A rally for the 2020 Census took place Oct. 1 at the Chinatown Gate. (Image courtesy of Ling-Mei Wong.)

Community counts down to 2020 Census

BY LING-MEI WONG

A rally for the 2020 Census took place at the Chinatown Gate Oct. 1, six months before Census Day on April 1, 2020. About 100 attendees from Chinatown, the South End and South Boston participated.

“The census takes place every 10 years and determines federal funding based on population counts,” said Karen Chen, Chinese Progressive Association executive director. “That’s $850 billion in federal funds, with Massachusetts getting $16 billion in 2010 for critical programs such as Head Start, affordable housing and WIC.”

The Women and Infants and Children (WIC) program provides healthy food for low-income families. Census forms will be mailed out next spring and count all residents, regardless of immigration status.

“Asians represent the fastest growing demographic in the United States,” said Angie Liou, Asian Community Development Corp. executive director. “We want the census to reflect that accurately … Let’s get counted.”

A 2020 Census poster created by a Boston Public Schools sophomore was unveiled by Madeline Mühlig, Castle Square Tenant Organization teen program coordinator. Mark Osorio, Jr., created the flyer for a six-month Media Makers program, where youth age 14 to 19 learned graphic design for social justice work. The youth interns learned about the importance of the 2020 Census, then each designed a poster. Osorio’s design received the most votes from Boston residents, which was put up in local storefronts and community agencies.

“It’s crucial for young people to understand what’s going on in the Census,” Mühlig said. “They created the posters because everyone matters.”

An honorary citizenship from the Boston City Council was presented by District 2 Councilor Ed Flynn, along with at-large councilors Amina Essaiyi-George and Michael Flaherty.

Madi Mühlig talked about youth Mark Osorio, Jr., who designed a Census poster. (Image courtesy of Ling-Mei Wong.)

POUND: 舞起來，動起來，鼓棒敲起來

八年前, Kirsten Potenza憑藉一雙鼓棒和一個理念白手起家，創建了健身公司POUND，好讓人們在運動之時釋放內心的洪流之處。到現在,它已在95個國家遍地開花。要想在大波士頓地區體驗一節POUND課當然也不是難事。現在我們的圈子裡有亞裔女性健身房就提供該課。鍛鍊呼吸,掌握兩根鼓棒,就萬事俱備。

Pound的初級、教練會示範基本的舞步和動作。之後，音樂響起來，學員要做的就是跟著教練一起舞動起來，動起來,鼓棒敲起來。所有歌曲的舞步和動作都是事先練好的。一節課時長為12到15首歌，換言之，就是45到60分鐘。它作為一種全身運動，深蹲、步行以及坐著的健身姿勢等等都會輪番上陣。根據個人體質差異，學員每節課可以不覺疲憊地達到100到900卡路里的熱量。

學員Carla說：“我會在課上高頻換輪換動作，這是我喜歡的一點。我起先不愛敲鼓，但因為上了這個課，我覺得自己的動作越來越好，也逐漸愛上了它。我的核心肌群都得到了鍛鍊，而且整體來說臀部肌肉也更加緊實。”

鼓棒在揮舞之中所頻頻改變身體重心，為了保持平衡，腕、手、肩和背部下方肌肉都可以自然而然地鍛鍊到。

不僅如此，敲擊鼓棒還能改善學員的身體協調性。

Ceinda能幫助你聽到自己身體的動作。”，高級教練Regan Wilbur 說到，「當深蹲時，你可以聽到自己用鼓棒大力敲擊地面，而非輕撫，你會聽到所作的努力。」

同時，音樂為此課畫上了點睛之筆。一節課下來，大家可以樂在其中地實現150,000次鼓棒敲擊以及400餘個深蹲和弓步。

POUND公司每月發布三首新歌以及對應的編舞。無論是剛入門的新人還是健身狂人，都可以嘗試POUND。儘管入門健身時十分艱難，次日我還是感到回到了腿部肌肉的酸痛。集結鼓棒讓身體成為一種樂器，差點讓我忘記了自己在課上揮舞的汗水。

記者受邀體驗該課。

Chinatown arts festival showcased Asian American culture

BY YANXUAN LI

Experience Chinatown featured interactive family-friendly workshops and art performances on Sept. 28 at the Pao Arts Center, Chinatown Gate and One Greenway Park. (Image courtesy of BSCG.)

Experience Chinatown came to life with interactive family-friendly workshops and art performances on Sept. 28 at the Pao Arts Center. At the Chinatown Gate and One Greenway Park, pop-up activities and open-space art exhibitions attracted passersby.

Opened in 2017, Pao Arts Center serves as the first community-based arts center for Boston’s Asian-American pop-
Wang Y unveils rooftop plaza

BY LING-MEI WONG

The Wang YMCA on Chinatown unveiled its plaza Sept. 27. Wah Lum Kung Fu and Tai Chi Academy performed the lion dance. (Image courtesy of Ling-Mei Wong.)

The Wang YMCA on Chinatown unveiled its plaza Sept. 27 with nearly 100 guests. The rooftop deck gives children more space to play on and fitness lovers a place to exercise in the sunshine.

“This is like a green oasis in a very dense neighborhood,” said Wang Y board president Richard Chang. Chang is headmaster at the Josiah Quincy Upper School, where students use the Y as their gym.

The plaza has shock-absorbent rubber on the ground and drains water more efficiently, said Wang Y executive director Patricia Barnwell.

Boston District 2 Councilor Ed Flynn presented a citation to honor the Y’s commitment to the community.

Guests included YMCA of Greater Boston president and CEO James Morton. Wah Lum Kung Fu and Tai Chi Academy performed the lion dance. Instructor Kim Sit, 81, led a tai chi demonstration with his class.

Mandarin daycare celebrates Mid-Autumn Festival

BY LING-MEI WONG

Buds and Blossoms Early Education and Care Center celebrated Mid-Autumn Festival Sept. 6 with games, fruit and crafts. (Image courtesy of Ling-Mei Wong.)

The Wang YMCA on Chinatown unveiled its plaza Sept. 27, Wah Lum Kung Fu and Tai Chi Academy performed the lion dance. (Image courtesy of Ling-Mei Wong.)

In the spirit of Reggio Emilia philosophy, even the youngest children are encouraged to fully participate in their own learning process through exploration of materials in the environment and by making their own choices about what interest them.

“I love the diversity and the language access,” said Katie Clark, a nurse and mother of two. “My 3-year-old son speaks so much Chinese.”

Some families choose the center for its immersive Chinese environment.

“When my son came, he had no Chinese and now he can converse,” said George Schneider.
Healthy cooking class
Every Friday
10 a.m. to noon
38 Ash Street
Boston, MA 02111
A professional chef leads a seven-session healthy cooking class for parents at BCNC, with Chinese interpretation. Register by calling (617) 635-5120 x1065, emailing kinting.yung@bcnc.net or visit http://b.link/forms463.

Hysteria haunted cornfield
Oct. 4 to Oct. 31
30 Valley Road
Dansvers, MA 01921
Hysteria at Connors Farm will take place with a haunted cornfield and flashlight maze on Friday, Saturdays and Hallowe’en after dark. For more information, call (978) 777-1245, email info@connorsfarm.com or visit connorsfarm.com.

Young Leaders Symposium
Saturday, Oct. 5
9 a.m. to 5 p.m.
99 Albinary Street
Boston, MA 02111
The American Comissioner’s Young Leaders Symposium will take place at the Pao Arts Center. Free with breakfast and lunch provided. For more information, call (617) 939-1569 or email jessica.wong@acdc.org.

Harvard Chinatown English
Every Saturday and Sunday
11 a.m. to 1 p.m.
25 Francis Avenue
Cambridge, MA 02138
Free English classes for Chinese speakers. Classes for Mandarin speakers take place Saturdays and Sundays at Harvard University’s Yung Family Hall 2F. Classes for Cantonese speakers take place Sundays at the Chinese Consolidated Benevolent Association 2F at 90 Tyler Street, Boston, MA 02111. Contact chinatownwesley.org and learn more at www.hcs.harvard.edu/chinese/index.html.

First-time homebuyer classes
Sept. 21 to 22
9 a.m.
38 Oak Street
Boston, MA 02111
ACDC offers HB101 classes in English and Chinese at the Metropolitan. Each session is a nine-hour class over the course of a two-day weekend. Tuition is $50, $25 for Boston residents. Sign up for a workshop, graduate and receive a certificate, and become eligible for discounted mortgage products. Registrations required, by calling (617) 482-2380 x208 or 202, emailing cho@acdc.org or visiting https://acdc.org/hb101.

English for college or job training
Monday, Oct. 7
8:30 a.m.
87 Tyler Street
Boston, MA 02111
Attend testing for the American Civic Association’s English classes for college or job training. Call (617) 426-9492 x 250 or email intake@acac-boston.org.

Wage theft clinic
Monday, Oct. 7
4 p.m. to 6 p.m.
120 Tremont Street
Boston, MA 02108
A wage theft clinic will take place at Suffolk Law School. For more information, visit www.maxv.gov/service-details/free-wage-theft-legal-clinic.

Dance with Parkinson’s
Saturday, Oct. 12
10 a.m.
219 Forest Street
Malden, MA 01852
The 8th New England Chinese Martial Arts Championship will take place at the Fore Kicks Sports Complex. Register at www.kungfuchampionship.com.

AREAA National Convention
Oct. 17 to Oct. 19
110 Huntington Avenue
Boston, MA 02116
The Asian Real Estate Association of America national conference will take place at the Boston Marriott Copley Place. Register at www.areaa.org.

Malden School Committee forum
Thursday, Oct. 17
6 p.m. to 8:30 p.m.
2 Elm Street
Malden, MA 02148
A forum for Malden school committee candidates will take place at the First Parish Church.

Boston Asian American Film Festival
Oct. 24 to Oct. 27
The Boston Asian American Film Festival showcases Asian American experiences. For more information, visit www.baaaff.org.
Ms. Wu, a Chinese immigrant living in Malden, was at a loss when she walked into our community partner’s office. Due to the Trump administration’s new “public charge” rule, Ms. Wu was prepared to abandon MassHealth, which she relies on for her medication and public benefits such as Medicaid, public housing and food stamps. The rule is an xenophobic attack that goes against what America can and should be. For many immigrants, the rule also presents an impossible choice between vital benefits and a future green card.

When immigrants like Ms. Wu come to our weekly legal clinics and ask for advice about how to deal with the public charge rule, their questions about how the public charge rule will affect them and their families.

Third, the rule will not consider benefits received by U.S. citizen parents and new mothers. And the rule does not apply to U.S. citizen children under 21, pregnant women who are covered as new mothers.

Great Boston Legal Services’ Asian Outreach Unit runs legal clinics Mondays from 1:30 p.m. to 4:30 p.m. at the Chinese Progressive Association and Tuesdays from 10 a.m. to noon at South Cove Community Violence Health Center in Chinatown and Tuesdays from 2 p.m. to 4 p.m. at VietAID in Dorchester. If you have questions about how the public charge rule affects your family’s green card application, please visit one of our clinic locations.

Malden council meetings to add interpretation for Chinese and Vietnamese

BY MONIQUE CHING

Cantonese, Mandarin and Vietnamese speakers in Malden may soon be able to attend City Council meetings in their native languages.

The council unanimously voted Sept. 24 to proceed with an effort to provide live translation of its meetings — and potentially other public meetings — in those three languages. The council voted to seek public input on how it should implement the translation services.

“He tells you what he’s going to do; he’s not going to bear fruit.”

The mayoral candidates will face off again at another forum Oct. 24. Malden municipal elections are Nov. 5.

On the issue of diversity in government, the candidates agreed the city needs to do more.

One thing that I’d like to see is translation staff in the mayor’s office,” Matheson said. “To enjoy the full benefits of Malden, you need someone who speaks your language.”

Christensen argued Matheson has not sought diversity among the department heads he is responsible for hiring. He added the city has recruited more people of color. Since 2011, staff of color have increased from 5 percent to 12 percent, and people of color on boards and commissions have increased from 5 percent to 15 percent.

“We need to do more, but it’s a step,” Christensen said. “It’s working. It’s starting to bear fruit.”

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On public charge change: Stay on benefits and protect your family

BY MONIQUE CHING

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“This Council alone has the ability to render explicit affirmation, set the tone for inclusion and create new opportunities for civic engagement,” said Dee Campbell-Tompkins, a Malden resident who spearheaded the effort to bring this resolution before the council.

Councillors supported the effort and noted they would like to expand to other languages widely spoken by Malden’s residents, such as Spanish and Portuguese.

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The true meaning of love

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

Love has many faces — selfish or unconditioned, defiled or pure, finite or infinite, and vulgar or transcendent. Love is an instinct. It can give us strength and hope, but it must comply with morality and law for it to be invaluable.

Everything would be impossible if there were no love. We need love in order to have broad affinities with others and a heart of gold. There must be love between husbands and wives, parents and children, and between friends. We must strive to be like a bodhisattva, who has loving kindness and compassion for all beings. There would be no order or morality if there were no love, because love is the condition for harmony and establishes the differences between friends and families.

Love is not a one-way street. True love is not a possession; it is a sacrifice. If we truly love someone, we must help him or her to accomplish everything in life and wish him or her the best of luck. However, we must have some discretion with love. There must be differentiation among the objects of our love. Truth, justice, and goodness should be on the top of our list, whereas lies, injustice, and evil should always be excluded. We should also strive to broaden the scope of our love. The objects of our love should not only include our loved ones, our country, and the peace of our race.

Looking at today’s society, we see few examples of true love. What we see are distortions and love of self. Instead of true love, there is lust and greed. Without good causes and conditions, love can instigate crime; it can bring harm to us, as well as to others. For example, misplaced love between men and women can result in adultery or illicit affairs. In order to have long-lasting love, we must first cultivate good causes and conditions, love can lead to the fulfillment of truth, beauty and goodness.

In true love, we must use compassion to purify the objects of our love. In true love, we must use wisdom to lead our loved ones in the right direction. In true love, we must use kindness and goodness to help others accomplish their goals. In true love, we must use morality to protect every living being. Since the meaning of love comes from love, we must use true and purified love to dignify this wonderful world of ours.

POUND: Work out and get loud with drumsticks

BY EMMY LE

Eight years ago, Kirsten Potenza launched her fitness company POUND to empower participants to unleash their inner rock star while working out. Started with a set of drumsticks called Ripstix, it spread to 91 countries.

Women’s Fitness of Boston offers POUND classes downtown. Put a yoga ring, a set of drumsticks, and participants are ready to go.

A POUND Pro trainer demonstrated basic movements at the beginning of the class. Then the music starts to play and participants follow the POUND Pro and hit the sticks on the music.

Classes are choreographed, lasting 12 to 15 songs, or 45 to 60 minutes. Rotating through squares, lunges and seated positions, it is designed to be a full body workout. Participants can burn 400 to 900 calories without being overly fatigued.

“I like the variety, the different types of things we do,” said Cara, a participant.

“I don’t love doing lunges, but because of this class, I’ve gotten better at doing it and being more comfortable getting in the position. It helps my core and overall makes my hips stronger.”

When pumping arms to use the drumsticks, participants constantly change their body’s center of gravity. To stay balanced, their abs, obliques and lower back are engaged.

The sticks make noise, which improves participant coordination. “When you are really low, you are slamming on the floor.”

Participants can do approximately 15,000 strikes with drumsticks, over 400 squats and lunges every class without knowing, as people have fun rocking out.

POUND releases three new songs and choreographies every month. “I did a new one today. Everyone will get better, hit those beats more soundly and get lower,” Wilbur said.

POUND is customizable to different fitness levels. I was reminded of my hard work the next day with soreness in my lower back. The group groove made exercise fun.

This was an arranged activity.

Job Opening

The Boston Chinatown Neighborhood Center (BCNC) is a multi-service non-profit agency serving Asian Americans and the greater Boston community for over 40 years. Acorn Early Education and Care, a NAEYC accredited dual language program is currently seeking a full-time (37.50 hours per week) Chinese Speaking Cooperating Teacher for the Preschool and Toddler classrooms.

Wage: Competitive salary with full agency benefits.

Job Summary

The Chinese Speaking Cooperating Teacher works with an English-speaking cooperating teacher to share responsibility for care and education of the children in her group, as well as classroom management, record and data keeping, curriculum development, child screening and assessment, and parent communication. Cooperating teachers train and supervise assistant teachers, foster grandparents, and junior recruits and volunteers. The cooperating teacher is supervised by the Acorn Director who supports curriculum development and works with individual children and their families. She/he works with the director on center goals and program development.

Qualifications

 Fluent oral and written Chinese (Cantonese and/or Mandarin) and basic English. Evidence and ability to relate well to children, staff and families. Team player, good at working independently. Knowledge of early childhood education. Bilingual proficiency a plus.

Please send your resume and cover letter to jobs@bcnc.net.
Older adults defy stereotypes in Boston campaign

BY LING-MEI WONG

South End resident Rob Quinn, 60, is immensely proud of his grey hair. “I call them wisdom highlights,” Quinn said.

Boston’s Age Strong Commission is working to dispel stereotypes against older adults through a citywide rollout of positive messages around aging.

“It’s essential people understand we’re a new generation of old people,” said Smiler Haynes of Grove Hall. “When I was in my 70s, someone in her 80s died and I thought she lived a good life. I’m now 86. My friends in their 90s dance more dances than I do. I go out 10 years older than them.”

The Age Strong campaign will be rolled out at bus shelters, community centers and libraries, not just senior centers. It features ads, social media and a video.

“We want to break down barriers for people around age in the city,” said Emily Shea, Commissioner of the Age Strong commission. “We changed our brand, as the Commission for the Elderly is now outdated by 50 years. A lot of residents say they don’t feel like they’re elderly and it was not a good word to represent how they view themselves. Judy Yee, 70, loves to look good and works as a parking clerk at City Hall. She posed with her earrings, rings and necklaces as part of the Age Strong campaign, defying the “frumpy” stereotype. “I am a risk-taker, trendsetter and fashionista. I collect unique accessories wherever I go. My fashion philosophy is less is never more,” Yee said. “I am a lot of things and frumpy isn’t one of them.”

AARP Massachusetts state president Sandra Harris, 68, said, “It takes us a long way to reframe how we talk about aging.”

Harris recalled going to Apple store for the latest phone model and being the only person in line with grey hair. While her friends urge her to dye her hair to look younger, she likes her hair the way it is. “I think about my friends who did not live long enough to have grey hair,” Harris said.

Quinn is an LGBTQ advocate and gay advocate, who leads peer support groups. “I’m honestly just grateful to be aging.”

Judy Yee. (Image courtesy of Ling-Mei Wong.)

A dementia presentation was given by Perrie Mo on Sept. 29 at the Boston Chinese Evangelical Church. (Image courtesy of South Cove Manor.)

A workshop on dementia was presented by Perrie Mo, licensed social worker from Good Shepherd Community Care on August 29 to about 50 older adults at Boston Chinese Evangelical Church.

Mo explained myths about dementia. Dementia is not a specific disease, but an overall term that describes a group of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person’s ability to perform everyday activities. Alzheimer’s disease accounts for 60 to 80 percent of cases. Vascular dementia, which occurs after a stroke, is the second most common form of dementia. There are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Dementia is caused by damage to brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behavior and feelings can be affected.

Mo gave an overview of dementia symptoms. People with dementia may have problems with short-term memory, such as:

• keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments or traveling out of the neighborhood.

Doctors can diagnose Alzheimer’s and other types of dementia based on medical history, a physical examination, medical tests, lab and day-to-day behavior.

Mo gave prevention tips for dementia. There are three effective ways to reduce your risk:

1) Protect your heart. This means don’t smoke; take steps to keep your blood pressure, cholesterol and blood sugar within recommended limits; and maintain a healthy weight.

2) Physical exercise. Regular physical exercise may help lower the risk of some types of dementia.

3) Diet. Eating whole grains, fruits, vegetables, fish, shellfish, nuts, olive oil and other healthy fats may help you protect your brain.

Tufts Medical Center’s Asian Health Initiative (AHI) has worked with the Chinatown community to address health needs for 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.

A Take the Survey, Win a Prize!

http://survey/social.sampan4

AFFORDABLE RENTAL OPPORTUNITY - VILLAGE GREEN in Littleton

Village Green has opened its waiting list for 1-bedroom, 2-bedroom and 3-bedroom apartments and is now accepting applications. Please see below for income limits and details.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Income Limits</th>
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<tbody>
<tr>
<td>1 Person</td>
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<tr>
<td>2 Persons</td>
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<tr>
<td>3 Persons</td>
<td>$80,300</td>
</tr>
<tr>
<td>4 Persons</td>
<td>$89,200</td>
</tr>
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1-Bedroom Rent is $1,552
2-Bedroom Rent is $1,635
3-Bedroom Rent is $2,102

No utilities are all included in the monthly rent.

Village Green is pet friendly with a community room, fitness center and seasonal swimming pool.

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

Take the Survey, Win a Prize! HTTP://SURVEY/SOCIAL.SAMPAN4

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OPPORTUNITY

Hillside Village

80 North Meadows Road, Medfield, MA

One 1BR $937, Two 2BRs $1,923, One 3BR $2,129

In Boston campaign

BY LING-MEI WONG

A lot of residents say they don’t feel like they’re outdated from 50 years ago. A lot of residents around age in the city,” said Em-
How to make Ruby Foo’s dumplings

BY LING-MEI WONG

Dumplings shine for their versatility, accommodating all stuffing types including meat, vegetables and sweet fillings. After reading the delightful “Ruby Foo and the Traveling Kitchen” by Tiffany Foo, I couldn’t stop drooling over the recipes young Ruby Foo learned from Gong Gong, her grandfather.

Gong Gong’s dumplings come from the historical Ruby Foo’s Den, where Foo’s father Ronald learned to cook. Ronald Foo shared his recipes with his grandsons, inspiring Tiffany Foo to record their kitchen adventures. These dumplings include water chestnuts for crunch and lap cheung for a savory punch.

Homemade dumplings are terrific to make together with family, creating delicious memories.

Gong Gong’s dumplings

Total time: 1 hour
Yield: 8-10 servings

Ingredients

- Premade dumpling skins, round (about two packages of 20 wrappers)
- 1/2 pound ground pork
- 1/2 pound medium sized shrimp
- 3 lap cheung (Chinese sausage)
- 1/4 cup dried mushrooms
- 2 teaspoons light soy sauce
- 1/2 can of water chestnuts, whole (20 oz can)
- Sea salt (to taste)
- 2 egg whites, in two small ramekins

Directions

1. Clean and devein shrimp. Pat dry with a paper towel and set aside.
2. Soak black mushrooms in warm water, then squeeze them by hand to remove excess water. Repeat three times till water runs clean. Cut on either side of the mushroom to remove and discard hard stem.
3. Chop mushrooms and water chestnuts and set aside in small bowl.
4. Using a food processor, first pulse to chop the lap cheung, then add in water chestnuts and mushrooms, and then shrimp. Mix well until evenly minced.
5. Place ground pork in a large bowl, then add in the shrimp mixture. Add soy sauce (and optional salt) to taste. Using your hands, combine all ingredients and mix well.
6. Gently lay premade dumpling skins in the palm of one hand. Using your other hand, drop one large teaspoon of the shrimp and pork filling in the middle of the dumpling skin.
7. Brush egg wash on the edges of the dumpling skins.
8. Curve the dumpling skin inward, pinch and close. Repeat pinching and closing, moving around the dumpling till it is sealed.
9. Place 12-14 dumplings in a steamer. Boil on medium for 10-12 minutes.
10. Dumplings are done when the skin is translucent. Serve immediately.

Nutritious rice filled with garbanzo beans, mushrooms, sweet potato and squash. (Image courtesy of Ling-Mei Wong.)

A food aficionado: Kim’s Tofu

BY ANNA ING

Korean restaurant Kim’s Tofu opened July in Allston, in the former Loui Loui space. Tofu is made daily alongside solid Korean food for a simple menu. The organic tofu attracts crowds, as an hour-long wait is not unusual during peak dining hours.

We started with a small serving of warm tofu, resembling cottage cheese, served with a soy dipping sauce. It was light, fresh and delicious.

Our banchan, or side dishes, were refillable. These include a small whole fish for each person, which is uncommon in Allston. Do be careful eating it, as there are tiny fish bones. The kimchi cucumbers were some of the best I’ve ever tasted, while the fresh kimchi and spinach were standard.

Sundubu chige or tofu soup ($14.95) can be customized for spice level and protein sources, such as tofu or meat. We ordered a medium spicy sundubu chige with seaweed, including a head-on shrimp.

Instead of white rice, add $5 for either oyster rice or nutritious rice. Our nutritious rice was chock full of garbanzo beans, mushrooms, sweet potato, mushrooms and squash. The seafood soybean pancake ($14.95) is different from the regular flour kind. It is thinner and crispier from the soybeans. We did not find too much seafood in it, aside from a few shrimp.

The gult or Korean marinated beef ribs ($23.95) came out sizzling in a towering stack. They were tender, juicy and savory.

The spicy pork ($19.95) was flavorful and stir fried with onions. It was not overly spicy and a generous portion. For our party of three, we had plenty of leftovers to share.

We were served delicious sujeong gwa, a cinnamon and ginger tea with whole pine nuts. The herbal tea aids in digestion, for a refreshing ending to our meal. This was a thoughtful touch not found in other Korean establishments. Kim’s Tofu is off to an excellent start, with delicious homemade flavors, generous portions and good service.

Nutritious rice filled with garbanzo beans, mushrooms, sweet potato and squash. (Image courtesy of Ling-Mei Wong.)

Find fall activities around New England

BY LING-MEI WONG

October ushers in fall, the loveliest season in New England. We asked readers for some of their favorite fall activities, which are below. Sampan wishes everyone an auspicious autumn!

- Apple picking. Conors Farm in Danvers has glorious apples, along with train rides for little ones. Parlee Farms has flowers to pick, along with fruit.
- Farm tours. Who doesn’t love fluffy bunnies, sweet goats, woolly sheep and chickens?
- Pumpkins — and pumpkin spice everything — means autumn has arrived.
- Urban turkey sightings translate into peak seasonal activity.
- Foliage shows how distinct New England’s seasons are. Stroll along the Esplanade to watch the leaves blaze against the Charles River. Or take a road trip to see entire hills change color, before winter comes.

October 4, 2019 Sampan

Boston seniors hold forum

Boston seniors hosted a forum with state Rep. Aaron Michlewitz to discuss affordable health care, affordable housing and access to healthy food on Sept. 19 at Castle Square. (Image courtesy of the Massachusetts Senior Action Council.)
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