Baker elected as Mass. governor

BY LING-MEI WONG

Voters turned out on Nov. 4 at the Metropolitan polling station in Chinatown. (Image courtesy of Vekonda Luangaphay.) Republican Charlie Baker won the Mass. governor’s race on Nov. 4, beating Democrat Martha Coakley. Five other state executives were elected as well. “With your continued support, we will deliver on our plans to create great jobs, strengthen our already great schools, and make every community in Massachusetts a great place to live and raise a family,” Baker said in a prepared statement. Baker and lieutenant governor Karyn Polito received 48.5 percent or 1,041,640 votes, compared to Coakley and Steve Kerrigan’s 46.6 percent or 1,001,279 votes. At the Metropolitan polling station in Chinatown, Coakley and Kerrigan received 872 votes, while Baker and Polito had 595 votes.

Independent gubernatorial candidates Evan Falchuk, Scott Livelli and Jeff McCormick received less than 5 percent of votes. Democrat Maura Healey was elected attorney general, beating John Miller. Incumbent William Galvin was elected secretary of state, beating Republican David D’Arcangelo and Green party candidate Danny Factor. Democrat Deborah Goldberg was elected state treasurer, beating Republican Michael Hefferman and Green party candidate Ian Jackson. Incumbent Suzanne Bump was elected state auditor, beating Republican Patricia Saint Aubin and Green party candidate MK Mercede.

Democrat Terence Kennedy was named to the governor’s council as the District 6 councillor.

National and local results

Incumbent Ed Markey was reelected as U.S. senator for Massachusetts. Incumbent Michael Capuano was reelected as state representative for district 7 to Congress. Incumbent Anthony Petruccelli was reelected as state senator. Incumbent Aaron Michlewitz was reelected as state representative. Steve Tompkins was reelected as Suffolk County sheriff. Dan Conley was reelected as Suffolk County District attorney.

Initiative results

Four initiatives were on the ballot. The first and fourth ballot questions were passed, respectively repealing automatic gas tax increases and allowing employers to earn paid sick days. The second ballot question on recycling nonalcoholic bottles was not passed, along with the third initiative to repeal resort casinos.

Chinatown meeting roundup: CNC, CSC and CRA

BY VEKONDA LUANGAPHAY AND LING-MEI WONG

The Chinatown/South Cove Neighborhood Committee (CNC) met on Oct. 20, while the Chinatown Safety Committee (CSC) and the Chinatown Residents Association (CRA) met on Nov. 5.

CNC

The CNC met at the Chinese Consolidated Benevolent Association. A proposal for a Wine Gallery location in the Hayden Building at Washington and LaGrange streets was presented by founder Igor Ostrovsky, who owns three other locations in Brookline, Fenway and Lexington. The transfer of the beer/wine license from the former Ginza Restaurant on Hudson Street to Great Taste Bakery and Restaurant on Beach Street was discussed. Crime for the past 30 days was presented by Boston Police Department Sgt. James Chin. “We had a very good month of October,” he said. A bank robbery took place on Oct. 8 at the Santander Bank on 61 Harrison Avenue. The suspect passed a note to the teller and left with $160. An aggravated assault occurred on Oct. 26 at Beach Street and Harrison Avenue. Officers found several Asian males fighting, with one victim suffering a hand wound from a machete. Police are reviewing street footage. A car break took place Oct. 25 at the Doubletree Hotel’s garage. The woman’s rental car had the passenger window smashed in, with her tablet and laptop stolen. On Nov. 2, an armed robbery occurred on Kingston and Essex streets. The victim was stabbed in the left abdomen by a Hispanic or black male.

CRA

The CRA met at the Josiah Quincy Elementary School. General election results were discussed, along with landlord and tenant responsibility in Massachussets.

HIGHLIGHTS

Asian American Women in Leadership conference inspires and engages

PAGE 3

A food aficionado: Taiwan Cafe

PAGE 10

頑條新聞

華埠新聞

顯出華人年青導演

陳佳賢寫

11月3日，北美電影學院華人導演短片展來到了它們的第四站——波士頓。巡演在哈佛科學中心舉行，並帶來了六部由華裔青年導演執導的短片——包括《獨生子》導演李牧、《雲上的掙扎》導演吳嘉麟和《小學明星》導演Bruce Li在內的三位導演更是出席了當晚的活動，介紹他們的作品，並回答了觀眾提出的相關問題。這三位導演的作品均為學生奧斯卡獎的獲獎及入圍導演。

其中，李牧的紀錄片《獨生子》更是剛剛入圍第八十七屆奧斯卡最佳紀錄片提名。據悉，《獨生子》講述的是在這個真實的華裔家庭中，兩兄弟由於文化及語言的隔閡，導演用獨特的角度和視角，將這其中的落差和衝突展現得淋漓盡致。影片獲得了觀眾的高度評價，並在當天的活動中成為焦點。

活動主持人、華裔影視製作人聯繫部執導許菁在展映會上講到，短片展已經逐漸在紐約、芝加哥及舊金山舉辦巡演，它們還將計劃在2013年登陸北京，召開業內私映會。
Event Calendar

Home buying 101
Saturday, Nov. 8
10:30 a.m. to noon
607 Boylston Street, 5F
Boston, MA 02116

A Home Buyers seminar and gathering hosted by the Creative Living Team will take place. Please register at info@creativebostonliving.com.

Wang YMCa centennial celebration
Saturday, Nov. 8
6 p.m.
Empire Garden
690 Washington Street
Boston MA 02114

The Wang YMCa celebrates 100 years in Chinatown at the Empire Garden restaurant. To RSVP, please contact Richard Chin at (617) 426-2237 x 238 or at RC238@ymca-boston.org.

Success redeﬁned
Tuesday, Nov. 11
7 to 9 p.m.
Microsoft New England R&D
One Memorial Drive
Cambridge, MA 02142

Join Monte Jade new presidents, free of charge. To make an appointment with Scarlett Wu at (617) 426-9492 x 205 or scarlettwu@accauboston.org.

ACDC annual meeting & dinner
Tuesday, Nov. 18
Hei La Moon Restaurant
88 Beach Street
Boston, MA 02111

The Asian Community Development Corporation will host an annual dinner to honor Leverett Wing as this year’s recipient of ACDC’s Inspiration Award. Tickets are $25 with ACDC membership and $40 for nonmembers. To RSVP, call Jean Quintal at (617) 482-2380 x 2020 or by Nov. 10.

Business legal clinic
Wednesday, Nov. 19
9:30 to 8:30 p.m.
87 Tyler Street
Boston, MA 02111

The American Asian Civic Association is pleased to announce the launching of Advancing Entrepreneurship, a new partnership with the Lawyers’ Committee for Civil Rights and Economic Justice. This business legal clinic provides conﬁdential consultation to established and new business owners and employers, free of charge. Please make an appointment with Scarlett Wu at (617) 426-9492 x 205 or scarlettwu@accauboston.org.

Launch of the U.S.-Taiwan Business Club
– Boston Chapter
– Boston Chapter
Tuesday, Nov. 18
10 a.m. to noon
Le Meridien Hotel
26 Sidney Street
Florence Luscombe Ballroom
Cambridge, MA 02139

Join the U.S. Taiwan Business Club launch their Boston Chapter at the ﬁrst event to promote increased business collaboration between New England and Taiwanese companies and investors. To register, please contact Ms. Tang-Ling Hsu at commerce01@tecoboston.org or call (617) 259-1370.

South Cove Manor breakfast seminar
Thursday, Nov. 20
9:30 to 11 a.m.
Mass Pike Tower Conference Room
335 Tremont Street
Boston, MA 02126

Join South Cove Manor for breakfast and a workshop on a health topic. Afterwards, relax and strengthen while partaking in a free tai chi class. For more information call Terry Yin at (203) 893-7963 or email terry.yin@southcovenmanor.org.

BAASIC 2014: Intersections and Boundaries
Friday, Nov. 21
from 12:30 to 5 p.m.
Microsoft New England R&D Center
1 Memorial Drive
Cambridge, MA 02142

Join the U.S. Taiwan American Students’ Intercolllegiate Coalition annual conference to explore and redeﬁne what it means to be an Asian American in the 21st century.

Free monthly legal clinic
Monday, Nov. 24, every fourth Monday of the month.
6 to 8 p.m.
1500 Hancock Street, Suite 209
Quincy, MA 02169

Quincy Asian Resources, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quincyasianresources.org.

Sampan News

Event Calendar

WINTER VALLEY RESIDENCES FOR THE ELDERLY, INC.

Winter Valley Residences for the Elderly, Inc. is a 160-unit complex ﬁnanced by HUD for those 62 or older and physically disabled, is now accepting applications.

Winter Valley Residences has studios, one and two bedroom and barrier free units. They are owned and managed by Milton residences for the Elderly, Inc., 600 Canton Avenue, Milton, MA 02186.

The Chinatown Coalition meeting
Thursday, Nov. 13
9:30 a.m.
38 Ash Street
Boston, MA 02111
2014 Silk Road Gala celebrates 20th anniversary of ATASK’s emergency shelter

BY JULIA WONG

Attendees donned masks for the 2014 Silk Road masquerade gala at the John Moakley Courthouse on Nov. 1 to celebrate the 21st benefit for the Asian Task Force Against Domestic Violence (ATASK). It also commemorated the 20th anniversary of ATASK’s emergency shelter. ATASK is the only organization in New England that provides resources for Asians at risk or suffering from domestic violence.

Guests mingled at the reception while enjoying tastings from Night Market, Bon Me, Sam’s at Louis Boston and Saus. Following the reception was dinner with speeches acknowledging the contributors to the organization and musical entertainment. A live auction took place, with guests perusing available items.

In contrast to the beautiful setting and view of the harbor, guests were reminded of the ugliness of domestic violence. Board chairwoman Audrey Paek describes ATASK’s mission “to provide a hand in the silent struggle of domestic violence,” offering a hand in the silent struggle of domestic violence of survivors who are suffering from domestic violence.”

By Judy Jun

The impact and success of ATASK was presented through a powerful story narrated by a survivor. At a time, too many survivors are still seeking help but wonder if ATASK had existed then, whether her grandmother would be alive today. ATASK has a 24-hour multilingual hotline and launches a domestic violence intervention program this year. By offering a hand in the silent struggle of domestic violence, ATASK helps victims move forward.

As Judge Nancy Gertner said, “If you are not safe, nothing follows.”

Asian American Women in Leadership inspires and engages

BY JUDY JUN

Conference director Jenny Sato, with keynote speaker Kelly Zen-Yie Tsai and Asian Sisters Participating in Reaching Excellence’s board chair Jane Hyo Sun Lee at the Asian American Women in Leadership conference at Simmons College on Nov. 1.

The annual Asian American Women in Leadership (AAWIL) conference celebrated its 10th year of “Making it Count” on Nov. 1. Hosted by Simmons College and Asian Sisters Participating in Reaching Excellence (ASPIRE), the conference gathered women of the great- est Boston Asian community to discuss leadership and empowerment.

“It is very difficult for Asian American women to find something like this out there. [AAWIL] is very important because Asian American women need resources and they are not out there, no matter how high their needs are right now,” said ASPIRE board director Jane Lee.

The conference started with a speech and performance from its keynote speaker, award-winning spoken word artist Kelly Zen-Yie Tsai. Tsai discussed her own experiences as an Asian-American woman as well as other significant issues pertaining to the Asian-American experience.

Three workshop periods were offered throughout the conference. Workshops were moderated by a diverse group of speakers, focusing on topics such as the bamboo ceiling, student engagement and career development.

For more information on AAWIL as well as other ASPIRE events, visit girl-saspire.org.

McDonald’s closed for maintenance

BY LING-MEI WONG

The Chinatown McDonald’s location closed in October, shown here on Nov. 5. Alice Wu, restaurant manager, said, “The McDonald’s restaurant located at 702 Washington Street in Boston has been closed only temporarily for building maintenance. It will reopen around the end of November and we are looking forward to seeing all of our loyal customers again at that point.” (Images courtesy of Ling-Mei Wong.)
Tufts Medical Center promotes women’s preventative care through screening event

BY JULIA WONG

Tufts Medical Center hosted its fifth annual See, Test & Treat program on Oct. 25. The program is funded by the College of American Pathologists (CAP) and organized by Tufts Medical Center pathologist-in-chief Barbarajan Magnani. Dr. Magnani recently received the Gene and Jean Herbeek humanitarian award for her work in the See, Test & Treat program. The program provided free cervical and breast cancer screening to women who lack the resources such as communication, child care and time to receive routine care. A team of volunteer medical professionals, including pathologists, primary care physicians, OB/GYN physicians and radiologists, offered their services, along with interpreters and caregivers who organized play groups.

Amongst the participants, Dang Li waited for her results. Li is a second-year participant who originally learned about the event in the newspaper. She returned because she valued the importance of the routine exam and rapid results. Li appreciated the time the doctor took to answer her questions.

As participants waited for their results, they learned about preventative care and women’s health. Tables displayed literature on nutrition, different cancers and early detection. A microscope station allowed participants to interact with a pathologist and learn the difference between healthy and unhealthy cells.

April Tang, Xi Yuan Zhang and Yi Ling Dai of Asian Women for Health provided literature and models on how to perform a self breast exam.

Judy Chan represented the Women in Fast and Children (WIC) nutrition counseling program at South Cove Community Health Center, which serves pregnant, breast feeding and postpartum women with moderate and low incomes. WIC is a bilingual counseling program that does not serve only children; nutrition starts with the parents and development of lifelong health habits.

Lauren Fialkoff and Liz Chin of the Tufts Friedman School of Nutrition handed out nutrition information on common foods in Chinese cuisine as well as dietary guidelines for a balanced diet. Although most of the participants were from the Chinatown community, the program serves women from all surrounding Boston neighborhoods. Prevention is critical in underprivileged communities where routine care is overlooked. According to CAP, statistical data from a previous See, Test & Treat event indicated 20 percent of participants received abnormal pap smear results, which is three times the national average, highlighting the importance of routine care and prevention.

The sixth annual Boston Asian American Film Festival (BAAFF) opened on Oct. 23 with the New England premiere of “The Revenge of the Green Dragons” in Harvard Square. BAAFF, a production of the Asian American Resource Workshop, empowers Asian Americans through films that showcase their experiences. Many braved stormy weather to partake in the opening festivities, which included a prescreening reception at Noir Bar, film debut at the Brattle Theater and an after-party at Hong Kong Restaurant.

Susan Chinsen, BAAFF director, thanked the festival staff and sponsors for making the event possible and welcomed directors Andrew Lau and Andrew Loo, who flew from Hong Kong to attend the premiere.

Claudia Yang, head of communications and public relations of the Hong Kong Economic and Trade Office in New York, introduced the film.

“The movie depicts the vitality of the East meets West culture,” Yang said. “It is based on a true story in Chinatown in New York and was shot in Queens and Brooklyn.”

---

SEE BAAFF, PAGE 5
Crime in Chinatown has decreased, despite a headline-grabbing shooting in August, according to the Boston Police Department.

Capt. [Ken] Fong has put an emphasis on reducing crime,” said Sgt. James Chin at the October Chinatown Safety Committee meeting. “Officers are out there and doing their jobs.”

Chin said when crimes are committed in Chinatown, neighborhood residents are typically not responsible. Some Chinatown restaurants open late, staying open after bars and clubs close at 2 am.

People often come eat in Chinatown after a night out, and it is during these late hours that the officers work overtime to maintain a safe environment and public trust. Chinatown has become a long way from its seedy beginnings. The neighborhood was once the Combat Zone, where strip clubs, gang, and prostitution proliferated, but faded out over time. Petty crime lingered, with the Chinatown Crime Watch established in May 2005 to monitor the streets.

These days, Crime Watch coordinator Gilbert Ho said he hasn’t seen much crime in Chinatown. Crime Watch volunteers walk around Chinatown in royal blue vests with yellow reflectors. About 70 volunteers patrol between 4 pm to 10 pm every day.

It’s important the volunteers are safe while walking around. “Safety is the most important issue for the volunteers. We tell them not to engage, to call the police so the police can take over and respond to that,” Ho said. Volunteers are trained how to report to the police.

For ordinary citizens, calling 911 if they see something that doesn’t look right or if they’re suspicious,” Chin said. The 911 operators have Chinese-speaking interpreters for individuals not proficient in English.

Chin said police-community partnerships play a big role in keeping the neighborhood safe.

“We can’t be everywhere at the same time,” he said. “But we have eyes and ears out there.”

CONTINUED FROM PAGE 4

“The Revenge of the Green Dragons” is a crime thriller that explores Asian American gang life in New York City during the 1980s. It follows two Chinese immigrant brothers Sonny (Justin Chon) and Steven (Kevin Wu) who join the Green Dragons gang in Chinatown, enticed by the prospects of the gangster lifestyle: Protection, women, money and power.

From midnight to 5 am, working overtime to cover the area from the financial district, the north end, Charles-

“People from diverse backgrounds are encouraged to apply.

Professional Staffing Group values the vitality and strength of a diverse workforce. People from diverse backgrounds are encouraged to apply.

Affordable Housing Lottery

Currents on the Charles

One Studio @ $1,107*, Ten 1BRs @ $1,259*

MAXIMUM Household Income Limits:
$47,450 (1 person), $54,200 (2 people), $61,000 (3 people),
$67,750 (4 people), $73,200 (5 people) and $78,600 (6 people)

*A Public Info Session will be held on Oct 8th, 2014 at 6:00 pm at Medford City Hall (85 George P. Hassett Drive in the Council Chambers, 2nd Floor)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on December 10th, 2014

The Lottery for eligible households will be held on Dec 29th at 6 pm at 119 School Street in Waltham.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900x4 and leave a message.

Applications also available at Waltham Public Library on 735 Main St (M-Th 9-9, Fri-Sat 9-5, Sun 1-5) and Waltham City Hall Clerk’s Office on 610 Main Street (8:30 - 4:30, M-Fri) or Building Department

Boston police: Crime decreases in Chinatown

BY VEKONDA LUANGAPHAY

BAAFF: Film festival celebrates Asian identity

CONTINUED FROM PAGE 4

36 River Street, Waltham, MA

One Studio @ $1,107*, Ten 1BRs @ $1,259*

Affordable Housing Lottery

Currents on the Charles

36 River Street, Waltham, MA

One Studio @ $1,107*, Ten 1BRs @ $1,259*

MAXIMUM Household Income Limits:
$47,450 (1 person), $54,200 (2 people), $61,000 (3 people),
$67,750 (4 people), $73,200 (5 people) and $78,600 (6 people)

*A Public Info Session will be held on Nov 3rd at 6 pm at 119 School Street in the first floor of the Waltham Government Building Auditorium

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on December 10th, 2014

The Lottery for eligible households will be held on Dec 29th at 6 pm at 119 School Street in Waltham.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900x4 and leave a message.

Applications also available at Waltham Public Library on 735 Main St (M-Th 9-9, Fri-Sat 9-5, Sun 1-5) and Waltham City Hall Clerk’s Office on 610 Main Street (8:30 - 4:30, M-Fri) or Building Department

Our job is to find YOU a job. Honoring Our Nation’s Veterans.

At Professional Staffing Group you’ll find exciting contract, temporary, and temp-to-hire positions in:

• Office support
• Creative
• Technical
• Financial

To find the career opportunity that’s right for you, email your resume to jobs@psgstaffing.com or call us at 617-250-1000.

Professional Staffing Group values the vitality and strength of a diverse workforce. People from diverse backgrounds are encouraged to apply.

www.psgstaffing.com

617-250-1000 or

psgstaffing.com

Professional Staffing Group

60+ jobs/100+ opportunities

BAAFF: Film festival celebrates Asian identity

CONTINUED FROM PAGE 4

Asian American gangsters. The directors had done extensive research by conducting interviews with relevant people.

“We met the lead detective who investigatied the Green Dragons,” Loo said.

The directors wanted to showcase the dark, untold version of the American dream—immigrants working long and hard to barely get by in America. As a result, neglected children would get pulled into gangs.

Around 90 percent of the Chinese people we interviewed in [New York’s] Chinatown said they would never come back here [if given the opportunity to make that choice again],” Loo said.

“This movie is not just about gangs. it’s about family and personal relationships and the effect of the culture on the children,” Loo said.

The movie was released in 2001 and reportedly cost $30 million. It grossed $95 million worldwide.

Later, Loo and Lau delivered a fairly grounded portrayal of peace. That was the case after a 27-year-old man from Mattapan fired his gun on Edinboro Street in front of a restaurant and four men were hospitalized August 27. Since then, the Boston Police Department had officers monitoring the area from midnight to 5 am, working overtime.

Their efforts paid off, as crime continues to decrease. Type one crimes—homicides, sexual assaults, aggravated assaults, larcenies and robberies—have gone down by 15 to 20 percent as of April 2014, Chin said. This includes crime outside of Chinatown in District A-1, which encompasses downtown Boston, the financial district, the North End, Charles-ton and Beacon Hill.

Chinatown has come a long way from its seedy beginnings. The neighborhood was once the Combat Zone, where strip clubs, gangs and prostitution proliferated, but faded out over time. Petty crime lingered, with the Chinatown Crime Watch established in May 2005 to monitor the streets.

These days, Crime Watch coordinator Gilbert Ho said he hasn’t seen much crime in Chinatown. Crime Watch volunteers walk around Chinatown in royal blue vests with yellow reflectors. About 70 volunteers patrol between 4 pm to 10 pm every day.

It’s important the volunteers are safe while walking around. “Safety is the most important issue for the volunteers. We tell them not to engage, to call the police so the police can take over and respond to that,” Ho said. Volunteers are trained how to report to the police.

For ordinary citizens, calling 911 if they see something that doesn’t look right or if they’re suspicious,” Chin said.

The 911 operators have Chinese-speaking interpreters for individuals not proficient in English.

Chin said police-community partnerships play a big role in keeping the neighborhood safe.

“We can’t be everywhere at the same time,” he said. “But we have eyes and ears out there.”
Pesticides in your produce: What you should know

BY HARVARD PILGRIM HEALTHCARE

Pesticides (pest killers) are designed to kill certain organisms so it’s not surprising that they can be extremely toxic to our health. Numerous studies have linked pesticides to certain health concerns, among them cancer, nervous system disorders and attention deficit issues. The dangers are greatest for pregnant women and their developing babies, and children.

That’s why the Environmental Working Group (EWG) conducts extensive research on pesticides. The “EWG Shoppers Guide” helps consumers easily find what the foods have and most least pesticides.

When you know what fruits and vegetables are most contaminated, you can make smart decisions about what to avoid or what to buy organic. (Visit www.foodnews.org to download the PDF of the guide or get the free app for your smartphone.)

Healthy to know

With pesticides still being widely used, we’re bound to take some into our bodies one way or another even if we are careful. Still, health experts agree that a diet rich in fruits and vegetables outweighs the risks pesticides pose to our health. Now you can shop smarter to avoid pesticides as much as possible.

For example, choosing five servings of fruits and vegetables a day from the “Clean 15” list instead of the “Dirty Dozen” list can lower your pesticide intake (from produce) by 92 percent, according to EWG’s calculations. So, if you want to avoid pesticides as much as you can, the fruits and vegetables listed in the box are where your dollar is best spent.

What does ‘organic’ really mean?

Any food that has been labeled “organic” has been grown or raised without chemical fertilizers, pest killers (pesticides), weed killers or drugs.

This means that the growers use only:
- Natural pest killers, such as soap oils, fungus-eating bacteria or plants that eat other bugs
- Natural fertilizers, such as manure or compost
- Organic food to feed their animals
- And they don’t use:
  - Antibiotics or growth hormones

There are many agents that cause cancer (carcinogens) and toxins that come from burning the tobacco itself, including tar and carbon monoxide.

Even herbal cigarettes that do not contain tobacco give off tar, particulates and carbon monoxide, all of which are dangerous to your health.

What about menthol cigarettes?

Menthol cigarettes are likewise not safer than unflavored cigarettes. In fact, they might be even more dangerous. These cigarettes tend to be “easier” to smoke — the added menthol produces a cooling sensation in the throat when the smoke is inhaled. It lessens the cough reflex and covers the dry feeling in the throat that smokers often have. People who smoke menthol cigarettes can inhale deeper and hold the smoke in longer.

Nearly one-third (32 percent) of all cigarettes sold in the United States are flavored with menthol. These cigarettes are most popular among children, teenagers, African-Americans, Hispanics and smokers in other minority groups.

Studies have shown that people who smoke menthol cigarettes are less likely to try to quit and are less likely to succeed when they do try. At least one researcher proposed that menthol smokers might want to switch to non-menthol cigarettes beforehand to improve their chances of quitting smoking.

Most people don’t know that many cigarette brands that are not advertised as having menthol often have a small amount of menthol added. Even amounts of menthol that are too small to taste can make a cigarette seem smoother and less harsh. These small amounts of menthol can ease the path for new smokers.

No matter what they smell like, taste like, look like, or are labeled as, all cigarettes are bad for you. The bottom line is there’s no such thing as a safe smoke.
How to reduce lead in your drinking water

The Boston Water and Sewer Commission (BWSC) can provide you with information about what steps you can take in your home to reduce your risk of exposure to lead. Lead is a health concern and is commonly found in the environment; most commonly in lead-based paint. Lead can also be found in water, though at much lower levels. Lead can cause serious health problems, especially for pregnant women and young children. Please read this information closely to see what you can do to reduce lead in your drinking water.

Health effects of lead
Lead can cause serious health problems if too much enters your body from drinking water or other sources. It can cause damage to the brain and kidneys, and can interact with the production of red blood cells that carry oxygen to all parts of your body. The greatest risk of lead exposure is to infants, young children, and pregnant women. Scientists have linked the effects of lead on the brain with lowered IQ in children. Adults with kidney problems and those who have high blood pressure can be affected by low levels of lead more than healthy adults. Lead is stored in the bones and can be released later in life. During pregnancy, the child may receive lead from the mother’s bones, which may affect brain development.

Sources of lead
Lead is a common metal found in the environment. Common sources of lead exposure are lead-based paint, household dust, soil and some plumbing materials including many faucets. Lead can also be found in other household items such as pottery, makeup, toys and even food. Lead paint was outlawed in 1978, but dust containing lead can come into contact with dirt and dust from homes that still have lead paint. Lead was stored in the bones and can be released later in life. During pregnancy, the child may receive lead from the mother’s bones, which may affect brain development.

Steps you can take to reduce exposure to lead in drinking water

Flush your system: Fresh water is better than stale; if your water has been sitting for several hours, run the water until it is consistently cold — usually about 15 to 30 seconds — before drinking or cooking with it. This flushes water which may contain lead from the pipes.

Use cold, fresh water for cooking and preparing baby formula: Do not cook with or drink water from the hot water tap. Lead dissolves more easily into hot water. Do not use water from the hot tap to make baby formula. Do not boil water to remove lead.

Boiling water will not reduce lead. Test your home for lead: The only way to determine the level of lead in drinking water at your home is to have the water tested by a state certified laboratory. The cost to test is usually between $10 and $50. Consider having your paint tested also. A list of labs is available online at www.bwsc.org or you can call the BWSC Lead Hotline at (617) 989-7888.

Test your child for lead: Contact your local health department or your local health care provider to find out how you can get your child tested. A blood lead level test is the only way to know if your child is being exposed to lead. For more information, contact the Department of Public Health at www.mass.gov/dph/ chepp or at (800) 532-9571.

Identify if your plumbing fixtures contain lead: New brass plumbing fixtures, including those labeled “lead-free,” may contribute lead to drinking water. If you are concerned about lead in tap water, you should consider buying a low-lead or no-lead fixture. Contact the National Sanitation Foundation to learn about lead-free faucets.

Consider using a filter: If your water contains lead, you may want to consider using a filter. Make sure the filter you are considering removes lead — not all filters do. Be sure to replace filters in accordance with manufacturer’s instructions to protect water quality. Contact NSF at 1-800-NSF-6275 or www.nsf.org for more information on water filters. Also, if you are considering using bottled water, note that it may cost up to 1,000 times more than tap water. Simply flushing your tap water makes it less corrosive, thereby reducing the levels of lead in it. The only way to reduce lead in drinking water is to treat the water to make it less corrosive, thereby reducing the levels of lead in it. This is usually a cheaper, equally effective alternative.

What is being done to control lead in the drinking water?
BWSC and MWRA are concerned about lead in your drinking water. The BWSC and MWRA both have an extensive testing program and the MWRA has treated the water to make it less corrosive. BWSC and MWRA are concerned about lead in your drinking water because although most homes have very low levels of lead in their drinking water, some homes in the City of Boston may have lead levels above the EPA action level of 15 parts per billion (ppb). To monitor lead levels, the BWSC and MWRA test tap water in homes that are most likely to have lead; these homes are usually older homes that may have lead service lines or lead solder, and they must be tested after water has been sitting overnight. The EPA rule requires that 90 percent of these worst case samples must have lead levels below the Action Level of 15 ppb.

BWSC treats your water to make it less corrosive, thereby reducing the levels of lead in it. Starting in 1996, MWRA increased the pH and buffering capacity of the water, and has steadily fine-tuned these levels since corrosion control treatment began. Due to this treatment change, lead levels in sample tests of tap water at the MWRA service area have dropped over 90 percent since 1996. The MWRA service area has been below the Lead Action Level since June 2004. The BWSC tap water has sampled below the Lead Action Level since 2007.

For more information
Call the BWSC Lead Hotline at 617-989-7888 or visit our website at www.bwsc.org. To find out if your property has a private lead service line, please see the website at www.bwsc.org.
Tufts Neighborhood Service Fund seeks Chinatown applications

BY TUFTS UNIVERSITY

Nonprofit community organizations in Chinatown are invited to apply for 2014 grants from the Tufts Neighborhood Service Fund (TNSSF). TNSSF collects donations from faculty and staff throughout the year and then awards small grants to community-based, charitable organizations that serve Tufts’ host communities (Somerville, Medford, Groton and Boston’s Chinatown). Applicants must have Tufts volunteers actively working with their organizations. Last year, 29 programs and projects in Tufts’ host communities were granted awards. The funds included replacing outdated exercise equipment for a program designed to combat adolescent obesity in Chinatown.

In Chinatown, the 2013 grant recipients were Scentric; AACa; Boston Asian: Youth Essential Services; Greater Boston Chinese Golden Age Center; Joshua Quincy Elementary School; RiceSticks; and the Wang YMCA. Interested organizations should contact the Community Relations Office at Tufts University (617) 627-3780 to request an application. Application materials are also available online at the following web address: http://go.tufts.edu/TNSSF.

Individual grants will be made in amounts ranging from $250 to $2,000.

Roxbury Crossing Senior Building
New Construction | Heat and Hot Water Included
30 Gurney Street, Boston, MA 02120

Maximum Income per Household Size at 50% & 30% of Area Gross Median Income (AGMI)

<table>
<thead>
<tr>
<th>HH Size</th>
<th>50% AGMI</th>
<th>30% AGMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>32,950</td>
<td>19,800</td>
</tr>
<tr>
<td>2</td>
<td>37,650</td>
<td>22,600</td>
</tr>
</tbody>
</table>

At least one member of the household must be 62 or over at occupancy. 20 units will be available to applicants at 30% of the AGMI.

Applications may be obtained in person on the following dates and times:
- Tobin Community Center, 1417 Tremont St., Roxbury Crossing, MA
  Wednesday, December 3rd, 10:30 AM
  Saturday, December 6th, 10:00 AM - 3:00 PM
  Tuesday, December 9th, 2:00 PM - 7:00 PM

Informational Meetings:
- Tobin Community Center, 1417 Tremont St., Roxbury Crossing, MA
  December 3rd 1:00 PM

Interested organizations should contact the Community Relations Office at (617) 209-5225.

Applications may be requested via phone by calling (617) 209-0225. Applications will be available: December 3 through December 12, 2014

Applications may be obtained in person on the following dates and times at:
- Tobin Community Center, 1417 Tremont St., Roxbury Crossing, MA
- South Boston Neighborhood House, 136 H St., South Boston

December 3rd 1:00 PM
- Tobin Community Center, 1417 Tremont St., Roxbury Crossing, MA

Reasonable accommodations and language assistance available. HUD Income Limits Rules apply. Preference for households requiring accessible units for 5 accessible units; preference for currently homeless persons for 4 units; preference for Boston residents for 24 units. For assistance, call (617) 209-0225.

Ty: 711

Public Info Meeting
6:30 pm, Wednesday, December 3, 2014
Tobin Town Hall
1 JFK Memorial Drive
Application Deadline
December 27, 2014

Call 781-848-5005 to schedule a showing

SMOKE FREE BUILDING

APPLICATION AVAILABLE ONLINE AT: www.mcchoosingservices.com

Boston welcomes Young Chinese directors

BY CANDICE CHEN

North America Chinese Directors Short Film Tour came to Boston, the fourth stop, on Nov. 3. The showcase took place at Harvard Science Center and brought five short films directed by different Chinese young directors.

Three directors – Zijian Mu of “One Child,” Jie Yi of “Light Mind” and Bruce Li of “Caught,” also attended the showcase, introducing their films and answering audience’s questions. All of the three directors have been nominated for Student Academy Awards.

Mu’s documentary “One Child,” which features the lives of the parents who lost their only child in China’s 2008 Sichuan Earthquake, is also shortlisted for the first documentary by Chinese students at the Academy. Mu is expected to become the first Chinese student to win the award.

The other two films presented during the showcase are “Grand Canal” by Johnny Ma, a Columbia University graduate, and “The Right Thing” by Shan Jin, a New York University graduate.

The North America Chinese Directors Short Film Tour is organized by EnMaze Pictures, a New York-based film production and distribution company. The Boston showcase was cosponsored by the Asian Cultural Center and the Harvard Chinese Students and Scholars Association.

Jing Xu, the host of the event and the director of the Filmmaker Relationship Department of EnMaze, said the series of events have travelled to New York, Chicago and San Francisco. She said EnMaze is also planning to go to Beijing in 2015, bringing more short films to China.

SAMPAN ADS
T: 617-426-9492; x: 206
E-MAIL: ads@sampan.org

Maximum Allowable Income

| HH Size | HH Income Limit | HH Income Limit
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$47,450</td>
<td>$61,000</td>
</tr>
<tr>
<td>2</td>
<td>$63,000</td>
<td>$77,750</td>
</tr>
</tbody>
</table>

APPLICATION AVAILABLE ONLINE AT: www.mcchoosingservices.com

BRAINTREE AFFORDABLE RENTALS
Sunset Lake Apartments—20 Pond Street
One 1 Bedroom and Two 2 Bedroom Units
Rents: 1 Bed—$1,213/2 Bed—$1,320
(rent does not include utilities)

For Application and Information:
Email: lotteryinfo@mcchoosingservices.com
Call MCO Housing Services: (978) 456-8388
Pick Up: Braintree Planning Office (1 JFK Memorial Drive)
Public Library or Leasing Office

Units distributed by lottery

Maximum Income per Household Size at 50% & 30% of Area Gross Median Income (AGMI)

<table>
<thead>
<tr>
<th>HH Size</th>
<th>50% AGMI</th>
<th>30% AGMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>32,950</td>
<td>19,800</td>
</tr>
<tr>
<td>2</td>
<td>37,650</td>
<td>22,600</td>
</tr>
</tbody>
</table>

All completed applications must be postmarked by December 19, 2014 to be included in the initial lottery and mailed to:

MHNHS Braintree c/o Maloney Properties, Inc., 27 Mica Lane, Wellesley, MA 02481

Selection for apartments will be by lottery April 2015 Occupancy

Preferential housing is available for households with special needs. Applicants must meet income eligibility requirements.

Call 781-848-5005 to schedule a showing

Proudly Managed by

By TuFTS uniVeRSiTy

Tufts University is one of the world’s leading research institutions, committed to achieving excellence in teaching and scholarship. By actively working with our communities and organizations that serve Tufts’ host communities (Somerville, Medford, Groton and Boston’s Chinatown), Tufts is seeking to improve the quality of life in our host communities. A request for proposals was made to Tufts’ faculty and staff throughout the year, and recipients were selected; recipients included: Asian: Youth Essential Services; Greater Boston Chinese Golden Age Center; Joshua Quincy Elementary School; RiceSticks; and the Wang YMCA.

Last year, 29 programs and projects in Tufts’ host communities were granted awards. The funds included replacing outdated exercise equipment for a program designed to combat adolescent obesity in Chinatown.

In Chinatown, the 2013 grant recipients were Scentric; AACa; Boston Asian: Youth Essential Services; Greater Boston Chinese Golden Age Center; Joshua Quincy Elementary School; RiceSticks; and the Wang YMCA. Interested organizations should contact the Community Relations Office at Tufts University (617) 627-3780 to request an application. Application materials are also available online at the following web address: http://go.tufts.edu/TNSSF.

Individual grants will be made in amounts ranging from $250 to $2,000.
Senior seminar focuses on chronic disease

BY RICHARD LEVINE

Springwell, a Waltham-based nonprofit organization for the elderly, held its second speakers series event on chronic disease on Tuesday, Oct. 21, at the Taipei Economic and Cultural Center in Newton.

“The series is] for any adult that’s been diagnosed with a chronic disease,” said Kathy Byrne, a Springwell coordinator and the organizer of the series. For the group of 20 elders who gathered to hear about chronic disease, they learned about the benefits of the Stanford Chronic Disease Self-Management Program, a treatment protocol developed in 1996 at the Stanford School of Medicine.

The Chronic Disease Self-Management Program, or CD6MP, seeks to enhance an individual’s current treatment for chronic disease through a once-a-week workshop, during which disease sufferers meet together, share strategies and learn together.

“We need to bring awareness to the community that we can do this program,” said Byrne after a two-hour speech written by her and translated by Lili Mei of the Greater Boston Chinese Golden Age Center. “They need to know that it can take place in their community.”

Byrne stated that last year, with Springwell’s help, she organized 12 successful workshops. “As long as people are interested, we do it.”

For community elder H.C. Lin, the speech was informative. “I don’t use anything now,” said Lin, who suffers from chronic knee problems. “I just want to know what’s out there and how to do it.”

Byrne doesn’t know how many workshops will take place this year, but most likely “as many as the program allows.” As a sufferer of chronic back pain, Byrne also said that in her experience, the program is really about behavioral changes, changing perspective on chronic disease and having an open mind, but ultimately, she says, “The best thing you can do is just attend.”

The program was designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

Fears of falling can just be as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. “A Matter of Balance” can help people improve their quality of life and remain independent.

The program will be held in Cantonese for participants interested in becoming balance coaches or learning fall prevention tips. MCHC will sponsor the event by providing a study workbook for participants and refreshments.

“A Matter of Balance: Managing Concerns About Falls” will be held at the Wollaston Senior Center, 550 Hancock Street in Quincy, Mass. The program begins on Nov. 5 and runs through mid-December from 9 to 10:30 a.m. on select days. Class size is limited to eight to 12 people.

For more information or to register, please call Janice Mei, MCHC at 617-479-8880.

Affordable Housing Lottery

244 Washington Place
Easton, MA

Four BRs $989, 3 Brs $889, 2 Brs $818

Utilities not included

The Village at 244 Washington Place is a 38 unit apartment complex. 10 of the units will be rented to households with annual incomes not exceeding 80% of AMI adjusted for family size as determined by HUD. The Floor Plans have been designed to create a relaxed and easy-living lifestyle. The state of the art clubhouse, complete with a fully equipped kitchen, fitness center, business center, and entertainment room add to the Washington Street experience. The large patio and barbeque area will also allow residents to enjoy many leisurely afternoons without leaving their home.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>80% AMI (Area Median Income)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$44,750</td>
</tr>
<tr>
<td>2</td>
<td>$57,350</td>
</tr>
<tr>
<td>3</td>
<td>$65,000</td>
</tr>
</tbody>
</table>

A Public Information Session will be held at 6 pm on Dec 19, 2014 in the Quisset House First Floor Meeting Room (51 Main St, Easton).

Applications and Information must be delivered, not postmarked, by 2:00 PM on December 30th, 2014.

The Lottery will be held on Jan 13, 2015 at 6 PM in same location as the info session above.

For Details on Applications, the Lottery, and the Apartments or for reasonable accommodations for persons with disabilities, call 617-793-6900 (x1 for rental info) for 244 Washington or go to www.se-b.com/lottery

Applications and Info also available at the Ames Free Library on 53 Main Street, North Easton (Hours: M-Th 10-8, F-Sa 10-5).

Mark the Dates!

THU 11/13

Tufts Medical Center partners with Multicultural Home Care to manage patient concerns about falls

BY TUITUS MEDICAL CENTER AND MULTICULTURAL HOME CARE

Tufts Medical Center’s Trauma Center has partnered with Multicultural Home Care (MCHC) to offer “A Matter of Balance: Managing Concerns About Falls.” The program is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

Byrne stated that last year, with Springwell’s help, she organized 12 successful workshops. “As long as people are interested, we do it.”

For community elder H.C. Lin, the speech was informative. “I don’t use anything now," said Lin, who suffers from chronic knee problems. “I just want to know what’s out there and how to do it.”

Byrne doesn’t know how many workshops will take place this year, but most likely “as many as the program allows.” As a sufferer of chronic back pain, Byrne also said that in her experience, the program is really about behavioral changes, changing perspective on chronic disease and having an open mind, but ultimately, she says, “The best thing you can do is just attend.”

Need more information? Call the Community Services Department at 617-989-7000.

Our representative will be available to:

► Accept payments. (Check or money order only—no cash, please.)
► Process elderly or disabled persons discount forms.
► Arrange payment plans for delinquent accounts.
► Resolve billing or service complaints.
► Review water consumption data for your property.
► Explain BWSC customer programs.

Boston Water and Sewer Is Coming to Your Neighborhood

A Boston Water and Sewer Commission Community Services representative will be in your neighborhood at the place, dates, and times listed above.

Our representative will be available to:

► Accept payments. (Check or money order only—no cash, please.)
► Process elderly or disabled persons discount forms.
► Arrange payment plans for delinquent accounts.
► Resolve billing or service complaints.
► Review water consumption data for your property.
► Explain BWSC customer programs.

Need more information? Call the Community Services Department at 617-989-7000.
A food aficionado: Taiwan Café

BY ANNA ING

For me, Taiwan Café was the first place in Boston’s Chinatown where I was able to indulge in Taiwanese food. I remember being so happy that I no longer needed to go to New York City to get my Taiwanese cuisine fix. Since its opening, the menu has become more extensive and it now accepts credit cards.

There is always a crowd at Taiwan Café and a recent Sunday night was no exception. I started off the meal with the perennial favorite, oyster omelet with gravy ($6.95), which did not disappoint. Its nice mixture of textures, with the lovely crisp edges and eggy middle studded with whole oyster chunks over a bed of green veggies, guarantees a delicious appetizer. To top it off, the gravy is a sweet red sauce that serves as a nice foil to the savory egg taste.

Next came the five spiced cold cut beef shank with garlic soy sauce ($7.95), which consists of a plate of thinly sliced beef with an abundance of aromatic five spice flavor (Szechuan peppercorns, star anise, Chinese cinnamon, fennel seeds and cloves) accented by the lovely garlic soy sauce. The combination of slightly salty and spicy made it perfectly marinated and a perfect complement to rice.

The pan-fried chives egg clear noodle pocket ($3.95) actually was a big serving of bread stuffed with lovely green chives, bits of scrambled eggs and vermicelli noodles. Though very simple and light, it balanced out the other parts of our meal.

The spicy salt and pepper fried chicken wings ($7.95) did not deserve the one red pepper rating at all. It neither had heat nor the salt and pepper flavor found in Cantonese-style fried calamari. Instead, the ground pepper is clearly discernible on each wing. Fried to a lovely golden brown hue, the wings did, however, have a satisfying crispy edge in every bite. Finally it was time to round out the meal with a big bowl of stewed minced pork over noodles with sliced pork, fish cake, egg and bean sprouts ($6.95). The stewed pork was seen on the pork chop rice plate, but this dish was surprisingly bland in comparison to the other appetizers, with the exception of the egg chives pocket. The tea egg was great along with the just slightly cooked bean sprouts. The few slivers of fish cake were the usual, but it was not enough save this dish. The stewed pork lacked the salt or flavor that the stew needed to be a hit. The noodle dish saw improvement when paired with the five spice beef for flavor.

In terms of service, everything came out relatively quickly and the wait staff was attentive and efficient. Taiwan Café is still a Chinatown staple and a great place to get some Taiwanese food in the Boston area. The food was solid and I will be back.

Pan-fried eggs chives clear noodle pocket. (Image courtesy of Anna Ing.)

Salt and pepper wings. (Image courtesy of Anna Ing.)

Oyster pancake. (Image courtesy of Anna Ing.)