Gubernatorial candidate Martha Coakley visits Chinatown

Mass. Attorney General Martha Coakley visited Chinatown for a Community Conversations town hall on Jan. 14 at the Boston Chinatown Neighborhood Center. She discussed education, voting rights and diversity.

Representation was a recurring theme. “It’s important to me in civil rights and staffing to be inclusive,” Coakley said. “It’s what makes Boston and Massachusetts so rich. The history of our state and future is to welcome newcomers to our state.”

Coakley was elected attorney general in 2007 and was district attorney of Middlesex County for eight years before then. Her work includes implementing prevention programs in schools and communities for public safety.

“When we do not educate kids and make sure they’re safe, we are going to pay for that in an expensive way in the future,” Coakley said.

Coakley voiced her support for bilingual ballots and voting rights for legal permanent residents, who have not yet become citizens.

Tianyu Zhang, a permanent resident from China, said, “I’d really like to have a voice like other Chinese immigrants. … I want to have input, as I’m paying the same tax dollars.”

Coakley noted that federal legislation took time, but said local communities should be able to allow permanent residents to vote. Cambridge, Newton and Amherst have introduced bills to allow foreign nationals in the process of immigration to vote. While similar legislation has passed in California and New York, the Mass. legislature has not yet approved these municipal bills.

“Your want to vote; so many people born here take that right for granted,” Coakley said. “You appreciate you have to work for it.”

Kwong Kow Chinese School celebrates Year of the Horse

BY LING-MEI WONG

Kwong Kow Chinese School (KKCS) rang in the Year of the Horse at its “Dare to Dream” annual fundraising gala on Jan. 25 at Hei La Moon.

The school opened in 1916 to teach Toisanese at 2 Tyler Street, making it the oldest Chinese school in Boston. Today, the school at 87 Tyler Street offers Cantonese and Mandarin classes.

“I give my heartfelt thanks to everyone for helping us preserve our mission,” said KKCS principal Felicia Tsang. “We continue to promote Chinese language and culture.”

KKCS presented two awards to honor the community contributions of Ellen Zane, vice chair of Tufts Medical Center’s board of trustees, and Bak Fun Wong, special assistant to the superintendent, Boston Public Schools.

Zane pledged her friendship to Chinatown. “It was a thrill to come to Tufts Medical Center in 1994 and walk into your community,” she said.

Wong thanked the school for its legacy. “Language is more important than ever, especially Chinese,” he said. Wong also appreciated gala guest Boston Mayor Thomas Menino for his continued support of the Josiah Quincy Elementary School in Chinatown.

Wah Lum Kung Fu and Tai Chi Academy performed the opening lion dance. KKCS students performed traditional Chinese music on the yangqin and guzheng, along with dancing and reciting Chinese classic poems.

Kwong Kow Chinese School students perform during the school’s annual gala on Jan. 25 at Hei La Moon. (Image courtesy of Ling-Mei Wong.)

Ellen Zane, vice chair of Tufts Medical Center’s board of trustees (right) received an award from KKCS board member Frank Chin (left) at the KKCS gala. (Image courtesy of Ling-Mei Wong.)
**Event Calendar**

**Chinese Culture Connection**

- Connection will select 25 to 30 children from 8 to 12 as cultural students.
- Clean Chintown community forum
- Saturday, Feb. 8
- 10 a.m. to 2 p.m.
- 308 West Squantum Street
- North Quincy, MA 02171

The afternoon will include Lantern Festival storytelling and riddles. Free drinks and cookies will be provided. Please contact (617) 653-3693 to reserve a seat.

**BCEC ESL and citizenship placement test for new students**

- Saturday, Feb. 13 10 a.m. to 12 p.m.
- 225 South End Avenue
- Boston, MA 02128

- Spring semester courses will start March 8, 9 a.m.
- to noon, for 14 lessons.
- The fee is $25. For more information, contact (617) 426-9492.

**ParkSCIENCE children's fest**

- Thursday, Feb. 20
- 10 a.m. to 1 p.m.
- Franklin Park

- Come discover
- the New England Aquarium

- Tidal Pool where participants can handle a wide range of live tidal animals from local waters.

**Chinese Lantern Festival after**

- Friday, Feb. 14
- Noon to 2 p.m.
- Good Neighbor Lutheran Church

- Free parking is available at the clubhouse parking lot located at One Circuit Drive in Franklin Park.

**Free legal clinic**

- Monday, Feb. 24
- 6 p.m. to 8 p.m.
- 1500 Hancock Street
- Suite 209
- Quincy, MA 02169

- **JARI** will host a free monthly legal clinic.
- More information is available on www.quincycommunityresources.org or contact us at (617) 472-2200.

**diabetes seminar**

- Thursday, Feb. 25
- 10 a.m. to 12 a.m.
- Malden Senior Center
- 7 Washington Street
- Malden, MA 02148

- Then will be an interpreter for Mandarin, Cantonese, and Vietnamese.

- Topic is about preventing the complications. 

- No registration required. All are welcome to attend.

**SAMPAN**

**Chinatown cracks down on illegal dumping**

**BY THE ASSOCIATED PRESS**

- Chinatown community organizers and the City of Boston have partnered to tackle the issue of illegal dumping and excessive trash in Chinatown over the past several months.

- A Community Forum is planned for Feb. 8, 1 p.m. at the Asian American Civic Association located on 87 West Squantum Street, Boston, MA 02111.

- "All interested individuals are welcome to join the efforts. The more participants there are, the more effective our collaboration is in transforming Chinatown into a clean, historic community," said Mary Chin, Board Chair of the Asian American Civic Association.

- The CCBA recognized its 2014 outstanding volunteers.

- Mayor Thomas Menino, Boston's largest city, declared last week that he would no longer pay $50 per ticket to attend meetings.

- Treasurer Larry Young.

- Lee, Chinese secretary Victor Louie and

- Philip Huang, English secretary Karen Louie recognized.

- Ken Tran, Marsha Ma, David Tran, Marsha Ma, Kenny Yan, Kenny Yan, in their dedication to delivering the highest quality home health care to our clients.

- If you are looking for an exciting opportunity that offers a competitive salary, excellent benefits and the Greater Boston area, please contact us.

City planner looks at how immigration shaped Boston

Old and new Bostonians gathered on Jan. 15 for a talk on the city’s transformation over the last 200 years with the help of immigration. The event was presented by Architectural Historical Foundation and hosted by the Boston Public Library’s Local and History Series, now in its 11th year.

After the presentation, Yankee magazine editor Lisa MacKinnon Stith, an island, in fact, accented MacKinnon Stith. Unlike cities such as New York and Chicago, Boston did not have a specific plan for how the city would look, if it would be a city at all. Instead, Bostonians learned and grew with each group of immigrants that arrived. The first wave came in the 19th century with the arrival of the Irish, who emigrated from their home country to escape the potato famine. In trying to illustrate the magnitude of the sudden surge in population, MacKinnon Stith likened the century with the arrival of the Irish, who emigrated from their

The NAAP Boston 2014 Annual Celebration took place at 18 on the Center for Arts at the Armory (courtesy of Monica Wu).

National Association of Asian American Professionals honor diversity at gala

By MARSHA MA

The 2014 NAAP Boston Gala was held at the Center for Arts at the Armory. It was a night of celebrating and honoring NAAP Boston’s leaders and sponsors for their continued support. In person as well as on the management to the career advancement and leadership development of Asian American professionals in all fields.

Wong, the winner of an MVP award, said, “I am so happy that NAAP gave this award to me. For me, the secret to winning this award is doing things well.”

MVP awards were presented to Joanne Chan, Leshy Chuang and Joanne Nhandhu.

Captain Kim and Jamie Kim were awarded Rising Star awards.

The evening included salsa dancing, a photo contest and an art exhibit of

The Boston Medical Center has launched a new Healthy Eating Initiatives Program (SEAP) which focuses on helping seniors in the community manage their chronic diseases.

The monthly seminars will be held at 10:30 a.m. on the 2nd and 4th Wednesdays of each month at the Greater Boston Chinese Golden Age Center. To register for the program, please call (617) 385-1234.

The following are New Affordable Apartments

2BAs at $1,235/mo

2BAs at $1,536/mo

Rent does not include any utilities

The history: The Women’s Health Initiative, which is conducted by the National Institutes of Health, is one of the world’s largest and longest-running health studies. In the phase three of the study, 73,000 women are receiving for individuals who are interested for this affordable housing program.

Income Qualifications: To qualify for these apartments low-income limits apply. All applicants will be screened for eligibility.

How to get an application: Applications will be available from January 13, 2014 through February 13, 2014.

You may obtain applications in several ways during the application period:

At the main management office located at 1592 Columbus Avenue, Roxbury, MA (M-F 9:00 a.m. to 4:00 p.m.; or) At the Egleston Square branch of the Boston Public Library, M-Th 10am -6pm, Tu/Th 10am-8pm, F 10am-6pm

or by calling 617-989-9824 or by going to our www.WalthamHousing.com for more info on floorplans, specifications and neighborhood details.

Income Limits based on household size:

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WILSON GARDENS APARTMENTS

When George Wu in Iron, MA is truly a working apartment. He said, “The three bedroom apartment is not able to update the HUD required income levels as well as all people are not all receiving welfare.”

The Minimum Income Limit for an apartment is based on a family of four. In order to qualify applicants must not exceed the HUD required income levels as well as all people are not all receiving welfare.”

The monthly seminar will introduce seniors to the program, which will promote improved balance and reduce the risk of falls as well as all people are not all receiving welfare.”

Wing JMC: Senior Strength and Movement Program (SSAM) will provide a more structured exercise program to residents and introduce resistance training, which will help improve bone density and combating the risk of falls when seniors lose muscle, strength, balance and confidence in walking and other activities as the aging process.

For information and Applications, or for reasonable accommodations for persons with disabilities, call WMC Management 617-989-9824 or 781-962-0800 and leave a message. Applications and Information also available at the Waltham Public Library at 750 Main St. (M-Th 9-9, Fri 9-9, Sun 1-5).

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, call WMC Management 617-385-6242 or leave a message. Applications and Information also available at the Waltham Public Library at 750 Main St. (M-Th 9-9, Fri 9-9, Sun 1-5).

The Lottery for eligible households will be held on March 20th at 6pm.

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Next Affordable Apartments

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To enter lottery visit www.walthamhousing.org.
Understanding family medicine

Family medicine is a serious problem in society because of economic and racial boundaries, but a hidden problem within all communities. For American communities, the perception and understanding of health is difficult to measure, but likely underrepresented. Across Asian communities are often ashamed to seek help and suffer in silence. They are isolated by language and cultural barriers, financially dependent on their abuse, and unaware of their legal rights. Many fear losing their homes, children, status and the sense of their legal rights. Many fear losing their health insurance, police, and courts lack the multilingual skills and cultural understanding to effectively serve Asian families.

More than 20 years ago, Reverend Cheng Imm Tang mobilized community members to address the gap in healthcare resources. Tan founded the Asian Task Force Against Domestic Violence (ATASK), an organization specialized in working with Asian communities and families affected by domestic violence. Culturally and linguistically competent staff provides support, advocacy and education to those being hurt by their loved ones. In 1994, ATASK garnered community support and funds to open New England’s first emergency shelter for Asian survivors.

Asian families continue to be the fastest growing population group in the state, with the cities of Boston, Quincy and Lowell having the most Asian residents. Family violence is taken to be a critically important issue that compromises the health of the Asian American community. ATASK serves pan-Asian communities, South Asian and Vietnamese adults and children. ATASK is staffed by more than 12 Asian languages and dialects, offering 24-hour support services in Boston and Lowell, and participates in community outreach activities throughout the state.

This year ATASK proudly celebrates the shelter’s 20th anniversary, and the development and advancement of care for adult and child survivors for whom the shelter has been a safe haven. May this year be full of health, food and family violence.

ATASK’s confidential helpline is available 24/7 (617) 338-2155. Information about services, and publications on teen dating violence prevention, domestic violence training curriculum, and the “Asian Family Violence Report: A Study of the Chinese, Cambodian, Korean, South Asian and Vietnamese Communities in Massachusetts” are available at www.atask.org.

Diabetes basics: Know your diabetes ABCs

Diabetes affects a growing percentage of Americans, but many don’t understand the basics of the disease. When you have too much glucose (sugar) in your blood, it is the major source of energy for our bodies. That’s why we call it “sugar.”

Diabetes affects more than 8 percent of Americans — an alarming 25.5 million people. This number is believed that be high and growing.

Understanding the basics

Even those of us with diabetes may wonder both the basics of this disease. Here is a simplified way to understand:

After you eat, your body breaks food down into glucose and other nutrients. Your blood carries the glucose to the cells in your body. If insulin (a hormone made in your pancreas) isn’t available or not enough, glucose from your blood into the cells of your body. The glucose can get into the cells only when insulin is there to let it in. Once in the cells, glucose is used for energy or stored for future use.

If your body doesn’t make enough insulin and/or has trouble with what it does, the glucose gets stuck. It cannot get into the cells, so it builds up in your blood. With nowhere to go, the blood glucose becomes high. High glucose levels mean diabetes.

The Commons at Southfield Highlands

South Weymouth, MA

The Commons at Southfield Highlands is the first apartment community to be introduced to the planned community of Southfield located in South Weymouth at the former location of the Weymouth Naval Air Station. The Commons at Southfield Highlands will offer studios, one-bedroom, two-bedroom, and three-bedroom apartment homes in buildings that preserve the Southfield’s picturesque way of life. Indoor features and finishes include distinctive Bertcher HIPs, carpeting, and furniture. Ceramic tiles. Community amenities include a workout center, seasonal outdoor pool, community room, indoor parking and an easy on and off access to the Southfield greenway system.

Please go to www.Southfield.com for more information on the Southfield planned community.

LEGAL NOTICE

Mассачусетс RIVER TRANSPORTATION AUTHORITY

10 PARK PLAZA
BOSTON, MASSACHUSETTS 02116

Public Announcement of Request for Letters of Interest for Design-Build Services on the Rehabilitation of Merrimack River Bridge Piers Project

The Massachusetts River Transportation Authority ("MRTA") hereby solicits Letters of Interest ("LOI") from firms or teams interested in providing Design-Build (DB) services for the Rehabilitation of Merrimack River Bridge Piers Project in Haverhill, MA under DOT Agreement No. BCN.030.00.001 using the DB contract delivery method for substructure and scour countermeasure improvements, seeking innovative solutions for the constructability complexities and limitations of working in a marine environment. The letters being procured using a two part value-based Design-Build procurement process pursuant to M.G.L. c. 149A s. 14 et seq. The minimum Disadvantaged Business Enterprise (DBE) utilization requirement is 25%.

Letter of Interest are available at: www.MTTACurrentSolicitations.org

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Lunar New Year flower market kicks off in Chinatown
BY LING-MEI WONG

The Chinese New Year flower market celebrated its opening on Jan. 26 at the Chinatown Park. (Image courtesy of Ling-Mei Wong.)

Chinatown Main Street rings in New Year
BY LING-MEI WONG

Chinatown Main Street celebrated the Year of the Horse on Jan. 11 at the site of the annual gala on Jan. 11 at Hei Lo Moon. “The purpose of Chinatown Main Street is to revitalize businesses,” said Tony Yu, Chinatown Main Street board president. It has worked with local businesses on storefront design and strengthening their economic resilience:

City councilor at-large Michelle Wu attended the banquet. “This is my first Chinatown New Year banquet as a city councilor,” she said. “I hope to streamline small businesses to open every night—whether in Boston or New York.”

Wu’s fellow city councilor at-large Ayanna Pressley also spoke at the event.

“I’m thankful to be joining you for the Year of the Horse,” she said. “This an important year of celebration, tradition, history and culture.”

Stephen Gilman, Chinatown Main Street director for Boston Main Street, appreciated Chinatown Main Street’s efforts for the Chinatown New Year and August Moon celebrations. “It’s a new year, think about joining Chinatown Street,” he said.

A lion dance by Master Winchell Woon’s Chi Mo Kwoon rang in the new year, along with traditional dances by children from Ivy Dance Table. Table prices for all plates were light bills, inviting people to send “bright” ideas to Chinatown Main Street.

Boston A-1 police celebrate Lunar New Year with local youth
BY LING-MEI WONG

Boston Police Department officers and staff celebrated Lunar New Year with youth at Boston Asian Youth Essential Service on Jan. 28. (Image courtesy of Ling-Mei Wong.)

Boston Police Department officers and staff celebrated Lunar New Year with teenagers from Boston Asian Youth Essential Service on Jan. 28.

Officer Tad Boyle served hot dogs, and Sgt. Tom Lema challenged all comers to beat him at chess.

“We were youthful, very fast, when this was used to be a parking lot,” said Detective Cary Chan, a Cantonese-speaking policeman who grew up in Chinatown.

“Coming here after school with friends helps kids stay on the right track.”

About 60 youth participated in a Lunar New Year trivia quiz, with randomly selected teenagers receiving red envelopes with gift cards inside.

The mission of Boston Asian Youth Essential Service is to inspire Asian youth to discover their potential. To this end, it has developed a community youth center for the 21st century at 199 Harvard Avenue.

Boston Chinatown Lions Club Band
BY THE BOSTON CHINATOWN LIONS, MASSACHUSETTS DISTRICT 3JK

The Boston Chinatown Lions Club Annual Charity Ball took place Jan. 18 at the China Pearl. More than 200 attendees enjoyed a night of dancing and fundraising.

Three lions rumbled and bellowed, performing a traditional lion dance. The Boston Chinatown Lions Club also performed the traditional lion dance at the China Pearl.

The Boston Chinatown Lions Club is a non-profit organization committed to helping those in need. The club’s annual charity ball raises funds to support various local non-profit organizations.

The Boston Chinatown Lions Club was founded in 1934 and has been a part of the Chinatown community ever since. The club’s mission is to promote community involvement and support local non-profit organizations.

The Boston Chinatown Lions Club hosts various events throughout the year, including the annual charity ball, which has become a popular event in the Chinatown community.

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親屬移民排期表

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### 了解家庭暴力

#### 家庭暴力的定義

家庭暴力是指在家庭關係中，家庭成員之間，以武力、脅迫或其他方式對另一方進行的身體、精神或性方面的侵害。

#### 家庭暴力的影響

家庭暴力對受害者的影響非常嚴重，包括心理和身體的傷害，進而影響到整體的健康和生活。

#### 家庭暴力的處理

遇到家庭暴力，應及時報告當地的警方或相關機構，尋求專門的法律援助。

#### 家庭暴力的預防

通過提高對家庭暴力的認識，加強對家庭暴力的教育和宣傳，可以有效地預防家庭暴力的發生。
肥胖症患者接受麻醉風險淺析

根據《美國胸腔醫學學報》的報道，20-40%的肥胖症患者在接受手術時，氧氣供應給肺部的氧氣承受著較大困難。肥胖症患者被列為麻醉及手術操作時，需要額外的氧氣補充。肥胖症患者因肺部和氧氣供應不足的情況，使得肥胖症患者受麻醉時很容易出現呼吸困難。

肥胖症患者常會因呼吸困難而導致麻醉風險加深。手術過程中，肥胖症患者體位也會受到限制，易於出現震顫和氧氣供應不足的情況。

肥胖症患者在接受麻醉時需要避免因氧氣供應不足而引起肺部問題。肥胖症患者接受麻醉時，氧氣供應給肺部的氧氣會承受著較大困難。

肥胖症患者接受麻醉時，對麻醉風險有較大影響。肥胖症患者體位不穩定而導致麻醉風險加深。手術過程中，肥胖症患者體位也會受到限制，易於出現震顫和氧氣供應不足的情況。

肥胖症患者在手術過程中，手術師會根據患者情況進行適當的麻醉深度調節。手術過程中，肥胖症患者體位也會受到限制，易於出現震顫和氧氣供應不足的情況。

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華埠主街新年慶祝活動

華埠街長黃靈美表示，在新年來臨之際，華埠主街的主要任務是振興經濟和慶祝活動。她提到，華埠主街現在是一個多元文化融合的地方，各種活動都在這裡慶祝。

華埠主街的新年慶祝活動於1月11日在喜臨門大酒樓進行，當天有醒獅團表演獻。黃靈美表示：「在新的一年裡，考國新年和中秋節慶祝活動作出的貢獻。」「我第一次以華埠主街的議員身份參加華埠中國新年活動。」

華埠主街的愛國團體也成立了超過50年的歷史，黃靈美指出，華埠主街從未停止過為自己的社區盡一份心力。

黃靈美表示：「我們希望在新的一年裡，華埠主街能有更多活動，讓居民更加了解華埠的歷史和文化。」

黃靈美強調，華埠主街的團體和居民都在為保持華埠的多元文化作出努力。她表示：「華埠主街的居民來自各地，我們希望我們的社區能是一個多元文化的ホーム。」

歷史 punches 工作坊

黃靈美表示，華埠主街過去曾舉辦過多次的歷史 punches工作坊，讓居民了解華埠的歷史。

黃靈美表示：「華埠主街的歷史 punches工作坊非常成功，很多居民在工作坊中學到了很多華埠的歷史。」

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華埠會議綜合報導：中華公所、華埠南灣社區議會、華埠健康聯盟

黃靈美報導

華埠健康聯盟在1月15日舉行會議，而中華公所在1月21日舉行了2014年的第一次會議，還有華埠南灣社區在1月22日選出了兩名共同主席。

華埠健康聯盟（HCA）

波士頓公園和休閒設施在HCA會議上提出了關於翻新Elliot Norton公園的計劃。工程項目經理Allison Perlman說，建設園區可在春季開始，並最早能在6月完工，但承包商是必要的。這個翻新工程要增設新的遊樂設施，因為園區必須關閉可能會延遲至夏季後才進行。

兒童肥胖是HCA的創立支持金初期的焦點。當支助金已結束其為期一年的週期時，該集團已從八個人發展到42名成員並擴大其活動範圍。HCA進行了優勢和弱點的分析，以確定其下一步的重點。

華埠南灣社區議會（CNC）

CNC歡迎2014年的新主席團成員：曾雪清、梁志生、黃競雄及遊誠康。

阮鴻燦辭去共同主持人，由於他當選為中華公所主席，梅沛傑和伍銀寬當選為每個月交替的共同主席。

CNC團體代表余麗媖說，華人經濟發展協會將會在牛津街上發展可負擔房屋。

華埠圖書館以及其鄰近的晏臣街，在1956年因I-93公路被拆毀，約300人也被遷移。而唐人街是波士頓23地段中唯一沒有公共圖書館的社區。

从Mattapan青年成就者科學和數學試點學校的一群二年級學生，於1月17日表示對華埠圖書館作出支持。他們連同華人：前進會和華埠居民會，從牌坊公園抗議遊行到市政府。

中華公所（CCBA）

中華公所認可其2014年成員：主席阮鴻燦，核數師黃立輝，英文書記李嘉玲，中文書記雷景林和財政翁宇才。

阮鴻燦說，華埠存和隊將不再支付每人50美元在華埠進行晚間巡邏，而是使巡邏執勤成為自願和無薪酬。有意者可以與翁宇才聯繫。

中華公所現面臨兩起訴訟。一起是陳毓璇發起的誹謗訴訟，關於1983年至2001年董事間的相討而存在不確切的會議記錄。會議記錄已從中華公所網站被移除。

另一起是來自世界廣東同鄉會和海橋聯誼會發起的訴訟，表示美國馬薩諸塞州的法案章節沒有法律地位，並要求中華公所通過投票暫停兩個協會的代表。

—文章由方潔雯翻譯

波士頓學生為華埠圖書館集會造勢

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昆士小學校長李素影對學生說：「你們支持華埠並藉此紀念馬丁•路德•金博士，我感到十分自豪。」

青年成就者的學生從學校的社會公義課程中學習了解圖書館的歷史。

一位二年級的女孩說：「他們為了興建高速公路而拆毀了圖書館。」

波士頓不分區市議員吳弭，鼓勵學生開口發言。她說：「謝謝你們擁護唐人街，看到這麼年輕人的參與，真的令人興奮...這事能讓孩子們覺得市政府是在意他們的聲音的。」

青年成就者的學生於2013年2月前，實地參觀一所由於資金缺乏而關閉的華埠龍騰閱讀室。這個位處華埠社區的閱讀室，由亞美社區發展協會提供，為公眾存放兒童和年輕成人書籍。

吳弭說，華埠圖書館的現狀遠遠不足，她說：「我希望圖書館重歸華埠的日子可以快點來到。」

—文章由方潔雯翻譯