Boston mayor announces more than $7 million for nonprofits

BY LING-MEI WONG

More than $7 million in public funds was announced July 1 at the Boston Chinatown Neighborhood Center. The community development block grants will support 69 programs, including workforce training, youth programs, transitions out of homelessness and English classes for new immigrants.

"My parents were two Irish immigrants who son becomes the mayor of Boston," Walsh said. "If that's not the American dream, I don't know what it is." Walsh said the grants would help Bostonians get into the workplace and build better lives. "These grants will help people rise out of poverty," he said.

According to Walsh, at least 23 percent of Boston families with children are currently living below the poverty line.

"The link between economic opportunity and education is clear... These funds will strengthen families and help make the city a more well-rounded community," he said.

BCNC was awarded $35,000, which will support more than 150 children enrolled in the Red Oak After School and Summer Program.

Shirley Yan, a parent, spoke about her daughters' positive experiences at BCNC. Her 7- and 9-year-old girls enjoy the yearlong Red Oak program, even during the summer, enabling Yan and her husband to work full-time.

"They become happy kids and we are happy parents," Yan said. "Thank you Mayor Walsh for supporting BCNC and my family."

Tips to green your home and garden this season

BY STATEPOINT

Going green at home doesn’t have to turn your life upside down. There are simple measures you can take in your kitchen and garden to run a planet-friendly home.

Reduce waste

Ensure your kitchen is properly outfitted with labeled paper and plastic recycling bins. Keep these receptacles handy to encourage your family and guests to make use of them.

Take your waste reduction a step further by setting up a bin for food scraps, which you can add to your yard trimmings. Composting creates a natural fertilizer that’s makes a planet-friendly alternative to the chemical variety. By recycling and composting, you can join the ranks of Americans reducing the waste they send to the landfill.

Products and consumption

In fact, recycling and composting prevented 86.9 million tons of materials from being disposed in 2011 in the United States, up from 15 million tons in 1980, according to government estimates.

Protect wildlife

You may think of your yard as “yours,” but you are actually sharing the space with furry creatures, insects and birds. Habitat destruction and loss, as well other mammal and natural threats, put beautiful species like humming birds at risk. Make your garden a safe haven with bird feeders and by planting native, sustentative shrubs, trees and flowers.

Unfortunately, bird to building collisions, particularly with windows, are estimated to kill between 100 million and 1 billion birds in the United States alone, according to a new report from the Cooper Ornithological Society.

Ensure the safety of your airborne visitors by applying decals to your windows, which helps birds detect glass, thereby avoiding injury or death.

Eat local

Source your food locally to reduce your carbon footprint. If possible, buy local, in-season fruits and vegetables that didn’t have to travel the world to reach your plate.

And while flowers are beautiful to look at — and the right ones can provide nectar for pollinating insects and birds — consider turning at least part of your garden into a space for herbs and vegetables to grow. When dinner comes from your own back yard, it means fresher produce that’s good for your family, and good for the planet.

HIGHLIGHTS

Top five mental illness myths in Chinese-American communities

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Cut the meat

PAGE 8

綠化您的家和花園

中文第五版

針灸於癌症

中文第六版
Boston city staffers discuss services for Chinatown residents

BY LING-MEI WONG

The Mayor’s Office of Neighborhood Services held a public meeting for Chinatown residents on June 24 at the Josiah Quincy Elementary School. City representatives responded to residents’ questions regarding public safety and affordable housing.

Crime

Resident Dan-Shum Chan spoke about a recent crime that took place at her home, the South Cove Plaza East apartment complex for seniors. The front door had smashed glass, and nightclubs leave left litter and made noise late at night.

Jerome Smith, director of Mayor’s Office of Neighborhood Services, spoke at a community meeting on June 24 at the Josiah Quincy Elementary School. (Image courtesy of Ling-Mei Wong.)

Jerome Smith, director of Mayor’s Office of Neighborhood Services, spoke at a community meeting on June 24 at the Josiah Quincy Elementary School. (Image courtesy of Ling-Mei Wong.)

Trash

Simon Ho, JQES principal, reported more traffic near the school, which is beside Quincy Tower senior public housing and is holding summer classes for students. “Our custodian is picking up needles and cleaning up graffiti,” he said.

Smith advised residents to call the Mayor’s hotline at (617) 635-4500 or to use the Citizens Connect app on smartphones. Once a report is logged, drug needles will be picked up by Boston’s Emergency Medical Services.

Housing

Several residents spoke about the need for more affordable housing in the Chinatown neighborhood. Tai Tung Village resident Henry Yee said, “There are thousands of luxury units, but only about 200 affordable units built in recent years. I’m afraid about rising rents as housing prices increase, which forces people out.”

Dillon cited progress on affordable housing projects, such as 10 Oxford Place, One Greenway and Hong Lok House. “Compared to other neighborhoods, Chinatown is an affordable neighborhood,” she said. “We need to build more affordable housing to keep Chinatown a neighborhood and not just a place to eat.”

Chinatown seniors visit Boston Private Bank & Trust

BY VICTORIA TANG, ACDC YOUTH INTERN

The Asian Community Development Corporation (ACDC) organized a field trip for 12 Chinatown seniors to Boston Private Bank & Trust Company on June 24. Valerie Wong, a retired schoolteacher who volunteers as an English instructor to seniors at ACDC’s Reading Room in the Oak Terrace Apartments coordinated the event with May Lui, an ACDC staff member. Wong wanted to give a practical lesson for her students.

At Boston Private Bank’s headquarters in downtown Boston, the seniors enjoyed informative presentations on financial investments. Sandy Chin of the residential mortgage department explained lending, mortgages and the processes of acquiring a mortgage.

Annie Collins and Maria Colombo from the deposit management department gave a presentation about online banking and credit versus debit cards.

One important topic was how to avoid identity theft, which the seniors found useful. The seniors learned how to open a bank account, how to use a debit card and how to cash a check. Lui translated the presentation from English into Mandarin.

This field trip is only one of the many community engagement services that ACDC offers. In addition to real estate development, ACDC also offers programs such as the Comprehensive Housing Opportunities Program, the only program in New England that offers workshops in Chinese, and the A-VOYCE youth leadership academy.

For more information about ACDC’s resources, visit www.asiancdc.org.

Chinatown Main Street Festival marks the beginning of summer

BY JULIA L. WONG

Chinatown Main Street held its annual festival on June 22 in Boston’s Chinatown to raise cultural awareness and boost the economy of the neighborhood. Chinatown Main Street is one of 20 Main Street organizations throughout the city of Boston. The Boston Main Streets Foundation was founded by the city in 1995 to improve the quality of life in the city’s neighborhoods by creating vibrant business districts, establishing public safety and cleaner environments.

Tony Yee, president of Chinatown Main Street, said Mayor Marty Walsh wished to be more involved in Main Street and had increased the city budget by 30 percent to support this initiative. The organization heavily relies on volunteers and networking to reach out to the community to provide resources and city news around the neighborhood.

For more information on Chinatown Main Street and the Boston Main Streets Foundation, please visit: www.chinatownmainsreet.org and www.bmsfoundation.org.

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Event Calendar

BCEC phonics classes Saturdays, July 12 to Aug. 9
9:30 a.m. to noon
Boston Chinese Evangelical Church
249 Harrison Avenue Boston, MA 02111

Free tai chi class
Tuesdays, July 13 to July 22 from 10 to 11 a.m.
Symphony Park, corner of Edgerly Road andNorway Street
(In event of rain, classes will be held indoors at 100 Norway Street)
Free

Tavashes opens Dorothy Curran concert series
Wednesday, July 16, At 7 p.m.
Boston City Hall Plaza, 33 Congress St., Boston, MA 02109

Screening of Last Train Home
Thursday, July 17, 5 to 8 p.m.
The Center @ Castle Square
2nd Floor, 464 Tremont Street, Boston, MA 02116

Liberty Mutual Insurance Invitational
Annual Golf Getaway
July 27 to 28
Lake Winnipesaukee Gold Club

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Central Massachusetts Chinese Language School registration Every Sunday 2 p.m. to 4 p.m. Spring semester starts Sept. 7
Hastings Elementary School 111 E Main Street Westborough, MA 01581

Central Massachusetts Chinese Language School is open for Fall registration. Please come for a free trial class, from kindergartens to adults. For more details, please visit cems.org.

Good Neighbor ESL classes
Saturdays, July 12 to Aug. 23
5 to 6 p.m.
308 West Squantum Street
North Quincy, MA 02171

Learn basic English.

Chinese Tenant Association
7 to 9 p.m.
Chinese Community Church
940 Tyler Street
Boston, MA 02111

The Chinese Tenant Association moderate.

Central Massachusetts Chinese Language School registration

The Friends of Symphony Park present Tai Chi Summer 2014 with Sifs Huan Zhang, supported by Community Arts Advocates. Class is in both English and Chinese. It is part of The Boston Parks Summer Fitness Series.

Central Massachusetts Chinese Language School registration

Full time Administrative Assistant is sought for a 775-unit multi-family apartment development in Boston’s Mission Hill. The Administrative Assistant will assist the Collections Manager in administering and managing the rental collections of the property. This position will further assist the Compliance Manager in the monthly recertification process and compliance with all housing programs, including but not limited to, the LIHTC program and the HUD project based section 8 program. The Assistant will also perform general clerical administrative tasks to include, but not be limited to, answering the telephone, filing, and front desk office coverage. Bilingual Cantonese/ Mandarin/ English preferred. Resumes accepted until the position is filled. Resumes may be submitted by email to: cwalling@trinitymanagementcompany.com or by fax to 617-731-6481.

Administrative Assistant
Summary of Responsibilities
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Legal workshop discusses job discrimination against immigrants

BY QIONG YANG

On June 20, Alberto Ruisanchez, deputy special counsel for the Civil Rights Division at the Department of Justice, spoke at the Asian American Civic Association about unfair job discrimination for immigration-related employment practices.

Ruisanchez is based in Washington, DC. The Civil Rights Division work to stop employment discrimination.

In 1986, the Congress passed the Immigration Reform and Control of Act, stop employment discrimination.

The CSC met at Empire Garden. Its next meeting will be Sept. 3 at the DoubleTree Hotel.

The CRA meeting at the Josiah Quincy Elementary School. Detective Cary Chin and Officer Bob Luongo of District A-1 urged Chinatown residents at the meeting to be careful about suspicious phone calls and “blessing scams.”

Luongo warned the seniors about fake lotteries. In such schemes, victims are told that they have won a lottery and must pay taxes on their winnings. One woman lost more than $50,000 before she called the police.

“The old saying, ‘If it’s too good to be true,’ It probably is,” Luongo said. “Our advice is to hang up or call us.”

Boston Police Department Detective Cary Chin spoke at the Chinatown Resident Association meeting on July 2. (Image courtesy of Ling-Mei Wong.)

In 1986, the Congress passed the Immigration Reform and Control of Act, the stop employment discrimination.

Chicago told residents to call 911 right away and tell the operator to speak Chinese. The 911 service now gives the location of the caller, so operators can dispatch help even if they don’t speak Chinese as well as locate an interpreter.

“Don’t hang up. Don’t be shy,” Chin said. “As cops, if you don’t report something, we won’t know about it.”

Chin also told the residents to be mindful of strangers. Many “blessing scammers” target Chinese elders by saying that a relative has been cursed and they must follow certain steps to get rid of the curse, which usually requires large sums of money.

“These criminals are flying in from China on 30-day visas, I can’t follow them back,” Chin said. “Trust yourself. Call your son, daughter or spouse if scammers tell you they are in trouble.”

Bob Chin, owner of the 213 Harrison Avenue building, sent a letter to the CRA to add 1.5 stories to his building as well as install fire-safety sprinklers. The plan has not yet been approved by Boston’s Zoning Board of Appeals.

Suffolk County Sheriff Steve Tompkins attended the meeting and plans to speak at the August 6 meeting.
BY BOSTON CHINESE EVANGELICAL CHURCH

Boston Chinese Evangelical Church (BCEC) has finalized the purchase of the South Cove Manor Nursing Home building located at 120 Shawmut Avenue. The church has grown from its original 18 Chinese immigrants to more than 1,200 members and has become one of the largest Asian churches in New England. Members meet in two campuses; one in Chinatown at 249 Harrison Avenue and one in Newtonville at 218 Walnut Street. Seven worship services are conducted weekly in three different languages: Cantonese, English and Mandarin.

In addition to the many ministries for its members, BCEC also serves the Chinatown community with community programs, such as the well-known youth summer programs Project Destiny and English as a Second Language classes.

The leadership of the church has been seeking additional space to expand and accommodate its ministries while trying to keep pace with its many social programs to meet the needs of residents in the Chinatown area. In 2012, the South Cove Manor Nursing Home decided to relocate to Quincy for a larger and more up-to-date facility, vacating 120 Shawmut Avenue in June 2014. Through a period of evaluation, BCEC church members voted to purchase the building to better support its current initiatives and its expansion in the area. As of April 2014, the process of purchasing the building has completed.

“Our church continues to grow and expand in Chinatown and neighboring areas,” said Senior Pastor Steven Chin. “Thank God for leading us in the purchase of 120 Shawmut Avenue, allowing us to adequately run our ministries and at the same time develop more programs to serve the neighboring communities.”

The church will continue to operate out of 237 and 249 Harrison Ave. while seeking a larger worship space near 120 Shawmut Avenue.

The Holy Trinity Church building is directly adjacent to 120 Shawmut, and has recently been placed on the market for sale. The worship spaces within the Holy Trinity Church are well suited for BCEC’s multiple worship services. BCEC is in the process of investigating this opportunity, with the certainty that this historical church will remain a place of Christian worship if the church is the buyer selected by the Roman Catholic Archdiocese of Boston.

Applicants deadline is 4:00 PM on 7/31/14. Applications are available at the Wayland Housing Authority Office, 106 Main Street, Wayland, MA and on the web at www.waylandhousing.com

Local artist displays ‘Metamorphosis’

BY VIVIANE SZETO

The Chinese Progressive Association hosted an opening ceremony for its newest exhibition “Metamorphosis” by Szu-Chieh Yun, a local young Taiwanese-American artist on June 26 at Chinatown.

The opening night brought young and old community members together. The exhibition features paintings about the lives of immigrants until the end of August at the Henry Wong/Yu King Yee Memorial Gallery at 28 Ash Street.

The “Metamorphosis” gallery is reflective on Yun’s dual identity as a Taiwanese-American. Yun immigrated to the United States from Taiwan when she was 9. Unlike many Asian Americans pushed to pursue careers in medicine, engineering or business, Yun became an artist, as she has always been passionate about drawing since her childhood.

According to Yun, immigration is “a deconstruction and recreation of an identity.” In this gallery, Yun demonstrates the lives of immigrants through her works by creating a balance of contrasting objects.

The opening night not only attracted numerous community members but also brought people together by sharing own immigration stories.

Seminar trains teachers on immigrant history

BY QIONG YANG

Secondary school teachers participated in a Facing History and Ourselves immigration seminar, which included a walking tour of Chinatown led by Chinese Historical Society of New England board member David Chang (right). (Image courtesy of Qiong Yang.)

Educational organization Facing History and Ourselves (Facing History) hosted a seminar on July 8 at the Asian Community Development Corporation (ACDC), as part of a five-day training session for teachers. The seminar, “Immigration in a Changing World: Identity, Citizenship and Belonging,” was facilitated by Denny Conklin, Brian Fong and Laura Tavares of Facing History. The Chinese Historical Society of New England (CHSNE) presented and conducted tours of Boston’s Chinatown in the afternoon.

A group of 45 secondary school teachers, mostly from the Boston Public School district, participated in the seminar and the tour. The teachers watched documentary “Becoming American” first, which was followed by a discussion about Chinese immigrants and ended with walking tours of Chinatown led by CHSNE volunteers.

Both the teachers trained and staff from Facing History felt the event was a success. “It expands our understanding of immigration,” said Emily McAuley, an American history teacher at Fay School. “I teach international students at school, like Korean and Chinese, so this seminar really broads my perspective of immigrants.”

“There has a deep impact on the teachers in terms of the engagement of teaching ability and being a good citizen,” Tavares said.

Facing History was founded in 1976 by educators who wanted to develop an effective and rewarding way to engage students. It is an organization that works to instill intellectual vigor and curiosity in the world’s secondary school students, by providing ideas and tools that support the needs of teachers. It aims to grow from a single innovative course to an organization reaching classrooms across the United States and around the world.
Four myths about colorectal cancer

BY THE AMERICAN CANCER SOCIETY

In many cases, colorectal cancer can be prevented. Still, it’s one of the five most common cancers in men and women in the United States. Colorectal cancer is also one of the leading causes of cancer death in the United States. Don’t let these common myths stop you from getting the life-saving tests you need, when you need them.

Myth: Colorectal cancer is a man’s disease.
Truth: Colorectal cancer is just as common among women as men. Each year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 die from it.

Myth: Colorectal cancer cannot be prevented.
Truth: In many cases colorectal cancer can be prevented. Colorectal cancer almost always starts with a small growth called a polyp. If the polyp is found early, doctors can remove it and stop colorectal cancer before it starts.

Myth: Colorectal cancer is often highly treatable.
Truth: Colorectal cancer is often highly treatable. If it’s found and treated early (while it’s small and before it has spread), the five-year survival rate is about 90 percent. But because many people are not getting tested, only about 4 out of 10 are diagnosed at this early stage when treatment is most likely to be successful.

To find out if you are at an increased risk for colorectal cancer and what you can do to help decrease your chances of getting this disease, please visit www.cancer.org.

Lee emigrated from Guangzhou to the United States at age 30 with her husband and their three-year-old son. She is now 60 years old and works as a nursing assistant at a local hospital, and her son — now 35 — is married and living in a different state. Over the past six months, Lee has felt increasingly sad and anxious. She wonders who will care for her and her husband when they get older. She experiences stress at work due to language difficulties causing conflict with her colleagues, and feels about not having enough money to send to her family in Guangzhou. These worries keep her up at night and the only gets three to four hours of sleep. She has little appetite and lost 10 pounds. She feels tired and sluggish during the day, and cannot concentrate. Sometimes she wonders what the point of living is. However, she never tells anyone other than her husband about these problems, because she believes she needs to address herself by working harder, and she is afraid that people will say she is crazy.

Myth 1: Having a mental illness means you are insane.
Truth: Myths about mental illnesses — many Chinese Americans, in part because psychiatric illness is stigmatized in traditional Chinese culture. Even today in China, accepting someone having a mental illness is a way of insulting or discrediting them, and having a family member with mental illness can make it harder to have a better relationship. This may be due to China’s strong emphasis on social stability and harmony, which can be threatened by mental illness as an abnormal and unpredictable in the case of general mental illnesses such as schizophrenia or bipolar disorders. In traditional Chinese beliefs about the cause of psychiatric symptoms, which can involve possession by evil spirits or punishments for bad actions in a person’s previous life. Unfortunately, as a result of this stigma, many Chinese American families adjust to handle mental illness by trying to hide or suppress the information to save face. They also avoid talking about much more common and less disabling psychological problems such as depression and anxiety, out of fear of being labeled as crazy. People with mental illness are often shamed or told to just work harder, when this attitude can make them feel even more alone and hopeless. The consequences of the Chinese community’s reluctance to discuss mental health problems include delays in seeking treatment, lower quality of life, and problems with work or school, and poor health outcomes, including high blood pressure, diabetes, heart attacks, strokes, and even suicide. East Asian countries such as South Korea and Japan have some of the highest suicide rates in the world. (Official statistics on suicide are not reported by the Chinese government are lower but have unclear validity.)

This article addresses some common myths about mental illnesses that exist in the Chinese-American community.

Myth 1: Having a mental illness means you are crazy.
This myth relates in part to terminolo- gy; the Chinese phrase for "schizophrenia" (literally, "sick nerves") translates directly to psychosis or craziness. This label then gets wrongly applied to anyone who possesses any mental problems or seeks care from a psychiatrist or psychologist. When most people envision a "crazy" person, they are likely thinking about a severe psychiatric condition called schizophrenia, which exists at a rate of about 1 percent worldwide. Schizophrenia is characterized by psychotic symptoms such as hallucinations (seeing or hearing things that are not there) or delusions (having fixed, false beliefs that one is dis- tress or impaired functioning.) However, the term “mental illness” refers to a broad category of conditions, most of which do not involve psychosis, such as depression, anxiety, eating disorders, obsessive-compulsive disorder (OCD) and more.

Myth 2: People with psychiatric illnesses are more violent than other people.
Truth: It is difficult to accurately study mental illnesses across cultures because there is no physical test for problems like depression or bipolar disorder. However, the prevalence of psychiatric illnesses exist at similar rates throughout the world. Recent large studies in China have found rates of depression are about equal to those in the U.S. Similarly, severe psy- chiatric disorders such as schizophrenia appear to affect all cultures at equal rates.

Myth 3: Mental illness is a Western phenomenon.
While the causes of psychiatric illness remain unclear, there appears to be a correlation between depression and mental illnesses such as schizophrenia, other than her husband about these prob- lems, because she believes she needs to address herself by working harder, and she is afraid that people will say she is crazy.

Myth 4: People with psychiatric problems just need to work harder, or must have done something wrong in a previous life.
While the causes of psychiatric illness remain unclear, there appears to be a correlation between depression and mental illnesses such as schizophrenia, bipolar disorder, and severe depression. It is difficult to accurately study mental illnesses across cultures because there is no physical test for problems like depression or bipolar disorder. However, the prevalence of psychiatric illnesses exist at similar rates throughout the world. Recent large studies in China have found rates of depression are about equal to those in the U.S. Similarly, severe psychi- atric disorders such as schizophrenia appear to affect all cultures at equal rates.

Myth 5: There are no treatments for men- tal illness.
Truth: Mental illnesses are extremely treat- able. For more serious illnesses like bi- polar disorder, schizophrenia, obsessive compulsive disorder, and major depression, very effective medications exist to help alleviate symptoms and al- low people to live normal lives. For more common problems like mild depression and anxiety, a variety of treatments are available, including self-management (diet, exercise, activity scheduling, mood monitoring), talk therapy, and medica- tions. The choice of which to use is up to each individual’s preferences, but they are all better than simply ignoring the problem.

If you know someone who is suffering from psychological distress, encour- age them to seek help from a medical provider. They do not have to take ini- tiation, but can instead learn more about their symptoms and possible treatments, including simple changes in their life and their thought patterns that can help them feel better.

Just in A. Chen, MD, MPH, is a staff psychiatrist at Massachusetts General Hospital and instructor at Harvard Medi- cal School. Chen speaks Mandarin and English. He can be reached at jcchen37@partners.org.
Money doesn’t grow on trees

COURTESY OF MASSACHUSETTS MUTUAL LIFE INSURANCE COMPANY (MASSMUTUAL)

This activity will help you and your family talk about the importance of household finances while raising awareness about the monthly costs of things you take for granted — lights, hot water, heat and a place to live. You and your family will have an opportunity to gain a greater understanding of why you can’t always purchase that new video game, toy, clothing or upgrade for your house — and why it’s important to save for those kinds of things because money doesn’t grow on trees.

Money doesn’t grow on trees: A financial activity for families

1. Have everyone sit down and review the actual household bills (water, mortgage, cable, electricity, etc.).
2. Explain each bill to the children and discuss as a family. Have the children pay the amount due with their play money.
3. Have everyone sit down and review the actual household bills (water, mortgage, cable, electricity, etc.). Discuss ways for them to save the money to purchase something they’d like or how they could donate to a worthy cause.
4. The kids have left after the bills are “paid” is for them to decide what to do with it. Discuss ways for them to save the money to purchase something they’d like or how they could donate to a worthy cause.
5. Can you save water by turning the faucet off while brushing teeth?
6. Could you save money on electricity by making sure the lights are off when no one is in the room using them?
7. Would an extra blanket or sweatshirt keep you just as warm as turning up the heat?
8. Can you clip coupons for groceries?
9. Could you eat at home instead of going to a restaurant or getting takeout?
10. Repeat this game each month for a few months and compare the current month’s bills to the previous month’s bills so everyone can see the savings for themselves!

Provided by Amy L. Chen, CLU, Director of Multicultural Market Development (1-800-767-1000, Ext. 42056).

Prep time: 30 minutes
Activity time: 1 hour
How to play:
1. Determine your monthly budget.
2. Give each child an appropriate amount of play money to cover monthly household expenses and some spending money.

English Eco Leadership Camp works to clean up China’s environment

BY LEO GUEN

Last year, my fiancée, Sherry Ma, thought about moving to China, but I didn’t want to go because of the pollution — the air pollution, water pollution and land pollution, all of which ends up in the food. With such a breadth of pollution problems, is there any hope for Chinese environment?

Yes, there is.

My nephew, Jack Guen-Murray, is on a 27-month Peace Corps mission in Chongqing province, teaching young people English, environmental dynamics, ecological sustainability and leadership. This is his first job after graduating from college, so he has the youth and stamina to handle the hardships, uncertainty and isolation of remote, poor, rural Western China.

Mainland Chinese despair over their environmental situation, but lack the knowledge or resources to change it. Jack’s efforts to prepare Chinese youth to lead their generation to improve China’s environment may seem like a drop in the ocean. Yet the Chinese know that such efforts are not wasted according to the philosophy of the Way, or the Tao.

In the Tao, we are each just “one of 10,000 things.” We are all connected to each other, and connected to Jack’s efforts to transform China’s environment, which affects the global environment.

So what can we do to help China’s enduring environment issues?

Each year, Peace Corps China (PC China) hosts an “English Eco Leadership Camp” on an organic farm a few miles outside Chengdu, Sichuan. For 13 days, 72 Chinese students from Sichuan, Chongqing, Guizhou and Gansu provinces will be taught by 24 PC China volunteers. The bilingual camp logo is “Supporting Nature, Supporting Development.”

The goal is to prepare the students to create eco clubs at their universities. At this camp, through discussion and writing in English, and hands-on activities such as recycling, organic farming and observing a biogas digester, the students will learn about and synthesize knowledge regarding air pollution, noise pollution, environmental protection, recycling and ecology. Then, using the English and leadership skills they gain at camp, they can then help their fellow students become more aware of China’s pollution problems and create a “greener” China.

Unfortunately, the cost of running this camp runs to $25,000, a third of which goes toward food, activities, and transportation. A Peace Corps grant provides $3,000, while locals contribute $12,500 of labor. Despite these funds, Jack and his fellow PC China volunteers still need to raise $5,400 to reach their monetary goal.

To donate to PC China, please visit: https://donate.peacecorps.gov/index.cfm?shell=donate.contribute.projDetail&projid=14-366-001.

To visit Jack’s blog, where he posts photos of life on the farm including rape seed harvesting and the biogas digester, go to http://avantgardafrica.blogspot.com/2014/02/organic-farming-pilot-project-group.html.

If you’d like to learn more about English Eco Leadership Camp, please e-mail Leo Guen at LeoTGuen@gmail.com.

Affordable Housing Lottery

Alta Stone Place

2000+4000 Stone Place, Melrose, MA

Six 1BRs @ $1,253, Six 2BRs @ $1,396, One 3BR @ $1,535

Utilities not included.

Alta Stone Place is a 212 unit rental apartment community located at 2000-4000 Stone Place in Melrose. The 13 affordable apartments being built in 2000-4000 Stone Place will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income.

The 8 affordable units in the mill building (2000 Stone Place) feature 13-foot plus ceiling heights with exposed wood beams, exposed brick exterior walls, and oversized mill windows. The 5 affordable units in 4000 Stone Place feature 9-foot ceilings. Units in both buildings feature large wood flooring in kitchens and baths, carpet in living and bedroom areas, stainless front appliances, granite countertops, plentiful closets, oversized tubs and full-size washers and dryers.

Please see www.AltaStonePlace.com for more details on the development and the units.

Hawaii senate candidate Colleen Hanabusa visits Chinatown

BY LING-MEI WONG

Congresswoman Colleen Hanabusa (D-Hawaii) visited the China Pearl in Boston on June 23. Hanabusa is running for senator. (Left to right) Jenny Lau, state Rep. Tackey Chan, Hanabusa, Leverett Wing and Al Wong. (Image courtesy of Ling-Mei Wong.)

Hawaii senate candidate Colleen Hanabusa visits Chinatown

BY LING-MEI WONG

Image courtesy of Ling-Mei Wong.
The New York Times March 31 headline gives us some insight: “Panel’s warning on climate risk: worst is yet to come.” What is worse than devastating storms, soon-to-be-extinct species, and an ever-more-unstable world? The answer is more. More storms like Hurricane Sandy, which hammered our state and battered our neighbors. More mountain snowpack melting, which reduced the water supply for our sister states in the West. More regions drying up, which disrupted the economies of our fellow man in the Mediterranean region, contributing to the region’s uprisings. Everywhere we look, the stain of global warming is evident. No one can avoid it, no one can stop it. But together, we can overcome it.

As citizens of the world, it is your responsibility to allow future generations to enjoy the breath-taking landscapes and the harmonious species that have managed to survive the catastrophe thus far. So if you seek cleaner air for your lungs, if you seek a brighter future for our children, if you seek a better world for all, I issue you this challenge. The next time you are faced with the choice between meat and vegetables, choose vegetables. Not only is it generally healthier for you, but it will help us all breathe a little easier.
Recently, I had afternoon tea with my sister at a lovely English style tea salon, The Tea Leaf, in historic Waltham on Moody Street. Afternoon tea holds a special place in my heart due to my years in Moody Street. Afternoon tea lovers. A cookbook is in 2005 and has become a destination for the extensive tea selection. I opted for the chocolate works as well.

Upon entering, the charming and friendly proprietress Sally Collura greeted us. It is a combination of English tea and “afternoon tea” are entirely different and not same thing. The former is a heavier and substantial meal served after 4 or 5 p.m. Afternoon tea as we understand it in America is usually considered a three-course meal served in the afternoon and usually enjoyed by women. The typical must-haves are scones, crustless finger sandwiches and a selection of lovely desserts.

The first course came out separately were the fresh scones. We had two lovely flavors of coconut and chocolate chip, along with a blueberry scone. Both were moist, warm and not dry at all, as most scones can be. The whipped cream was freshly whipped and the mixed berry jam was not overly sweet. We inquired about clotted cream, when Sally told us due to certain events in Britain, she decided not to order it anymore. Truthfully, the clotted cream was not missed as the fresh whipped cream’s sweetness went well with the scones.

After we were done with the scones, she brought out the two other courses. The finger sandwiches are all house-made and there were some pleasant surprises. The Atlantic smoked cod surprised us by being delicious and not overly smoky or pungent. The chicken salad had a hint of ginger and homemade cream cheese mixed in with it. The cucumber and cream cheese paired well without the cream cheese being too pungent. The three-course afternoon tea must be reserved 48 hours in advance, which is well worth looking forward to.

The three-course afternoon tea ($24 per person) is not your thing, Sally has a selection of light bites, teas and desserts to choose from for a lunch or tea break. The Tea Leaf is only open from Wednesday to Sunday 11:30 a.m. to 5 p.m. and closed Mondays and Tuesdays. The three-course afternoon tea must be reserved 48 hours in advance, which is well worth looking forward to.
State Street Celebrates
Our Outstanding Partnership with the
Asian American Civic Association

At State Street, we know that what we do today will have a
tremendous impact on our future and the future of those we
serve. That's why our commitment to corporate citizenship is
embedded in our culture, and why we are confident we can
help lay the groundwork for a better tomorrow.

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