Bostonians count down to Nov. 5 general elections

BY LING-MEI WONG

Boston’s mayoral candidates and city council candidates were busy campaigning across the city ahead of the Nov. 5 election.

City councilor-at-large John Connolly and state Rep. Marty Walsh attended a mayoral forum at the Reggie Lewis Athletic Center on Oct. 23. (Image courtesy of Ling-Mei Wong.)

10月7日，陳先生攜同妻子抵達波士頓羅根機場，期望著登上回中國福州的航班。然而，辦理登機手續的櫃檯卻告訴他們预定的航班根本就不存在。

陳先生立刻給代理登機票的奧林旅行社杜小姐（Linda Do）打電話詢問，杜小姐回憶到，機票沒有定上，並保證現金退款。她要求陳先生第二天去旅行社位於華壇的辦公室索取退款。陳先生非常震驚，幾年來杜小姐一直代理他的回國機票，當下的情景令他覺得不可置信。

陳先生第二天如約而至，杜小姐卻不在辦公室。陳先生打電話給杜小姐，但石沉大海。過了一段時間後，杜小姐終於回復道，她目前沒有能力退款，但她希望陳先生：「別擔心，錢會還給你的，就是幾千元而已。」

自那時起，杜小姐就音信匿跡了。

陳先生是杜小姐欺詐行為的受害者之一，目前為止至少14位受害者，杜小姐被指控對長者客戶進行欺詐，以收取後無預定或取消預定為手段騙款一萬六千餘元。

陳先生陳述道：「我本來不想付她現金，但被迫支付現金會享受優惠。」

薩福克郡地方檢察辦事處的Jake Wark講道：「這宗詐騙案史無前例。不幸的是不法商人的欺詐手段花样翻新，我們的首要目標是對受害人進行賠償並杜絕類此詐騙再次發生。」

華人前進會的Kenny Ko對杜小姐的受害人表示關切。杜小姐的案例目前尚未展開，但也沒有消息表明該社的其它旅行預定是否有類似詐騙。

陳嘉瑞報導

Director Ang Lee kicks off fifth Boston Asian American Film Festival

BY SYLVANA CHAN

Last weekend marked the fifth annual Boston Asian American Film Festival held at the Brattle Theater in Cambridge. From Oct. 24 to Oct. 27, about 1,000 attendees watched 37 films, including six New England premiers and six made by Boston-area filmmakers.

The films span a wide range of genres from romantic comedies to thought-provoking documentaries, to serious dramas and innovative short films. All entries speak to the breadth and depth of Asian American cinema.

Academy Award- and Oscar-winning director Ang Lee kicked off the festival by introducing the first film — the 20th anniversary screening of his 1993 production "The Wedding Banquet." A madcap comedy about a marriage of convenience between a gay Taiwanese-American man and a Chinese woman, "The Wedding Banquet" follows the struggles of the protagonist who is trapped within a Confucian family that prizes tradition and rejects nonconformity. The film brought Lee international fame and showcases his renowned avant-gardism and prowess across genres.

Lee explained to a rapt theater audience.

Made in 26 days — "like a breeze," reminisced Lee — on a $250,000 budget, "The Wedding Banquet" raked in $30 million worldwide at the box office, making it the most profitable movie that year.

"The film changed my life," Lee said. "It's something I wrote that I'm proud of."

"The Wedding Banquet" stands the test of time and is still a touching must-see film that speaks to the experiences of many gay Asian Americans in both a sincere and comedic way," said Susan Chinmes, director of BAAFF. "I can't think of a better honor for our fifth anniversary than to have Ang Lee here with us to celebrate this milestone here in Massachusetts, the first state to uphold equal marriage rights."

The festival includes a shorts screen rants and RMV relocation American Professionals American Professionals' Spoonful of Ginger raises Travel agent pleads not guilty to defrauding clients of thousands Sharewood Project brings free pregnancy care to women Meng's Kitchen delivers authentic Chinese buns

HIGHLIGHTS

BCNC names new executive director PAGE 2

Travel agent pleads not guilty to defrauding clients of thousands PAGE 4

Sharewood Project brings free pregnancy care to women PAGE 7

Meng's Kitchen delivers authentic Chinese buns PAGE 10

For more news, please visit Sampan.org

Sampan publishes every other Friday.

November 1 - 14, 2013

2013年11月1日 - 11月14日
Giles Li is a homegrown Bostonian and proud of it. The son of immigrants, Li’s family frequented Chinatown and Li found his first job in the neighborhood. Today, he continues to work in the area by taking over for Elaine Ng as executive director of Boston Chinatown Neighborhood Center this month. Ng stepped down to take care of her son.

“I saw that my parents worked hard and took advantage of opportunities. But it was hard for them to get resources for me and my sister,” Li said. “That was an inspiration to me.”

Li first came to BCNC in 2006, right after the agency consolidated from six sites to two at 38 Ash Street and the Josiah Quincy Elementary School. He grew the new arts and enrichment program into a well-known one, and became director of programs in 2011, managing eight different programs serving childcare, after school, youth and adults.

“After an extensive nationwide search, we believe that Giles is the dynamic leader who will advance BCNC to its next stage of growth,” said Selina Chow, BCNC board president.

“BCNC is about serving entire families,” Li said. “Families don’t face challenges in their life one at a time, so we need to address them holistically. We want to make sure families feel supported and people in the community can support them in their time of greatest challenge.”

“A value of the organization is developing skills,” he said. “Some staff have been here more than 20, 30 years. We have had people who were once participants of our programs or childcare now come back as staff or board members. They put their child in our care. As a community center, we take that seriously.”

Asian American women’s panel discusses sexual health

BY LAN NGUYEN

Asian Sisters Participating in Researching and Reaching Excellence and Boston University’s Alpha Kappa Delta Phi held a Speaker Series discussion on sexual health and healthy relationships on Oct. 17 at Boston University. The event featured a panel comprising Lucy Chie, Hyoeun Chris Hahn and Tina Oza, which was moderated by Qingjiang Shi.

The ASPIRE panelists discussed how most Asian Americans have difficulty talking about sex and a lack of knowledge about it. Even though both of Chie’s parents were in the medical profession, they still had difficulty talking about sex, said Chie, director of obstetrics and gynecology at South Cove Community Health Center, a staff physician at Beth Israel Deaconess Medical Center and an instructor at Harvard Medical School. It was not until she posed her questions as hypothetical scenarios that her father, a doctor, broached the subject.

The stigma and shame placed on sex and mental illness made it hard for Asians to ask questions and seek help, said Hahn, an associate professor at Boston University’s School of Social Work. She found 70 percent of Asians who suffer from depression do not seek treatment, compared to 40 percent of Caucasians. Depression affects one in three Asian American women, but they do not seek treatment because of “face saving” attitudes, Hahn said.

Panelists hoped sex and mental illness would be normalized in the Asian community. Shi, owner of SparkleBop and executive director of English at Large, said that because she and her parents never talked about sex, she felt like she was behind her peers.

Less than 50 percent of Asians use condoms, Hahn said. Reasons include women wanting to accommodate partners who preferred not to use a condom, trusting their partner to be monogamous and the subjective assessment that their partner didn’t appear to have a sexually transmitted disease.

Chie reminded women that prevention methods for pregnancies and STDs are entirely two separate matters. For example, going on the pill does not prevent STDs. Chie said, “You want to trust your partner but protect yourself. Only you can protect yourself.”

To maintain a healthy relationship, women should talk to their partners about consent and boundaries, said Oza, a doula and domestic violence advocate at The Network: La Red, an organization seeking to end partner abuse in the lesbian, gay, bisexual, queer and transgender community. She also advised women to be assertive about boundaries.

ASPIRE is a nonprofit organization seeking to engage, educate and empower Asian American girls and women.
Event Calendar

ACMES will hold its 2013 forum. A total of 25 experts from hospitals, medical schools and health research institutes will give presentations. Fees: $25 per day, $40 for two days. Lunch and refreshments are included.

ACMES 2013 forum Special Series Friday, Nov. 1 Noon to 1 p.m.
Asian American Civic Association 87 Tyler Street, 4th Floor Boston, MA 02111
John Connolly, candidate for mayor, will be speaking about his vision for Boston’s mayor and ideas on providing working opportunities for the immigrant and low-income communities. Chinese interpretation is available.

AACA Community Forum Special Series Thursday, Nov. 7 6 p.m. to 8 p.m.
AACA Community Forum 33 Binney Street Boston, MA 02215
Benjamin Wayne, candidate for mayor, will discuss his platform for creating affordable housing for all people. Chinese interpretation is available.

First-time homebuyer class Saturday, Nov. 9 7:30 a.m. to 1 p.m.
Foundation of Middle Eastern Women 245 Atlantic Avenue Cambridge, MA 02139

First Church of Malden 184 Pleasant Street Malden, MA 02148

AACA Community Forum Special Series Wednesday, Nov. 13 8:30 a.m. to 5 p.m.
Asian American Civic Association 87 Tyler Street, 4th Floor Boston, MA 02111
The class will be given to public on both Nov. 16 and Nov. 17. With accomplishment of the two-day class, students will get their first house buyer certificate, which is issued by the government and will be valid for three years. Middle or low income residents can apply for affordable housing with this certificate, and enjoy benefits such as loans and low prepayment, which can be 3 percent of the house price. Class fee is $40. To register please call (617) 482-2380 x 208 or email CHOP@asiancdc.org.

TransformAsian cancer education conference Saturday, Nov. 16 8:30 a.m. to 5 p.m.
Yawkey Center For Cancer Care 450 Brookline Avenue Boston, MA 02215
Asian Women For Health will hold a free cancer education conference for Asian women and their caregivers at the Dana Farber’s Yawkey Center. The conference will dispel myths and reduce health disparities by educating Asian women about their risks and where the resources are. A resource fair will also be available on-site to provide great outreach/marketing opportunities for organizations to provide information needed for the community members. To register, please visit https://transformasians2013.eventbrite.com/.

\[ \text{NOW HIRING!} \]

Staffing Network has partnered with a local Distribution Warehouse and we are seeking several Order Pickers and Package Handlers! Seeking to earn extra cash for the holidays? Full time and part time positions in 1st and 2nd shift available! No experience required! Staffing Network offers benefits! $9/HR.

Join us at our Job Fair! Monday (Nov 4th) and Tuesday (Nov 5th) 9am-3pm
Holiday Inn 1200 Beacon Street Brookline, MA 02446

Please bring 2 forms of ID.

Refer your friends and family! Please apply online at www.staffingnetwork.com prior to event.

\[ \text{DON'T FORGET TO VOTE on November 5!} \]
College Day connects high school students to higher education

By See Vang

The Asian American Civic Association’s Youth Council hosted 36 colleges and attracted more than 100 students and parents to College Day on Oct. 20. Like the past two years, College Day focused on providing nontraditional students, such as adult learners and immigrants, families the opportunity to learn about and interact with college representatives from all over Massachusetts. Jodi Then from the Massachusetts Education Financing Authority led a financial aid workshop explaining the different forms and processes often used by private and public institutions.

In addition to college representatives and the financial aid workshop was a panel discussion on the topic of “Does College = A Good Job? The Efficacy of a College Degree in Today’s Society.” Panelists included special assistant to the superintendent of Boston Public Schools Kenny Ko from the Chinese Progressive Association, vitamin C expert and Viet AID executive director Nam Pham. Each panelist shared their perspective regarding college and its contribution to their definitions of success.

The 36 colleges that participated this year were Babson College, Bay State College, Benjamin Franklin Institute of Technology, Cambridge College, Boston University Metropolitan College, Brown University, Bunker Hill Community College, Curry College, College of the Holy Cross, Dean College, Emerson College, Endicott College, Fisher College, Gordon College, Harvard University, Lesley University, Massachusetts Bay Community College, Massachusetts College of Pharmacy and Health Sciences, Massachusetts Community College, Pine Manor College, Quincy College, Regis College, Roxbury Community College, Salem State University, School of the Museum of Fine Arts, Simmons College, Suffolk University, Tufts University, University of Massachusetts Amherst, University of Massachusetts Boston, University of Massachusetts Lowell, Urban College of Boston, Wellesley College, Wheelock College, Wentworth Institute of Technology and Wheaton College.

Mark the Dates!

The Boston Water and Sewer Commission recently hosted College Day 2013 taking place on Oct. 20 at the Asian American Civic Association. A panel on college was moderated by Richard Goldberg, with panelists (left to right) Tony Kwan, Bik Fun Wong and Nam Pham. (Image courtesy of See Vang.)

College Day connects high school students to higher education

By Sylvana Chan

On Oct. 7, Mr. Chen arrived at Boston Logan Airport with his wife, expecting to board a flight to Hong Kong that would eventually take them to their destination of Fuzhou, China. However, they learned at the check-in counter that their flight reservations did not exist.

Mr. Chen immediately called Linda Do, the travel agent at Olympic Travel who booked his airfare. Do admitted the reservations were never made and told Mr. Chen she would return the $3,200 in cash she gave him if he would come to her Chinatown office the next day. Mr. Chen was shocked — the usually reliable Do had been taking care of his family’s travel needs for years. Mr. Chen showed up the next day. Do wasn’t there. He called her family. No response. Finally, she answered and told him she wasn’t going to be able to make it. “Don’t worry about the money — I’ll return it,” she assured him. “It’s not like it’s tens of thousands of dollars.”

Nevertheless, people should “reevaluate their travel arrangements,” Wark cautioned.

Linda Do was charged for selling fake airfare to at least 14 victims. (Image courtesy of the Suffolk County District Attorney.)

The Asian American Civic Association’s Youth Council hosted 36 colleges and attracted more than 100 students and parents to College Day on Oct. 20. Like the past two years, College Day focused on providing nontraditional students, such as adult learners and immigrants, families the opportunity to learn about and interact with college representatives from all over Massachusetts. Jodi Then from the Massachusetts Education Financing Authority led a financial aid workshop explaining the different forms and processes often used by private and public institutions.

In addition to college representatives and the financial aid workshop was a panel discussion on the topic of “Does College = A Good Job? The Efficacy of a College Degree in Today’s Society.” Panelists included special assistant to the superintendent of Boston Public Schools Bik Fun Wong, developer Tony Kwan and Viet AID executive director Nam Pham. Each panelist shared their perspective regarding college and its contribution to their definitions of success.

The 36 colleges that participated this year were Babson College, Bay State College, Benjamin Franklin Institute of Technology, Cambridge College, Boston University Metropolitan College, Brown University, Bunker Hill Community College, Curry College, College of the Holy Cross, Dean College, Emerson College, Endicott College, Fisher College, Gordon College, Harvard University, Lesley University, Massachusetts Bay Community College, Massachusetts College of Pharmacy and Health Sciences, Massachusetts Community College, Pine Manor College, Quincy College, Regis College, Roxbury Community College, Salem State University, School of the Museum of Fine Arts, Simmons College, Suffolk University, Tufts University, University of Massachusetts Amherst, University of Massachusetts Boston, University of Massachusetts Lowell, Urban College of Boston, Wellesley College, Wheelock College, Wentworth Institute of Technology and Wheaton College.

Mark the Dates!

The Boston Water and Sewer Commission recently hosted College Day 2013 taking place on Oct. 20 at the Asian American Civic Association. A panel on college was moderated by Richard Goldberg, with panelists (left to right) Tony Kwan, Bik Fun Wong and Nam Pham. (Image courtesy of See Vang.)

College Day connects high school students to higher education

By Sylvana Chan

On Oct. 7, Mr. Chen arrived at Boston Logan Airport with his wife, expecting to board a flight to Hong Kong that would eventually take them to their destination of Fuzhou, China. However, they learned at the check-in counter that their flight reservations did not exist.

Mr. Chen immediately called Linda Do, the travel agent at Olympic Travel who booked his airfare. Do admitted the reservations were never made and told Mr. Chen she would return the $3,200 in cash she gave him if he would come to her Chinatown office the next day. Mr. Chen was shocked — the usually reliable Do had been taking care of his family’s travel needs for years. Mr. Chen showed up the next day. Do wasn’t there. He called her family. No response. Finally, she answered and told him she wasn’t going to be able to make it. “Don’t worry about the money — I’ll return it,” she assured him. “It’s not like it’s tens of thousands of dollars.”

Nevertheless, people should “reevaluate their travel arrangements,” Wark cautioned.

Linda Do was charged for selling fake airfare to at least 14 victims. (Image courtesy of the Suffolk County District Attorney.)

The Asian American Civic Association’s Youth Council hosted 36 colleges and attracted more than 100 students and parents to College Day on Oct. 20. Like the past two years, College Day focused on providing nontraditional students, such as adult learners and immigrants, families the opportunity to learn about and interact with college representatives from all over Massachusetts. Jodi Then from the Massachusetts Education Financing Authority led a financial aid workshop explaining the different forms and processes often used by private and public institutions.

In addition to college representatives and the financial aid workshop was a panel discussion on the topic of “Does College = A Good Job? The Efficacy of a College Degree in Today’s Society.” Panelists included special assistant to the superintendent of Boston Public Schools Bik Fun Wong, developer Tony Kwan and Viet AID executive director Nam Pham. Each panelist shared their perspective regarding college and its contribution to their definitions of success.

The 36 colleges that participated this year were Babson College, Bay State College, Benjamin Franklin Institute of Technology, Cambridge College, Boston University Metropolitan College, Brown University, Bunker Hill Community College, Curry College, College of the Holy Cross, Dean College, Emerson College, Endicott College, Fisher College, Gordon College, Harvard University, Lesley University, Massachusetts Bay Community College, Massachusetts College of Pharmacy and Health Sciences, Massachusetts Community College, Pine Manor College, Quincy College, Regis College, Roxbury Community College, Salem State University, School of the Museum of Fine Arts, Simmons College, Suffolk University, Tufts University, University of Massachusetts Amherst, University of Massachusetts Boston, University of Massachusetts Lowell, Urban College of Boston, Wellesley College, Wheelock College, Wentworth Institute of Technology and Wheaton College.

The Boston Water and Sewer Commission recently hosted College Day 2013 taking place on Oct. 20 at the Asian American Civic Association. A panel on college was moderated by Richard Goldberg, with panelists (left to right) Tony Kwan, Bik Fun Wong and Nam Pham. (Image courtesy of See Vang.)

College Day connects high school students to higher education

By Sylvana Chan

On Oct. 7, Mr. Chen arrived at Boston Logan Airport with his wife, expecting to board a flight to Hong Kong that would eventually take them to their destination of Fuzhou, China. However, they learned at the check-in counter that their flight reservations did not exist.

Mr. Chen immediately called Linda Do, the travel agent at Olympic Travel who booked his airfare. Do admitted the reservations were never made and told Mr. Chen she would return the $3,200 in cash she gave him if he would come to her Chinatown office the next day. Mr. Chen was shocked — the usually reliable Do had been taking care of his family’s travel needs for years. Mr. Chen showed up the next day. Do wasn’t there. He called her family. No response. Finally, she answered and told him she wasn’t going to be able to make it. “Don’t worry about the money — I’ll return it,” she assured him. “It’s not like it’s tens of thousands of dollars.”

Nevertheless, people should “reevaluate their travel arrangements,” Wark cautioned.

Linda Do was charged for selling fake airfare to at least 14 victims. (Image courtesy of the Suffolk County District Attorney.)

The Asian American Civic Association’s Youth Council hosted 36 colleges and attracted more than 100 students and parents to College Day on Oct. 20. Like the past two years, College Day focused on providing nontraditional students, such as adult learners and immigrants, families the opportunity to learn about and interact with college representatives from all over Massachusetts. Jodi Then from the Massachusetts Education Financing Authority led a financial aid workshop explaining the different forms and processes often used by private and public institutions.

In addition to college representatives and the financial aid workshop was a panel discussion on the topic of “Does College = A Good Job? The Efficacy of a College Degree in Today’s Society.” Panelists included special assistant to the superintendent of Boston Public Schools Bik Fun Wong, developer Tony Kwan and Viet AID executive director Nam Pham. Each panelist shared their perspective regarding college and its contribution to their definitions of success.

The 36 colleges that participated this year were Babson College, Bay State College, Benjamin Franklin Institute of Technology, Cambridge College, Boston University Metropolitan College, Brown University, Bunker Hill Community College, Curry College, College of the Holy Cross, Dean College, Emerson College, Endicott College, Fisher College, Gordon College, Harvard University, Lesley University, Massachusetts Bay Community College, Massachusetts College of Pharmacy and Health Sciences, Massachusetts Community College, Pine Manor College, Quincy College, Regis College, Roxbury Community College, Salem State University, School of the Museum of Fine Arts, Simmons College, Suffolk University, Tufts University, University of Massachusetts Amherst, University of Massachusetts Boston, University of Massachusetts Lowell, Urban College of Boston, Wellesley College, Wheelock College, Wentworth Institute of Technology and Wheaton College.
Aldridge and her team can study the TB bacterium directly. TB is prevalent, with about one-third of the world’s population having latent TB — they are infected by the TB bacteria but are not yet sick, nor can they transmit the disease. TB caused 8.7 million people to fall ill and 1.4 million deaths in 2011, according to the World Health Organization.

In 2012, 215 cases of TB were reported in Massachusetts. Minorities are disproportionately affected by TB, with 22.9 cases per 100,000 Asian residents, according to the Massachusetts Department of Public Health. Asians are 27.1 times more likely to be diagnosed with TB than white individuals.

“We hope by studying tuberculosis and looking at cells on an individual level, we can understand other diseases like cancer,” Aldridge said. “Cancer treatment tries to kill some cells in the body but keep the healthy ones, which uses many drugs for many months. There are a lot of parallels dealing with infection and cancer. … We’re really excited to do the work.”

Aldridge is one of 41 recipients of the 2013 NIH Director’s New Innovator Award.
Harvard Pilgrim launches partnership with Asian American Civic Association

SUBMITTED BY HARVARD PILGRIM HEALTH CARE

Harvard Pilgrim Health Care announced the launch of Count Us In Community Partnerships, a new, year-long collaboration with the Asian American Civic Association and Saheli Boston, nonprofit organizations which work with the Chinese and South Asian communities, respectively on Oct. 18.

Sponsorships, grants, marketing and volunteer support from Harvard Pilgrim Health Care will help each organization build and enhance services. Both agencies can participate in a mentoring program with Harvard Pilgrim’s senior leaders.

Part of Harvard Pilgrim’s enterprise-wide Corporate Inclusion Initiative, Count Us In Community Partnerships is designed to help local nonprofits maximize their services and engage Harvard Pilgrim Health Care more directly with the region’s diverse communities. The pilot effort coincides with the launch of Harvard Pilgrim Health Care’s Eastern Harmony, a new program integrating the health and wellness practices of Eastern and Western medicine with Harvard Pilgrim’s popular benefit plans.

According to Eric Schultz, president and CEO of Harvard Pilgrim Health Care, Count Us In Community Partners is a natural extension of the company’s long-time focus on accessible, quality health care, wellness and inclusion. “We welcome the chance to support these two vital organizations which provide essential services and are working to build strong, safe, and healthy communities,” Schultz said.

AAHC has served and advocated for the needs of immigrants and other economically disadvantaged people since 1967. Saheli Boston is the only nonprofit organization specifically providing support services, training programs and recovery resources to South Asian women in the United States affected by domestic violence and abuse.

Asian American advocate applauds President’s push for immigration reform

BY ASIAN AMERICANS ADVANCING JUSTICE | AAJC

President Barack Obama and Vice President Joe Biden at the White House with chairman of National Council of Asian Pacific Americans and executive director of South Asian Americans Leading Together Deepa Iyer (back right) and Secretary of National Council of Asian Pacific Americans and executive director of Asian Pacific American Labor Alliance AFL-CIO Gregory Gordan (front right).

President Barack Obama called for a renewed push for immigration reform on Oct. 24, following the recent government shutdown and inaction by Republican House leadership. Asian Americans Advancing Justice | AAJC welcomes the president’s leadership on comprehensive immigration reform and urges Congress to work on solutions that will include family reunification, a pathway to citizenship, and protections for immigrant rights.

“Asian Americans nationwide have been organizing and mobilizing support for immigration reform that reunites our families, provides a pathway to citizenship, and protects the rights of immigrant workers,” said Mee Moua, president and executive director of Advancing Justice | AAJC.

“The president’s renewed push for immigration reform is yet another sign of the national momentum for comprehensive immigration reform.”

The president argued that immigration reform “would grow the economy and shrink the deficit.” President Obama urged Republicans to work with their Democratic colleagues on a comprehensive solution before the end of the year.

Earlier this year, the U.S. Senate passed a bipartisan bill on immigration reform. While placing harmful restrictions on family-based immigration by eliminating sibling visas and putting an age cap on adult married children, the bill did include much-needed provisions to clear the family visa backlogs and make citizenship a reality. The House has failed to take up the Senate bill, and instead, House Republicans have introduced individual bills that hurt the economy, immigration system and families. Advancing Justice | AAJC will continue to work with Congress on an immigration solution that will work for families and communities.
The Sharewood Project, a free, student-led community health clinic, has been offering unscheduled care to the medically underserved populations of the greater Boston area since 1997. The clinic is currently providing free pregnancy care service for women, which connects patients to primary care physicians as well as health insurance enrollment assistance.

The clinic moved to the First Church of Malden in 2004, and operates every Tuesday night from 6 to 8 p.m. The Sharewood Project is staffed by volunteer physicians and medical students affiliated with Tufts University School of Medicine, as well as other health professionals, students and interpreters.

Sharewood offers many health care services such as basic primary care, dental exams, eye exams, sexual and reproductive health, women’s health, dermatology, nutrition counseling, and case management. The project derives funding for its operating costs solely through fundraising and donations.

“We have breast exams, pregnancy exams, tests for HIV and gonorrhea. We also counsel our patients on birth control options,” said Allyson Westling, women’s health administrator for the Sharewood Project. “Now we are offering prenatal services. We give any woman who might be pregnant or who is pregnant a pack of prenatal vitamins, which will keep her healthy until we get her linked to a long-term health care.”

Every patient who comes in will check in, have a blood pressure test and be led to a case manager to see if he or she needs food stamps, housing or assistance getting enrolled in health insurance. The majority of the patients do not have health insurance, and the project tries to help them find and apply for the insurance that they can afford.

“Because of the need, we work with an organization that provides trained medical interpreters coming into the clinic. They can speak Arabic, Cantonese, Mandarin, French and other languages,” Westling said.

Sharewood project has just been awarded another year of a Parent-2-Parent grant initiative from Tufts Medical Center in an effort to expand its prenatal care services, specifically to women in Chinatown.

“We open our door to anyone who wants to come in and use our services. Also we try to get medical students and graduate students comfortable working with patients, building their clinical skills and helping the community,” said Westling.

Sharewood provides free return T passes from Malden Center for patients in need.

Address: 184 Pleasant Street, Malden, MA 02148

The See, Test & Treat program took place at Tufts Medical Center on Oct. 26. For the fourth year in a row, Tufts Medical Center doctors provided free breast and pelvic exams to uninsured and underserved women. This is the first year in which the program provided pediatric kidney screenings for children.

The program seeks to give back to the community and recognizes barriers such as language, immigration status and taking time off from work prevent many from getting the necessary screenings. With the help of interpretors and doctors, patients received the results of their screening on the same day and were given information about follow-up treatment. Some patients were able to see their results through a microscope with a pathologist.

Volunteers were on hand to educate women about a range of health related topics such as blood pressure, nutrition programs such as the Women, Infants and Children and Supplemental Nutrition Assistance Program, and how to conduct a breast self-exam.

Chien-Chi Huang, breast cancer survivor and executive director of the Asian Breast Cancer Project, said, “Men should learn how to conduct breast self-exams too. Most men are the ones to find the lumps.”

In addition to screenings for cervical and breast cancer, the program included pediatric kidney screening. Screenings included urinalysis and blood pressure tests. Asians tend to have a high risk of kidney disease, making early detection crucial.

Pediatric nephrologist Nicole Ranazzo-Ahern said, “Because every child is different in terms of gender, height and age, what is considered a normal blood pressure varies in each child.”

High blood pressure can lead to kidney failure, heart failure, stroke and heart disease. Some of the results from children screened showed abnormailities, which resulted in the parents also getting kidney screenings. Ranazzo-Ahern recommended individually “to watch the American diet, exercise and be active.”
Flavored electronic cigarettes forge pathway to addiction, death and disease

BY AMERICAN LUNG ASSOCIATION BOARD CHAIR ROSS LANZAFAME AND PRESIDENT AND CEO HAROLD WIMMER

Image courtesy of Flickr user lindsay-fix.

E-cigarette use among middle school children has doubled in just one year. Last month, the Centers for Disease Control and Prevention announced e-cigarette use also doubled among high school students in one year, and that 1 in 10 high school students have used an e-cigarette. Altogether, 1.78 million middle and high school students nationwide use e-cigarettes. Yet, the Food and Drug Administration still is not regulating e-cigarettes. The absence of regulatory oversight means the tobacco industry is free to promote “Atomic Fireball” or cotton candy-flavored e-cigarettes to our children. Clearly, the aggressive marketing and promotion of e-cigarettes is reaching with alarming success.

It is well known that nicotine is a highly addictive substance, whether delivered in a conventional cigarette or an e-cigarette. The use of sweet flavors is an old tobacco industry trick to entice and addict young children to tobacco products, and the entrance of the nation’s largest tobacco companies into this market clearly is having an impact. Why does Big Tobacco care about e-cigarettes? Tobacco use kills more than 400,000 people each year and thousands more successfully quit. To maintain its consumer ranks and enormous profits, the tobacco industry needs to attract and addict thousands of children each day, as well as keep adults dependent. We share the CDC’s concern that children who begin by using e-cigarettes may be condemned to a lifelong addiction to nicotine and cigarettes.

In addition, the American Lung Association is very concerned about the potential safety and health consequences of electronic cigarettes, as well as claims that they can be used to help smokers quit. With no government oversight of these products, there is no way for the public health and medical community or consumers to know what chemicals are contained in an e-cigarette or what the short and long term health implications might be. That’s why the ALA is calling on the FDA to propose meaningful regulation of these products to protect the public health.

The FDA has not approved e-cigarettes as a safe or effective method to help smokers quit. When smokers are ready to quit, they should call 1-800-QUIT-NOW or talk with their doctors about using one of the seven FDA-approved medications proven to be safe and effective in helping smokers quit.

According to recent estimates, there are 250 different e-cigarette brands for sale in the U.S. today. With so many brands, there is likely to be wide variation in the chemicals that each contain. In initial lab tests conducted by the FDA in 2009, detectable levels of toxic cancer-causing chemicals were found — including an ingredient used in anti-freeze — in two leading brands of e-cigarettes and 18 various e-cigarette cartridges. That is why it is so urgent for FDA to begin its regulatory oversight of e-cigarettes, which must include ingredient disclosure by e-cigarette manufacturers to the FDA.

Also unknown is what the potential harm may be to people exposed to secondhand emissions from e-cigarettes. Two initial studies have found formaldehyde, benzene and tobacco-specific nitrosamines (a well-known carcinogen) coming from those secondhand emissions. While there is a great deal more to learn about these products, it is clear that there is much to be concerned about.

Diabetes increasing among American youth

BY HAO LU

Gov. Deval Patrick joined U.S. Health and Human Services Secretary Kathleen Sebelius and Boston Mayor Thomas Menino at the Oliver Wendell Holmes School in Dorchester on Feb. 29, 2012, to highlight Step It Up, a pilot program that encourages students to be active and healthy to prevent childhood obesity. (Image courtesy of Eric Haynes for the Office of Governor Patrick.)

Diabetes trends among American youth show the prevalence of both type 1 and type 2 increased among young people substantially over the past decade, according to medical research published in the China Medical Tribune. Diabetes is now one of the major chronic diseases among American youth. An article from “Diabetes Care” found more 190,000 people under the age of 20 in the United States are affected by diabetes.

In the study, it showed the occurrence of diabetes goes up when children get older, and the risk for women to develop diabetes is higher than that for men. Among all the 3,458,974 American youth under the age of 20 who participated in the study, 7,695 of them have diabetes. A total of 6,668 of them have Type 1 diabetes, while 837 of them developed Type 2 diabetes. Of the youth, 190 of them have other types of diabetes.

The study estimated that overall, there are 166,984 people under the age of 20 in the United States who have diabetes. In the survey, 166,984 of them had Type 1 and 20,262 of them had Type 2 diabetes.

<table>
<thead>
<tr>
<th>Category</th>
<th>Number of people with diabetes</th>
<th>Overall number of people</th>
<th>Prevalence rate/1000</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>7,695</td>
<td>3,458,974</td>
<td>2.22</td>
</tr>
<tr>
<td>age 0-4</td>
<td>246</td>
<td>832,791</td>
<td>0.3</td>
</tr>
<tr>
<td>age 5-9</td>
<td>1,184</td>
<td>844,923</td>
<td>1.4</td>
</tr>
<tr>
<td>age 10-14</td>
<td>2,580</td>
<td>867,403</td>
<td>2.97</td>
</tr>
<tr>
<td>age 15-19</td>
<td>3,685</td>
<td>913,857</td>
<td>4.03</td>
</tr>
<tr>
<td>White</td>
<td>5,085</td>
<td>1,885,451</td>
<td>2.7</td>
</tr>
<tr>
<td>Black</td>
<td>872</td>
<td>383,198</td>
<td>2.28</td>
</tr>
<tr>
<td>Spanish</td>
<td>1,403</td>
<td>809,267</td>
<td>1.73</td>
</tr>
<tr>
<td>Asian or Pacific Islander</td>
<td>210</td>
<td>260,846</td>
<td>0.8</td>
</tr>
<tr>
<td>Female</td>
<td>3,886</td>
<td>1,692,112</td>
<td>2.3</td>
</tr>
<tr>
<td>Male</td>
<td>3,809</td>
<td>1,766,862</td>
<td>2.16</td>
</tr>
</tbody>
</table>
Sampan

‘Linsanity’ movie scores with positive message

BY LING-MEI WONG

Before Linsanity took the world by storm, there was a young Chinese-American boy who loved basketball.

Jeremy Lin, 25, overcame discrimination to become an NBA player with the best start in history. “Linsanity” director Evan Jackson Leong followed Lin from his days at Harvard and documented his stratospheric rise.

Lin was a good athlete, leading his high school basketball team to victory against the top-ranked Mater Dei. Yet he got no offers from any college basketball team. He was accepted by Harvard and played for a team, which did not offer a scholarship.

The documentary builds to its stellar starting game for the New York Knicks, as he faced being cut. Lin’s blood, sweat and tears are shown, with Lin being disarmingly candid about his doubts and fears. When his NBA future was uncertain, Lin’s faith kept him going.

As the first NBA player of Taiwanese descent—and just one of nine Asians—Lin dealt with blatant racism on and off the court. Fans scream racist epithets right at the camera, while late-night hosts crack jokes about his small eyes. While the pressure was overwhelming, Lin has dealt with his overnight fame gracefully.

“Linsanity” is a feel-good story, despite the breathless hype at times. Lin comes across as a goofy friend who remains down to earth and humble. Appearances by his family and friends drive home just how human Lin is navigating the meteoric highs and lows in his career.

Lin and the athlete and Christian show through in this documentary. For his sheer determination alone, this deserves five stars.

Bruce Lee and his legacy

BY KENNY SUI-FUNG YIM

The Brattle Theatre in Cambridge, Mass. commemorated the 40th anniversary of Bruce Lee’s final movie, “Enter the Dragon.” From Sept. 20 to 23, which was released mere weeks before his untimely death. On Oct. 20, the Boston Chinese Freemasons Athletic Club celebrated its 65th anniversary with a spectacular lion dance and movement showcase under the iconic gateway to Chinatown.

No other Chinese American pop culture figure has attained the same level of demigod status as Bruce Lee. There is a cult following, to the point of hero worship, of the man. Los Angeles director Timothy Tau, whose short biopic of another Chinese-American trailblazing actor Kuye Luke was featured at the Boston Asian American Film Festival, is planning his next project on Bruce Lee.

In the subsequent weeks after viewing the film, I also noticed that “BruceLee” was trending on Facebook. Quite simply, he is a legend. As a young Chinese-American man, I had heard of him, before I knew of any of his work. While not a fan of kung fu movies, unless parodied in American man, I knew of him, before I realized he is a legend. As a young Chinese-American who planned his next project on Bruce Lee.

The movie seemed to be a commentary about his having to fight against his big enemy, himself. He specifically highlighted his ethnic heritage. He had to vanquish his Chinese-ness to succeed.

When I was watching the Freemasons, I saw that Bruce Lee is not just an icon, but a human being who represents the aspirations of many Chinese men. I was amazed by the same concentration evident in the faces of the martial artists. More importantly, I saw how well they supported one another. Kung fu shows off the individual, but requires extreme teamwork.

Recently, 30 principals from seven different provinces in China spent the day at Boston Renaissance Charter School. They observed the board of trustees meeting in the evening. They were interested in seeing first-hand how students with diverse needs are being taught in the state and the governance of independent public schools.

The principals voiced their appreciation for the school’s efforts to offer Chinese language and culture in America. They expressed interest in future collaborative partnerships, as well as student and staff exchange programs as an effort to ensure peace and prosperity for future generations. More than 500 Renaissance students are presently learning Mandarin and the value of international partnerships. (Image courtesy of the Boston Renaissance Charter Public School.)

Electronic bids for the project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bids.com forthwith after the bid submission deadline. No paper copies of bids will be accepted. Bidders must have a valid digital ID issued by the Authority in order to bid on projects. Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

Electronic bids for MBTA Contract No. B64CN01, REPAIR/REHABILITATION OF MERRIMACK RIVER AND WASHINGTON STREET BRIDGES, CITY OF HAVENHILL, MASSACHUSETTS, (CLASS 1 – GENERAL TRANSIT CONSTRUCTION and 4A – BRIDGES - STEEL SUPERSTRUCTURES, TOTAL PROJECT VALUE - $28,707,000), can be submitted at www.bids.com until two o’clock (2:00 p.m.) on December 12, 2013. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of:

- Repair/rehabilitation of the Merrimack River Bridge (BR. No. H-12-061(A1/F)), the North Approach Bridge (BR. No. H-12-061(749)) and the Washington Street Bridge (BR. No. H-12-029(857)).

The superstructure work consists of, but not limited to, partial demolition, repair of deteriorated steel structural members, strengthening the existing structural members, replacing portions of existing superstructure, replacing existing bearings, replacing the deteriorated rivets, and painting of the superstructure. The substructure work consists of, but not limited to, structure repair/strengthening and repointing/grouting the mortar joints. Trackwork consists of, but not limited to, removal and reinstallation of existing bridge ties and replacing the existing jointed rail with continuous welded rail. Pavement milling and overlay and replacement of lighting fixtures at Washington Street Bridge bridge area.

The DBE Goal is 16%. This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of the U.S. Department of Transportation. FTA Participation 71.5 percent. The Authority has secured $10 million from the Federal Transit Administration’s TIGER Grant program.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

On behalf of the MBTA, thank you for your time and interest in responding to this Notice to Bidders.

Massachusetts Bay Transportation Authority
Beverly A. Scott, Ph.D.
MBTA General Manager and Rail and Transit Administrator
Richard A. Davey
MassDOT Secretary and CEO
October 30, 2013

Massachusetts Bay Transportation Authority
welcomes 30 principals from China
SUBMITTED BY BOSTON RENAISSANCE CHARTER PUBLIC SCHOOL

The principals voiced their appreciation for the school’s efforts to offer Chinese language and culture in America. They expressed interest in future collaborative partnerships, as well as student and staff exchange programs as an effort to ensure peace and prosperity for future generations. More than 500 Renaissance students are presently learning Mandarin and the value of international partnerships. (Image courtesy of the Boston Renaissance Charter Public School.)

UNCRUSHED, UNWMANED, UNANSWERING, THE LEGEND OF THE DRAGON.

November 11, 2013
Meng’s Kitchen delivers authentic Chinese steamed buns

BY LING-MEI WONG

Stuffed buns or “baozi” are deceptively simple: ground pork encased in a chewy flour bun. And yet they are tricky to get right.

Too much fat in the meat makes a bun too heavy, while overworking the flour dough results in a tough bun. The pork also needs to be seasoned just right to balance out the blandness of the bun. Too often, buns have a strange aftertaste. Either the meat hasn’t been seasoned properly or the bun has a suspicious chemical taste from the rising agent intended to speed up the yeast. Sadly, there are few places with authentic northern Chinese buns.

Meng’s Kitchen gets stuffed buns right. The pork bun ($1) is filled with tasty pork mixed with crispy cabbage, fresh ginger and a hint of spice. Meng’s bun is fluffy without a mouth-drying aftertaste. It’s fitting that the food truck’s Chinese name is “Tianjin stuffed buns” for a taste of true northern Chinese cuisine.

The “rou jia mo” or meat sandwich ($2.50) features a “mo” pita pocket full of sliced pork, scallions and sweet bean sauce. It’s not as memorable as the (Left) “Rou jia mo” meat sandwich. (Right) Pork steamed bun. (Images courtesy of Ling-Mei Wong.) stuffed buns, but quite satisfying with the generous helping of spiced meat and fresh cilantro. This is great street food that travels well, albeit with the odd slice of meat escaping the flatbread pocket.

Meng’s Kitchen just rolled onto the Boston food truck scene last week; the truck itself has yet to be wrapped. Presently the truck is white, but should get a gleaming update in early November. It presently serves breakfast from 7 a.m. to 10 a.m. on Mondays to Fridays, at the corner of Washington and Boylston Streets. Delivery is available for orders over $30.

If you happen to be at the China Trade Center in the morning, be sure to grab a bun from Meng’s Kitchen.

Meng’s Kitchen
(617) 230-1905

Shanghai 1937: Stalingrad on the Yangzte
by Peter Harmsen

BY RYAN DANIELS

It is not often that one discovers a great significant event in history that is both overlooked and underwritten. The battle of Shanghai in the summer and fall of 1937 is one such event. In “Battle of Shanghai 1937: Stalingrad on the Yangzte,” by Peter Harmsen, he takes the casual reader as well as the avid military history enthusiast on a horrific journey down the blood-soaked alleys and war-ravaged suburbs of one of China’s greatest cities.

Harmsen gives the reader a brief history of the city and the events leading up to the bloody summer of 1937. He focuses on the rise of Japan’s militaristic empire, as well as the slower modernization of China.

The foreign communities of Shanghai also play a large role in the battle for the city, which Harmsen weaves with elegant storytelling into the upcoming historical novel “Crane.”

Harmsen strives to portray the common fighting man or woman of China in a fairly high degree of accuracy. The book is well-written. It has a treasure trove of rare photos of the battle and is exhaustively researched. Harmsen has earned his stripes in uncovering this event from an academic military standpoint. Along with accurately placing units in their order of battle, he also succeeds in humanizing these units with their strengths and faults, commanding the reader to get a taste of who the generals were and why they made the decisions they did. A very human face is put on them, and one can see them for all their triumphs and battles but also walking the tightrope of Chinese politics in the 1930s.

“Shanghai 1937” is a must-read for anyone interested in military history or a genuine fascination of the nationalist era in Chinese history. It retails for $32.95 and is well worth the value.

Ryan Daniels is the founder of Ni-hao Boston magazine and the Chinese Re-enactor Association of New England. CRANE strives to portray the common fighting man or woman of China in a fairly high degree of historical accuracy, between the period of 1931 to 1945.