Josiah Quincy Elementary School welcomes Year of the Horse

BY THE EDITORIAL TEAM

Josiah Quincy Elementary School staff and students welcomed the Year of the Horse with singing, dancing and gymnastics on Feb. 6 at the school.

Fourth and fifth graders performed their very own lion dance, while kindergartners sang “Happy New Year.”

The fifth grade dance club put on a double fan dance, while the third graders danced “A Happy and Prosperous New Year.”

A Mandarin skit showcased the 12 zodiac animals greeting the new year, portrayed by fifth graders.

The annual celebration ended with full-floor gymnastics from the QJS Flying Dragons, comprised of third, fourth and fifth graders.

A lion dance and drum performance by Josiah Quincy Elementary School students took place on Feb. 6 at the school auditorium. (Image courtesy of James Murray.)

‘Clean Up Chinatown’ forum targets trash issues

BY KENNY SUI-FUNG YIM

Chinatown citizens and officials concerned about the growing Chinatown trash problems gathered to discuss the extent of the problem and solutions at the “Clean Up Chinatown” community forum on Feb. 9 at the Asian American Civic Association.

Despite education campaigns, cameras and public trashcans, piles of trash still remain a common sight. It has been difficult to enforce already existing laws.

Existing solutions include bilingual signs and city services to complain. Supermarkets will be encouraged to sell 0.9 inch-thick black trash bags, which will not rip as easily when peaked by birds.

The Business Investment District of Chinatown has hired two sweepers two days a week with school money from Chinatown Main Street.

If you see illegal dumping, you can make requests to clean and make complaints to the city, which will issue violations and fines up to $1,000. You can call the mayor’s hotline at (617) 635-4500 to download the Citizens Connect app, which allows people to take pictures and send in complaints with the exact location. Unfortunately, it is hard to find the offenders.

John Meaney, director of environmental services for the city of Boston, said, “The aim is to find property owners, no matter how big or small — from restaurants, to beauty salons, and bakeries — to homeless and the mentally ill. We will find who is responsible. We are invested in this partnership with Chinatown.

AACA board president Mary Chin said the biggest need is for everyone to be “willing to spend time and energy to make the change.”

HIGHLIGHTS

Chinatown rings in Lunar New Year

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Asthma and dust mites

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Headline News

賭博是什麼？

中文第六版

新聞報導《被遺忘的盟國：中國的抗日戰爭1937-1945》

中文第六版
Event Calendar

Lantern Festival afternoon tea Friday, Feb. 14 10 a.m. Good Neighbor Lutheran Church 308 West Squantum Street North Quincy, MA 02171

The afternoon tea will include Lantern Festival stories and riddles. Free drinks and cookies will be provided. Please contact (617) 653-3695 to reserve a seat.

Quincy Lunar New Year Festival Saturday, Feb. 16 10:45 a.m. North Quincy High School 316 Hancock Street Quincy, MA 02171

The 26th Quincy Lunar New Year Festival hosted by Quincy Asian Resources will open with a traditional Lion Dance at 10:45 a.m., followed by hours of live entertainment. More information is available at www.quincyasianresourc-es.org.

“Festivals of China, Festival of Spring” Sunday, Feb. 16 10 a.m. to 2 p.m. Franklin Park Quincy, MA 02124

The lineup includes the New England Aquarium Tidal Pool where participants can handle and observe a wide range of tide pool animals from local waters, Science From Scientists activities and demonstrations, the Massachusetts Horticultural Society’s Plantmobile, outdoor plant parts scavenger hunt, Rosalia’s Puppets, face painting, refreshments provided by New England Coffee, and demonstrations hosted by iRobot and Science on the Street. Free parking is available at the clubhouse parking lot located at One Circuit Drive in Franklin Park. For more information, please call (617) 472-2200 or visit www.quin cyasianresources.org.

Diabetes seminar Tuesday, Feb. 25 10 a.m. to noon Malden Senior Center 7 Washington Street Malden, MA 02148

There will be an interpreter for Mandarin, Cantonese and Vietnamese. The topic is about pre-diabetes, managing diabetes and diabetes comedictions. No registration required, all are welcome to attend.

Chinatown Safety Committee meeting Wednesday, March 5 10:30 a.m. Doubletree Hotel 821 Washington Street Boston, MA 02111

The Chinatown Safety Committee meeting will be held at the Doubletree Hotel. The public is welcome to attend.

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

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

CORRECTION

In the Jan. 31 article “Chinatown meeting round-up: CCBA, CNC, HCA,” the Crime Watch did not pay all volunteers $50. The CCBA used to pay one person $50 a night for patrolling while other members volunteered; now all members are volunteers. The Sampan sincerely regrets the error.

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Wellesley, Massachusetts

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EQUAL OPPORTUNITY EMPLOYER
Boston College students celebrate Chinese New Year

BY KAWALA XIE

Students gathered to celebrate the start of the Year of the Horse on Feb. 7 at Boston College’s Gasson Hall. More than a hundred guests enjoyed a remarkably warm night hosted by the Boston College Chinese Students and Scholars Association (BCCSSA).

This year, BCCSSA’s executive board worked together to put on a performance based mostly on original content, ranging from the opening dance to the skit written and enacted by BC students. “It’s a combined effort of all the ASA members and students who voluntarily participate,” said Yue Zhao, BCCSSA president. She indicated that this year’s gala is a “BC original.”

The program director of the gala, Christy Wang, said, “There were a few minor incidents during the show, but I’m glad that both the performers and hosts improvised on stage. The overall performance still looked good.”

The two highlighted programs of the night were “I’m A Singer,” which was adapted from a popular singing competition TV show in China, and a skit that included elements from a TV drama “Zhen-huan Zhuhan.” The gala reached a climax at the end of “I’m A Singer” when the last competitor performed a well-known Chinese song. Everyone sang along and clapped to the beat. The audience then voted for the winner of “Best Singer,” BC freshman Sissi Liu.

Liu appreciated the support of the audience. “I’m happy that people like my performance,” she said. “The other singers are all very qualified competitors. I’m surprised.”

The gala also had games and a raffle to engage the audience. “BC is a small community and that’s why CSSA is more like a big family,” said Angel Chen, gala director and vice president of BCCSSA.

Zhao and Chen said CSSA has been actively contributing to BC’s Chinese community through various social events. Upcoming CSSA events include the recruitment of new members and “If You Are the One,” a matchmaking event in collaboration with the University of Massachusetts, Boston.

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The cultural performances celebrated Chinese New Year, which officially began Jan. 31.
Beth Israel celebrates Lunar New Year

BY KENNY SUI-FUNG YIM

Beth Israel Deaconess Medical Center rang in the Year of the Horse with its Lunar New Year Celebration on Jan. 30. The event highlighted the wide range of healing practices originating from Chinese culture. Proceeds went to the Asian Task Force Against Domestic Violence.

Tai chi teacher and practitioner Stanwood Chang explained the concept of tai chi. “Chi” literally means air, or the body’s spirit. This matter is channeled throughout the body along specific meridians diagrammed in ancient Chinese texts. “Tai” means moving the air in the body’s spirit. This matter is channeled or evened out and seek divine blessings of the Goddess of Wealth, Laxmi. Holi is a really fun festival in India and celebrates the festival of colors. On this day people of all ages gather to have so much fun. Everyone is dressed in white and everyone has colorful powder in his or her hands or a water gun filled with water mixed with food coloring to add color. Everyone throws the colorful water at each other and squirt everyone with the water guns. By the end of the day, everyone is covered in different colors!

Raksha Bandhan is another holiday that Hindus love, especially the girls. Raksha Bandhan is a day for brother and sisters, where the brother promises to protect their sister forever. Sisters tie a sacred thread on their brother’s hand and in return, the brother in return promises to protect her and gives her money and lots of gifts. The thread represents protect and is filled with love and affection of a sister for her brother. That thread is considered a strong and inseparable bond of love and trust between siblings. Indian holidays and festivals are so much fun and I love when the holidays come around.

Chinatown Resident Association

BY TIEYI HUANG

The Chinatown Resident Association met with Boston Mayor Marty Walsh on Feb. 5. (Image courtesy of Tieyi Huang.)

YOUTH VOICES

Hindu holidays

BY SHITAL PATEL

India celebrates so many holidays just like any other country. Some holidays are Diwali, Holi and Raksha Bandhan.

Diwali also called the “festival of lights” is an ancient Hindu festival celebrated in autumn every year. It’s one of the biggest and most celebrated of all Hindu festivals. The festival signifies the victory of light over darkness, knowledge over ignorance, good over evil and hope over despair. The festival typically lasts about five days. Before Diwali night, people clean, renovate and decorate their homes, and on the night of Diwali, Hindus dress up in new outfits and light up divas (little candles). People exchange gifts between friends and family. It’s almost like Christmas but earlier! Later on they have a Laxmi Puja in the evening and seek divine blessings of the Goddess of Wealth, Laxmi.

Holi is a really fun festival in India and celebrates the festival of colors. On this day people of all ages gather to have so much fun. Everyone is dressed in white and everyone has colorful powder in his or her hands or a water gun filled with water mixed with food coloring to add color. Everyone throws the colorful water at each other and squirt everyone with the water guns. By the end of the day, everyone is covered in different colors!

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Boston Renaissance integrates high-quality instruction in Literacy, Math, and Science with an array of arts and experiential learning programs, including music, dance, visual arts, technology, and Mandarin Chinese as a second language. With high academic standards and a well-rounded curriculum, we help students develop the confidence, character and skills to succeed in academics and in life.

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Application Deadline
March 31, 2014

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Needham Town Hall, Town Clerk’s Office, Planning Dept., Needham Public Library

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com
BY JOHN LEUNG, MD

One in five Asian immigrant children has asthma. In allergic asthma, effective avoidance of allergens can improve symptoms and may reduce the use of medications. The first step is to identify the specific allergens that trigger one’s asthma symptoms. This is usually done by blood testing or skin testing performed by a certified allergist.

Major indoor allergens include dust mites, cats, dogs and cockroaches. Today, we will discuss how to avoid dust mites effectively in allergic individuals. Dust mites are arthropods. They look scary but they do not bite. They are very small and you cannot see them with the naked eye. They feed on moisture from the air and shed human skin. They live in pillows, mattresses, box springs, comforters and any woven materials, where there is plenty of food (shed human skin). It is their feces that cause the allergic reaction. Their feces are relatively heavy and normally are not airborne, thus air purifier is not helpful in removing them.

Here are some tips for effective dust mite avoidance:

1) Encase pillows, comforters and mattresses with special dust-mite proof covers. Regular bedding covers do not work because their large pore sizes allows free passage of dust mites.

2) Wash sheets, pillowcases, mattress pads and blankets weekly in hot water with detergent, and dry them in an electric dryer on a hot setting, to kill the dust mites.

3) Minimize the number of stuffed toys in your children’s bedrooms. They are havens for dust mites.

4) Decrease humidity by opening windows in a dry climate, or air conditioning in a humid climate. Dust mites feed on moisture and they cannot survive in a dry environment.

5) Remove carpets or rugs from the bedroom if possible. If not, vacuum at least weekly using a vacuum equipped with a high-efficiency particulate air (HEPA) filter.

6) Replace upholstered furniture and drapes. Don’t expect immediate results. It takes at least three to six months to see gradual improvement of symptoms. Remember, dust mite avoidance only works in asthmatics who are allergic to dust mites. Not all asthmatics are allergic to dust mites, and other allergens can also trigger asthma.

Work with your allergist to find out what specific allergens are triggering your asthma. Asthma is a complex disease and allergen avoidance is only one of the four components in fighting asthma. Other key components include medications, patient education and routine monitoring by your doctor. Stay tuned, we will discuss these topics in upcoming issues.

If you have any questions about asthma, you can email Dr. Leung at drjohnleung@gmail.com.

Dr. John Leung is triple-board certified in internal medicine, allergy/immunology and gastroenterology. He is the Director of the Food Allergy Center at Tufts Medical Center.

Asthma and dust mites

The Chinese Economic Development Council Inc. (CEDC) seeks a Clerk of the Works for the construction of a new 67 unit, 10 story building in Chinatown, Boston.

Applicant must have experience overseeing/monitoring all aspects of large-scale, high rise construction, good written and oral communication skills, the ability to maintain clear records and reports, and a strong personal integrity.

Full-time for 14 months, starting June 2014.

Please send all resumes and letter of interests to CEDC:

ATTN: Min Wu, Acting Executive Director via email: mwu@cedc-boston.org

No later than February 21, 2014

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People who have not been to the dentist in several years or more

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Tufts University School of Dental Medicine is located at:

1 Kneeland Street
Boston, MA 02111
Diarrhea in adults

BY ANDREW G. PLAUT, MD, TUFTS MEDICAL CENTER

Diarrhea in adults over the age of 18 years is a common problem for otherwise healthy people, and is experienced by everyone on occasion. There are times, however, when diarrhea is more serious, and needs to be evaluated and treated by physicians and nurses. This note will let you know when to look for medical help. Diarrhea means different things to different people, but a clear change in number of daily bowel movements, and very loose or watery bowel movements is usually what patients notice first. In 90 percent of cases the problem goes away by itself, and most of those adults have infections due to bacteria or viruses that come from unclean food or water. Diarrhea also can occur when one has a cold or flu, and commonly occurs when one is travelling either in the United States or abroad. Sometimes new medicines such as antibiotics or even chewing too much sugar-free gum or eating magnesium in dietary supplements cause diarrhea, and those things should be avoided.

An adult with diarrhea should look for medical help if:

• Diarrhea is of very high volume, where the patient may be losing much water from the body.
• Diarrhea lasting longer than five days or sooner if stool numbers are increasing each day.
• Diarrhea that contains blood. This may indicate an infection requiring medical treatment.
• Diarrhea with fever, severe abdominal pain or vomiting lasting longer than one or two days. Again, the problem here may be excessive fluid loss.
• Diarrhea occurs in old or sick people, or anyone with longstanding diseases of other kinds.

In patients having a few days of diarrhea that seems to be getting better, it is sometimes worthwhile to replace fluids at home. This can be done safely by mixing half a teaspoon of table salt and six teaspoons of table sugar (or honey) with a quart or liter of clean water, and drinking this over a period of one or two hours. This can be repeated if diarrhea continues, and is safe for nearly everyone, even with other illnesses. It is also useful for the person with diarrhea to carefully clean the toilet, wash their hands with soap and water after each bowel movement, not prepare food for others in the family, and not to share towels with others. Chronic diarrhea that goes on for months or even years is a completely different problem and needs a careful evaluation by a physician.

To emphasize, diarrhea is not often a sign of serious disease and usually clears up on its own. A physician or hospital emergency clinic should be consulted if one notices any problems in the list above.

What is gambling?

BY KENNY SUI-FUNG YIM

For more than five years, Chien-Chi Huang served as the lead consultant of the Asian Initiative arm of the Massachusetts Council on Compulsive Gambling (MCCG). She was the resident expert on gambling among the local Asian population.

Huang said compulsive gambling is defined as putting valuable assets into inactive securities, in other words, playing with money. The wording is important, because if she were to ask Chinese male seniors whether they have ever gambled, they would say no. However, if the wording is changed to ask if they have ever played mah jong, they would say yes.

There is a big difference between playing games with your family and friends occasionally as recreation without putting valuable assets at risk and taking out large sums of money for gambling. Here are three simple methods to check if you have a problem gambling:

1. Most people gamble recreationally and when they do so, they keep control of their valuables, time and energy. They are aware they are just playing for fun. On the other hand, those who are compulsive gamblers have no control of valuables, time and energy. The MCCG has a self-test, which anyone can use to assess whether you have a sufficient grasp of your behavior, at www.mass compulsivegambling.org.

2. Another simple method of checking is lie and bet screening. The “lie” section asks whether you lie to people close to you about your behavior; the “bet” section asks whether you feel the need to keep betting more.

3. To see if you are a compulsive gambler, look beyond your family. If acquaintances ask you to spend less time gambling, you likely have a problem.
BPS cuts high school dropout rate to the lowest level since at least 1977

BY BOSTON PUBLIC SCHOOLS

The Boston Public Schools (BPS) cut the annual high school drop-out rate by one-third this year along with a steady 2.8 percent this year, which has fallen to 4.5 percent, down from 6.4 percent last year and 9.4 percent in 2006. This is the lowest dropout rate since at least the 1977-78 school year, when BPS began tracking the figure. The sharp decrease is seen across students all across demographics.

This means more high school students are staying in school and are continuing on a pathway to graduation. Also today, state data indicates the BPS four-year graduation rate is holding steady at 65.9 percent, which ties the record level of the District set last year.

“Graduating from high school is fundamental to closing the achievement gap and starting to bridge the economic gap and starting to bridge the economic gap and starting to bridge the economic gap, and starting to bridge the economic gap,” said Mayor Martin Walsh. “It is encouraging that BPS continues to reduce the dropout rate and keep students in school, including deepening ties between schools and the BPS Re-Engagement Center; expansion of the BPS Credit Recovery program; and a broader emphasis on the Success Boston initiative, which helps students determine whether they are on-track for graduation and college admission; and an expansion of BPS summer learning programming.”

“Our high school headquarters, teacher teams and guidance counselors worked aggressively to help build students’ skills and confidence levels with summer learning programs and extra after-school support,” McDonough said. “Ultimately, the dropout rate is a reflection of how our students feel about their own potential. When we see a trend like this, it is clear to me that more of these at-risk students believe in themselves and know that they can succeed.”

This year, BPS is expanding these efforts to at-risk students in the 9th grade. These students are receiving out-of-school support using digital classroom tools and mentoring to help their transition to high school.

Milton Public Schools

Assistant Superintendent for Curriculum and Personnel

The Milton Public School District is one of the top districts in the state by various measures including achievement on MCAS Level 2 exams for all of its schools in the 2012-2013 school year. The Assistant Superintendent supports the district’s four principles of diversity, a middle school, a high school, the district-wide and grade-level curriculum development and coordination, and the school site’s demand for curriculum and professional development. He/she is directly responsible for these programs and a member of the district’s executive team and reporting directly to the Superintendent of Schools.

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The Milton Public Schools District is committed to diversity. We are Affirmative Action/Equal Opportunity Employers.

Reading the tea leaves: Impact of climate change on beloved drink

By TUTUS UNIVERSITY

Climate change is reportedly affecting the cultivation of tea in China, with lower temperatures and rainfall altering not only the taste, aroma, and potential health benefits of the popular beverage, but also the lives of farmers who grow tea for a living.

A research team headed by Tufts University biologist Colin Orians will study this development and a variety of other trends going on in China. The team is co-sponsored by a $931,000 grant from the National Science Foundation.

The study will first examine how climate change affects the concentration of chemical compounds that are responsible for tea’s stimulant, sensory and healthful properties.

“Farmers value both the bitterness and a lingering sweet aftertaste of tea,” says Ahmed. “In our research, we learned that farmers perceived diminished quality in tea that was associated with the heart, blood sugar and digestion.

“Since the quality of tea is determined by a range of secondary chemicals that depend on climatic conditions, climate change can have significant consequences for tea markets,” says Orians, a professor in the Department of Biology in the School of Arts and Sciences at Tufts. “People buy and drink tea for certain qualities. If those qualities are not there, then they may not buy the tea.”

The study findings may also help scientists and growers better understand climate change’s effects on other agricultural products such as grapes and cherries. “What we see happening to tea could be a harbinger of what could happen to agriculture in general,” Orians says.

Tea is among the world’s most widely consumed beverages. One of the biggest tea-growing markets for tea in the United States where Americans drink 3.6 billion gallons annually and supermarket sales top $2 billion, according to the Tea Association of the USA. Leading tea-producing countries are Argentina, China, India and Indonesia.

The Tufts-led researchers will focus on three major tea-producing provinces in China: Yunnan, Fujian and Zhejiang. Ahmed has written a doctoral dissertation and scientific articles on the subject and, based on her research, co-authored “Tea: How a Beverage Surprised China’s Tea Road to Tibet” (River Books Press, 2011) about tea production and trade in southwestern China.

Now an assistant professor in sustainable food systems at Montana State University, Ahmed surveyed Yunnan tea growers who described warmer temperatures in the winter and longer, more intense rainy seasons than in the past. Her co-principal investigator for that work was Rachel Stewart, chair of the Department of Anthropology at the University of Florida and a member of the NSF grant team.

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Now an assistant professor in sustainable food systems at Montana State University, Ahmed surveyed Yunnan tea growers who described warmer temperatures in the winter and longer, more intense rainy seasons than in the past. Her co-principal investigator for that work was Rachel Stewart, chair of the Department of Anthropology at the University of Florida and a member of the NSF grant team.

“Farmers value both the bitterness and a lingering sweet aftertaste of tea,” says Ahmed. “In our research, we learned that farmers perceived diminished quality in tea that was associated with the heart, blood sugar and digestion.

“Since the quality of tea is determined by a range of secondary chemicals that depend on climatic conditions, climate change can have significant consequences for tea markets,” says Orians, a professor in the Department of Biology in the School of Arts and Sciences at Tufts. “People buy and drink tea for certain qualities. If those qualities are not there, then they may not buy the tea.”

The study findings may also help scientists and growers better understand climate change’s effects on other agricultural products such as grapes and cherries. “What we see happening to tea could be a harbinger of what could happen to agriculture in general,” Orians says.
Book review ‘Forgotten Ally: China’s World War II 1937-1945’

BY RYAN DANIELS

“Forgotten Ally: China’s World War II 1937-1945” is the unforgettable story of China’s life or death struggle against the Japanese Empire. Told in narrative format by Rana Mitter, he weaves together the complex nature of China’s struggle for freedom and global recognition before and during the Second World War.

Mitter divides his book into different sections to give the reader a better understanding of China’s role in the conflict. The first section deals with the relationship between Japan and China over the latter half of the 19th century; and how their modernization plans were often interconnected and even sometimes cooperative in the areas of education, military and infrastructure. Also how they eventually turned against one another in the goal for Asian supremacy.

Early chapters detail the Chinese’s desperate fight and string of defeats from the summer of 1937 conflict at the Marco Polo Bridge to the battle of Wuhan in 1938. As much as a needed victory at the battle of Taierzhuang in 1938, after the loss of the capital Nanjing.

Of particular interest to the reader is the complex and often impossible situation that the Chinese leader Chiang Kai Shek found himself in during the long struggle. Often at odds with his generals, warlords, (and later his allies Britain, and America) that he was forced to rely on for questionably unreliable support in some battles against the Japanese. His frustration in this area is painstakingly recorded in his personal diary and used to good effect in the book to give the reader some idea of his thoughts during this difficult time.

The two other major Chinese figures that are discussed in the book are the Communist leader Mao Zedong, and the defector Wang Jingwei. It is interesting that the author explores their various motives for acting in the ways that they did, and also their visions for a future China.

Other topics that are discussed are the U.S. and Britain’s involvement in the war fought against Japan, and the frequent arguments between Gen. Joseph Stilwell and Chiang. Also these internal squabbles came to the surface internationally and affected US-Sino relations for generations afterwards.

Mitter takes a refreshingly objective stance throughout the book, considering the sensitive nature of many of the political and historical conundrums that a student of modern Chinese history is likely to encounter. He uses many reliable records and sources to back up his research; these also provide many other avenues of research for the interested reader.

In summary, military historians of the Second World War will definitely want to pick up this work, as it will gracefully complement your general knowledge of that conflict and expand into areas previously lost to history; as well as the impacts we are still feeling in today’s Asian geopolitical theater.

Chinatown McDonald’s rings in Lunar New Year for children

BY MCDONALD’S OF EASTERN NEW ENGLAND

McDonald’s of Eastern New England celebrated the Chinese New Year in Boston’s Chinatown neighborhood on Jan. 31 by bringing New Year-themed calendars and children’s books and puzzles to local residents and community members. In keeping with the theme of the Year of the Horse, representatives from McDonald’s of Eastern New England rode around the area in a festive horse and carriage, making stops along the way to hand out the giveaways and interact with local residents and business owners.

Image courtesy of McDonald’s of Eastern New England.