Seniors work minds and muscles to prevent memory loss

BY LING-MEI WONG

A dozen Chinese ladies gathered in a bright room at Jewish Community Housing for the Elderly (JCHE). The seniors were friends, but instead of exchanging gossip, they were preventing memory loss. Together they made fresh juice and did chair exercises, helping them use their brains and bodies in a social setting.

The Joyful Connections! program meets Monday to Friday, open to all JCHE residents at the 705-unit campus. From 3 p.m. to 5 p.m., elders enjoy a snack and group activities after adult daycare from 8 a.m. to 2 p.m. The time is designed to ease sundowning confusion, when individuals affected by dementia experience increased confusion.

The program was launched in 2014 with funding from the Miriam Fund.

“It’s the perfect time to be engaged,” said Olena Bovdur, special programs manager. “We believe it will help them live long and independently.”

One Chinese resident was in her 90s and had severe dementia. At snack time, she wanted to give her home health aide an orange, forgetting the aide already ate one. She offered the aide her orange again and again, and was continually praised for her thoughtfulness.

“We saw big improvement in her behavior in the past year,” Bovdur said. “Before, she did not interact with people. Now when we do exercise — she used to be a dancer — she wants to teach people different moves. She’s more open to people, more friendly.”

Dementia isn’t a specific disease, according to the Mayo Clinic. Instead, dementia describes symptoms affecting memory, thinking and social abilities severely enough to interfere with daily functioning. The World Health Organization reports 47.5 million people worldwide have dementia and there are 7.7 million new cases every year.

The JCHE seniors have made dumpings together, watched Chinese romantic movies and gone on field trips. Seated exercises include spirited games of volleyball, with the women taking turns trying to throw a beach ball into a basket. Bovdur reported the women most enjoy music and dance therapy.

CONTINUED ON PAGE 6

Screening raises awareness of mental health for Asians

BY SARA BROWN

Together Empowering Asian Minds (TEAM) held a screening celebration on April 6 at the Benjamin Franklin Institute of Technology.

TEAM is a national campaign that aims to raise awareness about mental health issues among Asian American and Pacific Islander (AAPI) women and their loved ones. The event screened public service announcements (PSAs) and short films.

Host Liz Cheng of WGBH spoke about the strong stigma of mental health issues in the Asian community. Growing up, her mother was a psychologist who made house visits and would bring Cheng as a way to break the ice.

Nikita Sampath’s short film “Out of the Blues” featured Timmy, who suffered from depression and tried to commit suicide five times. He said the worst part of his mental illness was suffering alone.

“Not being able to talk about it is a recipe for disaster,” he said in the film.

“Mental Wellness PSA” by the Teen Resource Center at the Charles B. Wang Community Health Center addressed the pressures of school. It showed an Asian American student stressing out over getting a 76 on an exam. Each actor represents a different emotion such as anxiety, insecurity or doubt.

More than 13 percent of Asian Americans have a diagnosable mental illness, which translates to 2.2 million people. That is the entire population of the greater Boston area.

Together Empowering Asian Minds screened films on mental health awareness on April 6 at the Benjamin Franklin Institute of Technology. (Image courtesy of Sara Brown.)

TEAM is a peer-led coalition formed in 2010 to address urgent and unique mental health challenges faced by Asian American women and their loved ones. For more information, visit www.teamasianminds.org

medical issue

我們抽的不是煙，是關係

醫療特刊 | MEDICAL ISSUE

從中國來到美國唸書的學生們。由於在國內唸學校以及父母管理嚴格，一般都是從大

學開始抽菸。圖片來自Adobe Stock。

當綠線從地下開上波士頓大學的站台時候，你總是能聽到地鐵廣播在站名後面加上了一句『請不要抽菸』。儘管理論上，東北

大學的校園和許多波士頓別大的大學一樣都是禁菸的，但在圖書館附近還是不難發現非常多煙在地上

的菸蒂，或者是在課餘一些站牌抽菸的學生們。

現在在家初創公司上班的曹同學這天和三兩朋友的好在東

北大學附近的日出茶太見面。續

了一陣車後，他們和朋友們就從

茶太出來了；他倚在牆上，從大衣

口袋掏出一包菸，點了一根。

說起抽菸，他似乎還記得三年前第一次抽菸的經歷。他笑笑

說：「一開始就是因為好玩，就

開始抽了；現在還是會抽，要不

和朋友們一起，要不就是特別無聊

的時候。」

在東北大學年滿三大的陳同

學，吸了一口菸，點了點頭，表

示同意。她說：「我也是這樣，我

抽菸90%是和朋友一起抽的，一般

抽邊聊天，但是自己一個人的

時候，基本上想到要抽菸，

感覺自己沒什麼樣吧。」

眾所周知，中國是世界上

最大的菸草製造國，而同時也

是世界上菸民最多的國家。據統

計，中國超過3億菸民——這個

數字遠遠高於世界上任何一個國

家的菸民數量。然而抽菸在中國

已經不是一種個人行為，而是社

交活動中一個『必不可少』的

一個環節——飯桌上、茶館裡，

抽菸是一件再常見不過的，也

被人們認為是促進友誼、建立關

係的重要一環，甚至把香菸作為

禮物送給客人，也被大部分的中

國人認為是一件有面子的事情。
A report on air pollution at Reggie Wong Memorial Park (pictured June 30, 2016) was released April 20 at the Chinese Progressive Association. (Image courtesy of Ling-Mei Wong.)

Community Assessment of Freeway Exposure and Health (CAFEH) and the Chinese Progressive Association (CPA) released a report on April 20 on air pollution monitoring and design concepts for the Reggie Wong Memorial Park to protect community health.

Last year, CPA and partnered with CAFEH at Tufts University to conduct air pollution monitoring at the park, part of the Massachusetts Department of Transportation land designated as Parcels 25 and 26 that are in the bidding process for development. Linnaean Solutions facilitated a design charrette through which community members and park users learned about mitigation measures to address air pollution and came up with creative ideas to redesign the park.

Lydia Lowe, CPA executive director, said her organization has been working with CAFEH for seven years monitoring the air in Chinatown. She thought it was important to study the air of Reggie Wong Park, which is between two highways. Lowe said the park is one of the main recreation areas in Chinatown. “It was important to find out how bad the air pollution is here.”

The park was monitored for two weeks in the summer and ultra fine particles were found in high levels. Before the study, researchers assumed most of the traffic pollution would come from the traffic way ramps.

“The park is one of the main recreation areas in Chinatown,” Lowe said. “It was important to study the air of Reggie Wong Park, which is between two highways.”

The park was monitored for two weeks in the summer and ultra fine particles were found in high levels. Before the study, researchers assumed most of the traffic pollution would come from the traffic way ramps.

“We are not sure why that is,” said Doug Brugge, professor of public health and community medicine at Tufts University, who led the study. “We still think the tunnel is an issue.”

Brugge said his team should collect air samples during the winter months as well, since that is when the highest level of air pollution occurs.

The report also gave suggestions to developers on how to build a property around that park that would help alleviate the air pollution.

One of the suggestions was to build property all the way around the park so it could act as a wall to the park.

“It would be like a shield created by the building themselves,” Lowe said. Another idea was to have part of the park be indoors.

“We could use an air filtration system and have parts of the park indoors that would be more usable in winter,” Lowe said.

“Since pollution is worst in the winter, this would be reducing the worst exposure,” Brugge added.

**Study releases findings on Reggie Wong Memorial Park air pollution**

**BY SARA BROWN**

BOSTON MARATHON COMMEMORATES FOURTH ANNIVERSARY OF BOMBINGS

**BY LING-MEI WONG**

Terry Park and Manita Chiang represented the Boston Chinatown Neighborhood Center at the 121st Boston Marathon on April 17. (Image courtesy of BCNC.)

The 121st Boston Marathon went off without a hitch on April 17, as runners enjoyed a warm sunny day.

Geoffrey Kirui of Kenya took first place for the men, with his winning time of 2:09:37. Edna Kiplagat of Kenya won the women’s division in 2:21:52.

Boston Chinatown Neighborhood Center (BCNC) selected Marisa Chiang, 37, and Terry Park, 37, to represent Team BCNC at the Boston Marathon. Wayne Chuan and Kuangshin Tai also ran for BCNC.

The Lingzi Foundation was represented by Boston University alumnae Maxwell Tucker, 25 and Weilong You, 28. Lingzi Lu was a graduate student at Boston University when she was killed on April 15, 2013.

Lu and the other victims Martin Richard and Krystle Campbell, Sean Collier and Dennis Simmonds were remembered on April 15, designated One Boston Day. Boston Mayor Marty Walsh, Gov. Charlie Baker and Lt. Gov. Karyn Polito laid a wreath for the victims at Boylston Street, then observed a moment of silence at 2:49 p.m.

Children compete at Chinese speech contest

**BY DORA CHI**

Youth Division competitors lined up April 8 at the New England Chinese speech contest at the Culture Center of the Taipei Economic and Cultural Office in Newton. First place winner Maggie Bai is in a red dress. (Image courtesy of Dora Chi.)

Dressed in their Sunday best, 50 students representing seven local Chinese language schools took to the stage to compete in the 2017 New England Chinese School Association’s Chinese speech contest on April 8. Located at the Culture Center of the Taipei Economic and Cultural Office of Newton, in a dance studio-turned-auditorium packed with families, students as young as 4 took turns delivering speeches complete with hand gestures, songs and even dance moves. The stories ranged from traditional Chinese folktales and informative pieces like Harry Zhou’s “What should children do if they get lost?” to Maggie Bai’s humorous anecdotes about her sibling rivalry, which won her first place in the Youth Division.

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Sampan | EVENTS

Event Calendar

First-time homebuyer classes April 22 to 23 9:30 a.m. to 3:30 p.m. 38 Oak Street Boston, MA 02111

ACCD offers HB101 classes in English, Cantonese and Mandarin. Each session is a nine-hour course over the course of a two-day weekend. Tuition is $50. Registration required, by calling (617) 482-2380, emailing CHOP-asiancdc.org or visiting www.asiancdc.org/content/first-time-homebuyer-workshop hb101.

Mulan Society classes Saturday, April 22 87 Tyler Street Boston, MA 02111 Mulan Society Center for Women’s Empowerment classes will take place at the Asian American Civic Association, 4F. Refreshments provided. Register with Honyyi Gong at (617) 426-9492 x 216 or hgong@aca boston.org.

Free medical class Sunday, April 23 10 a.m. to 4:30 p.m. 101 Mystic Avenue Medford, MA 02155

Free medical classes will take place Sundays and Thursdays (7 a.m. to 8:30 a.m.; 6 p.m. to 8:30 p.m.) at Boston Bodhi Meditation. People with limited mobility are welcome to join. For more information, call (781) 472-2200.

Citizenship classes April 24 to July 10 6:30 p.m. to 9 p.m. 38 Ash Street Boston, MA 02111

Are you applying to be a U.S. Citizen? BCNC offers classes to help prepare you for the civics and English tests, your citizenship interview and sub-mitting your 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) 635-5129 x 1030.

Free legal clinic Monday, April 24 6 p.m. to 8 p.m. 1509 Hancock Street, Suite 209 Quincy, MA 02129 Quincy Asian Resourcec, 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.

Chinatown library meeting Tuesday, April 25 6 p.m. 2 Boston Street Boston, MA 02111

Boston Public Library will host the first of three community meetings for long-term library services in Chinatown at the China Trade Center. Community feedback is welcome at Chinatownlibrarystudy@bpl. org.

Free evening meals Every Tuesday to Friday 5:30 p.m. to 6:30 p.m. 54 Eastern Avenue Malden, MA 02148

Bread of Life offers free evening meals for low-income families and individuals in the metro North area. Evening meals are served Tuesday at Bred of Life, Wednesday and Thursday at 368 Pleasant Street and Friday at 493 Main Street. For more information, call (781) 397-0404.

South Cove Manor breakfast seminar Thursday, April 27 9:30 a.m. 120 Shawsheen Street Boston, MA 02118

All are welcome to attend at the BCEE auditorium, the former South Cove Manor location. Food and refreshments provided. Seminars will be presented in Cantonese and Mandarin. For more information, call Terry Yin at (203) 893-7963.

Heart of the Community breakfast Friday, April 28 7:30 a.m. 9 Tyler Street Boston, MA 02111

The 30th anniversary Heart of the Community dim sum breakfast hosted by ACDC will take place at the China Pearl. Buy tickets at http://ow.ly/bG 030VW4s.

Love Your Block April 28 to 29 Chinatown Gateway Boston’s annual spring cleanup will take place in Chinatown. Register at bit.ly/2017-sign-up.

Healthy Kids Day Saturday, April 29 11 a.m. to 2 p.m. 8 Oak Street West Boston, MA 02116

The Wang YMCA of Chinatown will host Healthy Kids Day with games, nutritious snacks and fun for the family.

ACCESS anniversary Sunday, April 30 2 p.m. to 4 p.m. 125 Mountain Avenue Malden, MA 02148

American Chinese Christian Educational & Social Services will celebrate its 25th anniversary.

Living a healthy life Sunday, April 30 2 p.m. to 4 p.m. 244 Harrison Avenue Boston, MA 02111

Chinese Culture Connection will have Dr. Runxuan Shao speak on nutrition at the Malden YMCA. Register at (781) 321-6316 and info@Chi neeseCultureConnection. org.

Global harmony & friendship concert Monday, May 1 8 p.m. 5 Lansdowne Street Boston, MA 02115

Japan Festival Boston welcomes J-pop/rock star Shinji Harada, who will perform a benefit concert for the festival at Bill’s Bar Boston. Tickets are $25 at the door and $20 in advance, available at http://globalharmonybos ton2017.bpt.me.

CORRECTION

An article in the Sampan’s April 7 issue on page 7, “What smoking does to the mind,” placed the wrong content from a previous issue. The Sampan sincerely regrets the error.

OPEN JOB POSTING

BILINGUAL HEALTH PROMOTER/ PROMOTORA (Health Promotior 1)

UNITE HERE HEALTH is the health fund for UNITE HERE, the hotel, food service and gaming workers union – one of the most progressive labor unions in the country. We work closely with the unions and our employers to do what few people are able to do – provide affordable, quality health insurance, and run programs that address the health needs of our working class, largely immigrant population. Our goal is to help participants take control of their health and run programs that address the health needs of our working class, largely immigrant population. All programs that address the health needs of our working class, largely immigrant population. Our goal is to help participants take control of their health and run programs that address the health needs of our working class, largely immigrant population. All

Manpower (Health Promotior 1)

We are looking for bilingual Cantonese/English health promoter (health care organizer). Our ideal candidate is passionate about social justice, working with a working class immigrant population, has experience working in the working class/immigrant neighborhoods of Boston, and has experience at least in one of the following fields: labor or community organizing, health care organizing, diabetes/health education, case management, community health work, health promotion. Additional proficiency in the following languages a huge plus: Spanish, French, Italian, Chinese, Portuguese, and Arabic.

This position is hourly, but will require some flexibility, including nights and weekends. For example, some shifts may be 5-9, others noon – 8pm. This position will focus primarily on our participants in the Boston area, but will also include national and telephone outreach. Locally participants way to engage one-on-one and in group settings, at their workplaces, union hall/office meetings, hospital rooms, provided and local venues.

To View complete job posting and apply:
Please upload a cover letter along with your resumes please go to: https://careers. uniteherehealth.icims.com/jobs/1333/bilingual-health-promoter-promotora/ apply
Mass. Attorney General Maura Healey hosted an ethnic media roundtable discussion at her office April 12. (Image courtesy of Sara Brown.)

Mass. Attorney General Maura Healey invited members of the ethnic media to a roundtable discussion at her office April 12. Healey said one of her biggest priorities is to make sure all Massachusetts residents feel safe and respected during the Trump administration.

“I know there is tremendous fear and anxiety across the community,” Healey said. “The federal administration seems really focused on the continued disrespect of the immigrant community. We need to do all that we can to resist that.”

So far in 2017, Healey’s team has hosted 44 trainings across the state about immigration rights, serving 4,000 people.

Healey also noted the hotline for hate crimes is still available at 1-800-994-12.

“Nothing is going on, people can call the hotline and we will look into it,” Healey said. She is working with cities and towns that are considered sanctuary cities to make sure they do not lose their federal funding.

“Our goal is to make sure communities can decide what is best for them,” Healey said.

Healey said it was important for national security that immigrants feel safe.

“We rely on ears on the ground for us to do our jobs,” Healey said. “It hurts public safety to drive people under the ground. We are better as a society when people feel like they can communicate to officials without fear.”

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Social worker remembered for work in Chinese community

BY LING-MEI WONG

A memorial for Shu-Chung Shen took place April 7 at China Pearl, with more than 40 individuals gathering. Shen served in state government from 1985 to 2008, when he retired. During his 23 years of service, he worked for the Department of Unemployment Assistance (DUA) and for JobNet One Stop Career Center. He passed away Nov. 8, 2016, in Seattle at age 79.

“Shu-Chung was a fine leader,” said Rosemary Alexander, workforce development manager at the Executive Office of Labor and Workforce Development, Department of Career Services. She worked with Shen for 11 years. “He was absolutely wonderful, with so much energy, knowledge and compassion.”

Shen helped process unemployment insurance claims for Chinese workers, aided by his fluency in Chinese dialects. Alexander recalled how he would skip lunch to help his clients, often working late. Despite being a professor in China, Shen was humble about his brilliance. Shen’s wife Yu Shu Du and daughters Lu and Tseng attended the memorial. Lu Shen said, “All I can do in life is be half the person he was.”

Asian American Civic Association social worker Melody Tsang said, “Mr. Shen taught me about unemployment benefits with great patience and charity. He truly had a heart for others.”

Shu-chung Shen was born July 26, 1937 in Changsha, China. He studied biology at Beijing University and taught at Shanxi University for 20 years. Shen came to Boston in 1980, reuniting with his mother Tong Jun Wong. He worked as a bus boy to improve his English and became a social worker in 1985. He retired in 2008 and moved to Seattle in 2010 to be closer to his daughter Tsung, a professor at the University of Washington. His daughter Lu lives in Manila, the Philippines.

Chinatown crime for April 7 to April 21

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from April 7 to April 21 for District A-1, which includes Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

Aggravated assault

April 15, 2:25 a.m.: The victim reported he was walking in Chinatown and was stabbed by an unknown male. The victim suffered multiple stab wounds and was in stable condition. The victim had gone to Boston Medical Center on his own.

Larceny

April 15, 5:37 p.m.: The victim reported he placed his bag on the ground on Hudson Street. When he turned around, he noticed the bag was missing.

Boston plan displaces homeless men

BY SARA BROWN

A total of 40 homeless men in Project SOAR and Safe Harbor — both located at the 400-bed Southampton Street Shelter will soon lose their recovery service beds by July. The men shared their fears about this development at a Boston City Council hearing on April 11 at City Hall.

The men struggle with addiction and 20 have HIV. The two programs are transitional housing programs for residents, mostly homeless men, who were displaced by the closure of the Long Island Shelter in 2014. Project SOAR offers 20 beds for residents in recovery undergoing homelessness and Safe Harbor offers beds for 20 residents who are HIV positive, in recovery and also homeless.

“I am not prepared to be on my own,” said Edwin Torres.

Many of the individuals worried about housing amid Boston’s soaring rents and how stress could cause them to turn to drugs and alcohol again.

Officials said an intensive management plan was developed to help each of them find a home. The plan includes government housing subsidies, a job and a room to rent. Beth Grand, director of the Homeless Services Bureau at the Boston Public Health Commission, said each man would receive up to $4,000 in financial assistance.

However, city councilor Tito Jackson said the amount would not be enough to live on in today’s economy. Jackson sponsored the hearing.

“This is a disgrace,” Jackson said.

The recovery service beds will be repurposed into emergency beds at the shelter. The men said they feared an emergency shelter was not best.

Chinatown meeting roundup: TCC, CNC

BY SARA BROWN AND LING-MEI WONG

The Chinatown Coalition met at the Boston Chinatown Neighborhood Center on April 13.

Carolyn Rubin, chair of Friends of the Chinatown Library, gave an update on the status of the movement to get a library in Chinatown.

The Boston Public Library will start a feasibility study on what would it take to create permanent branch in Chinatown. There will be a meeting on April 25 at the Chinatown Trade Center for people to give input on what they want in a library.

“We have gotten this far because of everyone in the community continually asking for it,” Rubin said. “Thank you.”

CNC

The Chinatown/South Cove Neighborhood Council met April 18 at the Chinese Consolidated Benevolent Association.

The Rose Kennedy Greenway Conservancy gave a presentation on adding public toilets to Chinatown Park.

A Japanese restaurant specializing in Hawaiian poke will open at 20 Tyler Street, said attorney Adam Chu. Owner Patrick Zhong has operated a restaurant in Amesbury and does not plan to serve alcohol. The council voted to support the restaurant.

The council voted against a proposed spa on 213 Harrison Avenue.
Smoking accepted for social bonds, despite health risks

BY RUOBING SU

“No smoking please” can be heard on the T every day. Although students are not supposed to smoke at Northeastern University, cigarette butts litter the campus, especially around Snell Library, with the sign “smoking-free campus” ignored in the garden.

Joel Cao, 23, who just got off from work and met his friends at Chatime on Huntington Avenue, leaned against the wall, lit a cigarette from his pocket and began chatting with his friends.

Cao graduated from Northeastern last year with a degree in business administration and works at a start-up company. Three years ago, he started smoking, always keeping a pack. “It was just for fun at the beginning,” said Cao. “Now it’s something I will do when I am free.”

Carmen Chan, 20, a sophomore in international business at Northeastern, got a cigarette from Cao. “I am not really addicted to nicotine,” Chan said. She guessed she lit up once a week, usually with friends.

Individuals of Chinese descent buy large quantities of cigarettes – research shows a third of the Chinese population are smokers at roughly 316 million, which is a higher rate than any other nation in the world. Smoking is not an individual behavior in Chinese society, but a social phenomenon for people to interact with each other. It is not uncommon to see Chinese people engaged in smoking and talking, just like Chan and Cao.

College is when most people start smoking. According to an online survey conducted by Tencent with 62,960 smokers in 2016, 37.7 percent of them began smoking at the age of 18 to 22. Meanwhile, the age for smokers to start dropping – 80 percent of smokers who were in their teens began to smoke at the age of 14 to 22.

Jayden Lou, 21, a third-year computer science student in Northeastern, started smoking a year ago when his friends passed him a cigarette to try after dinner. “I was curious about it and wanted to try,” Lou said. He limits himself to three cigarettes a day – “I don’t think I have an addiction. Watching my friends smoking is the only cue for me. Otherwise, I just don’t think about smoking.”

Smokers like Lou are “social smokers” – they smoke occasionally, almost always in groups, and they do not consider themselves addicted to nicotine because they never graduated to a daily habit, despite having their first smoke years ago. Researchers at the University of Missouri’s School of Medicine found individuals of Chinese descent bring their smoking habits with them to the United States for college, as they get used to new things.

However, researchers at the University of Missouri’s School of Medicine indicate a significant number of smokers do continue smoking even if they intend to quit after college. There is no safe level of smoking and no way to know that once someone starts, that person will be able to easily quit.

No one can deny the harm from smoking or drinking. Every pack of cigarettes carries stern warnings. It’s important to learn about smoking, especially for younger people open to new things. If your friends smoke, please don’t judge them. Smoking is neither a symbol of “bad kids” nor dissipation; it’s their way to build relationships and cope with stress. But do tell them that smoking is harmful to their health, even though they may already know. When you are with them, use other ways to bond, such as healthy eating. Some cultures are more accepting of smokers; be a supportive friend, especially when a smoker wants to quit.

Congratulations to the Sampan Health Survey winner Caixian Yu!
Snacking does have positive health benefits. It can give us energy and improve work performance. However, for snacking to be healthy, we need to make healthy choices.

A good snack has the right components, which are whole grains, vegetables, fruits, lean meats, beans and low-fat dairy. Ms. Balsley said she demonstrated how to make fruit smoothies and avocado toast, for affordable and nutritious snacking.

When picking a snack, try fruits and vegetables that are in season, Ms. Balsley said. Also, pick food that is your favorite. You are more likely to eat it.

The next breakfast seminar on seasonal allergies will take place April 27.

**Understand your insurance options**

**BY ASHISH BUTTAN, GABBY FRANZONE, DR. JOHN LEUNG**

Understanding health insurance today can be very difficult. This article will take you through the basics of health insurance and give you information to help you become a more educated patient.

**How does insurance work?**

When you have health insurance, the insurance company will pay for a part of your medical costs. Insurance companies may cover the costs of things like emergency care, laboratory tests, doctors' office visits and medications. The amount that the insurance companies pay and what services they pay for all depend on the type of plan that you have.

**How do you pay for insurance?**

Depending on the type of insurance plan, you may pay in two different ways. First, you pay a monthly premium, which means you pay a set amount of money each month to buy the plan. Second, you pay out-of-pocket expenses, either a deductible or a co-payment, when you receive medical care. A deductible is a set amount of money you must pay before the insurance company will start paying. For example, let's say you have a $100 deductible, and then you must pay $100 of your medical costs before the insurance company will start paying. A co-pay is a set amount of money you pay for a medical visit, while the rest is covered by your insurance company. If you have to pay $20 every time you go to an appointment with your doctor, you have a $20 co-pay for office visits.

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**MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
100 SUMMER ST, SUITE 1200
BOSTON, MA 02110
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.

- MBTA Contract No. M27CN02, GREEN LINE D-BRANCH VEGETATION REMOVAL; NEWTON, BROOKLINE & BOSTON, MASSACHUSETTS, (CLASS 2 – GRADING, DRAINAGE & SITE DEVELOPMENT), PROJECT VALUE - $1,997,000.00.

- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on May 10, 2017.

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

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**Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/**
Diabetes on the rise for children, teens

BY THE NATIONAL INSTITUTES OF HEALTH


In the United States, 29.1 million people are living with diagnosed or undiagnosed diabetes, and about 208,000 people younger than 20 years are living with diagnosed diabetes.

This study is the first ever to estimate trends in new diagnosed cases of type 1 and type 2 diabetes in youth (those under the age of 20), from the five major racial/ethnic groups in the United States: non-Hispanic whites, non-Hispanic blacks, Hispanics, Asian Americans/Pacific Islanders, and Native Americans. However, the Native American youth who participated in the SEARCH study are not representative of all Native American youth nationwide.

The SEARCH for Diabetes in Youth study, funded by the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH), found that from 2002 to 2012, incidence, or the rate of new diagnosed cases of type 1 diabetes in youth increased by about 1.8 percent each year. During the same period, the rate of new diagnosed cases of type 2 diabetes increased even more quickly, at 4.8 percent. The study included 11,244 youth ages 0-19 with type 1 diabetes and 2,846 youth ages 10-19 with type 2.

“Because of the early age of onset and longer diabetes duration, youth are at risk for developing diabetes related complications at a younger age. This profoundly lessens their quality of life, shortens their life expectancy, and increases health care costs,” said Dr. Giuseppina Imperatore, epidemiologist in CDC’s Division of Diabetes Translation, National Center for Chronic Disease Prevention and Health Promotion.

The study results reflect the nation’s first and only ongoing assessment of trends in type 1 and type 2 diabetes among youth and help identify how the epidemic is changing over time in American youth under the age of 20 years.

Key diabetes findings:
• Across all racial/ethnic groups, the rate of new diagnosed cases of type 1 diabetes increased more annually from 2002-2012 in males (2.2 percent) than in females (1.4 percent) ages 0-19.
• Among youth ages 0-19, the rate of new diagnosed cases of type 1 diabetes increased most sharply in Hispanic youth, a 4.2 percent annual increase. In non-Hispanic blacks, the rate of new diagnosed cases of type 1 diabetes increased by 2.2 percent and in non-Hispanic whites by 1.2 percent per year.
• Among youth ages 10-19, the rate of new diagnosed cases of type 2 diabetes rose most sharply in Native Americans (8.9 percent), Asian Americans/Pacific Islanders (8.5 percent) and non-Hispanic blacks (6.3 percent).
• Among youth ages 10-19, the rate of new diagnosed cases of type 2 diabetes increased most sharply in Hispanic youth, a 3.1 percent increase among Hispanics. The smallest increase was seen in whites (0.6 percent).
• The rate of new diagnosed cases of type 2 diabetes rose much more sharply in females (6.2 percent) than in males (3.7 percent) ages 10-19.

Causal factors of rising diabetes incidence unclear. "These findings lead to many more questions," said Dr. Barbara Linder, senior advisor for childhood diabetes research at NIH’s National Institute of Diabetes and Digestive and Kidney Diseases. "The differences among racial and ethnic groups and between genders raise many questions. We need to understand why the increase in diabetes development varies so greatly and is so concentrated in specific racial and ethnic groups."

Type 1 diabetes, the most common form of diabetes in young people, is a condition in which the body fails to make insulin. Causes of type 1 diabetes are still unknown. However, disease development is suspected to follow exposure of genetically predisposed people to an "environmental trigger," stimulating an immune attack against the insulin-producing beta cells of the pancreas.

AFFORDABLE HOUSING OPPORTUNITY REOPENING WAITING LIST

Anderson Park Apartments will be accepting applications for multiple bedroom sizes (1, 2 and 3 bedroom family housing units) under the Section 8 & LIHTC Program. Eligible applicants will be placed on an existing waiting list by random order via a lottery, not by the order in which the completed application is received.

There are no units available at this time.

Applications will be accepted from Tuesday, April 25, 2017 and ending on Thursday, May 11, 2017 at 4:00 p.m. (the “lottery period”) either in person or via the mail. They must be received or postmarked with a date of April 25, 2017 through May 11th, 2017. Applications after this date will not be accepted for the lottery.

If your application shows that you are eligible, you will be notified in writing by mail 10 days prior to the lottery date. The lottery selection will be held on a date and time To Be Determined. You do not need to be in attendance for the selection process since you will be notified of your position on the waiting list.

Your place on the waiting list will be decided by lottery so there is no need to come in person, come early or wait in line.

You may obtain applications in several ways during the application period:

1) Print the application from our website at www.AbramsOnline.com
2) From the Public Library: West End Branch, located at 151 Cambridge Street, Boston, MA 02114. Hours are Monday – Wednesday, 10am–6pm; Thursday, noon–6pm, Friday, 9am–5pm and Saturday 9am-2pm.
3) In Person at the Site Office, located at 250 Cambridge Street, Boston, MA 02114; hours are Tuesday & Thursday 10am to 4pm.

Completed applications should be submitted to Anderson Park Apartments, 250 Cambridge Street, Boston, MA 02114 by Thursday, May 11th at 4:00pm NOTE: Applications will not be sent or received by fax or e-mail. Please call in advance at (617) 720-1865 or MA TTY: Dial 711 or 1.800.545.1833, ext. 609 if a reasonable accommodation request is needed or for assistance with Limited English Proficiency.

All applicants must be determined eligible in accordance with the Department of HUD regulations, and must meet the family size requirements for a designated bedroom size as well as maximum income of all family members. The waiting list may remain open after the lottery period and applications will be processed in order of receipt from that point forward.

PLEASE NOTE THAT YOUR POSITION BY THE LOTTERY IS NOT GUARANTEED SINCE THOSE WITH A PREFERENCE WILL TAKE PRIORITY.

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Chinese Women’s Association visit Hong Lok House seniors

BY LING-MEI WONG

The Chinese Women’s Association of New England visited Hong Lok House on April 7. Residents of the senior home enjoyed songs and refreshments. Hong Lok House has 74 units of affordable housing for low-income elders.

Asian American Civic Association celebrates graduation for advanced English

BY RICHARD GOLDBERG

AACA’s Next Steps Transitional English program celebrated graduation April 13 at Tufts University with students, staff and some of the program’s college partners. (Image courtesy of Ling-Mei Wong.)

More than 70 students, staff and invited guests attended the graduation ceremony of Asian American Civic Association’s (AACA) Next Steps Transitional English Program (Next STEP) on April 14 at Tufts Medical School’s Jaharis Family Center for Biomedical and Nutrition Sciences.

Among the guests were representatives of Bunker Hill Community College, Roxbury Community College and the American Student Assistance College Planning Center, all of which have partnered with Next STEP for several years.

Bunker Hill president Pam Eddinger urged the graduates to “Seize the moment. Remember how important education is for your success and for the success of your family.”

Eddinger, who came to the United States when she was 11 from Hong Kong, told her story about growing up as the child of immigrants in Miami and how she wished that an organization such as AACA could have been there to help her family adjust to life in a new country.

Seven members of the graduating class plan to enroll at Bunker Hill in September. Four others are planning to enroll at Quincy College, and one is undecided.

Next STEP, which is funded by the Massachusetts Department of Elementary and Secondary Education (DESE) and the Richard and Susan Smith Family Foundation, has prepared immigrant adult students for college, job training and higher levels of employment since 1993. For the past four years, the program has sent the largest numbers of adults to college among 82 community-based DESE-funded programs.

Charlotte’s Web weaves together friendship, loyalty and loss in a children’s book adored the world over. The stage production by Joseph Robinette retains E.B. White’s elegant prose, complemented by eye-popping aerial silk choreography.

“Charlotte’s Web” tells the story of a lovable pig named Wilbur and his friendship with a spider, Charlotte. As the runt of the litter, Wilbur is rescued from the ax by Fern, a farmer’s daughter. As Wilbur fattens up and dreads his fate as bacon, Charlotte weaves “Some Pig” into her web, sparing Wilbur’s life with miraculous messages.

Wheelock Family Theatre’s culturally inclusive and multigenerational casting gives all people the opportunity to take the stage. Michael Hisamoto plays Wilbur with gusto, displaying deep emotion and genuine affection for his costars. Fern and her father John Arable are played by Mikayla and Michael Tow, with Mikayla joined by her sister Sienna as a baby spider. Caroline Lawton is warm and down to earth as Charlotte, despite hanging from the ceiling on aerial silks for her jaw-dropping acrobatics. Margaret Ann Brady as Templeton the rat provides comic relief in her scene-stealing turns, drawing the biggest laughs. The story is heartwarming for all ages. Charlotte’s lines are timeless: “What is a life anyway? We’re born, we live a little, we die. By helping you, perhaps I was lifting up my life a trifle.”

“Charlotte’s Web” will play at Wheelock Family Theatre until May 14.

Applications and Info Packets also available in the Lucius Beebe Memorial Library (Wakefield Public Library on 345 Main St.) or call 617.782.6900 x2.

Applications and Required Income Documentation must be received, not postmarked, by 2 pm on June 12th, 2017.

For more information on the Development, the Units or the Lottery and Application Process or for reasonable accommodations for persons with disabilities, please visit: www.s-e-b.com/lottery or call 617.782.6900 x2.

The Residents & Shops at Wakefield Station
Wakefield Affordable Housing Lottery
175 North Ave, Wakefield MA
www.s-e-b.com

Three 1BR condominium for $176,100 (condo fees are $66/mo)
Five 2BR condominium for $196,300 (condo fees are $86/mo)

This is a lottery for the 8 affordable homes available at The Residents & Shops at Wakefield Station. These 8 homes will be sold at affordable prices to households with incomes at or below 80% of the area median income. It is anticipated that all the affordable homes will be ready between August and December 2017. Wakefield Station is an extraordinary mixed-use destination offering gorgeous condominiums atop desirable shops and restaurants in a charming Boston suburb less than a half mile from the popular Lake Quannapowitt and Wakefield’s vibrant downtown, and right across from the commuter rail station! These luxurious homes feature: hardwood floors, stainless steel appliances and energy-saving construction; Private fitness room equipped with cardio and weight lifting equipment; Dual four stop elevators; and landscaped common outdoor patio area on second floor with natural gas grilles and seating.

The Maximum Income Limits for Households are as follows:
$51,150 (1 person), $56,450 (2 people), $65,750 (3 people), $73,050 (4 people)
Households cannot have more than $75,000 in assets.

For more information on the Development, the Units or the Lottery and Application Process or for reasonable accommodations for persons with disabilities, please visit: www.s-e-b.com/lottery or call 617.782.6900 x2.

Applications and Required Income Documentation must be received, not postmarked, by 2 pm on June 12th, 2017.

Applications and Info Packets also available in the Lucius Beebe Memorial Library (Wakefield Public Library on 345 Main St.)

Hours: M-Th 9-9, F 9-6, Sa 9-5, Su 1-5

An Info Session will be held on May 10th, 2017 at 6 pm at the Lucius Beebe Memorial Library on 345 Main Street. The Lottery for eligible households will be held on July 11th, 2017 at 6 pm in the same location.

April 21, 2017
Visit one of our 4 convenient Quincy locations today!

- 680 Hancock St.
- 138 Franklin St.
- 370 Quincy Ave.
- 275 Hancock St.

Our expert advisors are here for you. For hours, directions or to learn more about our products and services, go to southshorebank.com.

Here for YOU, your BUSINESS and our COMMUNITY.