Lt. Gov. Tim Murray meets Chinatown Residents

By Faye Zheng

Massachusetts Lt. Gov. Tim Murray discussed with and listened to concerns of Asian American community in a town meeting co-hosted by the Governor Patrick’s Asian American Commission and Asian American Civic Association in Chinatown, on September 10.

Murray said the governor’s philosophy is “embracing the diversity,” and the governor consistently talks about making sure that the workforce increasingly reflects the diversity of the state.

According to the 2010 Census, the Asian population grew faster than any other race group in the United States between 2000 and 2010. Asian represented 5.6 percent in Massachusetts, and 8.9 percent in Boston.

As reflection of “embracing the diversity” philosophy, the Patrick-Murray Administration has increased the percentage of Asian Americans on state boards and commissions dramatically over the age of Asian Americans on state boards and commissions.

Asian officials compared to one during the previous administration.

“Your voice, you advocacy are making difference, and more important, your participation,” said Murray.

A bilingual ballot has been a major concern expressed by the audience during the meeting.

Henry Yee, co-director of the Chinatown Resident Association, said he was frustrated with the process of bilingual ballots.

“The Asian-American community has been fighting for seven years for bilingual ballots,” said Yee, “We don’t want to be doing this for another seven years.”

“Philosophically, we want to support and encourage anything that will make it easier for people to vote,” Murray responded. He also expressed by the end of the meeting that he is willing to have more conversations with Chinatown residents.

Mayor Menino vetoes City Council’s Redistricting Map

By Teresa Cheong

Boston Mayor Thomas M. Menino vetoed the City Council’s controversial plan on redrawing political districts on September 6, saying the map does not fairly represent citizens of color.

“The plan concentrates our many citizens of colors into too few districts, and in doing so may limit their equal opportunity to elect candidates of their choice,” Menino said in a letter to the City Council.

He added that the overconcentration of minority population in District 4 is a “particular concern” as 95 percent of the district’s voting age population would have been Non-White.

“In a city where diversity is found broadly, I ask that you endeavor to avoid overconcentration of minority voters,” said Menino.

The Communities of Colors Coalition, which includes representatives from Boston’s minority populations, had previously sent out a press release threatening to sue the city if the plan was approved. They suggested that the plan would be a direct violation of the Voting Rights Act of 1965, which prohibits voting practices or procedures that dilute minority voting strength.

The redistricting map was passed with a narrow 7-6 vote by the council in August after 16 months of negotiation. Councilor Bill Linehan, chairman of the Redistricting Committee, proposed the map and was supported by Councilors Frank Baker of Dorchester, Mark Cinnom of Brighton, Robert Consalvo of Hyde Park, Salvatore LaMattina of East Boston, Stephen J. Murphy of Hyde Park, and Matt O’Malley of Jamaica Plain.

Voting against were Councilors Tito Jackson of Roxbury, John R. Connolly of West Roxbury, Charles Yancey of Dorchester, Ayanna Pressley of Dorchester, Felix G. Arroyo of Jamaica Plain, and Michael P. Ross of Mission Hill, who expressed a similar concern with the mayor.

Councilor Arroyo said he was grateful for the mayor’s veto in a statement.

SEE REDISTRICTING MAP ON PAGE 3

HIGHLIGHTS

Event Calendar
 PAGE 2

Treasury’s Small Business Banking Partnership
 PAGE 3

BHA finalizes Smoke-free Housing Notification
 PAGE 5

New Column:
 Seo teaches Self-Defense
 PAGE 8

華人醫務中心40週年慶
成立40週年
Bamboo Circle’s 90s Dance Party Fundraiser Saturday, September 15, 9pm-11pm BCNC, 38 Ash Street, Boston, MA 02111

BCNC’s annual fundraiser, Bamboo Cycle, is hosting its major annual fundraiser on September 15th with a 90s themed dance party at BCNC. Be nostalgic by dressing up and dancing to the greatest hits of the 90s, while donating to a great cause! There will be Best Costume awards, a raffle to win a $100 Zipcar gift certificate, and OPEN BAR (21+ only – beer and wine). Bring your best dance moves and purchase your ticket today! All proceeds benefit the Youth Center.

Contact: Markay Martin. Phone: 617-323-4040 ext. 7466. Email: mmartin@cap.org

Free help filling out naturalization application Saturday, September 15 Boston Chinatown Neighborhood Center 38 Ash St, Boston, MA (Tufts Medical Center T stop)

You must be able to speak, read and write at least basic level English. Free help filling out your naturalization application and learn about which documents you need.

To sign up, please call: 617-635-5129 x1029 – ask for Fred

Free Tai Chi Classes Sunday, September 16, 9-10am Near Boston Chinatown Gate

Professional Tai Chi teacher and Taoist monk Zhou Xuan Yun offers, free classes in the Rose Kennedy Greenway near the Chinatown Gate every Sunday from 9-10am.

BSC Free Guest Day Wednesday, September 19 9am-10am Boston Sports Club Boston, MA

Boston Sports Clubs celebrates its 38th year anniversary with all Bostonians, offering their doors for a Free Guest Day. All BSC locations will allow non-members looking to sweat it out to use their facilities throughout the day. Attendees are invited to come try a new class, meet with instructors and experience the fitness facility first hand.

State House Young Leader Symposium Friday, September 21, 9am-3pm The State House, Great Hall Boston

The Massachusetts Asian American Commission hosts its Young Leader Symposium at the State House.

For more information, call 617-367-9333, ext 662. For more information, call William Li at 617-482-2316

Free Outdoor Swing Dance Sunday, September 23 2–5pm Charlestown Navy Yard Boston, MA

Free Swing Dance event at Charlestown Navy Yard Pier 4. Come dance for free by the water to DJ’ed music from the 20s, 30s, and 40s. No partner required. If you don’t know how to dance, we will give you a quick lesson on request. Or you can listen to the music and watch some energetic and beautiful dancing.

Oak Street Fair Saturday, September 29

Mandarin and Cantonese language interpreters will be available for pre-registation calls and during the event. Through this program, uninsured and underserved women ages 21 and older will receive a free Pap test and mammogram (if necessary). Pap test results, physician consultations, and possible follow-up care will be provided in the same day. To register call: 617-636-4872

Boston Asian: YES is recruiting students YES is recruiting students for its 2012-2013 GED preparation program, to begin on September 24. Applicants must be Boston residents, ages 16-21 and signed out of school. Priority will be given to Asian applicants who need support from Asian bilingual/bicultural support staff. For more information, contact Tina Chien at 617-635-5129 x1054 or tina.chien@bcnc.net

Free Breast and Cervical Cancer Screenings Saturday, October 13 8am-5pm Tufts Medical Center, South 2 0B/GYN Clinic, 600 Washington Street, Boston, MA

To register call: 617-635-5129 x1054 or tina.chien@bcnc.net

Boston, MA 02111

To submit a listing, email news@sampan.org

TO SUBMIT A LISTING
E-MAIL: news@sampan.org

Sampan
www.QCC.edu
QUINSIGAMOND
Community College

524 Blackstone Blvd.
Worcester, MA 01605
Tel: (508) 793-2200
Fax: (508) 793-5993

www.qcc.edu

NEWTON, “T” to work from Arbortop at Woodland Station & save $$$.
Arbortop.com

www.qcc.edu

QUINSIGAMOND Community College

Lead Teacher, Children’s School
Senior Admissions Counselor
Enrollment Counselor

Interested candidates should visit our website www.QCC.edu for full job description, qualifications and application procedures. All applicants must apply online for consideration.

Outstanding is an equal opportunity, affirmative action college supporting and encouraging the employment and advancement of women and minorities.

The District of Massachusetts Criminal Justice Board announces the application deadline of October 10, 2012 for Boston, Springfield and Habeas CJA Panels.

For more info, go to www.mad.uscourts.gov/Attorneys, CJA Information.
Asian community benefits from Treasury’s Small Business Banking Partnership

By Joanna Wong

Treasurer Steven Grossman, an Asian female owned manufacturing company, and a recipient of a $135,000 loan made by the East West Bank leveraged through the Treasury’s Small Business Banking Partnership (SBBP), in South Boston on August 29. Adcotron, a woman and minority-owned enterprise, offers a unique case study, and the loan sends out a signal to the Asian community that the Commonwealth is open to do business.

“SBBP levels the playing field, and this event encourages customers who may be tentative to apply for a loan,” said Treasurer Grossman, recalling a round-table discussion that he held in Chinatown in 2009, when Asian businesses owners expressed concerns about lack of technical assistance and barriers to market and capital access, “SBBP’s fundamental principle is to keep loans in Massachusetts in order to serve small businesses. It has been a powerful catalyst in bringing back business.”

Adcotron, a contract manufacturer of electronics and mechanical devices, nestled in the Marine Industrial Park in South Boston’s new Innovation District, taking up 35,000 square feet of space. Agency Young, the CEO and founder of Adcotron, was raised and educated in Hong Kong. The full-service manufacturing company has grown from 15 to 70 employees and now enters primarily to the medical, defense/home-land security, telecommunica-tions, design and alternative energy sectors.

The loan from East West Bank will be used on leasing additional space and hiring 10 new employees to expand business.

“With the loan, Adcotron is more certain about its competitiveness,” said Young.

The Small Business Banking Partnership moves Treasury cash reserve funds typically held by large national and international financial institutions and deposits them in amounts of up to $10 million in Massachusetts banks. In exchange for the infusion of new deposits, the banks sign a Memorandum of Understanding (MOU) signaling their intent to provide credit to small credit-worthy Massachusetts businesses. To date, the Small Business Banking Partnership has loaned to 48 banks and generated 2500 new loans worth $360 million.

The East West Bank is one such bank that signed a Memorandum of Understanding to enroll in SBBP. According to John-ny Ip, Senior Vice President of East West Bank, loan offers are extended to small businesses based on consideration of 4 C’s: character, cash-flow, collateral, and capitalization. In addition, he examines whether the business is honest, credit-worthy, and a good corporate citizen. Adcotron certainly fits the bill.

“Adcotron is a success story. It is about an immigrant fulfilling her American dream. With the loan, Adcotron will be able to create a ripple effect in the community,” said Ip. According to him, another four or five small businesses are also seeking partnership with the East West Bank.

All deposits that the Treasury makes in these community banks are protected through either insurance or collateral, and the rate that the Commonwealth pays is comparable to what the Commonwealth receives at out-of-state financial institutions.

Marc The Dates!

Boston Water and Sewer is coming to your Neighborhood

A Boston Water and Sewer Commission Community Services Department representative will be in your neighborhood at the place, dates, and times listed here.

Our representative will be available to:
✓ Accept payments. (Check or money order only—no cash, please.)
✓ Process discount forms for senior citizens and disabled people.
✓ Resolve billing or service complaints.
✓ Review water consumption data for your property.
✓ Arrange payment plans for delinquent accounts.

Need more information? Call the Community Services Department at 617-989-7000.

Steven Grossman (middle) posing with Adcotron staff. Photo by East West Bank.

Weston High School named Boston’s Best School 2012

Based on data collected in 15 different categories, Boston Magazine published in September Boston’s Best Schools 2012, ranked top 50 high schools in Boston and Boston Suburbs. Weston High School was named the number one best school in Massachusetts.

The top ten high schools on this list are: Weston High, Lexington High, Dover-Sherborn Regional High, Concord-Carlisle High, Wellesley Senior High, Wayland High, Newton South High, Sharon High, Acton-Boxborough Regional High School and Bedford High School.

The list was based on an annual in-depth survey carried out by Boston Magazine in summer. With a focus on public high schools this year, it dug through databases from the Massachusetts Department of Elementary and Secondary Education.

Fenway High School recognized as 2012 National Blue Ribbon School

The U.S. Department of Education named Fenway High School as one of this year’s National Blue Ribbon Schools on September 7. The designation is given to schools that achieve overall academic excellence and have success in closing achievement gaps.

This is the third consecutive year that a Boston Public School has received this honor. Last year, Boston Latin School and the designations for 2010 and 2011 were Boston Latin Academy and John D. O’Bryant School of Math and Science were recognized.

Fenway High School has a waiting list of approximately 700 students for its 320 seats. Earlier this year the Boston School Committee approved a plan to expand the school by more than a hundred students. Fenway will move into a fully renovated, state-of-the-art building in Mission Hill next year.

Just 269 schools around the country received the Blue Ribbon honor this year, and just four in Massachusetts.

MARK THE DATES!

CHINATOWN Chinese Consolidated Benevolent Association (CCBA)
90 Tyler Street
Thursdays, 12–1 PM
September 13
October 11

Boston Water and Sewer Commission
980 Harrison Avenue • Boston, MA 02119 • www.bwsc.org
South Cove Community Health Center celebrates 40th Anniversary

By Faye Zheng

South Cove Community Health Center (SCCHC) celebrated its 40th Anniversary. Celebration in John F. Kennedy Library and Museum on September 8 evening with over 500 guests. Board members Dr. Herman Ging Lee and Dr. Stephen Victor Tang received Humanitarian Award.

“We thank you for your support, and we invite you to join us in moving forward in the 21st century as we continue to build on a strong foundation to provide culturally-compe- tent, high-quality, cost-effec- tive, and compassionate ser- vices to the Asian American communities,” said Eugene Welch, exec- utive director of SCCHC, in opening speech. “We now have 230 staff serv- ing 27,000 patients, with 160,000 visits each year.”

According to Welch, 75 percent of SCCHC’s pa- tients are below the feder- al poverty level and over 90 percent of them speak an Asian language as first language.

SCCHC co-founders Caroline Chang and Amy Guen presented the Hu- manitarian Awards to board members Dr. Lee and Dr. Tang.

The first community health center in the nation, Columbia Point Health Center (CPHC), opened in 1965. At that time, Asian American immigrant popu- lation was among the most underserved popula- tions. A community con- ference was organized by the Chinese American Civic Association, which is now the Asian Ameri- can Civic Association, to recruit more volunteers to help advance health concerns of the Chinese Community in Boston. The Health Task Force and later the Boston Chi- nese Community Health Services board of direc- tors worked to bring the CPHC model of care to Chinatown with its own unique high-quality, cultural and language needs. As a re- sult, SCCHC first opened its doors in 1972. Inspired by SCCHC, Herman Ging Lee and Stephen Victor Tang changed their career from engineering to medic- ine. Both of them have been involved with the SCCHC for over 30 years.

“For 40 years, SCCHC has been a source for in- spiration and satisfac- tion,” Dr. Lee and his wife Fay expressed their collective thoughts about SCCHC. “We have found great personal satisfaction in our volunteer works with SCCHC. We hope that the next generation of volunteers and staff find their association with SC- CHC to be as enriching as it has been to us.”

Dr. Tang considers his in- volvement at SCCHC as the most fulfilling aspect of his volunteerism.

Janet Wu of WCVB- TV5 served as mistress of ceremony. John M. Auerbach, commissioner of Massachusetts Depart- ment of Public Health, and Carl Ishihara, Chair- man of Harvard Vanguard Medical Associates, Board of Trustees, were the key- note speakers.

Auerbach praised SC- CHC’s contribution to the community for 40 years. He considered SCCHC as “a good example to the rest of medical centers.” He also claimed that the new clinic in Quincy may be “the most beautiful health center in Massa- chusetts.”

Ishihara shared with the audience his own personal experience as an immi- grant, emphasizing the importance of community health care services.

Congressman William R. Keating and State Rep- resentative Tacky Chen also joined this event. A short video introducing SCCHC’s 40 years of his- tory was played during the celebration. Chinatown Community leaders such as Frank Chin and other supporters of SCCHC ex- pressed their congratulations in this video.

Dream Relief takes effect

Thousands of young, undocumented immigrants will be able to take advantage of the executive order declared by President Obama in June. The Department of Homeland Security has started to accept application for the Deferred Action for Children Arrival (DACA) on August 15.

The deferred action order, dubbed “dream relief”, will allow undocumented immi- grants aged 15 to 30 to put off the threat of deportation for two years, and also allow them to pursue studies and work opportunities.

The following is a list of eligibility guidelines suggested by the Department of Home- land Security for DACA applicants:

- Were under the age of 31 as of June 15, 2012;
- Came to the United States before reaching year of 16th birthday;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were physically present in the United States on June 15, 2012, and at the time of making your request for consideration of deferred action;
- Entered without inspection before June 15, 2012, or your lawful immigra- tion status expired as of June 15, 2012;
- Are currently in school, have graduated or obtained a certificate of com- pletion;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continuously resided in the United States since June 15, 2007, up to present time;
- Were under the age of 31 as of June 15, 2012;
- Have continually resided in the United States since June 15, 2007, up to present time;
- Were physically present in the United States on June 15, 2012, and at the time of making your request for consideration of deferred action;
- Entered without inspection before June 15, 2012, or your lawful immigra- tion status expired as of June 15, 2012;
- Are currently in school, have graduated or obtained a certificate of com- pletion from high school, have obtained a general education development (GED) certificate, or are an honorably discharged veteran of the Coast Guard or Armed Forces of the United States; and
- Have not been convicted of a felony, significant misdemeanor, three or more other misdemeanors, and do not otherwise pose a threat to national security or public safety.

In Massachusetts, there are many community organizations offering free DACA ap- plication assistance. They include the Asian American Civic Association, Massa- chusetts Immigrant and Refugee Advocacy Coalition, Brazilian Immigration Center, Brazilian Women’s Group and Greater Boston Legal Services, Irish International Immigration Center, Center for New Americans and Student Immigrant Movement.
Tufts Medical Center and Vanguard Health Systems launch new Health Insurance Plan

Tufts Medical Center, its New England Quality Care Alliance (NEQCA) physicians network and the Nashville-based Vanguard Health Systems announced on August 31 that they are sponsoring a new health insurance plan, Minuteman Health Initiative, which has received an $88.5 million loan from the Centers for Medicare and Medicaid Services (CMS).

According to a release sent on August 31, the new member-governed, non-profit health insurance plan was designed to offer consumers and employers lower-cost, high-quality care with unprecedented transparency, as well as increased efficiency and satisfaction for physicians, patients and employers alike.

The release also mentioned that the initiative will allow plan members to elect the Minuteman Board of Directors, which has a member majority. Any surpluses from the plan will be used to benefit members, either by lowering premiums or improving coverage.

Minuteman’s network will include the hospitals and doctors of Tufts Medical Center and Floating Hospital for Children, physicians in the NEQCA, and Vanguard-owned MetroWest Medical Center and Saint Vincent Hospital.

“Tufts heralded this new model for health plans will further our revolutionary legacy and our focus on quality and efficiency by providing great new health insurance options to small businesses and individuals,” said Eric Beyer, President and CEO of Tufts Medical Center and Floating Hospital for Children.

Minuteman’s members will have easy access to their health records, which allows providers to see what services their patients are receiving in order to better manage care, according to the release.

Employers will also have access to information about the overall health of their employees to help tailor wellness programs with their employees’ providers, and members will be able to see what services cost at different providers in order to better plan for their future costs.

[Minuteman Health Initiative] is the first such venture in Massachusetts to be funded through the Affordable Care Act. The ACA encourages innovation in the structure and governance of health plans, as hospitals and doctors seek to control cost and improve quality of care,” said Congressman Mike Capuano.

Upon receiving the necessary approval from the Massachusetts Division of Insurance, Minuteman would begin insuring members no later than January 2014, as required by CMS. The plan will be offered through the state Health Insurance Connector and through broker sales channels.

BHA Administrator Bill McGonagle is pleased to announce that public hospitals in Boston are going smoke free; residents across the city will receive their final official notice that as of September 30, 2012 the BHA Non-Smoking Lease Addendum will become effective. This policy is expected to make Boston the largest city in the country with such a ban in place.

“The City of Boston is proud to be on the forefront of smoke-free living in our public housing,” Mayor Menino said. “All our residents deserve a safe, healthy environment to live and raise their families in.”

Last January, resident households began signing lease addendums whereby the head of household and guest or visitor shall refrain from smoking in their apartment, anywhere in their building and within a specified distance from the building. Residents who did not sign the lease addendum will still be required to comply with the non-smoking policy.

“We are excited to implement this policy for the well-being of all of our residents,” said McGonagle. “This creates a healthy environment for everyone, especially children, residents suffering from asthma and our elderly who are afflicted with emphysema and cardio vascular disease.”

The U.S. Department of Housing and Urban Development (HUD) approved the BHA’s Non-Smoking Policy in August 2011. The BHA receives transfer requests on a regular basis from current residents requesting housing free of second-hand smoke. These transfer requests document the hazards that second-hand smoke is causing for BHA residents, many of whom are elderly or children with asthma, cancer or other illnesses. When surveyed, approximately 90 percent of BHA residents across the city, including those who smoke, reported that they support a non-smoking housing environment.

According to the Centers for Disease Control and Prevention, there is no risk-free level of contact with secondhand smoke; even brief exposure can be harmful to health. Secondhand smoke exposure causes an estimated 3,400 lung cancer deaths annually among adult non-smokers in the United States. It is responsible for approximately 7,500-15,000 hospitalizations annually of children aged 18 months and younger in the United States.

“There’s always been a non-smoking policy in my house, but this policy has changed a lot for residents that have younger children with asthma,” said Bob Juliano, a resident in Old Colony Phase One where a non-smoking policy is already in effect. “People pretty much follow the rules here and most smokers even go off the curb to a different side of the property to smoke.”

The BHA Smoke Free Policy does not prohibit individuals who smoke from living in BHA owned and managed properties. The policy does, however, prohibit smoking in BHA owned properties. The failure of a member, visitor or guest to comply with the policy will be a violation of the family’s public housing lease and may lead to the assessment of a charge of up to two hundred and fifty dollars and actions to enforce the lease.

By Joanne Wong

The National Association of Asian American Professionals (NAAAP) Boston chapter hosted its first annual Leadership Forum on September 10. The professional development event, held at the Hilton Back Bay Hotel, featured a panel discussion and career fair, and brought together young professionals from various industries.

The theme of the night was “Mirroring Our Blind Spots”. Other discussion topics included the importance of utilizing resources, the differences between mentors, coaches, and sponsors, and the distinction between transactional and transformational leaders.

Next door to the panel discussion was a career fair, where participants were able to meet with NAAAP sponsors. The fair gave participants an opportunity to learn more about the companies, which support diversity inclusion, and to learn more about current job openings.

NAAAP’s 1st Annual Leadership Forum Highlights Actions to shape Careers

Classifieds

Highland Meadows, 10 Fillmore Place Weston

One Unit of Age-Restricted New Construction Available $178,500

Information Session: Thursday, October 4, 2012 7:00pm Weston Town Hall

Applications accepted: Through November 1, 2012 12pm

Housing Lottery: November 14, 2012

Application and Information:

Housing@Sudbury.MA.US

270 Old Sudbury Road, Sudbury, MA 01776, 978.478.1308

Income and Asset Limits. Use and Resale Restrictions Apply.

BHA finalizes Smoke-free Housing Notification

This is provided by Boston Housing Authority. The BHA Smoke Free Policy and lease addendum can be found on the BHA’s website.
Blood Glucose Management for Elders

By Zhanglin Kong, MS, RD. Registered Dietitian at Greater Boston Chinese Golden Age Center (GBCGAC).

Asian Americans may have a lower body weight than Caucasians but they have a higher risk of developing type II diabetes than Caucasians due to a combination of genetic and environmental factors. The chance of getting type II diabetes also increases with age. Many Chinese elders have chronic diabetes, and a number of them have elevated blood sugars, but who have not yet qualified for a diagnosis of diabetes. We cannot do anything to slow down or reverse the aging process, but eating healthy, staying active and keeping an ideal body weight can reduce your risk of developing Diabetes. A fasting blood glucose test is commonly used to diagnose diabetes. Normal blood glucose levels are between 70-100 mg/dl. Having a level of 126 mg/dl means you have “impaired fasting glucose”, which is often referred to “pre-diabetes.” It increases your risk for developing type II diabetes. Generally, for those with test results higher than 126mg/dl., taking early actions will get your blood glucose under control.

To maintain a normal blood glucose level, you should keep a close eye on your daily carbohydrate intake. You should avoid high carbohydrate food such as sugar, starch food, fruit, milk and starchy vegetables like potatoes and corns, etc. Starch food, such as rice, noodle and steamed buns are the staple food for most Chinese elders, and their intake should be properly portioned. The principle is to eat the same amount of starch at each meal every day. If you don’t usually eat an after-meal dessert, a two-third bowl of rice, a cup of milk or a medium size fruit will provide a good amount of carbohydrate in one meal, given that your body weight is normal. If you need a restricted diet plan to closely monitor your blood glucose level, please contact your doctor to refer you to a registered dietitian.

I will also recommend you to start a high-fiber diet to control your blood glucose level. Fiber is a type of carbohydrate that our body cannot digest and does not elevate your blood glucose level. Fiber can be found in whole grains, vegetables and fruits, beans and nuts, etc. Food with insoluble fiber like whole wheat bran does not completely dissolve in water, which keeps your digestive system healthy. Consuming a large amount of food with soluble fiber, such as is oatmeal and fruits, can help you better control your blood glucose level and lower your cholesterol level.

Physical activity is an effective way to control your blood glucose level as it increases your body’s sensitivity to insulin, which will lower your blood glucose. In addition, exercising helps you prevent or manage high blood pressure, which is a primary leading factor to the most common cardiovascular disease. Being physically active also helps you achieve or maintain an ideal body weight, which is also important for blood glucose control. Try to stay active for at least 70 minutes a day, most days of the week, by either doing regular physical exercises or simply accumulated daily activities. These may seem a lot of hard work for the elders, but yes, all the dietary and exercise habits we discussed not only help to control blood glucose, but also maintain a healthier lifestyle that prolongs your life. Make a change in your life starting today and build a healthier body!

Biomedical Advances of Autism 2012

The American Chinese Medical Exchange Society (ACMES) held its second conference of “Biomedical Advances of Autism 2012” at McLean Hospital on August 26. It attracted about 150 participants, who are health-care professionals and parents from the New England area and beyond. The informative full-day conference consisted of three panel discussions and a keynote speech by Dr. Martha Herbert, and was a great success.

Opening remarks for the conference were offered by Dr. Xuejun (June) Kong, the president of ACMES. She pointed out the fact that Autism spectrum disorder (ASD), being the fastest-growing complex neurological development disorder and continuing to rise in prevalence, now affects 1 in 88 children in the US — it has become a huge healthcare burden and global threat. Autism awareness promotion and education, patient care, and research have been a major focus of ACMES through the years. Its North American Journal of Medicine & Science has just published the second special issue for Autism, which includes 11 top level peer review autism articles by experts in the field such as Sidney Baker, Elizabeth Mumper, Maria Mody, Georgina Garcia, Richard Frye, Randall Rasmussen, Michelle Hartley-McAndrew and Rich Lord. Dr. Kong urged Autism clinicians, researchers, psychologists, educators, and parents to work together to understand various aspects of autism and research possible cures, in order to help the millions afflicted with the condition, as well as their families.

Dr. Martha Herbert, Pediatric Neurologist of MGH/ Harvard Medical School, well-known autism expert and author of the new book Autism Revolution, served as the keynote speaker. In her speech, she illustrated autism spectrum disorder as a systemic disorder, and elucidated the important role in the pathogenesis and strikingly increased incidence of autism played by various environmental factors and their interactions with genes. More than 100 genes are found to be related to autism. However, in Dr. Herbert’s view, most of them do not play a causative role. We live in a toxic world, she pointed out, and there are as many as 287 kinds of toxic chemicals in the unfiltered blood, 217 of which have neurotoxic effects. These toxins can cause immune dysfunctions, GI disturbances, metabolic disorders, chronic inflammations, and other damage, through largely unknown mechanisms.

Opening the keynote, the conference offered three major panel sessions: “Traditional Chinese Medicine and acupuncture perspective in Autism therapy,” “Autism research and renovation”, and “Biomedical advances of autism”, in which more than ten speakers and panelists offered their insight and experience as experts in the field. The topics covered include latest treatment methodologies, findings from basic research, epidemiology and clinical trials, treatment strategies, the effects of toxic chemicals, patient food intolerances, auditory dysfunctions, and negative social impacts suffered by victims.

A special art exhibit by a group of autistic children also captured the attention of many visitors during the conference. After the sessions, more than 50 attendees, as well as speakers and organizers, continued pertinent and vibrant discussions at the dinner table, concluding what proved to be a day of very meaningful gathering.

Article by ACMES; Photo by Jianghe Niu.
BOSTON CHINESE EVANGELICAL CHURCH

We Welcome You to Visit One of our Six Worship Services

English Worship Services
- 9:15am (Boston)
  Quirk Elementary School Auditorium
  885 Washington Street, Boston
  617-327-4816
- 11:00am (Newton)
  BCEC Newton Campus
  218 Walnut Street, Newton
  617-969-0900
- 11:00am (Boston)
  at the main church building
  249 Harrison Ave, Boston
  617-243-0100

Mandarin Worship Service
- 9:15am (Boston)
  at the main church building
  249 Harrison Ave, Boston
  617-243-0100

Cantonese Worship Services
- 9:15am (Newton)
  BCEC Newton Campus
  218 Walnut Street, Newton
  617-969-0900
- 11:00am (Boston)
  at the main church building
  249 Harrison Ave, Boston
  617-243-0100

Newton Campus
- 218 Walnut Street
  617-327-4816

By Hilda L. Solis

By 2020, 17 of the 20 fastest-growing occupations will require a postsecondary certificate or degree. In fact, employers are actively looking to fill nearly 4 million job openings in America right now. Getting the skills employers want and need are critical to a successful career.

Here are a few tips:

• Get started! Your first step is to check out your local American Job Center. These nearly 3,000 “one-stop” centers are part of a nationwide network where you can work with experts to update your resume, strengthen interview skills and explore current job openings. Find your local center by visiting CareerOneStop.org.

• Looking for a fresh start? Check out MySkillsMyFuture.org to discover different careers that build off of your existing skills, connect you to training programs and even find employers in your area looking to hire. The site also shows how much different jobs pay near you or across the country, as well as the additional skills you’ll need to succeed.

• Not sure what career is right for you? Visit MyNextMove.org to find the job that’s the perfect fit. Fill out a questionnaire listing your interests and abilities, and get suggestions for different employment paths in more than 900 careers. This site will also identify local apprenticeships and certificate programs to help you train and get a job in high-growth industries.

• Are you a veteran? “My Next Move for Vets” is designed just for you! Enter your military occupation code and the site matches your military skills to civilian jobs. If you’re post-9/11 era veteran, you can also download a Veterans Gold Card at DOL.gov/VETS to get specialized services from your local American Job Center.

• Don’t have Internet access at home? We’ve partnered with local libraries all around the country to make sure that you always have a place to log on to our online resources. Most American Job Centers offer free access for those looking for a job, too.

• Have more questions? Call us. You can reach our toll-free helpline at (866) 4-USA-DOL for the most up to date resources. Nearly 160,000 people do it each month. And yes, we speak Spanish!

The United States Department of Labor has other resources to help you find a new job, find new or different career. And our services are free.
Join Faulkner as we take Diversity to the next level. Our mission is to provide service excellence to the people in our community and incorporate the value of cultural influences. With this in mind we are committed to creating an environment that supports the growth and development of both diverse employees and patients at Faulkner. We offer citizenship classes open to the community, continued interpreter services for our patients, mentoring and scholarship opportunities for employees, we strive to be your world class community hospital.

Here are some examples of the types of positions we have available:

For more information on working at Faulkner Hospital or to apply for specific job openings, please visit: careers.faulknerhospital.org

---

Gyosun Seo
Master Seo’s Self-Defense Column

Gyosun Seo
From Seoul, South Korea
Internationally certified Taekwondo Grand Master, Judge, and Coach
Head Instructor of Best Tae Kwon Do in Quincy MA
www.best-taekwondo.com
617-481-6404

Long haired people have the disadvantage when it comes to a face to face assault because the opponent can easily grab on to it.

This self-defense technique is useful for women with long hair. When someone grabs your hair as shown in the picture here, try not to panic.

1) Grab the opponent’s wrist with both your hands as shown in the picture.

2) Drag the opponent’s wrist towards the ground using both your hands with your body weight.

3) The key to this technique is to use all your body weight and strength to yank the opponent’s wrist down to the ground in one quick motion.

Pull down and drag the opponent’s wrist until the opponent falls to the ground.

This technique applies the full body weight on to the opponent’s wrist to quickly bring down the opponent. For the best results, practicing with a friend is recommended, but use caution to avoid injury.

---

Faulkner Hospital
Brigham and Women’s Health Care

Our differences make us stronger.

Our 281 Quincy Avenue branch is opening September 16th.

We’re proud to be joining the Quincy community, offering a wide variety of personal banking products, residential mortgages, commercial loans, business services and more.

Come by and meet us. We’ve got rates to celebrate.

<table>
<thead>
<tr>
<th>Terms</th>
<th>Rate</th>
<th>APY*</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Months</td>
<td>.70%</td>
<td>.70%</td>
</tr>
<tr>
<td>12 Months</td>
<td>1.05%</td>
<td>1.06%</td>
</tr>
<tr>
<td>18 Months</td>
<td>1.10%</td>
<td>1.11%</td>
</tr>
<tr>
<td>24 Months</td>
<td>1.65%</td>
<td>1.66%</td>
</tr>
<tr>
<td>36 Months</td>
<td>1.75%</td>
<td>1.76%</td>
</tr>
<tr>
<td>48 Months</td>
<td>2.50%</td>
<td>2.53%</td>
</tr>
<tr>
<td>60 Months</td>
<td>2.75%</td>
<td>2.78%</td>
</tr>
</tbody>
</table>

*Annual Percentage Yield. Minimum deposit of $5,000.00 required. APYs shown as of date of publication and subject to change. CD rate is guaranteed to maturity. CD funds must remain on deposit until maturity or penalty may apply. Offer may be withdrawn at any time.

---

Gyosun Seo
Internationally certified Taekwondo Grand Master, Judge, and Coach
Head Instructor of Best Tae Kwon Do in Quincy MA
www.best-taekwondo.com
617-481-6404

---

Our 281 Quincy Avenue branch is opening September 16th.

We’re proud to be joining the Quincy community, offering a wide variety of personal banking products, residential mortgages, commercial loans, business services and more.

Come by and meet us. We’ve got rates to celebrate.

<table>
<thead>
<tr>
<th>Terms</th>
<th>Rate</th>
<th>APY*</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Months</td>
<td>.70%</td>
<td>.70%</td>
</tr>
<tr>
<td>12 Months</td>
<td>1.05%</td>
<td>1.06%</td>
</tr>
<tr>
<td>18 Months</td>
<td>1.10%</td>
<td>1.11%</td>
</tr>
<tr>
<td>24 Months</td>
<td>1.65%</td>
<td>1.66%</td>
</tr>
<tr>
<td>36 Months</td>
<td>1.75%</td>
<td>1.76%</td>
</tr>
<tr>
<td>48 Months</td>
<td>2.50%</td>
<td>2.53%</td>
</tr>
<tr>
<td>60 Months</td>
<td>2.75%</td>
<td>2.78%</td>
</tr>
</tbody>
</table>

*Annual Percentage Yield. Minimum deposit of $5,000.00 required. APYs shown as of date of publication and subject to change. CD rate is guaranteed to maturity. CD funds must remain on deposit until maturity or penalty may apply. Offer may be withdrawn at any time.

---

Gyosun Seo
Internationally certified Taekwondo Grand Master, Judge, and Coach
Head Instructor of Best Tae Kwon Do in Quincy MA
www.best-taekwondo.com
617-481-6404

---

Our 281 Quincy Avenue branch is opening September 16th.

We’re proud to be joining the Quincy community, offering a wide variety of personal banking products, residential mortgages, commercial loans, business services and more.

Come by and meet us. We’ve got rates to celebrate.

<table>
<thead>
<tr>
<th>Terms</th>
<th>Rate</th>
<th>APY*</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Months</td>
<td>.70%</td>
<td>.70%</td>
</tr>
<tr>
<td>12 Months</td>
<td>1.05%</td>
<td>1.06%</td>
</tr>
<tr>
<td>18 Months</td>
<td>1.10%</td>
<td>1.11%</td>
</tr>
<tr>
<td>24 Months</td>
<td>1.65%</td>
<td>1.66%</td>
</tr>
<tr>
<td>36 Months</td>
<td>1.75%</td>
<td>1.76%</td>
</tr>
<tr>
<td>48 Months</td>
<td>2.50%</td>
<td>2.53%</td>
</tr>
<tr>
<td>60 Months</td>
<td>2.75%</td>
<td>2.78%</td>
</tr>
</tbody>
</table>

*Annual Percentage Yield. Minimum deposit of $5,000.00 required. APYs shown as of date of publication and subject to change. CD rate is guaranteed to maturity. CD funds must remain on deposit until maturity or penalty may apply. Offer may be withdrawn at any time.