Happy Year of the Rooster!

Artwork drawn by Xiaotong Zhang
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January 27, 2017

SUBMITTED BY HAN TEEN SEE
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5

Year of the Rooster
Chinese Horoscope for Jan. 28 to Feb. 15, 2018


General
2017 can be a very good year for those born in the Year of the Rat when certain conditions are in place. You will likely excel in your career because the strong support you will gain will provide a lot of convenience and advantages over others. Your love life will progress to the next level. You will likely meet someone special, get married or welcome a new family member.

However, as you will do well in various aspects of your life, the risk of being made use of, framed, and exploited will increase tremendously. You will also likely offend many unknowingly. People who you will offend will not hesitate to give you a deadly push when you are already at the edge of a cliff. Being unusually careless will definitely not help. There will be no problem in earning money but you will have difficulties saving. Investments and luck in gambling will be poor.

You will run the risk of health conditions that will strike fast and fatal. It will be important to leverage on your popularity, but do not abuse it. Do not take others and success for granted. Focus on whatever you are doing. As you will have many favorable factors, it will be easier to embrace this good year and improve your life than to get into the possible unfavorable events.

Career
Your career will progress well mainly because of your popularity. You will gain strong support from others easily. Everybody adores you. Everybody wishes that you will be part of their plans and want you to be involved in theirs. This will be a good year to participate in heavy interactive activities such as presentations, negotiations, boosting sales, and asking for what you want. You can leverage on your popularity to improve your career.

While it will seem that you will ride along with the wind and glide to success, there will be dangers lurking around that can bring you flat on the ground. There will be poor health checks. You may need to have a health check. You may need to have a full check-up to prevent the condition. You may suffer from illnesses that strike fast and fatal such as heart attack and stroke. If you feel unwell, do have thorough health checks. You may need to have a balanced diet, adequate rest and regular exercise. But even so, you may still get distracted easily along this year, this will cause you to be accident prone. If you cannot listen or have too many thoughts in your mind, do not drive, operate machines or handle sharp tools.

People
You will feel like a star in this year. Everybody will be friendly and support you. You will become the leading picture that they are sincere and genuine. It will be true that majority are sincere and genuine but there will be some people who actually want to make use of you, frame you and make you a victim of extortion. The fact that several few people can cause can be devastating which will include ruining your marriage, destroying your career and damaging your reputation. At the same time, there will be a possibility of losing friends, being deserted, being dismissed, or having other disciplinary actions taken against you. If you are able to appreciate the support that others have, you will be able to minimize the chances of the disasters striking and do very well. In fact, if you are able to recognize the favorable happenings that it will be easy to do very well by just being mindful.

Health
Your wealth will be below average. Although you should not have problem in earning money, you will have great difficulties keeping it. There will be a lot expenses along the year. There are indications that you will be spending a lot on celebrations, or medical and legal matters. You may want to keep your expenses in check. You may need to pay a huge price to bail yourself out of troubles. Hence, staying out of any kind of troubles will help you save some money. Earnings through investments and winnings from gambling will be poor. Even if you were to have initial profit from these avenues, there will be a high chance that you will lose money if you continue to invest and gamble. Do not let greed distort your judgment. There are indications that you will be scammed. This will not be an appropriate year to go into business or invest. Hence, you will be encouraged to avoid investing and gambling in this year. Adopt a conserva-tive approach towards finances.

Relationship
Relationship matters will be good. If you are single, you will likely to meet someone special and fall in love. Your relationship will progress to the next level if you are already seeing someone. You might welcome a new family member if you are already married. As you will not have a chance of being lonely, this will be a year when you will be able to enjoy and be happy. You will be well rewarded.

Famil y
Wealth
You might welcome a new family member in this year. Although it will be a turbulent one populated with betrayals, backstabbing and accusations. Many will see you as a threat. Instead of having direct confrontations with you, they will likely to resort to underhanded means against you. There will be backstabbings, backstabbing and accusations. Do ensure that important matters will have the necessary written document. You may be accused of violating company policy and the law. Thus, constantly adhere to the law and if you need to handle contracts and agreements, give yourself adequate time to go through the details. You can also seek help from the legal department and the professionals.

Although the challenges that you will face will be huge and may cause frustration, you will be able to overcome them by putting in hard work and effort. The critical factor that will determine whether you will be successful will be on how well you can manage the interactions with others. Instead of wanting to ward them off, you can focus on improving your soft skills and office politics manage-ment skills. Give the very best and you will be well rewarded.

Wealth
Your income may remain the same or slightly higher. However, earnings through investments and winnings from gambling will be good. Even so, you will not be encouraged to indulge in such activities since there will be a high risk of losing more than what you earn or profit in the long run. There will be people or institutes trying to cheat your money. Do not lend people money and do not be a guarantor. If you need to purchase车辆 or short-charged. If someone were to commit to avoid being overcharged or short-charged. If someone were to commit to avoid being overcharged.
January 27, 2017

**HOROSCOPE**

January 27, 2017

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**Company**

company, do consider the details carefully

**Relationship**

Relationship matters will be status quo or slightly better than average. If you are single, this will be a good year to make friends. However, if you are not appropriate to make long term commitments. Give some time to get to know each other better. It will be a good idea to start developing the relationship from a friendship. If you are already seeing someone or in a marriage, there will be occasional fights but this will not have major impact to the overall relationship. Some of the fights will be caused by gossips. Be patient and tolerant towards each other. Keep communication channels open and do not let others influence your relationship. Your partner’s health and safety will be in danger. They will need to pay attention to their health and safety.

**Health**

Health will be average. However, there will be some specific nature of illnesses that you will prone to have in 2017. Most of the illness that you will be plagued will be those that are related to improper diet and lifestyle. Excesses of such illnesses will be having high cholesterol, high blood pressure, abnormal liver functions and diabetes. As your immunity weakens, you will get infections easily. You will also contract virus from people around you and the environment more easily than others. You will be able to stay healthy by being mindful of your diet and lifestyle. There will be risk of having life threatening situations involving water activities. You are encouraged to avoid or reduce water activities such as swimming, snorkeling, scuba diving and water skiing.

**People**

Although many may not be exceptionally friendly towards you, most of them are supportive of you. They will have confidence in your personality and abilities. Problems will begin to arise when your abilities are being widely recognized. Some will perceive this as a threat and some will be jealous of you. However, they will have great difficulties in finding reasons to put you down or hinder your progress. Hence, they will have to resort to underhanded means. Do expect a lot of betrayals, backstabbing and accusations. They may also try to drag you into troubles including legal matters. As long as you focus on your goals and do the right thing, the ill-intentioned people will probably cause some inconvenience and frustration, but will not be able to cause significant damage to you. You can take this opportunity to learn how to manage the ill-intentioned people by improving your soft skills and office politics management skills.

**Tiger**


**General**

2017 will be challenging but manageable for those born in the Year of the Tiger. While you will have opportunities and career advancements, there will be many challenges that strike fast and unexpectedly. The other form of potential problems will be those that caused by many ill-intentioned people. Your wealth luck will be slightly above average, but you will have difficulties in keeping it.

Your expenses will be high. There will be very high risk of you being robbed or cheated. Your health will be weak and sick. You should be prepared to encounter life threatening situations. If you are single, you might meet someone special. However, there will be a lot of fights if you are already in a relationship. Do not be discouraged by the challenges. You can prevent yourself from being caught in the net that you are receiving tests in handling crises. Throughout the year, your ability to handle the unexpected will improve. The challenges will stimulate you for bigger success in the near future.

**Career**

You will be giving heavier responsibilities which will come with promotions. Many will recognize that you are the appropriate person for the job. You will be able to gain support from others without spending much time socializing. Although there will be opportunities to implement your business or advance your career plans, your career luck may not be as good as this year. This will happen because some things seem to be fall into place and you are ready to rock the world, a lot of unexpected problems such as work interference, servers malfunctioning and natural disasters will hinder your plans and cause these projects to come to a halt. These challenges strike fast and unexpectedly. Hence, the two common questions that will appear in your mind will be: “Why me?” and “Why now?” You may even reach a point that you will start to feel discouraged and disappointed. Do not let that prevent you from doing your best. You will strike regardless of your abilities and your efforts.

The secondary type of problem that you will face will be that there are many ill-intentioned people hindering your career. They will adopt underhanded means against you. It will be alright to delegate some of the tasks to others, but try to handle the more important and sensitive ones by yourself. Some will hijack opportunities that are already within your reach. There will be a lot of turbulence which lead to many changes to plans and strategies that it will be necessary that you are able to react to the changes fast and appropriately. Even if you are confident to deal with the ill-intentioned people, do not take them too lightly. Instead of being beaten by the challenges, you can perceive this year as a time to put your resilience and crisis management to the test. Do not let the list of the challenges stop you from embracing opportunities that come along. Most importantly, have faith in yourself.

**Wealth**

You will be doing fine if you were salaried. Profits through investments and winnings through gambling will be higher than earnings through salaries. However, profits and winnings from such avenues will not be consistently good. It will be advisable that you can use your activities on money, you have benefited from so that you can keep the profits and winnings. If you were to spend on them, there will be a high risk that you may lose more than what you win. Your expenses will be extremely high. Keep a close eye on your expenses. Keep a conservative approach towards finances. There are indications that you may be robbed or pickpocketed. Do not flash your money and valuables in public. You may also lose or misplace money and valuables. There will be a small possibility of having to pay a huge sum due to oversight or misjudgment.

**Relationship**

If you are single, there will be some chances in meeting someone special or fall in love. However, if you are already in a relationship, there will be a lot of fights instead of growing closer to each other. There will be exchange of harsh words. Some of the fights will be caused by pride and stubbornness. Every fight will have some detrimental impact on relationship. However, there will be a chance that both may say things that will regret. It may not be easy but try to communicate with each other. Do not give up on addressing the differences. Be patient and tolerant towards each other.

**Health**

You will tend to fall ill frequently or you will take a longer time to recover. Most of the ailments will be related to cold and flu. There will be digestive problems. Due to the stress that you will experience, you will have a high tendency of overeating or losing your appetite. This will further put a strain on your digestive system. You may also suffer minor injuries. Although you should not encounter severe health and safety threats, you should be cautious of things that may hinder your career progress. Take good care of your health and safety so that you can achieve the good wealth and success in full force.

**People**

You will be able to gain support from others without spending too much time on social activities. However, you will be confronted with some ill-intentioned people. There will be betrayals, backstabbing and accusations. They will bad mouth you. Some of the fights will be very harsh words. Some of the fights will be caused by pride and stubbornness. Every fight will have some detrimental impact on relationships. However, there will be a chance that both may say things that will regret. It may not be easy but try to communicate with each other. Do not give up on addressing the differences. Be patient and tolerant towards each other.

**Rabbit**


**General**

2017 will be an unusually challenging year for those born in the Year of the Rabbit. Almost all vital aspects of your life such as career, money, relationships and health and safety will experience challenges. You will have great difficulties in progressing in your career and you will run the risk of your plans falling apart. You may also get into troubles in progressing in your career and you will run the risk of your plans falling apart. You may also get into troubles and cheat your money. Although the damage cause by ill-intentioned people may not be significant, do not let your guards down no matter how confident you are in handling them. They might sneak up on you and hurt you. You will still need to handle important and sensitive matters by yourself. Do not share confidential information with others. This will be especially so with regard to opportunities that you have discovered but not yet secured. Not only will they be going after your opportunities, they will try to cheat your money. While you can leverage on the support others will give you, do not be too trusting.

**Career**

You will tend to experience challenges of all kinds in your career. There will be a lot of delays and hiccups. Even tasks that you are experienced in will be...
come very trying and will require a much longer time to complete. It will be fac-
ing a lot of manmade problems and un-
intended crises. Goals and opportunities will not be as clear as before. For you, you will be slowly disillusioned and come to accept that the goals and opportunities which you have are mere apparitions. Finances will be fine. You will be faced with the current together with man-eating sharks the entire year will certainly be physi-
cal challenge. Accidents and crises will be in-
eye. The disagreements with others will not be self-contained but will flare up into screaming matches and possibly vio-
 lent objections. Throwing bottles, Lansing tables and screaming can become daily 
affairs. It can be very painful to handle all these.

However, no matter how upset you are, it will be necessary to control your temper. You will already be spreading yourself very thin trying to deal with the technical issues, but will need to be con-
scious of how you interact with others. You do not need to please everybody, but do not create enemies or antagonize any-
body. You career will be so fragile that you cannot take any extra blows from new enemies. There will be a possibility that you may be physically attacked by people who do not like you. This will not be an appropriate year to implement ag-
gressive plans or make major decisions about your career. Keep a low profile. Not only should you stay out of trouble, you may want to have contingency plans for job security purposes.

Wealth
There will be no possibility of a financial crisis. If you are earning from a fixed in-
come, there will be a possibility of a pay cut. Apart from trying to cope with your ever increasing expenses, you will need to spend a lot of money to bail yourself out of troubles or keep your misdeed un-
der wraps. There will be huge losses in in-
vestments and gambling. As such, avoid investing and gambling. Even if you try to boost your money, the interests will likely to snowball into an astronomical figure. You can only remind them of the po-
 tential dangers. Goals and opportunities will be-
come so near and yet so far. You will ex-
perience direct confrontations and there will be some support from others, the support will not be enough to reduce or avoid all these.

Health
Your health and safety will be con-
sidered poor. You will be prone to health issues relating to insomnia and migraine. As you are prone to accidents involving 
drunk driving, be careful when you drink. You will also be at risk of being physically attacked. Do not get into dis-
chant confrontations and do not antago-
nize others. It will be best not to make enemies. Avoid straying in dark alleys or unfa-
familiar places.

People
There will be a lot of problems with people and problems caused by ill-in-
tentioned people. However, your luck in 2017 will be so bad that these people are not the sole cause of your worries. They might however, create some reasons to hinder your progress, cause incom-
ience and disrupt your plans and let them fall apart. Somehow, road blocks will be strategically arranged so that you will have great difficulties in achieving your goals. Goals and opportunities will be-
come so near and yet so far. You will ex-
perience direct confrontations and there will be some support from others, the support will not be enough to reduce or avoid all these.

Relationship
Having good luck in your relation-
ships will be an indirect benefit in 2017. You will be doing very well in many aspects of your life such as career and finances that you cannot help but beam with joy most time of the year. A happy person is often a charming one. If you are single, you will likely attract the spe-
cial person. The chances of falling in love will increase relatively. If you are already in a relationship, you will attract many friends which may or may not af-
fect your relationship. There will be a lot of enjoyable time spent with your partner. You can leverage on this year to pamber your partner and improve the relationship. However, you will run the risk of infidelity. Not only will this put your relationship at risk, it will also take up so much of your time and energy that you will be deprived of career advance-
ment.
ment and financial success. Hence, you will have a lot to lose if you are unfaithful.

Health
Your health will generally be fine, but you will encounter many common ill-
nesses. Although these health conditions will not have a devastating impact on you, they can cause frustration and may cause delays to your plans. You can improve your health by having a balanced diet, adequate rest and regular exercise. Your family members may encounter se-
vere health and safety issues which can be life threatening. This will be beyond your control, but you can certainly help by reminding them to stay safe, traveling, pay attention to their safety, and take good care of their health.

People
You will gain strong support from many along the year. This will provide you with a lot of convenience and oppor-
tunities. However, there will still be some ill-intentioned people who will re-
sist to underhand means against you. You might expect this as you will be do-
ing so well that attracting undesirable at-
tention will be inevitable. Some of them who want to cause harm to you will be those you least expect, such as family and good friends. You will have so many favourable traits that it will be unlikely that others can cause much harm to you. However, you will be saddened or dis-
couraged by the discovery. Do not take it too hard. Focus on making the best out of
this year and be careful of the potential problems. Do not assume sincere support from everyone.

Snake

General
2017 can be considered a painful year for those born in the Year of the Snake. All critical aspects of your life will be put to tests by the violent preda-
tor — evil tongue. You will be facing a lot of challenges at work which are mostly related to people’s problem. Your reputa-
tion will be at stake. Not only will your career progress be hindered, there will be the risk of losing your job and having financial troubles.
Your health will be weak. There will be accidents, surgeries, and you might be receiving invasive treatments. You may be robbed and might run the risk of being injured in the incident.

Relationships can be dramatic and unfu-
thul. If you are already seeing someone, there will be a lot of fights which can lead to a separation. Even if others are not saying anything bad about
you, you should not assume that you will gain nothing from them. That would only be your wishful thinking.
The only positive part of 2017 will be that you will have many opportunities to
enjoy good food. The downside will be that you will have high risk of suffering from food poisoning.
You will likely be shocked and sad-
dened about how destructive poisonous words can be. This will not be an appro-
 priate year to implement plans or make
major decisions. Avoid making mistakes or do anything that is publicly unacceptable.
Having direct confrontations with others will be a taboo. Lie low and scrape through this year will be your best bet. Be a survivor!

Career
Your career path will be very try-
ing. Most of the problems are people related instead of technical difficulties. Many will not be cooperating with you. They will only accuse you, they will gossip behind your back, humiliate, and be confrontational towards you. Al-
though the support from others will be good, they will be so weak that it will not be helpful. You will be seen as hav-
ing the wrong kind of getting along with oth-
er and as such, your reputation will be tarnished. The situation will be such that your abilities will be overshadowed by the ones who are not to receive. Hence, the managemen will have great difficulties in offering you any promotion or oppor-
tunities even if your abilities warrant for one. There will be possibility that your company may need to let you go in or-
der to protect its reputation. In other words, not only will your career progress be hindered, there will be a possibility of losing your job. You can consider keep-
ing a low profile at work, adopt a conserva-
tive approach towards matters. Most importantly, be politically correct and do not get involved with others. Do not get involved in anything that is unethical or unacceptable publicly. Any mistake that you make or that which is socially not acceptable will not be magnified. It may seem that shying away from public will be the solution but will definitely not be realistic as everybody will be part of the society. The art of being there to do your job but being invisible will be a solution that you can consider. Remember, you cannot stay out of trouble, do not let your job security be affected.

Wealth
Your finances will be poor. If you are earning through a steady income, there will be high expenses, a decrease in your income, or a loss of income. If your in-
come reduces, you might well earn the minimum amount. Earnings from invest-
ments and gambling will be very bad and you will be likely to lose a lot of money.
You will be advised against investing and gambling. This will be a bad year to do business if you are consider-
ning doing so. There will also be the risk of being robbed by many opportunists.
They will come for your money and valuables in public. Not only will you find it difficult to save, you might also run into debt or even fall into bankruptcy. Thus, be prudent with your
money.

Relationship
There will be a lot of knocks and bumps in your relationship. If you are single, you may face very stressful situation where you will fall for someone who does not like you. On the other hand, those who do not like you will do express interest in you. You may also be falling in love with someone who is un-
available. Despite that your love life can drive you mad, there will be a high chance that everything will not work out and you may be back to being single again. If you are already in a relationship, there will be a lot of fights. Some of the fights may be related to you or your partner accusing someone of being a two timer. The other possibility will be that your partner having something un-
pleasant about you from the grapevine, and confront you directly. You may not react angrily or be indifferent. Your rela-
tionship will be put to test. If you do not handle it well, there will be a separation.

Health
You will be likely to fall ill all the time. Mononucleosis will be related to your respiratory tract, such as pneumonia and asthma attacks. You may even suffer from panic attacks. You may even be prone to food poisioning as well. You may have sur-
geries and receive invasive treatments. Apart from having health conditions, you can also get your financial troubles. If you were to give in to such evils, you will fall into traps which others have de-
signed for you. You will need to spend a lot of money. If you are already in business, you can consider expanding it, or bringing it to the next level. You will have many favorable conditions at your disposal, you will be able to excel in whatever you are doing.

However, while you have found such opportunities, there will be many temptations along the way, such as bribery, that might lead you into embezzlement. Of-

cice affairs will seem to be safe. If you are single, you may find yourself in a situ-
dation where you will fall for someone
who does not like you. On the other hand, someone who you do not like will
be more than one person who you are interested in and you are tempted to be-
do things, not only will you find it difficult to save, you might also run into debt or even fall into bankruptcy. Thus, be prudent with your
money.

People
You will gain strong support from many along the year. This will provide you with a lot of convenience and oppor-
tunities. However, there will still be some ill-intentioned people who will re-

January 27, 2017

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this will be one of those areas that being unclear will only cause more people to get hurt including yourself.

If you are already seeing someone, both of you will be supportive towards each other and will have wonderful time together. You will be able to bring your relationship to the next level; such as getting married, forming a family, or having another child. However, you will run the risk of infertility, which can be exciting initially, but can become destructive to your life. Not only all the good things that should be yours will be forfeited, you will lose more than what you originally have. The other possibility will be that you may be a third party disregard- ing your marital status. Although being loved by someone is wonderful, being loved by someone who is unavailable will be unhealthy to your well-being because it will be like an act of theft. You are stealing a relationship that you cannot call your own. Leverage on this year to find true love and to strengthen your relationship. Do not accept anything less than that.

Health

Your immune system will be weak in 2017 mainly due to inadequate rest. This will put you at risk of the common illness. Among different types of illness, you will be particularly prone to those that are related to vices such as having severe hangovers, alcohol poisoning, abnormal liver function, or sexually transmitted diseases. Do consider having adequate rest. Try your best to avoid or quit vices. Your health will be at stake. Your safety will be average in general. The nature of accidents that you will be prone to have will be those that are related to driving drunk. If you drink, do not drive. Although you will risk meeting with accidents, the risks will be quite low. You will be able to avoid them by being careful.

People

You will have magnetic effect on others. Many will love you, and you can gain strong support from others easily. The downside of this will be that while you will attract those with good intentions, many with ill-intentioned will be attract- ed to you too. The type of ill-intentioned people who you will meet will use mon- ey, freebies, thrills and sexual favors as bait to get you into troubles. If you were to give in to your dark desire, not only you will be deprived of the opportunities and improvements that you are supposed to attain in 2017, you will have to spend a lot of energy, time and money in clear- ing the mess or getting yourself out of troubles. Instead of combating with the ill-intentioned people, it will be easier to perceive this as the battle between your inner angel and demon. If your inner an- gel can be the winner, no ill-intentioned people can bring you down.

Goat


General

2017 will be a depressing year for those born in the Year of the Goat. Your career will stall or you will be doing bad- ly. Your finances will be poor. You will have poor health and may be accident prone. There will be indications that you may become victim of crimes which will include being physically attacked. Ro- mance will be poor. Your family mem- bers and romantic partner may face life threatening situation. Facing with so many problems, you will feel vulnerable and lonely. You will likely to feel sad which will in turn attract more undesir- able happenings to occur. This will fol- low by another round of trauma and with worse events happening. This will just go on and on. You will be sucked into a spiral of unfortunate matters and emo- tional trauma. The happenings in 2017 will be beyond your control and it will be important to understand that you should not beat yourself up for the challenges that you have to face. You cannot force yourself to be happy but you can at least manage your mood and be strong. Even if you cannot gain anything from 2017, you should at least keep your sanity.

Career

This will be a challenging year for your career. You will be swarmed with problems of all nature such as difficulties in getting along with others and other technical mishaps. Your career will be affected by other forms of problems that will only appear in your wildest dreams such as you cannot implement your plans because your company’s server being hit by asteroid. The depressing situation will certainly affect your mood, your ap- proach towards matters and the way you interact with others. You might be more prone to being skeptical and defensive. Although you will be able to gain some support from others, the support will be so weak that it is insignificant. You will be perceived as being unable to do your job effectively and become unhappy with your job. Under such circumstances, not only will your superiors have difficulties in giving you opportunities to progress, your colleagues will begin to shy away from you. You do not want to reach the point where you superior cannot justify keeping you in the company. Your ca- reer will likely stall or take a huge step backwards. It will not be appropriate to implement your career plans in 2017. Avoid getting involved in matters that do not impact you directly. Focus on keep- ing your job in status quo and stay afloat.

Relationship

If you are single, the chances of fall- ing in love will be slim. You will be like- ly to feel lonely and helpless. Although you will be keen to be in a relationship, there will be many areas in your life that will need your attention that you will not have the luxury of time and energy to seek for relationship. If you are already in a relationship, you will be frustrated that you cannot get the support and understanding from your partner. There will be so much arg- uments and unhappiness that separa- tion will become inevitable. Every fight will be detrimental to your relationship. You will be going through a very rough time during 2017, and this will certainly affect your mood and judgment. It may not be easy but try not to take it out on your relationship, or else there will be a high risk of losing it. The other possibil- ity will be that your partner’s health and safety will be very poor that they may encounter life threatening situations.

Health

Your health will be poor. You will be prone to respiratory problems such as you cannot implement your plans because your company’s server being hit by asteroid. The depressing situation will certainly affect your mood, your ap- proach towards matters and the way you interact with others. You might be more prone to being skeptical and defensive. Although you will be able to gain some support from others, the support will be so weak that it is insignificant. You will be perceived as being unable to do your job effectively and become unhappy with your job. Under such circumstances, not only will your superiors have difficulties in giving you opportunities to progress, your colleagues will begin to shy away from you. You do not want to reach the point where you superior cannot justify keeping you in the company. Your ca- reer will likely stall or take a huge step backwards. It will not be appropriate to implement your career plans in 2017. Avoid getting involved in matters that do not impact you directly. Focus on keep- ing your job in status quo and stay afloat.

Wealth

Your wealth will be poor. If you were to earn from a fixed salary, there will be risks of having income reduction. If your salary fluctuations, you will likely to have difficulties making ends meet. You will have high expenses. Although it will not be easy to keep your expenses in check, you may still want to keep this in mind and try your best to do so. Earnings from investments and winnings from gambling will be poor. You may want to avoid investing and gambling to reduce the possibility of getting into financial troubles. Adopt a conservative approach towards finances.

Sampan Health Survey

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Help improve the Sampan’s health coverage and you could win a $20 Whole Foods gift card! We strive to cover relevant health issues for the Asian American community in New England. Gifts are limited. Fill out the survey and send it to: Sampan, 87 Tyler Street, 5F, Boston, MA 02111.

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Name: ___________________________ Address: ______________________________________________________________________

Telephone: _______________________ Email: __________________________

1. How relevant do you find the Sampan health articles?
   [□] Very relevant  [□] Find useful tips every issue  [□] Somewhat relevant  [□] Less relevant  [□] Other ________

2. How do you like to read the Sampan Newspaper?
   [□] Print newspaper  [□] Online at the website  [□] Headlines and photos on Facebook  [□] Headlines and photos on Twitter  [□] Other ________

3. Have you smoked tobacco daily in the past?
   [□] Yes  [□] No

4. Do you currently smoke tobacco on a daily basis, less than daily, or not at all?
   [□] Daily  [□] Less than daily  [□] Not at all

5. Do you feel smoking is a problem in Chinatown?
   [□] Yes  [□] No

Suggestions or comments: ____________________________________________________________
as pneumonia, asthma attacks and flu. There will be other chronic illnesses such as high blood pressure and cancer. You will experience an accident-prone and very highly likely to sustain injuries from accidents. You might also become a victim of violence such as being physically attacked. As such, avoid getting into heated arguments with others as they may escalate into physical fights. Stay away from people who are at their boiling point because you do not want to become collateral damage if they were to get into fights and injure you. You may be bitten or attacked by animals. If you were to have pets, or you will need to handle animals, be very careful in doing so. Family members will face life-threatening situations. Although this will be beyond your control, it can be helpful to remind them to take care of their health and safety.

People
You will have a fair share of problems with people such as betrayal, backstabbing, and going on things difficult for you. Problems from this aspect and other aspects can sum up to something huge that they will be squeezing the life out of you. You will feel that there is a dark cloud hovering over you wherever you go. It will beinclined to be in a bad mood. You will begin to have difficulties in getting along with others. It will reach a point that you will feel lonely and helpless but afraid to seek support from others because the hurt from others can be too much to bear. In reality, there will be some support from others, but the support will not be strong or sufficient. Hence, you will be disillusioned that you are fighting a battle alone. You cannot change other people’s behavior, and you will also have difficulties in changing your sentiments about someone who has hurt you. You can at the very least try to reduce the potential harm others can cause you by not being too trusting and not making enemies. You will not need to force a smile on yourself, but you can consider spending more time in managing your mood and focusing on the positivity in life. You can begin by being grateful for what you have instead of focusing on what you do not have.

Monkey

General
2017 will be a less than average year for those born in the Year of the Monkey. However, you will be able to cope with the high expenses. Romantic matters will be poor and if you are single, it will be unlikely for you to fall in love. If you are in a relationship, there will be frequent fights. The worst aspect of the year will be your health. You will tend to fall ill often. There will be risks of accidents, especially if you are often under the influence of drugs. You are very healthy and safety conditions might not be life threatening, it will have devastating effects on your career performance and mood, making you will be careless and moody. To add on to the complication, you will have the tendency to look down on others and be indifferent to those who are less fortunate. Although you will have opportunities for career advancements, your inappropriate behavior, poor health and carelessness will cause the opportunities to slip away. Others will distant themselves from you. As long as you are able to avoid being dismissive, stay in focus and remain healthy and safe, you will be able to embrace the opportunities that come along this year, and this year can be a much better year than anticipated.

Career
There will be some good news for your career such as job opportunities, promotion and recognition. However, upon receiving the good news or securing the opportunities offered, you will be so proud that you will begin to treat others differently. You will directly or indirectly point out other people’s incompetency. You will be indifferent towards others or call yourself a superior. As a result, others will be upset with you and feel that you are being dubious or neglected. Others will likely perceive you as snobbish or self-centered. Instead of making yourself more attractive in the hand or treating the opportunities that you are being given, you will often seem to be distracted or preoccupied by other matters. As you will tend to fall ill very often, you will either need to take long medical leave, or be always under the influence of drugs. This will delay your career plans and your performance will be badly affected. Your poor behavior and performance will make the management who gave you the job or the promotion to regret its decision. They may have to take back the opportunities offered and cancel those in the pipeline. Situations do not need to turn out this way. Opportunities will always be there for you. The critical factor is to focus on your stupidity, embrace opportunities and to keep them. There are three factors that will determine your ability to do so. One will be whether you are able to get along well with others. Second will be whether you can successfully suppress complacency and replace that with focus on what you have to handle on hand. Third will be whether you can keep yourself healthy and safe. By working on the three conditions, you will be able to leverage on the opportunities to improve your career.

Health
Although your finances will be poor, you are unlikely to get into financial troubles. If you are earning from a fix income, your income will remain. If your salary fluctuates, the salary will still average out within your expectations. Although you do not have any problems with earnings, your expenses will be so high that can drain your savings out. Fortunately, the expenses will not be high enough to get you into severe debts. You will need to be aware of your spending. You will misplace money and valuables. You will have to spend a lot of money during emergencies. It will be advisable that you invest or gamble. If you are considering going into business, you can consider putting it off for a while.

Relationship
If you are single, the chances of being in a relationship will be slim. You will be absorbed by other matters such as poor health that you will not be keen to be in a relationship. Even if you were to meet someone who you will have potential in developing the relationship with, or someone expresses their interest in you, you will feel that you are too good to be with the person. If you were in a relationship, you will either pick fights with your partner or be indifferent towards your partner. Your poor health and bad mood will have a damaging impact on your relationship. Do not make any major decisions or judgement about your relationship or your partner. Taking things out on your partner will not be a good idea. Focus on the positive side of your relationship.

General
Since 2017 is a Year of the Rooster, most of the people who are born in the Year of the Rooster will be having a tough year. However, this pre- conceived belief will not apply in this year. Those who are born in the Year of the Rooster will definitely not be having a challenging year though it can be a turbulent one. You will encounter some problems getting along with others. The nature of problems can range from having tensions to physical fights. Your health will be poor. There will be injuries and surgeries. You may suffer from physical ailments and the possibility of you being suicidal. Your romantic life will be below average. You will be doing fine in terms of money matters. Although there will be problems, you will have many favorable conditions which will enable you to turn situations around and provide you with opportunities. You will gain strong support from others. When you are in need, there will be helpful people helping you out. Despite being in a turbulent year, you will be blessed with a lucky star which has been following you. As long as you are prudent, you will be rewarded with opportunities and be able to reduce or avoid problems.

Career
This will be a better than an average year. Although this will be so, you will still need to be wary of the potential problems. You will have a fair share of problem getting along with others. There will be misunderstandings, misinterpretations, accusations and direct conflicts. Be careful what you say and do not engage in heated arguments or antagonize angry people. Your safety will be more important than protecting your principles and beliefs. Instead of isolating other people’s arm to get their agreement, you can consider employing your persuading, negotiation and influencing skills. That will be much more effective than bulldozing over opposing viewpoints. There will be delays and hiccups. You may need to give more buffers between your tasks to reduce impacts from the problems. In addition, you will have many delays from your own initiatives, you will gain support from the management and other relevant people. Not only will you be given care, but you will also get into trouble with your colleagues and allies. As you will be careless and forgetful, this will put you in a greater disadvantage of being exposed to troubles such as making serious mistakes that can cost you your job or having a brush with the law. Before you blame others for leaving you for the sharks or mock them for their stupidity, reflect on your own. By managing your own behavior, you will lose many friends and allies. As you will be careless and forgetful, this will put you in a greater disadvantage of being exposed to troubles such as making serious mistakes that can cost you your job or having a brush with the law. Before you blame others for leaving you for the sharks or mock them for their stupidity, reflect on your own. By managing your own behavior, you will lose many friends and allies. You will have many opportunities and will be able to reduce the potential problems getting along with others.

Wealth
Your finances will be poor. Although you will have very high expenses in this year, your salary and savings will enable you to make ends meet. However, you will need to be very careful, there will be some people trying to cheat your money. If there are investments plans or business plans that sound too good to be
true, they are usually not genuine. Do re- search before embarking on any invest- ment. It will be more beneficial to avoid investing completely. Avoid gambling. Adopt con- servative approach to finances. You may be robbed. Do not stray into dark alleys and do not carry unnecessary valuables. Do not flush your money and valuables in public.

Relationship

Affairs of the heart will be poor. You will be comfortable remaining single if you are single. Howver, if you are already in a relationship, there will be a lot of fights. Even if you are a gentle person by na- ture, there will be unexplainable anger that will cause you to flare up easily. The problem will be that your temper will go off before you can think straight. Be- fore you realize it, the damage has been done. Every fight will have a detrimen- tal impact on your relationship no mat- ter how much your partner loves you, or how strong your relationship originally was. It is the good news that when there are fights the urge to reconcile between you and a partner, someone will try to reconcile the both of you and salvage your relation- ship. Even so, you should not too much on others for damage control. It is your responsibility to maintain and pro- tect your relationship.

Health

This will tend to fall ill easily and often. There are signs of surgeries, re- ceiving invasive treatments and having accidents. Among different forms of ac- cidents, you will prone to those that related to cuts. You may be physically attacked. It is unclear in which form of situations and time this will happen. You may have direct confrontation with others which can lead to violence. You may be clumsy or careless. Most of the accidents will be colleagues that you regard as your friends. You will be advice to keep a low profile. This will enable you persevere in the room. You may be plotted against. You will need to have contingency plans, and do not be too trusting. Avoid shar- ing confidential information especially related to opportunities that you have not secured. You may discover that it is a simple act but will have some risk involved, do not take any risk. For example, if you want to go to the other side of a wall and jumping across will be tempting, take a longer routine by walking round the drain on or a pavement will be a better choice of ac- tion. Be alert about your surroundings at all time. Also, be conscious to not to be labelled as paranoid, it will be bet- ter to be careful than to be sorry. There will be a possibility that you will receive bad news from your family and friends regarding their health and safety being in danger.

People

There will be a lot of scandals going on in this year, which may not be any dif- ferent from in other years. The difference will be that you will be deeply involved in such scandals in some way or the oth- er. You can either be the initiator or the victim. Besides, people who are likely to cause harm to you or you may hurt will be your life partner, close friends and family. No matter whether you will be initiator or the victim, the hurt inflicted can be far worse than what the loss of wealth and physical pain can bring. The feeling of betrayal can cause anybody to be deheartened by how fragile relation- ships can be. You do not need to be a por- cupine and poke anybody who is close to you. However, it will be important not to be gulible and not to be too trusting. Do not be a victim of the scandals.

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- Online appointment scheduling, at hhma.org with ZocDoc.
- Call us at 855-446-2362. In this digital age, we still love to talk with our patients about the best doctor to meet your needs, including physicians fluent in Mandarin, Chinese and Cantonese.

Dog


General

This will be a scandalous year for those born in the Year of the Dog. There will be a high risk that you will get involved into conflicts or scandals which will involve your close social circle such as your good friends and fam- ily. Due to self-interest, relationships that you have established along the way will be sabotaged. This phe- nomenon will infiltrate into your career, finances and relationships. You will be expe- rience changes in jobs, or relocation due to work or frequent business trips. Your work life will be stressful, you will have difficulties in saving. Investment luck will be poor. There will be a high risk that you will be plotted against or cheat- ed. At this time, your moral compass may be clouded. You will lack trust. There will be equivalent chance that you will do the same to your close friends or relations. Your health will be average but your safety will be poor. Your family and relatives may face life threatening situations. You will have the opportunities to improve your romance, but there will be risk of being badly hurt as well. Do not be gulible and keep a low profile until in hard work instead. Most importantly, respect yourself fully. This will enable you to pull through this year unscathed mentally, emotionally and financially.

Career

This will be a busy year for your career. There will be frequent business trips, or you may need to relocate due to work or there may also be office move- ment. Hence, this can be physically stren- uous. There will be also many changes which will reflect in your job, job scope, strategy and direction. While you can gain support from others, luck will not be on your side. Plans may not be too smooth and as rapidly as you hope. There will be inci- dents disrupting your plans. Opportuni- ties will be there but you will be hijacked. Recognition and awards that are supposed to be given to you may be tucked in the darkest corner of the stor- room. You may be plotted against. You will need to have contingency plans, and do not be too trusting. Avoid shar- ing confidential information especially related to opportunities that you have not secured. You may discover that it is a simple act but will have some risk involved, do not take any risk. For example, if you want to go to the other side of a wall and jumping across will be tempting, take a longer routine by walking round the drain on or a
will be spending a lot of money. You will be busy or there will be frequent traveling. There will also be a possibility of house moving, relocating and migrating. Your love life will remain status quo if you are single, but you will get into frequent fights if you are already seeing someone. Your health will be poor, which will certainly not help your situation. Your family and relatives may have life-threatening conditions. When you are physically and mentally vulnerable, many will exploit you or cheat you of your money. Having said this, 2017 will not be considered as a challenging year. Instead, it will be the last hurdle you will need to jump over before receiving rewards in the year after that. Be strong, but try to relax. Your mental and physical state of mind will be far more important than anything else.

Career
There will be many different types of problems occurring in your career. Although each of them will not be devastating, handling all of them can be trying and tormenting. You will be busy or you may make frequent business trips. Matters on them seem to be endless. Although you will be willing to put in a lot of effort, you will feel like a hamster running on a wheel and you are not even inching towards your goals. You will get very frustrated. Not only will you feel that support from others will be inadequate, they will seem to annoy you more often than in other years. You will likely get into arguments with others and display your displeasure frequently. You will be perceived as a difficult person. You will begin to display emotional vulnerability or even give up. Others will begin to exploit your vulnerability by telling you sob stories to get you to clear their mess or to get their work done for them. After a while, you will be unconcerned about others or matters happening around you. Your poor health will certainly not help matters. You will likely to transform from a frustrated person to a lethargic one. You will even feel that work is slowly draining your life away. Do not be too hard on yourself. Try to take things easy. You will consider taking short breaks from work to care for your physical and mental health. Sometimes, taking a step backwards will be necessary for you to progress better. Keep a low profile and avoid scheduling anything important. As long as you believe in yourself, you will be able to pull through and there will be light at the end of the tunnel.

Health
Your health will be poor. You will have migraines, gastric problems and insomnia. There may be problems with your liver and stomach. Although it will be unlikely that you will face life-threatening situations, the poor health may cause you to get tired easily and lose interest in whatever you are doing. As you might get distracted easily due to your lethargy, you might become accident prone as well. Thus do not rush all over the place no matter how busy you are as this will put you at risk of injuring yourself. Do have adequate rest to improve your immune system and reduce your risk of accidents. Having said this, it can be difficult to do so as there are signs that you will be busy, or there will be frequent traveling. You may move or migrate. Even within your hectic schedule, try to budget your time for adequate rest which will enable you to go a long way. Your family members may have serious health and safety conditions that can be life threatening.

People
You will be faced with many different kinds of challenges and obstacles. Although each of them may not be catastrophic, your situation will become different when all of them are combined. You will be very frustrated most of the time which will cause you to get into fights or other form of unhappy events with others. Many will find it difficult to communicate with you or get along with you. At the same time, you will be so vulnerable emotionally that others will cheat you of money and compassion.

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Learn Chinese
Happy New Year
dàn nián kuàilè

Happy New Year
gōng xiē xīn xǐ

Congressman
Mike Capuano
7th District

Lunar New Year greetings from Rep. Michael Capuano, 7TH DISTRICT

BY U.S. REPRESENTATIVE MICHAEL CAPUANO, 7TH DISTRICT

Despite my disappointment in the recent Presidential election, I am entering the Year of the Rooster with determination and resolve. I am grateful for the opportunity to represent the residents of the 7th Congressional District and will do everything I can to amplify your voices in Washington.

Unfortunately, many of the policies and programs that I and so many of my constituents support are at risk under the incoming Trump Administration. I think it’s important to recognize this and to be clear eyed about what we can do to preserve the progress that we have made. Opposing every single move that the new Administration makes is tempting but it’s not the most effective way to advocate for the policies and programs we care about. I will look for areas of agreement with the new Administration, although I don’t expect to find many. One area where compromise may be possible is with the infrastructure initiative that President Trump has proposed. While few details are available, the concept is an intriguing one. A robust infrastructure program carries broad economic and quality of life benefits. As always, details matter. I look forward to learning more about the Administration’s plans, particularly when it comes to how they plan to pay for it.

I have never been reluctant to raise my voice when necessary and I expect that there will be many opportunities to do so in the weeks and months ahead. In fact, the House has already taken some disturbing votes, including beginning the process of repealing the Affordable Care Act (ACA) without drafting a replacement plan. This means that 30 million Americans could lose access to health care. I have always been open to revising aspects of the ACA that may not be working as intended. That doesn’t mean throwing the entire law out without regard for the millions of people who now have coverage.

We have a challenging year ahead but I am more energized than ever. I hope to see many of you during the upcoming New Year celebrations. I wish everyone health and happiness in this Year of the Rooster.
Lunar New Year greetings from Treasurer Deborah Goldberg

BY TREASURER DEBORAH B. GOLDBERG

On behalf of myself and the entire team at Treasury, I would like to wish all of Sampan’s readers a very happy New Year! The Lunar New Year days are celebrated together with family and loved ones, and are a time of reunion and thanksgiving. The beginning of a new year also marks the start of a clean slate. In business, this often means taking the time to balance the books, pay off debts, and plan investments wisely for the upcoming year.

As Treasurer, I am focused on ensuring economic stability for all Massachusetts residents. Last year, the Treasury’s Office of Economic Empowerment offered a series of free financial education initiatives in the cities of Quincy and Newton, featuring a great turnout from those communities. My hope is that everyone can enter the New Year with the tools and knowledge they need to make sound economic decisions.

The Asian American Pacific Islander community has a long and rich history with the city of Boston. Places like Chinatown and Dorchester are full of local and small community businesses that make our economy thrive and our city culturally vibrant. Engagement from your communities is incredibly valuable to me and my office, and I look forward to fostering this relationship with all of you.

And so, in this year of the Rooster, I wish everyone in your communities prosperity in their business ventures, success in their careers, and a happy family life.

BY SARA BROWN

The Year of the Monkey marked a brutal presidential campaign and the surprising election of Donald Trump. As we welcome the Year of the Rooster, we look back at 2016.

January

Asian American local politicians work to overcome stereotypes. Newly elected Boston city council president Michelle Wu took office on Jan. 4, making history as the first Asian American to lead the city council. Quincy elected its first two Asian American city councilors, Nina Liang and Noel DiDomenico, who took office on Jan. 4. State Rep. Tackey Chan of the Second Norfolk District spoke on his own experiences campaigning in 2016, when there were fewer Asian representatives.

Sudbury youth ties for second at national chess. Eric Feng tied for second in the eighth grade division after seven grueling rounds at the U.S. Chess National K-12 Championships.

February

Boston city council president Michelle Wu rings in Lunar New Year.

Two Chinese women, Sherry Dong and Pam Eddinger, were named to the Mass. workforce board.

March

Asian American Congresswoman Tammy Duckworth (D-IL) campaigned in Boston to represent Illinois in the U.S. Senate.

April

Quincy appointed William Harris as city councilor for Ward 6 on April 4, calling off a preliminary election on April 5. Josiah Quincy Upper School senior Johnny Fang did not dream of attending the Ivy League schools. He was class valedictorian and the first student in the history of the city to help him or her as they embark on their journey.

May

Joseph Boncore won the First Suffolk and Middlesex district state senate election on May 10.

June

Veolia steam plant development could affect Reggie Wong Memorial Park.

July

MassDOT and Veolia add third land parcel to Kneeland Street site.

August

Two AACA students win college scholarships. Ou (Olivia) Yang and Tricia Plaisir received $1,000 scholarships for college and were recognized in a ceremony at Boston City Hall on August 16.

September

MIT professor pens debut English novel on love and loss during Sino-Japanese War.

October

Tufts Medical Center navigators guide Chinese patients through cancer treatment. Once a Cancer Center patient of Chinese descent is diagnosed, a patient navigator who speaks the patient’s language — be it Cantonese, Mandarin or other dialect — meets with the patient to help him or her as they embark on their cancer journey.

November

Construction of the 66 Hudson affordable condos at One Greenway is on schedule for its 2017 completion.

December

The “Patriots Day” film premiere took place Dec. 14 at the Boch Center Wang Theatre.
Chinatown’s children hurt by pollution, rising temperatures

BY LING-MEI WONG

Boston’s Chinatown neighborhood has welcomed immigrants for over 150 years, from Syrians to the Chinese. For newcomers coming from congested megacities like Beijing, Boston’s blue skies seem positively bucolic.

But for Chinatown’s 6,000 residents, the picture is not so clear. The neighborhood lies next to the Mass Pike and I-93 highways, meaning residents breathe in some of the city’s most polluted air, a toxic mix of car exhaust and other particulates that can have significant health impacts.

These health risks are most severe for people with other conditions, elderly people and especially children. In air pollution can trigger asthma attacks, causing tiny airways to constrict and fill with mucus. And asthma is just one impact of pollution, says Doug Brugge, professor of public health and community medicine at Tufts University.

“Air pollution does not just affect your lungs,” said Brugge. “It also has cardiovascular effects, which are much greater than respiratory effects such as asthma or lung cancer.”

Respiratory issues among Chinatown’s kids are getting worse. The prevalence of asthma at the Josiah Quincy Elementary School in the heart of Chinatown was 18 percent to 25 percent from 2009 to 2013, said May Chin of the Asthma Prevention and Management Initiative at Tufts University. Statewide, the prevalence of asthma is 12.4 percent among those aged 6 to 11, according to Massachusetts Department of Public Health data from 2013-2014.

Emissions from cars and trucks also drive climate change. In Boston and globally, one of the primary impacts of climate change is increased heat, according to the Climate Ready Boston report released last December.

Boston’s average summer temperatures and number of days with extreme heat are rising. The average summer temperature in Boston from 1981 to 2000 was 69 degrees Fahrenheit — it may climb as high as 76 degrees by 2050 and 84 degrees by 2100. The number of days per year over 90 degrees could top 40 by 2030, compared with today’s average of 11.

Extreme heat isn’t just uncomfortable; it’s also the leading cause of lead poisoning of children. But it’s also the leading cause of lead poisoning of 11.

40 by 2030, compared with today’s average of 11.

...
AACA program graduates take the next big step

BY RICHARD GOLDBERG

Next STEP has been No. 1 for sending the greatest number of adult students to college among 82 community-based programs funded by the Massachusetts Department of Elementary and Secondary Education.

CLIMATE CHANGE: Highway emissions hurt smallest Bostonians

CONTINUED FROM PAGE 14

Porthny said, “The surgeon’s masks that people wear are good for reducing infection, but not good for reducing exposure to bad air quality.”

In Chinatown and surrounding areas, public health advocates already have some measures in place to combat the growing asthma crisis.

The Asthma Prevention and Management Initiative launched in 2006 after pediatric providers at Tufts Medical Center noticed a spike in the number of children with asthma-related urgent care visits.

“We see smaller kids getting respiratory problems early on,” says Schroeder, who works with the Initiative.

The Tufts team works in daycare centers, schools and homes to coordinate asthma care between families and care providers. Its work over the last decade has paid off, decreasing hospital emergency visits by 21 percent.

On the research side, Brugge’s team’s investigation into freeway air pollution in Chinatown also has far-ranging implications for public health and transportation policy. For now, the next step for his team is acquiring an all-electric vehicle to monitor emissions, replacing the current gas-powered truck.

“In the long run, there have to be solutions that improve public transportation, and make cars and trucks cleaner,” Brugge says. “We ultimately need a social solution as well as individual solutions, like mandating better filters for ventilation.”

Meanwhile, the City of Boston is working to improve its climate adaptation measure, with 11 proposed “resiliency” strategies outlined. Several take increased heat and air pollution into account, including updating the city’s heat emergency action plan, launching a community engagement and education campaign and retrofitting existing buildings against climate hazards.

“We’re in a global world, so we have to make sure we do our part here as Bostonians and Massachusetts folks to push back,” Boston Mayor Marty Walsh said last December. “When I say push back, I mean reverse some of the trends we’re seeing. The environment is changing.”

Inquiries to the Asthma Prevention and Management Initiative can be made by calling (617) 636-1339.

Ling-Mei Wong wrote this story with support from the New America Media Climate Change in Communities of Color Fellowship Program.

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We wish all our Residents and the Asian Communities with the fortunes of Happiness, Good Health & Prosperity beyond the Year of the Rooster!

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January 27, 2017

Sampan

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Sampan

It is good for elders to emigrate to America and reunite with their children. From China and other nations, these elders long for their children and grandchildren. However, as new immigrants, these elders must adapt to a different environment.

Language is one of the biggest challenges for immigrants who have never studied English systematically before. When they shop at local grocery stores, they cannot understand what the labels mean, not to mention identifying unfamiliar food. They don’t even know how to order a coffee at a café due to the language problems. A doctor’s visit is impossible without an accompanying son or daughter.

As time goes by, the joy of reuniting with family fades. They feel uncertain and lonely. After living almost half a century on earth, they can’t even communicate in the America. Their children need to work and can’t stay with their parents all day long. The elders also cannot understand their English-speaking grandchildren, with language creating another barrier.

However, elders in Quincy are learning together. Quincy Asian Resources provides free English learning programs for seniors over 60. The program includes English lessons and useful life tips from Professor Chin. The class had a graduation party in December, coinciding with Christmas.

“Tong for happier life, there are so many benefits if I can master the fundamentals of English,” said Mr. Lu from Shanghai. “I just came to America from Shanghai. I spent so many unforgettable days with my classmates that I am loath to part with them. The next class will start March 2017, and I am really looking forward to attending it.”

“I have so many great ideas that I want to express out loud in English”, Mr. Wang from Vietnam said. “You know it is difficult to have someone teach you English face to face than to those online lessons.”

Miss Yu, who brought her granddaughter to the party, said, “I depended on my daughter for everything! After taking more classes, I started to realize the meaning of some words that I heard at home and can even understand simple conversations. The lesson is really practical.”

Professor Chin said many of her students came to America for the first time, and she wants to show them the way that Americans observe holidays by holding parties. During the party, Professor Chin taught her students how to identify food in English. Each student had to identify their potluck dish in English, naming everything from dumplings to rice wine. She hoped the elders would put their English skills to use when ordering food at restaurants.

The elders not only studied English, but also made good friends.

—Translated from Chinese by Jia Yan
Bilingual myth busters: ‘Should I stop speaking to my child in our native language?’

BY SHIRLEY HUANG, SPEECH-LANGUAGE PATHOLOGIST

Chinese New Year, the year of the rooster, is almost here! During the Chinese New Year holiday, family members come together to celebrate the holiday traditions. Children hear and use a great deal of Chinese language when they are with their family. They will sing classic Chinese New Year songs like “Gong Xi, Gong Xi” or exchange greetings such as “Gong Hay Fat Choy!” or “Sun Leen Fai Lok!” Adults will give lay see (red envelopes) to children and wish them good luck in the New Year. Children will listen to stories and learn about the meaning behind that year’s animal. Children who continue learning and speaking Chinese will have a positive relationship with their family members and develop a strong cultural and self-identity.

Dinner time and family parties are important times for children to talk and connect with the family. Children who do not speak the home language may have more difficulty communicating with their parents or other family members. When parents speak to their children in English instead of their mother language, the conversation may feel uncomfortable or unnatural. This could lead to fewer communication opportunities for the child. If there are less social interactions between the parent and the child, the child may feel distant from his or her parents. It feels frustrating for children when they cannot say what they are thinking or understand what their parents are saying. However, children who do communicate in the mother language have a stronger and closer bond with their parents and family members.

Parents are encouraged to speak to their child in the home language in order to support their child’s identity formation. (Image courtesy of Flickr user Todd & Anne Hoffman.)

Bilingual parents are encouraged to speak to their child in the home language to support their child’s identity formation. (Image courtesy of Eva Loh.)

Wang Leehom honored by Berklee College of Music

BY EVA LOH

Chinese-American singer and songwriter Wang Leehom, a 1999 Berklee alumnus known as King of Chinese Pop, received an honorary doctorate from Berklee College of Music at Symphony Hall in Boston on Nov. 13, 2016. Berklee president Roger Brown presented an honorary doctorate of music to Wang, the first Chinese-American to receive the honor in recognition of his achievements and influences in music, and impact on international culture. During the ceremony, Brown also announced the Wang Leehom Scholarship, which will provide a full scholarship to one outstanding musician who is a citizen of China attending Berklee. All proceeds from the concert went toward the scholarship fund.

Brown recognized Wang’s musical and film achievements, but also admired his international influences. By fusing Eastern and Western music style, Wang’s songs transcend musical boundaries and built a cultural bridge between the East and the West.

Wang said he was honored to return to his alma mater to receive an honorary doctorate and was proud to see Berklee’s improvements. He said one of his best memories when studying at Berklee 16 years ago was enjoying the Boston Symphony Orchestra’s live performance at Symphony Hall. Wang was proud to share the stage with them and perform at the same historical venue. He also encouraged students who attended the concert to unite people through music.

“I never wrote any music without loving it myself,” Wang said. “As musicians, follow your heart. Do what you love. Never convince yourself what other people are telling you to do is right if you don’t feel like it’s right in your heart. As musicians, that doesn’t work.”

The concert was opened by the JAG Drum Ensemble lead by Joe Galeota and performances of Wang Leehom’s classics by Berklee students, including lead vocals Elise Go, Alexander Hong, and Enya Lim. Following the enthusiastic applause from the audiences, Wang Leehom collaborated with the Berklee band to bring together several of his classics including “Descendants of the Dragon,” “Big City, Small Love,” “A Simple Song,” “Falling Leaf Returns to Roots” and “Open Fire.” During the performances, he also played violin, guitar and piano. At the end of the concert, he sang the song “Open Fire with Berklee students as his encore.

Bilingual parents are encouraged to speak to their child in the home language to support their child’s identity formation. As children develop, their family, social communities and culture help to form their self-identity. When children do not speak the same language as their family members, they may feel isolated from the family. As described in the Chinese New Year example above, children are exposed to a lot of Chinese language. If children do not understand the language, then they may feel confused and uncomfortable with the Chinese traditions. Therefore, it can be difficult for the child to identify as a member of the Chinese community. Children who speak the native language feel a sense of belonging in the family and are more likely to develop a positive cultural and self-identity.

Continue speaking to your child in your home language because there are many long-term social and cultural benefits. Chinese New Year is the perfect time to expose your child to Chinese language and provide opportunities to connect with the family and culture!

About the author
Shirley Huang is a bilingual speech-language pathologist in Boston who speaks Cantonese and English.
BY HONGYI GONG

Oliver Chin’s “The Year of the Rooster” is a fun and inspirational story with lively illustrations, a perfect finale to his “Tales from the Chinese Zodiac” series. As his name embodies, Ray, the newborn chick, is a ray of light to his family and his human girl buddy Ying. Together, Ray and Ying go on a journey in search of the mysterious phoenix.

The plot is well crafted. Ray learns from his father a rooster’s job to wake the town up, and the story begins here when the pig discovers a phoenix feather. When Ray’s trip approaches the end, he feels the call within and crows for the first time. The scene here corresponds to the beginning, allowing readers to share and feel the growth of the young chicken.

During the trip, Ray and Ying meet the other eleven animals of the Zodiac and receive help and guidance from them. The animals’ different personalities affect the narrative and add fun to the lines. For the sake of consistency, it’s too bad the snake did not appear after the dragon, instead of the horse, so that all the animals would have appeared in zodiac order.

Juan Calle’s illustrations simply delight. Not only does Calle capture the characteristics of different characters accurately, but the inking and coloring is reminiscent of traditional Chinese paintings. The contrast is eye-catching, and the pictures seem as if they are colored by a calligraphy brush to create blurry margins of color lumps.

The story is written in catchy English that is easy for children to understand. The simplified Chinese translation provides another possibility to Chinese readers. It should be noted that the Chinese text is not a direct translation from English, but more an adaptation in terms of details. Though this does not harm the charm of the story, readers should keep it in mind.

Following the story is a brief description of personalities of those born in the Year of the Rooster: eager to rise to the occasion. The passage reminds the reader of Ray’s adventure, along with remembering the best of one’s “Rooster friends” with a smile.

“The Year of the Rooster,” by Oliver Chin, illustrated by Juan Calle. (Image courtesy of Imme dium.)
Restaurant review: Dumpling Kingdom

BY ANNA ING

Allston’s own Dumpling Kingdom is the third location to join Dumpling Cafe in Chinatown and Dumpling Palace on Mass Ave, serving Chinese and Taiwanese specialties. Found in the main drag of Harvard Avenue in Allston near Boston University and Boston College, this restaurant is a welcome addition.

We came on a rainy night to check out this location. The dining room is clean and bright. We sat down for attentive service from the wait staff. The menu is extensive, giving us a wide variety of dishes. First out was Taiwan’s famous night market treat oyster pancake ($7.95). This rendition has the mandatory “QQ,” the Taiwanese expression for chewy and gooey texture of the pancake, studded with generous portions of oysters. The xiao lung bao, aka mini juicy buns, with pork and crabmeat arrived in the requisite steamer ($8.95). These dumplings were topped with crab roe and filled with pork and crabmeat, served with a tangy rice vinegar dipping sauce and delicate ginger slivers. The pork flavored broth was rich and juicy, enveloped by the thin dumpling wrapper, for one of the better renditions in the area.

Dumpling Kingdom is worth checking out for authentic Chinese food. The location has good steady service, tasty food with generous portions and reasonable prices that don’t break the bank.

Steamed mini juicy buns with crab roe and crab meat. (Image courtesy of Ling Mei Wong.)
Tufts Medical Center Wishes the Asian Community a Happy and Healthy Chinese New Year!

Join us for our annual Chinese New Year celebration Friday, February 10, Noon–1 pm.

Atrium Lobby, 800 Washington Street

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