January 25 - February 7, 2013
come and business taxes will be com-
deductions. doubled personal exemptions for tax-
structure. all proceeds going toward transporta-
to 4.5 percent from 6.25 percent, with
tax to 6.25 percent from 5.25 percent at
Mass. governor proposes higher income tax, lower sales tax
can.

color was Sen. Bill Owens. There were no
of the great dream Dr. Martin Luther King
casian or African American, you are part
luncheon, including black, Latino and
Spring Festival. reflected the tradition and spirit of the
organized by Quincy Asian Resources
Chinese Lunar New Year festival —
said Ruth Moy, executive director of
bought by the Greater Boston Chinese
ing. A total of 74 units, including studios
Past its four different exteriors, a new
ing beacon of free trade, open markets,
ed States. “Hong Kong is still that shin
39 current residents will move to
the rule of law.”
ed beacon of free trade, open markets,
ing honored for their hard work,” said

The only bilingual Chinese-English Newspaper in New England
July 21 - August 3, 2017
2017年7月21日 – 8月3日

The Chinatown Main Street Festival took place July 8 at Chinatown Park. (Image courtesy of Valerie Sizhe Li.)

Chinese culture. “Chinatown District constantly maintains 95 percent store-
front occupancy whereas other Boston districts have many empty stores,” he said. “Through promoting tourism, we have seen an increasing number of tour-
ists and visitors from many different countries and states.”

Chinatown Main Street hosts events all year round, including the Chinese New Year Flower Market, Chinese New Year Cultural Village and the Mid-Au-
tumn Lantern Festival. The events are intended to draw younger crowds closer to Chinese culture and have fun.

China town Main Street marks 14th anniversary
BY VALERIE SIZHE LI

Massachusetts celebrates Hong Kong Day
BY LING-MEI WONG

Hong Kong Day took place at the Statehouse on July 11. More than 100
elected officials, trade delegates and community members attended the event
celebrating the 20th anniversary of Hong Kong’s handover to China.
“Hong Kong continues to be suc-
cessful as the premier international
business center in Asia and our econ-
omy has nearly doubled in size over
the past two decades,” said Clement Leung, Hong Kong Commissioner to the Unit-
ed States. “Hong Kong is still that shin-
ing beacon of free trade, open markets,
the rule of law.”

State Rep. Tackey Chan and Rep. Donald Wong celebrated the third Hong Kong Day at the Statehouse, joined by the Asian American Caucus. Chan said,
“It’s a great day to recognize the 20th
anniversary of Hong Kong’s return to
China and the fact that Hong Kong con-
tinues to prosper. ... It’s important to
remind us that we live in a global com-
munity and we’re not alone.”

Chinatown Main Street Festival took place July 8 at Chinatown Park. (Image courtesy of Valerie Sizhe Li.)

Hong Kong Day took place at the Statehouse on July 11. Hong Kong Commissioner to the United States Clement Leung receives a citation from Mass. Gov. Charlie Baker, presented by Tony Richards, director of Community Affairs in the Governor’s office. (Image courtesy of Ling-Mei Wong.)

ChinatownCONDOS TO ADD 51 HOMES ON HUESDEN ST
PAGE 2

What to do when your loved one starts smoking
PAGE 7

頭條新聞
晏臣街華埠公寓提供
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中文第二版

當您的家人開始吸煙時，
您該怎麼辦
中文第六版

HIGHLIGHTS

New Tiong Hill murals hopes to maintain cultural heritage

Asian community revives Jan 15 mural "City of Flowers" in Spring Garden. (Image by Peter Jang.)

健康特刊
HEALTHY LIVING ISSUE

A Chinese folk dance was performed. (Image courtesy of Valerie Sizhe Li.)

Happy New Year!


For more news, please visit Sampan.org
New mural hopes to preserve culture amid gentrification

BY VALERIE SIZHE LI

The "Tied Together by a Thousand Threads" mural was unveiled July 15 at Chinatown’s Phillips Square. (Image courtesy of Valerie Li.)

Asian Community Development Corporation (ACDC) unveiled a community mural titled “Tied Together by a Thousand Threads” on July 15 at Chinatown’s Phillips Square.

Led by ACDC’s youth program Asian Voices of Organized Youth for Community Empowerment (A-VOYCE), the ThinkChinatown project attracted many residents and teenagers to participate in the designing and painting process of the mural. Based on resident Yvonne Ng’s multi-generational experiences living in the neighborhood, the mural artfully portrays many aspects of the development of the community.

“ThinkChinatown first started as an idea box and Yvonne Ng had this idea about some community-based art project for a while,” said Jennie Chang, project manager of ThinkChinatown.

With the help of local artists Shauna Lu and visual artist Shawnie Wen, Ng’s memories of her own community became vividly alive.

“Growing up, I saw all these components on the mural. I would be woken up by the Orange Line every morning. We came here to eat dim sum and shop on weekends. Also my mother used to work as a seamstress in the Garment District. These are the threads that tie our memories all together,” said Ng.

The rapid growth of luxury condo buildings and high-end hotels has been reshaping the landscape of historic Chinatown community. Phillips Square is now home to a vacant building and parking lot. The mural is the vacant building at 15 Harrison Avenue, which will be demolished at the end of the year for a 26-story hotel.

ACDC executive director Angkie Liu said, “It’s important for us to reinforce a sense of identity, a sense of history that is still the Chinatown community. … This is a physical manifestation of their love for Chinatown.”

Chinatown condos to add 51 affordable homes on Hudson Street

BY LING-MEI WONG

Construction at 88 Hudson for 51 condos is ending, with the building’s opening scheduled for November. The site is pictured on July 11. (Image courtesy of Ling-Mei Wong.)

Tenants of Mass Pike Towers stage protest

BY MASS PIKE TOWERS TENANT ASSOCIATION

Tenants from Mass Pike Towers, a 200-unit low-income housing development in Boston Chinatown, staged a protest July 14 with supporters to highlight an ongoing dispute over the tenant association’s right to purchase the tenants’ homes according to a 2000 agreement between Trinity Financial and the Mass Pike Towers Tenant Association.

Tenants were bandanas and held plastic squirt guns to dramatize what they called Trinity’s “highway robbery.” Trinity Financial cited an independent fair market appraisal for that amount, but the tenant association claims the appraisal does not follow the terms of the 2000 agreement. A lawsuit brought by the tenant/non-profit partnership is pending.

Tenant association leader Bill Oranczak explained that the association’s goals are “to preserve affordability in perpetuity and to control any future development on the land, which we believe is important for Chinatown’s future.”

He noted that Trinity Financial sought to build market-rate housing on the Mass Pike Towers property a few years after applicants were Asian. A majority of applicants lived in Boston, with one-third being residents of Chinatown and the South End. Applications are now closed and being income qualified for eligibility. The selection of a tenant buyer marks the end of construction at One Greenway. The 66 Hudson high-rise on Kneeland and Hudson streets was finished in 2015, with 95 affordable rental units and 317 market-rate rentals. One Greenway is 40 percent affordable and LEED Silver certified, reducing its impact on the environment by lowering energy costs.

Tenants took their case to the street, passing out informational flyers to pro-Trinity’s “highway robbery” in front of the developer’s offices.
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, Krege 201 on 2F. A Mandarin chat group will meet Tuesday. RSVP at www.meetup.com/bostonchina/

Free meditation class
Sunday, July 23
10 a.m. to 4:30 p.m.
101 Mystic Avenue
Medford, MA 02155
Free meditation classes will take place Sundays and Thursdays (7 a.m. to 8:30 a.m.; 10:30 a.m. to 12:30 p.m.) at Boston Bodhi Meditation.
People with limited mobility are welcome to join. For more information, call (781) 874-1023.

English for college or job training
Monday, July 24
7:30 a.m. to 8:30 a.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association’s Next STEP program will have information and testing sessions for classes which begin Sept. 5. For more information, call (617) 426-9492 x 250 or email jce@aaacica-boston.org.

Free information clinic
Monday, July 24
10 a.m. to 3 p.m.
275 Hancock Street 2F
North Quincy, MA 02170
Chinese American Citizen Right Alliance will help clients at Quincy Asian Resources Inc. to provide information and referral services to Chinese Americans. For more information, call QARI at (617) 397-0404.

Free yoga class
Every Tuesday
10 a.m.
Symphony Park
Yoga instructor Nicole Ferraro will lead gentle moving and breathing at Symphony Park, on the corner of Edgerly Road and Norway Street. Most of the practice is seated, suitable for individuals in wheelchairs or with limited mobility. In the event of rain, classes will be at Morville House, 100 Nor-way Street.

Winthrop Square open house
Tuesday, July 25
11 a.m. to 12:30 p.m.
Malcolm X Boulevard and Norway Street.

Home buying fair
Saturday, July 29
9:30 a.m. to 10:30 a.m.
120 Shawmut Street
Boston, MA 02118
All are welcome to attend at the BCEC auditorium, the former South Cove Manor location. Refreshments provided. Seminars will be presented in Chinese. For more information, call Terry Yin at (203) 893-7963.

Free tai chi class
Every Thursday
10 a.m.
Symphony Park
Instructor Huan Zhang will lead tai chi at Symphony Park, on the corner of Edgerly Road and Norway Street. All levels welcome. In the event of rain, classes will be at Morville House.

South Cove Manor breakfast seminar
Thursday, July 27
9:30 a.m. to 10:30 a.m.
120 Shawmut Street
Boston, MA 02118
All are welcome to attend at the BCEC auditorium, the former South Cove Manor location. Refreshments provided. Seminars will be presented in Chinese. For more information, call Terry Yin at (203) 893-7963.

NAAAP Boston barbecue
Saturday, July 29
Noon to 4 p.m.
485 Arsenal Street
Watertown, MA 02472
NAAAP Boston will host its annual barbecue at Arsenal Park. Tickets $20 for nonmembers and $10 for members. For more information, visit https://goo.gl/2FXQXq.

East meets West outdoor concert
Saturday, July 29
2 p.m. to 4 p.m.
Chinatown Park
Boston, MA 02111
The Kwong Kow Chinese School and the Chinatown Business Association are pleased to offer a performance series, “East meets West,” that promotes Asian culture and artists.

National Night Out
Tuesday, August 1
1 p.m. to 6 p.m.
Chinatown’s National Night Out will take place at Tai Tung Village.

National Night Out
Tuesday, August 1
8 p.m.
South End’s National Night Out will take place at Castle Square.

Free immigration clinic
Wednesday, August 2
Noon to 2 p.m.
1 City Hall Square
Boston, MA 02201
The Mayor’s Office for Immigrant Advancement offers free private immigration clinics at the Boston City Hall Plaza 806. For interpreters other than Spanish, please call at least one week in advance at (617) 635-2980.

Chinatown Resident Association meeting
Wednesday, August 2
6:30 p.m.
385 Washington Street
Boston, MA 02111
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend.

Boston August Moon Festival
Sunday, August 13
10 a.m. to 6 p.m.
Chinatown Gate
The annual Chinatown August Moon Festival will take place at the Chinatown Gate.

Quincy August Moon Festival
Sunday, August 20
Coddington Street Quincy, MA 02169
The annual Quincy August Moon Festival will take place in Downtown Quincy. For more information, visit www.quincyresources.org.

Films at the Gate
August 25 to August 27
5:30 p.m. to 8 p.m.
Chinatown Gate
The annual Films at the Gate free movie screenings will take place at the Chinatown Gate.

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Proposed Chinatown library to offer community space

BY SARA BROWN

The Chinatown community discusses the possibility of a library branch on July 18 at the Josiah Quincy School for a second planning meeting.

Planning firm Miller Dyer Spears conducted a study to offer recommendations on what the library and reported some of the results to the community. They met with the public, held several focus groups and had an online survey to see what they Chinatown community wanted in a library.

They had 350 responses to the online survey. Of the respondents, 34 percent lived in Chinatown while 30 percent lived in downtown, South End or Back Bay.

Many respondents said they had felt the loss of not having a library since 1956. They said they would want to have the library be a central space for the community. Many said there are many organizations serving the community, but it can be confusing to know where to go to for what services. They felt the library could be the central point of where to get information on the community.

It will most likely take years for a branch to open in Chinatown, as the city needs to find funding and a permanent location. The closest location, the Central library, is less than two miles away from Chinatown. The Boston Public Library nearly closed four branches in 2010, due to state and city shortfalls. However, Boston has committed resources for creating a temporary library at China Trade Center by the end of the year.

Chinatown student wins BC High awards

BY BOSTON COLLEGE HIGH SCHOOL

Mingsley Jiang of Chinatown, a 2017 graduate of Boston College High School, was named a National Merit Program Commended Student at a Senior Assembly. He plans on attending Northeastern University in the fall.

Mingsley Jiang of Chinatown, a 2017 graduate of Boston College High School, who graduated with Academic Honors and as a member of the National Honor Society, was named a National Merit Program Commended Student at a Senior Assembly, a time set aside by the school to celebrate and reward its seniors. He plans on attending Northeastern University in the fall.

Boston College High School is a Jesuit, Catholic, college-preparatory school for young men in grades 7 to 12. Founded in 1863, the school enrolls approximately 1,600 students from more than 140 communities in eastern Massachusetts. For more, visit www.bchigh.edu.

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Serving the community since 1972
The Chinatown/South Cove Neighborhood Council met July 17 at the Chinese Consolidated Benevolent Association. Qian “Jeric” Wang will take over Empire Garden, pictured in 2010. (Image courtesy of Stephen Kennedy.)

The council voted to support Wang’s change of ownership and his application.

“We hope to open as soon as we can,” Wang said.

The council supported Wang’s change of ownership and his applications for food, alcohol and entertainment licenses.

Empire Garden owner Qian “Jeric” Wang will reopen the business once he has transferred licenses and permits from the previous owner David Wong. The dim sum restaurant has been closed since June. Wang is also the owner of Joy Luck Hot Pot Restaurant and the Jia Ho Supermarket.

“We hope to open as soon as we can,” Wang said.

The council voted to support Wang’s change of ownership and his applications for food, alcohol and entertainment licenses. National Night Out in Chinatown will take place August 1 at Tai Tung Village, with the council organizing the event. CNC elections will take place Nov. 26. The councilors at the end of their term limits are Man Ho Chan, Richard Chin, Paul Lee, Bill Moy, Patty Moy and Ruth Moy. There are 21 council seats, with councilors elected to three-year terms and a third up for election each year. Kenneth Bennett, former council member and funeral home director, passed away on July 14. A Mass will be held on July 22 at St. Cecilia Parish.

Chinese culture troupe performs at Stonehill College

BY THE JADE RIVER DANCE TROUPE

The Jade River Dance troupe performed July 10 at Stonehill College. (Image courtesy of Jade River Dance.)

The Jade River Dance troupe performed July 10 at Stonehill College. About 400 attendees participated in the invitational event.

The troupe performed Chinese songs, traditional instruments and cultural dances. A male-female duo, “Song of the Dragonboat,” was deemed one of China’s finest folk songs, sung between two young people and their admirer rowing a dragonboat.

Grace Cai performed two songs on the Chinese dulcimer, including “The Butterfly Lovers” and “The Red Flower Blooms.” Finally, the dancers combined Spanish flamenco dancing with Chinese elements.

Milton Affordable Housing
Woodmere at Brush Hill
865 Brush Hill Road, Milton, MA

This is a lottery for the 4 affordable homes available at Woodmere at Brush Hill. These homes will be sold at affordable prices to households with incomes at or below 80% of the area median income. It is anticipated that the first affordable homes will be ready Fall/Winter of 2017.

Applicants and Info Packets also available at: Milton Public Library (476 Canton Ave) Hours: M- W, 9-9, Th 1-9, F 9-5:30, Sa 9-5, Su 1-5

For more information on the Development, the Units or the Lottery and Application Process, please visit: www.s-e-b.com or call 617.782.6900 (press 2 for homeownership and then press x1).

Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm September 6th, 2017. A Public Information Session will be held on August 2nd at 6 pm in Milton Public Library (476 Canton Ave). The lottery will be on September 27th, 2017 in the same location.

Applications and Info Packets also available at: Milton Public Library (476 Canton Ave) Hours: M- W, 9-9, Th 1-9, F 9-5:30, Sa 9-5, Su 1-5

Asian Task Force Against Domestic Violence co-executive directors Dawn Sauma and Cristina Ayala received a grant from the Cummings Foundation on June 8 in Woburn. (Image courtesy of ATASK.)

The $100K for 100 Program supports nonprofits that are not only based in but also primarily serve Middlesex, Essex and Suffolk counties. This year, the program is benefiting 35 different cities and towns within the Commonwealth. ATASK’s mission is to prevent domestic violence in Asian families and communities and to provide hope to survivors.

ATASK receives grant from Cummings Foundation

BY ASIAN TASK FORCE AGAINST DOMESTIC VIOLENCE

Asian Task Force Against Domestic Violence (ATASK) is one out of 100 local nonprofits to receive a grant of $100,000 through Cummings Foundation’s “$100K for 100” program. The Boston-based organization was chosen from a total of 549 applicants during a competitive review process.

ATASK is the only domestic violence agency in New England that provides services to the pan-Asian population. Funds from the Cummings Foundations will be used to support the Asian Shelter and Advocacy Program, which includes emergency shelter, advocacy and case management, legal services, ESOL classes, and education and outreach programs.

Representing ATASK, Dawn Sauma and Cristina Ayala, co-executive directors, joined approximately 300 other guests at a reception at TradeCenter 128 in Woburn to celebrate the $10 million infusion into Greater Boston’s nonprofit sector. With the conclusion of this grant cycle, Cummings Foundation has now awarded more than $170 million to local nonprofits alone.

“We are incredibly grateful to the Cummings Foundation for believing in and supporting ATASK,” said Ayala and Sauma in a prepared statement. “This grant comes at a critical time, and will help us meet the increased demand for services we are currently experiencing.”

The $100K for 100 Program supports nonprofits that are not only based in but also primarily serve Middlesex, Essex and Suffolk counties. This year, the program is benefiting 35 different cities and towns within the Commonwealth. ATASK’s mission is to prevent domestic violence in Asian families and communities and to provide hope to survivors.

Chinese culture troupe performs at Stonehill College

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The Jade River Dance troupe performed July 10 at Stonehill College. (Image courtesy of Jade River Dance.)

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The troupe performed Chinese songs, traditional instruments and cultural dances. A male-female duo, “Song of the Dragonboat,” was deemed one of China’s finest folk songs, sung between
BCNC names new board president, recognizes Selina Chow

BY BOSTON CHINATOWN NEIGHBORHOOD CENTER

Boston Chinatown Neighborhood Center (BCNC) welcomed new board president, Eugene Mahr, at its annual meeting held at the Pao Arts Center on June 28. (From left) Giles Li, Joanna Chow, Selina Chow. (Image courtesy of Ethiopiah Al-Mahdi.)

Mayor Martin J. Walsh hosted the “Municipal Leaders for Immigrant Advancement: Stronger Communities for All” summit at the Edward M. Kennedy Institute for the United States Senate on June 29. (Image courtesy of the Mayor’s Office for Immigrant Advancement.)

Mayor Walsh convenes municipal leaders to reaffirm commitment to supporting immigrant communities

BY THE MAYOR’S OFFICE FOR IMMIGRANT ADVANCEMENT

Mayor Martin J. Walsh hosted the “Municipal Leaders for Immigrant Advancement: Stronger Communities for All” forum at the Edward M. Kennedy Institute for the United States Senate on June 29, a summit that brought together municipal government officials and advocates to share and explore local policies and programs that support immigrant communities.

As part of the summit, leaders of 10 cities and towns throughout Massachusetts signed a joint proclamation affirming their support of immigrant communities living in their jurisdictions and recognizing June as Immigrant Heritage Month. This proclamation asserts common principles for the municipalities of Massachusetts and remains open for additional signatories.

“America has always been a nation of immigrants and Massachusetts a commonwealth of immigrants, and we will remain so,” Walsh said. “Today we are joined together as leaders of cities and towns in Massachusetts to reaffirm our commitment to being welcoming communities, to lift up the great work each of us is doing in support of immigrant residents, and to make space for collaboration and the sharing of best practices moving forward. As local leaders we have a duty to act on behalf of the communities we serve, and when we come together, we have the ability to forge regional and national solutions.

The proclamation signing was followed by a panel moderated by Marcela Garcia of the Boston Globe. Somerville Mayor Joseph Curtatone and Chelsea Police Chief Brian Kyes offered their perspectives as local government officials. Ivan Espinosa-Madrigal, Executive Director of the Lawyers’ Committee for Civil Rights, and Irasema Garza from Oxfam America, discussed the potential of cities and towns to impact national policies and discourse related to immigrants.

Affordable Housing Lottery

Taj Estates Phase 1
1779 Central St, Stoughton, MA

1BRs @ $1,329*, 2BRs @ $1,560*

*Rents subject to change in 2018. Utilities not included. Tenants will pay own Gas Heat, Hot Water Electric Cooking, Electricity and Water and Sewer.

Taj Estates is a 179 unit rental apartment community located in Stoughton. 17 of the 67 apartments being built in the first phase are affordable apartments that will be made available through this application process. The community features an expansive 4,500 square foot clubhouse and leasing center with kitchenette, lounge, fitness center, and conference room. Outdoor amenities include landscaped courtyard with tile flooring that resembles hardwood throughout. All units contain full size washer and dryers. MAXIMUM Household Income Limits:

- $54,750 (1 person), $62,550 (2 people), $70,350 (3 people), $78,150 (4 people)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on September 7th, 2017.

A Public Info Session will be held on July 31st, 2017 at 6:00 pm in the Stoughton Senior Center, 110 Rockland Street. The Lottery will be held in the same location on September 25th at 6 pm.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-h.com/lottery or call (617) 782-6900 (t1) and leave a message. For TTY Services dial 711. Free translation available.

Applications and Information also available at the Stoughton Public Library on 529 Washington Street. Library Hours (M-Thurs 9-9, Fri 9-5, closed Sa & Su)

Chinatown crime for July 8 to July 21

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from July 8 to July 21 for District A-1, which includes Chinatown.

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

Breaking and entering
July 8, 12:30 a.m.: The victim reports unknown person broke into the business located on Beach Street.

Assault and battery
July 8, 11:17 p.m.: The caller reports his father was assaulted on Kneeland Street by an unknown suspect.

Aggravated assault
July 8, 3:22 a.m.: The two suspects were placed under arrest for kicking and biting the officers. The incident took place on Washington Street. The officer was transported to the hospital for treatment of a human bite.

Forgery
July 10, 02:34 a.m.: The victim reports the suspect paid the bill at the restaurant with a counterfeit $100 bill. The suspect placed under arrest and transported to the station for booking.

Trespassing
July 11, 11:28 p.m.: The suspect was placed under arrest on Essex Street for trespassing. He was in an area where a no trespassing sign was posted.

Prostitution
July 19, 7 p.m.: Members of the Human Trafficking Division arrested eight males for soliciting sex for a fee. The males were arrested on Pine Street.

Learn Chinese
Swimming

游水
yóuyǒng
What to do when your loved one starts smoking

BY SARA BROWN

If your family member starts to smoke, do not nag him or her. Knowing that you care will give them extra reassurance to stay away from cigarettes. (Image courtesy of cznyn_hand for Adobe Stock.)

When a loved one starts smoking, it can be a hard thing to deal with emotionally. Everyone wants their loved ones to live happy and healthy lives and smoking obviously go against that.

However, there are some tips on how to handle that situation.

According to the American Cancer Society, one of the most important things to remember is that ultimately the smoker is in charge of their life. What they decide to do or not to do is on them and you cannot control their lifestyle choices.

However, if they do come to you asking help to quit then feel free to give your advice. Ask them regularly how they are doing and feeling if they are trying to quit. Knowing that you care will give them the extra reassurance they need to stay away from cigarettes.

If your loved one is quitting, do let them eat candy or suck on straws to help them with their cravings. Having these things around will help them when they are wanting to smoke. However, sometimes people slip up and relapse and smoke again. Do not nag or make that person feel guilty for slipping up. These things happen. However, do remind them how long they went without a cigarette before and that they can do it. Remind them that you are there for them and will help in whatever way you can.

If your loved one shows no signs of quitting then have a conversation with them. Ask them why they like to smoke and why they don’t want to quit. Being able to have an open and honest conversation with them will make them feel comfortable around you. If they ever do decide to quit, they might come to you for help because of this.

Also, without guilt tripping them, bring up things in their life they might want to quit for like children or other family members. Maybe tell a story about how someone you knew quit recently even though they thought they never could. These will be good encouragements that they too can quit.

Boston Medical Center, Head Start partner to prevent maternal depression

BY BOSTON MEDICAL CENTER

Boston Medical Center (BMC), in partnership with Action for Boston Community Development’s (ABCD) Head Start program, has helped prevent maternal depression by making screenings and effective interventions more accessible. The five-year study, which screened more than 2,200 mothers for their depression risk within Head Start locations in the Boston area, was the first to use lay health workers to deliver a depression prevention intervention within a community-based agency. The study, published in JAMA Psychiatry, could also help shape public health policy for improving mental health outcomes for both adults and children.

Maternal depression affects approximately 12 million women in the United States each year. It also disproportionately impacts low-income and minority women, so the work by the U.S. Department of Health and Human Services found that depression impacts almost half of all Head Start mothers. Depression not only impacts mothers, but their children and families as well. Children of depressed mothers are two to three times more likely to develop a mood disorder, and they are at increased risk for impaired cognitive, social and academic functioning, and poor physical health, according to the Encyclopedia of Early Childhood Development. Preventing depression in mothers therefore has implications for both generations.

In 2009, the Institute of Medicine called for initiatives to take place in community-based venues capable of providing services for both adults and children. Head Start, a national, federally-funded early learning program that addresses the needs and provides services for approximately one million low-income families each year, is one such venue.

A lay health worker, according to the World Health Organization, is someone who performs functions related to health care delivery and is trained in the context of an intervention, but has not received a formal professional or paraprofessional certificate. BMC trained and certified 15 lay health workers to deliver a brief intervention called Problem Solving Education (PSE) in the context of a family’s Head Start services. This randomized-control trial assessed the impact of six sessions of PSE as a brief intervention, which included problem solving, depressive symptom monitoring and referral to further treatment when necessary. These sessions were completed at home visits or in Head Start centers.

Mothers who went through PSE sessions experienced a 40 percent reduction in the emergence of clinically significant depressive symptom episodes. Among the subpopulation whose initial screening indicated low depressive symptom levels, after they went through PSE sessions, they experienced a 61 percent reduction. “Our novel approach to depression as a preventable illness, and to harnessing the ability of Head Start to reach vulnerable families in a community setting, has allowed us to truly make an impact on preventing maternal depression or on stopping low-level symptoms from getting worse,” said Dr. Michael Silverstein, BMC’s associate chief medical officer for research and population health.

Parents are typically deeply involved in the Head Start program, as it offers a high level of interpersonal attention; its typical services are regular family needs assessments, home visits, parenting groups, referrals to other services, and assistance with accessing community resources for food, job training, and housing.

“ABCD Head Start is a gold standard early education and care program that supports our children’s education and overall well-being. It encourages positive growth, especially to disadvantaged and poverty-stricken families by providing nutrition, health screenings, and social services,” said John Drew, ABCD president/CEO. “This study with BMC addresses a huge need for our families. In our centers here in Boston, and in Head Start programs nationally, maternal depression is an overwhelming problem. It keeps our children and families from realizing their full potential.” Drew added.

“Over the years we have done a lot of important work with Dr. Silverstein involving maternal mental health, and the development of a regional Head Start research network,” said Yvette Rodriguez, ABCD vice president of Head Start and Children Services. “Together, we have collaborated to be a part of a randomized trial for a maternal depression prevention program involving Problem Solving Education.” During this study, we realized that more Head Start mothers than originally expected met criteria for major depressive episode, and we developed an engagement intervention using the principles of the Engagement Interview.

Family Connector Needed

As a family-centered organization, BCNC is to ensure that the children, youth, and families we serve have the resources and supports they need to achieve greater economic success and social well-being.

Position Summary: Family Connector (Full-time, 37.5 hours/week, w/benefits)

The Family Connector is primarily responsible for coordinating case management, facilitating parent education and parenting classes, providing classroom observation, consultation, and supports the creation of an intervention plan as needed. The Family Connector will also provide trainings for BCNC program staff. This position reports to the Director of Family & Community Engagement.

Skills and Experience Required:

• B.A. required; Master in social work, psychology or counseling preferred and at least 1-3 years of related experience in case management. Bilingual in English/Cantonese/ Mandarin.

• Experience working with families from Department of Children and Families; and families with and/or without disabilities

• Strong interpersonal and communication skills & group facilitation skills

• Excellent organizational skills and ability to manage multiple tasks in a fast-paced environment

• Proficiency in Windows environment, MS Office and related applications.

To apply: email cover letter & resume to jobs@bcnc.net.

BCNC is an equal opportunity employer. Resumes accepted until position filled.
As we spend more time outside during summer in New England, it is important to think about sun safety, said Dr. Diana de Leon, a dermatologist at Cambridge Health Alliance, an academic community health system serving Cambridge, Somerville and Boston’s metro-north communities.

Unprotected sun exposure resulting in blistering sunburns in childhood greatly heightens the chances of malignant melanoma in adulthood. Melanoma is a potentially lethal form of skin cancer that has become increasingly common in the United States. Sun exposure also causes other forms of skin cancer as well as age spots and wrinkles, even in dark-skinned individuals.

“Both children and adults need to practice sun safety,” said Dr. de Leon. Reduced exposure to direct sunlight from 10 a.m. to 4 p.m. is important, as is access to shade, particularly for children. Ultraviolet-block sunglasses and protective clothing, including worn brimmed hats and visors and loose-fitting long-sleeved shirts and pants, also help. “Don’t use tanning beds or sunlamps. The skin color of health is pale, not tan,” she added.

Sunscreen is vital in reducing sun exposure, even on cloudy days, and should be reapplied every two hours while swimming or exercising. Dr. de Leon suggests a brand that has a sun-protection factor of 30 or more and protects against both UVA and UVB rays. The best include avobenzone, octocrylene and ecamsule. “Check the label for protection against UVA1, UVA2 and UVB,” she advised. “Also, it’s now possible to buy bulk sunscreen in larger pump bottles to have at the pool or the playground.”

Additionally, most sunscreen products have an expiration date, often in two years, so check the expiration date on a bottle from last year to make sure that it is still good,” she said.

Though much research supports the benefits of vitamin D, which is generated by sunlight, there is no proof that sunblocks cause low vitamin D. “In the Northeast, it’s hard to get enough vitamin D year-round from our low sun any how,” explained Dr. de Leon. “Ask your doctor about a vitamin D supplement.”

Finally, Dr. de Leon recommends keeping an eye on your moles, namely those that are asymmetric with irregular edges and uneven color, especially if they are growing, changing shape or bleeding and causing sores.

CHA is a Harvard Medical School teaching affiliate and is also affiliated with Harvard School of Public Health, Harvard School of Dental Medicine and Tufts University School of Medicine. It has expertise in primary care, specialty care and mental health/substance use services, as well as caring for diverse and complex populations.

For more information, visit www.challiance.org.

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**Seniors learn about youth mental stress**

**BY SOUTH COVE MANOR**

South Cove Manor Nursing and Rehabilitation Center had a breakfast seminar on June 29 at Boston Chinese Evangelical Church. (Image courtesy of South Cove Manor.)

South Cove Manor Nursing and Rehabilitation Center had a breakfast seminar on mental health June 29 at Boston Chinese Evangelical Church. (Image courtesy of South Cove Manor.)

Mental health is an important concern for senior residents as they face the challenges of aging. The seminar, which featured a talk on mental health and wellness, provided an opportunity for senior residents to learn about mental health issues and the available resources to support their well-being.

Signs and symptoms of mental health problems include chest pain, shortness of breath, dizziness, headache, sweating, or trembling. Other symptoms of emotional distress may include depression, anxiety, substance abuse, severe mental illness and a food disorder.

**Risks factors**

There are several risks factors for mental health problems. Previous trauma, abuse or anxiety are among them. Other factors include learned behavior, a chemical imbalance, substance abuse, seasonal changes, previous or existing mental conditions, ongoing stress, side effects of medications, chronic pain and brain injury.

There are several ways to lessen mental health risk factors. They include a healthy life, good self-esteem, strong problem-solving skills, avoiding alcohol and tobacco, family support, supervised activities, strong social support, economic security and community relationships.

**First aid**

There are many forms of treatment and therapy for someone experiencing mental health problems. "Check the markings on the bottle or your medication and take them only as directed," Dr. de Leon advised. "If you are experiencing problems, ask your doctor or other health professional for help."

She also emphasized the importance of staying active, eating well, getting enough sleep, and maintaining a healthy relationship with others. "It’s important to talk about your feelings and ask for help when you need it," she said.

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**Cambridge Health Alliance shares sun safety tips**

**BY CAMBRIDGE HEALTH ALLIANCE**

Cambridge Health Alliance shares sun safety tips at a seminar on July 29, 2017. (Image courtesy of the Alliance.)

Dr. Dianne de Leon, a dermatologist at Cambridge Health Alliance. (Image courtesy of Cambridge Health Alliance.)

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**East meets West Cultural Performance**

July 29, 2017, 2 – 3 p.m.

**The Kwong Kiu Chinese School and the Chinatown Business Association are pleased to offer a performance series, “East meets West”, that promotes Asian culture and artists at the Chinatown Gate Park on The Greenway.**

On July 29th, 2 – 3 p.m. join us for an afternoon of classical music with Boston’s very own pianist Angela Kim of the New England Conservatory and violinist Megumi Stoh-Lewis who will be performing music by Brahms, Kreisler, and more.

As participants enjoy the music, they will also have the opportunity to see the intricate work of Chinese paper cutting, a traditional art form that has been passed down through generations. Visitors will also be able to explore the rich cultural heritage of China through the exhibits set up at the park.

This event is open to the public and is free admission. The Kwong Kiu Chinese School and the Chinatown Business Association hope that the event will be a great way for people to learn more about Chinese culture and music.

The performance will take place at the Chinatown Gate Park on The Greenway in Boston. The park is located at the intersection of Tremont Street and Joy Street.

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**July 21, 2017**

**Sampan**

**Health**
Misa Kuranaga nominated for dance award

BY BOSTON BALLET

Boston Ballet principal dancer Misa Kuranaga danced as Princess Aurora in "The Sleeping Beauty" with Pauloo Arrais. Kuranaga was nominated for the prestigious Benois de la Danse award, "It is truly an honor to return and share the stage with some of my most talented peers for one of the highest honors in ballet. This will be my third time dancing on the Bolshoi Theatre stage. I performed there when I was a young dancer."

Kuranaga, born in Osaka, Japan, began her training at the Jinushi Kaoru Ballet School and later continued at the School of American Ballet. In 2001, Kuranaga joined San Francisco Ballet as an apprentice after winning the professional scholarship award at the Prix de Lausanne. In 2003, Kuranaga was offered a corps de ballet position at Boston Ballet. She quickly rose through the ranks after performing the Sylph in August Bournonville’s “La Sylphide” as a corps member. She was promoted to second soloist in 2005, soloist in 2007, and to principal dancer in 2009. She has received critical acclaim with the Company for her portrayal of Odette/Odile in Mikko Nissinen's “Swan Lake,” as well as for the role of Juliet in Cranko’s “Romeo & Juliet.”

"We are very proud that Misa has received this recognition," said Boston Ballet artistic director Mikko Nissinen.

Restaurant review: Dig Inn

BY SARA BROWN

Dig Inn recently opened on Washington Street and is providing Boston residents with delicious vegetable-friendly meals.

Dig Inn is a restaurant inspired by the seasons and the act of cooking. Patrons can expect classic recipes with lots of vegetables, expertly prepared, and sourced mindfully from farmers and producers the store knows and trusts. Whether you’re looking for whole grains, naturally-raised meats, or fresh veggies, it’s got a bowl to top it off, it is a healthy way to eat mac and cheese, which makes every bite so much more delicious. All of the items on the menu are affordable and fair. It can sometimes be hard to find an establishment in the city that offers reasonable prices for high-quality food. All of the dishes are healthy and would be a fun way to introduce vegetables to children.

The atmosphere at Dig Inn is inviting and welcoming. Staffers are friendly and professional. They also know the menu well and are willing to offer suggestions on what to try next.

"The atmosphere at Dig Inn is inviting and welcoming. Staffers are friendly and professional. They also know the menu well and are willing to offer suggestions on what to try next," said Misa Kuranaga.

"She works hard on every role with Boston Ballet and there’s no doubt she deserves it."

The Prix Benois de la Danse celebrates its 25th anniversary this year. The program aims to unite and recognize some of the best dancers, choreographers, and other artists of the ballet world. Winners are selected by an international jury of some of the most influential personalities in ballet. This year, the jury consists of past laureates, including Boston Ballet Resident Choreographer Jorma Elo, who won the prize for best choreography in 2010 for his production of A Midsummer Night's Dream commissioned by Vienna State Opera Ballet and Slice to Sharp for the Stanislavsky Music Theatre.

"Being nominated for a Benois de la Danse award is an incredible honor for an artist," said Elo. "It is considered the ‘Oscars of dance,’ and it is a privilege to serve on the jury as well. I received the prestigious award in 2010 for the best choreography. This year’s nominees represent some of the top talent from across the globe coming together to celebrate”
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