January 25 - February 7, 2013

In an effort to reduce property rates for Asian Americans, African American, and Hispanic students, the state of the commonwealth address the issue of the great dream Dr. Martin Luther King Jr. wanted, said Leverett Wing, vice chair of the Governor’s Asian American Commission. "Building Hong Lok House reflects the tradition and spirit of the Chinese Lunar New Year festival — which has brought an economic boost and a sense of pride to our community," said QARI’s board of directors. "After years of hard work, we are pleased to announce our new initiative to support Asian and Hispanic students in the Boston area.

BY PHOENIX TSO

The only bilingual Chinese-English Newspaper in New England

Sampan celebrates Asian American Heritage month

The Sampan Newspaper is proud to celebrate Asian American Pacific Islander Heritage month in May. We spoke to elected officials, political hopefuls and community advocates about their experiences. Throughout Massachusetts, Asians are speaking up and making a difference.

Amy Sangio is running for Newton mayor, after being a city councilor for 20 years. Elsa Choi serves as the chairwoman of the Massachusetts Asian American Commission, along with helping patients as a doctor. Anping Shen, education specialist at the Massachusetts Department of Elementary and Secondary Education, is running for Newton School Committee.

Boston Ballet principal dancer Misa Kuranaga wows as the Princess Aurora in "The Sleeping Beauty," showing maturity and breathtaking prowess. For more on these AAPI community members, please turn to pages 4 and 5.

Quincy nonprofit announces new CEO

BY QARI

Quincy Asian Resources Inc. (QARI) is pleased to announce its new chief executive officer Philip Chong. This announcement comes following an extensive search by the board of directors, facilitated by ESC of New England, a leading nonprofit consulting firm familiar with QARI. Paul Shaw of QARI’s board of directors said, “After an exhaustive search, the board is very pleased that Mr. Chong will be leading QARI. His extensive background in business development, communications, and Asian healthcare will propel QARI into its next exciting chapter in serving Quincy and the South Shore community. The board voted unanimously to appoint Mr. Chong.”

Chong said, “With the strong support of the city, the board members and QARI’s key stakeholders, I am excited to lead such a mission-driven organization that has been dedicated to serving the community for many years.”

Chong is a Hong Kong native, fluent in Chinese, who immigrated to the United States at the age of 16. “As an immigrant myself,” Chong said, “I have firsthand experience living through the challenges many minorities face day to day. I am fortunate enough to have come across many people in the U.S. who have helped and supported me personally and professionally. Their compassion has enabled me to live my American dream and I am forever grateful for that. Joining QARI is one of my ways to give back to the communities and the country.”

QARI, founded in 2001, is a growing community-based organization serving primarily Quincy’s large Asian American population. P

Asian American Heritage Issue

New America Media’s Elena Shore reports

In the Trump presidency’s first 100 days, millions of people across the United States have been affected by changes that will impact their lives for years to come. The state of the American immigration system is in crisis. We need a new strategy to address this issue.

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HIGHLIGHTS

Josiah Quincy School receives state green award

Boston Chinatown site to be added to National Register

頭條新聞

波士頓華埠地址將加入國家歷史遺蹟登記

昆士小學榮獲麻州環保獎

亞裔紀念月特刊

ASIAN AMERICAN HERITAGE ISSUE

白宮圍牆之外：移民團體

力量日漸強大

New America Media’s Elena Shore 報導

在特朗普總統上任的頭十天

中，移民社區遭遇了來自外界前所未有的危機。移民們開始擔心自己的身份和安危，擔心自己的家人能否繼續在美國平安地生活下去。儘管不安感籠罩著多數的移民社區，事實上，在白宮圍牆之外，越來越多的組織為移民進行遊行示威，為移民們聲討合法權利，反抗不平待遇。

國際救援 <$委員會$ 移民主任Melissa Chua在5月9日對波士頓華埠和舊金山州長派屈克在近期出席一

議中面臨著不少真實的、重大的挑戰。移民們開始關注這一切。

據華盛頓郵報報導，從今年1月20日至5月13日，美國移民及海關執法局已經逮捕了21,062位移民，是去年同期逮捕的移民數量的三倍。在被逮捕的移民中，還包括5,411名非美國公民且沒有犯罪記錄的移民，其數量是去年同期的兩倍以上。

統計數據反映了奧巴馬政府移民政策側重於將策劃和新移民驅逐出美國；而特朗普政府，將驅逐的範圍擴大至幾乎所有的非法移民身上，導致更多移民遭遇被驅逐的危機。

這種政策的改變對於移民社區的影響是顯而易見的。人道移民權利聯盟的常務董事Angelica Saless說如今移民們面對的局勢稱為美國移民史上「空前危機」之一。她補充道：「我們現在所見的，正是國安局對於移民們開始使用更加嚴厲的管理方法——特別是涉及到移民遣返以及保留問題。」Saless提到，在2月9日南加州美國移民及海關執法局對移民社區的突襲逮捕中，超過30%被拘留的移民只是在數年前違反了一些規定而已，但依然逃不過法人的逮捕。

自從特朗普總統上任以來，他已經簽署了多份行政命令，呼籲徹底改變美國的移民現狀。Chua補償道：「然而這些擬議中面臨著不少現實的、重大的障礙。」例如，特朗普總統先前已經在墨西哥邊境建造隔離牆，現在正面對著資金問題：其他的行政命令如年初出台的針對穆斯林國家和難民的旅遊禁令，都遭到各法院、陪審員以及相關組織的強烈反對，Chua說道：「然而這些政策將對移民政策和難民家庭都造成了嚴重的危機。事實上，真正去落實這些政策還是有困難的。這也為移民家庭帶來了一絲希望。」
AACA 50th Anniversary
1967-2017

6pm-10pm, Friday, June 9th, 2017, Boston Park Plaza

Gala Chairs
Governor Charlie Baker & Mayor Marty Walsh

Early Bird Individual Ticket—$220
Early Bird Table—$2000 (10 Tickets)
(Early Bird Price Ends May 10th)
Regular Ticket—$250
Regular Table—$2250 (10 Tickets)

To purchase tickets or sponsorships by telephone (Check/Credit Card), contact Tong Gao (617)-426-9492 x205, email tgao@aaca-boston.org. To purchase tickets online, go to: http://aaca-boston.org/aaca-annual-gala-2017-50th-anniversary/

Many Cultures. Many Languages. United in Celebration.

Tufts Health Plan is proud to honor Asian-American Heritage.

Join our team tuftshealthplan.com/careers

All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability, or protected veteran status.
Event Calendar

CPA gala
Friday, May 19 6:30 p.m. to 9:30 p.m. 88 Beach Street Boston, MA 02111
Free meditation classes
Sunday, May 21 10 a.m. to 4:30 p.m. 101 Mystic Avenue Medford, MA 02155
Brookline AAPI celebration
Wednesday, May 24 6:30 p.m. 533 Washington Street Brookline, MA 02445
Free legal clinic
Monday, May 22 6 p.m. to 8 p.m. 1509 Hancock Street, Suite 209 Quincy, MA 02169
South Cove Manor breakfast seminar
Thursday, May 25 9:30 a.m.
A building update on Parcel 24's South building will take place at the One Greenway community anniversary celebration will take place at the Boston Chinese Evangelical Church auditorium in Chinese. For more information, contact Sara Tan at (617) 472-3224 or stani@each4asian.org.
Savor the Flavor
Saturday, June 3 6 p.m. to 9:30 p.m. 472 Huntington Avenue Boston, MA 02115
The Josiah Quincy Elementary School 170th Anniversary Celebration will take place at China Pearl. For more information, visit SupportJQES.org.
Greenway gala
Thursday, June 8 6 p.m. to 8 p.m. 677 Huntington Avenue Boston, MA 02134
The Short Waves: Short Film Competition will take place at Tufts Medical Center's Wolf Auditorium. Winning selections will be shown at the Boston Asian American Film Festival. For more information, visit www.baafl.org.
Emotional health workshop
Thursday, June 8 6 p.m. to 9:30 p.m. 77 Commonwealth Avenue Boston, MA 02215
A seven-week English class for customer service will be offered at the Chinese Progressive Association. Open to low-income Boston residents with intermediate English. For more information, call (617) 537-4499.

Next Issue Will Be Published on June 9!
Boston Ballet principal dancer Misa Kuranaga is Princess Aurora in “The Sleeping Beauty,” running until May 27. (Image courtesy of Boston Ballet.)

Boston Ballet’s Misa Kuranaga performs breathtaking rendition of ‘Sleeping Beauty’

BY SARA BROWN

The Boston Ballet’s revival of Marius Petipa’s “The Sleeping Beauty” proves to be enchanting.

The production features principal dancer Misa Kuranaga as the Princess Aurora along with Jonathan McPhee directing the music. “Sleeping Beauty” will run until May 27.

“The Sleeping Beauty” begins with the christening of Princess Aurora. All the fairies are invited to bestow gifts on the young princess, except for the Fairy Carabosse. She is outraged and gives a spindle to Aurora, announcing one day the princess will prick her finger on it and die. The Lilac Fairy has yet to present her gift, so she undermines Carabosse’s curse by promising that Aurora will not die, but shall instead fall into a deep sleep for 100 years until awakened by a prince’s kiss. As predicted, Aurora pricks her finger on a spindle on her 16th birthday, but the Lilac Fairy intervenes and puts Aurora and her kingdom under a sleeping spell. A century later, Prince Desiré is hunting in the forest and encounters the Lilac Fairy who leads him to Aurora. He kisses her and breaks the spell. The ballet concludes with a grand wedding celebration attended by numerous fairytale characters.

Kuranaga is breathtaking to watch. Boston Ballet fans have watch Kurana grow as a dancer over the years and “Sleeping Beauty” spotlights her growing maturity. During one scene, she extends one leg into the air while taking a rose from each romantic suitor on cue. You watch her on the edge of your seat, waiting for her to lose her balance, but she never does.

Amy Sangiolo pledges to make Newton accessible, welcoming

BY LING-MEI WONG

Newton city councilor Amy Mah Sangiolo is running for mayor. (Image courtesy of Amy Mah Sangiolo.)

Amy Mah Sangiolo, Newton city councilor-at-large for Ward 4, wants to be Newton’s next mayor. An attorney, she ran against two city council incumbents in 1997 and won by 12 votes. “Every vote matters,” Sangiolo said. “You have rights and your voice really does deserve to be heard. You have a stake in this community.”

Mayor Setti Warren announced last year he would not run for a third term. Sangiolo is running against Ward 1 councilor-at-large Ruthanne Fuller and Ward 1 councilor-at-large Scott Lennon.

“Government is here to serve the people. I want to make sure everyone’s best interests are served,” Sangiolo said. Her priorities are making city government accessible, leading in education and the environment, creating housing opportunities for all, and making all residents feel welcome and safe.

Former Ward 3 councilor-at-large Greer Tan Swiston has known Sangiolo for 15 years through the Greater Boston Chinese Cultural Association. While the two differ politically, Swiston admired Sangiolo for her responsiveness to residents and saw her as a role model.

“She’s very open-minded and that’s what I like about her,” Swiston said. “Regardless of her personal views, she’s willing to listen.”

Ward 3 councilor-at-large Jim Cote, who was elected in 2013 to Swiston’s vacated seat, has seen Sangiolo put residents first.

“Amy brings personality and personal service to the job,” Cote said. “If you call her up and have a concern about your neighborhood, she’ll be concerned.”

Sangiolo is married to John Sangiolo and has three children: George, Midori and Joseph. Her 91-year-old mother is Japanese and lives with her, while her late father was an American-born Chinese veteran. The Sangiolo have lived in Newton for 22 years.

“You always look out for each other,” Sangiolo said.

Sangiolo wants a comprehensive vision for city development, which is inclusive of current residents and historic preservation. She would also support Newton’s city government to have a welcome kit for newcomers, similar to Boston’s Office for Immigrant Advancement.

“Given my record for neighborhoods, affordable housing and environmental issues, I’m a strong advocate. I want to be a vital part of shaping Newton’s future,” Sangiolo said.

For more information, visit www.sangiolo.org.
Newton educator eager to give back to community

BY LING-MEI WONG

Anping Shen has been a proud Newton resident since 1988. The veteran education specialist at the Massachusetts Department of Elementary and Secondary Education is running for Newton School Committee’s Ward 3 seat, which Angela Pitter-Wright is vacating.

Both of Shen’s children attended public schools in Newton. Shen’s elder son Jason graduated from Newton North High School in 2004 and attended Stanford University on a gymnastics scholarship. His daughter Amy will graduate from Newton North in 2017. Shen’s wife Shixin is a gymnastics instructor.

“My son Jason would not be successful without the excellent education he received from the Newton Public Schools,” Shen said. His son’s schoolboy antics were worked into a book Shen co-authored in 2014.

“The African proverb ‘It takes a village to raise a child’ is so true,” Shen said. “It’s a huge win, because we can only be as good as our membership.”

Shen was involved with the Newton Chinese Language School since 1990, first serving on the parent council and later elected to be a principal. His expertise in curriculum development and school administration gave him insight into the management of a flourishing heritage community Chinese language school. Under his leadership, the Chinese school grew from less than 100 students to more than 1,000 students today, the largest in New England.

Newton resident Anne Larner is no stranger to the School Committee, having served on it for 16 years. “Anping has such a gracious manner, he comes across clearly as a person with strong opinions, but a kind person,” she said. “He has a problem-solving approach to things.”

Shen ran for school councils at his children’s schools. His platform seeks to engage, educate and empower. Shen’s educational philosophy is that quality education should be the whole education of a whole child.

Elisa Choi makes difference as doctor and community advocate

BY LING-MEI WONG

Elisa Choi serves patients as a doctor and the community as the chairwoman of the Massachusetts Asian American Commission (AAC). Choi is an internist and infectious disease physician at Beth Israel Deaconess Medical Center. She studied life sciences and English in college, and chose medicine to make the most impact.

“I love what I do,” Choi said. “For a physician to heal and take care of the patient, they have to be able to see where the patient is coming from and empathize with the patient.”

The AAC is dedicated to advocacy on behalf of Asian Americans throughout Massachusetts. It was formed in 2006, as Asian Americans constitute the fastest growing minority population in the Commonwealth and the United States. Choi has served as a commissioner since 2013, heading the Health and Human Services Committee.

“We are fully staffed at 21 commissioners, with the most diverse geographic and ethnic representation in history,” Choi said. “It’s a huge win, because we can only be as good as our membership.”

The Commission’s members were largely Chinese in the past, and now include representatives from the Lao, Vietnamese, Nepalese and Indian communities. Commissioners reside not just in Boston, but in Quincy, Braintree, Lowell and western Massachusetts. Interested candidates can apply and are selected by seven appointing authorities in state government.

“If I can instill a sense of importance of becoming involved and giving voice to issues in our community, I would be happy,” Choi said. “What I’m recognizing is you do not have to run for office to be engaged in the community.”

Choi is married and has a son. As the child of Korean immigrants, she was thrilled to be the first Asian American governor-elect of the Massachusetts Chapter of the American College of Physicians, the largest medical-specialty society in the world. Choi will train this year and start her four-year term in 2018.

“I’m excited to take on this role and bring to light issues of health disparities at national advocacy level,” Choi said.

Choi’s application to the commission discussed health disparities for Asian Americans. Cultural taboos relating to mental health affect individuals.

Disclaimer: The views represented are exclusively Choi’s and do not represent the AAC.
South Cove Manor at Quincy Point held its annual meeting on May 16 at the Quincy China.

BY SOUTH COVE MANOR

South Cove Manor hosted its annual meeting and dinner on May 16 at the China Pearl in Quincy. Quincy Mayor Thomas Koch and Eugene Welch, executive director of South Cove Community Health Center, both spoke at the event. Founded in 1985, South Cove Manor moved in 2014 to its current Quincy Point site, expanding its rehabilitation capacity.

Riverpark Lofts
60 Howard Street
Watertown, MA
www.s-e-b.com/lottery

1BR and 2BR affordable units will be ready for occupancy starting in August/Sept 2017! The 3BR affordable unit will be ready in early 2018. Riverpark Lofts is a 65 unit luxury rental apartment community in Watertown. 7 of these apartments will be rented to households with incomes at below 80% of the Area Median Income. Riverpark Lofts are smoke free. Pet restrictions apply.

Maximum Allowable Income Limits: $54,750 (1 person), $62,550 (2 people), $70,350 (3 people), $78,150 (4 people), $84,450 (5 person), $90,700 (6 people)

$1,451 (for FOUR 1BR units, approx. 820 sqft, first floor)
$1,612 (for TWO 1BR units, approx. 1,300 sqft)
$1,773 (for ONE 3BR unit approx. 1,550 sqft, ready in early 2018)

Gas and electricity are NOT included (heat is gas, hot water and cooking is electric)

Size of units subject to change during construction

Units have in unit washer/dryers, wide plank hardwood flooring throughout, stainless steel appliances, designer kitchens and granite counters, and central air. Units are pet friendly (pet restrictions apply). One parking space is included in the rent shown above.

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on July 17th, 2017. The Watertown Public Library (123 Main St) will be the location for a public Info Session on May 30th, 2017 at 6 pm and the Lottery on August 8th, 2017.

For Details on Applications, the Lottery and the Apartments, call 617.782.6900 or go to: www.s-e-b.com/lottery/rental

Applications and Information also available at the Watertown Public Library on 123 Main Street (Hours: M-Th 9-9, F 9-7, Sat 10-2).

 Boston plan emphasizes affordable housing

BY SARA BROWN

The City of Boston released the second draft of the Imagine Boston 2030 citywide plan on May 18, with a heavy emphasis on affordable housing.

According to city officials, by 2030, Boston will need at least 53,000 more housing units than it currently has so it can handle its growing population. However, with little available land to build on, limited housing stock has property prices soaring.

“This new draft of Imagine Boston 2030 takes a careful and proactive approach to making sure that all Bostonians benefit from the historic growth that is happening in our city,” Mayor Marty Walsh said in a statement. “As we continue to make investments to expand access to opportunity, we also want to make sure that people can afford to stay in neighborhoods they live — in the neighborhoods they helped build.”

To address housing, the plan is broken down into three parts: encourage mixed-use core, expand neighborhoods and enhance existing neighborhoods.

Imagine Boston would like to see Downtown and Longwood to have continued job growth and more housing so people can live near where they work. Find more information at imagine.bos ton.gov.

OPEN HOUSE
Saturday, June 10, 2017
10:00 a.m.—12:00 p.m.

Public Information Meeting
6:30p.m. Tuesday, June 7, 2017
Watertown Town Hall—Great Hall
Application Deadline
July 5, 2017

Applications and Information also available at the Watertown Public Library on 123 Main Street (Hours: M-Th 9-9, F 9-7, Sat 10-2).

Applications must be submitted or postmarked on or before the application deadline. Applications can be returned by mail. The application includes all submission information.

WELLESLEY AFFORDABLE RENTALS
Wellesley Place
978R Worcester Street, Wellesley
Seven 1 & 2 Bedroom Apartments
Rent: $1,481 & $1,657

For and Information Application Availability:
Pick Up: WellesleyTown Hall, - Selectmen’s
Office, Public Library
Phone: (978) 456-8388
TTY/TDD: 711, when asked 978-456-8388
Email: lotteryinfo@mcohousingservices.com

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com

Language/translation assistance available, at no charge, upon request.

Reasonable Accommodations Available for persons with disabilities

Units available to all eligible applicants.

Smoke Free. Pets Are Allowed.

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Castle Square youth art show explores power and fear

BY LING-MEI WONG

A Youth Art Show took place May 12 at the Castle Square Community Center. Teen Program artists pose at the photo booth. (Image courtesy of the CSTO Teen Program.)

The Castle Square Tenants Organization hosted its annual Youth Art Show on May 12 at its community center. The second art show celebrated the hard work of young artists in the Teen Program. Their work explored how power and fear affect their lives. The art show featured digital illustrations, short films, photography and a youth podcast, “Castle Speaks.” For more information, visit www.cstoteenprogram.weakly.com.

Josiah Quincy School receives green award

The Josiah Quincy Elementary School’s Green Team was recognized at the Statehouse on May 8. (From left) Evangelia Markaki of City Connects, e-inc executive director Ricky Stern and Josiah Quincy Elementary School Principal Cynthia Soo Hoo. (Image courtesy of JQES.)

May 8. (Image 37x887 to 390x1060)

Josiah Quincy School’s Green Team was recognized at the Statehouse on May 8. (From left) Evangelia Markaki of City Connects, e-inc executive director Ricky Stern and Josiah Quincy Elementary School Principal Cynthia Soo Hoo. (Image courtesy of JQES.)

Stronger After Cancer: Sharing Your Cancer Journey to Advocate for Change

As a cancer survivor you have the power to make your community healthier. Sharing your story is a proven way to help others take action to be healthier, less afraid of cancer, and feel more in control of their health. Your story is also a very powerful tool that can educate lawmakers to ensure that all communities have excellent health care.

If you are a cancer survivor and are passionate about improving the health of your community, we welcome you to attend a workshop at Dana-Farber Cancer Institute to be a voice for change. The workshop will provide participants training from experts at Dana-Farber, the American Cancer Society Cancer Action Network, and other organizations. The training includes:

- Strategic storytelling to create change
- Talking about cancer without stigma
- Using social media to amplify your voice
- Advocating for policies to improve public health and lives of people with cancer

REGISTER by emailing Sarah_Gunn@dfci.harvard.edu or by calling 617-632-4430.

Parking, breakfast, and lunch will be provided.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
BCNC unveils arts center, receives donation

BY THE Sampan EDITORIAL TEAM

The Boston Chinatown Neighborhood Center unveiled the Pao Arts Center on May 6. Housed in One Greenway, the center is a partnership with Bunker Hill Community College for cultural and educational community resources. The Rockland Trust Peoples Federal Foundation presented a $50,000 grant to BCNC Quincy on May 5. Funding will be used to strengthen BCNC’s Youth Center and Family Services for the Asian community.

The Rockland Trust gave $50,000 to BCNC Quincy on May 5. (From left) BCNC executive director Giles Li, BCNC board president Selina Chow, director of youth education Sandra Lee, Rockland Trust chief marketing and customer officer Jerothee Marin, Rockland Trust board member Fred Taw, Rockland Trust Charitable Foundation’s Jeanne Travers and Rockland Trust VP/branch manager III Clemens Leung. (Image courtesy of Neal Hamberg.)

AACA hosts fourth Job Fair

BY CONNIE WANG

The Asian American Civic Association (AACA) held its fourth annual job fair on May 5. Despite the wind and rain, hopeful job seekers made the trek to the Courtyard Marriott Hotel at Boston to meet with 34 employers.

“A job seeker told me that it was the best job fair she’d ever attended. Employers were equally impressed at the end of the day,” said Natalie Ornell, planning and development coordinator of AACA.

Along with the job fair, AACA also offers job training programs that strengthen clients resumes and skills. The educational programs include Building Energy Efficient Maintenance Skills (BEEMS), Careers in Banking and Finance, and English for speakers of other languages. Its Employment Center provides free assistance in resume writing, job search and career counseling for clients with low or moderate income.

The Boston Chinatown Neighborhood Center unveiled the Pao Arts Center on May 6. (Image courtesy of Neal Hamberg.)

Rockland Trust gave $50,000 to BCNC Quincy on May 5. (From left) BCNC executive director Giles Li, BCNC board president Selina Chow, director of youth education Sandra Lee, Rockland Trust chief marketing and customer officer Jerothee Marin, Rockland Trust board member Fred Taw, Rockland Trust Charitable Foundation’s Jeanne Travers and Rockland Trust VP/branch manager III Clemens Leung. (Image courtesy of Neal Hamberg.)

Peabody Properties recruiter Mitchell Fiedlerick and job seeker Victoria Vasilevsky spoke at the AACA job fair on May 5. (Image courtesy of Connie Wang.)

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Along with the job fair, AACA also offers job training programs that strengthen clients resumes and skills. The educational programs include Building Energy Efficient Maintenance Skills (BEEMS), Careers in Banking and Finance, and English for speakers of other languages. Its Employment Center provides free assistance in resume writing, job search and career counseling for clients with low or moderate income.

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A food aficionado: Dolphin Bay

BY ANNA ING

Dolphin Bay boasts an extensive menu of drinks, appetizers and entrees. We shared oyster pancake ($7.25), a Taiwanese street food mainstay. For the uninitiated, this slightly gooey, translucent pancake with egg and vegetables highlights oysters.

Next came a huge bowl of beef shank and tendon beef noodle soup ($9.75). Dolphin Bay has a red-roast broth that lacked depth in flavor, but had a generous amount of noodles and beef. The silky tendon was meltingly tender, but there was not enough of it.

Dolphin Bay offers three types of steamed buns or gua bao: pork belly, fried chicken and beef ($8). We shared the chicken gua bao, featuring fried chicken with cabbage and spicy aioli in two steamed buns. The chicken was a larger version of the popcorn chicken, sans the Japanese seasoning.

The crispy pork chop rice ($9.75) is available grilled as well. The pork was generously portioned and crackly crisp. Dolphin Bay’s rice entrees include a scoop of ground pork, assorted vegetables and the daily special.

Service was attentive and efficient throughout the meal.

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 16 percent.

Bids 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/
Is hidden poison in your home putting your child at risk?

BY RHONDA MANN, TUFTS MEDICAL CENTER

Each year more than one million children under the age of six are exposed to poison — and most of the time it happens right in their own home. While some of the culprits may be well known, others can be surprising, according to experts. “The typical age we see here are two to four year olds who get into things and simply don’t know any better,” said Dr. Lynne Karlson, chief of general pediatrics and adolescent medicine at Floating Hospital for Children at Tufts Medical Center. “And more often than not, what they are getting in to is a prescription drug bottle.”

Even though prescription medications should have child-proof caps, they are not always fastened properly after each use. In fact in 2014, according to the American Association of Poison Control Centers, nine percent of poisonings in children under six were due to the ingestion of pain medication that was left within reach. The website points out that poisoning is now the leading cause of injury death, surpassing motor vehicle traffic fatalities, due to drug poisoning deaths.

“It’s essential to keep all medicines in proper containers and out of the reach of children,” said Karlson. “This includes over-the-counter medications like Tylenol and Motrin and even vitamins.”

Karlson says other culprits can be found under the sink. Drain cleaners have long been associated with child poisonings as are bleach and windshield washer fluid. More recently, laundry and dishwasher pods have been the subject of national attention. “These pods have received a lot of press because they are attractive packaging, colorful and squishy — perfect to catch the eye of an unsuspecting toddler,” she said.

Another newer concern — button cell batteries. These are found in watches and in flameless, battery operated tea lights. “They can be very dangerous to swallow because if they get lodged anywhere, they can burn a hole through the child’s intestine. The chemicals are that corrosive,” warns Karlson. She suggests that parents make sure all batteries are properly held in place with screws and are not left around where youngsters can get them.

In New England, some experts are still seeing cases of lead poisoning — a result of lead paint. Karlson said anyone who lives in a home that was built prior to 1977 should make sure the home has been dealeded.

“We screen regularly now for lead poisoning so we catch it early, but a renovation to an old Victorian could put paint chips in places they are easy to get. Even if the child doesn’t eat it, lead can appear in the dust spread by opening and closing windows,” she said.

Other items that potentially cause harm include cosmetics and toiletries such as perfume, hair dye, hair spray and nail polish. Certain plants, too, can cause harm if swallowed, including rhododendron, English Ivy, Lily of the Valley and holiday arrangements such as holly and mistletoe.

“The moment you suspect a problem, call poison control and they will walk you through the proper steps,” said Karlson, adding that parents should not induce vomiting as some poisons can do more harm if they come back up. “That’s why it’s so important to have the poison control number handy. Have it on your refrigerator, bulletin board or in your phone. Every second may count.”
We recognize our most precious resource — the people in our community

Thanks to you, things are getting done. Thanks to you, our community is a better place and the lives of real people are being changed for the better.

Bank of America supports the Asian American Civic Association for helping to make a lasting difference where we live and work. Thank you for being an inspiration to us all.

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