Three mayoral candidates campaign in Chinatown

BY SHERRIE CHOONG AND HAO LU


The Boston Chinatown Resident Association is the only bilingual Chinese-English Newspaper in New England.

January 25 - February 7, 2013

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Richie and Barros discussed issues affecting the Chinatown community, such as high quality education, affordable housing and building a permanent public library.

Richie talked about workforce development. She proposed building educational institutions in the community and bringing more job opportunities to young people.

“The economy is actually going better,” Richie said. “Thousands of jobs will be coming over the next ten years. So we want to make sure we have a top notch educational institution that is going to be able to offer skills, building and training for our young people to be able to have all the certifications that let them get those jobs.”

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SEE NEXT MAYOR ON PAGE 4

Chinatown groups rally for affordable housing

BY LING-MEI WONG

Chinatown groups protested at four locations for more affordable housing and a local library on July 17. The first “Tour R Chinatown” took place amid a heat advisory, attended by members of the Chinese Progressive Association, its Chinese Youth Initiative and the Chinatown Resident Association.

The Ink Block development at 30 Hanover Arroyo emphasized the stop. Former state rep. Mel King spoke about his childhood home at the site, which was torn down for the former Boston Herald offices.

“I want the rights back to this neighbor hood,” King said. “We shall not be moved if we stick together.”

Hakim Cunningham, director of organizing for the Boston Workers Association, added, “We want to see Asian Americans and African Americans working on this site every day for this $150 million project.”

Others echoed his sentiments for greater representation in construction.

“We want Boston jobs for Boston resi dents,” said Brian Doherty, project co- ordinator for Building Trades Building Pathways. “We want more diversity in the unions.”

At Parcel 24, high school and CYI intern Long Lin advocated for a library. “Parcel 24 is going to be a house,” he said. “Why can’t we build a library here too?”

The rise of luxury development has brought financial benefits to the community, but also increased living expenses. Affordable housing residents at 25 Ed inboro Street spoke about their housing...
**Event Calendar**

**MIT Blood Drive**  
**Friday, July 26**  
1 p.m. to 6 p.m.  
**MIT Wood Sailing Pavilion, Cambridge**  
**MA 02142**  
**Room 102**  
888 Washington Street, Boston, MA 02110  
10:30 a.m. to 12 a.m.  

**Healthy eating and diabetes prevention convention**  
**Saturday, July 27**  
10:30 a.m. to 2 a.m.  
888 Washington Street, Room 102  
Boston, MA 02111  
Meet experts from Joslin Diabetes Center for tips about healthy lifestyle and type 2 diabetes for Chinese Americans.**

**World Hepatitis Day**  
**Sunday, July 28**  
10 a.m. to noon  
Chinatown Park  
80 Tyler Street  
Mission Hill Community Garden Park Street  
Boston, MA 02120  
Lloyd Thyater will perform the blues with old standards mixed in along with new tunes all on the resonator guitar and harmonica. The public are invited to dance, sing along and taste some local garden snacks while enjoying a summer evening.  
For more information, please contact (617) 542-7690 or visit www.boston.natural.org.

**Geological tour on the Neponset River**  
**Tuesday, July 30**  
5:30 p.m.  
Milton Red Line T stop  
Join BANAN and geologist Les Tyra for a free guided, 90-minute stroll on the Neponset Greenway and learn how to read the rocks. Registration is required. Children 10 years and older are welcome.

**Chinese Consolidated Benevolent Association**  
**Wednesday, July 31**  
7 p.m.  
City Hall Plaza  
1 City Hall Square  
Boston, MA 02108  
Featuring one of the nation’s well-known music professionals, the Star Dust Band, Disco Night is returning to Mayor Menino’s Wednesday Night Concert on the City Hall Plaza.

**The Films of Wong Kar-wai**  
**August 1-25**  
**Museum of Fine Arts, Boston**  
455 Huntington Avenue  
Boston, MA 02115  
Director Wong Kar-wai has developed a signature style of bold cinematography, music, and editing that demands the immersive experience of the big screen. This complete feature film retrospective includes a special advance screening of his latest film “The Grandmaster.”

**Chinese Consolidated Benevolent Association**  
**Tai Chi at Symphony Park**  
**Thursday, August 1**  
10 a.m. to 11 a.m.  
Symphony Park  
36 Edgerly Road  
Boston, MA 02115  
Instructor Sifa Huan Zhang will lead a tai chi fitness class in the Fenway. The classes are held in English and Chinese on Thursdays. The final two sessions will meet August 1 and 8. In the event of rain, the classes will be held indoors at 100 Norway Street. For more information, please email friendsymphonypark@gmail.com.

**TCC Backpack Distribution**  
**Saturday, August 3**  
12 p.m. to 2 p.m.  
43 Middlesex Turnpike  
Burlington, MA 02178  
TCC will be donating between 100 and 150 backpacks, which will be given away on a first-come, first-served basis while supplies last.

**ParkARTS concert series**  
**Sunday, August 4**  
5 p.m.  
Marcella Park  
260 Highland Street  
Roxbury, MA 02119  
ParkARTS neighborhood performances are summer outdoor concerts presented free of charge: Jazz at the Fort featuring Diane Richardson and Friends sponsored in part by Berklee College of Music and family activities presented by Boston Children’s Museum The Big Cake Tour.

**Chinatown Residents Association meeting**  
**Wednesday, August 7**  
6:30 p.m.  
Focal point of the meeting will be the proposed expansion of the community blood drive.

**Chinatown Coalition**

**Chinese section**

**Contributors:**
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Hao Lu  
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**SAMPan** is New England's only bimonthly bilingual Chinese newspaper. It is nonprofit and nonpartisan. Founded in 1972, SAMPan is published by the Asian American Civic Association. SAMPan is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax-deductible. Subscription: $60/year (1st class mail); $30/year (3rd class mail).

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**Josiah Quincy Lower School**  
888 Washington Street  
Boston, MA 02111

The Chinatown Residents Association meeting will be held at the Josiah Quincy School's cafeteria.

The public are encouraged to attend.

**Chinatown Coalition meeting**

**Thursday, August 8**  
9:30 a.m.  
38 Ash Street  
Boston, MA 02111

The Chinatown Coalition meeting will be held at the Boston Chinatown Neighborhood Center. The public are encouraged to attend.

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**Sampan EVENTS**

**July 26, 2013**

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**Sampan** is a bilingual Chinese newspaper published by the Asian American Civic Association. It is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax-deductible. Subscription: $60/year (1st class mail); $30/year (3rd class mail).

**Contact:**
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Boston, MA 02119  
Fax: (617) 482-2316  
Email: (Email address removed for privacy)
BY ANNA TSE

More than 150 Chinese residents of Malden attended the city’s monthly safety meeting for Asian residents on July 15 at the Malden Senior Center. Malden Mayor Gary Christenson attended the meeting along with city representatives from the fire and police departments.

“According to the 34 public safety surveys I received from Asian residents, the consensus is that most feel Malden is a very or somewhat safe city,” Christenson said.

Three major concerns were difficult communicating with police and fire staff due to language barriers, lack of easy access and lack of familiarity with communication channels.

Two new technologies will be implemented for the police department to foster effective communication for residents whose primary language is not English: real-time interpretation and an online crime reporting system.

The RTT mobile interpretation devices will be used to communicate with residents who cannot speak English. Ron Cochran, director of online services and communication technology, and Yan Yu, constituent services representative, demonstrated the real-time language interpretation technology at the meeting by speaking in English and Mandarin.

The device supports more than 150 languages. When used, it will route calls to live interpreters and can determine what language service is needed.

“It’s a cost-effective way to enhance Malden’s diversity of communication and such technology is also being used throughout other cities in the United States,” Christenson said.

Malden will implement a new Internet-based reporting system to let residents report police incidents on incidents such as vehicle burglary, lost property, hit and run and minor theft at their own convenience, said Malden Police Chief Kevin Molis and Det. Lt. Marc Gatombi.

After reports are filed, the police department will follow up for future investigations. Residents can visit www.maldenpolice.com to report incidents online.

Molis said the online crime reporting system will help more victims to come forward. More police officers can be on the street fighting crimes and protecting citizens, rather than sitting at the office filing reports.

Christenson thanked the city counselors and staff who helped to bring innovative technologies for a better future in Malden. “These resources provide easier access to city services, encourage community involvement and break down language barriers so that we can better communicate with our residents,” he said.

Public Works Director Bob Knox updated residents about road construction.

Fire Chief Jack Colangelo demonstrated how to use a fire extinguisher. He reminded residents to install smoke detectors and carbon monoxide detectors.

Cantonese and Mandarin interpretation was provided at the meeting. Refreshments were provided by the Chinese Culture Connection.

BY LING-MEI WONG

Asian American citizens trying to bring overseas family members to the States may face setbacks under proposed immigration reform changes. The Senate bill passed on June 27 would eliminate visa categories for siblings and adult children older than 32 after 18 months, striking a blow for a family reunification.

The bill is moving to the House of Representatives for review.

“I’m disappointed about these changes because they have a significant impact on the Asian American community. It’s not just affecting the Chinese, as the Vietnamese, South Asian and Filipino communities rely on the sibling category,” said Ernn Oshiro, immigration attorney for Asian Americans Advancing Justice. Advancing Justice is a coalition of advocacy groups for Asian Americans, Pacific Islanders and underserved communities.

There are 17 million Asian Americans living in the U.S., according to Advancing Justice. Nearly 2 million Asians are in the family reunification process, which has a significant backlog due to visas quotas by country. Meanwhile, more than 1 million Asians are undocumented.

“Family reunification makes our economy stronger,” Oshiro said. “Families support each other emotionally and financially. Family members are a source of capital to start businesses and buy homes. They provide child care and contribute economically so people can go to work. We need more visas for family members so they can stay together.”

The limit on family-based visas for spouses, parents and children would be lifted. A new point-based system in the Senate bill changes how family members or workers to get visas. Point criteria include educational attainment, work experience, English fluency and whether the individual is related to a U.S. citizen. People with the most points would get visas.

“Our concerns are about where in the world people come from, whether they are a woman or man,” Os-hiro said. “If a woman from a poor country is unable to go to school, she may not qualify for a point-based visa.”

While some family visas would be cut, H-1B visas for highly skilled workers would be increased. Currently, more family visas are allotted than business visas.

“We hear members of Congress ask why we give visas to family members, when we should give visas to workers to start the next Google,” Oshiro said.

One change in the Senate bill is the new V visa for family members who have applied for residency. It allows them to come to the United States to work and until a visa is available, under current laws that keep them out of the country.

“We would certainly hope anything that came out of the House would be as good as or better than the Senate bill, which was a compromise in terms of family reunification,” Oshiro said. “It could mean a worse future for the whole family. This is devastating for us and other communities.”
Chinatown crime blotter

SUBMITTED BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from July 12 to 18 for District A-1 or Chinatown.

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

Boston Police Department journal log

July 16, 5:25 p.m.: Two suspects were arrested by the District A-1 Drug Control Unit on Essex Street. It observed them involved in a drug transaction.

July 17, 7 p.m. Street: Investigate property.

July 17, 7 Pine Street: Liquor - drinking in public.

July 17, 753 Atlantic Avenue: Auto theft - motor cycle.

July 17, 40 Boylston Street: Drugs - possession Class A -intosh manufacturing, distribute, dispense.

July 17, 660 Washington Street: Liquor in a building $50 to $199.

July 17, 25 Stuart Street: Assault & battery.

July 18, 45 Stuart Street: Violation - city ordinance.

Incident search results

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Incident description</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 15</td>
<td>232 Tremont Street</td>
<td>License premise violation</td>
</tr>
<tr>
<td>July 15</td>
<td>821 Washington Street</td>
<td>Larceny other $200 &amp; over</td>
</tr>
<tr>
<td>July 16</td>
<td>Kingston Street</td>
<td>Liquor - drinking in public</td>
</tr>
<tr>
<td>July 16</td>
<td>Washington-</td>
<td>Robbery - unarmed - street</td>
</tr>
<tr>
<td>July 16</td>
<td>45 Beach Street</td>
<td>Larceny in a building $50 to $199</td>
</tr>
<tr>
<td>July 16</td>
<td>Beach Street</td>
<td>Vandalism</td>
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<tr>
<td>July 17</td>
<td>Pine Street</td>
<td>Investigate property</td>
</tr>
<tr>
<td>July 17</td>
<td>Surface Road</td>
<td>Liquor - drinking in public</td>
</tr>
<tr>
<td>July 17</td>
<td>753 Atlantic Avenue</td>
<td>Auto theft - motor cycle</td>
</tr>
<tr>
<td>July 17</td>
<td>40 Boylston Street</td>
<td>Drugs - possession Class A - in-</td>
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</tbody>
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BY CALIN BROWN AND LING-MEI WONG

The Chinatown Coalition discussed local developments on July 11, while the Chinatown/South Cove Neighborhood Council talked about litter issues on July 15.

District 2 City Councillor Bill Linehan emphasized his current projects and goals for the district. Linehan's talk was followed by presentations from the Boston Redevelopment Authority and the Massachusetts Office of Refugee and Immigrants.

Linehan expressed concern about recent setbacks to build Josiah Quincy Upper School on the site, and the lack of funds as a reason for the delays. "There needs to be a discussion moving forward with the school department about their commitment to building Quincy Upper in Chinatown, and that's something that I am going to work on over the next year," he said.

Mary Kansas from the BRA stated the Massachusetts School Building Authority still intends to build the school, but is looking at other sites. Improving district-wide education remained a priority for Linehan, who wanted more focus on improving schools at a localized, community-level. He mentioned the importance for the larger community to have a part in curriculum planning and the school's resource allocation.

Linehan hoped to create a more effective model for a Chinatown library. While he advocated for having a public library in the district, he said there was no public consensus on hiring a full-time librarian. Differing ideas on where the library should be and how it should run can't take what is ours."

Long Lin, co-chairman of the CRA, said, "The city can't take what you can and use it yourself."

NEXT MAYOR: Candidates try to reach voters

CONTINUED FROM PAGE 1

There is no way that we cannot build a permanent public library in Chi- natown," Richie said. "Here I promise you that if I can't do it, I will get back to you and explain to you why it couldn't be done."

Barrs showed his support for sec- ond-generation immigrants as the child of immigrants from West Africa. He said immigrants were an important part of Boston. His administration would help pro- vide service, training and education for the immigrant community to make sure they not only learn English, but have the necessary support for a better living.

RALLY: Protest gathers young and old

CONTINUED FROM PAGE 1

"Believe that all of our students need the best education they can have, and just because you speak a second language doesn't mean you should get second- class materials or resources," Barrs said.

Along with issues of housing, edu- cation and local economy, Barrs also emphasized his willingness to support the jobs and leadership development for the city’s younger population. He would commit to at least 14,000 jobs for youth during the summer and 2,000 jobs year- round.

The last stop was 45 Harrison Street, where at least 40 tenants were evacu- ated last December for unsafe living conditions.

The building was on the market, but a sale was not cleared, said Karen Chen, CPA organizing director.

"This is our Chinatown," said Henry Yee, co-chairman of the CRA. “The city can’t take what ours is.”

Affordable Housing Lottery

Alta Stone Place

100 Stone Place, Melrose, MA

Three 1BRs @ $1,259, Two 2BRs @ $1,402, One 3BRs @ $1,546

Utilities not included

Alta Stone Place is a 212 unit rental apartment community located at 100 Stone Place in Melrose. It is the first six affordable apartments will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income. Thirty more affordable units will be made available through a second lottery process later in 2014.

These six affordable units feature 9-foot ceilings, faux wood flooring in kitchens and baths, carpet in living and bedroom areas, stainless steel appliances, granite countertops, in-unit washer and dryer, walk-in closets, oversized tubs and side-by-side washers and dryers. Please see www.AltaStonePlace.com for more details on the development and the units.

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Asian American and Pacific Islander poverty grows in wake of recession

SUBMITTED BY THE NATIONAL COALITION FOR ASIAN PACIFIC COMMUNITY DEVELOPMENT

The National Coalition for Asian Pacific American Community Development unveiled findings from its recent Asian American and Pacific Islander Poverty Demography Study at a press conference held at the Ford Foundation on June 20.

The “Spotlight: Asian American and Pacific Islander Poverty” study brings attention to communities in need and broadens the conversation about what it means to be APIA in America. The study reveals that the APIA poor population grew faster than most other ethnic groups from 2007 to 2011, increasing by more than 2 million. Other key highlights of the study include:

- APIA poverty is growing dramatically: From 2007 to 2011, the number of APIAs living below the federal poverty level increased by more than half a million.
- This 38 percent increase can be broken down into a 37 percent increase for Asian Americans in poverty and a 60 percent increase for Native Hawaiians and Other Pacific Islanders in poverty.
- In comparison, the general poverty population grew by 27 percent during the same time period, with the Hispanic/Latino poverty population growing by 42 percent and the African American poverty population growing by more than 20 percent.
- The APIA poor population is diverse: From 2000 to 2010, the U.S. Census identified APIA populations in poverty for 22 separate ethnic groups. The largest single group is non-Taiwanese Chinese at approximately 450,000, followed by Asian Indian at more than 245,000 and Vietnamese at 230,000. Hmong have the highest poverty rate at 27 percent, followed by Bangladeshi at 21 percent and Tongans at 19 percent.
- The APIA poor population is concentrated: More than 50 percent of all APIA poor live in 10 metropolitan areas (New York, Los Angeles, San Francisco, Chicago, Honolulu, Seattle, San Jose, Houston, Sacramento and Philadelphia). No other racial/ethnic poverty population is as concentrated in as few places. Approximately 30 percent of all APIA poor live in only three metro areas (New York, Los Angeles and San Francisco).
- APIA poverty disproportionately face high housing costs: The 20 highest cost housing markets in the country contain almost half of all APIA poor. No other racial/ethnic category has as high a proportion of its poor population in these markets (closest is Hispanic/Latino at 27 percent).

The findings of the study illustrate not only the challenges our neighborhoods continue to face in the wake of the recession, but also that the economic recovery remains well beyond reach for millions of APIAs across the country. National CAPACD calls on Congress, the federal government, the business community, and foundations to bring more resources to our neighborhoods, build the capacity of our local community based organizations and develop public-private partnerships that bring greater investments to our communities.


Associate of Asian organized crime organization sentenced

SUBMITTED BY U.S. ATTORNEY CARMEN M. ORTIZ, DISTRICT OF MASSACHUSETTS

A Cambridge man was sentenced on July 9 for his role in an organized criminal conspiracy involving drug trafficking, prostitution and money laundering in Chinatown and elsewhere.

Wei Xing Chen, aka “Ah-Hung,” “Lo Blu” and “Lo Gai,” 52, was sentenced by U.S. District Judge Nathaniel Gorton to 70 months in prison. This will be followed by two years of supervised release, a $1,000 fine, and forfeiture of $8,000 and his Mercedes.

On April 3, Chen pleaded guilty to conspiracy to possess with intent to distribute methylenedioxymethamphetamine and benzylpiperazine, both also known as ecstasy; possession with intent to distribute BZP; conspiring to induce travel to engage in prostitution; and money laundering conspiracy.

From January 2009 through June 2011, Chen and co-conspirators engaged in a conspiracy to entice predominantly Asian women to travel to Massachusetts to engage in prostitution in brothels located in Cambridge and Allston. Chen and co-conspirators enticed, arranged and assisted the women in their travel to Massachusetts from New York and elsewhere. The women generally arrived at South Station or Logan Airport and were transported to brothels and also transported from one brothel to another.

Chen instructed co-conspirators to place advertisements offering prostitution and other services of the women in newspapers. Chen and his co-conspirator also conspired to launder $100,000 in proceeds of the brothel business by concealing it in a safe deposit box. Gorton had previously ordered the forfeiture of the $100,000 cash.

Additionally, in 2008 Chen conspired with others to distribute ecstasy in Massachusetts and New York. On Sept. 13, 2008, Chen and others sold approximately 2,400 pills to an FBI cooperating witness.

In November 2012, co-defendant Xiaohang Xue, aka Tina, pleaded guilty to the prostitution conspiracy and was sentenced to two years of probation, including six months of home detention.

The case was investigated by the Federal Bureau of Investigation, Internal Revenue Service’s Criminal Investigation, DEA, Immigration and Customs Enforcement’s Homeland Security Investigations, Massachusetts State Police, Massachusetts Department of Correction, and Quincy, Cambridge, Medford, Boston and New York City Police Departments. The case is being prosecuted by Assistant U.S. Attorneys Timothy Moran and Richard Hoffman of Ortiz’s Strike Force Unit.

SAMPLAN... wants your voice!

Want to get published in our August Moon issue, August 9? Submit a 400-word article on the topics below to editor@sampan.org by July 30 and you could be part of New England’s only Chinese-English newspaper!

- August Moon folklore
- Holiday traditions
- Mooncakes
- Pomelos
- Family memories
- Unique travel destinations

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Price: $178,100 and $198,600

This new 48 unit development is offering 5 three bedroom detached single family home at 60% and 80% of median to eligible first time homebuyers, by lottery. Asset Limit to $75,000. Join us at the Public Information Meeting for Details.

Max Allowable Household Income

<table>
<thead>
<tr>
<th>Person</th>
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Application Deadline

AUGUST 10, 2013

For Application and Information

Call MCO Housing Services:
(978) 456-8388
Pick Up:
Salisbury Town Hall, Planning Dept., Library, Senior Center or Housing Authority

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com
Understand the risks of electronic cigarettes

BY HAO LU

As electronic cigarette sales have grown nationwide during the past year, there is heightened interest in their health risks compared to traditional cigarettes. E-cigarettes are battery-operated products designed to turn nicotine and other chemicals into a vapor, simulating the act of tobacco smoking. Boston issued 61 permits to sell e-cigarettes in March. This is five times the number of permits issued in the same period last year, according to the Boston Public Health Commission’s Tobacco Prevention and Control Program. Although e-cigarettes look just like regular ones, there are still major differences between the two. E-cigarettes do not require a match or lighter for use. Instead, they hold a battery, a vaporization chamber and a cartridge filled with liquid nicotine.

When using e-cigarettes, just puff on the device as you would do to a regular cigarette. The device heats the liquid and changes it to a nicotine-filled vapor that smokers inhale and exhale. It looks like smoking a regular cigarette, but since there is nothing burning, there will be no smoke fumes.

Proponents of the e-cigarette say that while e-cigarettes give nicotine addicts the same amount of nicotine as a regular cigarette, they do not produce secondhand smoke. Even though manufacturers say it is merely water vapor and therefore harmless, regulatory agencies and health experts contend that e-cigarette makers have not conducted the research needed to prove this. Meanwhile, manufacturers often do not make specific health or safety claims about e-cigarettes.

Opponents of e-cigarettes argue that people shouldn’t be subjected to secondhand vapor until manufacturers can prove it is safe for everyone, including children, the elderly and people with certain medical conditions. Some individuals with health conditions have reported that the vapor is irritating to their eyes, noses and throats, and that it affects their breathing and makes them nauseous.

One other problem is that e-cigarettes can be easily purchased online, which makes it easier for children to buy them than regular tobacco cigarettes. U.S. laws require age limits for tobacco cigarette purchases to not apply to e-cigarettes. Some states have their own policies requiring e-cigarette buyers to provide proof of age, while other states are still working on the process.

The FDA said “further research is needed to assess the potential public health benefits and risks of electronic cigarettes.” It is still unclear how many years it would take before regulation of e-cigarettes is implemented.

Summer is here with sunny days and high temperatures. Apart from swimming to cool off, you can also eat seasonal fruits and vegetables to beat the heat. Keep in mind that these foods should be enjoyed in moderation.

Ask Doctor Yu: Five foods to beat the summer heat

SUBMITTED BY ALEX YU

Summer is here with sunny days and high temperatures. Apart from swimming to cool off, you can also eat seasonal fruits and vegetables to beat the heat. Keep in mind that these foods should be enjoyed in moderation.

Winter melon

This seasonal vegetable can be stir-fried as an appetizer. It can also be stewed for a nourishing and refreshing soup. Winter melon is cold in nature, helping to cool the body and reduce phlegm. Other benefits include less irritability, reduced thirst and better urination.

Coix seeds

Coix seeds have lotus have a complimentary effect. They are sweet and mild in taste, while slightly cool in nature. Coix seeds aid the spleen and lungs, while reducing heat and adding moisture. They are not as effective for spleen function and have a stronger moisturizing effect. Once cooked, the seeds can be used in soups or drinks for a pleasing taste and hydration.

Water lily pads

Summer is the perfect time to watch water lilies bloom. The lily pads underneath are also ideal for summer consumption. Lily pads are bitter and neutral in taste. They can cool heat, clear the intestines and promote blood clotting. There are many lily pad food products that claim to burn calories, but lily pads are not recommended for people with weak constitutions or excessive heat. Actual weight loss depends greatly on the person’s physical makeup. However, lily pads have a proven reputation for reducing heat.

Winter melon, watermelon, lotus seeds, coix seeds and water lily pads are excellent foods for the scorching summer months. They are all effective in eliminating seasonal dampness, drowsiness and excessive heat. When combined with moderate exercise, a balanced diet, the benefits are even more pronounced.

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 degree in Chinese medicine and bachelor’s degree in Chinese medicine and science from Hong Kong Baptist University.
HELPFUL SUMMER SAFETY TIPS

SUBMITTED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF HEALTH AND HUMAN SERVICES

As the Commonwealth prepares for summer, the Massachusetts Department of Children and Families, Department of Public Health and the Office of the Child Advocate would like to remind families and caregivers about important information that will help keep young children safe this summer.

Infants, toddlers and young children (ages 0 to 5 years) are generally not aware of dangers around them and depend on adults to keep them safe. During warm weather, take steps to prevent falls from windows, keep children safe in cars and encourage water safety, especially around pools. Simple safety steps can prevent injury.

Window safety

Falls are the leading cause of injury to children, and falls from windows involving young children are especially serious. Window falls are preventable. In order to prevent window falls, parents and caregivers should:

• Keep low furniture and anything a child can climb on away from windows.
• Lock all unopened doors and windows.
• Be sure children are always supervised.

Water and pool safety

Children have a natural attraction to water. However, drowning is a leading cause of death among young children, both nationally and in Massachusetts.

Backyard pools are the highest risk for children under the age of 5. To help keep young children safe in and around pools, parents and caregivers should:

• Install a four-sided pool fence that is at least four feet high and attached to the pool itself.
• Designate an adult “water watcher.” When it is your turn as “water watcher,” never leave children alone in or around the pool area.
• Keep rescue equipment such as a shepherd’s hook or life preserver, and a telephone by the pool.
• For children who cannot swim, use Coast Guard-approved life jackets. 
• Learn CPR.

Teach your children to swim. Although swimming classes are not a primary means of drowning prevention, teaching children to swim can provide important protection as well as a fun way to exercise.

Car safety

Cars can be unsafe — and not just because of car crashes. Children left in a hot car can die from overheating.

The National Highway Traffic Safety Administration estimates that a closed car, sitting in the summer sun, quickly turns into an oven, with temperatures rising from 78 degrees to 100 degrees in just three minutes and to 125 degrees in six to eight minutes. In addition, children can be injured while getting out of moving cars or run over or backed over by vehicles. To assist in keeping your young children safe in and around cars:

• Never leave children alone in a parked vehicle, even when they are asleep or restrained, and even if the windows are open.
• If a child is missing, check the vehicle first, including the trunk.
• Always lock your car and keep the keys out of children’s reach.

If you see a child alone in a hot vehicle, call the police. If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly. Call 911 or your local emergency number immediately.

HARVARD AFFORDABLE HOUSING

Harvard Commons
15 Littleton Road
Two 2 Bedroom Townhomes
Price: $166,400

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1st Time Homebuyers

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EQUAL HOUSING OPPORTUNITY

PUBLIC INFORMATION MEETING

7:00 p.m., Thursday, August 8, 2013
Harvard Town Hall
13 Ayer Road

APPLICATION DEADLINE

August 28, 2013

Assets to $75,000

Great School System

Image courtesy of Wikimedia Commons.
What to eat in Cape Cod: Skipper Restaurant

**BY LING-MEI WONG**

Cape Cod is synonymous with summer. With beaches, miniature golf and sailboats, nothing beats a hearty meal at the end of a fun day.

The Skipper Restaurant serves up local comfort food. Expect a line for the cozy dining space, but an ice cream stand at the door made the wait fly by.

Once we were seated, we ordered appetizers. The scallops wrapped in bacon ($11.99) included six plump seared scallops and crisp bacon. Fried calamari ($9.99) had just the right crunch and came in a generous portion for our party of eight. Steameders (market price) were sweet, juicy mollusks served with hot salt water and melted butter for dipping.

The award-winning Cape Cod Chowdah comes in a bowl ($6.99) or cup ($4.99). It’s more seafood stew than soup, with clams and potato chunks in a dense cream. The rich broth complements the clams, which were remarkably sand-free.

Our entrees tasted like they came fresh from the sea. The lobster roll (market price) packed a ton of lobster into a hotdog bun with lettuce. Its sides of cole-slaw and fries are unlikely to be touched beside the mountain of lobster salad.

We enjoyed the perfectly done lobster (market price), which comes with a side of either mashed potatoes, a baked potato or rice pilaf. The baked stuffed sole ($16.99) was dressed in a succulent lobster newburg sauce and also had the same sides.

The Skipper sampler ($21.99) featured scallops, baked stuffed shrimp, scrod and salmon baked in butter and wine. It was tasty, but relatively bland compared to the other entrees.

The Skipper’s awesome crab roll ($15.99) had baked crab meat in a bun, making the texture less appealing than the chunky lobster roll. However, the taste was fresh.

Our server Sheila was attentive and constantly refilled our water glasses on the hot day we were there. While the air conditioning could have been stronger, the delicious dishes made the meal one to remember. I’d go back to the Skipper Restaurant for expertly executed seafood.

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**Mayor Menino welcomes Chinese residents to block party**

**BY ANNA TSE AND LING-MEI WONG**

Boston Mayor Thomas Menino threw his annual block party near his Hyde Park home on July 12. A trolley was sent to Chinatown to pick up local seniors so they could join the festivities as well.

A street was blocked off for the event, as Menino greeted residents in his drive-way for most of the party. Nearly 1,000 residents attended the block party.

Chinatown seniors take a trolley headed to Mayor Thomas Menino's annual block party on July 12. (Image courtesy of Anna Tse.)

Chinatown Resident Association chairman Henry Yee thanked Gilbert Ho, former chairman of the Chinese Consolidated Benevolent Association, for arranging the transportation. Chinatown residents have enjoyed trolley service to the mayor’s block party for the past three years. As a senior, Yee said he enjoyed being with other Boston residents and attending Menino’s last block party as mayor.

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**Cruise beckons Massachusetts family caregivers**

**SUBMITTED BY HOME INSTEAD SENIOR CARE**

Family caregivers understand all too well the stress of caring for an aging loved one. What better way to relie-f stress than a getaway? That’s why Massachusetts residents are invited to nominate deserving family caregivers — including themselves — for the opportunity to win a free, four-night, every-day cruise.

Home Instead, franchisor of the Home Instead Senior Care network, is sponsoring the cruise for one lucky caregiving hero and guest. Submit your nomination and vote by Aug. 24 at http://cruise.caregiverstress.com/.

The Caregiver Cruise is scheduled for Feb. 3 to 7, 2014, on the Royal Caribbean Enchantment of the Seas. The cruise will set sail from Cape Canaveral, Fla., with stops in CocoCay and Nassau, Bahamas. In addition to the cruise, the winning recipient will receive 40 hours of free care from a Home Instead Senior Care professional CAREgiverSM for his/her senior loved one while away.

“The stress of caregiving can have debilitating effects not only on family caregivers, but also on the older adults who are receiving that care,” said President Jeff Huber of Home Instead. “That’s why it’s important for caregivers to take care of themselves. And what better way to do that than during a tropical getaway.”

The cruise offers a relaxing retreat with a number of optional activities such as putt-putt golf, cocktail hour, cupcake decorating and scavenger hunts, along with support groups and one-on-one consultations with family caregiving expert Amy D’Apris.

To take a caregiver distress assessment and learn how you can help guard against the potential dangers related to caregiver stress, go to FamilyCaregiver-StressRelief.com.

For more information about the Home Instead Senior Care network, go to www.homeinstead.com.