Democrats sweep presidential and senate elections

BY LING-MEI WONG

Voters reelected Barack Obama as president on Tuesday. In Massachusetts, voters named Elizabeth Warren to be their next senator.

The president thanked his supporters. “Tonight, in this election, you, the American people, reminded us that though our road has been hard, our journey has been long, we have picked ourselves up, we have fought our way back and we know in our heart, for the United States we have picked ourselves up, we have fought our way back and we know in our heart, for the United States, the best is yet to come,” Obama said.

Obama won the electoral vote 303-206 and is expected to win the popular vote. However, results in some states are too closely contested to call.

In his concession speech, Gov. Mitt Romney said, “This is a time of great challenges to America, and I pray the American people, reminded us that though our next senator. I will be your champion.”

Brown alluded to running for office again in his concession speech. “Defeat is only temporary,” he said.

National affairs

While the presidential race was closely contested, the candidates shared more similarities than differences. The presidential debates established Romney’s credibility, particularly his polished attacks on an unprepared Obama in the first round. Obama came back tougher on Romney’s tax reform plan.

In his first round. Obama came back tougher on Romney’s tax reform plan.

Mass. senate race

Warren’s debate performance came off strong, while Brown tried to avoid the first debate. While the two agreed on no third-party ads, the senate race was characterized by Brown’s personal attacks on Warren’s Native American ancestry.

School zoning proposals heat debate on Boston education

BY LING-MEI WONG

Boston school zones will be redrawn in December, based on recommendations from Mayor Thomas Menino’s external advisory committee on school choice in November. One of five proposals will change the present three-zone system for school placement in 2014-2015.

The school assignment system was created in 1988, after Boston Public Schools (BPS) moved out of a court-ordered system to integrate students and set up its own. “Now the schools are much better and the people in the city are different,” said Lee McGuire, chief communications officer for BPS. “It’s exciting and we want the school assignments to reflect that diversity.”

The current system requires busing students around the city, which cost about $80 million in 2012 and could reach $100 million by 2014. Busing drains school funds and is impacted by traffic delays that hurt academic performance.

The five proposals range from a map with no zones — students attend schools closest to home — to one with 23 zones. Other proposals have six, nine and 11 zones, allowing students to study closer to home.

For some community members, the options cause confusion. “Each proposal should have more specifics, such as how to enroll in schools,” said Baolian Kuang, Josiah Quincy School site council representative and parent of a second grader.

“We don’t know how to distinguish between the proposals. We felt very rushed to reflect that diversity,” she said. “I won’t just be your senator. I will be your champion.”

Brown alluded to running for office again in his concession speech. “Defeat is only temporary,” he said.

HIGHLIGHTS

Chinese-English ballots boost turnout in Quincy and Boston

Creating a vision for Chinatown’s future

Chinatown travel agent faces charges

Smoking threatens children’s health

Kung fu master Pui Chan dazzles in documentary
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November 9, 2012

Event Calendar

CYPN Career Day 2012 Saturday, Nov. 10 1 p.m. – 5 p.m. Kendall Square 300 Athenaeum Cambridge, MA 02142 Meet young working professionals on CYPN career day! Chinese Young Professionals Networking (CYPN) will hold a workshop with topics including resume, interview, networking, immigration and visa issues. Free tickets and detailed information are available at www.chinese-networking.com

Malden Comedy Show Saturday, Nov. 10 7:30 p.m. Malden High School 77 Salem Street Malden, MA 02148 Malden’s “Class Clowns Go to School” Comedy Show will be held in the Jenkins Auditorium at Malden High School. Proceeds to benefit the Foundation for the Advancement of Malden Education (FAIME). Tickets: $25 Tickets are available at City Hall in the Mayor’s Office, 200 Pleasant Street, 6th floor, or Malden Access TV, 145 Pleasant Street.

Bridge Medical Summit Saturday-Sunday, Nov. 10 – Nov. 11 Westin Copley Place 10 Huntington Ave Boston, MA 02116 The American Chinese Medical Association will hold the second Bridge Medical Summit (BMS) at Westin Copley Place. BMS 2012 will have three tracks of meeting programs focusing on both basic and clinical research of multiple disease areas. For more information or registration please visit www.acma.org/bms2012

COMIC

Empty Bamboo Girl The Mundane & Sublime Adventures of a Girl Named ah-Lin!

by Lillian Chan

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Chinese-English ballots boost turnout in Quincy and Boston

BY THE EDITORIAL TEAM

Voters who registered for bilingual ballots in Boston and Quincy took them to the polls on Tuesday.

“We should speak up and let the government know what we think,” said John Zhang, a Quincy resident who has lived in the U.S. more than 10 years. “We are the minority, but we have rights.”

The 2012 election was the first time Quincy offered ballots in English and Chinese. Boston has printed transliterated bilingual ballots in Chinese and Vietnamese since 2006.

“It’s easy to pick a name, but the bilingual ballot helps me understand local legislation better,” said a Quincy resident named Chu, who declined to give his first name.

Most voters found the polling process relatively convenient. “It’s my second time to vote and it’s my right to vote,” said a Quincy resident named Lee, who declined to give her first name.

However, some people were turned away at the polls for not registering. “It’s the first time I tried to vote, since I’m a U.S. citizen,” said a Quincy resident named Chin, who declined to give her first name. “I don’t understand why I can’t vote, since I registered.”

The Silk Road Gala featured Ting Yen, chef and owner of Oishi (left), and Linda Chin, President of the Asian Task Force Against Domestic Violence (right). (Image courtesy of Brian Choi.)

The Silk Road Gala gathered more than 500 guests for an evening of fundraising and delectable food prepared by Boston’s top chefs on Oct. 26 at the State Room.

Hosted by the Asian Taskforce Against Domestic Violence (ATASK), the Silk Road Gala is the organization’s annual signature event.

“Great chefs, glamorous guests and all for a good cause,” said ATASK President Linda Chin of the event.

This year’s 19th annual gala featured cuisine prepared by local celebrity chefs Joanne Chang of Myers + Chang and Flour Bakery + Café; Jody Adams of Rialto in Cambridge; and Ting Yen of Oishi, among others. Guests migrated from table to table to taste a variety of foods including sashimi, pumpkin soup, sake and truffles.

Broad Institute director Eric Lander and Harvard Law professor Jeannie Suk emceed the event. They also facilitated the live auction, which brought in $250,000 for ATASK.

“I am extremely grateful for the ATASK staff,” said a domestic violence survivor and former ATASK client, who spoke candidly about her experience and the positive impact that the organization has had on her life. In addition to the moral support offered by ATASK, technological resources were also provided to the client to help improve her English language and job skills.

The mission of ATASK is to provide hope to survivors and prevent domestic violence in Asian families and communities. ATASK is New England’s only provider of linguistically and culturally appropriate shelter and support services for Asian survivors of domestic violence.

SCHOOLS: Quality recurring theme for Boston school placement proposals

CONTINUED FROM PAGE 1

However, younger siblings not yet enrolled are not guaranteed a spot at the top schools, said P.K. Chan, assistant principal for Jo-siah Quincy Lower School.

Sibling preference will take effect in the 2014-2015 school year for siblings within the new school and walk zones.

“However, if an older sibling is attending a school that is outside the walk zone and is outside the new home zone, then a family could still choose to use sibling preference to help the older sibling into the younger sibling’s new school, depending on capacity,” wrote BPS in a prepared statement.

Bilingual learners in the Chinese program will also not be affected. They will attend either the Quincy or Harvard-Kent schools.

About 800 pupils attend the Quincy School, with half of the students living a mile from the school and the rest bused in. “It’s a very large zone, which comprises areas around lower Roxbury, part of Dorchester, North End, South End, Chinatown, the Allston-Bright- ton area, Fenway, Hun- tington Avenue and part of South Boston,” Chan said.

Limited access

The new plans could restrict access to the limited seats at green schools. “Under the new proposal, most likely Quincy School will be included in the Allston/Brighton area,” Chan said. “That means people in Roxbury, Dorchester or Beacon Hill cannot get into the school. Those areas belong to the lower socioeconomic strata of the greater Bos- ton area.”

With the southern tip of the North zone cut off by smaller school zones, residents would not be able to choose the Quincy School. “But there are many successful schools in Allston-Brighton, such as Jackson Mann or Edi- son,” Chan said. “You don’t need to add another great school to the area, rather than serving underprivileged kids.”

The competition and unpredictability of school placement has caused some relocation to the suburbs. “Some families would rather go to a city where they just know the location of their child’s school,” McGuire said.

“We think our schools are very good and want to encourage people to stay in the city.”

Smaller school zones will mean fewer school options, instead of a dozen or so. A more local school body attracts involved families invest- ed in their community. However, the potential downside of tighter zones is white quality schools continue to improve, poor schools worsen.

Instead of zoning, Kuang suggested that the district elevate yel- low schools to the green level. “BPS is missing the point,” she said. “It’s not to zone, but to improve the quality of all schools. No zones or more zones don’t integrate students better.”

To read the proposals online, visit http://boston- schoolschoice.org.

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Boston escapes Hurricane Sandy’s wrath

BY LING-MEI WONG

Sandy spares Boston

Strong winds knocked down trees and power lines, but Boston did not suffer the catastrophic flooding seen in New York City or New Jersey. “Most of the damage claims we’ve seen are from fallen trees,” said Richard Soo Hoo, owner of Richard Soo Hoo Insurance. “Overall, Hurricane Irene had a more devastating effect in both commercial and personal clients incurring power outage and damages.” Several businesses had exhaust vents blown off their roofs by the wind but were otherwise unaffected. In Chinatown, the Ho Kong Bean Sprout Co. on Harrison Avenue had roof damage from the wind but remained structurally sound.

In the suburbs, one of Soo Hoo’s restaurant clients lost power. While the restaurant’s food was ruined, it was insured for food spoilage, Soo Hoo said.

Several homes were affected by fallen trees, with trees either landing on the house or in the yard. No casualties were reported, Soo Hoo said.

Chinatown travel agent faces charges

BY LING-MEI WONG

The owner of a Chinatown travel agency has been indicted for stealing more than $80,000 from clients for U.S. citizenship applications and airline tickets.

May Woo Lei, 40, of Boston, operated Sky Energy Travel. She allegedly took money from people to buy air tickets or gain U.S. citizenship, but failed to deliver those services, said the state attorney general’s office.

Woo is charged with 20 counts of larceny over $25.

The Chinese Progressive Association, a Boston advocacy group, referred complaints to the attorney general’s office. The authorities began investigating Woo in June 2012.

“We allege that this defendant took advantage of people seeking help to gain U.S. citizenship or buy tickets for travel,” said Attorney General Martha Coakley. “Through today’s action, we are holding this defendant criminally responsible for alleged schemes that affected many people.”

Suspicious operation

Woo approached Chinese clients with promises to help them apply for U.S. citizenship. Despite the fact that they did not meet the English language requirement, Woo assured clients that, for a fee, she would arrange for a doctor to waive the English requirement.

None of the clients received notification from U.S. Citizenship and Immigration Services (USCIS) that their applications had been received. USCIS verified that no applications were filed in the name of the victims. At least 16 victims were defrauded of nearly $50,000, according to the authorities.

Creating a vision for Chinatown’s future

BY KYE LIANG AND WILLIAM MOY

In 2008, the community embarked on a plan to create a vision for the future of Chinatown, and to identify opportunities for future growth. Since the adoption of the 1990 Chinatown Community Plan and complementary zoning, Chinatown has experienced significant changes: the decline of the Combat Zone was replaced by new high-rise housing developments; the movement of the garment industry out of Chinatown; increased civic participation; and the rapid growth of the Asian population in Boston’s suburbs.

With a two-year planning process, the community elected a master plan committee consisting of an oversight committee with 13 members, and a technical committee that was charged to develop recommendations to guide the Chinatown Community Plan for the next 20 years.

In 2009, the oversight committee elected members for a second technical committee that was charged to develop guidelines for the plan. This oversight committee was elected from a list of candidates nominated by the Chinatown Community Plan committee, and had total responsibility for the master plan and its finances.

Chinatown is a diverse residential neighborhood anchored by immigrant and working-class families.

1. Chinatown will be a diverse residential neighborhood anchored by immigrant and working-class families; 2. Chinatown will be a sustainable social, economic and cultural hub for a network of Asian American communities in neighboring communities; 3. Chinatown will enhance its history and character as a unique neighbor- hood and cultural center that is important to the city, state and region; and 4. Chinatown will develop and diversify its economy by building on both its cultural identity and strategic location.

The goals of the plan are:

1. Preserve and strengthen Chinatown as a gateway for new immigrants and as a regional center for Chinese and Asian American culture and services; 2. Ensure the preservation of existing affordable housing; 3. Expand the number and range of housing opportunities with a priority on low- and middle-income family housing; 4. Identify, create and support community members and businesses for economic development opportunities which will serve the needs of local life-tents, the regional Asian American community, neighboring institutions and the Downtown and Theater Districts; 5. Increase public safety, improve the pedestrian environment and encourage in transportation planning to address community needs; 6. Foster a more sustainable and greener community; 7. Cultivate a healthier and cleaner environment and promote the health and well-being of its residents; 8. Expand civic spaces and increase the number of open spaces and parks; 9. Develop policies that improve the quality of life for community members; 10. Increase community civic participation; 11. Reaffirm Chinatown’s connections with its neighbors.

The Chinatown Master Plan 2010 concluded that Chinatown’s core is fully developed. Future growth will occur at the borders between Chinatown and adjacent neighborhoods, such as the “New York Streets” area with the South End and the South Bay/Chinatown Gateway area with the Leather District. City, state and community-owned land parcels were identified as potential growth areas for future growth: Parcel A, Parcel R-1, Parcel 12, Parcel 25, Parcel 26 and 50 Herald Street.

The “Chinatown Master Plan 2010: Community Vision for the Future” was published in 2010 in both English and Chinese. The “Chinatown Master Plan 2010” volunteers worked many tireless hours to create the vision. The Boston Redevelopment Authority observed and participated in many of the meetings. Many diverse groups were involved with the process, and the “Chinatown Master Plan 2010: Community Vision for the Future” was adopted by the community, and supported by the City of Boston and the BRA. An electronic copy of the document in English is available at: www.brownsrwalkerplanners.com/files/CTMP2010.pdf. Look out for our next article, providing an overview of Chinatown developments and progress.

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Sampan NEWS
November 9, 2012

(Left) The Ho Kong Bean Sprout Co. in Chinatown suffered roof damage from Hurricane Sandy, as workers repaired the affected areas. (Right) A fallen tree hit a home in Brighton, breaking windows and damaging the second-floor balcony. No casualties were reported.

Hurricane Sandy battered the East Coast, but left Boston relatively unscathed. The storm resulted in 113 casualties and left a wake of destruction. Power was out for an estimated 715,205 homes in seven states, according to the U.S. Energy Department’s “Hurricane Sandy-Nor’easter Situation Report #2” issued on Thursday.

In New York City, at least 30,000 to 40,000 people were displaced and needed shelter, said Mayor Michael Bloomberg in a Reuters report.
Wang YMCA celebrates 4th Legacy Dinner

BY JOANNE WONG

Patricia Barnwell, executive director of the Wang YMCA, spoke at the Legacy Dinner.

Chinatown’s Wang YMCA raised more than $100,000 during its fourth annual fundraising event Legacy Dinner at the Empire Garden restaurant on Nov. 3. More than 460 guests attended the action-packed evening, which featured lion dancing, live music, a silent auction, raffles and a 10-course Chinese banquet.

“The Y is a cornerstone of social change … every impact our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good,” said Patricia Barnwell, the Wang YMCA’s executive director.

Three community leaders were honored for their relentless dedication to furthering the mission of the Wang YMCA: Mayor Thomas Menino; Bill Moy, chairman of the Wang YMCA of Chinatown board of advisors; and Bill Bray, the former executive director of the South Cove YMCA.

“We honor three individuals who helped to make the Chinatown YMCA a wellspring for children, families and seniors. We could not carry out our mission without [their] leadership, commitment and vision,” said Kevin Washington, the president and CEO of the YMCA of Greater Boston. Moy has been involved with the Wang YMCA for 40 years in a variety of roles including basketball coach and program advocate, and is an active community leader in Chinatown. Bray oversees the construction of the first Wang YMCA “bubble” — the air-inflated building that served as Chinatown’s first indoor recreation facility.

The Wang YMCA of Chinatown is dedicated to improving the health of mind, body and spirit of individuals and families in the community. The Wang YMCA is all-inclusive and welcomes men and women, boys and girls of all incomes, faiths and cultures.

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ABCD celebrates 50 years of success

Natalie Cole takes a photo with ABCD President/CEO John Drew and Sharon Scott-Chandler, ABCD Executive Vice President. (Image courtesy of Don West.)

The Action for Boston Community Development (ABCD) 50th Anniversary Gala took place at the Boston Marriott Copley Place on Nov. 2. More than 1,200 supporters turned out for a night of live jazz. Legendary six-time Grammy award winner Natalie Cole delivered a fabulous performance at the gala. Her heartwarming melodies included “Unforgettable,” “Autumn Leaves” and other stirring favorites.

Bianca de la Garza, anchor for Newsticker 5’s EyeOpener newscast, emceed the event. The gala celebrated ABCD’s 50 years of providing pathways out of poverty. Mark Shriver, senior vice president of U.S. Programs, Save the Children, was the featured speaker of the gala.

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Smoking threatens children’s health

BY HAO LU

Smoking kills, even if you don’t smoke. As a result of widespread tobacco use, approximately 443,000 Americans die each year from tobacco-related illnesses, such as cancer, and heart disease, according to a 2008 study conducted by the Centers for Disease Control and Prevention. Nearly 11 percent of these deaths resulted from secondhand smoke exposure.

“Secondhand smoking is a very serious problem,” said Giri Healey-Dame, System Director of Respiratory Care for Hallmark Health System. “I believe it’s pretty significant. We see a lot of patients with lung disease. They can be people who have never smoked, but work in a smoking environment, like waitresses and other individuals.

Secondhand smoke, which is also called environmental tobacco smoke, refers to all the smoke that can be found in a room. When someone inhales smoke directly from a cigarette, he or she breathes a higher concentration of cigarette ingredients, such as tar and nicotine. The potential risks of secondhand smoke include asthma, heart disease, sudden infant death syndrome and respiratory problems. There are higher risks for children affected by secondhand smoke, because their lungs are very tiny and still developing, Healey-Dame said. Children can be affected by either being where someone is smoking or where someone has smoked in the past, since secondhand smoke particles can be found in the air and dust.

Even if parents smoke outside their homes, they do not fully protect their children from the harmful effects of secondhand smoke. The particles can linger on household surfaces such as walls, carpets, clothes and inside automobiles. They may be from room to room and stay in the house for weeks or even months after smoking has occurred. When children breathe secondhand smoke, it is almost as if they are smoking themselves.

“All of those chemicals compounds are still in the environmental tobacco smoke, just at lower concentrations,” said Kevin McCusker, Director of Pulmonary, Critical Care and Hospitalist Services at Quincy Medical Center. “Children from households with smokers have more episodes of ear infection. That’s what we try to use to motivate people to quit smoking. If you don’t want to quit for yourself, think about what this is doing to your children.”

Smoking from the womb

Environmental tobacco smoke doesn’t just affect children, it also harms unborn infants. According to a U.S. Department of Health and Human Services study, smoking during pregnancy can have a negative impact on the health of women, infants and children by increasing the risk of complications during pregnancy, premature delivery and low birth weight. The risks are some of the leading causes of infant mortality.

“Smoking can be very harmful to pregnancy,” said Lucy Chie, Director of Obstetrics and Gynecology at South Cove Community Health Center. “Evidence shows that smoking during pregnancy may affect the growth of the baby, so that babies are born early and smaller, or it may even lead to stillbirth.”

“Smoking not only affects pregnancy, but also harms breast-feeding children,” Chie said. “Smoking, in general, can decrease breast-milk production,” she said. “Babies can also be directly affected by smoke in the environment during breast-feeding. There is a lot of evidence that secondhand smoke can cause health problems for children, lung problems and also infections.”

Chie said pregnant women who smoke are encouraged to quit smoking as early as possible.

“In the Asian population, most mothers are not smokers, but their partners may be smokers,” she said. “So we encourage the partners to try to decrease or quit smoking, not only during the pregnancy, but also afterwards, when the baby is born. We also encourage smoking outside — not inside the home — to decrease the exposure to the mother and child.”

Working a shift in a smoking environment like waiting at the restaurant, McCusker said adults who work in a smoking environment should be aware of the risks of tobacco smoke.

“Working a shift in a restaurant [which allows smoking] is about the same as smoking one pack cigarettes per day,” McCusker said.

How to stop smoking

Smoking does far more harm than good. A 1964 study of the dose-response relationship between smoking and tobaccorelated disease showed that the greater the dose, the higher the likelihood of developing a disease, McCusker said. Even if an individual smoked for only a year, one would have much higher risk for tobacco-related disease than someone who never smoked at all.

A lot of patients think ‘I won’t stop smoke until I feel bad and then I’ll quit.’ That’s a really dangerous attitude,” McCusker said. Experts found the most effective ways to quit smoking are nicotine replacement therapy — such as e-cigarettes, nicotine gum or nicotine patches — and doing the cessation as a group. Between smoking and tobacco-related disease showed that the greater the dose, the higher the likelihood of developing a disease, McCusker said. Even if an individual smoked for only a year, one would have much higher risk for tobacco-related disease than someone who never smoked at all.

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Some people do well when they initially quit smoking. However, difficult events in their life may cause them to start smoking again.

We talk about the three chains of addiction, which are physical, psychological, and behavior. You have to work on all three of those at the same time,” Healey-Dame said. “It’s a very complicated process.”

For pregnant smokers, it is important for them to find support from family and friends to encourage them to stop smoking, Chie said.

“Studies say about 45 percent of pregnant smokers continue smoking by the end of their pregnancy. However, many will go back to smoking after giving birth,” she said. “Sometimes if your partner is a smoker, or if your friends are smokers, it’s very difficult to quit smoking since the environment you are in encourages it. So taking yourself out of that environment may be a way to decrease the chance of smoking again.

Some people who quit smoking are concerned about weight gain after they give up cigarettes. This leads some people to smoke again to keep their weight down, McCusker said.

“What happens is that appetite improves after people quit smoking. And interestingly, their appetite for carbohydrates increases. And we would recommend that they increase their exercise and make healthy choices in eating,” she said.

To make quitting easier without gaining weight, Healey-Dame suggested eating healthy, exercise and never get too hungry, too angry or too tired.
ACMES Annual Conference explores Chinese and Western medicine

BY JIANGHE NIU

The American Chinese Medical Exchange Society (ACMES) Annual Conference took place Nov. 3 at the Hyatt Regency Hotel. More than 200 medical experts and students participated in the “Primary Care” and “Integrated Medicine” session tracks.

The conference divided into two rooms. A total of 28 experts addressed the latest medical issues, developments in disease treatment and focused on health concerns for Asians. The hosts were Jie Zhou and lecturer Li-chao Chen, both of Harvard Medical School for the first venue. The other venue was hosted by ACMES Medical Director Zhao Liu, endocrinologist at Beverly hospital and ACSMES vice president Weiwen Li, attending physician of internal medicine at Jordan Hospital, Tufts Medical Center.

Conference attendees packed each session, making for a lively atmosphere.

Medical treatment
Cancer panelists from Beth Israel Deaconess Medical Center of Harvard Medical School discussed advances in treatment, new radiology techniques and ways to diagnose lung cancer.

Jiguang Zhu, a neurologist professor at the University of Texas Medical School at Houston, spoke about malignant tumors and the newest treatment methods. On pain treatment, Jianren Mao, Director of the Mass General Center for Translational Pain Research, discussed opiate trials in a lively presentation.

Other topics were acupuncture, reflexology and alternative medicine.

Two autism panels had high audience participation. A session on qi gong in medicine presented its benefits for treating diabetes and depression.

Chronic fatigue treatment was highlighted at a session. Chinese herbal remedies proved effective in studies, using ginger, rhodolia and licorice.

Festivities
Conference attendees enjoyed dinner after the seminars. Guzheng musician Huichan Ong performed, followed by an Italian solo by Yin Wang. A live kung fu and tai chi performance demonstrated martial arts mastery. The night concluded with everyone dancing the night away with dance teacher Hua Wu.

Smoking linked to hearing loss, Alzheimer’s

BY LING-MEI WONG

Smoking not only kills, but deafens people and robs them of their memory as well. It causes more than 446,000 deaths each year, or nearly one in five deaths, according to the American Cancer Society.

Lung cancer was the most deadly cancer for Boston’s Asians from 2006 to 2008, ahead of liver and colorectal cancers, according to the Boston Public Health Commission. The lethal consequences of smoking are a clear reason to quit.

Other effects of smoking are less well-known. Hearing loss in teenagers has been linked to secondhand smoking, according to the Archives of Otolaryngology — Head and Neck Surgery. Teens living in a smoking household had an 83 percent higher chance of losing their hearing in the lowest and highest frequencies, compared to teens in nonsmoking homes.

The study urged health care providers to add secondhand smoking as a risk for hearing loss, as 82 percent of the participants didn’t realize they had difficulty hearing. Smoking’s dangers now include the increased likelihood of developing Alzheimer’s, which causes memory loss and results in death. It is untreatable and one in eight 65-year-olds have the disease.

A review of 43 studies examining the link between smoking and Alzheimer’s found smokers had a 72 percent greater likelihood of developing dementia, found researchers at the University of California, San Francisco in 2011. The researchers excluded industry-sponsored studies, which found smokers had a lower risk.

One smoker increases health risk to nonsmokers

BY JENNIFER YUE

Many factors cause cancer. From manmade chemicals to environmental exposure, secondhand smoke contributes to health problems that affect the respiratory system, cardiac function and cancer.

Secondhand smoke is the most common cause of tobacco intake. While there are devices that can test for indoor chemicals and smoke, there are nearly no safety measures when encountering smoke outdoors. Because smoke can be anywhere at any time, even breathing in a little bit can be harmful.

Secondhand smoking occurs in common places such as homes, workplaces, restaurants and outdoor areas. The Surgeon General wrote “secondhand smoke causes lung cancer in adults who don’t smoke. [By] breathing in secondhand smoke at home or at work, [it] may increase your chances of getting lung cancer by up to 20 percent to 30 percent.”

Secondhand smoke also affects children who are normally around parents who are smokers. “More that 40 percent of children who go to the emergency room for asthma live with smokers,” wrote the Surgeon General. Therefore, smoke exposure could hinder child development.

When a nonsmoker inhales secondhand smoke, the nicotine in the smoke begins to break down in the body. Nicotine is a chemical compound that causes cigarette addiction. Researchers have suggested a link between nicotine and the likelihood of developing lung cancer.

Secondhand smoke is harmful for everyone, affecting children, non-smokers and especially smokers. To prevent family, friends and others from developing lung cancer, speak with your health care provider for advice to stop smoking.

Smoking’s dangers now include the increased likelihood of developing Alzheimer’s, which causes memory loss and results in death. It is untreatable and one in eight 65-year-olds have the disease. A review of 43 studies examining the link between smoking and Alzheimer’s found smokers had a 72 percent greater likelihood of developing dementia, found researchers at the University of California, San Francisco in 2011. The researchers excluded industry-sponsored studies, which found smokers had a lower risk.
Kung fu master Pui Chan dazzles in documentary

BY LING-MEI WONG

Most 74-year-olds don’t train kung fu masters for three hours.

But Pui Chan is not your average senior citizen. He stars in “Pui Chan: Kung Fu Pioneer,” a documentary directed by his daughter Mimi, and is the founder of the Wah Lum Kung Fu Academy and Athletic Association.

The film’s New England premiere was sold out in Boston Oct. 27, hosted by the Boston Asian American Film Festival. Attendees included Chan’s students, along with family members and Malden Mayor Gary Christenson. “Boston is when he came here and embraced the U.S.,” said Mimi Chan. “There was a great support network, with a great Chinatown.”

During escape

Born in 1938 in Sha Cheng, China, Chan was a hyperactive child who started his kung fu training at six. His master Lee Kwan Shan brought the Wah Lum style from Shandong province and found Chan a promising pupil.

Lee passed away, but his memory continued. Chan escaped from communist China to Hong Kong and trained with Lee’s advanced students. He found work as a sailor and traveled the world, all while practicing kung fu at sea.

From New York City, he settled in Boston with his brother. “This is where the Wah Lum tree was planted,” said Mimi Chan. “Obviously it started in China, but it was beyond what anyone thought Wah Lum would have been.”

Boston’s Chinatown in the ’70s was a dangerous “combat zone” and seedy establishments. Chan strove to overcome discrimination by performing lion dances on Chinese New Year for the community. His performances were so impressive that he founded the first U.S. tour group of cultural performances, along with media relations and martial arts show.

Success Story

Chan and his family moved to Orlando, Fla., in 1980, where he built the first kung fu temple in America. He made a conscious decision to accept non-Chinese students, creating an international martial arts program.

Chan’s ethnicity and small build made him the target of racial discrimination. He was pelted with fruit at his Boston school and held at gunpoint in Orlando. No matter what, he never resorted to violence and resolved conflict peacefully.

Chan is not one to rest on his laurels. “I come up to Boston every year to certify the advanced students,” he said. “It’s no trouble for me, as long as kung fu flourishes.”

His whole family teaches kung fu, including Chan’s wife Suzy and younger daughter Tina. His eldest daughter Mimi runs the association’s operations, along with media relations and martial arts performance. Mimi has appeared in several feature films, thanks to her live-action performance for fight scenes in Disney’s “Mulan.”

Chan’s family gives him “peace of mind,” but he refuses to stay still. “My advice to new immigrants is to work hard,” he said. “That’s how I got my success. You need to put in more time — I go to my temple at 6:30 a.m. every day.”

Along with teaching martial arts, Chan gave back to the Shaolin Temple in China by leading the first U.S. tour group there in the ’80s. His efforts helped rebuild the temple and brought Shaolin masters to train pupils in America.

A tough work ethic and willingness to think big epitomize Chan’s legacy. I wanted to share his life and all the lessons he taught through martial arts,” said Mimi Chan. “Even if you don’t do martial arts, you can achieve your dreams.”

MassDOT invites you to an Open House on the SOUTH STATION EXPANSION PROJECT!

MassDOT诚邀您参加波士顿南站擴展項目的房屋開放日！

Monday, November 19
5:30 pm – 7:30 pm
11月19日星期一
下午5:30 - 下午7:30

Tuesday, November 20
8 am – 9:15 am
11月20日星期二
早上8:00 - 早上9:15

Two events are being offered for your convenience;

the same information will be presented at both.

為您的方便著想，這兩項活動將提供相同的資訊。

This project is an effort to expand Boston’s South Station to support future demand. Please join us for an overview presentation, to view maps of the study area, meet our team of engineers and planners for three hours.

- This activity is for your convenience and will be the same presentation.

- For more information and to sign up for project updates, visit us online at http://www.massdot.state.ma.us/southstationexpansion. This location is accessible to people with disabilities. To request language assistance, American Sign Language interpreters, assistive listening devices, handouts in alternate formats, or information on the meeting, please contact Kerri Chace at kchace@reginavilla.com or 617-357-5772 x16.

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