Unexpected inspiration leads art movement in Quincy senior home
BY CONNIE WANG

As he prepared for his musical performance in April, Jin Li can be described as a humble man with a passionate heart. It began with his admiration for paintings in his youth. Day and night, when Li would pass a painting of village houses under the moonlight, he would study it for hours. He began painting in his teens and, despite concerns from family and friends, made it his profession in his mid-twenties. Li went on to work with the London Museum of Fine Arts and had one of his paintings featured at the Harvard Art Museum. However, staff and fellow residents at South Cove Manor probably wouldn’t have known how talented a painter Li was, if it wasn’t for the music played by Kam Ip that inspired him.

“The music lights his fire,” Ip said. Ip has volunteered to play piano for the last two and half years at the senior home. One Thursday morning, Li gave Ip a portrait of him during the 45-minute piano session. Ip took up drawing again, after a hiatus of more than 20 years. Impressed and touched, Ip came back the next week with the drawing framed, requesting the artwork be displayed in the nursing and rehabilitation center. Soon after, their story of inspiration spread and motivated others to create a donation network, as well.

Li has said that Ip’s music sparks his imagination. It also inspires the residents to come together each week and feel uplifted by the music, regardless of their background and differences. Equally renewed, Ip noticed improvement in his piano skills through playing new music, from 1930s Chinese songs to the 1970s contemporary Hong Kong music he grew up listening to. This musical therapy is a component of the Sensory program at South Cove Manor that was launched in 2016. Tammy Chen, director of recreation, said of Li’s musical passion, “on his free time, his favorite is piano. He loves music and music therapy.”

Ip has learned “nice things happen in unexpected ways.” His mother was a resident at South Cove Manor. Together, Li and Ip will present their talent in an art gallery and music social on April 13.

Advocates rally to change tobacco laws at Statehouse
BY SARA BROWN

More than 100 cancer patients, survivors and their families from throughout Massachusetts gathered at the State House to ask legislators to support legislation protecting youth from the dangers of nicotine addiction on March 29.

The visit was a part of the American Cancer Society Cancer Action Network’s (ACS CAN) annual lobby day, which brought together people touched by cancer together to call on the Massachusetts’ legislature to make cancer a priority.

They were there to ask the legislature to support “An Act to protect youth from the health risks of tobacco and nicotine addiction,” which takes a comprehensive approach to tobacco control efforts in the Commonwealth. The bill would increase the age of sale for tobacco products from 18 to 21, include e-cigarettes in the smoke-free workplace law and prohibit sales of tobacco in facilities that provide health care, such as pharmacies.

Kate Hogan, chairwoman of the Committee on Public Health, spoke at the event as a former smoker. “When I started, I had no idea how addictive cigarettes were and I had no idea how it could affect your health. And so when I began to decide I needed to quit, it was probably the hardest thing I ever did,” she said.

Hogan said the bill ACS CAN is working to get passed is common sense. Several towns and cities have already passed local ordinances requiring people to be at least 21 to buy tobacco products, such as Boston. Hogan said it makes sense to pass a statewide law.

“It’s confusing to have one town require individuals to be 18 and another 21,” Hogan said.

She also said tobacco should be regulated like alcohol and marijuana.
Memorial service for Shu-chung Shen
Friday, April 7
5 p.m.
9 Tyler Street
Boston, MA 02111
A memorial celebration for Shu-chung Shen will be held at the China Pearl Restaurant. For more information, call (206) 229-3885 or email shuchung88@gmail.com.

ATASK community
Saturday, April 8
9 a.m.
Chestnut Hill Reservoir
The Asian Task Force Against Domestic Violence will host the third ATASK Community 5K Race at the Chestnut Hill Reservoir. For more information, visit https://runforatask.com.

Newton Cantonese School open house
Saturday, April 8
10:30 a.m. to 12:30 p.m.
42 Vernon Street
Newton, MA 02458
Newton Cantonese School will host an open house for the 2017-2018 school year. For more information, visit www.newtoncantoneseeschool.org.

Mulan Society classes
Saturday, April 8
1 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women, girls and children of all ages, will host classes that will place at the Asian American Civic Association. 3rd class mail.

Creative kitchen tour
Saturday, April 8
1 p.m. to 4 p.m.
A tour of eight kitchens in Beacon Hill and Back Bay will take place, followed by a reception at 84 Beacon Street from 5 p.m. to 5 p.m. and optional lunch from 11:45 a.m. to 1 p.m. Tickets are $50 at www.beaconhillvillage.org or call (617) 723-9713.

Chinese Culture Con- nectio n gala
Saturday, April 8
6 p.m.
88 Beach Street
Boston, MA 02111
Chinese Culture Connection will host its 12th Annual Fundraising Gala and Award Banquet at Hei La Moon. Tickets are $80 for members and $70 for nonmembers. For more information, please call (781) 321-6316 or email info@chinesecultureconnection.org.

Free meal distribution
Sunday, April 9
10 a.m. to 4 p.m.
10 Mystic Avenue
Medford, MA 02155
Free meals will be distributed to individuals from the Chinese American Community Services. Please visit the website www.mealshelp.org.

Free information clinic
Monday, April 10
10 a.m. to 3 p.m.
275 Hancock Street 2F
North Quincy, MA 02171
Chinese American Citizen Right Alliance will help clients at Asian Resources Inc. to provide information and services to Chinese Americans. For more information, call (617) 472-2200.

Free health care services
Every Tuesday
6 p.m. to 8 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148
Free health care services are offered every Tuesday. The clinic is located on the second floor of the church building. Appointment is required.

Art and music social
Thursday, April 13
1 p.m. to 5 p.m.
38 Ash Street
Boston, MA 02111
The Chinese American Citizens Alliance is accepting submissions from K-12 students for its national art completion. Artwork must be dropped off at 180 Café by the deadline. For rules, please visit www.caca.org.

First-time homebuyer class
April 22 to 23
9:30 a.m.
50 Easton Street
Boston, MA 02128
ACDC offers $1,000 classes in English, Cantonese and Mandarin. Each session is a nine-hour class over the course of two weekends. Tuition is $50. Registration required, call (401) 482-2380, emailing CHOPP@sampan. org or visiting www. sampance.org/content/first-time-homebuyer-workshop.

Free legal clinic
Monday, April 24
6 p.m. to 8 p.m.
150 Hancock Street
Suite 209
Quincy, MA 02169
Quincy Asian Resources Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200.

South Cove Manor breakfast seminar
Thursday, April 27
9:30 a.m.
120 Shawmut Avenue
Boston, MA 02118
As we approach South Cove Manor’s 40th anniversary, we will take place at the Quincy Center in celebration of this landmark event.

Empty Bamboo Girl will return next week!
For Sale $850,000
Royal Palace Restaurant
Business and Real Estate
369 Rte 28, W. Dennis, MA
Call Bill MacKenzie
508-862-9000 x111
bmacKenzie@comtreality.com
www.comreality.net

SAMPAN
A Publication of the AACA
www.sampan.org
87 Tyler Street
Boston, MA 02111
Tel: (617) 426-9942
Fax: (617) 482-2316
Editor: Linda Mei Wong
lingmei@sampan.org
Health editor: Sara Brown
ENGLISH SECTION
Contributor: Sara Brown

SAMPAN is New England’s only bimonthly bilingual Chinese newspaper. It is non-profit and non-partisan. Founded in 1972, SAMPAN is published by the Asian American Civic Association. SAMPAN is distributed free in Asian communities and the Greater Boston area. All donations to the publication are tax deductible.
Subscription: $65/year (1st class mail) or $35/year (3rd class mail).

The reproduction, in whole or part, of any information contained herein and prior is forbid den without the express written permission of the publisher.
First Food Tank Summit in Boston discusses hunger relief, nutrition

BY DORA CHI

The Food Tank Summit in Boston took place April 1 at Tufts University’s Friedman School of Nutrition Science & Policy. (Image courtesy of Dora Chi.)

Boston’s Food Tank Summit made its debut during a nor’east’er on April 1, with thousands of attendees tuning in to discuss fixing the broken global food system. While the Trump administration is poised to cut federal hunger-relief programs including the Supplemental Nutrition Assistance Program (SNAP) and school meals, Food Tank goes convened to highlight the value of investing in food and agricultural innovation.

At Tufts University’s Friedman School of Nutrition Science & Policy, interactive panels, covering topics such as “The True Value of Food” and “Creating Better Food Access,” explored solutions to farming sustainably, making fresh food affordable, as well as teaching the public about nutrition. From food policy experts to budding nutritionists and social entrepreneurs, more than 40,000 live and virtual guests took part.

“Food is the cheapest form of health care,” said panelist Doug Rauch, who emphasized that access and affordability are keys to a nutritious diet. Rauch is the founder of Daily Table, a nonprofit grocery store in Dorchester that sells fresh produce and prepared meals at affordable prices. However, “[poor nutrition], the No. 1 cause of poor health, is almost always ignored by our health care system,” said Dariush Mozaffarian, dean of the Friedman School. This is in spite of its impacts on individual health, economic productivity and even national security, he said, adding that “one third of our recruits can’t be enrolled into the military because of overweight or obesity.”

In a world where one billion people are estimated to be obese or overweight and more than 700 million are food insecure, how much of what we eat is by choice? When buying food, people tend to focus on “taste, cost, convenience” before health, said panelist Jessica Fanzo, who teaches global food ethics at Johns Hopkins University. But for those struggling to make ends meet, preparing fresh and nutritious meals often take a backseat to, say, paying the rent and making sure there is food in the fridge at all.

“We need to be thinking about…how those that are not the elite sitting in this room can be eating healthy,” said Fanzo, who has worked in impoverished areas of Baltimore and eastern Africa. “There are so many places that are totally on their knees.”

Panelist and chef Michel Nischan started his nonprofit, Wholesome Wave, to break down financial barriers and provide incentives for eating healthily. He recalled how he piloted an initiative in Dorchester to let SNAP recipients double their benefits when buying fruit and vegetables. It has since grown into a federal program known as the Food Insecurity Nutrition Incentive (FINI).

In Massachusetts, more than one in 10 residents face food insecurity, which also disproportionately impact ethnic and low-income communities. In February, the Boston Globe reported that as pov-
erity rates rise in traditionally well-to-do communities, food pantries are serving more people in places as well.

“I think this really is a nonpartisan, bipartisan issue that we can really address in this country,” Mozaffarian said. “All of these conversations about health care, repeal and replace, Obamacare – how is nutrition, how is our food system, not the fundamental plank of that discussion?”

Panel discusses how neighborhoods influence health and health

BY SARA BROWN

Action for Boston Community Development held a panel discussion called “Poverty By Design: Your Neighbor- hood. Your Health.” on April 4 at its headquarters.

The event featured moderator James Connelly from Northeastern University, Doug Brugge of Tufts University, Vedette Gavin of Conservation Law Foun-
dation, Margaret Golub of the Boston Public Health Commission and Olmis Sanchez for Alternative for Community and Environment. They discussed how environments impact people’s health.

“Where you live and work, these are the social determinants of health,” said Reid Connolly from Northeastern University, Ve-
dette Gavin from Conservation Law Foun-
dation, Margaret Golub of the Boston Public Health Commission and Olmis Sanchez.

The group also discussed how pover-
ty can affect neighborhoods and health. Brugge said affordable housing units are often built near highways, which are ar-
as known for high health risks due to pollution and others aspects.

“Affordable housing is a big issue in the city,” Brugge said. “Many of these units tend not have the protective fea-
tures they should have. So, if we want to be conscious of health and the land by the highways, which are hardly affordable for these housing units, then we must in-
sist on protective features like filters.”

Sanchez said it important to include all stakeholders when making important health decisions for communities.

“Who is in the room?” she said. “It’s important to get opinions from the peo-
ples living in these communities when we make decision. They know what they want. A developer might have a differ-
ent vision and their vision might not help them at all.”

Adequate Housing Lottery

Quinn35

35 Harrington Avenue, Shrewsbury, MA

Studios @ $1,034*, 1BRs @ $1,170*, 2BRs @ $1,290*, 3BRs @ $1,406*

*Rent subject to change in 2017.

- Utilities not included. Tenants will pay own Gas Heat, Gas Hot Water, Electric Cooking, Electricity, Water and Sewer. 
- A deposit is required which will cover 1/2 month’s rent, $25 application fee and a $200 security deposit
- The Lottery for eligible households will be held on June 13th, 2017 at 6:30 pm in Shrewsbury Town Hall (Conference Room A, 100 Maple Ave).
- Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on May 29th, 2017.
- The Lottery for eligible households will be held on June 13th, 2017 at 6 pm at the Shrewsbury Town Hall.

*For persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900x1 and leave a message. Applications also available at Shrewsbury Town Hall at the Town Manager’s Office on 100 Maple Ave. (M-F 8 AM to 4:30 PM)
China talks looks at global development

By LING-MEI WONG

The Chinese Consolidated Benevolent Association (CCBA) met at its headquarters March 28.

A vote to remove Rick Wong as CCBA consultant was postponed for a May 9 meeting of directors. Wong was president in 2012 when he signed a lease for 50 Herald Street to C-Mart, which did not match terms voted on by the board.

CSC

The Chinatown Safety Committee met at the DoubleTree Hotel on April 5.

The Boston Police Department (BPD) awarded an annual to CCBA president Paul Chan for the association’s donation of $80,000 for 40 cameras to monitor street crime in Chinatown.

BPD Area A-1 Capt. Ken Fong reported an crime was reduced compared to last year.

Two robberies, three aggravated assaults, one auto theft and four car break-ins took place. Police made arrests, including 15 for drugs, nine for trespassing and two for possession of firearms.

A Japanese restaurant specializing in Hawaiian poke will open at 20 Tyler Street, the former location of an aquarium store. Owner Patrick Zhong has operated a restaurant in Amhurst and does not plan to serve alcohol.

A massage parlor is proposed for 213 Harrison Avenue, while an existing massage spa and beauty salon wants to expand at 40-42 Harrison Avenue.

Fong said, “We welcome legitimate businesses but don’t want the illegal activity.”

CRA

The Chinatown Resident Association met at the Josiah Quincy Elementary School on April 5.

As part of a City of Boston feasibility study for a library in Chinatown, two public hearings will take place. The first will take place April 25 at the China Trade Center, said Carolyn Rubin, president of Friends of the Chinatown Library. Temporary library services are planned at the China Trade Center at the end of the year, with renovations underway.

MBTA NOTICE TO BIDDERS

• Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bidx.com forthwith after the bid submission deadline.

• No paper copies of bids will be accepted.

• Bidders must have a valid digital ID issued by the Authority in order to bid on projects.

• Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

South Cove Community Health Center is an Equal Opportunity Employer.

SOUTH COVE COMMUNITY HEALTH CENTER
The Premier Asian Community Health Center in Massachusetts

DENTAL HYGIENIST (PT/FT)

Cleans calculus deposits, occlusions, and stains from teeth and beneath margins of gums, using dental instruments under the general supervision of a dentist. Provides dental x-rays for diagnosis. May provide clinical services and health education to improve and maintain oral health. Familiar with standard concepts, practices and procedures within particular field. Associate’s degree or its equivalent. Dental Hygienist, MA Licensed. Bilingual in Cantonese/Mandarin/Vietnamese and English preferred but not necessary.

DENTAL ASSISTANT (PT)

Assist dental staff to render comprehensive and complete dental care to patients. Includes operatory and chairside duties; patient record keeping and paperwork, laboratory, supplies and miscellaneous responsibilities. Works with dental staff as a team. Completion of dental assistant program, radiology certification course with MA Dental Assistant License.

MEDICAL INTERPRETER (PT)

Provide medical support for providers and general support and other clinical activities such as maintaining equipment and supplies in the Obst/Gyn department at South St. site. Must be fluent in Cantonese and Mandarin, Vietnamese a plus and English (multilingual a plus). Assist non-Asian speaking providers at our different sites as needed. Rotate at our different sites as needed. High School Diploma and/or successful completion of Medical Assistant Program. Must have strong interpersonal skills and ability to work as a team with the providers.

MEDICAL INTERPRETER (PT)

Provide interpretation and translation services for Cantonese/Mandarin speaking patients and providers at Beth Israel Deaconess Medical Center. Bachelor’s Degree preferred and experience or both. Fluent in Cantonese/Mandarin and English, Vietnamese a plus to ensure accurate interpretation and translation according to the MMIA Standard of Practice. Medical Interpreter Certification required. Knowledge of cultural aspects of patients care. Works effectively in a fast-paced environment. Test will be given at BIDMC for the position.

SOCIAL SERVICES ASSISTANT (PT)

Assists and advocates for patients and their families with billing, insurance and social service programs at Wash. St. site. Provides concrete services to patients/families with applications for government benefits such as Medicaid and health insurance. Maintains Knowledge of all insurance plans accepted by South Cove. Bachelor’s Degree or equivalent work experience in an outpatient medical setting. Strong verbal and written skills in English, Chinese (Cantonese/Mandarin), Vietnamese a plus.

Send/fax or e-mail resumes to Attn: Human Resources 145 South Street, Boston, MA 02111 Fax: (617) 521-6795 E-mail: ihsu@schcc.org

South Cove Community Health Center is an Equal Opportunity Employer.
BuildBPS reshapesc buildings for educational experiences

BY RUOBING SU

Boston Public Schools (BPS) Superintendent Tommy Chang met with the East Boston community to discuss the BuildBPS 10-year Educational and Facilties Master Plan at the East Boston library on March 30. Grace Gomez, Tel- emundo Boston anchor, moderated the meeting and translated it into Spanish.

About 60 to 70 percent of BPS school buildings were built before World War II, making most school buildings outdated. The BuildBPS Master Plan was launched in 2015 to renovate BPS school buildings with better facilities, infrastructure and technologies based on 21st century educational ideologies. The master plan identifies the characteristics of buildings, sites and learning environments needed to meet the educational goals set out for the students.

Makeeba McCarey, BPS managing director and senior advisor of extended affairs, said one of the BuildBPS goals is to prepare students to succeed in today’s economy by providing new buildings that support transformative teaching and learning methodologies. Old-fashioned classrooms are usually filled with desks and chairs, which lack space and opportunity for students to work with each other.

Chinatown’s Josiah Quincy Elementary School (JQES) and Josiah Quincy Upper School (JQUS) are among the 125 Boston Public Schools. JQES was built in 1976 with a current enrollment of 796 students. According to the assessment report, it has an overall fair facility and good site condition.

The Massachusetts School Building Authority approved the JQUS’s new building at 90 Warren Avenue in 2016. The Upper School was founded in 1999 with a current enrollment of 507 students from sixth to 12th grades. The new location will open around 2020.

Chang said, “The goal is not to guide young people to get high school diplomas but jobs at the end of their educations. That is our ‘North Star’ – we should be guided in how we design school experiences for them to get better jobs.”

Income Restricted Homeownership Opportunity

158 Highland Street, Roxbury, MA

To download an application, please visit eplushomes.com.

Visit eplushomes.com to download an application.

To request an emailed application, please e-mail your name and complete mailing address to eplushomes@eplushomes.com or call 617-965-5272, ext. 2#/ during the application period listed above.

Applications may also be picked up in person on the following days and at the following times:

- Tuesday, April 18, 2017 10 am – 2 pm
- Wednesday, April 19, 2017 10 am – 2 pm
- Thursday, April 20, 2017 3 pm – 7 pm
- Friday, April 21, 2017 10 am – 2 pm
- Saturday, April 22, 2017 12 pm – 4 pm

Placentailor, Inc. 51 Heath Street, Boston, MA 02130

Completed applications must be submitted to the address below. Returned applications must be postmarked no later than May 2, 2017.

First Time Homebuyer Requirement, Other Preferences Apply

For more information or reasonable accommodations for persons with disabilities please call the number above.

Equal Housing Opportunity

Boston in 1976, marrying Yuen Kwong from Pingtung, Taiwan, to immigrate to Boston in 1976, marrying Yuen Kwong from Pingtung, Taiwan, to immigrate to

immigrated from Pingtung, Taiwan, to immigrate to

immigrated from Pingtung, Taiwan, to immigrate to

immigrated from Pingtung, Taiwan, to immigrate to

immigrated from Pingtung, Taiwan, to immigrate to
Chinatown Community Land Trust support land ownership

BY CONNIE WANG

Thirty to 40 people attended the Chinatown Community Land Trust (CCLT) public meeting and film screening of a documentary at the Josiah Quincy Elementary School on March 27. A discussion on community land trusts and affordable housing in Chinatown as well as board member elections followed.

Inspired by Roxbury’s Dudley Street Neighborhood Initiative, CCLT’s efforts are to preserve and strengthen the community and culture of Boston’s Chinatown that is vital for Boston residents, local business owners and tourists. Chinatown’s land trust was founded in 2015, electing Chinatown residents to its board annually. Former residents and supportive stakeholders can serve as participating members.

Board members Lawrence Cheng and Michael Liu were reelected. Two new board members were elected: Arturo Gossage and Michael Wong. They joined Jeff Hovis, Suzanne Lee, Ernie Leung and Ann Moy.

“Land means power. Land established you as somebody,” said Shirley Sherrod in “Arc of Justice” (2016), a documentary of the nation’s first land trust. She was a founder of New Communities, Inc., founded in 1969 in Georgia.

Board members educated residents on what a community land trust was, which places ownership in community hands and impedes the gentrification many are currently experiencing.

The land trust’s shared goals include permanent affordable housing and a community garden. Residents showed support and shared their opinions. One attendee stated Boston’s Chinatown promotes tourism from China and other countries, and suggested residents should be given secure housing.

AARP Foundation Tax-Aide provides free tax help

BY AARP FOUNDATION

Until April 18, AARP Foundation is providing free tax assistance and preparation through its Tax-Aide program. AARP Foundation Tax-Aide, in its 49th year, is the nation’s largest free tax assistance and preparation service, offering free tax preparation help to anyone, especially those who are 50 and older, who cannot afford a tax preparation service.

Some locations offer assistance in additional languages, including Chinese, Tagalog, Korean, Japanese and Vietnamese. For more information or to locate an AARP Foundation Tax-Aide site, visit aarp.org/findtaxhelp or call 1-888-AARPNOW (1-888-227-7669). An appointment may be required.

“Our bilingual volunteers generously give their time to help taxpayers who don’t speak English or speak English as a second language prepare their returns,” said Daphne Kwok, AARP vice president of multicultural leadership, Asian American and Pacific Islander audience strategy. “We need more bilingual volunteers so if you can help translate, please join our Tax-Aide volunteer team so that we can expand our services to Asian American and Pacific Islander communities.”

Tax-Aide, which is offered free of charge, is available to AARP members and non-members and includes more than 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers nationwide. Since 1968, Tax-Aide has helped nearly 50 million low-to-moderate-income taxpayers.

MBTA NOTICE TO BIDDERS

- Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bidx.com forthwith after the bid submission deadline.

- No paper copies of bids will be accepted.

- Bidders must have a valid digital ID issued by the Authority in order to bid on projects.

- Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.


- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on April 26, 2017.

- Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of approximately 2.8 miles of track and 3rd rail rehabilitation along the existing MBTA Orange Line Test Track from Wellington Station to the tie into the North Bound track south of Community College Station. This also includes 3rd rail heater installation along with associated cases, foundations, conduit and cabling. See Specification 01010 Summary of the Work for detailed description of work.

Bidders attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity, and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. While there is no DBE goal associated with this contract, the Authority strongly encourages the use of Minority, Women and Disadvantaged Business Enterprises as prime contractors, subcontractors and suppliers in all of its contracting opportunities.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
Smokers are more likely to feel depressed and sad because smoking causes a reduction of the feel good receptors to the brain. The artificial stimulation of the areas of brain that control feelings of pleasure and reward from nicotine reduce the receptors over time. The symptoms of withdrawal tend to increase more quickly after each time someone’s smoking, due to the increased resistance developed in the brain according to the National Institute for Health.

Chronic smoking can increase your chances for stroke

If someone smokes chronically, they are increasing their risk for stroke. Nicotine in the blood makes it thicker, according to the National Institutes for Health. The plaque deposits on the arteries increase because of excessive smoking. This causes the arteries to lose their elasticity. The brain depends upon the arteries connecting to the heart for its supply of oxygenated blood. When arteries lose their elasticity or get blocked due to excess plaque deposit, this can cause a stroke.

Excessive smoking is linked to brain shrinkage

The National Institutes for Health found smoking is linked to brain shrinkage. Studies have also revealed that smokers tend to develop mobility issues over time. Motor actions, such as talking or walking, may be impacted by chronic smoking. Many smokers have experienced fidgety hands and stuttering speech after having smoked a few cigarettes. These periods are called “mood episodes.”

People having a mood episode can have a manic or depressive episode. A manic episode can have someone feeling sad and hopeless, have little energy, feel worried and even have suicidal feelings.

While bipolar disorder can be challenging, proper treatment can help people live healthy and productive lives. An effective treatment plan usually includes a combination of medication and psychotherapy. Different medications can help manage the different aspects of bipolar disorder. Someone may have to try different medications until they find one that works for them. Medications generally used to treat bipolar disorder include mood stabilizers, antipsychotics and antidepressants.

Five tips to keep your eyes healthy

Want to improve your wellness? Start with your eyes. Here are five ways to help keep your eyes, vision and body healthy.

1. Get an eye exam.
   An annual trip to the eye doctor is critical for the entire family to ensure healthy and sharp vision. But did you know your visit to the optometrist is important to your overall health too? A routine eye exam can potentially detect signs of chronic diseases like diabetes, high cholesterol, and more. Because many symptoms of health conditions often don’t appear until damage has occurred, eye exams are a powerful, preventative health tool to keep tabs on what’s happening in your body.

2. Eat an eye-healthy diet.
   You probably know carrots are good for your eyes, but so are dark leafy greens such as spinach, kale and collard greens.

3. Quit smoking.
   Smoking cigarettes has many well-known associated health risks, such as cardiovascular problems and cancer. Did you also know that smoking can contribute to the cause of many vision problems? Research links smoking to an increased risk of developing age-related macular degeneration, cataracts and optic nerve damage, all of which can lead to blindness.

4. Maintain a healthy weight.
   Weight is a contributing factor for your overall health as well as your eyes. Conditions such as obesity and diabetes can lead to vision problems, like cataracts.

5. Protect eyes from blue light.
   Much of our days are spent with our faces glued to devices like smartphones, computers and televisions. Those digital screens emit high-energy blue light, which causes digital eye strain that leads to headaches, blurred vision, dry eyes and even neck pain.

Ask your eye doctor about the best options to help you reduce eye strain. You can also follow the 20-20-20 rule: every 20 minutes, spend 20 seconds looking at something at least 20 feet away.

With a balanced approach to preventative care, you can help keep your eyes and body healthy.
Author Lisa See discusses Chinese adoption in new book

BY LING-MEI WONG


Researcher Colin Orians from the Tufts University Tea & Climate Change Collaborative spoke about his work, which inspired part of “The Tea Girl of Hummingbird Lane.” When his colleague Selina Ahmed traveled to Yunnan to research tea plants, a monsoon ruined the harvest, causing the tea farmers to lose 30 to 50 percent of their profits. In 2005, a 64-year-old tea cake sold for more than 1 million yuan, or nearly $150,000, highlighting how lucrative the tea industry can be.

“The book is a moving story about tradition, tea farming and the enduring connection between mothers and daughters. In a remote village, a young tea farmer Li-yan has a young daughter out of wedlock and gives her up for adoption. Her daughter Haley wonders about her origins, and across the ocean Li-yan longs for her lost daughter. “A young woman who was adopted from China said, ‘I know I’m the most precious person in the world to my family, but I was not precious enough for my birth family to keep me as their one child,’” See said.

See was inspired to write about adoption, after seeing an older Caucasian couple walking with their teenage Chinese daughter. “I love books, when you open them up and step into another world,” she said. “I feel so grateful to sit in my little room to write and share my heart with all of you. Then all of you come along for the journey.”

The book opens and reads publicly.

Walsh attends Chauncy House renovation

BY LING-MEI WONG

The 13th annual Taste of Ginger benefit took place March 27 at the Museum of Fine Arts. More than 450 guests sampled sushi, tapas and desserts from 29 local businesses and institutions.

The annual event raised nearly $300,000 for Joslin Diabetes Center’s Asian American Diabetes Initiative, which enhances the quality of life and outcomes for Asian Americans living with diabetes.

“Thank you David Wong for making Empire Garden open to us and supporting our efforts,” said Joslin chief scientist Dr. George King.

MBTA NOTICE TO BIDDERS

MBTA Contract No. D15CN02, LAYOVER FLUIDS HANDLING IMPROVEMENTS PROJECT, PAWTUCKET, RHODE ISLAND, (CLASS I, GENERAL TRANSIT, $3,273,000.00).

- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on May 3, 2017.
- Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/