-MEI WONG AND YIYAN ZHENG

State Rep. Aaron Michlewitz gave an update on the Massachusetts budget June 13 during the Chinatown Coalition meeting at the Boston Chinatown Neighborhood Center. (Image courtesy of Ling-Mei Wong.)

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A Parent University graduation took place June 6 at the Bruce C. Bolling Municipal Building. Eight parents finished the Parent University course, while 13 parents completed the essentials program. A total of 13 parents came from agency American Chinese Christian Educational and Social Services.

The annual Diversity Show at the Josiah Quincy Elementary School featured a special guest. Students, teachers and parents thanked interim Superintendent Laura Perille on June 14 for her work with Boston Public Schools.

“Although you have only been in your role as Superintendent for almost a year, you have made an impressive impact on the safety and learning here at the Quincy Elementary School,” said school Principal Cynthia Soo Hoo.

Students presented Perille with Chinese calligraphy, reading “Be kind and compassionate.”

The Future Leaders Scholarship Awards were awarded to five high school seniors this year: Vivian Li, Xueqin Li, Cindy Tsang, Austin Xiong and Joanna Zhou for their demonstrated leadership qualities, community service and high academic achievement.

Established in 1987 by the NAAAP Boston, the Future Leaders Scholarship Award is a college scholarship to support the continued academic and personal development of young Asian American leaders in Massachusetts. Scholarships were sponsored by the Richard and Chou Lee Scholarship Fund, Edward K. and Mary G. Chin Family Scholarship, TJX and NAAAP Boston.

KEYNOTE SPEAKER AND STATE REP. TRAM NGUYEN congratulated the scholarship winners and talked about the importance of Asian American representation and reimagining representation from the lens of politics. She is the first Vietnamese American woman to serve in the Massachusetts legislature.

“To make lasting progress, we need to show up for one and support one another. We need to be at the table and help each other to get better. While the path to stronger leadership and better representation may be a long one, it is wise for all of us to be concerned,” said Nguyen.

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The National Association of Asian American Professionals (NAAAP) Boston held its 2019 scholarship celebration on June 15 at the Courtyard Marriott in Cambridge. The Future Leaders Scholarship Awards were awarded to five high school seniors this year: Vivian Li, Xueqin Li, Cindy Tsang, Austin Xiong and Joanna Zhou for their demonstrated leadership qualities, community service and high academic achievement.

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HaPiness is nourishing your mind, body and soul.

Harvard Pilgrim is proud to support Sampan newspaper.
How tobacco affects your health

BY ALIA OSSEIRAN, TUFTS UNIVERSITY SCHOOL OF DENTAL MEDICINE

Smoking causes more than a cough: lung disease, heart disease and gum disease are just a few proven effects. Tobacco products can hurt nearly every organ in your body.

Knowing about these harmful effects may prevent some people from starting this money-sucking habit. There are many myths out there. How well do you know tobacco?

1. True or false: A couple cigarettes a day are harmful.
   True. Even smoking three to five cigarettes a day increases your risk of heart disease, such as coronary artery disease or stroke.

2. True or false: Chewing tobacco is not addictive like smoking cigarettes.
   False. There is enough nicotine in chewing tobacco to get you hooked.

3. True or false: Smoking cigarettes can make you simultaneously fall out.
   True. Smoking and chewing tobacco increase your risk for gum disease. As gum disease progresses, the connection between your teeth and gums weakens allowing loose teeth to fall out.

4. True or false: Once a smoker, always a smoker.
   False. Although it can seem impossible to quit after you third or fourth attempt, millions of people have successfully quit. They are proof that you can become a former smoker.

5. True or false: Smoking just takes a few years off your life. You didn’t want those last couple years anyway.
   False. On average, smokers who die from smoking and related illnesses lose 14 years. It also increases your physical age, mental age and decreases your chance of being independent or recovering after an injury.

6. True or false: Smokers can choose to quit whenever they want.
   True and False. Smokers, like all people, have free will. However, there is enough nicotine in just one cigarette to keep smokers coming back for more. At times, it can feel like they don’t have a choice. Smokers can quit when they have a plan and support.

7. Who should you talk to if you are want more information?
   a. Physician
   b. Dentist
   c. Partner or spouse
   d. All of the above

D. Your physician or dentist can help advise you on ways to quit, including cessation treatment. You should also talk to your loved ones, such as your partner or spouse.

8. What kinds of treatment are available?
   a. Gum and lozenges
   b. Prescription medications covered by MassHealth
   c. Counseling
   d. All of the above

D. Most people use a combination of medications and counseling to successfully quit. There are many options. To hear about those options, call the Asian Smokers’ Quitline at 1-800-838-8917, call 1-800-QUIT-NOW or visit https://smokefree.gov/.

Learn Chinese

Sunblock

防曬油
fáng shǎn yóu

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.

Trouvaille-The Homes at Shannon Farm
Woburn Affordable Housing Lottery

www.s-e-b.com

2BR Townhomes/Flats between $263,500-$271,300

This is a lottery for the selected affordable homes being built at Trouvaille – The Homes at Shannon Farm. These homes will be at affordable prices to households with incomes of at least 80% of the area median income. The first affordable homes will be ready in Spring/Summer 2019. For details on the lottery, go to www.s-e-b.com.

Trouvaille–The Homes at Shannon Farm—is a luxury townhome development built at the former site of Shannon Farm in Woburn, Massachusetts. Comprised of 112 one- and two-level townhouse-style residential buildings and a community clubhouse, the homes were built with the spirit of the farm in mind. A modern farmhouse design throughout the residences includes finishes like crown molding, engineered hardwood flooring, and modern kitchens with high-quality stainless steel appliances and tile backslashes. All homes are extremely efficient with features like programmable Wi-Fi thermostats, central air plus 96% efficient HVAC systems, and hybrid electric water heaters. The adjacent Shaker Glen Conservation Area provides 17+ acres of recreation space and a mile of trails in addition to a number of parks, reservations, ponds, and outdoor play areas nearby. Trouvaille is centrally located with easy access to area shops, restaurants, golf courses, and other amenities, as well as schools and major roadways. The Homes at Shannon Farm offer a farm-to-table neighborhood setting just north of Boston. For further details, visit the website at: www.touvillenew.com.

The Maximum Income Limits for Households are as follows:

- $62,450 (1 person)
- $71,400 (2 people)
- $80,300 (3 people)
- $89,200 (4 people)

Households cannot have more than $75,000 in assets.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900x2 and leave a message or postal mail SHB Housing, 257 Hildreth Ave, Woburn MA 01801. For TTY Services dial 711. Free translation available. Complete Applications and Required Documentation must be delivered, or postmarked, by 2 pm on August 5th, 2019. An Info Session will be held on June 24 at 6 pm at the Woburn Public Library in the Program Room. The Lottery for eligible households will be held on August 26th at 6 pm in the same location.

Applications and Info Packets also available in the Woburn Public Library, St. Commgins Park, Woburn MA. Library hours: Mon-Thu 9-5, Fri-Sat 9-5:30, Sunday Closed

Maximum Household Income Limits:

- $62,450 (1 person)
- $71,400 (2 person)
- $80,300 (3 person)
- $89,200 (4 person)

The Maximum Household Asset Limit is $75,000.

Completed Applications and Mortgage Pre-Approvals must be received or postmarked, by 2 pm on July 22nd, 2019. Applications and Pre-Approvals postmarked by this deadline must be received no later than 5 business days from the deadline.

A Public Info Session will be held on June 3rd, 2019 at 6 pm in the Lecture Hall at Lucia Bots Memorial Library.

The lottery will be on July 24th, 2019 at 6 pm, also in the Lecture Hall at Lucia Bots Memorial Library. Applications and Information available at the Wakefield Landing, 345 Main Street (opposite Mt. Hope Pkwy, F 94, Sat 9-5, Sun closed).

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#12 and leave a message, or postal mail SHB Housing, 257 Hildreth Ave, Woburn MA 01801. Free translation available.

Wakefield Affordable Housing Lottery
Wakefield Landing

www.s-e-b.com

$225,700 for a 2BR unit (condo/HOA fees are $195/mo)
$190,000 for a 1BR unit (condo/HOA fees are $173/mo)

The affordable homes will be ready for occupancy in Spring 2019.

This is a lottery for the affordable homeownership units being built at Wakefield Landing in Wakefield, MA. All four homes will be sold at an affordable price to households with incomes at or below 80% of the Area Median Income.

Designed for those seeking Wakefield’s newest construction, the Wakefield Landing offers simple elegance and easy living in its garden style condominiums built with quality craftsmanship by developer David Barrett. The Wakefield Landing is situated at 3 Bennett Street, and melds a brilliant design aesthetic with an ideal location. This luxury development is located conveniently within walking distance to town, restaurants, shops, Lake Quannapowitt, and local transportation.

Wakefield Landing features modern residential interiors wrapped in a classic brick exterior. There are one bedroom, 1 bath and three 2 bedroom, 2 bath condos available. Condos are equipped with open floor plans, private balconies, wood flooring, and stainless steel appliances.

Maximum Household Income Limits:

- $62,450 (1 person)
- $71,400 (2 person)
- $80,300 (3 person)
- $89,200 (4 person)

The Maximum Household Asset Limit is $75,000.

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#12 and leave a message, or postal mail SHB Housing, 257 Hildreth Ave, Woburn MA 01801. Free translation available.
Three reasons why men should see a primary care provider

BY ED NALBAND, MD

Ed Nalband, MD, primary care doctor at South Shore Health. (Image courtesy of South Shore Health.)

Your health is important to you and everybody that you love, and a primary care visit can help you maintain your well-being. What better way to celebrate Men’s Health Month in June than by scheduling an appointment with a primary care provider?

Here are three important things you can gain by visiting with your primary care provider:

1. Build a rapport with your provider.

There are great resources on the Internet. But you can’t trust everything you read. It’s important to build a trusting relationship with a primary care doctor. He or she can help you sift through all the information out there and help you figure out what exactly you should be monitoring as you age. Getting direct answers to your questions can help put your mind at ease.

A strong relationship with your doctor will make it easier to schedule follow-up appointments and get those on the calendar.

2. Learn more about your blood pressure.

If you don’t have your blood pressure in check, it can potentially lead to a major health event. The only way to truly know if you have issues with your blood pressure is to get it tested. High blood pressure is deemed the “silent killer” and low blood pressure can cause health issues too. If you don’t have a primary care doctor yet, visit your nearest pharmacy, which probably has a machine that can do a preliminary check. Worried about the results? A proper diagnosis from a doctor can get you on a path to better health.

3. Determine when you need a life-saving colonoscopy.

We know this is an uncomfortable topic for men, but colon cancer is a very treatable disease. It must be caught early, however. If you have a family history of the disease, you need to be tested once every five years instead of once every ten. If a parent or grandparent had the disease, then you need to be tested earlier than most. Early detection can’t happen by searching the Internet, so get over your fears and make sure you get checked out.

About the author
Ed Nalband, MD is a primary care doctor at South Shore Health. If you are looking for a primary care provider, you can find the doctor that is best suited for the care you need on www.southshore-health.org.

The monthly South Cove Manor breakfast seminar took place May 30. Guest speaker Mei Yuk Tai gave a talk on diabetes prevention. (Image courtesy of South Cove Manor.)

Breakfast seminar discusses diabetes prevention

BY SOUTH COVE MANOR

South Cove Manor at Quincy Point hosted its monthly breakfast seminar May 30 with 40 seniors at Boston Chinese Evangelical Church. Guest speaker Mei Yuk Tai from South Cove Community Health Center gave a talk on diabetes prevention and demonstrated how to read average blood sugar level.

Diabetes can cause many side effects for your eyes, feet, teeth and gums, kidney function, blood pressure and more. Mei recommended some lifestyle changes to prevent diabetes. Weight control is one, as overweight individuals are most likely to become diabetic. Losing even as little as 5 percent of your body weight makes a difference.

Another way to prevent diabetes is moderate exercise for 30 minutes a day, or three to four hours each week. Exercise can be activities such as cycling, swimming or brisk walking.

Nutrition is an important way to prevent diabetes. Eat nutritious food, such as low-fat protein, vegetables and whole grains. Portion control is important.

A body mass index check was also provided to the participants at the meeting.

The next breakfast seminar on osteoporosis will be held June 27.

Take the Sampan Health Survey!
SAMPAN.ORG/2019/01/2019CNYHEALTHSURVEY/

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Op-Ed: Say ‘No’ to highly flammable, high pressure gas being piped through Massachusetts at our expense

BY WENDY SHEU, MEMBER OF MOTHERS OUT FRONT

June 21, 2019

Last September, excessive pressure in natural gas pipelines resulted in a ghastly series of explosions and fires in the Merrimack Valley. (Lamento, North Andover and South Andover) that killed a man, injured dozens and forced 30,000 to evacuate their homes. On that day, the chaotic scene in those communities — about 25 miles north of Boston — was described as a “war zone” and “Armageddon.” This tragedy serves as a stark reminder of the catastrophic risk of natural gas, which so many of us (including myself) welcome into our homes to power our gas ranges and furnaces.

Most of us know that gas is highly flammable, but actual gas explosions and fires occur with more frequency than I would have thought. It doesn’t happen daily, but it is no rare occurrence: according to federal pipeline incident data from 2010 through late 2018, a gas pipeline in the United States catches fire every four days and results in an explosion every 11 days. These incidents result in an injury every five days, on average, and a fatality every 26 days.

The public safety threat of natural gas infrastructure is real, and yet today communities surrounding the Fore River Basin of Quincy, Braintree, Weymouth and Hingham continue to fight an uphill battle against the proposed construction of a gas facility in Weymouth, which would pressurize gas up to 250 times higher than levels that led to the Merrimack Valley disaster. An accident would be calamitous: within a one-mile radius of the Weymouth site, there are six schools with more than 1,000 students, over 1,000 homes, elderly housing, nursing homes, and a mental health facility.

Experts do not believe that enough emergency transportation could be made available to timely evacuate all residents in the event of an accident. Scientists have been warning this sort of gas facility is just an accident waiting to happen.

The fight against the proposed Weymouth facility started four years ago, when Enbridge (formerly Spectra Energy) — a multinational energy transportation company — identified the site for construction of a compressor station. One tiny but critical piece of a massive fracked gas pipeline project called Atlantic Bridge. The Atlantic Bridge pipeline is designed to help move cheap, fracked gas from Pennsylvania through New England to Eastern Canada where it can be sold within Canada or even exported. Compressor stations are needed every 50 miles to pressure gas up to 250 times higher than levels that led to the Merrimack Valley disaster for construction of a compressor station, and results in an explosion every 11 days. These incidents result in an injury every five days, on average, and a fatality every 26 days.

The Federal Energy Regulatory Commission approved the site of the Weymouth compressor station in 2017, but the project still needs to obtain additional state permits.

Would the fight against the proposed compressor station — worth the social benefits of any, of such a facility? The answer is a resounding no. We typically assess the risks and benefits of a project and determine whether the benefits may be worth the risks. But in this case, it’s hard to see any benefit to Massachusetts at all.

Sen. Elizabeth Warren has challenged the need for the project, highlighting that the compressor station “has more to do with pumping gas north for export to distant markets than with helping Massachusetts residents.”

The communities of Weymouth, Quincy, Braintree, North Andover, and Hingham, numerous state representatives and Attorney General Maura Healey have all voiced their opposition to the project.

And if the threat of a catastrophic explosion or fire in one of these communities is not enough to persuade one to oppose the project, consider the public health impact of a compressor station: studies show that residents in the Fore River Basin area are already exposed to high levels of pollution. Additional carcinogens — such as formaldehyde and benzene — and other air pollutants are expected to be released into the air as byproducts of the compressor station’s regular operations. The project would also inflict noise and odor pollution on surrounding communities.

And yet, Enbridge is still pushing forward for the required permits. Despite local opposition, Massachusetts Gov. Charlie Baker’s administration is keen to obtain the required permits. The project would also inflict noise and odor pollution on surrounding communities.

But in this case, it’s hard to see any benefit to Massachusetts at all. Sen. Elizabeth Warren has challenged the need for the project, highlighting that the compressor station “has more to do with pumping gas north for export to distant markets than with helping Massachusetts residents.”

The communities of Weymouth, Quincy, Braintree, Weymouth and Hingham, which have stepped up to protect the safety and health of residents.

LINDEN PONDS

“"You really can have it all!" At Linden Ponds senior living community, you’ll enjoy a beautiful maintenance-free home, predictable expenses, easy access to amenities, and on-site care if your health needs change—all for an incredible value.

It’s more affordable than you think! Linden Ponds is designed for retired homeowners with modest savings and investments. The 90% Refundable Entrance Deposit® and budget-friendly Monthly Service Package keep your finances protected and predictable. Get all the details in our free brochure!

See how much money and worry you’ll save. Call 1-800-989-0448 to request your free brochure and see how your household expenses measure up to our all-inclusive lifestyle.
How to open a daycare center in your home

BY BOSTON CHINATOWN NEIGHBORHOOD CENTER

Do you live in Boston and want to start a home based family child care? Boston Chinatown Neighborhood Center’s (BCNC) family child care system seeks new family child care providers. Do you like children and have an apartment or home in Boston?

Family child care might be good for you. Caring for children in your home can be gratifying and also provide you with an income. BCNC can help you understand the licensing process and begin to explore what it would take to become licensed. If you live in Boston, we can visit your home and see if it can meet licensing requirements. We can provide support to setting up contracts with parents, finding children for your home and learning how to manage your business. We can help you provide quality care that will make a difference in children’s lives. We have monthly workshops, CPR and first aid training and can link you to Chinese language educators in the community. You can join our system and get help with finding children with subsidies and meeting state requirements. You can also go private and come to us as part of our network of providers who receive regular training. Contact Yu Man Mui at (617) 635-5129 x 1033, or Chew Lee Lim at (617) 635-5129 x 1066 and chewlee.lim@bcnc.net.

Boston Dragon Boat Festival rings in 40 years

BY LING-MEI WONG

The 40th Boston Hong Kong Dragon Boat Festival took place June 9 along the Charles River. Blazing paddles of the Asan American Civic Association placed third in the community division. (Image courtesy of Christina Marranor.)

The 40th Boston Hong Kong Dragon Boat Festival took place June 9 along the Charles River. A record 78 teams turned out for the oldest dragon boat festival in North America. More than 1,500 paddlers competed in 10 categories. Food and cultural performances took place on the river bank.

Affordable Housing Lottery
Hanover Westford Lottery
1 Tech Valley Drive, Westford, MA

1BRs @ $1,239 *, 2BRs @ $1,452 *, 3BRs @ $1,645 *
*Rents subject to change. Utilities not included except Sewer. Tenants pay own Gas Heat, Gas Hot Water, Electricity (including cooking), and Water.

Hanover Westford Valley is a 240 unit rental apartment community located on Tech Valley Drive behind the Westford Technology Park West in Westford, MA. 60 apartments will be made available through this application process. The project includes residential amenities such as a professionally landscaped courtyard with a resort style pool and barbecues for outdoor grilling. The clubhouse includes a demonstration kitchen, fitness center, cinema, lounge, and a conference room. The residential units feature stainless steel appliances, island counters with stone countertops, tile backsplashes, laminate wood floors, painted accent walls and track lighting. Living areas feature 9' ceiling heights.

MAXIMUM Household Income Limits:
$52,900* (1 person), $60,400* (2 people), $67,900* (3 people), $75,500* (4 people), $83,570* (5 people), $87,600* (6 people)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on August 16, 2019.

A Public Info Session will be on July 10th, 2019 at 6 pm in the Meeting Room in the J.V. Fletcher Library (50 Main St, Westford). The lottery will be on Sept 16th, 2019 at 6 pm in the same location.

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 (vl) and leave a message. For TTY Services dial 711. Free translation available.

Applications and Info Packets also available in the J.V. Fletcher Library (50 Main St, Westford) Hours: M-Th: 10-9, F: 1-5, Sat: 10-5, Su: closed

JFK Crossing
Affordable Housing Lottery
420 Harvard Street, Brookline, MA

One Studio @ $59,250*, One 1 BR @ $64,000*, Two 2 BR @ $70,000* (4 people), $68,750* (5 people), $68,750* (6 people)
*Rent subject to change. No utilities included except Water and Sewer. Tenants will pay own Gas Heat, Gas Hot Water, Gas Cooking fuel, and Electricity. One Parking spot is included with 4 of the 5 units.

MAXIMUM Household Income Limits:
$41,300* (1 person), $47,400* (2 people), $53,500* (3 people), $59,250* (4 people), $65,000* (5 people) and $68,750* (6 people)

Completed Applications and Required Documentation must be received, not postmarked, by August 16, 2019.

A Public Info Session will be held at 6 pm on July 10th, 2019 in Room 107 in Brookline Town Hall (333 Washington Street). The Lottery for eligible households will be held on September 17th, 2019 at 6 pm in the same location as the info session.

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 (vl) for rental) and leave a message. For TTY Services dial 711. Free translation available. Traducción gratuita disponible.

免譯服務
Applications also available at Brookline Public Library on 361 Washington Street (Library hours: M-Th: 10-8, Friday: 10-5, Sat Closed, Sun 1-5)

Learn Chinese
Szában shà tān

A protest against a proposed Hong Kong extradition law drew about 300 on June 9 to the Statehouse. (Image courtesy of Martin Gao.)

Hong Kong extradition bill draws protesters in Boston

BY FRANCES HUI

An estimated 2 million people in Hong Kong protested on June 9 and June 16 against an extradition bill proposed by the Hong Kong government. A Boston rally against the bill started at the Statehouse June 9. About 300 people in black and white shirts attended with signs and posters. Organizer Frances Hui led chants, such as “No China Extradition,” “Protect Hong Kong,” “Safeguard Hong Kong.” Protesters marched through the Boston Common to the Chinatown Gate, with chants in different languages. Hui spoke at the Gate about why Hongkongers need to speak against the bill. The extradition bill has been indefinitely suspended, drawing an apology from Hong Kong Chief Executive Carrie Lam.

JFK Crossing Affordable Housing Lottery
420 Harvard Street, Brookline, MA

One Studio @ $59,250*, One 1 BR @ $64,000*, Two 2 BR @ $70,000* (4 people), $68,750* (5 people), $68,750* (6 people)

*A rent subject to change in 2020. No utilities included except Water and Sewer. Tenants will pay own Gas Heat, Gas Hot Water, Gas Cooking fuel, and Electricity. One Parking spot is included with 4 of the 5 units.

MAXIMUM Household Income Limits:
$41,300* (1 person), $47,400* (2 people), $53,500* (3 people), $59,250* (4 people), $65,000* (5 people) and $68,750* (6 people)

Completed Applications and Required Documentation must be received, not postmarked, by August 16, 2019.

A Public Info Session will be held at 6 pm on July 10th, 2019 in Room 103 in Brookline Town Hall (333 Washington Street). The Lottery for eligible households will be held on September 17th, 2019 at 6 pm in the same location as the info session.

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 (vl for rental) and leave a message. For TTY Services dial 711. Free translation available. Traduzione gratuita disponibile.

免譯服務
Applications also available at Brookline Public Library on 361 Washington Street (Library hours: M-Th: 10-8, Friday: 10-5, Sat Closed, Sun 1-5)

Applications also available at Brookline Town Hall (Planning and Community Development)
Fears of undercounting people of color rise before 2020 census

BY MICHAEL J. FITZGERALD, RICHMOND PULSE/ELECTIVE MEDIA SERVICES

Combatting a predicted major undercounting of people of color in the 2020 U.S. Census was the focus of a national, roundtable discussion, featuring key representatives of civil rights and voting rights organizations, earlier this month. In sometimes heated presentations, representatives of the Fair Immigration Reform Movement (FIRM), the National Association of Latino Elected and Appointed Officials (NALEO), the Urban Institute, New American Immigration Justice (AAJC) and the New York Immigration Coalition hammered home how important a full count will be.

"We are not going to stand by and be undercounted," said Jeri Green of the Urban Institute, which on June 4 released a study showing that the approach the Census Bureau has chosen is likely to be the least accurate since 1990, or possibly worse, and that among the people likely to be overlooked will be 1.7 million kids younger than age 5. It expects California to have the highest percentage of people not counted, fol-

ledged by Texas, New Mexico and Florida. It expects California to have the highest "Clearly the Trump administration effort (wanting the citizenship question included on census forms) strikes hardest at immigrant-rich states," he said.

In New York, the state Congressional delegation is bracing for a likely loss of two seats. "And in terms of money and power, for every person lost — or not counted — it's estimated to cost the state about $3,000 per person," Choi said.

That's money lost to all for public spending.

This year's census will also be the first to extensively use the internet and online data gathering, in favor of deploying the traditional door-to-door census takers. The Census Bureau is planning to send out an electronic request to 80% of U.S. households, expecting a response rate of about 45%. Non-responsive households will eventually be mailed a paper census form to fill out, either in English or Spanish. Online questionnaires will have more languages to choose from.

Eventually, if no response is forthcoming, a Census Bureau field worker will be dispatched to contact the household in person or via telephone. The consensus among the teleconference panelists was that if the citizenship question is included in the census, people should answer it and not leave it blank. "You really must answer," Choi said. "There are legal ramifications." Panel moderator Lynk, census counts campaign director for The Leadership Conference on Civil and Human Rights, said her organization is working under an umbrella of as high as 4 million minorities with a possible concomitant overcount of Caucasians.

"Everyone relies on census data," she said.

Sulma Arias of FIRM said her organization is holding community meetings, engaging people of color online, and getting the word out about how important this census will be. "This is an attack on our rights to fair representation," she said. "We refuse to be erased."

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Susan Chinsen builds community through art

BY YIYAN ZHENG

Diversity on the Runway, a fashion show celebrating designers of color in Boston, took place June 13 at WBUR CitySpace. Audrey Paek walks the runway in a gown by Kim’s Fashion Design. (Image courtesy of Ling-Mei Wong.)

Susan Chinsen, director of the Boston Asian American Film Festival, uses art for community building. (Image courtesy of Yiyan Zheng.)

Susan Chinsen is an ABC: not American born Chinese, but Africa born. Her paternal great-grandfather settled in Rhodesia, which is now Zimbabwe, attracted by the gold rush in the Transvaal. Like the Chinese diaspora who came to America to build infrastructure, her maternal grandfather helped the Portuguese build railroads and ports in Mozambique. Chinsen came to Boston at age 3 with her family, settling in affordable housing in Newton.

Her mother didn’t want her to break ties with Chinese culture, and brought her every Saturday to the Cantonese school for almost five years. Chinsen stopped going, since she had more interest in traditional Chinese dance. As one of the first dance members of the American Chinese Art Society, she learned various dances, including Chinese ribbon dance, Aboriginal dance and tambourine dance.

Films also fascinated Chinsen. She can still recall watching “Kung Fu: The Movie” with her father at home. Despite the Chinese Shaolin master being played by a white man, it was the closest thing she could find that was resonant with Chinese culture.

It was ninth grade when she saw her first Asian American film on PBS. Watching the main character Russell Wong in “Eat a Bowl of Tea” made the decision to go into cinema.

In 2017, Chinsen was recognized as one of the Boston Neighborhood Fellows by the Boston Foundation, for her contribution in uplifting diverse community stories and experiences through arts. Besides her role in the film festival, she now works as associate producer at ArtsEmerson. Chinsen said, “And I believe art has a unique way of bringing the better. All of us will be.”

The sixth grader is on break this summer, but she’s still involved in the professional theater community. She’s performed in “The 25th Annual Putnam County Spelling Bee,” along with her younger sister — also a dancer and performer — to auditions, rehearsals, performances, and as many shows as their schedules allow. Ben’s mom is also a physician.

Diversity by a white man, it was the closest thing she could find that was resonant with Chinese culture.

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For Info and Application Availability:
Pick Up: Reading Town Hall, - Town Clerks Office, Public Library & Leasing Office Phone: (978) 456-8388 TTY/TDD: 711, when asked 978-456-8388 Email: lotteryinfo@mcohousingservices.com FAX: 978-456-8986

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com

Max Allowable 50% Income

| 1 person household: | $41,500 |
| 2 person household: | $47,400 |
| 3 person household: | $53,350 |
| 4 person household: | $59,250 |
| 5 person household: | $64,000 |
| 6 person household: | $68,750 |

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

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The Hourly Oyster House twin lobster features the house lobster roll and a lobster tail from Mike’s Pastry. (Image courtesy of the Hourly.)

The Hourly Oyster House is housed in a former bank, with the vault now storing its wine selection. Its name comes from its Dunster Street location, once a hub of “hourly” horse-drawn wagons departing each hour for Boston in 1826. The charming space in Harvard Square has served exquisite seafood and oysters since 2016. My oysters (market price) were plump and expertly shocked, tasting of the sea. While the Hourly provides a dizzying array of condiments, I wanted to create four life-size bronze statues of a cook, a woman at sewing machine, a grandmother, and a Mike’s Pastry coupon to exchange next day at the door of your meal. The ricotta-topped pizza can be topped with powdered sugar.

**AFFORDABLE HOUSING LOTTERY**

28 Austin Street, Newton, MA

Eleven 1BRs @ $1670*, Twelve 2BRs @ $1750*

*Tenants will pay own Gas Heat and Hot Water, Electricity (including Cooking) and Water. Except Sewer.

**Knights Landing**

143 Old Warren Road, Swansea MA

Affordable Housing Lottery

www.s-e-b.com

This is a lottery for the 4 affordable duplex homes organized in a HOA (condos) being built at Knights Landing in Swansea. These 4 homes will be sold at affordable prices to households with incomes at or below 80% of the area median income. The first affordable homes should be ready for purchase by Sept 2019.

The affordable homes at Knights Landing are approximately 1,260 sq ft, 2.5 bathroom condo’s. Each condo has a 15x14 brick patio deck in the rear. Laundry room located on second floor (but washer and dryer is NOT included). Kitchens, Laundry and bathrooms have vinyl floors, kitchen has laminate counter tops, baths have one-piece cultured marble tops and sinks. Living, Dining rooms, stairs and bedrooms are carpeted. All condos have central gas heat, town water and septic system. One car garage with opener, 2 uncovered parking spaces.

**Knights Landing**

143 Old Warren Road, Swansea MA

Affordable Housing Lottery

www.s-e-b.com

Three 2BR Duplex Homes for $152,600 (HOA fees are $210/mo)

One 3BR Duplex Home for $177,900 (HOA fees are $210/mo)

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**Affordable Housing Lottery**

Austin, MA

28 Austin Street, Newton, MA

Eleven 1BRs @ $1670*, Twelve 2BRs @ $1750*

*Tenants will pay own Gas Heat and Hot Water, Electricity (including Cooking) and Water. Except Sewer.

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You’re an inspiration to us all

Asian American Civic Association is making a difference in our neighborhood.

Helping the local economy thrive is just one of the many positive attributes you bring to our area. Extending your abilities and resources to the community through service and other initiatives makes you a true leader.

We’re proud to work with Asian American Civic Association.

Visit us at bankofamerica.com/massachusetts.