ABCDS opens new childcare center for South End, Chinatown families

BY SARA BROWN

Action for Boston Community Development (ABCDS) celebrated the opening of its new Head Start center serving Boston’s Chinatown and South End on May 1.

The state-of-the-art early learning center at 595 Harrison Avenue, Boston, will serve 194 low-income children and their families from birth to five-years-old, including 35 infants, toddlers and pregnant mothers in Early Head Start.

Despite the chilly day, people came out with smiles on their faces to celebrate the accomplishment.

“Children make up 25 percent of our population but 100 percent of our future,” Sen. Ed Markey said.

Markey said Massachusetts leads the nation in many areas when it comes to education and said Head Start programs were part of that successful formula.

Cardinal Sean O’Malley blessed the new building and said he was happy to see it used to educate children.

Mayor Marty Walsh said, “Programs like these help children grow into successful adults that contribute to society.”

Walsh thanked Markey for fighting to fund early education programs and opposing proposed cuts from the Trump administration in Washington.

ABCDS Head Start will also open a new center in Malden on June 9, enhancing the life-changing benefits of the national early learning program for low-income residents within the Mystic Valley area, while providing expansion of the Early Head Start program and its critically needed services for infants, toddlers and pregnant mothers.

A 2016 study by economist James Heckman found that for every $1 invested in Head Start, there is a 13 percent return ($6.30) on investment to society. “ABCDS Head Start has supported my children’s education, health and growth,” said Mimi Tovar, Boston Head Start parent and chair of the Head Start Parent Policy Council. “It’s open Monday through Friday at sites in Boston, Malden and Everett, serving 2,300 children.

Many Head Start programs run full day, full year to meet the needs of working parents. It gives parents like me opportunities to be all we can be, to learn important parenting skills.”

Mayor Walsh unveils renovated Chinatown park

BY SARA BROWN

Mayor Marty Walsh ushered in the grand opening of Tai Tung Park with a neighborhood Coffee Hour on May 4, one of a series.

Tai Tung Park, located on 110 Tyler Street, is a playground in Chinatown for families to go and enjoy some green space. It was recently renovated with new play equipment and ground cover, while keeping trees intact.

“I hope you enjoy this little park,” Walsh said.

Walsh encouraged residents to reach out to officials when they have issues in the neighborhood and pointed out police officers in attendance. “Use the resources around you,” he said.

Walsh said he is committed to Chinatown and has budgeted funds for the area.

“We are going to continue to make investments here,” he said. “Chinatown is an important part of our neighborhood and we want it to see it continue to grow.”

Walsh said he will include a new Chinatown library in the city budget.

HIGHLIGHTS

Asian CDC rings in 30 years at ‘Then and Now’ breakfast

How to teach your kids to avoid smoking

頭條新聞

如何教孩子遠離香煙

亞美社區發展協會舉辦

早茶籌款會慶祝30週年
Event Calendar

Diversity panel
Friday, May 5
9 a.m. to 1:15 p.m.
235 Wellesley Street
Weston, MA 02493
“After the storm: Conversations on diversity and community building” will take place at Regis College, under the leadership of the Upper Student Union. Register at www.narswma.org/calendar.

Job fair
Friday, May 5
10 a.m. to 1 p.m.
225 Tremont Street
Boston, MA 02110
The American Civic Association job fair will take place at the Courtyard Marriott Tremont.

Chinese chat group
Fridays, Tuesdays
6:30 p.m. to 9 p.m.
677 Huntington Avenue
Boston, MA 02115
A Cantonese conversation group will meet Friday at the Harvard T. H. Chan School of Public Health, Kreeger 201 on 2F. A Mandarin chat group will meet Thursday. RSVP at www.meetup.com/bostonchina./

Taiwan Day
Saturday, May 6
11:30 a.m. to 4 p.m.
90 Lincoln Street
Newton Highlands, MA 02461
Taiwan Day will take place at the Hyde Play-ground.

BCNC Pao Arts Center opening
Saturday, May 6
6 a.m. to 9 p.m.
66 Hudson Street
Boston, MA 02111
The BCNC Pao Arts Center will open at One Greene-way, with the ribbon-cutting ceremony at noon and the opening reception at 5 p.m.

Mulan Society classes
Saturday, May 6
1 p.m. to 4 p.m.
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 Hongyi Gong at (617) 426-9492 x 216 or hgong@aaaca-boston.org.

CSTO Youth Art Show
Friday, May 12
5 p.m. to 7 p.m.
464 Tremont Street
Boston, MA 02116
The Castle Square Tenants Organization celebrates artwork by teen youth at the Community Center, 2F. Digital illustrations and video examine how power and fear have affected youth lives.

QARI banquet
Friday, May 12
6:30 p.m.
237 Quincy Avenue
Quincy, MA 02169
The Quincy Asian Resources, Inc. annual banquet will take place at China Pearl.

Chinatown/South Cove Neighborhood Committee meeting
Monday, May 15
6 p.m.
90 Tyler 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. For more information, email BostonCSCNC@gmail.com.

South Cove Manor breakfast seminar
Thursday, May 25
9:30 a.m.
120 Shawmut Street
Boston, MA 02118
All are welcome to attend a health seminar at the BCEC auditorium.

AAC Unity Dinner
Friday, May 26
6 p.m. to 9:30 p.m.
775 Commonwealth Avenue
Boston, MA 02215
The Asian American Commission will host the 11th Unity Dinner at Boston University’s Metcalf Hall in the George Sherman Union. For more information, visit www.aaccommission.org.

SAMPAN
A Publication of the AACA
www.sampan.org
87 Tyler Street
Boston, MA 02110
Tel: (617) 426-9492
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SAMPAN is New England’s biweekly bilingual English-Chinese newspaper. It is non-profit and nonpartisan. Founded in 1972, SAMPAN is published by the Asian American Civic Association. SAMPAN is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: $65/year (1st class mail); $85/year (2nd class mail).

AFFORDABLE HOUSING OPPORTUNITY
BLUE MOUNTAIN APARTMENTS
will be accepting applications for the waiting lists only. A lottery will be held to re-open the 1-2-3 bedroom project based section 8 waitlists. To qualify for these waitlists, the following income limits apply:

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How to get an application
Applications can be picked up on May 22nd thru June 2nd, 2017 at:
Location: United Housing Mgt. – 530 Warren Street, Dorchester, MA 02121 10:00 P.M.
Monday thru Friday during the hours of 9:00 AM – 2:00 PM.
Applications can also be picked up on May 22 thru June 2nd, 2017 at:
Location: Boston Public Library – Mattapan Branch - 1350 Blue Hill Avenue, Mattapan, MA 02126
Monday, Wednesday from 10:00 A.M. – 6:00 P.M.
Tuesday and Thursday 12:00 noon to 8:00 PM; Friday and Saturday from 9:00 A.M. – 5:00 P.M.
A PLICATION MUST BE POST MARKED OR DELIVERED IN PERSON BY June 2nd AT 2:00 PM or if sent via U.S. Mail postmarked by June 2nd, 2017
The lottery selection will be held on June 22, 2017 at Noon. You do not need to be in attendance for the selection process since you will be notified of your position on the waiting list after completion of the lottery.
For additional information, or to request an application please contact us at 617-541-5510 or Videophone (or the deaf and hard of hearing): 1-866-758-1435 – TDD Relay: 800-439-0183
Asian CDC rings in 30 years at ‘Then and Now’ dim sum breakfast

BY LING-MEI WONG

The Asian Community Development Corporation (ACDC) celebrated 30 years April 28 at the China Pearl. About 300 guests attended the “Heart of the Community: Then and Now” dim sum breakfast. Boston Mayor Marty Walsh received the Inspiration award. “We have to continue to preserve this great neighborhood,” he said. “Thank you ACDC for your work to empower families.”

Boston Common hosts sixth Japan Day

BY ERIKO STRONACH

The sixth Japan Festival took place April 30 at the Boston Common. (Image courtesy of Eriko Stronach.)

Local residents headed to the Boston Common April 30 to enjoy Japanese cuisine, arts and music at the sixth annual Japan Festival. The Festival featured interactive workshops that promoted traditional Japanese arts such as calligraphy, tea ceremony and dancing the Bon Odori. Entertainment could be found all around the festival with performances of dance, music and cosplay. Long lines formed or vendors selling yakitori, ramen and takoyaki.

ACCESS rejoices for 25 years in Chinatown

BY LING-MEI WONG

American Chinese Christian Educational and Social Services celebrated 30 years in Chinatown April 30. Executive director Pasang Drolma is in green, while former executive director Mel Kee Wong is in white stripes. (Image courtesy of Ling-Mei Wong.)

ACCESS rejoices for 25 years in Chinatown

The Boston String Academy emphasizes rigorous string instruction from professional musicians, nurturing the next generation of talent. Its students are inner-city children, who practice at the Boston Chinatown Educational Church, along with two other Boston locations.

“It’s not an ordinary experience, as you meet people, you get to be on stage,” said Lola Zulps, seventh grader at Boston Latin School. “I want to keep playing, it’s a good passion.”

Lola was among the academy’s first students, when violinists Mariesther and Marielisa Alvarez of Venezuela, with cellist Taide Prieto of Peru, launched the program in 2011 at Chinatown, based on Venezuela’s El Sistema music program. The twins are faculty at Longy School of Music of Bard College. The three directors want children to experience music firsthand.

“Thanks to music, we came to Boston on a full scholarship and traveled the world,” said Mariesther. “It’s a beautiful world, music.”

A total of 18 youth music students from Massachusetts were selected for the inaugural National Take-a-Stand Festival, with 11 coming from Boston String Academy. Students will train for a week, performing with world-famous conductor Gustavo Dudamel in Los Angeles, with all expenses included.

“It was exciting,” said Erick Liang, seventh grader at Boston Latin School, who will head to California. “I told my mom I wanted to play.”

Darren Seto, sixth grader at the Joseph Quincy Upper School and Eric Yu, eighth grader at Boston Latin School, will also attend the festival. Josiah Quincy Upper School sixth grader Annabelle Lee had aken violin before joining the Boston String Academy in 2011, but her mother Lillian wanted her to learn in a group setting. Lee has seen her daughter make new friends and gain confidence through orchestra.

“You get better,” Annabelle said. “You learn new things, there’s room to improve.”

Many of the first students have stayed on, practicing daily in elementary school and hanging out together for weekend outings to escape rooms or indoor skydiving. Prieto said the program will continue through high school for students.

“We have a big community here. We’ve known each other a few years since the beginning,” Eric said. “We’re good friends.”

The Premier Asian Community Health Center in Massachusetts

CALL CENTER AGENT (FT)

Perform call backs and tracking for designated diagnostics. Duties and responsibilities include scheduling, eligibility and registering patients. Supports daily activities of South Cove Medical Home. Bilingual in spoken and written English/Cantonese/Mandarin. High School diploma or equivalent. Two years working experience in health care setting required. Knowledge of typing and data entry preferred.

DENTAL HYGIENIST (PT/FT)

Clean colorless deposits, accretions, and stains from teeth and beneath margins of gums, using dental instruments under the general or direct supervision of a dentist. Provides dental hygiene services for preventative care. 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 equivalent. Dental Diploma, MA Licensed. Bilingual in Cantonese/Mandarin/Mandarin/Vietnamese and English preferred but not necessary.

DENTAL ASSISTANT (PT/FT)

Assist dental staff to render comprehensive and complete dental care to patients. Includes operative and prosthodontic 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 ASSISTANT (FT)

Provide medical support for providers and general support and other clinical activities such as maintaining equipment and supplies in the OB/Gyn department at South St. site and Pediatric department at Quincy 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.

DENTAL INTERPRETER (PT/FT)

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 MMA Standard of Practice. Medical Interpreter Certification required. Knowledge of cultural aspects of patients care. Works effectively in a fast-pace environment. Test will be given at BDMC for the position.

SOCIAL SERVICES ASSISTANT (PT/FT)

Assists and advocates for patients and their families will 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, Cantonese (Cantonese/Mandarin), Vietnamese a plus.

Send cover letter, résumé and letter of interest tocheng@bchs.org.

South Cove Community Health Center is an Equal Opportunity Employer.
Chinatown meeting roundup: CSC, CRA, Parcel 27

BY SARAH BROWN AND LING-MEI WONG

The Chinatown Safety Committee and Chinatown Resident Association met May 3, while a developer held a public meeting on Parcel 27 April 28.

CSC

The Chinatown Safety Committee (CSC) held its monthly meeting May 3 at the DoubleTree Hotel.

Boston Police Department District A-1 Capt. Ken Fong reported on crime in the area in the past 30 days. Fong said crime in the area has been up 3 percent and he credits that to the warmer weather and people being out more.

There were three robberies, two aggravated assaults, nine larcenies and one break in. There were 35 arrests this past month and 20 of those were warrant based arrests.

Fong said there have been few incidents at the Josiah Quincy School.

CRA

The Chinatown Resident Association (CRA) met May 3 at the Josiah Quincy Elementary School.

The Chinese Historical Society of New England gave a presentation on designating 90 Tyler Street as a historic landmark.

Land parcel proposal

Developer Docanto Mullins gave a presentation April 28 at the Metropolitan community room on Parcel 27, a land parcel next to the Veolia and steam plant and the Reggie Wong Memorial Park on April 28. The mixed-use project will be submitted to the Boston Public Development Agency, which has a request for proposals for Parcels 25 and 26, where Veolia, the park and a Mass. Department of Transportation building is.

The project would have nine buildings for housing and commercial space. At least 50 percent of the housing would be designated affordable and green space would be created by deck over the Mass Pike and I-93 ramps.

Mike Mullins, principal at Docanto Mullins, said he is interested in developing Parcels 25 and 26, but has not developed 0.5 million square feet in last five years, making his firm ineligible.

There is no RFP for Parcel 27, but Mullins hopes his proposal will be considered.

Gov. Baker launches ethnic advisory groups

BY LING-MEI WONG

Massachusetts Gov. Charlie Baker and administration officials welcomed members of the ethnic press to a quarterly meeting April 24 at the Statehouse.

Baker reiterated his support for diversity, despite threats to cut federal funding for sanctuary cities. “The general agreement here in Massachusetts is we are a global community and welcoming community,” he said. “We take great pride in respect to where we get people from.

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Continued on page 5

Wang YMCA hosts Healthy Kids Day

BY DEBRA MEI

The Wang YMCA of Chinatown opened its doors to young families on April 29 for Healthy Kids Day. The annual event encourages kids and parents in the Boston area to get ready for summer and beyond by being active every day.

Healthy Kids Day is the Y’s official start to the best summer.

Nothing charges up kids like summer. Summer is the time for kids to get up, get out and grow. But for some kids, especially from low-income families, exposure to activities that stimulate the body and mind ends with the school year.

Research shows kids are prone to gain weight and fall behind in studies when they are out of school. The YMCA provides many programs to make healthy activities fun and find ways for kids to play during summer.

The event featured kid-friendly activities such as mini soccer, tug-of-war, bouncy house, face painting, Soo Bahk Do performance, safety demonstrations, vision screening for kids and prizes.

About 16 groups had interactive booths, including Tufts Medical Center, Mass Medical Society, Children Development Lads at Boston University and Microsoft.

Everyone was welcome and hundreds of people enjoyed the fun. Children made crafts and played games. It was a great way for families to come try the Y and talk to experts about their fitness plans.

The Wang Y had several promotions, such as gift vouchers for three-week summer camps and $0 joiner fee for membership registration.

The Wang YMCA is at 8 Oak Street West.

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The Wang YMCA is at 8 Oak Street West.
Baker: State welcomes immigrants

FROM PAGE 4

Baker said, “People come to study, do research and escape terrible circumstances. That’s always been true; it will continue to be the way we respond.”

The Black Advisory Commission was launched Feb. 23 by Baker’s executive order, said Tony Richards, director of Community Affairs. Commission members will gather four times a year and meet with Baker at least once a year on topics of greatest concern, Richards said. There is a statewide Asian American Commission, as there is for African American Affairs. Commission members will gather four times a year and meet with Baker at least once a year on topics of greatest concern, Richards said. There is a statewide Asian American Commission, as there is for African American Affairs.

A Latino Advisory Commission is planned for June, Richards said. There are no plans to bring back the Governor’s Asian American Commission, as there is a statewide Asian American Commission.

Massachusetts Health Connector executive director Louis Gutierrez reported a strong enrollment period for 2017, after focusing outreach on ethnic media for at-risk populations. More than 63,000 people enrolled in new coverage for 2017, compared to 49,000 for 2016. Strong community-based efforts in the Boston area led to significant new enrollment increases in Mattapan (70 percent), East Boston (54 percent) and Chelsea (50 percent), along with other nearby communities.

“Massachusetts as a whole has one of the lowest unemployment rates at about 3 percent, with 96 percent of the population enrolled,” Gutierrez said. “But there are high rates of unemployment in ethnic communities and newly unemployed people.”

The next open enrollment period will begin Nov. 1 and is expected to be shorter, closing Dec. 15 rather than Jan. 31. Massachusetts is likely to extend enrollment to January 2018, Gutierrez said.

Baker proposed a bill April 11 intended to reduce the number of people incarcerated for being unable to pay fines, fees and assessments can be jailed until their debt is cleared, at a rate of $30 a day.

NEW

Able Housing

19 Bixby Road

19 Bixby Road, Spencer, MA 01562

34 Units

Maximum Gross Income By Household Size

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Ineligible to apply for change

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Boston agency seeks input on parking lot

BY SARAH BROWN

The BPDA’s Lara Merida spoke at the Josiah Quincy Elementary School about Parcel 12 on April 27. (Image courtesy of Sara Brown.)

Chariton residents gathered at Josiah Quincy Elementary School to discuss the future of Parcel 12 on April 27. Parcel 12 is one of the few remaining undeveloped properties in Chinatown.

Forum examines stresses facing Asian youth

BY DORA CHI

Nineteen-year old Luke Z. Tang didn’t appear depressed. Amid his successes — from being named a Presidential Scholar to starting college at Harvard — it was easy for family and friends to overlook or dismiss the warning signs. So much so, that Tang’s father brushed off his son’s first suicide attempt as a fleeting episode of teenage angst. Then, one late summer day in 2015, Tang took his life.

“The reason why a lot of the times family members and school counselors or the teachers do not catch Asian American adolescent’s depression is because they function well,” said Hyeokos Chih Hahn, who chairs the research department at Boston University School of Social Work.

But function, she said, “is really not the whole picture.”

Hahn speaks to the heart of the “Let’s Talk!” conference, where mental health experts, parents and students discussed ways to support mental wellness in addition to academic success within the Asian community. The aptly-named event took place on April 15 at the Harvard Graduates School of Education, where hundreds of students and parents of Asian descent gathered to watch “Looking for Luke,” a documentary following Tang’s parents as they grappled with their son’s suicide.

“People’s idea of what mental illness looks like is dictated by the media,” said speaker Sukhmani Bal, who studies pub-

lic health at Boston University.

Continued on Page 6
Councilors Wu and O’Malley discuss green initiatives

BY LING-MEI WONG

Boston City Council president Michelle Wu hosted her monthly media meeting April 21 at City Hall, inviting Councilor Matt O’Malley of District 6 to discuss his council work.

O’Malley is chairman of the Environmental and Sustainability Committee and led an initiative to eliminate gas leaks in Boston. His environmental work includes the Community Choice Aggregation program, plastic bag ordinance with Wu and curbside composting with Councilor Ayanna Pressley. O’Malley’s district includes the neighborhoods of West Roxbury and Jamaica Plain and parts of Roslindale and Mission Hill.

“We’ve seen irrefutable evidence that the plastic bag ordinance needs to be done, as the flimsy bags get caught in drains,” O’Malley said. “There’s a cost done, as the flimsy bags get caught in drains,” O’Malley said. “There’s a cost.

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Boston has seen a plastic bag ban in 2016, charging a 10-cent fee on plastic bags and recyclable paper bags. The fee would go back to the retail establishment to cover the increased cost of thicker bags.

O’Malley said, “The feed bag ban in 2016, charging a 10-cent fee on plastic bags and recyclable paper bags. The fee would go back to the retail establishment to cover the increased cost of thicker bags. The matter remained in the Government Operations Committee for further action as of the March 29 council meeting.

Cambridge implemented a plastic bag ban in 2016, charging a 10-cent fee on plastic bags. Wu said, “The feedback from businesses in Cambridge has been positive because they’re saving money by stockpiling fewer bags. People are bringing their own bags, and if the retailers sell a bag, they’re compensating.”

Research about mental illness among Asian Americans and immigrants is limited, and psychologists are trying to decipher how cross-cultural barriers alter the way depression manifests. Patients have cited juggling conflicting expectations from their American peers and Asian families to be a large source of stress.

“Our parents sometimes make superhuman sacrifices for the American dream. But they don’t want their kids to become American in the process, and that can be very confusing,” said Josephine Kim, who teaches cross-cultural mental health counseling at Harvard.

Various values may also discourage individuals from acknowledging their condition or seeking proper treatment. “In Chinese culture, there’s this concept of ‘face,’” said panelist Dr. Justin Chen, a psychiatrist at Massachusetts General Hospital (MGH). “Face is something you need to preserve and protect. I think sometimes in Asian cultures [the need to protect face] might become a little extreme.” Someone could hide their depression out of concern it reflects negatively on their family, for instance. “Shame is more linked to suicides,” he said.

Asian Americans with depression are not only more likely to remain undiagnosed, but also are three times less likely to seek help when compared to whites. Gaps in diagnosis and underutilized treatment may explain why, at competitive institutions like MIT and Cornell University, Asian students account for a disproportionate number of suicides.

The Work includes but is not limited to station upgrades, site improvements, and accessibility improvements at Wollaston Station and partial demolition of the reinforced concrete garage at Quincy Center Station.

MBTA Contract No. A47CN01, WOLLASTON STATION IMPROVEMENTS AND QUINCY CENTER GARAGE DEMOLITION, QUINCY, MASSACHUSETTS, - Project Value - $71,633,122.00 (CLASS I, GENERAL TRANSIT CONSTRUCTION – Value $30,000,000).

Submitted at www.bidx.com until two o’clock (2:00 p.m.) on May 24, 2017.

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

The National Alliance on Mental Illness reports that more than 40 million people in America experience mental illnesses every year, but mainstream depictions of depression continue to clash with stereotypical Asian portrayals as “model minorities.” In a 2014 national survey, however, more than 1 in 10 Asian American teenagers reported experiencing depression that year.

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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. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of 6.3 percent.

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

BY RUOBING SU

According to the World Health Organization, an estimated 47.5 million people around the globe have dementia and each year 7.7 million new cases are diagnosed. Director of the Dementia Clinic at Tufts Medical Center, neurologist Tinitin Chabrashvili dispels some of the common myths about the disease.

Myth: Dementia is a normal part of aging
Fact: Although it is common in very elderly individuals, dementia is not a normal part of the aging process. It’s a term that describes a range of symptoms associated with a gradual loss of thinking skills affecting memory, problem solving, language and communication, emotional function and behavior that can be severe enough to affect a person’s everyday activities.

Myth: Dementia and Alzheimer’s disease are the same thing
Fact: While Alzheimer’s disease is the most common form of dementia in those over the age of 65, there are a number of illnesses that cause brain changes that can lead to dementia. In fact, 20-40 percent of people with dementia do not have Alzheimer’s disease, and some dementia is associated with more than one illness in some people. Strokes, Parkinson’s disease, dementia with Lewy bodies, frontotemporal dementia, normal pressure hydrocephalus, traumatic or chronic head injury, HIV as well as thyroid problems or vitamin deficiencies, alcohol use and brain tumors can also cause dementia.

Myth: The major symptom for people with dementia is forgetfulness
Fact: While memory loss may be a noticeable symptom early on, dementia can produce many other thinking symptoms. Slow thinking, difficulty with problem solving, loss of language and communication skills, and confusion along with irritability, anxiety, and unreadiness of walking or moving may also be signs of dementia.

Myth: There are no good ways to manage dementia
Fact: Some causes of dementia are reversible with the right treatments. For example, a condition called normal pressure hydrocephalus can be helped by draining excess cerebrospinal fluid from the brain. Medications, vitamin B12 or thiamine supplements (when a deficiency is identified) and surgery (for issues such as a brain tumor) also can treat people’s dementia. Treatment aimed at other causes of dementia, like stroke, can slow or halt in progression.

By Tufts Medical Center

How to teach your kids to avoid smoking

BY SARA BROWN

For some children and teenagers, smoking might not seem like a big issue. However, it can often lead to trouble. Most adult smokers admitted they first started when they were a teenager. Every day, almost 3600 children, aged 11 to 18, experiment with their first cigarette. More or less 700 kids become regular tobacco cigarette smokers at the same rate. Every year, there are over 250,000 new children smokers in the US, with around a third of this number dying later on due to some illness caused by smoking.

Here are some tips to help your teen make a good decision.

1. Be a good example
Teens are more likely to smoke if their parents smoke. Be a good example for your child and don’t smoke. If you are a smoker, don’t smoke in the house or around your child if you can help it.

2. Have open conversations
Teens can see smoking as a way to fit in with friends or a way to rebel. Have an honest conversation with your teen about smoking and what they think about it. You can mention how advertising companies try influence people in their generation. Also, if your child says they have smoked, don’t scold them. Listen to them and find out why they made that decision.

3. Show them the ugly side
Remind them that smoking causes wrinkles and bad breath. Smoking also turns teeth yellow.

4. Get your children to participate
Make sure your child participates in sports or after school activity. This will encourage them to remain healthy.

By Sara Brown
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.

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