**January 10 - 30, 2014**

**SAMPAN**

The only bilingual Chinese-English Newspaper in New England

**2014年1月10日 - 1月30日**

January 25 - February 7, 2013

payers and eliminates some itemized
doubled personal exemptions for tax -
on Jan. 16. The sales tax will be reduced
representation and equal access. “The pov-
was the only staffer who was Asian Ameri-
nity Development. “Whether you are Cau-
Scott King wanted,” said Leverett Wing,

The Cape Cod African Drum and Dance Group performed at the MLK luncheon on Jan. 11.

BY LING-MEI WONG

Hong Lok residents with Ruth Moy (second from right). (Image courtesy of Rogerson Commu-
cdance and performances on two stages,
Quincy Lunar New Year celebrates Year of the Snake

Golden Age Center. It opened in 1981
by the Chinatown Community Ser-
vice Center. “Building Hong Lok House re-
ally brought up the neighborhood.”

Chinatown Safety Committee looks at local crime

**BY LING-MEI WONG**

The Chinatown Safety Committee discussed local crime on Jan. 8 at the DoublesTree Hotel.

**Boston Police Department Capt. Jim Hasson and Sgt. Tom Lema reported**

crime statistics from Dec. 9, 2013 to Jan.

8, with more incidents reported com-
pared to the same time period in 2012. Six robberies occurred, along with three aggravated assaults, 11 larcenies, 118 parking citations and 10 larcenies from motor vehicles.

Two robberies involved high-stakes mah jong games in Chinatown, includ-
ing one in the last 30 days and one in
December.

“These are very scary, very violent armed robberies with guns,” Hasson said. “One person was hit in the head with a gun. We’re partnering with the FBI to identify potential locations and raise awareness. We want to convince people not to host these games, as gam-
bling is against the law and dangerous.”

The first robbery in December took place at Johnny Court, when two masked Asian males with guns took $2,000. The other robbery took place on Oxford Street.

There was an attempted robbery 800 Washington Street, with police arresting a suspect identified by the 58-year-old Asian female victim. Another arrest was made after a cell phone was recovered at Oxford Street, after the victim’s fi-
cashed chased the suspect from Kneeland and Tyler streets. A reported robbery on Beach Street at a martial arts studio is being investigated.

Chinese New Year events

Chinatown will ring in the Year of the Horse with several community events. A flower market will be held Jan. 27 to 31 at the Chinatown Park. The Boston Police Department will host

a Chinese New Year party for teenagers at Boston Asian Youth Essential Ser-
tice on Jan. 29. The Chinatown Chinese Cultural celebration will take place
Feb. 9 at Phillips Square. Tufts Medical Center will have its Chinese New Year event on Feb. 12.

Police Capt. Jim Hasson presents local crime data. (Image courtesy of Ling-Mei Wong.)

-adapted by Ling-Mei Wong

**HIGHLIGHTS**

Chinese Consolidated Benevo-
ent Association welcomes 2014 officers

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波士頓市長華殊訪問華埠社區
中文第二版

如何感受心臟病 中風和心臟
停搏的前兆

中文第七版

下續中文第四版

Sampan publishes every other Friday. Our next issue will be out Jan. 31. For more news, please visit Sampan.org
**Event Calendar**

**MLK memorial luncheon**  
Friday, Jan. 10  
Noon to 2 p.m.  
State House (Great Hall)  
Boston, MA 02111  

The 22nd annual Dr. Martin Luther King, Jr. Memorial Luncheon will feature a keynote speech by Rev. Elford Owens, associate minister at Bethel Baptist Church in Roxbury. RSVP for the event by emailing Leverett Wing, Leverett.L.Wing@gmail.com.

**Renew Boston workshop**  
Saturday, Jan. 11  
9:30 a.m. to 4 p.m.  
38 Oak Street  
Boston, MA 02111  

Mandarin and Cantonese speakers will be able to learn in their native language about energy efficiency and the great incentives available for home energy upgrades.

**Martha Coakley town hall**  
Tuesday, Jan. 14  
5:15 p.m. to 7 p.m.  
38 Ash Street  
Boston, MA 02111  

Mass. Attorney General Martha Coakley will conduct a town hall “conversation” with the Chinatown community to discuss her work as attorney general and her vision for the future.

**Chinese Culture Week**  
Tuesday, Jan. 16  
2 p.m. to 4 p.m.  
Harvard University Yenching Library  
Common Room, 2 Divinity Avenue  
Cambridge, MA 02138  

Professor Xiaoli Liu, visiting professor at Suffolk University, and Jing Zhang, visiting scholar at Harvard University will participate in the workshop. Professor Liu will give lecture about Manchu literature, while Professor Zhang will talk about Chinese literature in Malaysia.

**Boston Chinatown Lions Club Annual Charity Ball**  
Tuesday, Jan. 18  
6 p.m.  
9 Tyler Street  
Boston, MA 02111  

The Chinatown/South Cove Neighborhood Council meeting will be held at the Chinese Consolidated Benevolent Association. The public is welcome to attend.

**Free legal clinic**  
Monday, Jan. 27  
10:30 a.m. to 12 p.m.  
Doubletree Hotel  
821 Washington Street  
Boston, MA 02111  

For more information, please call (617) 429-9214.

**Chinatown Safety Committee meeting**  
Wednesday, Feb. 5  
3:30 to 4:30 p.m.  
Josiah Quincy Lower School  
888 Washington Street  
Boston, MA 02111  

The event will feature legendary singers from years past and present. Guest performers are welcome to sing. Ticket price $35. For more information, please call (617) 429-9214.

**Tribute concert for John F. Kennedy**  
Saturday, Jan. 19  
3 p.m.  
1400 Washington Street  
Boston, MA 02118  

The Schiller Institute will hold a concert in memory of John F. Kennedy, who was commemorated on Jan. 19, 1964 at Boston's Cathedral of the Holy Cross. For more information, please call (617) 340-6544, email or visit www.newparadigm.schillerinstitute.org.

**Free diabetes seminar**  
Tuesday, Jan. 28  
10 a.m. to 12 p.m.  
Malden Senior Center  
7 Washington Street  
Malden, MA 02148  

There will be an interpreter for Mandarin, Cantonese and Vietnamese. The topic is about the disease and diet. No registration is required, as all are welcome to attend.

**Chinatown Resident Association meeting**  
Wednesday, Feb. 5  
6:30 p.m.  
Josiah Quincy Lower School  
888 Washington Street  
Boston, MA 02111  

The Chinatown Resident Association meeting will held at the Josiah Quincy School’s cafeteria. The public is welcome to attend.

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1st Time Homebuyers/Assets to $75,000  
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**CORRECTION**  
In the Dec. 20 article “Harry Dow dimmer commemorates life of service,” the event took place at the China Pearl, not Empire Garden. The Sampan sincerely regrets the error.
Chinatown crime blotter
SUBMITTED BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Dec. 20 to Dec. 24, 2013, 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

• Armed robbery
  Dec. 20, 2013, 8:09 p.m.: The officer responded to Beach Street on a report of an armed robbery. Upon arrival, the officer met and spoke with a third-party caller. He stated he observed the victim getting assaulted by 12 unknown Asian males. The victim could not identify suspects and he declared medical treatment. The detectives responded to the scene and conducted their investigation.

• Warrant arrest
  Dec. 21, 2013, 8:54 a.m.: The suspect was arrested on Washington Street on an outstanding warrant issued out of Lawrence District Court.

• Warrant arrest
  Dec. 21, 2013, 11:59 a.m.: The suspect was arrested on Washington Street on an outstanding warrant issued out of Malden District Court.

• Unarmed robbery
  Dec. 22, 2013, 3:31 a.m.: The victim reports while walking on Washington Street he was robbed and assaulted about the face by unknown suspects. The victim is blind and unable to identify suspects. The officers were able to look at a video of incident and provided a description of suspects.

• Assault and battery with a deadly weapon
  Dec. 23, 2013, 3:30 a.m.: The victim reports while walking on Essex Street she was assaulted by an unknown black male with a brick. The victim had walked to the hospital for treatment. The incident will be investigated by District A-1 detectives.

<table>
<thead>
<tr>
<th>Incident date</th>
<th>Location</th>
<th>Incident description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 20, 2013</td>
<td>63 Essex Street</td>
<td>Motor vehicle - leaving scene - property damage</td>
</tr>
<tr>
<td>Dec. 20, 2013</td>
<td>00 Harrison Avenue</td>
<td>Motor vehicle accident - personal injury</td>
</tr>
<tr>
<td>Dec. 21, 2013</td>
<td>150 Lincoln Street</td>
<td>Larceny non-accessory from vehicle $200 &amp; over</td>
</tr>
<tr>
<td>Dec. 22, 2013</td>
<td>0 Boylston Street</td>
<td>Robbery - unarmed - street</td>
</tr>
<tr>
<td>Dec. 22, 2013</td>
<td>0 Oak Street</td>
<td>Larceny non-accessory from vehicle $200 &amp; over</td>
</tr>
<tr>
<td>Dec. 22, 2013</td>
<td>8 Oak Street</td>
<td>Larceny in a building $50 to $199</td>
</tr>
<tr>
<td>Dec. 22, 2013</td>
<td>0 Marginal Road</td>
<td>Larceny non-accessory from vehicle $200 &amp; over</td>
</tr>
</tbody>
</table>

Chinese Consolidated Benevolent Association welcomes 2014 officers

BY LING-MEI WONG

The Chinese Consolidated Benevolent Association of New England (CCBA) inaugurated its 2014 officers on Jan. 4 at its 90 Tyler Street headquarters. The CCBA’s president for 2014 will be Hung Goon. The English secretary is Karen Lee and Chinese secretary is Victor Louie. Philip Huang was named auditor, while Larry Young became treasurer. Several public officials personally acquainted with Goon spoke at the inauguration.

Chelse city councilor Calvin Brown said, “Hung Goon is my brother from another mother. …. Hung reminded me of a growing Asian community in Chelsea and I’m so honored to be here today.”

Goon is a human resources generalist for the Middlesex County Sheriff and has worked in other state offices. Malden Mayor Gary Christenson, a former colleague at the sheriff’s office, said, “Every time I’m in Malden with Hung, people don’t get excited to see me — they talk to Hung.” He thanked Goon for his ongoing community service with a citation.

Representatives from the Taiwan Economic and Cultural Office expressed their appreciation for the CCBA’s efforts. “We thank former President Rick Wong for helping the image of Chinatown, which is now quite clean,” said Ed Kuo, director of the cultural center.


Goon was ill, but expressed his appreciation. “Thank you everyone for supporting the CCBA team,” he said. “Thank you, my friends, for being here and helping me with what I do.”

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For Information and application contact Karen Morand at (978) 235-5559 or kmorand@yahoo.com, www.mchohousingervices.com

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Applications due by 2 pm on March 10th, 2014


Parkview Place Workforce Housing, South Weymouth, MA

Parkview Place is now being built in the newly redeveloped South Weymouth Naval Air Station. Workforce Homes have the same specs as typical market-rate homes but are offered at a discounted price (nearly $70,000 off market value) to eligible households through a lottery process. The resale restriction (i.e. discounted price) on these homes is removed after 5 years and the home is then worth full market value without any restrictions! The Biltmore shows excellent value for the price with over 1,500 sq ft and a country sized kitchen complete with pantry and dining area, expansive family room, main level laundry, all bedrooms on upper level, nice foyer entrance, mudroom with coat closet, cry balcony off the dining area, 2 car garage, basement with storage available or finishing options. Please go to www.WhitmanHomes.com for more info on floorplans, specifications and neighborhood details.

Income Limits based on household size:
MAX: $79,044 (1), $90,336 (2), $101,628 (3) $112,920 (4), $121,954 (5), $130,987 (6)$ MIN:$47,450 (1), $54,200 (2), $61,000 (3)$ $67,540 (4), $73,200 (5), $78,600 (6)$

Completed Applications and required Income Documentation must be delivered, not postmarked, by 2 pm on March 10th, 2014. The SouthField Welcome Center will be the location for a public Info Session on February 11th at 6 pm and the Lottery on March 19th at 6 pm. For Lottery Information and Applications for the lottery, go to www.s-e-b.com/lottery or call (617) 782-6900 and Leave A Message. Applications and Information also available at the SouthField Welcome Center on 223 Shea Memorial Drive in South Weymouth (Monday-Friday 10-5, Sat-Sun 11-5). Details on the Townhomes can be found at WhitmanHomes.com.
BY VIVIEN WU, DIRECTOR OF PROGRAMS, ASIAN COMMUNITY DEVELOPMENT CORPORATION

In my November article about affordable housing, I covered the basics about how our government defines “affordable housing,” the income qualifications for an application and income documents required for most applications. Once you determine you are eligible, you need to search for affordable housing. This article clarifies the process for you.

Types of affordable housing

There are many types of affordable housing due to the variety of federal, state and local funding programs, which have their own set of requirements.

However, there are generally several types of special housing programs:

- Elderly: Depending on the funding sources, elderly housing can be age-restricted from 55 years and above such as 60 or 62. Make sure you ask about the age eligibility requirement to find out if you qualify.
- Disabled: Depending on the funding sources, this type of housing can include physical, mental, developmental, or HIV/AIDS-related conditions. You must have a doctor or medical professional certify you have an impairment that substantially impedes your ability to live independently in traditional housing.
- Veterans housing
- Housing for the homeless and formerly homeless families and individuals

If you think you may qualify for one of the above special housing programs, please inform the person who is helping you apply for housing. There may be federal- and state-funded affordable housing for these special categories in your location. (ACDC cannot and does not guarantee that you will receive affordable housing based on this advice.)

Publicly owned and operated housing

You must complete application forms and submit all required documentation to be considered for affordable housing. The U.S. Department of Housing and Urban Development oversees the federal government housing program which is often called “Section 8” or “low income” housing. Municipal housing authorities manage this program locally and can be found online at www.hud.gov/offices/pubph/psb/ph้า/contactus/states/maint. Many of these offices are referred to as the “housing authority.” You can contact the local housing authorities in the cities you want to live or seek help at an organization that maintains a list of affordable housing opportunities for purchase or rent. Often there is a waiting list or lottery system for these opportunities and you can find out more when you speak with someone helping you with your application.

The Massachusetts Department of Housing and Community Development (DHCD) manages state-owned and -operated public housing. (Other services it oversees are of state- and federally-funded initiatives for public housing, homelessness prevention, community development and anti-poverty. For more information, go online to www.mass.gov/hed/economic/cohesive/hcd.

Privately owned and operated housing

Many community development corporations and nonprofits also develop and operate privately owned affordable housing. Your local community development corporation has listings of homes and apartments for purchase or rent. MassAccess www.massaccesshousingregistry.org is a good resource for affordable housing opportunities.

Vouchers

An affordable housing voucher program helps an eligible household rent from privately owned homes. This is a “tenant-based” program because the voucher can be used at any privately owned property that signs the rental agreement with the tenant holding the voucher. Typically, the tenant pays 30 percent of their gross income for rent and the landlord receives the remaining balance from the program. These programs are administered by the local housing authorities and DHCD. It is important that you inquire if the program is accepting new applicants. (ACDC or other nonprofit housing counseling agencies cannot provide or guarantee vouchers.) For more information, contact Asian Community Development Corporation and speak with our Chinese-English housing counselors at (617) 482-2380: Lee Lin (Mandarin) #208 or May Lui (Cantonese) #212. ACDC is a community-based nonprofit organization founded in 1987 to build and preserve affordable housing in Greater Boston where Asian Americans live, work and play. ACDC’s comprehensive approach to homeowner- ship includes homeownership education, rental counseling and financial education in English, Cantonese and Mandarin. Please visit ACDC’s website at www.asiancdc.org for more information.
Daily exercise can help ensure guilt-free holidays

BY THE UNIVERSITY OF BATH

Even if you consume significantly more calories than you burn off this Christmas, a short, daily bout of exercise will stave off most of the negative effects of over-eating and inactivity, according to scientists at the University of Bath.

Whilst earlier studies found that just a few days of eating too much and exercising too little could have long-term negative impacts on the body, a new study, published recently in the Journal of Physiology, shows that daily exercise will counter many of these effects.

As part of the study, led by researchers in the University’s Department for Health, 26 healthy young men were asked to reduce their physical activity over a period of one week. Half the group then exercised daily on a treadmill for 45 minutes, while the other half remained inactive.

Everyone who was part of the study was asked to overeat. The non-exercising group increased their calorie intake by 50 percent, whilst the exercising group increased theirs by 75 per cent, ensuring everybody’s daily energy surplus (the extra calories they received beyond what they burned) remained the same.

After just one week, both groups had seen a healthy decline in their blood sugar control, whilst the exercising group had stable blood sugar levels. The activation of genes within fat cells in the non-exercising group were also found to be negatively changed to those levels needed for a well-functioning metabolism.

Senior author on the paper, Dylan Thompson explained: “A critical feature of our experiment is that we matched the energy surplus between groups, so the exercising group consumed even more energy and were still better off at the end of the week.

“If you are facing a period of over-consumption and inactivity this Christmas, then our study shows that a daily bout of exercise will prevent many of the negative changes in the way in which your body handles sugar, even if you do still gain weight.”

James Betts, one of the researchers also involved, said: “This new research shows that the picture is more sophisticated than ‘energy’ alone. Exercise has positive effects even when we are actively storing energy and gaining weight.”

Commenting on the findings, Jean-Philippe Walhin added: “Short term overfeeding and reduced physical activity had a dramatic impact on the overall metabolic health of the participants and on various key genes within fat tissue. However, even though energy was still being stored, regular exercise prevented many of the long-term negative changes from taking place.”

To access the research paper, please visit http://jp.physoc.org/content/591/24.6231.abstract

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Earn a two-year degree for hot jobs in Massachusetts

BY THE CRITTENDON WOMEN’S UNION

Over the past 40 years, the U.S. economy has changed from a manufacturing economy to a “knowledge economy” in which the majority of jobs that pay a family-sustaining salary require at least some college education.

Here is a list of hot jobs in Massachusetts which pay a salary which can support an individual and their family. These jobs require two years or less of college education and offer good benefits. For more information, visit www.livework-thrive.org.

<table>
<thead>
<tr>
<th>Management occupations</th>
<th>Annual salary</th>
<th>Percent-age with two-year college degree or less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administratve services managers</td>
<td>$117,940</td>
<td>61 percent</td>
</tr>
<tr>
<td>Property, real estate, and community association managers</td>
<td>$94,890</td>
<td>52 percent</td>
</tr>
<tr>
<td>Architecture and engineering occupations</td>
<td>$76,160</td>
<td>78 percent</td>
</tr>
<tr>
<td>Mechanical drafters</td>
<td>$67,850</td>
<td>78 percent</td>
</tr>
<tr>
<td>Electrical and electronic engineering technicians</td>
<td>$74,110</td>
<td>79 percent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Health care practitioners and technical occupations</th>
<th>Annual salary</th>
<th>Percent-age with two-year college degree or less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respiratory therapists</td>
<td>$74,030</td>
<td>77 percent</td>
</tr>
<tr>
<td>Dental hygienists</td>
<td>$89,110</td>
<td>73 percent</td>
</tr>
<tr>
<td>Dental laboratory technicians</td>
<td>$67,230</td>
<td>89 percent</td>
</tr>
<tr>
<td>Cardiovascular technologists and technicians</td>
<td>$85,910</td>
<td>73 percent</td>
</tr>
<tr>
<td>Radiologic technologists and technicians</td>
<td>$87,850</td>
<td>73 percent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Construction and extraction occupations</th>
<th>Annual salary</th>
<th>Percent-age with two-year college degree or less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Construction and building inspectors</td>
<td>$69,350</td>
<td>86 percent</td>
</tr>
<tr>
<td>Installation, maintenance, and repair occupations</td>
<td>$72,860</td>
<td>81 percent</td>
</tr>
<tr>
<td>Telecommunications equipment installers and repairers, except line installers</td>
<td>$74,110</td>
<td>79 percent</td>
</tr>
</tbody>
</table>

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SAMPAN wants your voice!

Want to get published in our Chinese New Year issue, Jan. 31? Submit a 300-word article on the topics below to editor@sampan.org by Jan. 17 and you could be part of New England’s only Chinese-English newspaper!

- Chinese New Year folklore
- Holiday recipes
- Family memories
- Holiday traditions
- Year of the Horse
- Unique travel destinations

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The Boston Globe TOP PLACES TO WORK 2013

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Obesity alert: Top 5 foods to avoid during Chinese New Year

BY JOHN LEUNG, MD, AND LOUISA POON, RD

Chinese New Year is an opportunity to gather family and friends, and to enjoy some culinary traditions. Food plays a major part in the celebration of Chinese New Year. We identified five traditional dishes that we consider the worst offenders based on their poor nutritional values:

• Vegetarian chicken
• Oil tofu
• Dongpo pork
• Pig knuckle
• Chinese pretzel

Vegetarian chicken

Many people would think vegetarian chicken is healthier because it is made with beans. In fact, vegetarian chicken has less protein but more salt than real chicken. Each 100 grams of vegetarian chicken contains only 16.5 grams of protein but 12.5 grams of fat and 306 milligrams of sodium. The same amount of chicken breast has 27.1 grams of protein, 4 grams of fat and 51 milligrams salt. A high salt diet is associated with high blood pressure.

Oil tofu

Tofu is low in fat and high in protein. However, after it is deep-fried, 100 grams of oil tofu has 20.2 grams of fat and 363.2 grams of sodium. The content contributes to more calories. Each 100 grams of oil tofu has 271 calories, compared to only 76 calories for just tofu itself. A high-fat diet has a proven association with heart disease. Excessive calorie intake leads to weight gain and obesity.

Dongpo pork

Dongpo pork is made with pork belly, confit of half fat and half lean meat. It is a high-fat food. Each 100 grams of pork belly has 35.3 grams of fat, which is equivalent to seven teaspoons of oil, and 349 calories.

Pig knuckle

Similar to Dongpo pork, pig knuckle is mainly pork skin (fat) and tendon. Each 100 grams of pig knuckle contains 17 grams of fat and 363.2 grams of sodium.

Chinese pretzel

Chinese pretzels for New Year are hardened fried dough loaded with salt and sugar. In other words, they are a high-fat, high-sodium and high-sugar snack that should be avoided.

John Leung is triple-board certified in internal medicine, allergy/immunology and gastroenterology. He is the Director of the Food Allergy Center at Tufts Medical Center. Louisa Poon is a registered dietitian specialized in food allergy, food intolerance and renal nutrition. She is a dietitian at DCI Boston.

Study shows HPV vaccine lowers cervical cancer rates in teen girls

BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION

A new study looking at the prevalence of human papillomavirus (HPV) infections in girls and women before and after the introduction of the HPV vaccine shows a significant reduction in vaccine-type HPV in U.S. teens. The study, published in the June issue of The Journal of Infectious Diseases reveals that since the vaccine was introduced in 2006, vaccine-type HPV prevalence decreased 56 percent among female teenagers 14 to 19 years of age.

About 79 million Americans, most in their late teens and early 20s, are infected with HPV. Each year, about 14 million new infections occur, and one out of every 400 girls will become newly infected.

“This report shows that HPV vaccine works well, and the report should be a wake-up call to our nation to protect the next generation by increasing HPV vaccination rates,” said CDC Director Tom Frieden. “Unfortunately only one in four girls aged 13 to 17 have been fully vaccinated with HPV vaccine. Countries such as Rwanda have vaccinated more than 80 percent of their teen girls. Our low vaccination rates represent 50,000 preventable tragedies — 50,000 girls alive today will develop cervical cancer over their lifetime that would have been prevented if we reach 80 percent vaccination rates. For every year we delay in doing so, another 4,400 girls will develop cervical cancer in their lifetimes.”

According to CDC, each year in the United States, about 19,000 cancers caused by HPV occur in women, and cervical cancer is the most common. About 8,000 cancers caused by HPV occur each year in the United States, and oropharyngeal (throat) cancers are the most common.

The study by Laura Markowitz and colleagues at the CDC used the National Health and Nutrition Examination Survey data to compare prevalence — or proportion of girls and women aged 14 to 59 years with certain types of HPV — before the start of the HPV vaccination program (2003-2006) with the prevalence after vaccine introduction (2007-2010). As expected from clinical trials before the vaccine was licensed, the study also showed that the vaccine is highly effective.

“The decline in vaccine type prevalence is higher than expected and could be due to factors such as herd immunity, high effectiveness with less than a complete three-dose series and/or changes in sexual behavior we could not measure,” Markowitz said. “This decline is encouraging, given the substantial health and economic burden of HPV-associated disease.”

Through these promising results, public health experts and clinicians look forward to more people getting vaccinated for HPV. Routine vaccination at age 11 to 12 for both boys and girls is recommended, but according to recent national immunization surveys, only about half of all girls in the United States — and far fewer boys — received the first dose of HPV vaccine. A series of three shots is recommended over six months. HPV vaccination is also recommended for older teens and young adults who were not vaccinated when younger.

The journal article is available on The Journal of Infectious Diseases website, http://jid.oxfordjournals.org. For additional information on HPV, visit www.cdc.gov/hpv/

Samsan HEALTH

January 10, 2014

How to spot a heart attack, stroke or cardiac arrest

BY THE AMERICAN HEART ASSOCIATION

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 911 or your emergency response number. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast!

Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don’t delay — get help right away!

Heart attack warning signs

• Chest discomfort
Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

• Discomfort in other areas of the upper body
Shortness of breath
• Other signs may include breaking out in a cold sweat, nausea or light-headedness

Stroke warning signs
Spot a stroke FAST:

• Face drooping: Does one side of the face droop or is it numb? Ask the person to smile.
• Arm weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
• Speech difficulty: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?
• Time to call 911: If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

Cardiac arrest warning signs

• Sudden loss of responsiveness
• No response to tapping on shoulders
• No normal breathing

Learn the signs, but remember this: Even if you’re not sure it’s a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don’t wait more than five minutes to call 911 or your emergency response number.
Older mice fed wolfberries show reduced risk for flu virus with vaccine

BY THE JEAN MAYER USDA HUMAN NUTRITION RESEARCH CENTER ON AGING AT TUFTS UNIVERSITY

In a study of older mice, wolfberries appear to interact with the influenza vaccine to offer additional protection against the flu virus. The research, led by scientists at the Jean Mayer USDA Human Nutrition Research Center on Aging (USDA HNRCA) at Tufts University, suggests the wolfberry may increase the activity of dendritic cells, which play an important role in the ability of the immune system to defend against viral infections. The results were published in the Journal of Nutrition.

Older mice, with immune systems weakened by age, were placed on diets that included a small amount of a milk preparation of wolfberry fruit, also known as goji berries. Over a period of several weeks, they received two flu vaccines before being infected with the flu virus and monitored for signs of symptoms. The researchers then tested for specific influenza antibodies as well as the clinical symptoms of the disease such as weight loss among the mice.

“We observed higher antibody response and better protection against flu as indicated by less weight loss in the older mice that consumed wolfberries,” said senior author Simin Nikbin Meydani, director of the USDA HNRCA at Tufts University and director of the Nutritional Immunology Laboratory at the USDA HNRCA. “While previous studies have shown that wolfberries bolster immune response in mice, our results introduce their potential to reduce the age-related risk and severity of the flu virus in the presence of the vaccine.”

Further research is also needed to determine whether wolfberries could have a similar effect in older humans who receive the flu vaccine. “People’s immune systems inevitably weaken with age, making them less responsive to the vaccine and more susceptible to the flu and its potentially serious complications,” Meydani said. “While flu vaccination is recommended for older people, the vaccine is only 40 percent effective in protecting older adults against flu infection, which is much lower than that afforded to younger people. For those reasons, it is important to investigate complimentary approaches that may enhance the effectiveness of vaccination.”

Wolfberry fruit, also known as goji berries. (Image courtesy of Flickr user miriamwilcox.)

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January 15, 2014
4:30 pm — 6:30 pm

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People with one or all of the following:
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Please contact Chris Brown at 617-636-6791 to schedule an appointment

Space is limited
 Tufts University School of Dental Medicine is located at:
1 Kneeland Street
Boston, MA 02111
Check in with Social Security before traveling outside the United States

BY KRISTEN ALBERINO, SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST IN QUINCY, MA

Mark Twain once advised people to “Catch the trade winds in your sails. Explore. Dream. Discover.” Americans today have taken that advice to heart, and are visiting places around the globe—often for vacations, and sometimes to relocate in another country. If you are one of these people and receive Social Security benefits, we offer a special website: “Social Security Payments Outside the United States.” Here you can find answers to such questions as “will my Social Security payments be affected? Do I have to let Social Security know I’m out of the country? When should I do it? What happens if I need to contact Social Security while I am out of the country?”

You can find answers to all of these questions and others at www.socialsecurity.gov/international/payments.html. The website features a “Payments Abroad Screening Tool”, which asks you a few short questions to determine if your payments can continue.

The page also offers links to publications, such as “Your Payments While You Are Outside The United States,” which explains how your benefits may be affected and other important information you need to know about receiving Social Security benefits while outside the country.

If you receive Social Security benefits as a dependent or survivor there are additional United States residency requirements that may affect your benefit payments while you are outside the United States.

There are different provisions for anyone receiving Supplemental Security Income (SSI) benefits. Once you have been outside the United States for 30 or more days in a row, your SSI cannot start again until you have been back in the country for at least 30 consecutive days. There are special rules for dependent children of military personnel who leave the United States and exceptions for students studying abroad.

So if you receive Social Security or SSI benefits and are planning to travel or live outside the United States, you’ll first want to pay a visit to www.socialsecurity.gov/international-payments.html.

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Social Security announces 1.5 percent benefit increase for 2014

SUBMITTED BY THE SOCIAL SECURITY ADMINISTRATION

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 63 million Americans will increase 1.5 percent in 2014.

The 1.5 percent cost-of-living adjustment (COLA) will begin with benefits that more than 57 million Social Security beneficiaries receive in January 2014. Increased payments to more than 8 million SSI beneficiaries began on Dec. 31, 2013.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to $117,000 from $113,700. Of the estimated 165 million workers who will pay Social Security taxes in 2014, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes for 2014 is available at www.Medicare.gov. The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov.

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Justin Bieber, born on March 1, 1994, is a Canadian pop musician, actor and singer/songwriter. All this fame didn’t come easy for 19-year-old Bieber growing up with a single mom.

An American talent manager Scooter Braun came across Bieber’s videos on YouTube in 2008 and is now his manager.

Today Bieber is one of most well-known and successful people ever. Even though he’s only 19, he has accomplished extraordinary things at a young age. Bieber is involved in 14 different charities and is constantly helping others. He donates his time and money to different charities everywhere. One of the charities he helps is Make a Wish, which grants wishes to terminally ill children. Bieber holds the current record for granting the most wishes, 200 wishes!

With a global fan base of “Beliebers” and more than 40 million followers on Twitter, he was named the third-most powerful celebrity in the world by Forbes magazine in 2012.

Fame doesn't come easy for Bieber, constantly dealing with criticism and people trying to bring him down. Recently, my cousin Shital and I watched his new movie “Justin Bieber’s Believe,” which was an unbelievably amazing movie. It made $1.25 million on its opening day, Christmas. In the movie, it showed the struggles Bieber faces every day. In the movie, Bieber said, “Out there are millions of people waiting to see you fall”. He teaches people everywhere never to give up and to believe. Bieber is an inspiration to millions of people around the world. His music helps people through hard times. Bieber is an idol for millions of people everywhere, including me.

BY DISHA PATEL

Mini-horse Lily cheers patients on Christmas Day

BY TUFTS MEDICAL CENTER

Lily, a 5-year-old miniature appaloosa horse, spread holiday cheer on Christmas Day Dec. 25, 2013, to pediatric patients at Floating Hospital for Children at Tufts Medical Center. Lily wore her special Christmas outfit. In addition, Lily’s handlers, Marsha and Jack Craig, brought 23 crocheted mini-horses that Marsha hand-made for Floating Hospital’s pediatric patients.

For nearly two years, Lily has been a staple of Tufts Medical Center’s Pet Therapy program — she comes to the hospital once a month to visit patients in the pediatric, cardiomyopathy and adult psychiatry units.

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BY DISHA PATEL

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Linden Ponds values diversity. We welcome all faiths, races, and ethnicities, and housing opportunities are available for low and moderate income households.
Restaurant Guide: Sun Kong

BY LING-MEI WONG

Dim sum is all about tea, good conversation and succulent bites of piping-hot delicacies. Sun Kong delivers an authentic dim sum experience right in Malden. Despite being surrounded by strip malls, Sun Kong’s legitimate Chinese flavors will have you dreaming about fluffy buns and satisfying dumplings.

Sun Kong dim sum is served on carts by enthusiastic ladies eager to fill your table. Most of the carts are heated, keeping the steamed treats hot and appetizing. Dim sum plates are marked as small ($2.75 each), medium ($4.25 each) and special ($3.75 each), stamped by the friendly servers. I shared eight plates with a friend, which came to just $28.89.

The chive and bamboo shoot dumpling was steamed perfectly: hot without being overdone to the point of mushiness. Bamboo shoots were tender and crisp, offering a sweet crunch. The fried yam stuffed with pork was crispy on the outside, complementing the juicy pork within. It was remarkably airy and did not have a greasy film.

The dim sum must-haves of har gow and siu mai came fresh from the steamer. While the siu mai was standard, the har gow was possibly the best in greater Boston. Fresh sweet shrimp had some crunch from the asparagus, with the wrapper perfectly formed and just the right thickness. Too often, har gow is overwhelmed by a doughy wrapper, but Sun Kong’s dim sum chefs have mastered the perfect ratio of shrimp to wrapper.

The steamed beef rice rolls had a hint of orange peel for a refreshing taste. Sun Kong’s steamed beef balls were enormous and wonderfully tender, without being too heavy. Another steamed treat were the soy bean curd rolls filled with pork, each one large and wrapped with chewy bean curd.

Dessert at Sun Kong includes baked egg tarts. Each bite of flaky pastry and creamy egg custard is a delight, even after the tarts have cooled down.

Sun Kong has two parking lots on each side of its building, although the lots get full on the weekends. Be prepared to wait up to an hour on weekends for dim sum, unless you go early. Make sure you go hungry, as the food does not disappoint.

For more information visit pem.org

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