Josiah Quincy School rings in Year of the Rooster

BY LING-MEI WONG

The Josiah Quincy Elementary School (JQES) celebrated Chinese New Year on Feb. 2. (Image courtesy of Ling-Mei Wong.)

The Josiah Quincy Elementary School (JQES) celebrated Chinese New Year on Feb. 2 at its gym. Parents, elected officials, faculty and staff joined the students in welcoming the Year of the Rooster.

Boston Public Schools Superintendent Tommy Chang said, “This school is safe and welcoming to every young person. Chinese New Year is a reminder of when people come together, like family... We’re here for you.”

State Rep. Aaron Michlewitz said, “This is one of my favorite events of the year at one of the best schools in Boston. Have a safe, happy and healthy New Year.”

Boston city councilors Bill Linehan and Tito Jackson wished attendees a happy Chinese New Year. Students performed traditional Chinese dances, along with modern dances and songs for a prosperous new year. The school’s Flying Dragons closed the event with tumbling, gymnastics and “fire-crackers” of bubble wrap.

New England Patriots quarterback Tom Brady recorded his lunar new year greetings to the students in Mandarin, with his daughter Vivian.

JQES is among the few top-ranked Level 2 schools in Boston, serving 828 students in kindergarten to grade five. The school is home to a Chinese language-specific program for English language learners, along with Mandarin instruction for K-5.

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Boston Public Schools Superintendent Tommy Chang wished guests a happy new year. (Image courtesy of Ling-Mei Wong.)

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Chinatown nonprofit represented by two runners at Boston Marathon

BY SARA BROWN

Boston Chinatown Neighborhood Center (BCNC) selected Marisa Chiang, 37, and Terry Park, 37, to represent Team BCNC. BCNC received two charity bids to participate in the 2017 Boston Marathon for the sixth year in a row. This is both Chiang and Park’s first marathon. In 2004, Chiang moved to Boston from San Jose, Calif., and Bean town has been her home ever since. She loves the vibrant communities across Greater Boston, but Chinatown stands out as a community that reminds her of both the Bay Area where she grew up and her family. As a daughter of immigrants, she understands BCNC’s work is integral to the flourishing of Asian immigrant families.

“It’s an honor to run the Boston Marathon for such an amazing organization,” Chiang said.

Terry Park and Marisa Chiang will represent the Boston Chinatown Neighborhood Center at the Boston Marathon. They are pictured at BCNC on Jan. 26. (Image courtesy of Sara Brown.)

Park is excited to fulfill his dream of running a marathon to support an organization he has long admired. As the child of Korean immigrants, one of whom is a limited English speaker, Park grew up with an awareness of the challenges that often prevent Asian immigrants from realizing their full potential in the United States. Before moving to the Boston area to teach Asian American studies at Wellesley College and now Harvard University, Park lived in Oakland, Calif., where he served as executive director of Hyphen Magazine, an Asian American arts, culture and politics magazine.

“I come from a family of runners. Many of whom have run marathons,” he said. “So it feels good to be able to finally do the same.”

HIGHLIGHTS

Jackson: ‘When Chinatown is going up, Boston is going up’

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《跳出我天地》歌劇

描述小男孩追求於夢想

中文第四版

Sampan publishes every other Friday. For more news, please visit Sampan.org
**Event Calendar**

Tufts MC Chinese New Year celebration  
Friday, Feb. 10  
Noon to 1 p.m.  
800 Washington Street  
Boston, MA 02111  
Tufts Medical Center will hold its Chinese New Year celebration at the atrium.

Fire alarm installation  
Saturday, Feb. 11  
9 a.m. to 5 p.m.  
The American Red Cross will be installing free fire alarms and carbon monoxide detectors in Quincy. To register, call 1-800-746-3511.

Liver disease workshop  
Saturday, Feb. 11  
10 a.m.  
38 Oak Street  
Boston, MA 02111  
An interactive health workshop on liver disease and alcoholism will take place at the Metropolitan Community Room. Refreshments provided.

Mulan Society classes  
Saturday, Feb. 11  
1 p.m. to 4 p.m.  
87 Tyler Street  
Boston, MA 02111  
The annual Boston Chinatown Chinese New Year parade with lion dances, cultural performances and a DJ will take place at the Asian American Civic Association, 4th Floor, 87 Tyler Street. For more information, call Nicole Smith at Nicole.smith@bcnc.net or (617) 635-2980.

Citizenship classes  
Sunday, Feb. 12  
10 a.m. to 4 p.m.  
Citizenship classes at the Asian American Civic Association to help with citizenship interview, and submitting an application for citizenship. There is a $40 textbook fee. Sign up in person at BCNC. For more information, contact Nicole Smith at nicole.smith@bcnc.net or (617) 635-5192.

Liver disease workshop  
Saturday, Feb. 11  
8 p.m.  
100 Winter Street  
Boston, MA 02129

Michele and Christopher Kuo will be performing a solo and duo benefit recital for Starlight Ministries of Emmanuel Gospel Center at Westgate Church. Starlight Ministries serves homeless individuals. Tickets $30 at http://ow.ly/3Bq10fY/edit2.

Chinatown Chinese New Year celebration  
Sunday, Feb. 12  
10 a.m. to 4 p.m.  
Chinatown Gate  
Boston, MA 02116  
The annual Boston Chinatown Chinese New Year parade with lion dances, cultural performances and a DJ will take place at the Asian American Civic Association, 4th Floor, 87 Tyler Street. For more information, call Nicole Smith at Nicole.smith@bcnc.net or (617) 635-2980.

Chinatown Chinese New Year celebration  
Sunday, Feb. 12  
10 a.m. to 4:30 p.m.  
101 Mystic Avenue  
Medford, MA 02155  
Free meditation classes will take place Sundays and Thursdays (7 a.m. to 12:30 p.m.) at Boston Buddhist Meditation.

Chinatown Chinese New Year celebration  
Sunday, Feb. 12  
11 a.m. to 3 p.m.  
2 Boylston Street  
Boston, MA 02116  
Chinatown Main Street will host a cultural marker for Chinese New Year at the China Trade Center, featuring arts demonstrations, crafts and other cultural activities.

Chinatown Chinese New Year celebration  
Sunday, Feb. 12  
Noon to 6 p.m.  
316 Hancock Street  
Quincy, MA 02171  
The annual Lunar New Year Market and Food Festival will take place at North Quincy High School.

Championships every Monday  
9:30 a.m. to 12:30 p.m.  
38 Ash Street  
Boston, MA 02117  
Are you applying to be a U.S. Citizen? BCNC is offering classes to help prepare you for the civics and English tests, your citizenship interview, and submitting an application for citizenship. There is a $40 textbook fee. Sign up in person at BCNC. For more information, contact Nicole Smith at Nicole.smith@bcnc.net or (617) 635-5192.

Free information clinic  
Monday, Feb. 13  
10 a.m. to 3 p.m.  
275 Hancock Street  
North Quincy, MA 02171  
Chinese American Citizen Rights Alliance will help clients at Quincy Asian Resources Inc. to provide information and referral services to Chinese Americans. For more information, call QARI at (617) 472-2200.

Citizenship workshop  
Monday, Feb. 13  
1 p.m. to 4:30 p.m.  
87 Tyler Street  
Boston, MA 02116  
The Asian American Civic Association naturalization workshop provides free information on filing naturalization applications, translated study material and much more. Please register with Melody Tsang at (617) 426-9492 x 2 or melody@ aaca-boston.org.

Author lecture and reception  
Monday, Feb. 13  
5 p.m. to 8 p.m.  
700 Boylston Street  
Boston, MA 02116  

Free health care service  
Every Tuesday  
6-8 p.m.  
First Church in Malden  
184 Pleasant Street  
Malden, MA 02148  
The Shaw Strand Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area.

Free immigration clinic  
Wednesday, Feb. 15  
10 a.m. to 4 p.m.  
City Hall Square  
Boston, MA 02201  
The Mayor’s Office for Immigrant Advancement offers free private immigration clinics at the Boston City Hall Room 806. For interpreters other than Spanish, please call at least one week in advance at (617) 635-2980.

Economic Development office hours  
Thursday, Feb. 16  
3 p.m. to 5 p.m.  
78 Tyler Street  
Boston, MA 02116  
The Mayor’s Office of Economic Development will host weekly office hours at the Asian American Civic Association. 

First-time homebuyer classes  
Feb. 16 to 19  
9:30 a.m.  
38 Oak Street  
Boston, MA 02116  
ACDC offers H1B101 classes in English, Cantonese and Mandarin. Each session is a nine-hour class over the course of a two-day weekend. Tuition is $50. Registration required, by calling (617) 482-2380, emailing CHOP@aasian- cdc.org or visiting www. aasian-cdc.org/content/first time-homebuyer-workshop-hbp101.

Chinatown/South Cove Neighborhood Committee meeting  
Thursday, Feb. 23  
6 p.m.  
360 Washington Street  
Boston, MA 02111  
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend.

KKCS Chinese New Year gala  
Friday, Feb. 24  
6 p.m.  
600 Washington Street  
Boston, MA 02111  
KKCW Kong Chinese Cultural Society will host its Forward Chinese New Year Celebration and Fundraising Gala at Empire Garden, celebrating 101 years in the Chinese community.

Black History Chinese New Year Celebration  
Friday, Feb. 24  
6-8:30 p.m.  
41 Berkeley Street  
Boston, MA 02116  
The Castle Square Tenants Organization hosts the annual Black History Chinese New Year Celebration to highlight its vibrant community with performances, a DJ and refreshments. 

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**CORRECTION**

In an article in the Sampan’s Jan. 27 issue, “Asian residents group celebrates fifth year in Boston” on page 1, the mortgage origination value for Asian American Pacific Islanders should have been $600 billion over five years, rather than a year. The Sampan sincerely regrets the error.

**COMIC**

**EMPTYBAMBOOGLIR**

**THE MUNDANE & SUBLIME ADVENTURES OF AN AWKWARD, GOOD-AND-SOMETIMES-ELF GIRL BY LILLIAN LEE.**

**02.07.2017**

**EVENTS**

**Tufts MC Chinese New Year celebration**  
**Fire alarm installation**  
**Liver disease workshop**  
**Mulan Society classes**  
**Citizenship classes**  
**Free meditation class**  
**Liver disease workshop**  
**Chinatown Chinese New Year celebration**  
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Franklin Institute of Technology  
Free admission.

Immigrant rights forum  
Monday, Feb. 27  
6 p.m. to 7 p.m.  
87 Tyler Street, 4th Floor  
Boston, MA 02111  
A community forum on immigrant rights with lawyers from the Political Asylum Immigration Representative (PAIR) project will take place at the Asian American Civic Association. Register by calling (617) 426-9492 x 216 or emailing hgong@aaca-boston.org.

The Mayor’s Office of Economic Development will host weekly office hours at the Asian American Civic Association.

Whether you’re in Accounting, Property Management, Resident Services, Marketing and Leasing, or Maintenance, WinnCompanies just might have the position you’ve been searching for! Several opportunities available in the greater Boston area and beyond. Please visit our website to learn more: www.winncompanies.com/careers.
**Get Konnected celebrates New Year**

**BY SARA BROWN**


Phillips said the night was about bringing people together. “We don’t build walls, we build bridges of friendship,” she said to thunderous applause from the crowded room.

Phillips welcomed first-time attendees. “You never know who you will meet here,” she said.

She said Get Konnected is inclusive and diverse. “We break down barriers and bring people together,” Phillips said. “That is my Boston. That is my America.”

The Consul General of Japan in Boston, Rekuichiro Michii, also attended the event.

“Boston is a wonderful place and it has welcomed me,” he said. Michii started his Boston term in 2016.

“Events like this show how international environment is important and how we all must work together to succeed,” Michii said.

Boston Mayor Martin Walsh and Treasurer Deborah Goldberg were also in attendance. City councilor Michelle Wu and other councillors attended as well.

Goldberg urged for unity. “We are living in very strange times for our country,” she said. “We have to work together. If we can’t work together, we can’t weather the storm.”

Get Konnected is Boston’s premiere bimonthly networking event that brings together urban and international professionals, business executives and entrepreneurs from various cultures. Its goal is to enrich professional development and forge new business and social relationships, making Boston a more diverse and inclusive city. These bimonthly events provide exposure to a broad spectrum of ideas and validate the contributions people of diverse cultural backgrounds are making to world.

**CCBA banquet kicks off Chinese New Year**

**BY LING-MEI WONG**

The Chinese Consolidated Benevolent Association (CCBA) celebrated the Year of the Rooster on Jan. 29 at Hei La Moon. More than 570 guests attended the banquet.

CCBA president Paul Chan said, “The Rooster is graceful and timely. In these trying times for immigrants, we are glad Boston’s Mayor Walsh is not sheepish, unlike his zodiac sign.”

Boston Mayor Marty Walsh greeted the crowd in Cantonese, wishing them a prosperous Chinese New Year.

“Boston is an inclusive city and I thank Council President Michelle Wu for what she’s done this week,” Walsh said. “Chinatown is a strong neighborhood, because its residents have never forgotten their heritage.”

Boston Council President Wu brought her son Blaise Prewarsi to the gala. “We live in interesting times,” she said. “We come together to protect our rights in this country that belongs to all of us.”

The CCBA received citations from the Massachusetts House of Representatives, along with the Mass. Treasurer Deb Goldberg’s office.


Woo Ching’s White Crane Kung Fu performed the opening lion dance.

The mission of the Chinese Consolidated Benevolent Association is to unite the Chinese community. It is a cultural and education nonprofit made up of family associations and community organizations. CCBA owns five properties in downtown Boston: Tai Tung Village, Tremont Village, Waterford Place, the 90 Tyler Street headquarters and 50 Herald Street, currently leased to supermarket C-Mart.
Jackson: ‘When Chinatown is going up, Boston is going up’

By Ruobing Su

On Jan. 28, we joined advocates, lawyers and elected officials at Logan Airport to protest the new Administration’s anti-immigrant and anti-refugee policy. Lawyers worked for free throughout the night to assist those trapped in airports throughout the country, including Boston. With their hard work, the courts took action to temporarily halt the ban.

On Feb. 1, we joined thousands and thousands of Bostonians in Copley Square to show our support for our Muslim brothers and sisters who have been targeted by the Trump Administration. Organized by the Council on American– Islamic Relations, we voiced our support for the Muslim people that live and work in our city, and those who came to Boston hoping for a better life. Looking out across the square, I remembered I asked who in crowd was Muslim — everyone went up, united.

Boston City Councilor Tito Jackson attended a media briefing on Feb. 2 at City Hall. (Image courtesy of Ruobing Su.)

Boston City Councilor Tito Jackson held a media briefing on Feb. 2 at City Hall with members of the ethnic media. Jackson addressed his plans and vision for Chinatown as well.

Chinatown serves as a critical role in Boston’s economic development, as one of the most important cultural and economic neighborhoods for hospitality in the city.

“When Chinatown is going up, then Boston is going up; if Chinatown is not growing rapidly, perhaps we are not uplifted enough as a city,” said Jackson.

Jackson sees a bright and promising vision for Chinatown’s future, with several concerns that need to be resolved.

Last year, Boston added 67 new affordable housing units at Oxford Place. However, there are still many people waiting for housing. “When we speak of affordable housing, we are not always speaking about the same thing — in the City of Boston, 50 percent of people making $35,000 or less — they are not qualified for affordable housing because the majority of the units are for 70 percent area median income,” Jackson said.

Jackson hopes measures of measuring affordability could be updated, beyond building more units. Income qualifications used currently and annually and should take into account the median income of the neighborhood where affordable housing units are built.

Jackson will run for Boston mayor in November against Marty Walsh.

Op-Ed by Mayor Walsh: Standing up for our values

By Mayor Martin J. Walsh

Looking back on this year, I am so proud to be a Bostonian — and to be your Mayor. On Jan. 27, President Trump made good on his divisive campaign rhetoric, and signed a series of executive orders that are designed to promote American isolation, intolerance and fear. Boston didn’t sit back and accept these orders — our residents stood up against harming immigrants and refugees, and stood up for our values.

Forty-eight percent of Boston’s children have at least one parent who was born outside the United States. I identify with those kids because I was one of them. My mother and father came to Boston from Ireland looking for opportunity. They found their American Dream, and I got to live mine by becoming mayor of the city that embraced us. In Boston, immigrants make up nearly one third of our population. We welcome and we cherish those who are fleeing persecution or simply seeking a better life. Boston, and the United States, is a proud nation of immigrants. We know our success — and our nation’s success — has always depended on the drive, talent, community and culture of newcomers from around the world.

On Jan. 25, we held a press conference at City Hall, with a message for immigrants in Boston, fearful of the Administration’s threats: our City will continue to support you. When I visit schools and have young children tell me they are afraid of having their mother or father taken away, something is wrong. I will do everything lawful within my power to protect our immigrant neighbors.

To do this, we’ll continue to build trust between law enforcement and immigrant communities. For everyone’s safety, both documented and undocumented immigrants need to know they can report crimes without fear of being targeted over minor issues or mere suspicions. The Boston Police Department has worked hard to build trust, and cities with “Trust Acts” are among the safest in the country.
Cambridge seniors celebrate Lunar New Year

BY LING-MEI WONG

Seniors in Cambridge rang in the Lunar New Year on Feb. 1. More than 120 guests attended the event. The celebration was organized with the Greater Boston Chinese Golden Age Center, with alumni from the Guangzhou Medical University attending. There were choral performances, cultural dances and a Spanish song.

MFA opens doors for Lunar New Year

The Museum of Fine Arts opened with free admission for the Lunar New Year on Feb. 4. Children enjoy craft activities. (Image courtesy of Ling-Mei Wong.)

Daycare center holds New Year party

Buds & Blossoms Early Education and Care Center held a Chinese New Year Celebration Feb. 3 at the Asian American Civic Association. (Image courtesy of Ling-Mei Wong.)

New online tool helps immigrants

BY THE IMMIGRATION ADVOCATES NETWORK AND PRO BONO NET

In response to President Trump’s threat to deport up to 3 million immigrants, the Immigration Advocates Network and Pro Bono Net have launched immi — a free online tool to help immigrants know their rights, understand their legal options, and access civil legal aid to avoid risk of deportation.

Studies suggest that more than 1.5 million undocumented immigrants may have avenues for legally staying in the United States, such as family-based petitions, asylum, U visas or Special Immigrant Juvenile Status, but do not know these options are available. The first free online platform of its kind, immi helps U.S. immigrants easily screen for legal options, learn about their rights and avoid risk of deportation.


The Chinese Consolidated Benevolent Association bimonthly meeting took place at its 90 Tyler Street headquarters. It welcomed new delegates representing family associations and community organizations.

The Asset Committee voted to collaborate with the Davis Companies and Boston Chinese Evangelical Church to apply to the City of Boston for the designation of a planned development area combining 50 Herald Street, 112 Shawmut Avenue and 120 Shawmut Avenue. Combining the three adjacent land parcels into one development area will increase zoning limits. CCBA owns the Herald Street land, while Davis owns 112 Shawmut Avenue and the church owns 120 Shawmut Avenue.

The Election/Bylaws Committee met Jan. 10 and passed two resolutions regarding Rick Wong who served as president from 2012 to 2013: Removing Wong’s title as advisor and banning him from serving on the CCBA board. Board votes were tabulated for the March 28 meeting.

Disciplinary actions arose after the board questioned the rental terms for 50 Herald Street, which is leased to C-Mart Supermarket, with a special committee of three directors filing a report at the Sept. 23, 2016 meeting. Directors Raymond Cheng, Robert Ng and Man Ho Chan found the C-Mart lease did not match terms of the board voted on, which set rent at $27,000 a month, increased rent annually by 5 percent and required capital repairs to the roof and parking lot. The lease’s rent was $24,500 a month, increased annual rents by 1.5 percent for the first 10 years and did not stipulate repairs. Wong signed the lease June 2012, 14 months before its end in August 2013.

CSC

The Chinatown Safety Committee met at the DoubleTree Hotel.

Boston Police Department Sgt. John P. Doris, community service officer for Districts A-1 and A-15, gave the crime report for the past 30 days. There were three aggravated assaults, one auto theft, one commercial robbery and six street robberies.

“There’s been an uptick in street robberies, often with people walking down the street talking on their phones and then the phone gets taken,” Doris said. “Walk and make eye contact with everyone; you’re less likely to get robbed.”

CRA

The Chinatown Resident Association met at the Josiah Quincy Elementary School.

A presentation on a proposed residential project at 45-57 LaGrange Street took place, the site is currently a parking lot. The proposed building will be 21 stories with 150 to 160 units; 15 percent of the on-site units will be affordable housing. It will seek a variance to build more densely from the Boston Planning and Development Agency.

The association held a protest on Feb. 8 at 25 Harrison Avenue, which was evacuated in Feb. 8, 2012 for being below building code. The building was purchased by 18-20 Oxford Street, with owners proposing a 26-story hotel.

Full Time Assistant Property Manager Needed

Castle Square Apartments has an open position for an Assistant Property Manager. This person will be involved in managing all aspects of a busy, 508 apartment Section 8, LIHTC and Market Rate community.

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- Oversees work functions and directs other staff as needed
- Assists in maintaining proper time keeping records
- Assists in the bidding process for capital projects
- Deliver door notices to 500 apartments as needed
- Performs other duties and special tasks as assigned

Job Requirements:
- Bilingual in English and Cantonese
- Must be friendly, outgoing and able to interact and build relationships within a diverse community
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Busting five flu shot myths

BY WALGREENS

Winter is flu and cold season. The pharmacists at Walgreens break down five myths about flu shots.

1. MYTH: You can get sick from the flu shot.

TRUTH: The flu shot isn’t live, so it can’t cause the flu. Sometimes patients are exposed to the flu before receiving the shot, so when they get sick, it’s really from the virus they were exposed to previously. The flu shot typically takes up to two weeks to become effective, so during that time, you could become ill with the flu. “The virus the flu shot protects you from are respiratory in nature. Many people incorrectly believe the flu vaccine is protection against the stomach flu. Some patients also have gotten the stomach flu soon after their vaccination and believe it was caused by the flu vaccine. This is also untrue.

The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given; however, low-grade fever, headache and muscle aches may occur.

2. MYTH: Flu shots are ineffective most of the time.

TRUTH: It, in fact, does work. When you get the flu shot, it stimulates your body’s immune system to make antibodies, which can recognize and attack that form of the flu virus inside your body. The vaccine greatly reduces your chances of getting the flu, and can also make your illness milder if you do get sick.

3. MYTH: There’s no point in getting a flu shot if it’s later in the flu season.

TRUTH: Getting the flu shot is important even if it’s later in the season. Sometimes there’s naturally a late onset of the virus, so the months in which flu is most prevalent get pushed back a month or two. Also, there are lots of flu cases reported even past the flu season.

The flu viruses are always changing and it’s difficult to say when flu season ends.

4. MYTH: There is only one type of flu shot each year.

TRUTH: Each year, the seasonal influenza vaccine includes the strands that researchers find will be most prevalent throughout the year. This year, there is an option for the Trivalent (three-strain), which protects from the three most common flu strains, or the Quadrivalent (four-strain), which includes an additional strain.

There are also immune-boosting influenza vaccines for those age 65 and above, and preservative-free versions for pregnant women or those who are allergic to mercury.

5. MYTH: Flu shots are only for really sick people.

TRUTH: Flu certainly does not discriminate. Healthy individuals are just as likely to be infected and may suffer serious consequences without an immunization. Many who are infected do not show symptoms and can act as carriers of the virus, infecting their loved ones.

Prevention is better than cure. Your best defense against the flu is to get vaccinated.

There are many myths about the flu. (Image courtesy of NBCBAY.)

Four tips to quit smoking

BY SARA BROWN

Smoking can be one of the most challenging nasty habits to quit. However, it can also be one of the most satisfying ones as well. Studies show that quitting smoking leads to overall improved physical, mental and emotional health. Here are some tips to quit smoking.

Find your reason

Quitting smoking can be a daunting task. You are going to need to be motivated to stay the course. If you find a powerful personal reason, it can give you the strength to quit. This can be an added incentive to quit.

Nicotine replacement

Quitting cold turkey can often lead to mood swings and feeling flat. Nicotine replacement therapy can help you quit.

Falls prevention during the winter: Five tips for seniors

BY RICHARD T. MOORE

Falls prevention, especially among seniors, is a serious and important topic year round. In a region like New England that is widely known for its beautiful, yet tempestual, winters, proactively taking steps to reduce falls and stay safe is even more crucial. According to the World Health Organization, there is a correlation between pronounced changes in seasonal temperatures, especially colder temperatures during the winter months and an increase in the risk of falls, particularly among older women.

Falls can be exceedingly serious, and for older adults they can result in the loss of mobility and in some cases even death. In addition, the fear of falling on icy surfaces may prevent seniors from leaving their homes which can contribute to a feeling of isolation. Because of these potentially restrictive scenarios, it is important for older adults to know the potential dangers they face during the winter months, and also actively take the steps necessary to stay safe.

Falls prevention is a top priority for the Massachusetts Assisted Living Association (Mass-ALA). Residing in an assisted living community reduces the feelings of isolation that seniors may feel, and assisted living communities’ focus on falls prevention contributes to a sense of safety. However, with another unpredictable season fast approaching, here are five falls prevention tips for seniors in all living environments:

1. Salt and sand.

As we all know, icy sidewalks, stairs, and driveways can be exceedingly treacherous to people of any age, and we’ve all experienced that unsettling feeling of our feet slipping out from under us. Black ice can be especially dangerous as it is often impossible to even see. Using de-icing salt to help

2. Know your limits.

Often times, people of every age feel like they’re capable of things that they probably shouldn’t be attempting. Knowing your limits is important to avoid injury, so make sure you’re realistic about how much you can shovel, whether or not you should be walking down the icy driveway, or attempting to carry a heavy bag of sand or salt.

3. Plan ahead.

The best way to avoid a situation where you need to leave your house during inclement weather is to plan ahead and make sure you’re prepared. Make sure you have a bag of sand or salt, or some other material that will help keep your sidewalk, stairs, and driveway clear of ice or snow.

4. Be careful what gets tracked in.

When snow and ice can pose a danger, other surfaces can create hazards as well. Wet leaves for instance, can be equally slippery and often appear once the initial snow and ice have melted. It is important to always be aware of your surroundings and actively be on the watch to avoid possible risks.

While falls are serious and potentially devastating, they are very preventable. Taking the right steps to stay safe is important at any age, and the more aware we are of the dangers, the more we can do to avoid them. Use your best judgment, and enjoy the beauty of the season.

Advertisement for Boston Public Health Commission Boston Biosafety Committee members

The Boston Public Health Commission (BPHC) is seeking new community members for its Boston Biosafety Committee (BBC) from the South End, Roxbury, and/or Chinatown neighborhoods. The BBC provides technical advice and support on issues related to regulation and permitting of biological research laboratories in the City of Boston. Community members should be able to commit to two years on the committee.

BPHC permits and regulates research laboratories in Boston and the BBC has a role in advising the Executive Director of BPHC. Community members of the BBC have a role in communicating information on biological safety to the public and providing input on community concerns.

The BBC meets when required for review of research projects, laboratory permit applications, or other times requested by the BPHC Executive Director. The time commitment will average five hours a month, with some months having no meetings and some months having meetings with materials to review in advance.

Community members interested in being on the BBC should contact Julien Farland, Boston Public Health Commission Director of Biosafety Safety, at jfarland@bphc.org or 617-534-2814.

There are many myths about the flu. (Image courtesy of NBCBAY.)

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Wheelock’s ‘Billy Elliot’ showcases boyhood with grace, wit

BY SARAH BROWN

The Wheelock Family Theatre’s production of “Billy Elliot” showcases young talent in a timeless coming-of-age story.

Based on the 2000 film “Billy Elliot,” the musical’s plot revolves around young Billy, whose preference for ballet shoes over boxing gloves challenges his father’s and brother’s conventional ideas of boyhood. Billy’s personal struggle for fulfillment is countered by his family’s issues, brokenhearted from his mum’s passing and a community suffering from a miners’ strike in 1984. The musical premiered in London’s West End in 2005 and moved to Broadway in 2008, where it won 10 Drama Desk Awards and 10 Tony Awards, including best musical.

The play is recommended for ages 8 and up, for strong language. A parent should judge their child’s emotional maturity to see if they are ready and would enjoy the play.

“Billy Elliot” touches upon difficult themes like gender stereotypes, death and family dynamics. The production is a wonderful blend of light and funny moments as well as heart-wrenching moments. It handles the serious topics with grace and wit.

The child actors are what make the show a success. Billy Elliot is portrayed by the charming and endearing Seth Judice, 13, of Houston, Texas, an accomplished dancer. For young actors to be able to tackle such complex issues is impressive to watch.

The songs are uplifting and moving. They serve to make a heart-tugging moment even more emotional or add some much-needed levity after serious scenes. However, the musical provides families a good opportunity to discuss difficult subjects with their children, using the musical as a backdrop to the conversation.

At the same time, “Billy Elliot” is an excellent chance for some good old-fashioned fun.

“Billy Elliot’s” cast of 40 includes adults and children from many communities in Eastern Massachusetts and New Hampshire, such as Asian American actors Gary Ng, Phoebe Anthony, Emi Rhodes, Charlotte Um, Lily Park, Ben Choi-Harris and Caroline Workman.

“Billy Elliot” will play at the Wheelock Family Theatre until Feb. 26. For tickets, visit www.wheelockfamilytheatre.org.

Restaurant review: Taste of Siam

BY CONNIE WANG

If you’re in the Stoneham area and have a Thai food craving, Taste of Siam hits the spot.

This family-owned business resides on the corner of 499 Main Street with parking on Benton Street. It’s down the road from Stoneham Center, run by Ralph Di-Nunzio and his wife Jaeb Atchariyakorn. The Atchariyakorn family hails from Nakhae, a small town in the Phetchabun province of Thailand.

The waitress was sweet and attentive. She offered assistance in explaining any dish on the menu as well as keeping the water full in my glass. If you’re seated by the window during winter and it gets a little cold, let the staff know and they can accommodate. The décor is calming with colorful curtains, beautiful art pieces and cute holiday lights lining their windows.

Looking at the menu, there is a wide selection of Thai cuisines to choose from — especially curry — and cocktails. They also offer a variety of meal options such as vegetarian, gluten-free and healthier versions.

The pad thai was tasty. Its flavor was seasoned right and the portion was enough for me. The shrimp was fresh and flavorful. This dish also included a small chicken noodle soup and two single appetizers, the crab Rangoon and the Bangkok pork dumpling.

Lunch prices range from $7.95 to $11.95 and a lunch box special at $8.95. The signature dishes range from $10.95 to $17.95. However, depending on the meat you select, the price of an entrée can be just under $10.

As for dessert, the crazy fried ice-cream was yummy and perfect for sharing. It has a sweet cold vanilla ice-cream center with warm fried bread crumb coating topped with chocolate syrup, whipped cream and a maraschino cherry. The mixed textures and temperatures made this a fun dessert to devour.

Taste of Siam’s pad thai, curry dishes, mango fried rice and pad see ew are solidly executed. The warm curry is perfect for chilly New England winters.

Taste of Siam

499 Main Street
Stoneham, MA 02180
(781) 438-4002
www.tasteofsiamstoneham.com

ENROLLMENT FOR SEPTEMBER IS NOW OPEN!!!
Application Deadline is February 28th

Boston Renaissance is a Pre-K through Grade 6 charter PUBLIC school open to all students in Boston. Enrollment is open to students entering K-Grade 4, and is determined by lottery, held on March 8th. To enter the lottery, please visit https://choosebostonchartersschools.schoolmint.net/school-chooser. Call us at 617.357.0900 for more information.

Boston Renaissance integrates high-quality academic instruction 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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