Community mom: Mai Du combines social justice with kung fu

BY LING-MEI WONG

Mai Du runs Wah Lum Kung Fu and Tai Chi Academy in Malden and Quincy. (Image courtesy of Mandy Chan.)

Mai Du likes to describe herself as unconventional.

She came to America when she was 8, as a refugee from Vietnam. She and her family were sponsored by her aunt, who had walked from Vietnam through Cambodia to a Thai refugee camp. Her ethnic Chinese family in Vietnam made a new life together in America.

“We flew over, when my aunts and grandma walked,” Du said. “We were lucky.”

Before becoming “Sifu Mai” of Wah Lum Kung Fu and Tai Chi Academy in Malden and Quincy, she was “Ling” to her Sponsored Family, which put her in the Coalition for Asian Pacific American Youth in high school and studied the Chinese diaspora at Tufts University. She threw herself into community activism.

“As the Asian American community, we are known to be better in education, but the model minority is a myth,” Du said. “If you disaggregate the data, you see the Hmong and Lao communities are doing worse. Asian Americans are very diverse.”

Du worked for Linda Wing on Harvard University’s Urban Volunteers Program, before working for the Red Cross for eight years.

“As refugees, my grandmother and mother said the Red Cross helped them,” Du said. “I wanted to give back. I built up the youth program from scratch.”

Du was active in martial arts as well as social justice. “When I was able to start my own kung fu academy in Malden, I had my own platform to merge the two together through community building and youth empowerment leadership work,” she said.

Du was among the founders of Greater Malden Asian American Community Coalition (GAAMACC). Co-founder Dianna Jeong said, “I’ve known Mai for over 20 years through our associations with various community groups in Malden. I have been her student at the Wah Lum Kung Fu and Tai Chi Academy for over 10 years, but remain her worst tai chi student. Preserving Asian American history and culture is her passion. She’s a visionary, as well as being generous, smart and kind.”

Du serves on the boards of GAAMACC, community developer Asian Community Development Corporation, South Cove Community Health Center, Maria Drosite Mental Health Counseling in Quincy and the United States Dragon and Lion Dance Federation.

Du was instrumental in opening a Malden clinic for SCCCHC. “I am very happy to have contributed a meaningful role, being able to bring culturally and linguistically competent medical service to Malden and beyond,” she said.

She was a USDLF founder and in 2018 organized the first Dragon and Lion Dance Championships in Boston and Quincy.

“For all the things I’m able to do, I would not have been able to do without the support of my family and students,” Du said of her husband and family.

Her son Thomas, 15, is a rising junior at Boston Latin School. He is a youth leader in the Asian Voices of Organized Youth for Community Empowerment program of ACDC.

CONTINUED ON PAGE 4

Asian American Civic Association rings in 52 years

BY LING-MEI WONG

The Asian American Civic Association (AACA) celebrated its “Their Courage to be New” gala on June 30 at the Spirit of Boston cruise ship. About 400 guests rang in 52 years of service.

Social Justice Award recipient and AABCD president and CEO John Drew said, “Social justice to me means we’re all in this together.”

Santander Bank was recognized as an Employer Partner of the Year. The Employer Partner of the Year was awarded to the Bostonian hotel as well. AACA offers Careers in Banking and Finance program, teaching individuals about customer service and cash handling skills for a lasting career in banking. Its Building Energy Efficient Maintenance Skills program prepares skilled workers for careers in building management for hotels.

AACA was founded in 1967 as the

Chinese American Civic Association. Today, the agency serves clients from more than 125 countries, providing immigrants and economically disadvantaged individuals with education, job training and social services for economic self-sufficiency. The Sampan Newspaper is published by AACA, starting out in 1972 at the agency newsletter.
**Event Calendar**

**CACA National Convention**
*July 5 to July 6*
The Chinese American Citizens Alliance National Convention will be held in Boston. For more information, visit www.cacana- tional.org.

**Chinatown history tour**
*Friday, July 5*
6 p.m. to 7:30 p.m.
2 Boylston Street
Boston, MA 02116

**Chinatown Main Street Festival**
*Saturday, July 6*
10 a.m. to 6 p.m.
2 Boylston Street
Boston, MA 02116
The 16th Chinatown Main Street Festival will take place at the China Trade Building.

**Advanced English for jobs**
*Monday, July 8*
8:30 a.m. to 11 a.m.
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women’s Empowerment citizenship classes will take place at the AACa. Register at (617) 426-9492 x 251 or mulan@aacaboston.org.

**Dance with Parkinson’s**
*Every Tuesday*
10:30 a.m. to noon
1100 Washington Street
Boston, MA 02218
Free dance class designed specifically for those living with Parkinson’s Disease at Urbanity Dance.

**Workforce training assessment**
*Tuesday, July 9*
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
AACa offers workforce training programs Building Energy Efficient Maintenance Skills and Careers in Banking and Finance, and will offer assessments. Applicants should be at least 18 and have a GED/high school diploma.

**Free evening meals**
*Every Tuesday*
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 information, call (781) 397-0404.

**Free health care service**
*Every Tuesday*
5 p.m. to 6 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148
The Shaware Project offers free, unscheduled health care to the medically underserved populations of the greater Boston 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 financial aid towards higher education. To make an appointment, call (617) 426-9492 x 0.

**Free tai chi class**
*Every Thursday*
10 a.m.
Symphony Park
Instructor Huain Zhang will lead tai chi at Symphony Park, on the corner of Edgerly Road and Norway Street. All levels welcome.

**I Wan Jan Puppet Troupe**
*Saturday, July 13*
10 a.m.
32 Station Street
Brookline, MA 02445
Come see the Asian American Civic Association’s cultural aid to the medically underserved in the Boston area.

**English for college or job training**
*Monday, July 15*
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 information, call (617) 426-9492 x 250.

**Free immigration clinic**
*Wednesday, July 17*
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.

**First-time homebuyer classes**
*July 20 to 21*
9 a.m.
38 Oak Street
Boston, MA 02111
ACDC offers HB101 classes in

**SMPAN is New England’s only bilingually published English-Chinese newspaper.**

**Free health care service**
*Every Tuesday*
5 p.m. to 6 p.m.
First Church in Malden
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Malden, MA 02148
The Shaware Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area.

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**I Wan Jan Puppet Troupe**
*Saturday, July 13*
10 a.m.
32 Station Street
Brookline, MA 02445
I Wan Jan Puppet Troupe, a puppetry group in Taiwan, will perform at the BCEC auditorium. Subscriptions are published by the Asian American Civic Association. No subscriptions are published by the Chinese American Citizens Association. All subscriptions are published in the public domain.

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July 5, 2019

Report finds Chinatown has worst airflow statewide

BY LING-MEI WONG

Chinatown has the worst airflow quality in Massachusetts, according to a report from the Union of Concerned Scientists (UCS). A press conference highlighting the results took place June 27 at the Jossiah Quincy Upper School.

USC president Ken Kimmell said, “On average, communities of color in the Northeast and Mid-Atlantic breathe 66 percent more air pollution from vehicles than white residents.”

The report, “Inequitable exposure to air pollution from vehicles in Massachusetts,” found Chinatown was the most disproportionately impacted area in Massachusetts, “so the people of Chinatown continue to live here.”

PM has adverse health effects such as asthma and heart disease.

Archaeological dig to focus on immigrants

BY LING-MEI WONG

A groundbreaking ceremony for a Chinatown historical dig took place July 2 at 6 Hudson Street. (Image courtesy of Ling-Mei Wong.)

The first public archaeological dig on Chinese immigrants celebrated a ground-breaking July 2 at 6 Hudson Street. Boston archaeologists and volunteers will go down four feet to find artifacts starting July 8. “The artifacts illustrate how immigrant lives mattered then and that they matter now,” said Joe Bagley, Boston city archaeologist.

Residents oppose 125 Lincoln office tower plans

BY YIYAN ZHENG

Boston Planning and Development Agency (BPDA) hosted a public meeting about 125 Lincoln Street at Hei La Moon June 26.

The site is the current home of Hei La Moon, C-Mart, a parking garage, and other retail establishments. Oxford Properties Group, owner of 125 Lincoln, is proposing to demolish the existing block-long structure and build a 24-story tower in its place. The project consists of a 625,000 square foot office building with ground floor retail, and 7,300 square feet of open space adjacent to Lincoln Street and the Greenway. Parking capacity will be up to 275 vehicles.

Mark McCowan, Oxford Properties vice president of development, said the company has been in talks with community developer Asian Community Development Corporation to create more affordable housing at 79 Essex Street, another site Oxford owns in Chinatown.

The proposed new building would provide 18 retail spaces, improve neighborhood businesses and create greater public space. However, it was strongly opposed by residents of Chinatown and the Leather District.

“Through a building that belong to the Foundation,” said Larry R., a 40-year resident and business owner in the Leather District.

The next public meeting will be held July 18 at St. James the Greater Church in Chinatown.

Tufts Medical Center employees build careers with English classes

BY LING-MEI WONG

Tufts Medical Center employees celebrated graduation June 28 at the downtown hospital, completing English classes offered by the Asian American Civic Association (AACJA).

“Are we strangers. We are immigrants,” said Tufts employee and graduate George Legal, Sharon Hypolite, Amanda Alves, Jose Flores, Ana De Pina. (Image courtesy of Ling-Mei Wong.)

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up and speak up," Wu said. "We are about to be made, we can then let ev-
through the materials they get. And when
at MBTA stations, distributing flyers and
BostonTParty. On July 1, more than 300
June 30, protesting the MBTA fare hikes.
The rally happened after two MBTA
Community leaders and Boston T
translation available.  Completed Applications and Required Income Documentation must be
mail SEB Housing, 257 Hillside Ave, Needham MA 02494 .  For TTY Services dial 711.  Free
This is a lottery for the eleven affordable homes being built at Trouvaille
Homes at Shannon Farm  offer a fa rm-to-table neighborhood setting  just north of Boston.   For
restaurants, golf courses, and other  amenities, as well as schools and major roadways.  The
recreation space and a mile of t rails in addition to  a number of parks, reservations, ponds, and
high-quality stainless steel appliances and tile back splashes. All  homes are energy effic ient with

—

BOSTON CHINATOWN NEIGHBORHOOD CENTER (BCNC) Quincy hosted a rib-
bon-cutting ceremony June 21 for its 4,600-square-foot new office at 1458 Hancock Street. Quincy Mayor Thomas Koch, state Sen. John Keenan and Quin-
cy City Councilor Nina Liang attended the ceremony.

"What is happening here is that people can now go to one location for the services they need. If you need help, they can take you to the next step," said Liang.

"This is a huge leap for the Chinese community," said Keenan.

"This building will bring a lot of services for people," said Koch.

"I hope he's a person who serves oth-
ers," said Liang.

OFFICIAL PRESS RELEASE

BY TINA CHEN

The Boston Chinatown Neighborhood Center (BCNC) hosted a ribbon-cutting ceremony June 21 at its new 4,600 square-foot office.

Mayor Koch addressed remarks about the BCNC's mission and goals.

"It is a great day for the Chinatown community," Koch said.

"This is a building that will serve the needs of the community," said Keenan.

"The location is within walking dis-
tance of the Quincy Center T station. The

"Gratitude is a huge part of being hu-
mankind, and it is very significant in this moment," said Mayor Koch.

"We are here, we are here to serve our commu-
ity," said Mayor Koch.

You make it stronger."
Boston focuses on pedestrian safety to reduce crash fatalities

BY YALING HOU

Stefanie Seskin spoke about pedestrian safety June 26 at the Blackstone Innovation School. (Image courtesy of Yaling Hou.)

Boston’s long-term transportation plan Go Boston 2030 seeks to reduce pedestrian fatalities — a thorny issue in the densely populated South End neighborhood.

A pedestrian safety meeting was held June 26 at Blackstone Innovation School. Stefanie Seskin, active transportation director for Boston’s Transportation Development, presented pedestrian safety improvements to Tremont Street for a more walkable neighborhood.

Resident Ellen Roth took her daughter Havel Salvador, a Hurley School student, to the meeting. They were concerned about speeding drivers at the intersection of Massachusetts Avenue and Tremont Street, who either increase their speed through the intersection or turn fast.

“They don’t understand because they cannot see [potential dangers] ahead of them, and there is no signage indicating that there is a school in that area. It’s always very aggressive,” Roth said. “One of our friends, when it was dark and raining one night, they were basically almost hit by a car. It was a very, very scary and dramatic time for her.”

Seskin said, “Kids who are crossing the streets and a lot of the children who are coming to the Blackstone, the McKinley and the Hurley schools, they are crossing Tremont Street several times a day.”

Thirty years ago, nobody would think of delivery, pick-up and drop-off services. Vehicle volumes and speeds threaten people, but engineers can now use technology to collect data for redesign strategies, according to John Monacelli, Boston senior transportation engineer.

The team proposed improvements, such as signals at intersections, curb regulations, bus stop boarding islands, crosswalk improvements, bike lane designs and cooperation with the MBTA.

“Pedestrian safety is No. 1,” said Seskin. “As a city, we want people to feel good about where they live.”

New Roots to Employment students celebrated graduation on June 27 at the Asian American Civic Association. (Image courtesy of Ling-Mei Wong.)

Adult learners celebrate graduation

BY LING-MEI WONG

Asian American Civic Association advanced English students celebrated graduation June 27 at the agency.

Instructor Chris Tegmo said, “I am proud of your effort to learn this semester. All the best on your career search.”

New Roots to Employment is an innovative English program that blends distance learning, classroom instruction and job search activities. It is designed to meet the educational and employment needs of immigrants with college degrees and professional backgrounds from their native countries so that they can reclaim their careers.

First Muslim to lead Boston’s immigrant office

BY YIYAN ZHENG

Boston Mayor Marty Walsh announced June 21 the appointment of Yu Vali, 36, as director of the Mayor’s Office for Immigrant Advancement. Vali will report to Marty Martinez, chief of Health and Human Services office.

Vali immigrated with his parents to Kansas City from India at 9. He was executive director of the Islamic Society of Boston’s Cultural Center, overseeing a mosque and a community center serving more than 1,500 congregants, many of them immigrants from 64 different ethnicities. Vali replaces Alejandra St. Guillen, who left the post in December 2018 to run for Boston city council. He is highest-ranking Muslim under Walsh’s administration in recent memory.

Vali said his team would focus on three aspects to tackle immigration issues: Fighting hate, advocating for equity, and moving forward a real integration for other immigrant communities.

“You have a white mayor, a Latino chief, and a Muslim director working on immigration together,” said Vali at a press roundtable at City Hall June 20. “I think the mayor is sending a clear message to Boston and the nation that we’re not letting the fearful rhetoric coming from up top bully us in any kind of way. We’re going to work across ethnic, faith, gender, racial lines to build a strong community.”

Visit our website at www.tuftsmedicalcenter.org/financialassistance for information about available financial assistance programs and a free application. Financial Coordination can also mail you this website.
Vaping and smoking both have risks. (Image courtesy of Adobe Stock.)

Cigarette smoking, specifically tobacco smoking, is the most popular form of recreational drug use. It is the leading cause of preventable death in the United States, responsible for more than 480,000 deaths each year. Smoking is a major risk factor for many diseases, including lung cancer, heart disease, stroke, and chronic obstructive pulmonary disease (COPD), as well as respiratory infections.

Vaping, or e-cigarette use, involves inhaling a liquid solution (vapor) that is delivered into the lungs. The liquid solution typically contains nicotine, a highly addictive substance, and other chemicals, which are heated to produce a cloud of vapor. The vaping devices used include electronic cigarettes (e-cigarettes), vape pens, and hookahs.

The liquid solution used in e-cigarettes is called e-liquid or e-juice. It contains nicotine, which is an active alkaloid found in tobacco leaves, and other substances such as water, vegetable glycerin, propylene glycol, and flavorings.

### Vaping Devices

Vaping devices can be categorized into three types:

- **E-cigarettes (E-cigs)**: These are battery-powered devices that heat a liquid solution to produce vapor. They are often referred to as “vapes” or “e-cigarettes.”
- **Vape Pens**: Vape pens are similar to e-cigarettes but are generally larger and more powerful, allowing for the use of concentrates and extracts.
- **Heated Cigarette Devices**: These devices are similar to traditional cigarettes but use heat to vaporize a tobacco stick.

### Vaping and its Risks

- **Nicotine Addiction**: Just like regular cigarettes, e-cigarettes contain nicotine, which is highly addictive. According to the U.S. Centers for Disease Control and Prevention (CDC), adult smokers who switch to e-cigarettes are 50% more likely to quit smoking.

### What is Vaping?

Vaping is the act of inhaling vapor from a heated liquid “juice” to create smoke. The devices produce a small smoke-like cloud that is inhaled and exhaled.

Some vaping chemicals have been found to be cancer-causing, and putting users at a higher risk of pulmonary disease and heart disease — just like regular cigarettes.

### Is Vaping Safer than Smoking?

Some people believe that vaping is safer than smoking because it is often marketed as a healthier alternative. However, the long-term consequences for some are still unclear.

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Vaping and smoking both have risks. (Image courtesy of Adobe Stock.)
Julia Mejia is running for a Boston at-large council seat. (Image courtesy of Varia Jasmin Arroyo.)

When Julia Mejia grew up, she wanted to be “Julie” instead of “Julia,” or “hoo-lee-yah” in Spanish. As an at-large candidate for the Boston City Council, Mejia would be the first Afro-Latina for an elected immigrant, depending on her to learn English to navigate bureaucracy.

“I watched Sesame Street and learned at a young age to seek services, as the official translator to the neighborhood,” Mejia said. “Poverty was part of my journey; I cleaned offices with my mom. My first job was at age 12. Those experiences set me on the path of community services.”

Mejia was the first person in her family to complete high school and college. She worked in youth empowerment at Action for Boston Community Development, then became MTV’s first Latina reporter covering social justice and presidential campaigns. Today, she is the founder of the Collaborative Parent Leadership Action Network (CPLAN) to give voice to underrepresented families in Boston. CPLAN’s parents have help craft legislation such as the RISE Act and helped to inform the development of the education PROMISE Act.

“She’s able to build bridges while she advocates,” said Reverend Cheng Imm Tan, who invited Mejia to the English Language Learner committee for Boston Public Schools district. “What stands out for me is her honesty, diplomacy, integrity, and the fact that she will follow through.”

Mejia was able to move her mother out of Section 8 housing, into a home with her 9-year-old daughter. Her daughter recently facilitated a self-advocacy workshop for peers.

“Away from the system organizer, my drive and desire are that people are heard,” Mejia said. “I want to amplify the voices of the least heard, the least heard and the most impacted.”

Sung-Joon Pai, director of systems and innovation at Charlestown High School, first met Mejia when he was a principal in West Roxbury and was impressed by the energy.

“You usually don’t find people that fiery and passionate who are also willing to listen and revise their thinking,” Pai said. “She’s a thoughtful person but also willing to do something.”

Mejia created Determined Divas, an initiative led by women to connect low-income communities to the electoral process. “She really cares about everyone having access, information and opportunity, in the same way more privileged folks automatically have,” Tan said.

Affordable Housing Lottery

Hanover Westford Valley
1 Tech Valley Drive, Westford, MA

1BRs @ $1,239*, 2BRs @ $1,452* 3BRs @ $1,645* *Rent subject to change. Utilities not included except Sewer. Tenants will 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 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, e-lounge, and a conference room. The residential units feature stainless 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:
$52,850 (1 person), $60,400 (2 people), $67,950 (3 people), $75,500 (4 people), $81,900 (5 people), $87,600 (6 people)

MAXIMUM Household Income Limits:
$41,500* (1 person), $47,400* (2 people), $53,350* (3 people), $59,250* (4 people), $65,150* (5 people) and $68,750* (6 people)

* subject to change in 2020

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

A Public Info Session will be on July 9th, 2019 at 6 pm in the same location as the info session.

Affordable Housing Lottery

JFK Crossing
420 Harvard Street, Brookline, MA

One Studio @ $952*, One BR @ $992*, Two BR @ $1,151 or $1,167*, One BR @ $1,250*, *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:
$41,500* (1 person), $47,400* (2 people), $53,350* (3 people), $59,250* (4 people), $65,150* (5 people) and $68,750* (6 people)

* subject to change in 2020

JFK Crossing is a 25 unit development on 420 Harvard Street in Brookline. 4 units in this building (and one unit in 49 Coolidge Street about 100 yards around the corner) will be made available through this application process and rented to households that have incomes at or below 80% of the Area Median Income. Units feature individual washer and dryer units, stainless-steel appliances with quartz countertops. Each unit has an individual heating and cooling system (see rents details for type of utilities). The community features a private landscaped courtyard for use by all residents. Pet friendly. Units will be first available Fall 2019.

Completed Applications and Required Documentation must be received, not postmarked, by August 16th, 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 10th, 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 617-732-6900 (411 for rental) and leave a message. For TTY Services dial 711. Free translation available.

JFK Crossing

Applications also available at Brookline Public Library on 361 Washington Street (Library Hours: M-Th 10-9, Friday 10-5, Sat Closed, Sun 1-5)

Affordable Housing Lottery

Applications also available at Brookline Town Hall (Planning and Community Development)
Exploring raw fish beyond sashimi

BY KINGSLEY TAN

When you consider fish, the culinary world celebrates Japanese sashimi, Italian crudo and Peruvian ceviche. Few combinations compare to a bite of fresh fish with a fine wine.

Raw fish has been consumed throughout history. The earliest mention of Chinese consumption of raw fish goes back to the early Qin dynasty. In the Qing dynasty, writer Chen Huiyan wrote of Chinese consumption of raw fish that goes back to the early Qin dynasty. In the Qing dynasty, writer Chen Huiyan wrote of Chinese consumption of raw fish.

An emphasis on letting the fish flavors shine through. Ceviche uses lemon juice to marinate fish, for greater acidity compared to crudo. The earliest versions of ceviche marinated sliced fish overnight, but Japanese immigrants introduced tiradito to the mainstream, which only requires 20 minutes to marinate the fish.

Greater Boston has its share of excellent seafood. While Eataly has closed its doors, Il Pesce, its salmon crudo and scallops were fresh and simply seasoned.

Hiramasa crudo at Pammy’s had plenty of fat for a rich mouthful, with palm hearts, mango, seaweed and hazelnuts. Pammy’s take on uni and scallop crudo featured orange slices and herbs. Both the uni and scallops were sweet, along with being incredibly fresh.

Puro Ceviche Bar serves a Peruvian style bass ceviche, dressed with chilies, lemon juice and cilantro. The chef joked this was Peruvian comfort food. Puro Ceviche Bar also serves other ceviche iterations with green papaya, tangerines and lemongrass.

Seafood is so refreshing on hot summer days. With so many ways to serve fresh fish, I enjoyed tasting them all.

Malden celebrates third Filipino Festival in grand fashion

BY YALING HOU

The third Filipino Festival took place June 22 at the Malden YMCA. Kalinga dance is one of the traditional dances from the Philippines. (Image courtesy of Yaling Hou.)

The Filipino Festival in Malden took place June 22 at the Malden YMCA, attracting more than 1,700 visitors.

Activities included a steamed bun contest, live mural demonstration, cultural performances and live music, said Kristine Baustista, event organizer.

People enjoyed performances from the corner stage. Vendors for food, beverages, crafts, clothing and more surrounded the remaining three sides of the gym, filled with participants.

“In Massachusetts, we only have one Filipino restaurant. Most Americans are not familiar with Filipino food or culture, compared to other Asian countries, like Chinese, Thai and Vietnamese,” Baustista said. “Our heritage needs to live on and flourish.”

Nora Russek and her husband drove from New Hampshire to Malden to join the festival.

“I’m here for the food,” said Russek, a Filipino immigrant.

Angie Marte Robeuta Bueno stopped by a “baronges” or clothing vendor. “It’s hard for us to buy traditional clothes like this in Boston,” she said.

Crudo from Eataly’s shattered Il Pesce. Seasonings were elegantly simple, with lemon juice, vinegar and olive oil. (Image courtesy of Kingsley Tan.)

Puro Ceviche Bar serves a Peruvian style bass ceviche, dressed with chilies, lemon juice and cilantro. The chef joked this was Peruvian comfort food. Puro Ceviche Bar also serves other ceviche iterations with green papaya, tangerines and lemongrass.