Chinatown celebrates 43rd August Moon Festival

The drum beat of lion dance attracted thousands at the annual August Moon Festival on August 12, in Harrison, Hudson, Tyler and Beach Streets of Chinatown, Boston.

The opening ceremony was held in the center of Chinatown. Leaders of Chinatown, officials and political candidates took turns to extend greetings to the community and beyond. Meanwhile, Tony Yee, the President of Chinatown Main Street, along with Gilbert K. Ho, acted as the event’s emcees.

State Senator Sonia Chang-Diaz representing Governor Deval Laurdine Patrick who was absent representing Governor Deval Patrick who was absent awarded CCBA, CMS and CBA to thank their contribution to Chinatown community. She also said that this will be her last time showing up at August Moon Festival as a State Senator, for her term is going to be over soon.

President of CBA, Bryan Moy, speaking in three languages-English, Mandarin and Cantonese, thanked for everyone’s support and wish happy August Moon to all.

Director General, Huizhu Huang, newly arrived deputy director general, Bruce Chen, from Taipei Economic and Cultural Office in Boston, wished everyone much success and happiness.

State Representative Aaron Michlewitz said that “it’s always wonderful in Chinatown, especially in August Moon.” Captain Thomas Lee forwarded Mayor Menino’s greeting and wished happy August Moon to all.

SEE AUGUST MOON ON PAGE 3

New Community Clinic Open in Quincy

South Cove Community Health Center had a ribbon cutting ceremony to celebrate the completion of the new state-of-the-art, built-from-the-ground-up clinic on Thursday, August 23, at the corner of Holmes and Burgess Street.

Mayor Koch was the distinguished guest for the ribbon cutting along with other representatives and officials from the City of Quincy. Joining the celebration also were South Cove’s friends and supporters in the community as well as those involved with the project. Close to 200 guests attended, with a lunch served following the ceremony.

Quincy could be viewed as the second Chinatown with a higher-than-average Asian population. According to the latest data made available from Census 2010, Asians account for 24% of the total population in Quincy, compared to only 5.3% across the Commonwealth of Massachusetts.

The Quincy clinic serves approximately 12,000 patients. South Cove’s top management and board of directors recognized that Quincy’s Asian population is fast-growing, coupled with the fact that demand has already outgrown supply at the 435 Hancock Street Clinic, which opened in 2007; there is a clear need to expand capacities. To that end, an $11 million development across from the current location has been in the planning since 2009.

The new clinic will open for business sometime in the fall once the computer infrastructure and furnishing are in place. Pediatrics, Dental, Ob/Gyn, Behavioral Health, Optometry and Social Services departments from the existing clinic on 435 Hancock Street will be relocated to the new building at 88 Holmes Street.

The Hancock Street clinic will see an expanded Adult Medicine department with 11 exam rooms and 3 full-time providers. In addition, it will also house a

SEE CLINIC ON PAGE 3

OBSERVATION SPECIAL EDITION

Chinatown community. Written and Photo by Faye Zheng.

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SEE AUGUST MOON ON PAGE 3

CONTINUED ON PAGE 3
Event Calendar

Laing Ting Ya Ju Gathering
Saturday, August 25
9am – 12pm
J Program Meeting Room, Framingham Public Library

If you are a calligraphy fan, do not miss Laing Ting Ya Ju Gathering. You can meet new friends and enjoy a calligraphy lecture. It’s free to all.

Health Seminar
Saturday, August 25, 10:30am – 12:00pm
77 Harrison Ave., Boston
Presented by Gee How Oak Tin Association of NE Women Group. The seminar will talk about “Parents Education.” Topics include how to be relaxing and effective at the same time as parents, how to communicate with your other half, how to keep marriage happy and fresh. For more information, please call 617-542-1585.

Movie Festival at the Gate of Chinatown
Saturday, August 25, 6pm – 9pm
6pm – 9pm
The Gate of Chinatown
Free movies open to all. The Gate of Chinatown 6pm – 9pm

Movie Festival at the Gate of Chinatown
Saturday, August 25, 6pm – 9pm
6pm – 9pm
The Gate of Chinatown
Free movies open to all.

BBQ Party by NE Hakka Community
Saturday, August 25, 11am – 3pm
102 West Pine Street, Newton, MA 02466

Seminar of Biomedical advances in Autism 2012
Sunday, August 26, 10:00am – 6:30pm
McLean Hospital, Belmont, MA
American Chinese Medical Exchange Society (ACMES) will hold its second conference of “Biomedical Advances of Autism”, co-organized by McLean Hospital Alternative Medical Center and Mass Society of Chinese Medicine.

This will serve as a great opportunity to learn and exchange ideas for Autism clinicians, researchers, psychologists, educators and parents.

For more information, please visit http://autism-2012.eventbrite.com

Free Legal Advice
Monday, August 27, 6pm – 8pm
1509 Hancock St.
Quincy, MA, 02169
Quincy Asian Resources will provide free legal advice on immigration, family, renting and more. Attorney Jason Chan, Jane Chiang and Mary Lee will provide professional advice. For more information, please call Quincy Asian Resources at 617-472-2200, or visit www.quincyasianresources.org.

Translation service
Tuesday, August 28, 1pm – 3pm
Tuesday, August 28, 1pm – 3pm
Tuesday, September 4, 1pm – 3pm
Tuesday, September 11, 1pm – 3pm
152 Parking Way, Quincy Center
Baritone Michael Corvino, accompanied by Michael Recchiuti on the piano on a musical journey through the world of Italian Opera.

Doors open at 6:05 pm. Seating is first come, first served. Free concert, no tickets required.

For more information, please visit www.rockportmusic.org

Joe Wong: CHINESE COMEDY Made in the USA!
Saturday, September 8, 4:00 pm
The Brattle, 40 Brattle St, Cambridge, MA 02138

As part of the 2012 Boston Comedy Arts Festival, Joe Wong will bring you lots of laugh with his show: CHINESE COMEDY Made in the USA!

Free for families: up to two adults per family accompanied by children ages 6-12. Youth 17 and under are always admitted free to the ICA.

Call 617-478-3100 for more information.

Free Latin Music Concert
Thursday, August 30, 6:30-9:00pm
City Hall Plaza
1 City Hall Plaza
Boston, MA 02201

Presented by Mayor’s Office of Arts, Tourism & Special Events at City Hall Plaza
The 2012 Caliente! concert, featuring legendary artist Willie Colon, will take place on Thursday, August 30 from 6 – 9 PM, on Boston City Hall Plaza. For more information, call 6176359911.

LASER LIGHTS AT THE FROG POND
Sunday, September 9, 2pm
Boston Common, Tremont and Park Street, Boston, MA

“Laser Lights at the Frog Pond is coming on September 2 to the Boston Common Frog Pond, a multi-media event that is the product of a collaboration between Friends of the Public Garden and The Skating Club of Boston.

Radio BDC, the new station streaming live on boston.com, will be programming a unique music track for the event, and hosting music on-site at the event. There will be food vendors and other surprises; festivities begin at 7:30pm with show scheduled for 9:00pm.

For more information, please call(617) 635-2120.

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CLASIFIEDS

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CONTINUED FROM PAGE 1

**New South Cove Clinic Open in Quincy**

**CONTINUED FROM PAGE 1**

**Sky Energy Travel Receives Better Business Bureau’s Warning**

Better Business Bureau (BBB) has issued a consumer warning directly from Sky Energy Travel, Inc. in Chinatown on August 9 after receiving an increasing number of complaints filed against the travel agency since June.

According to BBB files, Sky Energy Travel has a pattern of complaint concerning service issues and refund issues. Consumers state that they book travel through the travel agency, pay the fees necessary, but the end the arrangements either do not come through or have been cancelled. They also state that the company does not provide refund. The business was started in 2004 by manager, May Woo Lei.

“It’s important to do your research and make sure you are dealing with a reliable business before you make travel arrangements,” said Paula Fleming spokesperson for the local BBB.

Around twenty consumers filed a joint-complaint against the Sky Energy Travel to the Attorney General Office through the Chinese Progressive Association in late June. The Boston Globe, Boston.com and some major Chinese newspaper have reported on the incident. Yet, the travel agency remains open and its exceptionally cheap airfare deals continue to attract customers who are not aware of these reports.

“Sky Energy Travel is still open while the investigation process takes time,” said Kuang, a staff of CPA, “Some people are not aware of it and we continue to receive complaints about the agency.”

Christopher Loh, press secretary at the Office of the Attorney General Martha Coakley, suggested that consumers can learn more about vacation and travel Scams on the AGO website: http://www.mass.gov/ago/consumer-resources/consumer-information/vacation-and-travel-scams.html.

According to the website, consumers should ask themselves questions such as “what happens if the hotel or other accommodations are completely booked? What will the company do if it can’t match your request with a specific vacation time?” Can you get your money back? If a refundable deposit is required, when and how do you get it back?” before committing to any vacation or travel deals.

Consumers who think they are victims of a vacation and travel scam can also contact the AGO’s Public Inquiry Assistance Center Hotline at (617) 727-8400, or file a consumer complaint.

By Yuanfei Zheng

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**34rd Chinatown August Moon Festival

CONTINUED FROM PAGE 1**

Malden Mayor Gary Christenson also showed up for the first time at August Moon Festival and surprised all by doing the whole speech in Mandarin. He said that he even “couldn’t wait to celebrate the lunar New Year with Chinatown community.”

Bobby Dello Russo, Candidate for Clerk of Courts and Terrence Kennedy, candidate for the Governor’s Council saw the Festival as the perfect opportunity to meet their voters. They showed up in the opening ceremony and sent their greetings to Chinatown community.

Lion dance troupes, martial artists, folk dancers and traditional Chinese music groups showcased their talents on stages. Aside from live entertainment, street food, souvenir shopping, decorative items, jewelry, DVDS, turtles, plants and more attracted crowds through the whole day.

The August Moon Festival, began in Boston 43 years ago, is one of the three major annual festivals in Chinatown. The other two are Main Street Festival and Chinese New Year Festival.

This year’s celebration was organized by the Chinese Consolidated Benevolent Association of New England (CCBA), Chinatown Main Street (CMS) and the Chinatown Business Association (CBA), and was co-sponsored by the following: Harvard Pilgrim Health Care, Macy’s, Eclipse Mass Media, South Cover Community Health Center, City of Boston, State Representative Aaron Michlewitz, East West Bank, Taipei Economic and Cultural Office in Boston, and Mohegan Sun.

Lion dance at the opening ceremony. Photo by Faye Zheng.
Less Beef, More Broccoli: Becoming Healthier Americans

As the saying goes, you are what you eat. By integrating into American life, do immigrants’ habits and health reflect their traditional cuisine or that of their adopted homeland?

However, the lure and ubiquity of the typical American foods, usually less healthy, is contributing to the obesity epidemic among immigrants. For newcomers and their children, levels of obesity are considerably lower. But after 15 years of residence, they approach those of the overall population. Furthermore, obesity prevalence among American-born children of immigrants is as high as that of native-born parents.

Today, one in three immigrant children who have lived in the US for at least 15 years are overweight or obese, according to the researchers from the University of Washington, University of California-Berkeley and Stanford University. Studies suggest that most immigrants assimilate to the American diet over time.

In the contemporary land of milk and honey, the abundance of cheap, convenient and fatty foods, accompanied by sweetened drinks and condiments have been blamed for why immigrants are gaining weight more than they are gaining citizenship. While many immigrant families might still consume ethnic staples, it is often not easily accessible for some (cost, availability, geography, etc.). There are others who are also incorporating larger portions of meat, sugar and dairy into their dishes.

Social pressures to “eat American” play a role as well. A study published by Psychological Science reveals that children of immigrants choose American foods as a way to prove their American identity.

The researchers also surveyed college students about their embarrassing childhood food memories. Two-thirds of the Asian-American respondents recalled food-related insecurities around white peers while growing up, such as awkwardness about using chopsticks, foods with “strange” smells, and the custom of eating all parts of the animal.

These factors all lead to the current scenario: about one-third of Asian American kids do not eat their daily recommended portion of fruits and vegetables, according to a report commissioned by the Asian Pacific Fund. Moreover, forty-five percent of Asian children eat fast food on a daily basis, compared to only thirty-three percent of white children. The report also show Asian high school boys have the lowest participation rate in after-school sports, while Asian girls have the second lowest participation rate.

In Boston, health care professionals, educators and community organizations have noted these trends first hand, and developed programs to intervene. At the Wang YMCA in Chinatown, a new program funded by the Asian Health Initiative at Tufts Medical Center seeks to equip teens with the knowledge and skills to make healthy dietary choices.

“We’ve taken out sodas and sweet drinks out of our facilities,” said Richard Chin, who directs the Y’s food community outreach efforts. “With EBALANCE [Early Beginning Active Living with Nutritional Choices Education], we help teens with nutritional counseling and how to eat regular exercise, and encourage parents to cook with less fatty meats and oils, reduced sodium – over 50 percent of the kids in the program maintained or lost weight.”

Over the course of a week, a majority of meals are consumed by children, while they are in school. “Over the last few decades, school meals have evolved to reflect popular food culture. As fast food became popular in general in the 80’s, the demand for these less healthy options also increased in our school cafeterias,” said Kim Szeto, Farm to School Coordinator for the Boston Public Schools. She is introducing more from-scratch preparations that include more produce. So far, forty-four school cafeterias across the city are featuring more fresh locally grown fruits and vegetables on a daily basis.

With the increase in immigrant students in the public schools, Szeto and her colleagues are also learning how to adapt to their preferences. While many immigrant households serve vegetables on their plates, they might be done differently.

“Day one I noticed a group of Asian students at the Edwards Middle School asking questions about the raw [locally- grown] carrots served with low-fat ranch dip – many of whom are used to cooked vegetables, while I also had a Cape Verdean student at the Dearborn Middle School say ‘no thanks’ to a sample of butternut squash roasted with cinnamon and sugar because he ‘eats green vegetables at home’,” Szeto said. With gradual introduction in the menus, education on importance of making healthy food choices, and continual adjustments to recipes to meet students’ preferences, it is maximizing the opportunity for students to enjoy the healthy food choices.

In home kitchens, families are learning how to blend Western and Asian styles of cooking, while keeping traditional foods. “It also helps them feel more comfortable in American culture,” Szeto explained.

The Boston Chinatown Neighborhood Center (BCNC) runs the Rock Your Body program which works with children diagnosed as overweight or obese. “Many kids want their parents to cook Western-style foods, and we’re teaching these Chinese parents about food labeling, counting calories and healthy food recipes,” said Wenjun Zhai, BCNC’s Family Services Specialist. The program conducts workshops for the children, ages 8-12, their siblings and parents.

BCNC takes referrals from pediatricians at the Floating Hospital for Children at Tufts. “Close to fifty percent of my patients are overweight or obese,” said Sue Ann Ponte, nurse practitioner and director of the Asian Pediatric and Adolescent Clinical Services Program. “Overweight causes many problems, Rock Your Body teaches balanced eating and positive attitudes toward exercising, while promotes less screen time [on electronic devices].”

Certainly, the American diet is not the sole culprit. As economic conditions improve, many middle-class families in China are also increasing their meat consumption. For example, Children in China growing up under the one-child policy could have a family Westernizing food landscape are patronizing establishments such as KFC and McDonald’s, dining experiences which are seen as status symbols in urban China. Similarly, the industrialization of food that prioritizes meats, dairy and cheap sweaters affects all cuisines, ethnically-traditional or mainstream American. In fact, Chinese American cuisine has become such mainstays that when adding up all Chinese restaurants in the US, they outnumber all the major fast-food chains combined – many of which are serving dishes with unhealthy fatty sauces, fatty meats and heavy portions of carbs.

“We teach parents to understand the nutrition concept and how to cook healthier dishes, both Chinese and American, and encourage them to order healthier options and portions when eating out,” said Yoyo Yau, BCNC’s Director of Family Services. “Parents have a strong influence over the young kids’ choices, and more importantly, realizing nutrition is very important to their health,” Yau added, describing the tendency for many immigrant parents who are concerned that their young children do not consume enough food, thus applying pressure during meal time.

To ease that tension, BCNC also brings together the families for the East Meets West Healthy Cooking classes, to harvest vegetables grown in the roof garden to their plates. “When they experience the whole process of preparing food together, it’s a fun experience for the family. There is less stress for parents who feel they

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Minimum Allowable Income

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<th>Family Size</th>
<th>Rent—30% of Income</th>
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Application Deadline

4:00 p.m. Monday, September 10, 2012

Application Availability from July 1 - September 10, 2012

Pick-Up

Sudbury Housing Authority, 55 Hudson Road Regular Hours Goodnow Library, 21 Concord Rd, Sudbury Regular Hours

Contact

978-456-8388

maureen@mcohousingservices.com

www.mcohousingservices.com

FOR MORE INFORMATION OR REASONABLE ACCOMMODATION CONTACT:

MCO Housing Services: (978) 456-8388

SEE HEALTHIER AMERICANS ON PAGE 7

SAMPAK FEATURE

August 24, 2012

By Samuel Tsoi
The Brookline Family Restaurant

By Anna Ing
A Food Aficionado

Photo by darcyh via flickr.

A long time ago, I used to pass in the heart of Brookline Village the non-descript exterior of The Brookline Family Restaurant (365 Washington Street, Brookline, MA 02446 (617) 277-4466) and never give it much thought to check it out. Then one day, I went in and have kept on coming back for more.

The Brookline Family Restaurant serves lunch and dinner and their strength is in their Turkish desserts and dishes. Not by any means am I an expert on authentic Turkish cuisine, but what serves here is pretty tasty. Being a big fan of Mediterranean food, this place offers up a lot of choices.

During a recent dinner trip, there were a lot of changes. Their already extensive menu on Turkish fare (pizza, pasta etc.) included more specials, a dinner buffet, and near the entrance there is a packed display case of mouthwatering desserts.

Upon arrival, along with the butter and bread (very soft and a speck of salt on top) came served with a simply olive oil and lemon juice dressed tomato, cucumber and bean salad together. The bean salad makes this a substantial pre-dinner snack to stave off the edge of your hunger.

The Appetizer Sampler ($18) allows the diner to mix and match between the cold and hot appetizer dishes on the menu (with the exception of the liver cubes and calamari). For our order, we got the stuffed grape leaves, hummus (a chickpea based spread), falafel and stuffed Kofte. The rice and pine nuts wrapped grape leaves is a cold appetizer along with the hummus. The fried falafel made of ground chickpeas was simple with the crispy exterior. The Kofte (a Turkish meatball) also has a crispy exterior but the inner ground lamb, pine nuts along with spices was savory and delicious.

Next came our Mixed Grill Sampler (Karsik Izgara) (choice of salad or rice) and we opted for the latter. It came with a side of bulgur and lightly seasoned rice with some lettuce, cucumbers, tomatoes and carrots. The focus is the meat the chicken, lamb shish, Adana and grilled Kofte. My favorite is the Adana a minced meat kebab named after the Fifth largest city in Turkey. I always enjoy the Adana as my favorite out of this meat lovers plate of delicious food. The minced lamb (without the stick) always is my fave on this dish.

There was a little bit of sticker shock on the prices in comparison to the past, but the portions are huge and definitely plenty for leftovers for later. The service was great and attentive. Unfortunately we were too stuffed this time to have their delightful Sutlac-Turkish Rice Pudding that I love that they serve there.

It’s almost the time for the kids to go back to school and buying the items to do that does not come cheap. The average family is spending $689 per child on back-to-school shopping this year compared with $604 in 2011, according to a National Retail Federation survey of 8,509 consumers. Here are 5 Back to School Savings tips that will help you keep the costs under control.

1. Make a checklist before buying
The number one thing to do before embarking on your back to school list is to create a checklist. You can make your own checklist or go online and find a generic checklist and tailor it to meet your children’s needs. With a checklist you can set a strategy to get your items and also keep you on task for what you need compared to what you want.

2. Go through your own home for clothes and school items.
The first place you should go to get the school items that you need is in your own home. You probably already have most of the items that you need lying around in various places. Think of pencils, erasers, notepads, binders etc. can be found around the house and would save you a bundle from buying again. You can even make it fun and set up a Scavenger hunt with the kids, where they help you to find as many items on the checklists as they can.

3. Buy the Sunday paper and look for sales and coupons.
I read most of my daily news online, but when it comes to the big shopping seasons like Christmas and back to school, I usually pick up the Sunday paper to see the sales and get coupons. Map out a strategy and find out which stores have the best prices for certain items. Many stores advertise a few items at cheap prices to get you in the door, but if you stay disciplined and buy only what is on sale, you can come out way ahead.

4. Visit the discount and dollar stores.
Many of the items at the discount and dollar stores are very inexpensive. They usually are lower in quality but many of the back to school items that you need to buy don’t have to be of the best quality. This also makes it easier to take when you kids lose or can’t find items which inevitably will happen.

5. Buy in bulk for the long term or join up with family and friends.
Buying in bulk is one of the best ways to save on back to school items. Items like paper, notepad, pens, pencils and folders are cheapest in bulk. However it’s probably more money than you need initially, so it’s important to be organized so you know where to find it when you do need to use it. Another way to minimize cost and quantity is to go in with family and friends to buy in bulk. This way you don’t have to buy more than you need and it still reduces the cost per item.

I hope you follow some of the tips above so you don’t break the bank this back to school shopping season.

If you have a topic that you would like me to discuss in a future article please email me atmto@newbostonfinancial.com.
Why is Obesity a hot topic?

Zhanglin Kong, Master of Nutrition Science.

Earlier in May, a HBO documentary series called “The Weight of the Nation” raised the public attention on obesity to a new level. With a slogan “to win, we have to lose”, it confronts America’s obesity epidemic by showing numerous images and personal stories. Why put on obesity the spot over and over again? Why a fatter country matters?

It is the fact that obesity and overweight becomes dominantly common and serious in US and the world. According to the 2010 data from Centers for Disease Control and Prevention (CDC), more than one-third (35.7 percent) of adults and approximately 17 percent of children and adolescents are obese. Because of its severity, the heavy financial burden to the entire society, and the up going trend, obesity epidemic has never been this widely attended like today.

What is Obesity and overweight?

Obesity means having too much body fat, which increases the risk of health problems such as heart disease, diabetes and high blood pressure. It is defined by BMI equals 30 or above. Another term we often use is “overweight”, which is defined by BMI 25.0 to 29.9. It is usually an earlier stage of obesity.

It is attention worthy that Asian American has a lower BMI cutoff because of the higher risk of developing diabetes and heart diseases. Overweight and obesity are defined by BMI 24-26.9 and above 27 respectively.

Here is an example for BMI calculation. Remember that height and weight are the only data you need. Say a person’s height is 163cm (1.65m) and his/her weight is 60kg, then the BMI would be 22 [60/(1.65)^2]. This person has a normal BMI. If the same person has a weight of 75kg, his/her BMI will be 27.5 [75/(1.65)^2], and he/she is obese.

In fact, we talked about the negative effect of excess body fat. This time let’s talk about how to achieve and maintain an ideal body weight and for the optimal health benefits.

Body Weight

First of all, we need to set a goal for our body weight. For Asian population, a BMI falls into 18.5 – 23.9 range will be considered as normal and healthy. Body fat percentage is another highly useful indicator. It is less convenient to get than BMI and often requires skinfold measurement, underwater weighing or other tests. However, it definitely shows how much of your body weight is composed of fat, and will be a better indicator for people who have “invisible obesity”. On average, fat percentages are 12-15% and 18-22% for males and females respectively. This provides a good goal for most of us.

Fat, good or not?

It is a misconception that fat is all bad for human body and the less fat we have the better. It is the excess fat that we want to loss, not all the fat in our body. Apart from supplying energy during starvation, fat also provides insulation and padding for vital tissues and organs, and helps the body absorb and utilize vitamins A, D, E, and K. It is unhealthy to reduce body fat percentage under the normal range.

Today most people with weight issue are struggling with overweight and obesity. There are numerous weight loss products, supplements, medications and fad diet out there making claims that too good to be true. Unfortunately, there is no silver bullet for losing weight, and manage the calorie balance with a healthy diet and adequate physical activity is the only way that works for a long run.

What is Calorie?

Calorie is a measurement of energy. The food and beverage we eat put energy into our body, while physical activities consume it. If we don’t move enough but eats a lot, we have a positive energy balance. The excess energy will be stored in fat tissues. In contrast, if the energy used by exercise is more than the amount that we eat and drink, we will start to withdraw energy from fat tissue and lose weight. Try to consider calorie as the money and fat tissue as the bank, we spend if we eat and save if we eat-the balance goes down if we spend more than we save and vice versa.

How to control calorie?

Although the fact is straightforward, it is extremely hard to achieve and maintain a negative energy balance. To start, you need to keep track of what you eat and how much you exercise every day.

A very useful tool is “My Plate SuperTracker” developed by United States Department of Agriculture (USDA), you can use it to record the food intake and physical activity then generate reports toward your goals. “SuperTracker” can be found in choosemyplate.org website. If you have a smart phone, there are also many apps that come super handy. “MyFitnessPal” and “Lose It!” have very similar functions with “MyPlate SuperTracker”.” “MapMyRun” accurately records the tract and speed of your physical activity with an embedded GPS and calculates the calories you burn.

With these tools, calorie tracking is no longer that difficult as before.

Although it is effective, we should know that calorie control is merely a tool we use to achieve normal body weight. To maintain a lifetime fitness, we need to make weight management our lifestyle.

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Nutrient dense food vs Energy dense food

It is always helpful to know about food-the calories and nutrition value of food categories and how to eat various foods to make your diet balanced.

Generally, vegetable and fruit, fat free dairy product, lean meat etc. are called “nutrient dense food”, since they are high in nutrition value and low in calorie. In contrast, “energy dense food” is high in calorie but low in nutrient. “Energy dense food” is mostly processed food with large amount of sugar and fat added for taste improvement, such as cake, fried chicken, French fry, donut etc. The worst food is “empty calorie food”, which barely contains any nutrient but calorie. Soda and candy are excellent examples for “empty calorie food”, since they are pure sugar and provide no other nutrition value.

You need to find a balanced way to preserve both joy and health in your life, and a good health is the foundation for all joys. Why not give fresh and yummy nutrient dense food a try?
How to measure the body fat?

Body mass index (BMI) is used to measure the body fat based on height and weight that applies to adult men and women. It is effective, inexpensive and easy to use for healthcare professionals and general public, and for most people it correlates well with their amount of body fat. When calculating BMI is simply \[ \text{Weight(kg)/Height(m²)} \]. Also BMI is a number, it doesn’t have a unit.

Occasionally there could be exceptions for the correlation between BMI and body fat, this because a person may be overweight not only from fat, but also from extra muscle, bone, or water. Top athletes with large muscle mass and people with edema can have very low body fat percentage but higher than normal BMI.

Lecture on Living Healthy with Chronic Conditions

By Faye Zheng

One-fourth of Americans live with chronic conditions, but they can choose to live in a healthy way. Registered nurses Pamela Fredericks and Soo (Irene) Li from South Shore Hospital presented a lecture “Living Healthy with Chronic Conditions” to about 20 Chinese seniors at the Thomas Public Library in Quincy on August 16.

 Fredericks introduced that 70 percent of chronic illnesses are preventable and it is important to do regular check and keep track of your health condition. She said that many Asian Americans do not pay enough attention to prevention nor visit the doctors unless they get sick. Regular check-ups and early prevention can also reduce the risk of chronic illnesses.

“Many people don’t know that cancers are preventable. It is always better to prevent than to cure,” said Fredericks.

According to Fredericks, leading causes of death for Asian Americans including cancer, influenza and pneumonia, heart disease, chronic lower respiratory disease, stroke, diabetes and chronic kidney disease, among which, diabetes is the top one cause.

“Some 40 percent contribut ed by behavior are controllable. For example, we can choose not to smoke and it will lower risk for cancer,” said Fredericks. Fredericks also mentioned the importance of improving diet and gave a few suggestions including reducing meat consumption, reducing fruit and vegetables, low fat cooking and reducing sugar and salt by two-third.

“If you choose to add salt three times to a dish, reduce it to one,” said Fredericks.

Fredricks also introduced major measurements for health, such as blood pressure of 120/80 or lower, total cholesterol below 200, feeling well and being active, and waist circumference. She single out waist circumstance and explained that Asian Americans should use a different measurement from Caucasian. She told the audience to be aware of the difference and suggest them to bring it up when visiting doctors.

“For example, Asian women with 32 inches of waist circumstance have the same risk of heart disease as Caucasian women with 35 inches of waist circumstance,” she said.

To summarize a healthy life, Fredericks suggests we have a positive attitude, take regular exercise, eat a balanced & healthy diet, hand smoking, maintain a healthy weight.

“Also have to feed their kids,” You said. “Instead, children feel they have more control – they appreciate the holistic aspects of nutrition and the effects on their bodies to build nurturing family relationships.”

From the kitchens at the school cafeterias and BCNC to many across the city and nation, the rise of more localized, diversified and multicultural palettes is redefining what constitutes good food. There’s also growing awareness on the consequences of overconsumption of animal protein and fat (and the benefits of a produce-rich diet) with the popularity of books such as The China Study and films like Forks over Knives.

Across the US, a groundswell of ethnic neighborhoods, restaurants and food markets are transforming the notion of “All-American” cuisine. After all, pizza and bagels were once “immigrant foods,” and sushi and burritos are now commonplace in many corners of the country. The challenge of reigning in harmful calories and cholesterol will be an effort for all populations to remake the American diet and culture – with our collective wellbeing and identity on the line.
25th Quincy August Moon Festival Attracts Thousands

By Faye Zheng

As the largest outdoor cultural event in the South Shore, Quincy August Moon Festival presented by Quincy Asian Resources and State Street attracted more than 10,000 individuals on Sunday, August 19.

At 11:00 a.m. a festive and colorful opening ceremony consisting of dragon and lion dances kicked off the event. Throughout the day, there were over 20 cultural performances for two stages.

“The festival is the largest Asian culture celebration in the South Shore ever. There are cultural exploitation activities, performances, and fun and games for the entire family,” said Gabriel Cheong, Esq., Festival Co-chair.

This year’s event also featured an Asian Cultural Area with interactive art exhibits highlighting the history of Chinese calligraphy and watercolor painting. There were panel-displays and a large mural designed by QARI’s Chinese painting Master Xiao Yong Liu.

The children’s area was expanded with new and exciting carnival and pony rides. The South Shore YMCA increased their area including yoga classes, Zumba classes, jump rope activities, crafts, face painting, tattoos and origami.

“We are very excited to be leading the activities in the children’s area again and see it grow year after year,” said Patricia A. Thorley Small, Assistant Membership Director, South Shore YMCA.

This festival is made possible through the contributions of presenting sponsor State Street Corporation, Diamond sponsors South Cove Community Health Center, the City of Quincy, and the support of more than 300 volunteers.

The site known as “Ink Block” was the home of the Boston Herald Building until February this year. A Whole Foods Market flagship store will anchor the retail portion of the project, according to project developer National Development.

The 50,000-square-foot Whole Foods store will feature retail and restaurant space on the ground floor with 471 apartments, 15 percent of which will be affordable housing.

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“Design image of Whole Foods provided by National Development. A Whole Foods Market flagship store will come to Harrison Avenue, construction is scheduled to begin in early 2013, according to project developer National Development.

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This Whole Foods store will be the chain’s largest in Boston. It will feature outdoor sidewalk cafe seating, a gelato bar, a planned wine store, prepared food and a selection of natural and organic foods.

“This is a huge milestone for the neighborhood, and I am proud to welcome Whole Foods to the South End.” Boston Mayor Thomas Menino said in a statement.