Boston Marathon bombings cause 3 deaths and multiple casualties

BY LING-MEI WONG

April 15 was a beautiful Patriot’s Day holiday in Boston, with perfect running conditions for the 117th Boston Marathon.

The day took a tragic turn when three victims died in the marathon bombings. The youngest was 8-year-old Martin Richard. Other victims were Lingzi Lu, 23, and Krystle Campbell, 29. Lu was an international student from Shenyang, China studying graduate mathematics and statistics at Boston University.

More than 170 people were injured by the two homemade bombs. Lu’s friend Danling Zhou, another Chinese Boston University student, was in a coma, but woke up on April 16. “Our hearts and thoughts go out to the family and friends of both victims,” said Boston University President Robert Brown in a prepared statement on Facebook.

Two Chinese-American runners, Julia Kuo and Emily Weng, represented Boston Chinatown Neighborhood Center in the marathon. Neither crossed the finish line as they were turned away after the bombings, but both were safe. Kuo made it to the 25-mile mark, while Weng got to 21 miles. Lin Geng, Boston College sophomore, ran in the marathon. Image courtesy of BCNC.

BCNC had a cheer squad of staff, youth and friends in Brookline that was unaffected by the blasts. “Our hearts and minds are with the bomb victims and their families in this very sad time,” said Elaine Ng, Executive Director of BCNC in a prepared statement.

Boston Athletic Association officials reported 85 Chinese runners from China, Hong Kong and Taiwan participated in the marathon. Two Taiwanese runners were briefly unaccounted for, but were later found. No casualties were reported. More than 23,000 runners signed up, with at least 17,000 crossing the finish line. An estimated 500,000 spectators watched the race.

Unsung Chinese fighters of US Civil War served America bravely

BY LING-MEI WONG

The story of the Chinese serving in the American Civil War is rarely told. On the 150th anniversary of the Civil War, “Chinese Heroes of the American Civil War” recounted their bravery on April 11 at the Somerville Public Library.

Henry Jung is a former Marine who served in Vietnam War and was interested in other Chinese veterans. When he heard about the 50 known Chinese soldiers who fought in the Civil War, he was keen to learn more.

“During the U.S. Civil War, China was also in a civil war. The Taiping Rebellion was gigantic, as over 20 million people were killed from 1850 to 1864,” Jung said. “Famine and the rebellion were the impetus for the Chinese to emigrate.”

Many of the Chinese who served enlisted with Western surnames. One such Chinese soldier was Edward Day Cohota, who took his name from the ship that brought him to Gloucester, Mass., when he was four. Cohota fought in the Civil War and the American-Indian Wars, then settled in Nebraska after 30 years of service. Despite his valor, he could not become an American citizen. While President Abraham Lincoln had promised citizenship for all Union soldiers who served, Lincoln was assassinated before the legislation went into effect.

“Cohota went before the courts and Congress, but died a noncitizen,” Jing said. It was not until 2008 that the House of Representatives posthumously granted citizenship to Cohota and another Chinese Union soldier Joseph Pierce.

Pierce was the highest-ranked Chinese-American to serve in the Civil War, reaching the rank of corporal. He fought in major battles such as Gettysburg and Antietam, then settled down in Connecticut after marrying into a prominent Silverthorne family.

“He became an influential and upstanding citizen, where his connections in local politics let him skirt federal law,” Jing said.

See Civil War, Page 4

Medical issue

Medical issue
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**JOB OPPORTUNITIES**

**PEDIATRICIAN (FT)**

Provide medical care for ill or well pediatric patients. Develop and administer quality health care for Pediatric Department open 7 days per week for our Washington Street/Quincy sites. Massachusetts medical license and Board-certified, bilingual in Chinese (Cantonese/Mandarin) and English.

**OPTOMETRIST**

Provide quality optometry services for South Cove patients at our busy, fast-paced Boston and Quincy locations. Advise and collaborate with other professional staff to provide comprehensive health care to patients. Assists the Medical Director in developing and evaluating the protocols in the Quality Improvement Program to ensure compliance with relevant statutes and regulations. Provides sessions of high quality optometric services to patients. O.D. with a Massachusetts optometrist license. Experience in primary care delivery with administrative background. Bilingual Chinese (Cantonese/Mandarin) and English.

**MEDICAL INTERPRETER (FT & PT)**

Provide interpretation and translation services for Cantonese/Mandarin speaking patients and providers at Beth Israel Deaconess Medical Center, Bachelor’s Degree preferred and experience or both. Bilingual in Cantonese/Mandarin and English. Fluent in Cantonese/Mandarin and English to ensure accurate interpretation and translation according to the MMIA Standard of Practice. Medical Interpreter Certification required. Knowledge of cultural aspects of patient care and work effectively in a fast-paced environment. Test will be given at BIDMC for the position.

Interested candidates should email/fax resume to: LCHU@SCCHC.ORG  617-521-6799 (FAX)
Event Calendar

Mandarin classes Saturday, April 20 10 a.m. - 1 p.m.
Monday, April 22 6 p.m. - 9 p.m.
Boston Chinatown Neighborhood Center 855 Washington St.
Boston, MA 02111
Boston Chinatown Neighborhood Center will be starting two intensive beginner-level Mandarin classes later this April. These are two weekly classes on Mondays and Saturdays, each runs for six weeks. Classes are open for students of all levels.
For more information please contact Mofei Xu at (617) 635-5129 x 1030 or mofei.xu@bcne.net.
Free legal clinic Monday, April 22 6 - 8 p.m.
1309 Hancock Street Suite 209,
Quincy, MA 02169
Quincy Asian Resources, Inc will host a free monthly legal clinic addressing immigration, landlord/tenant, family law, personal injury and criminal issues.
More information please contact (617) 472-2200 or visit www.quincyasiansources.org.
Wang YMCA Summer Camp Open House Monday, April 22 6 - 7 p.m.
8 Oak Street West
Boston, MA 02116
The Y Golden Mountain Summer Program is for children and teens ages 5 to 12 and includes fun activities focused on character building. The open house event gives families the opportunity to meet staff and ask questions about summer camp opportunities for kids this summer. Parents can also register for the summer program on-site. Summer program begins Monday, June 24 and registration is now open at the Y Welcome Center.
For more information please contact (617) 426-2237 or visit bostonymca.org.
JP Concerts Saturday, April 27 7 p.m.
St. John’s Episcopal Church
1 Roanoke Avenue
Jamaica Plain, MA 02130
JP Concerts is presenting LFO-Love and Friendship Orchestra, in its second performance, featuring works by Barber, Berio, Rossini, Tchaikovsky and others. Tickets are $10 at the door. The second half of Messiah will be performed with the same soloists on May 18, at St. Paul Catholic Church, 29 Mount Auburn Street, Cambridge, MA. This will also be a fundraiser for the One Fund to benefit victims of the Boston Marathon bombing.

To Pay Tribute to Our Parents Saturday, May 4 6 p.m.
China Pearl Restaurant
9 Tyler Street, Boston, MA 02111
The Chinese Women’s Association of New England is holding its annual event “To Pay Tribute to Our Parents. Guest ticket: $35. Table of 10: $250.
For more information please contact Sau Ping Hui Fang Li at (617) 232-8275 or Hui Fang Li at (617) 759-4787.

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Don’t forget to vote in the
SENATE PRIMARY
on April 30!

AFFORDABLE HOUSING AVAILABLE!
We are currently accepting applications at: Kingston Pines
Kingston, MA
1, 2 & 3 bedroom apartments
Applications will be accepted upon a continuing basis of all apartments.
APPLY TODAY!
Call 781-936-8733 ext. 302
South Shore Housing Development Corp.
Habitat for Humanity

CHSNE scholarship
The Chinese Historical Society of New England (CHSNE) and the Boston HarborHdome Home of J.S. Waterman & Sons-Waring-Langone Funeral Home announce their annual scholarship competition. Two scholarships will be awarded to high school seniors of Chinese ancestry. Each scholarship is $500 per year. The deadline is May 31. For more details please visit: http://chsne.org/scholarships.htm

Introducing Providence Road Condos - Grafton's newest luxury town homes! Spectacular condos built with quality craftsmanship and materials, Dramatic vaulted spaces, first floor master plus two other bedrooms, 2.5 baths, Second floor lofts, Exceptional value and design. Providence Road Commons is located in Grafton, Massachusetts which is only minutes from the Mass Pike, Rt 146 and the Commuter Rail. The location is on Luka Drive off of Rte 122.
This is a lottery for the 2nd affordable condominiums being built over the course of the project. These 7 units will be sold at affordable prices to households with incomes at or below 80% of the area median income.
The Maximum Income Limits for Households are as follows:
1 Person: $45,100
2 Person: $51,500
3 Person: $58,000
4 Person: $64,400
5 Person: $69,600
6 Person: $74,750
Households cannot have more than $75,000 in assets.
For more information on the Development, the Units or the Lottery and Application Process, please visit: www.c-a-b.com/lottery or call 417.782.6900.
For more information on the development please visit www.ProvidenceRoadCommons.com
Applications and Information also available at Grafton Public Library (M-Th 10-9, Fri-Sat 10-5).
A Public Information Session will be held on May 8th at 6 pm on the 1st floor of the Grafton Municipal Center (Conf. Room B) on 30 Providence Road.
Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm June 13th, 2013. The Lottery will be held on June 26th (same location as the Info Session).
Brain Building fair educates parents of preschool children

BY LING-MEI WONG

The Brain Building in Action Community Fair took place April 9 at the ABCD Chinese Church Head Start at 12 Shawmut Avenue. The event included breakfast, performances and dancing. Live demonstrations from community partners showed how to prepare healthy mango salsa and how to select educational toys for children.

“Language is the greatest brain building there is and this was a great event,” said Julie Hirschler, senior research scientist, National Head Start for Cultural and Linguistic Responsiveness, and representative of the Education Development Center in Waltham. She was interested in how the ABCD Chinese Church Head Start taught language, as many families were Chinese and did not speak English at home.

Community organizations had booths at the fair to inform parents about their services, such as Tufts Medical Center, Boston Children’s Museum and YMCA.

“We’re engaging parents to be the first teachers of their children, as one in four children under age six live in non-English speaking households,” said Samuel Tsoi, program coordinator for the Office for Refugees and Immigrants. The organization has partnered with the Department of Early Education and Care to offer training to immigrant families with preschool-age children. The “New Start” training includes how children acquire languages, basics of immigration law and immigrant rights to education. The next event will take place May 17, with more information at www.newamericanchildren.org.

For additional information about Brain Building in Action, please visit the website at www.brainbuildinginprogress.org, or contact (617) 624-8104 or info@brainbuildinginprogress.org.

CIVIL WAR: Chinese soldiers faced discrimination

CONTINUED FROM PAGE 1

Other influential Chinese soldiers included the brothers Christopher Wren Bunker and Stephen Decatur Bunker, descended from the first Siamese twins Chang and Eng Bunker. Their fathers were Chinese immigrants to Siam (now Thailand) who were connected by their sternum and livers.

They were brought to the United States as freak show exhibits and took their name “Bunker” after touring Bunker Hill. After they had amassed a fortune, they settled down in North Carolina with two white sisters and had 21 children between them. They owned 100 acres of land and more than 60 black slaves.

“The Bunker brothers were hardcore Confederates,” said Jong. “While they were older at the time of the war, their sons were in great shape, so they enlisted in the cavalry with Robert E. Lee. Those guys were probably officers with education and wealth. They could buy horses and equipment, even though they were half-Chinese.”

Both sons survived the war and went on to have families. Today, more than 1,500 descendants of the Bunkers reside in America.

The passage of the 1882 Chinese Exclusion Act prevented other Chinese from becoming citizens. The Long Depression in 1873 lasted more than 15 years, resulting in great unemployment and turmoil.

During the turmoil, Congress enacted the Exclusion Act because the Chinese were viewed as cheap labor and a threat during mass unemployment. The Asian Voices of Organized Youth in Boston Chinatown Neighborhood Center discussed how the ABCD Chinese Church Head Start and high school activities. Camps for children and families will also take place. To register online, visit www.ymcaboston.org/wang.

The Wang YMCA of Chinatown offers all-day activities for 3- to 12-year-olds with 10 summer program weekly sessions from June 24 to August 30. It also offers middle school and high school activities. Camps for children and families will also take place. To register online, visit www.ymcaboston.org/wang.

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Chinatown residents share personal stories

BY KAWALA XIE

Chinatown residents gathered to share their experiences of coming to America on April 13, in the Oak Terrace reading room.

The Conversation Club is a community group formed by Harvard University student Lun Tian Yue and two high school students, Saey Lu and Yating Lu, who organized the event. The purpose of the meeting was to increase cross-cultural and intergenerational communication in the community. Nearly 20 residents whose first language was either Chinese or English attended.

“It was well planned and successful. We enjoyed the evening, hearing each other’s stories with entertainment and food,” said a woman from Hong Kong.

The organizers engaged residents by telling their own stories of overcoming language barriers as immigrants and teaching the residents the basic method of telling a good story. Yew, the head of the Conversation Club, described the typical structure of a narrative was challenge, decision and outcome.

Qindi Chen shared her story of experiencing discomfort when she moved to America from Guangdong about 20 years ago. “I had difficulties adapting to American food. When I asked for chicken, they gave me a burger; when I asked for fish, they gave me a burger again,” she said. Because of language limitations, Chen was unable to order what she wanted at McDonald’s. “Things are so different here than in China. Chicken and fish are served on the plate in China but not in the bread!”

The woman from Hong Kong won a $10 gift card from the organizers by telling her story that followed the designated structure. The most difficult problem she faced after she came to America was the different method in raising children.

“The cultural barrier made me have different views of raising children with Americans,” she said. I used to protest against the strict regulation by the Department of Social Services (now the Department of Children and Families), but I soon realized it’s better to obey and follow the system.”

Most residents said that despite their struggles in the beginning, America became their home over the years. “I don’t even want to go back to China. I feel comfortable living in America, with language lessons, better air quality and welfare from the government,” Chen said.

An English-speaking resident shared her thoughts at the end. “We should gather more often and talk to each other,” she said. “Chinatown has grown. I have seen the improvement, and we did help bring Chinatown back and grow bigger.”

The residents expressed their fondness for the event and wished to gather again. The Conversation Club will have its next workshop on a different topic at the same place on April 27.

Harvard China Forum discusses international business and innovation

BY HAO LU

College students and entrepreneurs from the United States and China gathered in Boston for the 16th Harvard China Forum held on April 13 to 15 to discuss business opportunities for China to change for the better in business, environment, culture and other fields.

With the theme of “Visions of the new decade,” the 2013 Harvard China Forum focused on topics as business and innovation, culture and society, as well as economics and finance. Speakers from various industries were invited to join in for a constructive dialogue on challenges, trends and issues affecting China in the next decade.

The grand opening began at 9:30 a.m. on Saturday in the Charles Hotel Ballroom. Meng Xiao-Li, dean of Graduate School of Arts and Sciences at Harvard University; Wang Shi, chairman of China Vanke; Robert Lipson, founder and CEO of Chindex International, and Warren McFarlan, professor at Harvard University gave their speeches on the opening ceremony.

In his speech, Meng called for beautiful minds, but also beautiful hearts.” Meng said. “To be a strong nation, you need a strong leader to higher education that really cares about students.”

Wang, who also attended the forum last year, gave a speech on entrepreneurship in China. Wang has been studying at Harvard University during the last two years. Before that, he was living in Shenzhen as the chairman and founder of China Vanke, the largest residential development company in China. I still have no confidence in speaking English loudly, and since it’s called China Forum, let’s just speak Chinese instead, ” he said and laughed.

Wang shared his life and thoughts as a 63-year-old international student at Harvard with the audience, suggesting that Chinese entrepreneurs learn the spirit and courage from western culture and apply them to business world.

The three-day forum had its closing ceremony on Sunday morning at Harvard Science Center.

Chinatown/South Cove Neighborhood Council focuses on community affairs

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council held its monthly meeting at 90 Tyler Street on April 16.

Two agenda items were tabled: a MassDOT presentation on expanding South Station and a revision of the council’s bylaws.

The Chau Chow City parking lot, near 85 Essex Street, will go before the Chinatown Safety Committee to renew its parking license on May 1. Richard Chin, director of community development for the Wang YMCA, announced Healthy Kids Day will take place from noon to 3 p.m. on April 27 at the Y, 8 Oak Street West.

Chinatown Main Streets will participate in Mayor Thomas Menino’s Boston Shines cleanup effort from 9 a.m. to noon April 27 at Sovereign Bank, 43 Kneeland Street.

Johnny SooHoo remembered as Chinese ‘Frank Sinatra’

BY LING-MEI WONG

When Johnny SooHoo sang, you knew it was going to be a party to remember.

“He sang at all the banquets and at weddings,” said Shirley Lee, SooHoo’s sister. “Every August Moon and Chinese New Year, he’d be singing all the classics.”

SooHoo passed away on Feb. 12, the day after his 83rd birthday. He is survived by his wife and five children. His late sister was Mary SooHoo; his surviving sisters are Lee and Lucy Moy.

“When he was young, he had a singing station at the old South Pacific restaurant in Malden,” Lee said.

At the Fung Luen Association Chinese New Year banquet on March 9, SooHoo and his family members gathered. Boston City Councillor Bill Linehan performed Johnny SooHoo’s signature song “My Way.”

“People were asking me why my brother wasn’t singing,” Lee said. “Hearing that song again got me teary-eyed.”

To hear SooHoo’s voice, please visit “Johnny SooHoo, Rest in Peace Our Friend” at http://youtu.be/12qMQR0Oopk.
Boston Marathon in seconds turns to madness

SUBMITTED BY BILL LINEHAN, BOSTON CITY COUNCILLOR FOR DISTRICT 2

I was standing on the photo bridge overlooking the finish line of the Boston Marathon taking pictures with my cell phone. Having run the race five times it was such a treat to be above it all. As I descended the bridge stairs, heading to meet friends at Abe and Louie’s, a powerful blast went off. At first I thought it was a dozen minutes of Pre-Construction, but the crowd noise did not subside, but began to grow and the high pitch of screams were apparent. Our beautiful Boston day turned bad, very bad. From my location, I heard a second blast, shaking something ‘they’ other U.S. set in, as noncommuters ran to begin, push and shoot. First responders were there en masse, and moved to those hurt, fleeing spectators started to crash the course behind the finish line, what seemed to be the beginning of a stampede, but fortunately race officials and Boston Athletic Association volunteers trained in crowd control steered the masses to the proper exits and calmed folks down. This horrifying day, I afraid, could have been even worse, if not for all who helped.

I, along with several of my colleagues, were linked to the race for our safety so as to let the first responders do their work. Within minutes, additional ambulances, police and firefighters were entering the Marathon venue on Boylston Street from Dartmouth, to treat the injured and lock down the area. The response was amazing both in speed and in abundance. And, I want to recognize all the Police, Firefighters, EMS and BAA volunteers who heroically tended to the injured, secured the scene, and kept everyone calm to dispense the crowd without further injury, all while the threat of further explosions was still uncertain. In the face of uncertain danger, these professionals and volunteers reacted immediately. Their preparation and quick reactions saved lives that day. Many of the first responders on site at that moment were police, EMS, firefighters and race volunteers who are also our neighbors and friends.

My deepest sympathies go out to the family and friends of those who lost their lives. My prayers go out to all those injured in the blast, and I wish them a most speedy recovery. Today, sadness has set in now that we are dealing with the aftermath of such a terrible day in Boston’s history. I forwarded my photos to the authorities and hope if you were there you will do the same.

Many of our neighbors and friends were in the spectator stands and along the route from the finish line back to area close to the blast and potentially could have seen something important or troublesome. If you have information or need some counseling or assistance please call my office, (617) 635-3203.

Breast cancer facts for Asian-American women

SUBMITTED BY THE ASIAN BREAST CANCER PROJECT

Cancer is the No. 1 cause of death among Asian-American women, with breast cancer as the most common.

• Cancer deaths are increasing fastest among Asian Americans than any other U.S. ethnic or racial group.

• U.S. Asian rates of invasive breast cancer have increased approximately 1.2 percent every year between 1988 and 2005, and have yet to decline.

• Although breast mortality rates have been shown to decrease among racial groups, they have increased among Asian women.

• Among Asian women, compared to others, breast cancer has been found to show a relatively younger median age at diagnosis and early tumor onset.

• Breast cancer rates among U.S. Asian women are 60 percent higher than those found in their home countries.

• Asian American women have very low rates of breast cancer screening which increases their chances of later stage disease presentation. Multiple studies consistently show that Asian women older than 40 obtain regular mammograms at the lowest rate of any U.S. racial/ethnic group.

To find out more information, please call (617) 870-4056 or email ch2h@gmail.com or go to www.facebook.com/AsianBreastCancerProject.

Chinatown crime blotter

SUBMITTED BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from March 15 to April 11 for District 1 to Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

Boston Police Department journal log

March 15

800 Washington Street

Larceny

purse snatch including no force $50 to $159

March 15

95 Hudson Street

Vandalism - graffiti

Breaking & entering - resident - no force

March 16

660 Washington Street

Robbery - non-residential building

March 16

178 Kneeland Street

Assault & battery

March 16

184 Atlantic Avenue

Motor vehicle accident - personal injury

March 16

81 Essex Street

Investigate person

March 17

330 Tremont Street

Verbal dispute

March 17

6 Boylston Street

Larceny other $200 & over

March 18

15 Kneeland Street

Vandalism

March 19

19 Stuart Street

Assault & battery

March 18

230 Harrison Avenue

Investigate property

March 19

348 Tremont Street

Death investigation

March 20

348 Tremont Street

Sick/injured medical - police

March 22

81 Harrison Street

Assault & battery

March 22

22 Lancaster Street

Sick/injured medical person

March 22

178 Kneeland Street

Assault & battery dangerous weapon - other

March 23

348 Tremont Street

Investigate person

March 23

Kneeland Street

Investigate property

March 23

249 Harrison Avenue

Vandalism

March 24

100 Kneeland Street

Motor vehicle leaving scene - property damage

March 24

1 Kneeland Street

Breaking & entering - non-residence - no force

March 24

888 Washington Street

Larceny non-accessory from veh. $50 to $159

March 25

33 Harrison Avenue

Assault & battery - dangerous weapon - other

Incident report

April 9, 2013

8:37 p.m.

The suspect was arrested on Essex Street by the District A-1 Drug Control Unit. They observed him selling drugs to two white males.

• Drugs

April 8, 8:49 p.m.

The suspect was arrested on Boylston Street on a fugitive from justice warrant. He was wanted in California on an outstanding warrant.

• Drug

April 5, 3:30 p.m.

The suspect was arrested on Washington Street on a drug offense. Members of the District A-1 Drug Control Unit observed him selling drugs to a white male.

• Possessing

April 5, 3:53 p.m.

The suspect will be summoned in for trespassing. He was observed by the officers in an area on Tremont Street.

• Breaking & entering

April 6, 4:23 p.m.

The victim states an unknown person broke into his apartment on Washington Street.

• Fugitive from justice

April 5, 8:12 a.m.

The officers observed him selling drugs to a white female.

• Breaking & entering

April 5, 12:46 a.m.

The officers responded to Essex Street on a report of a group causing a disturbance. Upon arrival they officers observed a group in the area. The officer discovered drugs on the suspect. He was placed under arrest and transported to the district for booking.

Incident report

March 17

800 Washington Street

Larceny

purse snatch including no force $50 to $159

March 15

95 Hudson Street

Vandalism - graffiti

Breaking & entering - resident - no force

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Investigate person

March 17

330 Tremont Street

Verbal dispute

March 17

6 Boylston Street

Larceny other $200 & over

March 18

15 Kneeland Street

Vandalism

March 19

19 Stuart Street

Assault & battery

March 18

230 Harrison Avenue

Investigate property

March 19

348 Tremont Street

Death investigation

March 20

348 Tremont Street

Sick/injured medical - police

March 22

81 Harrison Street

Assault & battery

March 22

22 Lancaster Street

Sick/injured medical person

March 22

178 Kneeland Street

Assault & battery dangerous weapon - other

March 23

348 Tremont Street

Investigate person

March 23

Kneeland Street

Investigate property

March 23

249 Harrison Avenue

Vandalism

March 24

100 Kneeland Street

Motor vehicle leaving scene - property damage

March 24

1 Kneeland Street

Breaking & entering - non-residence - no force

March 24

888 Washington Street

Larceny non-accessory from veh. $50 to $159

March 25

33 Harrison Avenue

Assault & battery - dangerous weapon - other

Incident report

March 15

800 Washington Street

Larceny

purse snatch including no force $50 to $159

March 15

95 Hudson Street

Vandalism - graffiti

Breaking & entering - resident - no force

March 16

660 Washington Street

Robbery - non-residential building

March 16

178 Kneeland Street

Assault & battery

March 16

184 Atlantic Avenue

Motor vehicle accident - personal injury

March 16

81 Essex Street

Investigate person

March 17

330 Tremont Street

Verbal dispute

March 17

6 Boylston Street

Larceny other $200 & over

March 18

15 Kneeland Street

Vandalism

March 19

19 Stuart Street

Assault & battery

March 18

230 Harrison Avenue

Investigate property

March 19

348 Tremont Street

Death investigation

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Chinese residents find warm welcome at Jewish Community Housing for the Elderly

BY LING-MEI WONG

On a grey morning, a group of Chinese seniors fussed over a pink-clad toddler, exclaiming in Cantonese and Taiwanese. Other seniors stroked over and discussed their traditional Chinese dance and music classes. In another area, elders proudly displayed their Chinese ink-brush paintings of prancing horses and delicately written characters. Despite all the Chinese communion, these seniors do not live in Chinatown. Instead, they reside at the Jewish Community Housing for the Elderly on 30 Wallingford Road in Brighton, where about 300 of the 900 residents are Chinese.

JCH is not a nursing home like South Cove Manor Nursing Home nor an assisted-living facility, but offers care and 24/7 management services for low-income seniors. The maximum annual income is $40,000 to qualify for JCH residence, but most residents’ income falls under $12,000.

“We offer an inclusive environment,” said Amy Schectman, president and CEO of JCH. “Our average age is 80, but a third of our residents are 85.”

Mrs. Chen moved from China 24 years ago and has lived at the Brighton location ever since. She had lived in senior housing before in California near her daughter, but found it too peaceful for her liking. When her son in Boston arranged for her to move east, she found JCHIE a welcome change.

“We have English, cooking and art classes, which is very special here with supportive senior activities,” Chen said, who has learned some Cantonese and Russian to complement her native Mandarin. “I see that people are older but still enjoy good quality of life.”

Thahn Tran’s favorite activity is ballroom dancing. Now 77, he did not have time to indulge his hobby before retirement, working two jobs at the Chinese American Civic Association (now the Asian American Civic Association) and the New England Medical Center (now Tufts Medical Center). Born in Guangdong, China, he moved to Vietnam when he was 2 and emigrated to the United States after the Vietnam War.

“I have six kids, who all went to college and are computer engineers,” Tran said. “At this age, I want to enjoy myself.”

Tran is the chairman of the Chinese Tenant Association, which holds bi-monthly meetings for the Chinese residents to share their thoughts with the housing staff.

Staying active keeps Chen happy. “I am not pessimistic because I am old and weak. Aging is still a good time, because I’m learning. It is a good combination of independence and assistance here.”

JCHIE’s three locations in Brighton are connected, allowing tenants to stay indoors all-day if they want. A grocery store carries vegetables and fruit, while a salon provides haircuts and manicures. The resale market is a room chock-full of used goods from residents, sold for 50 cents to a dollar.

“It’s good for my children to know I’m safe,” Chen said. “They say, ‘Mom, you’re so lucky!’”

Active seniors can park their cars in the lot and go to visit family or the doctor when they need to. Taxis and shuttle bus services are available, along with the Chelsea T stop on the Green Line just steps away.

“I love this community, because it respects every culture,” Chen said. “It’s good to us Chinese. When we have house meetings, they take place in four languages: English, Russian, Cantonese and Mandarin.”

Thahn Tran, a Chinese JCHIE resident, Image by Ling-Mei Wong.

JCHIE has three other locations, two in Newton and one in Framingham. For more information, please visit www.jche.org or call (617) 912-8480.

Chinese Seniors have diabetes or at risk of developing diabetes. Asian Americans have the highest prevalence of diabetes in Asian Americans. Asian Americans who are overweight, have a family history of diabetes, or have a personal history of pre-diabetes or gestational diabetes (diabetes occurring only during pregnancy) are at higher risk of developing type 2 diabetes. The development of type 2 diabetes can be prevented or delayed through making healthy food choices, staying active and losing weight. Prolonged uncontrolled diabetes may lead to complications such as eye, skin, kidney and nerve diseases. Early diagnosis and treatment, and having good blood glucose control, are shown to reduce the risk of complications significantly. Eating healthily, exercising, taking medications if necessary and regularly monitoring blood glucose are important for preventing complications. Visit your health care providers at least twice a year and check your A1C (three-month blood glucose average) to see if your blood glucose is within target. The A1C goal for most people is less than 7 percent, but it will vary depending on your health condition. Discuss with your health care provider on your specific blood glucose goal. Because of language barriers and a lack of culturally appropriate diabetes materials, some Asian Americans may find it more difficult to achieve good diabetes control. One should seek out health care providers who understand their cultural values and the unique cultural challenges one may face. Discuss your needs with them and develop an individualized treatment plan that is best for you. For more specific information regarding culturally tailored intervention regarding diabetes care and management, please call (617) 732-2666 or visit http://aad.org.joslin.org.

## Marshfield Housing Opportunity Purchase Program

### ROUND 8-B

The Marshfield Housing Partnership is accepting additional applications from qualified applicants for grants to assist them in purchasing an existing market rate home or condominium in Marshfield. A deed restriction will be recorded on each unit purchased with a grant to secure affordability in perpetuity.

### maximum grant amounts

<table>
<thead>
<tr>
<th>1 Bedroom</th>
<th>2 Bedroom</th>
<th>3, 4, and 5 Bedrooms</th>
</tr>
</thead>
<tbody>
<tr>
<td>$45,000</td>
<td>$60,000</td>
<td>$80,000</td>
</tr>
</tbody>
</table>

### maximum house/condominium amounts

<table>
<thead>
<tr>
<th>Bedrooms</th>
<th>Sale Price</th>
<th>Maximum Grant</th>
<th>Net Price After Grant</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 BR Condo</td>
<td>$189,000</td>
<td>$45,000</td>
<td>$144,000</td>
</tr>
<tr>
<td>2 BR Condo</td>
<td>$222,000</td>
<td>$60,000</td>
<td>$162,000</td>
</tr>
<tr>
<td>3 BR Condo</td>
<td>$266,000</td>
<td>$80,000</td>
<td>$186,000</td>
</tr>
<tr>
<td>2 BR House</td>
<td>$220,000</td>
<td>$60,000</td>
<td>$160,000</td>
</tr>
<tr>
<td>3 BR House</td>
<td>$338,000</td>
<td>$80,000</td>
<td>$258,000</td>
</tr>
<tr>
<td>4 BR House</td>
<td>$320,000</td>
<td>$80,000</td>
<td>$240,000</td>
</tr>
<tr>
<td>5 BR House</td>
<td>$338,000</td>
<td>$80,000</td>
<td>$258,000</td>
</tr>
</tbody>
</table>

### maximum annual household income

<table>
<thead>
<tr>
<th>Person</th>
<th>2 Person</th>
<th>3 Person</th>
<th>4 Person</th>
<th>5 Person</th>
<th>6 Person</th>
<th>7 Person</th>
<th>8 Person</th>
<th>9 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>$47,150</td>
<td>$53,900</td>
<td>$60,650</td>
<td>$67,350</td>
<td>$72,750</td>
<td>$78,150</td>
<td>$83,550</td>
<td>$89,950</td>
<td>$99,750</td>
</tr>
</tbody>
</table>

Subject to periodic change by the U.S. Department of Housing and Urban Development. Net family assets may not exceed $75,000. Households interested in applying should attend one of the informational sessions being provided.

Informational sessions will be held at the following locations:

**Thursday, May 30, 2013, 7:00PM, Hearing Room #2, Marshfield Town Hall, 470 Magee Street, Marshfield**

Saturday, June 1, 2013, 10:00 AM, Hearing Room #2, Marshfield Town Hall, 470 Magee Street, Marshfield

A lottery will be held on Thursday, June 27, 2013 at 7:00 PM at the Marshfield Town Hall, Hearing Room #2, to select grant recipients. Successful grant recipients are required to have at least one family member attend and complete a Homebuyer Education Workshop. For additional information or to receive an application please contact either the Marshfield Housing Authority (781-834-4333) or the Marshfield Housing Coordinator (781-834-1051). Applications are available at the Marshfield Town Hall.

All applications must be received and date stamped by the Marshfield Housing Authority no later than 12:00 PM ( Noon) on Friday, June 14, 2013.

Marshfield Housing Authority

12 Tea Rock Garden

Marshfield, MA 02050

MHOP Funding was made possible by the Town’s adoption of the Community Preservation Act
How to combat smoking withdrawal

BY PHOENIX TSO

Americans have known that smoking causes lung cancer since the 1950s. In addition, studies link smoking to the onset of heart disease, emphysema, chronic bronchitis and other deadly ailments. However, 45 years later, it is still hard to give up this habit. According to the American Cancer Society, nicotine — the drug found in tobacco, which make up cigarettes — is more addictive than heroin or cocaine. When people become addicted to smoking, they form the habit in both a physical and a mental way. Along with smoking one’s mood, quitting smoking means that daunting prospect of breaking a strong mental habit. In a physical sense, quitting or cutting back could lead to painful withdrawal, a prospect that scares many smokers who want to quit.

Withdrawal symptoms that occur include dizziness for one or two days after quitting, depression, moodiness, having trouble falling or staying asleep, nightmares, trouble concentrating, headaches, weight gain, constipation or gas, tiredness or drowsiness, irritability, dry mouth, sore throat, nasal drip, chest tightness, and a slower heart rate. According to the American Cancer Society, one to two days after quitting, withdrawal symptoms will begin to decrease. After one week, the risk of death from smoking related causes decreases by 50 percent. After one month, the risk of death from smoking related causes decreases by 40 percent. After one year, the risk of death from smoking related causes decreases by 10 percent.

It’s important for Asian Americans to be aware of withdrawal symptoms and how to prevent them. While Asian Americans have the lowest rates of smoking in the United States, smoking is still a significant problem, depending on their demographic. The Centers for Disease Control found: “Research shows an association between cigarette smoking and acculturation among Asian American and Pacific Islander adults from Southeast Asia. Those who had a higher English-language proficiency and those living in the United States longer were less likely to be smokers.”

Patients. Chinese medicine pays attention to “palliative” treatment. The difference is operating on the core of a tumor but leaving small isolated tumors alone for observation. Typically, once the worst of the tumor is remove, the body heals other small areas, Hu said. He also discussed new surgical techniques that were minimally invasive. His comprehensive therapy proved successful for patients, who had less pain, faster healing and prolonged life. Audience members had a lively discussion and questions about Hu’s research.

Energy drinks: Can of rush or chemicals?

Do you ever feel so tired that you’re in a need of desperate energy? Have you ever grabbed an energy drink or energy bar, hoping to regain energy until the day ends? Do you ever feel energized after gulping down an energy drink? If you answered yes to the above questions, there are some risks you may not be aware of.

To put it in perspective, let’s define energy as the ability to work through strength that energizes the mind and body to come to life again when things get dull,” said Helen, 14, student at North Quincy High School. “Going back to drugs, obtaining energy is a need of desperate energy. For more information, please visit: www.acmes.net.

Brain fogging and prolonged life. Audience members had a lively discussion and questions about Hu’s research.

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To put it in perspective, let’s define energy as the ability to work through strength that energizes the mind and body to come to life again when things get dull,” said Helen, 14, student at North Quincy High School. “Going back to drugs, obtaining energy is a need of desperate energy. Whether or not you are an athlete, intake of these chemicals can harm your body, causing the heart to pump faster when the chemicals are released into the bloodstream. When athletes are in good shape, they build up a good source for the body to obtain the proper nutrients.

Possible consequences for drinking energy drinks include increased risk for stroke, heart attack and addiction. Whether or not you are an athlete, intake of these chemicals can harm your body, causing the heart to pump faster when the chemicals are released into the bloodstream. When athletes are in good shape, they build up a good source for the body to obtain the proper nutrients. Whether or not you are an athlete, intake of these chemicals can harm your body, causing the heart to pump faster when the chemicals are released into the bloodstream. When athletes are in good shape, they build up a good source for the body to obtain the proper nutrients.

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Healthy home cooking ideas: How to make tasty Chinese eggplant

BY ZHANGLIN KONG, REGISTERED DIETITIAN AT GREATER BOSTON CHINESE GOLDEN AGE CENTER

Good food is one of life’s great joys, as is cooking at home. In general, home cooking is much healthier than eating out. Cooking balanced nutritious meals at home just needs some planning ahead. This means buying the right ingredients during grocery shopping and cooking them properly.

There are countless food products on the market, claiming to be “heart healthy,” “low fat” and “cholesterol free.” Although the Food and Drug Administration has proven some health claims based on significant scientific agreement, not all claims are FDA approved. Some claims can also be misleading. For example, if you buy a low-fat cheese containing 25 percent less fat than comparable products, but eat twice as much, you will end up with more calories.

Whatever it says on the front of the package, reading the Nutrition Facts label is always a smart move. Follow the description below to understand a label. Generally speaking, as long as you control the portion size, any food can fit into a healthy diet. Pay attention to the serving size and how many servings there are, then you can calculate the total amount of all nutrients in one package based on that.

There are several substitutions which are particularly useful in Chinese food cooking. The first one is using an oil spray for stir-fry dishes. For most non-stick pans, a thin layer of cooking oil from spray and frequent stirring is more than enough to make beautiful stir-fry. If the food gets dry, add small amount of water instead of adding more oil. The following is a recipe for a healthy version of braised eggplant. You can see how oil spray is used to substitute large amounts of cooking oil.

Ingredients

- 1 tablespoon soy sauce
- A handful black pepper
- 1 tablespoon minced garlic
- 1 teaspoon cumin
- A can of oil spray
- 4 ounces water

Preparation:

1. Coat a large frying pan with a thin layer of sprayed oil, at medium heat.
2. Add the minced garlic, onion, cumin and black pepper. Stir well to coat evenly. Cook until the onions have softened (approximately 4 to 5 minutes).
3. Add the eggplant segments and about 2 ounces of water. Heat over medium-low heat with the pan covered, until the eggplant is tender. If the pan gets dry as water evaporates, gradually add more water.
4. Uncover and gently stir, add soy sauce and simmer to desired consistency. The finished eggplant can be served with brown rice, pasta or other starchy dishes.

Healthy home cooking ideas: How to make tasty Chinese eggplant

SUBMITTED BY ALEX YU AND CONNIE KONG

After visiting a traditional Chinese medical practitioner, patients are frequently told to avoid eating certain foods with their herbal remedies. This is because daily dietary habits have a major impact on the efficacy of the Chinese medicine. Below are five foods to avoid taking with different types of Chinese medicine, which could greatly reduce the healing effect.

1. Milk

Please note that milk should never be consumed when taking warm yang treatments. It is traditionally considered an excellent beverage for nourishment.

Image courtesy of Flickr user NellieMc

Cow’s milk is neutral and sweet, helping to nourish weakness and aids digestion. Individuals with poor digestion and diarrhea should not drink milk. Milk is also not suited for people with flu and phlegm in their throats. Thus, if you take warming yang treatments that drive out dampness, such as kidney qi pills, strengthening soups or aconite pills, do not drink milk. The warming effect of these treatments will drop precipitously if one consumes milk with them.

2. Chili peppers

Chili peppers are an excellent and popular addition to dishes in damp or cold climates. Chili peppers are hot in nature and spicy in flavor. They warm and strengthen the stomach, while getting rid of coldness and internal dampness. However, excessive chili pepper consumption can lead to dizziness, flare-ups of hemorrhoids, toothache and sore throat.

Image courtesy of Flickr user h-benbi

Therefore, if you are taking bitter herbs for cooling purposes, such as daqyi powder, blemish fading soup and “silver” qiao powder, do not have chili pepper. The peppers will cancel out the cooling effect of the treatment.

3. Turnips

Turnips factor prominently in many dishes. They are bitter in nature and cool in flavor. It warms the spleen and stomach, nourishes the qi and reduces urine. The rice warms the body, increasing temperature and firming stool. If the sticky rice is made into rice cakes, it is difficult to digest and not recommended for the ill. When taking supplements to nourish and moisten the spleen, do not eat turnips at the same time.

4. Sticky rice

Glutinous or sticky rice is a type of starch used in many Chinese dishes. Sticky rice is neutral in nature and sweet in flavor. It warms the spleen and stomach, nourishes the qi and reduces urination. It also smooth the intestines, get rid of toxins and improve wakefulness. Some traditional Chinese medical texts found bamboo shoot could prevent smallpox in children. Therefore, if you are taking Chinese medicine to get rid of dampness, such as da qin soup, xiang huosheng si soup and liver-clarifying soup, remove all bamboo shoots from your diet. If not, the bamboo will increase the dampness in your joints and cause great discomfort.

Image courtesy of Flickr user beautifulcatata

As Chinese medicine come from natural sources, food and Chinese have different properties. Thus, it is important to watch what you eat when taking Chinese medicine, to achieve the maximum benefit and prevent any side effects.

Alex Yu is a registered Chinese medicine practitioner in Hong Kong and a doctoral candidate of the Guangzhou University of Chinese Medicine. He holds a master’s and bachelor’s degree in Chinese medicine and science from Hong Kong Baptist University. Connie Kong is an herbalist with a bachelor’s of pharmacy in Chinese Medicine from Hong Kong Baptist University.
Boston Restaurant Week showcases fine dining for less

BY LING-MEI WONG

Boston Restaurant Week is two delicious weeks in March, when the finest restaurants in the area serve a prix fixe menu with an appetizer, entree and dessert for $20.13 at lunch and $38.13 for dinner. It’s a great opportunity to sample the best of Boston for significantly less.

The Sampan had the opportunity to visit Blue Ginger, Dalya’s Restaurant and Grill 23 & Bar. All meals were paid for.

Blue Ginger

Blue Ginger combines the best of the East and West, making it well worth the drive to Wellesley. It was the top meal from Restaurant Week, with delicious food and a lively space that never got too loud for conversation. I worried that “fusion” cuisine was neither Asian, Western or appetizing, but was happily proved wrong.

Our favorite appetizer was the Prince Edward Island mussels with shishito peppers and yuzu-dashi broth, combining succulent Canadian mussels with Asian flavors. The entrees successfully mingled different cuisines. The pan-seared Atlantic salmon was a generous helping, offset by green curry sauce and sweet mango-coconut rice. Steak got a Korean twist, served with kimchi slaw and jap chae for a satisfying mix of hearty and spicy.

Bittersweet chocolate pudding cake with matcha anglaise and salted shortbread ended the night. The petite pudding cake was intensely rich and warm, making it just the right size after a satisfying meal.

Dalya’s Restaurant

Dalya’s Restaurant in Bedford has plenty of parking, making it ideal for large groups. Our party of nine was underwhelmed by the appetizers and entrees, but the desserts redeemed the meal.

The shucked escargots and portabella mushrooms were just warm, and did not absorb the rich garlic butter sauce. The seafood risotto combined shrimp, scallops and lobster on a creamy succotash risotto. However, the seafood tasted overdone and slightly rubbery. The roast chicken was dry, as was the pork chop and duck breast. Fortunately, the steak and ribs were juicy.

Dalya’s Restaurant is next to Bedford Farms ice cream, which features prominently in the desserts. The Coupe “Lydia” includes coffee ice cream, coffee sauce, chocolate and whipped cream for a decadent ice cream sundae.

Grill 23 & Bar

This Boston steakhouse is an institution in the trendy Back Bay. While the food and service was amazing, the crowded first floor requires diners to shout. The restaurant was packed on a snowy Thursday night, so reservations are a must.

We started off with the miso braised pork belly and the pea soup with basil and mint. Both were beautifully plated and offered generous portions. The pea soup includes house-cured salmon, which is delicately smoky paired with the creamy soup.

For steak, we went with the beef brisket and the 12-ounce New York strip (an additional $10). Served with garlic mashed potatoes and roasted Portobello mushrooms, the steak was perfectly marbled and seared black with a juicy pink core.

The dessert options were the frozen s’mores sundae and the double rum black pepper cake. The sundae was enjoyable, but the cake was show-stopping. Pineapple sherbet contrasted against the pepper’s bitterness, with a chunky pineapple compote. The contrasting flavors kept the dessert from being overpoweringly sweet, which was refreshing after the heavy steak.

Grill 23 & Bar might not be the best spot for an intimate dinner. But the dynamic atmosphere is offset by solid classics.

Grill 23 & Bar

161 Berkeley Street
Boston, MA 02117
(617) 542-2255
www.grill23.com

In tribute to our dad; A. Raymond Tye.

“HE NEVER STOPPED CARING.”

James Tye, Carol Rose, Mark Tye and Randy O’Brien