College life during a pandemic: Three Boston students’ stories
By Anqi Zhang

Massachusetts Gov. Charlie Baker announced on March 23 a stay-at-home advisory for all nonessential businesses, which will continue through May 4 in order to control the spread of the novel coronavirus. Prior to that initial announcement, universities and higher education institutions in Boston had already taken measures, canceling in-person classes and switching to online classes for the spring semester. Students were sent home, saying goodbye to normal campus life. But not all students could return home. They had to hunker down in their dorms and apartments, left on empty campuses during a city in shutdown.

How are these students doing during this isolated time during the coronavirus pandemic? How are they getting along in their studies, socializing, and trying to adapt to an extremely new pattern of life? Sampan interviewed three university students from different countries to get a sense of their interrupted lives.

Life goes on despite drastic changes
In a post on her WeChat account, Xiao Li Liu, who is from China, wrote, “Having been lying at home for six days, my lower body is deteriorating.” Liu is a sophomore at Boston University. Although the university stopped all in-person classes, and she goes on with her daily classes, but all at home. Studying Linguistics and Computer Science with heavy a workload, learning from home has its good sides from Liu’s perspective. Liu now sleeps until 10 a.m., which was a luxury for a daily commuter. With Studies being the focus of her life, Liu usually starts her day checking lessons on the Blackboard, educational software B.U. students and professors use daily. With the extra free time, she gets more time to watch her favorite TV series on Netflix, sometimes until 2 p.m. She also started to exercise following Keep, a mobile exercise application popular in China. It is a

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Qingming Festival postponed due to the outbreak of coronavirus
By Yiming Zhao

Every year, 15 days after the Spring equinox, many Chinese families gather together to visit the tombs of their ancestors to clean the grave sites. Qingming Festival, also known as the tomb-sweeping day is the opportunity for many Chinese families to pay respect to their passed loved ones, burn joss paper and display tea, food, and flowers by the tombstones. Dating back to 636 BC, the holiday has long been an important part of Chinese culture and has been declared a national holiday in mainland China since 2008. Many Chinese families now living in America also carry on the tradition.

However, due to the outbreak of Covid-19, the traditional gathering of family members at the cemetery will not be possible this year, following an emergency announcement by Mass. Gov. Charlie Baker that social gatherings of more than 25 people is prohibited. In past years, Alan MacKinnon, president of The Gardens Cemetery, had put out tents, tables, chairs, and special burning barrel just for burning joss at locations where people usually meet during the festival.

“We try to provide comfort and hospitality for our families,” MacKinnon said. “This year is kind of hard and it makes me sad.”

There are still people planning to come to the cemetery during Qingming to pay respect, but it will only be six to eight immediate family members, according to MacKinnon. He said he would allow people to self-govern. “[If they are close together, I won’t go up and say ‘hey you’re not six feet [apart],’ I’m not the Covid-19 police.”

The Gardens Cemetery has put out a health and safety guideline regarding the coronavirus on their website. All his employees will be issued four gloves daily, and they’re not allowed to share utility vehicles.

“I have a house here [at the cemetery],” said MacKinnon. “One of my staff is in my house, one person is in the front room, I’m in the backroom, and we don’t let anybody come to the office. We don’t have a public restroom at this time.”

Whenever there is a service, the staff will enter 10 minutes after everyone has left, and wipe everything with disinfectants while staying ten feet away from fellow staff members.

“We’re trying to be as safe as we can, so we can continue to serve our
College Life
Continued from page 1

new routine she follows to try and stay in good physical condition. Her live class is as real as a normal, in-person school class, although now Lui attends classes with a laptop on the table next to her bed. Students and professors see each other through the little drop-in window on the screen. Students can ask questions and communicate with the professor like they would in a classroom setting.

Being stuck at home, students are coming up with ideas to make life more interesting. Some of Liu’s classmates uploaded a picture as the background of a window. A student uploaded an image of Pikachu, a Japanese cartoon figure, and the student’s face is placed above the figure’s stomach. Another student chose a picture of an empty room, making the viewer feel like the person was at the classroom.

Online class has its flipsides. For example, Liu said sometimes it’s difficult for her to concentrate, and she can’t help but check her phone from time to time. Accordingly, she has to go back to the point that she missed after the class, which lowers her study efficiency. She also tends to lose track of time staying at home all day, sometimes causing her to be late for class.

Liu is content with her current life. Although her mother wants her to return to China before the semester ends, she insists on staying in Boston, considering the convenience of taking class without time gaps and internet barriers, in addition to the inaccessibility of flight ticket going back China. “My mother leaves me long paragraphs convincing me during my sleep, but she also respects my opinions,” Liu said.

As for the coronavirus, Liu thinks staying here is safe so long as she does not go out. Being cautious and dealing with the pandemic, Liu does not leave home except for picking up take-out food downstairs or going grocery shopping. She even decided to stop ordering take-out with her only roomie, who shares the apartment with her, under the fear of the potential of contracting virus.

Adapting to a difficult situation
“It’s a tough situation, but I’m looking for the ways in which I can make myself happy, and I still feel like I’m achieving stuff,” said Daniel Pooley, who was born in Thailand from a British family that now lives in Seattle. He is a student majoring in percussion at Boston Conservatory at Berklee. Currently, he is living with one of his three roommates in an apartment in Allston.

Unlike Liu, whose class schedule was affected a lot by the current situation, some of Pooley’s classes were entirely charged in content, and he also lost some chances to practice. Staying at home means he does not have access to those large instruments at school, nor can he get hands-on guidance from professors. For example, his marimba ensemble class was turned into score study discussion in which students learn and practice the basic principles of running an effective music ensemble rehearsal.

A decrease in the workload caused Pooley to come up with multiple ways to fill the time. “They don’t take up anywhere near as much time in the day as my normal schoolwork was,” he said. So he has developed several side projects, utilizing resources he has and digging deeper into his personal interests. One of them is vibraphone, which he has with him. He printed out every piece of the score he could find the day before the school closed. Now he has time to play every single piece of them. He also teaches himself new music styles like jazz. And he is considering picking up bass guitar.

Pooley has days when there is no class. Staying at home all day, looking at his phone and doing nothing is another kind of routine. “I think that’s something that I’m battling right now,” he said.

Pooley keeps in touch with his family regularly, making sure everything is okay on both sides.

Returning to one’s home country
On March 19, Hashimoto Akira posted an announcement on his Facebook. He is a journalism graduate at Boston University from Japan. He wrote, “Due to this chaotic coronavirus situation, I decided to go back to Tokyo from Boston today. Dear all my friends in Boston and other places in the states, I am sorry I need to leave the country in this way. I will be back in this fall so please stay in touch by then through SNS or whatever way that can connect us…”

Akira lived on campus, and he still needs to pay for the rent even though he left ahead of time, and the monthly rent is $1,950 dollars. He made the decision despite of the economic loss. The reasons are multiple.

First, Akira thinks the situation of the coronavirus pandemic in Japan is slightly better than that in the U.S. “I feel like the wave of the coronavirus basically moved to the west from the east, while we still need to be so cautious, of course,” he said. Since all the spring classes are going to be held online, and he already planned on doing internships in Japan, there is no point staying in Boston anymore for him. In addition, he has a concern that Japan may restrict travelers from the U.S. in the future.

At the time of the interview, Akira was back in Japan for only four days and was still adapting to life back home.

Jet lag is troublesome, and he tried to get on to the normal time schedule following the meals with his family, his parents and sister. The 13-hour time gap between the two countries affected his online classes. For example, he has a class beginning at 2:30 p.m. in Boston, which is 5:30 a.m. in Japan. He had to email the professor asking for alternatives take the class, and luckily, he was allowed to watch recordings of the class. With the money loss and the inconvenience of online classes, Akira could still see the silver linings of the crisis. “I should appreciate something that I take for granted, so taking my dog Ashley is one of the things that kind of makes me think something like that.”
Qingming Festival
Continued from page 1
families,” said MacKinnon.
Lola Tom, the manager of Asian ser-

vices at Hamei-Lydon Chapel & Cremata-
tion Service of Massachusetts expressed
that Qingming will have to be delayed,
but not canceled. The Hamei-Lydon
chapels have been serving the Chinese
and Vietnamese communities in Quincy
since 1932. Tom is now working with clients to
proceed with burials and cremations; how-
ever, she will be postponing the memorials for a later time.

“There’s definitely an impact in terms of traditional Chinese funerals,”
Tom said. “It is a large gathering. It’s always (about) seeing that person one
last time and bow three times out of
respect. That’s not possible these days,
however, she will be postponing the
past hurts, etc.
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It’s touching that you and your
parents desire to remain connected
during this uncertain time by quaran-
tining together, but it sounds like old family
dynamics may be exacerbating anxiety during this pandemic.
I’ve worked with many Asian immi-
grant families, and a common theme is
the lack of resolution of painful family dy-
namics and parental expectations even
when children have grown to adulthood. In particular, as chil-
dren grow up and become
independent, physical distance from
parents sweeps old family hurts
under the rug without resolving them.
Many of these dynamics include
grown children not being respected or
taken seriously by their parents;
grown children not feeling fully
seen and appreciated for who they are;
while also feeling that they are disap-
pointments to their parents; parents
not feeling appreciated enough by
their grown children; unresolved feel-
ings of being emotionally neglected by
their parents during childhood;
children being told what to do beca-
use “parents know best” even when life
conditions are very different; different expectations of what family
relationships are supposed to be like
now that children are adults.

All these dynamics from the past are still present, especially as you
spend all day everyday, with your par-
ents. How can you manage these old
wounds, freshly picked at, on top of
the anxiety of the pandemic?

1) Process your own feelings. Name
those feelings, however old they are,
as you may still be feeling those past
hurts now: sadness, disappointment,
anger, resentment, frustration, grief.
Grieve what you didn’t get from your
parents as a child.

2) Practice radical acceptance of
what you cannot change: your par-
teans’ perspectives, their upbringing,
their hurts, etc.

3) Recognize where you do have
power and take action. Can you lock
your door or go out for a walk when
you need space from them? Can you
set boundaries with them?

Dr. Hang Ngo

Ask Dr. Hang
A challenging time to navigate family dynamics

My parents convinced me to move
back in with them to quarantine to-
gether because they still wanted to see
me and I wanted to make sure they
were okay, since they are older and
have chronic medical issues. They’ve
been driving me crazy, though, and it’s
been hard at times to keep my sanity
while working from home. I feel like
I’m regressing back to my teenage self
when I’m with them. How should I deal
with this?

Can I express what I feel in response
to their behaviors and tell them what
I need from them?

Any change can shift the family dy-
namics, but it takes continuous prac-
tice to sustain these changes, and even
with sustained changes, they may still not feel enough for you. Talk to your
friends for emotional support, and, or
talk to a therapist to receive guidance
and support throughout this process.
You can’t change the past, but you can
have a different relationship with the
past so it is not being replayed in the
present.

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her website is: https://hangngo psy.
.com. To submit your questions to the
Ask Dr. Hang column, please emailedi-
ator@sampan.org.

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situation. You, and only you, are
completely responsible for your actions.
April 3, 2020

Sampan

**Boston’s housing market crisis could be exacerbated by Covid-19 shutdown**

By Shira Laucharoen

The coronavirus outbreak led to 10 million people nationally filing for unemployment during the first wave of filings, in what will likely be a growing number as the country remains in shutdown. While it has not yet officially been stated that the country is in the midst of an economic recession, we are essentially already there, said Devin Michelle Bunten, a professor at MIT’s Department of Urban Studies and Planning.

The housing market is certain to be affected by this decline, as housing prices and rents in the city will fall, and the impact of the recession will be felt across industries.

“One of many wild things about this recession is that usually the decline in GDP is driven by interest rate sensitive sectors. That means that housing is at the top of the list, as well as commercial real estate and industrial production, things that people buy with loans. That is not the case today,” said Bunten. “Housing did not lead us into this recession, but it is definitely going to follow us. …Mortgage demand declining means that home purchase demand is declining, which means sellers are not going to be able to get what they thought they would. It’s almost certain that we’re going to see some negative repercussions for housing prices. There’s a huge amount of uncertainty about what that endgame looks like.”

Prior to the spread of the coronavirus, Boston was still experiencing a housing crisis, said Bunten. The state of Massachusetts has no rent control, and neighborhoods had been rapidly gentrifying, she said. According to the Greater Boston Housing Report Card of 2019, Metropolitan Boston is one of the most expensive places in the country to buy a home, ranking as the fourth most expensive of the 25 largest metropolitain areas in the United States. The area experiences “insufficient housing supply, lack of housing affordability, and inequity in access to housing,” reads the Report Card. Ryan Boen, spokesperson for the Executive Office of Housing and Economic Development, said that to keep up with demands in the market, Massachusetts needs more housing production, the lack of which has resulted in increased rents and home prices.

During the Great Recession of 2008, the nation saw a collapse of the value of housing and the mortgage industry, leading to disparagement, said Balakrishnan Rajagopal, a professor at MIT’s Department of Urban Studies and Planning. While Boston’s housing market was not as severely hit as other states, a series of smaller envelopes were impacted, he said, particularly as marginalized communities and economically oppressed populations experienced forced evictions.

Executive director of the Asian Community Development Corporation, Angie Liou, said that this recession is unprecedented because of the short time that it took to hit the country. Chinatown will be expected to feel the impact of a recession in its housing market right away, said Liou. Even though housing prices may come down as a result of the recession, sales and rents will likely take a hit, as most people will be ill equipped to afford them.

“The backbone of the Chinatown economy is a lot of small businesses, food, restaurants, bakeries, bubble tea shops,” Liou said. “We did an initial, quick survey among our residents, and not surprisingly, a big number of them were already experiencing loss of jobs or reduction of work hours.” She added, “That the immediate impact on housing is that people are worrying about how they’re going to make next month’s rent, because we don’t know when people can go back to work.”

Up until now, gentrification had continued to affect the neighborhood, said Liou, with Chinatown considered to be one of the most contested real estate markets in the city. Even before the recession, families had experienced the threat of displacement, mostly due to rent increases and difficulties with landlords, while developments had been changing the face of Chinatown.

According to the study “Forced from Home” produced by MIT’s Department of Urban Studies and the Chinese Progressive Association, close to half of residents in Chinatown spend more than 30 percent of their income on rent. A report from the Chinatown Community Land Trust indicated that from 2015 to 2017, only 48 percent of residents in Chinatown were Asian.

In recent years, the presence of new, high-rise luxury buildings, and development to working families traditionally living in Chinatown, has been felt. Meanwhile, the historic row houses, long valued by community members, have undergone a transition, with their original tenants being evicted to make way for higher end housing.

Addressing the problem of gentrification will need a different way of approaching housing in Chinatown, said Karen Chen, executive director of the Chinese Progressive Association. Housing should not be awarded to the highest bidder, but should respond to the demand of the community. Chen said the city has to work to protect the working class core of neighborhoods.

The gentrification of neighborhoods in cities has become a national and international phenomenon, she said. “Housing has been used as a profit-making tool, and we have to change the narrative around that. It should be a human right. We need to have some formal form of rent stabilization. Whatever rent we’re paying should be proportionate to people’s income. There should be more tenant protection. There should be more funding for affordable housing. We should have development, but focus on development without displacement. We shouldn’t rely on market study. Let’s rely on human need.”

**Letter to the Editor**

**Saving bees is critical for our food sources**

As fears surrounding coronavirus mount, our friends, family, and communities are being forced to radically change our ways of life in order to protect ourselves and our loved ones. The rapid spread of this virus has shed light on our vulnerability and has emphasized the great need for humans to come together.

However, we must remember we are not the only vulnerable population right now. Just as we are being forced to adapt to new society, our bees have also faced a dangerous new environment. The coronavirus has made it clear how today’s society is inherently globally interconnected, but we need to realize these connections go beyond the scope of the human race. Saving the bee population more than ever has become a dire need for our planet, because of the environmental implications. If we lose the bees, we would lose a lot of the foods we eat. Bees are imperative to maintaining a healthy dietary lifestyle. There are 100 foods that make up 90 percent of people’s diets, and the bee population has already lost 70 of them. It’s hard to grasp the idea that I won’t be able to give a healthy diet to future generations. I think more than ever it is important for our global community to come together to reach a goal of saving the bee population and giving them back to nature. With everything going on in our world today, it’s impossible to help every need we have. I just ask that the bee population is not forgotten.

**JULIA MACNAIR**

Intern for the “100 renewable energy campaign” and a volunteer for “save the bees” campaign.

**Reggie Wong**

**Memorial Park closed**

Out of concern for the Covid-19 virus and to maintain social distancing and associated protocols, MassDOT closed Reggie Wong Memorial Park in Chinatown beginning March 26 in accordance with the Governor’s order and guidance.

**WE’RE HERE FOR YOU**

As news continues to develop daily on the COVID-19 pandemic, South Shore Health is taking every precaution to help protect the safety of our patients, our staff, and our community.

Our Incident Command team is actively monitoring the situation, working around the clock in close collaboration with local, state, and federal officials to protect the safety of our patients and staff.

It’s very important that we work together. As One, to keep the people of our communities safe and to help further reduce the spread of the virus.

**What You Can Do**

- **Stay in touch via social media and at SouthShoreHealth.org/Covid-19** where we will provide updated information and links to important sources.
- If you are experiencing symptoms, we are advising patients to call their primary care physician, or conduct a virtual doctor visit at SouthShoreHealth.org/CareCall.
- Wash your hands frequently, for a minimum of 20 seconds at a time.
- Avoid unnecessary gatherings.
- Remain calm and be confident in the work that we are doing as a community to manage this crisis.

We continue in our steadfast commitment to the community.

You can learn more about the latest COVID-19 developments at CDC.gov and at SouthShoreHealth.org/Covid-19.

**South Shore Health**

**Refusing world-class care as one**
Small Business Administration offers loan relief programs and resources

By Ken Smith

Like many small businesses throughout the country, the Chinese small business community faces some difficult decisions with their staff and operations during the lengthy shutdown of the economy due to the coronavirus pandemic. But there is some help on the way from the Small Business Administration, which is offering emergency loans and other resources such as counseling and education for small businesses.

Launched Friday, March 27, President Trump signed a historic economic recovery bill. The CARES Act was signed to inject capital to help small businesses affected by Covid-19. SBA emergency capital programs are available now and more are expected with the passage of the CARES Act.

The Paycheck Protection Program will help keep employees on payroll and small businesses operating. In addition, two SBA emergency capital programs are being offered. Another program provides low-interest, long-term Economic Injury Disaster Loans (EIDL) for up to $2 million, with the first payment deferred for 12 months. The SBA says the application has been simplified and can be completed online.

“As of today, it’s a whole new streamlined process,” said Bob Nelson, SBA Massachusetts District Director. The Economic Injury Disaster Loan Advance offers loans for up to $10,000. If approved, a business can use the funds for payroll and other operating expenses and does not have to be forgiven. “It’s an opportunity for small businesses to get up to $10,000, and applicants would get the money within three days after a successful application,” said Nelson.

As of April 3, businesses can go to a participating SBA (7)a lender, bank, or credit union, and apply for the loan program. The Small Business Debt Relief Program will provide immediate relief to small businesses with non-disaster SBA loans, in particular (7)a, 504, and microloans. Under it, SBA will cover all loan payments on these SBA loans, including principal, interest, and fees, for six months.

Nelson said the EIDL loans could take up to 21 days, but there have been approvals in Mass. That have been approved earlier than that. “Certain applications are going through much quicker than the 21 days guidance,” he said, “but we’re learning new information every day.” He added that 100 percent of the entire country is trying to apply for the loan programs.

Applicants can call the SBA customer service center at (800) 659-2950 or email disastercustomerservice@ sba.gov for more information on SBA disaster loans.

The SBA advises businesses to call early because waiting times can be upwards of one-hour at peak times, however, the call center is being ramped up with 7,000 agents to reduce wait times. Individuals who need language assistance can call in to an English specialist first then ask for an interpreter in other languages who will get connected. “For people who are deaf or hard of hearing, they can call (800) 877-8339. Norman Eng, Public Affairs Specialist for the SBA Massachusetts District Office, urges small businesses to act quickly if they need financial assistance.

“Economic Injury applications are reviewed on a first-come, first-served basis and it costs nothing for you to apply,” he said. “If you get approved, you do not need to take the loan. The most important thing right now is to submit an application ASAP because of expected delays.”

Keep Wipes Out of Pipes!

Remember that your toilet should not be used as a trash can. Do not treat other items like toilet paper. Please do not flush paper towels, “Flushable” wipes, napkins, tampons, cotton balls, dental floss or other substances. Flushing nonbiodegradable items can result in backups and overflows.

BWSC offices are closed to the public

Due to the recent outbreak of COVID-19, Boston Water and Sewer Commission will be closed to the public until further notice. In addition, Neighborhood Site Visits will not be held until further notice. BWSC offers multiple payment methods such as online, by phone, or by mail. Any questions about your account please call 617-989-7800.

Food for Thought

By Anna Ing

Normal life of meeting friends and eating out has come to a grinding halt for the moment during these uncertain times. While we do our part to flatten the curve and self-quarantine, one can still eat delicious meals at home.

For myself, I opted to cook using what I had in my already in my kitchen. I always have noodles, oatmeal, rice, eggs, carrots, beans, sauces, spices on hand along with frozen shrimp, fruit and vegetables in a pinch. This opened up many brainstorming different ideas and food combinations when cooking. Don’t limit your creativity. Be safe and healthy.

KoKo Bakery serves up Japanese sweets in Newton

By Shira Laucharoen

Hidden away on California Street, in Newton, is KoKo Bakery, a Japanese American shop that delivers on its promise to serve quality, artisanal pastries.

Owned by Nobuko Maruyama, who has been in the baking industry for over thirty years, KoKo prepares a variety of traditional, Japanese sweets, as well as French and American treats. Maruyama had always been an employee, when she was a child, working in bakeries, and had dreamed of opening her own place. She founded KoKo in 2016 and named the space after her Shiba Inu dog, Kuroko.

The raspberry hazelnut Danish ($3.60) is an elegant delicacy. The luscious, tart raspberry filling is surrounded by flaky pastry dough and garnished with green bits of pistachio. The artfully shaped pastry also contains a generous helping of hazelnut cream.

The corn and cheese roll ($2.85) is delicious and savory, with strong flavors of white cheddar, pecans, and parsley, and a subtle hint of mayonaise. The crust is crispy and blends together sharp and salty undertones.

The sweet red bean bun ($2.85) is a Japanese classic, featuring a soft, buttery bun filled with a thick, earthy, red bean paste. The treat is topped off with a sprinkling of dark blue poppy seeds.

The aruki milk ($3.60) is a pastry that is filled with bean paste on the bottom, and a rich, airy cream, made from condensed milk, on the top. The outside of the dessert is dusted with powdered sugar, giving it a delicate appearance.

The Earl Grey panna cotta ($5.60) carries the powerful taste of matcha and has a cold, refreshing finish. The frothy custard is made from condensed milk, on the top. The outside of the dessert is dusted with powdered sugar, giving it a delicate appearance.

Small Business Administration offers loan relief programs and resources

By Shira Laucharoen

KoKo Bakery’s raspberry hazelnut danish offers decorative details. (Photo by Shira Laucharoen)

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One quick meal used frozen Udon noodles, and I added the some frozen fish balls, an egg, wakame (seaweed) and miso paste with a sprinkle of hon shoyu. The treat is topped off with a helping of hazelnut cream.

Another day, I stir fried in harissa paste. Don’t limit your creativity. Be safe and healthy.

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By Shira Laucharoen

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The sweet red bean bun ($2.85) is a Japanese classic, featuring a soft, buttery bun filled with a thick, earthy, red bean paste. The treat is topped off with a sprinkling of dark blue poppy seeds.
In search of the first Chinese restaurant in Chinatown

By Richard Auffrey

What was the first Chinese restaurant in Boston's Chinatown?

This is a question which triggered my intellectual curiosity, and I eagerly sought out the answer. Initially, I found that the majority of sources claimed that the first Chinese restaurant was Hong Far Low, established in 1879. However, I was concerned that little evidence was provided to support this claim, and after examining my own investigative research, poring over thousands of old newspapers, I've concluded that the claim is untrue.

Two main pieces of evidence have been previously offered to support the primary claim of Hong Far Low. First, the Boston Globe in 1888 published an article stating "Hong Far Low Established 1879." Second, there was a menu from Hong Far Low, circa 1890, with a photo of an unidentified Chinese man which stated, "This is the first man in Boston who made chop suey in 1879." I was skeptical of this evidence as it was provided only by the restaurant itself, and I wouldn't consider it necessary to verify a myth around themselves, making claims that weren't true.

My research on this matter resulted in a lengthy and comprehensive five-part series on the history of Chinatown and Chinese restaurants, covering many related topics. The series is well documented, primarily with an abundance of newspaper references although a number of books are referenced as well.

As a short answer to my original question, I concluded that Hong Far Low was most likely established around 1888 or 1889, which means it was neither the first Chinese restaurant nor the first to serve chop suey. My full article provides more extensive discussion on Hong Far Low, but I'll provide some highlights.

First, Hong Far Low was initially located at 38 ½ Harrison Avenue, but in 1882, a boxing house was located at that address, which meant the restaurant could not have been there at that time. So, it couldn't have existed at that location before 1879. In addition, in 1885, there was an opium raid at this address, but there wasn't any mention of a restaurant being at that location.

Second, the first mention of Hong Far Low in any newspaper was in June 1889. The article mentioned there were six Chinese restaurants in Chinatown at that time, including Hong Far Low, but the most famous was that owned by Silly Aoy, located at 54 Harrison Avenue. It was referred to as the "Delmonico's" of Chinatown, a reference to the famed Manhattan restaurant, considered one of the best in the country. The article also discussed "chop suey," but never mentioned Hong Far Low being the first to offer it in Chinatown.

Third, a May 1893 newspaper article provided more definitive evidence, giving more details about the Hong Far Low restaurant. It stated, "It was owned by Hong Far Low, who, although he has resided in America four to five years, speaks no word of English. But for all that, he is a very capable man of business, and a cook of no mean abilities. It was clear then that Hong Far Low had been in the U.S. since no earlier than 1888, so he couldn't have opened his restaurant in 1879, nine years prior to his arrival.

Fourth, I never found a single newspaper article during the 19th and early 20th centuries that stated Hong Far Low was established in 1879 or was the first to serve chop suey. All the evidence was to the contrary.

If Hong Far Low wasn't the first restaurant, which restaurant can claim that honor? The story of the first Chinese restaurants in Chinatown was in a newspaper from September 1887. The article stated there were two or three Chinese restaurants in Chinatown, but failed to provide their names. All we learned is that two of the restaurants were located on the second floor of their buildings, one being next to a barber.

In January 1888, another newspaper article mentioned two Chinese restaurants, again without naming them, although it provided their addresses, 288 and 88½ Harrison Avenue. These could be the same restaurants mentioned in 1887, though we can't be sure.

It wouldn't be until a June 1889 article, which I mentioned above, that we would be provided the names of any Chinese restaurant in Chinatown. Thus, we may never actually know the name of the first Chinese restaurant in Chinatown. Instead, the earliest newspapers that referenced those early restaurants, never properly identified them. We know, however, that Hong Far Low definitely wasn't the first restaurant so we can quell that myth.

For more information, you may read Richard Auffrey's entire series on Boston's Chinatown and its Restaurants online at: https://passionatefoodie.blogspot.com/2020/02/the-first-restaurant-in-bostons.html.
Emotion management

By Venerable Master Hsin Yun, Founder of Fo Guang Shan Temple

Our body is like a village, with our mind as the chief. There are all kinds of people living in the village. When there are angry, grief-stricken, lustful, cruel, greedy, nasty, selfish, lazy, miserly, and wicked people, then how can we maintain the peace and harmony of the village? If the villagers unite and talk about how to develop the village, we might be, we must always use our emotions to reason out the problem. In other words, the fragility of the village depends on the moods of the village chief. If he or she is happy, the village is happy; if he or she is sad, the village is sad; and if he or she is angry, the village is doomed.

Experience a wide range of emotions at one time or another. There is no one fixed emotion. We may be angry and proud, lazy and dilapidated, careful and miserly, or terrified and lost. No matter what we are feeling, if we are in a bad mood and we act on our feelings, we have become unpredictable, we will be the most difficult people to get along with. No one wants to be with a person who is irrational, inconsistent, capricious, and emotional.

A person who is moody is like a machine that is not very well maintained. It will run and break down, run and break down. Some people have liked human emotions as a variety of playing cards, whereas other conditions, which are very difficult to forecast and nearly impossible to predict. Just imagine you are living in a place where the weather is so unstable that you do not have the slightest hint as to when the rain will begin, and when the temperature will rise or fall. Under such conditions, how can anyone be in good health? Therefore, no matter how capable we might be, we must always use our hands instead of our emotions. We must remain calm and undisturbed when faced with difficulties. We must all learn to control our emotions if we want to be successful in establishing ourselves and building long-lasting friendships. If we are emotionally moody and unpredictable, we will be labeled untrustworthy. We will be deemed undependable, and therefore, these obstacles to success and achievement.

Unwarranted outbursts of emotion are a sign of immaturity. They tell others that we have a defect in our character. If we wear our feelings on our sleeves too often, we give the impression of being unreasonable.

Those who are moody are often confused and irrational. They have lost the ability to see things clearly. Many tyrants of the past lost their power and lives because they could not control their emotions.

Moodiness is a negative emotional state that may include the feelings of jealousy, depression, anger, unhappiness, and discontentment. It may also be perceived as bad temper. When it is manifested, it usually takes the shape of violence, unreasonable, recalcitrance and irrationality. The best way to combat such negativity is to be humble, grateful, open-minded, content, reasonable, mindful and introspective.

When weeds grow wildly in our beautiful garden, we must remove them quickly. When our trash cans are full of garbage, we must take them out immediately. When our bodies are dirty, we must wash them with soap and water.

When our emotional state is in trouble, how can we not do something to improve it?

State income tax filing deadline extended to July 15

Gov. Charlie Baker, Lt. Gov. Karyn Polito, Senate President Karen Spilka and House Speaker Robert DeLeo today announced an agreement to extend the 2019 state individual income tax filing and payment deadline from April 17 to July 15 due to the ongoing Covid-19 outbreak. This income tax relief is automatic and taxpayers are not required to file any additional forms to qualify.

“Massachusetts will make the state personal income tax filing and payment deadline to July 15, consistent with the federal government, in order to provide additional flexibility to filers during this crisis,” said Gov. Baker. “In partnership with our colleagues in the Legislature, we are committed to providing this flexibility to taxpayers in a way that protects the Commonwealth’s strong fiscal footing that we have all worked hard to develop over the past several years.

“We are proud to work with the Legislature to provide meaningful relief to people throughout the Commonwealth during this public health emergency,” said Lt. Gov. Karyn Polito. This extension will afford taxpayers additional time to file their Massachusetts sets individual income tax returns as we carry out the historic response to the Covid-19 outbreak.

“The top priority during this public health crisis is to address the immediate needs facing our residents,” said Senate President Spilka. “Our message is clear: residents should stay home and avoid social contact to be safe. Extending the tax deadline helps residents meet that goal and provides peace of mind. I want to thank Chair Rodrigues, as well as our partners in the House and the Administration for their continued collaboration in these challenging times facing our Commonwealth.”

“The House, in partnership with the Senate and the Administration, agreed to an extension of the state tax filing deadline to ease the burden on individuals and businesses while maintaining measures that would protect the Commonwealth’s revenue stream,” said House Speaker DeLeo.

“The Commonwealth is deeply grateful to Chair Mickeyel for his leadership in ensuring the Commonwealth’s fiscal viability while providing tax relief to those uniquely affected by this crisis.”

The announcement will move the state income tax filing deadline to match the July 15 deadline for federal individual income taxes. Legislation will be filed in the near future to finance the extension, and accompanying administrative changes will be implemented through the Department of Revenue. Specifically, the legislation will authorize the Commonwealth borrowing flexibility to manage deferred revenue this fiscal year and repay it in the next fiscal year, which starts July 1, 2020.

Individuals with questions or concerns regarding taxes can contact the Massachusetts Department of Revenue at (617) 877-6367 or send a secure e-mail message through MassTaxConnect.

The Commonwealth will continue to update the public on further developments and individuals are encouraged to consult both the Department of Public Health and the Mass Department of Public Health and the United States Centers for Disease Control and Prevention websites for the most up to date information.

Affordable Housing Lottery

The Bradford

505 Common St, Belmont, MA

https://es-b.com/affordable-housing-lotteries/

First Units Ready for Move-in on Spring 2021

One Studio $51,547, One Bedroom $67,797, Six 2BRs $113,862

• 10% AMI Units: $74,595, $55,694, $81,696

• 20% AMI Units: $79,095, $58,594, $86,596

• 30% AMI Units: $84,595, $64,094, $90,096

• 40% AMI Units: $89,095, $69,594, $95,096

• 50% AMI Units: $93,595, $74,094, $99,096

• 60% AMI Units: $98,095, $79,594, $103,596

• 70% AMI Units: $102,595, $85,094, $108,096

• 80% AMI Units: $107,095, $90,594, $112,596

• 90% AMI Units: $111,595, $96,094, $117,096

• 100% AMI Units: $116,095, $101,594, $122,096

• 120% AMI Units: $129,605, $116,304, $132,306

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Musings from China

Sitting by this wall of water, listening to the pleasant rumble of nature’s timeless voice among sacred emerald-green trees as the twining songs of birds filled the clear morning air, it reminded me of my home in far-off Canada, where the sun was bobbing up and down along with fellow ad- ventures in a rubber raft moving toward a boiling gorge of furious water that skipped about between amber mountain shadows. I thought of that terrible dream which inspired T.S. Eliot to write, “The Waste Land.” The descent into the maelstrom. A cosmos of ideas that secretly percolated as the Internet’s Space of Flows, Weibo, Bilibili, Facebook, Twitter, Google, You-tube, etc.) emerging in the digital age.

Over the years, we have helped thousands of families through the cremation process and it is an honor to be of assistance to those who place their trust and confidence in us during this time in their lives. These guides explain the basic process of cremation and the specialized services we offer to our families in need. Our cremation services extend across Massachusetts, covering the entire state.

2 Locations in Quincy
Our Chapel and main office is located at 600 Hancock Street in the Wollaston part of Quincy, Massachusetts. Most services are provided at this location. However, we also have a larger venue in Quincy Center where we can accommodate funerals with up to 500 guests.

Asian Funeral Staff
We have a team of Chinese-speaking funeral directors and translators to assist families and guests throughout the funeral process. Our team members are dedicated to providing excellent service and speak Chinese, Mandarin, Vietnamese.

Asian Funeral Customs and Traditions
Our funeral team will work with families to accommodate religious services, whether Buddhist or Christian. We work with various Asian temples and churches in the community to provide funeral services.

Religious Ceremonies
Our funeral team will work with families to accommodate religious services, whether Buddhist or Christian. We work with various Asian temples and churches in the community to provide funeral services.

All-Inclusive Asian Burial and Cremation Plans
We have designed package plans that include all funeral services catered to the needs of Asian families. These packages are significantly more economical than the so-called ‘Do-It-Yourself’ packages.

Various Cremation Options
Over the years, we have helped thousands of families through the cremation process and it is an honor to be of assistance to those who place their trust and confidence in us during this time in their lives. These guides explain the basic process of cremation and the specialized services we offer to our families in need. Our cremation services extend across Massachusetts, covering the entire state.

Pre-Planning Funeral Consultations
Our licensed Funeral Directors can meet with you to discuss your wishes and provide you with guidance on how to set up your final arrangements.

English: (617) 472-5888 • 中文: (617) 657-9016

Funeral Directors: Christopher P. Goulet, Sr & Michelle Lydon
Manager of Asian Services: Lola Tom

458 Hancock Street, Quincy, MA 02170 • HamelLydon.com

Artistic profile: Painter Marlene Yu

Sitting by this wall of water, listening to Painter Marlene Tseng Yu, 82, remark how she disappointed her father by not finding a man. She had trained as a classical Chinese painter at National Taiwan Normal University with masters Huang Chun-pi and Ma Bai-shu, then taught art to high schoolers for three years. She met her husband in America and then moved to Long Island City in 1967. After teaching in Denver for two years, she started painting “Flying Over the Milky Way II” which is 18 feet wide by 10 feet high.

“My largest canvas is 54 feet wide,” Yu said. “At the age of 82, I took the TOEFL in Taiwan and attended art school at University of Colorado at Boulder, earning her master’s in fine arts. Yu’s master’s thesis compared Chinese landscape painting with American abstract art. She met her husband in America and after teaching in Denver for two years, they moved to Long Island City in 1967.

“I had just had my son and I carried him on my back to a gallery on Madison Avenue,” Yu said. “The gallery saw my painting of a volcano erupting and imme- diately held an exhibition of my work. I say my son brought me good luck.”

Today, Yu is renowned as a pioneer in the environmental green movement in art, combining Chinese landscape paint- ing techniques with abstract expression- ism.

“With her unique style and compelling subject matter, plus her ability to evoke emotion, Yu creates ‘activist art,’ art that demands a call to action, a non-passive sensibility,” said Maggie North, acting curator of art for the Springfield Museums, in a prepared statement.

“Her work is on display at the Springfield Museum until May 3, including a mural “Iceberg with Aurora Borealis” that is 36 feet wide and 12 feet high, painting “Fly Over the Milky Way II” which is 18 feet wide by 10 feet high.

“My largest canvas is 54 feet wide,” Yu said. “I paint for the monumental ef- fect, to capture motion and life.”

Yu takes walks indoors every day and creates big paintings in her studio. As her canvases are large, she paints in four-hour increments at her Long Island City studio.

“I’m only happy when I paint. When I stop painting, I get sick,” Yu said. “I say it’s the joy of life, from the process of creation. When I’m creating, I feel young and so joyful.”

Yu founded the Rainforest Art Foun- dation in 2001 to support artists who share her desire to preserve Earth. The foundation’s mission is to increase ap- preciation of nature through art. Her career includes more than 4,000 nature-inspired works.

“I paint natural phenomena, and would never have imagined it would become a hot topic in this century,” Yu said.

Yu and her husband reside in New York, along with their son. They have a daughter and five grandchildren. For more information about Yu, visit www.marleneymuseum.org.