**Back-to-campus time and money saving tips**

**BY STATEPOINT**

With the back-to-school season gearing up, getting the kids prepped and ready for a successful academic year can quickly add up.

Discount retailer Dollar General is sharing tips to make the experience easier and more affordable.

**Use the list**

Schools usually provide supply lists to ensure the classroom is well-stocked and students have what they need for the year. To ensure you are getting exactly what your student needs, take some time to review classroom necessities before making purchases.

**Tax-free weekends**

Several states and localities offer tax-free weekends prior to the start of the new school year. Tax-free items include school and office supplies, backpacks, lunch boxes, clothes and some electronics. Take full advantage of the savings opportunity when shopping online or at local retailers, for supplies ranging from folders, pencils, pens, notebooks and binders, to backpacks, lunch coolers and clothing basics.

**Think outside the lunchbox**

Back-to-school also means back to making early morning breakfasts and packing lunches and snacks. Stock up on easy school meal needs, from bread, eggs and cereal to peanut butter, jelly and chips. To feed your hungry students, find quick and delicious meal ideas at DGMeals: www.dg.com/easymeals.

**Save time and money online**

No more time wasted in traffic. No more extra expense at the pump. Online ordering is a great way to save money, gas and time while having all your school and home supplies just a click away.

Back-to-school is back again. But if you shop smart, you can send your students to the classroom with quality supplies and the latest fashions, conveniently and affordably.

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**Films at the Gate screens kung fu films under night sky**

**BY THE SAMPan EDITORIAL TEAM**

Asian Community Development Corporation staff and volunteers welcome viewers on August 29 at the Chinatown Gate. (Image courtesy of Arturo Gossage.)

The 10th Films at the Gate film festival took place from August 28 to 30 at the Chinatown Gate, hosted by community developer Asian Community Development Corporation (ACDC). A block party took place August 27 at the Hudson Street empty lot.

Every summer, Chinatown Park beside Boston’s Chinatown Gate becomes a free, outdoor theater, showing kung fu Chinese-language films under the stars. The August 27 block party was filled with interactive games and activities, before the sunset screening of “9-Man,” an award-winning documentary about nine-man volleyball.

Cultural arts performances began at 7 p.m. from August 28 to 30, followed by feature films in Chinese with English subtitles at sunset. Wah Lum Kung Fu and Tai Chi Academy kicked off opening night on August 28, before the screening of Stephan Chow’s “Shaolin Soccer.” Duoist Gate Wudang Arts performed on August 29, when “Drunked Master” was screened. Finally, Bow Sim Mark Tai Chi Arts Association gave the final martial arts demonstration before “Iron Monkey” played. The film stars Boston-raised Donnie Yen, son of Bow Sim Mark and Clyster Yen.

Started in 2006 as a small event in an empty Chinatown lot, Films at the Gate has grown to become the one of the largest public gathering for arts in Chinatown. The 2015 outdoor film festival was sponsored by The Drucker Company, East Boston Savings Bank, Tufts Medical Center, Tufts University’s Tisch College and Barbara Why.
Fitchburg Mayor Lisa Wong’s husband running for Holyoke mayor

BY LING-MEI WONG

Anthony Soto, husband of Fitchburg Mayor Lisa Wong, campaigned to be Holyoke’s next mayor on August 25 at Empire Garden. “Anthony will expand community policing and programs, especially for our youth, just as he did while on the boards of Head Start and the Holyoke Medical Center,” Soto said in a prepared statement.

Soto is a Holyoke city councilor for Ward 2. He and Wong got married last November. As elected public officials, they had to maintain separate homes to fulfill residency requirements.

Wong will complete her fourth term as Fitchburg mayor in January 2016 and announced April 22 she was not seeking reelection after eight years. She planned to spend more time with family and will not consider running for public office in the near future.

Soto runs against incumbent Mayor Alex B. Morse, along with Fran O’Connell, who owns O’Connell Care at Home. The candidates face off in the primary election on Sept. 22, with only the top two finishers moving on to the general election in Nov. 3.

Shojo celebrates third anniversary with Chinatown block party

BY ELLEN DUONG

Shojo, a trendy bistro serving modern Asian cuisine, celebrated its third anniversary with its annual Chinatown block party on August 23. The event, co-hosted by Laced Boston, KC Arts, Floor Lords and other local groups, was well attended despite the possibility of rain, attracting many passersby to stop by the Greenway at the Chinatown Gate.

The block party was packed with activities and entertainment that were fun and family friendly. DJ Dex from Team Jerk Big City 101.3 FM provided a constant stream of upbeat music, while members of Floor Lords showed off their break dancing flair, garnering cheers from the crowd. Easily the main attraction of the event, Floor Lords hosted a children’s class as well as two break dancing competitions during the party.

Art, food and giveaways were other attractions of the event. Artists from KC Arts painted on blank canvases, openly sharing their creative processes with the guests. Hungry guests enjoyed several varieties of wood-fired pizza from the Stoked Pizza food truck. Reserve had free giveaways for their online restaurant reservation service, while Kicks Are Us raffled off a pair of sneakers worn by Celtics shooting guard James Young.

The Shojo block party’s dancing, music and food made for a fun-filled and energetic Sunday afternoon. Shojo is at 9 Tyler Street, Boston, MA 02111.

Local Chinese seniors stay active with dance, tai chi and yoga

BY KIM SIT

Local Chinese seniors stay active with dance, tai chi and yoga

BY KIM SIT

Anthony Soto campaigned to be the next mayor of Holyoke on August 25 at Empire Garden. (Left to right) Guo Xian, Chinese Consolidated Benevolent Association president Hung Goon, Chelsea city councilor at-large Calvin Brown, Soto, Mass., treasurer Deb Goldberg and Fitchburg Mayor Lisa Wong. (Image courtesy of Ling-Mei Wong.)

The Shojo block party gets underway with live dancing and music on August 23 at the Chinatown Park. (Image courtesy of Ellen Duong.)

The Phoenix Toward the Sun Singing and Dancing Group are residents of the Roxbury Tenants of Harvard Association (RTHA), pictured with RTHA executive director Karen Gately (fourth from left). The group members schedule daily activities including tai chi, singing, yoga, qi gong, ballroom dance and traditional Chinese dances. (Image courtesy of Kim Sit.)
Event Calendar

2:30 p.m. to 5 p.m. 600 Washington Street, 4F Boston, MA 02111 The New American Integration Program is looking for adult ESL students to participate in a free three-week intensive afterschool ESL class taught by AmeriCorps members training to be ESL teachers. Classes are Monday to Friday. Register with Lucy at (617) 982-6865 or email at ljw226@englishfornewbostonsians.org.

Parenting Journey workshop Friday, Sept. 18 9:30 a.m. to 11:30 a.m. 38 Ash Street Boston, MA 02111 The Parenting Journey 10-week program develops parents into nurturing individuals. The program will be at the Boston Chinatown Neighborhood Center. Register with Shixin Su before Sept. 11 at (617) 635-5129 x 1071, shixin.su@bcnc.net or fax (617) 292-6599.

Kite and Cultural Festival Sept. 19 to 20 10 a.m. to 4 p.m. Pope John Paul II Park Manchester 5:00 p.m. to 7:00 p.m. The 13th East Meets West Kite and Cultural Festival will feature outdoor activities and kite-flying. For more information, call (774) 365-2225 or visit www.emw21.com.

Back to School Fair Saturday, Sept. 19 1 p.m. to 5 p.m. 180 Mt. Vernon Street Boston, MA 02112 The second annual Boston Teachers Union Back to School Fair for Boston Public Schools families will have music, activities and free books. For more information, visit http://htu.org/events/backtoschool.

Asian American Day Sunday, Sept. 20 1 p.m. to 11 p.m. 1 Burlington Mall Road Burlington, MA 01803 The Fifth Asian American Day will take place at the Boston Marriott Burlington. Tickets are $60, available at http://asianamericanaday.eventbrite.com.

Chinese Women’s 75th Anniversary Dinner Sunday, Sept. 20 8:00 p.m. to 10:00 p.m. 690 Washington Street Boston, MA 02111 The Chinese Women’s Association of New England will celebrate its 75th anniversary at Empire Garden. Individual tickets $50 each. For more information, contact Fung Ming Lee at (617) 291-2357 or Ruth Moy at (617) 357-0226.

Young Leaders Symposium Thursday, Sept. 24 6:00 p.m. to 9:00 p.m. 100 Morrissey Boulevard Boston, MA 02123 This free event will introduce young adults to leadership and service in the public and private sectors at the UMass Boston Ryan Lounge. Dinner and refreshments will be served. RSVP at http://bit.ly/1Jrkz1L.

Inner City Capital Connections program Thursday, Sept. 24 Federal Reserve The tuition-free program will help minority-owned, immigrant-owned and women-owned businesses learn how to grow and how to access capital. Businesses can apply at: www.icic.org/connections/nominations-and-applications.

Oak Street Fair Saturday, Sept. 26 11 a.m. to 2 p.m. 885 Washington Street Boston, MA 02111 The Oak Street Fair will be a day of fun, games and activities for children and families at the Josiah Quincy School play-ground. It also provides health and dental screenings.

Lantern Festival Saturday, Sept. 26 Noon to 8 p.m. Greenway at Chinatown Gate The Lantern Festival features lion dances, food vendors and family activities.
Chinatown high school student awarded science college scholarship

BY VERTEX

Vertex and the University of Massachusetts (UMass) announced the recipients of the annual Vertex Science Leaders Scholarship, a four-year school to pursue their education in science, technology, engineering and math (STEM) at any UMass campus. The annual scholarship is part of a broad program developed by Vertex to enhance STEM education for Boston’s youth.

This year’s recipients are two students from Excel High School. Cankang Wu plans to study engineering at UMass Amherst. Cankang emigrated with his family from China and will be the first to attend college. As a child he developed an early interest in engineering and technology after spending his days at his father’s wood-processing factory.

Gladynel Baez will attend UMass Boston to study biology and has aspirations of becoming a doctor. She was inspired to pursue a career in science after losing two aunts and her grandfather to cancer and spending time in Vertex’s Learning Lab.

“Vertex is committed to developing the next generation of scientific leaders by sparking and fostering an early interest in science,” said Jeffrey Leiden, chairman, president, and CEO of Vertex.

“Our programs fill an important need for college students who are part of the Bottom Line’s scholarship recipients,” said Wasserman, Massachusetts executive director.

for Bright Futures

The Bottom Line’s Annual Success Send-Off Event took place on August 19 at Vertex headquarters. (L to R) Jeffrey Leiden, chairman, president and CEO of Vertex; Cankang Wu, Vertex Science Leaders Scholarship recipient. (Image courtesy of Vertex.)

Chinatown crime blotter for August 21 to Sept. 4

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from August 21 to Sept. 4 for District A-1, which includes Chinatown.

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

Threats

August 28, 1:03 p.m.: The victim reports she had been threatened by a former employee who had worked at the medical center on Washington Street. The employee had been fired and was told not to return.

Trespassing

August 29, 6:55 a.m.: The officers responded to Essex Street on a report of a breaking and entering. Upon arrival, the officers met and spoke with manager. He stated when he arrived at work he found a suspect sleeping inside of his office. The suspect was placed under arrest.

Aggravated assault

Sept. 1, 2:02 a.m.: The victim reports while walking in Chinatown, he was attacked by an unknown black female with a knife. The victim sustained a laceration to his left leg and wounds to his hands. He was taken to the hospital by ambulance. The incident will be investigated by district detectives.

Babysitter/housekeeper Needed

Family of four is looking for a babysitter/housekeeper in Boston/South End. We have a nine-year old girl and a seven-year old boy. The schedule is about 20-25 hours per week, 4-5 days a week (3-7 pm), some nights, sitting once or twice a week.

Responsibilities include taking kids to after school classes; housekeeping and laundry; and errands (groceries, pharmacy, etc.)

English speaking and reading skills are required. Hourly rate is $16-$18. Cooking skills are a plus, and the number of hours and hourly pay will increase if you can regularly cook for the family as well.

Taxes will be reported on this position, so we can only consider candidates with valid US work authorization (current work visa, permanent residential address, social security number, or US citizenship).

We are located at the corner of Tremont St and West Newton St in the South End, a 5 minute walk from Prudential Stop on the Green line and Back Bay stop on the Orange line. Please send your details and experience to contact@chinese-together.com.

Boston Water and Sewer Commission (BWSC)

980 Harrison Avenue
Boston, MA 02119

WATER MAIN FLUSHING NOTICE

Boston Water and Sewer Commission will begin Water Main Flushing around the Downtown Boston area starting:

September 13, 2015 through October 2, 2015

The boundaries for the areas being flushed are: Commercial Street to the north, Purchase Street to the east, Harrison Avenue and Kneeland Street to the south and Charles Street to the west.

The purpose of the Water Main Flushing Program is to improve drinking water quality for residents and businesses.

Water Main flushing will take place between the hours of

10:00 P.M. and 6:00 A.M.

The flushing process may cause discolored water and a reduction in pressure. The discoloration of the water will be temporary and is not harmful. If the condition persists, please contact BWSC’s 24 Hour Service at (617) 989-7000.

BWSC appreciates your patience as we work to improve the quality of drinking water we will provide to the residents and businesses of Boston.

If you have any questions, contact BWSC’s Night Operations Manager at (617) 989-7000 or visit our website @ www.bwsc.org.
Immigration tips: How to apply for citizenship

BY JOHNSON & FYTEN LAW OFFICES

The process for obtaining citizenship can seem daunting, but it is actually a relatively straightforward procedure that can be broken down into a few simple steps.

First, the immigrant should determine if they are already a U.S. citizen. This sounds a little strange, but many people are already citizens and don’t even realize it, due to often convoluted laws on who is born with citizenship, or acquires citizenship through their parents.

Second, if the immigrant is not already a citizen, they should determine if they are eligible to apply for citizenship. In general, an immigrant is eligible to apply for citizenship if they are over the age of 18, and have been a permanent resident (that is, have had a green card) for either three or five years. If the green card was obtained by marrying a U.S. citizen, and the immigrant remains married to the U.S. citizen, the immigrant can apply for citizenship after three years. In every other case, the immigrant must wait five years.

There are numerous other requirements, such as not having left the United States for more than 30 months while a permanent resident, and being a person of “good moral character.” Before applying for citizenship, it is important to meet with an immigration attorney to make sure you are eligible to apply.

If the immigrant is eligible to apply, the next step is to complete the Form N-400 with the assistance of an immigration attorney. This is a very lengthy form, so it is crucial to answer every question honestly and to not make any mistakes in filling it out. The United States Citizenship and Immigration Services will then review the N-400 and schedule an interview. In Boston, citizenship interviews are held at the JFK Federal building near Government Center.

At the interview, an immigration officer will ask questions about the N-400, and will then administer a civics and English language test. The test is comprised of 10 questions on American history, civics and government, and the immigrant must answer at least six questions correctly.

The immigration officer will either approve the application that day or will take a longer time to make a decision and mail a determination. If the application is approved, the immigrant will be given an appointment to take an Oath of Allegiance. After taking the oath, the immigrant will become a full citizen of the United States with all the rights and responsibilities that the status entails.

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Justin Fyten is a founding partner and immigration attorney at Johnson & Fyten Law Offices, LLP in Boston, Mass. You can reach him at (617) 848-4563 or by email at jfyten@johnsonandfytenlaw.com.

Chinatown meeting roundup:

CSC, CRA

BY LING-MEI WONG

The Chinatown Safety Committee (CSC) and the Chinatown Resident Association (CRA) met on Sept. 2.

CSC

The CSC meeting took place at Tufts Medical Center. Boston Police Capt. Ken Tong gave the committee an update on local crime, with a surge in drug activity in the area and statewide.

In the past 30 days, a personal robbery took place, along with an aggravated assault, Tong reported. One vehicle was stolen and 13 larcenies not from cars occurred.

Tong also asked business owner Wilson Lee to develop his lot on Hudson Street into a small business or parking lot. Lee has fenced off the empty lot, which is next to the former Ginza restaurant, after frequent public urination and trash dumping occurred there.

CRA

The CRA meeting took place at the Josiah Quincy School. Eight residents were elected to the newly formed steering committee: Arthur Gossage of Hudson Street, Chu Huang of Castle Square, Ron Mei Liang of Castle Square, Hua Quan Liu of Mass Pike Towers, Yoke Chew Mah of Quincy Towers, Xiu Xing Wu of South Cove Plaza East, Hin Sang Yu of Oak Terrace and Pei Ying Yu of Hudson Street.

Developer UDR gave a presentation on 345 Harrison Street, the former location of Graybar Electric. It plans to build 602 market-rate rental condos, with 28 affordable units on-site. The project will have two 14-story towers and about 33,000 square feet of retail space.
Do you know how much college will really cost your family?

BY STATEPOINT

Paying for college? Look beyond the tuition price tag when making your financial plans. You'll encounter many expenses not listed in school brochures. Be aware of these costs. Determine in advance how you'll pay for them and even consider how you may save money.

With some smart preparation, you can avoid unpleasant surprises. Here are some things to keep in mind when assessing college costs and financing options:

Financing

No matter what your family’s financial status is, you should complete the FAFSA (Free Application for Federal Student Aid) form, which is the first step toward obtaining financial aid. Also explore additional financing options, like scholarships, tuition payment plans, federal loans and private alternatives.

Millions of Americans are faced with a rising amount of student loan debt. Make graduating debt-free your objective and only take out loans by necessity. After receiving award letters, scholarships and grants, calculate whether there is still a financial gap between your resources and the cost of college. Take out a private student loan only after exhausting these other resources and efforts first.

If you do opt for a private loan, ensure you're familiar with the loan's terms, as well as the realities of graduating with debt. A responsible lender that defers payments until after you leave school can help you get educated on loan repayment works and how this decision will affect you in the future. A loan consultant at your bank can help you explore the best options for you. For example, applying with a cosigner may qualify you for a lower interest rate, saving you money down the line.

Plan ahead

To be truly prepared for the years ahead, get as accurate an estimate of total college costs as possible. Most school websites offer a net price calculator that can give you an estimate of your total college cost and your financial aid award.

Also, free online tools, such as Wells Fargo’s Get College Ready College Cost Calculator, available at www.WellsFargo.com/GetCollegeReady, help you take all your personal factors into consideration. The site also features useful tips and checklists for parents and students on subjects like paying for college, managing money and building good credit while in school.

When putting a price tag on college, don’t forget to budget for other certain and potential expenses like a mobile phone plan, medical insurance, lab fees and class materials.

Save money

After tallying up college costs, you may encounter practical ways to reduce expenditures. For instance, you can save on big ticket items by attending your state school at the in-state tuition rate or by living at home.

There’s no doubt about it, college is expensive. Be realistic about the true costs associated with a financing an education and get savvy about how to pay for it wisely.

Welcome to Boston: Your home for the next four years and — we hope — longer

BY MAYOR MARTIN J. WALSH

Hello students, and welcome to Boston. Like you, my administration and I are looking forward to the school year. Boston is the world’s greatest college town, and you are a big reason for our city’s vibrant atmosphere. We hope your time here will be safe and rewarding.

Come this fall, many students will be living in a new environment for the first time. Whether you’re living on-campus or off, I want to make sure that the city is a trusted resource for you, and that you participate in our civic life while you are here. Register to vote. Get to know your elected officials. You are Boston residents, and have a say in how we move this City forward.

We’re taking steps to connect with you and make sure your experience in Boston is positive. We work with local property owners and colleges and universities to ensure safe living conditions. We have established Boston 311, a convenient way to report non-emergency concerns in your neighborhood, like broken streetlights or a missed trash pick-up. You can call 311, download the BOS:311 app, or tweet at @BOS311.

It’s estimated that out of the 148,000 students who are enrolled in colleges and universities in Boston, more than a quarter of them will live off-campus. To ensure your safety, I have requested all colleges and universities share student addresses with the city. That helps our Inspectional Services Department (ISD) monitor student housing and ensure all units are registered and up to code. Your safety is our top priority.

If you are living off-campus, make sure your apartment has working smoke and carbon monoxide detectors. Your apartment must also have an easily accessible second egress. If you’re having issues with your landlord, reach out to the City of Boston’s Rental Housing Center, which mediates housing disputes free of charge, at (617) 635-4200.

In September, the Mayor’s Office of Neighborhood Services, the Boston Police Department, the Boston Public Works Department and ISD will all be out in force in our neighborhoods, so flag them down or call 311 with any issues you encounter. Along those same lines, the BOS:311 app will have a specific section for reporting issues. It’s there to help you, so use it!

In addition, get to know your Neighborhood Liaison. These personable and approachable men and women serve as our eyes and ears for the neighborhoods, and they are your direct connection to my office and City Hall.

Plan ahead:

- Get a head start on everything transportation related, including carsharing and parking, by visiting www.boston.gov/students/transportation/.
- Living on your own for the first time can be daunting, but here in Boston we are a community and we stand together. We are always here for you. To learn more about student living in Boston, visit: www.boston.gov/students/.

Learn Chinese

Hello there

你好

ni hao

Piano Instruction

Dr. Paul-André Bempéch, (Juilliard/Sorbonne)
Artist-in-Residence, Leverett House
Harvard University
intermusiques@aol.com
Chinese seniors learn about allergies

BY SOUTH COVE MANOR NURSING AND REHABILITATION CENTER

Dr. Weihong Zheng spoke to about 50 seniors on August 27 for a breakfast seminar at Mass Pike Towers. (Image courtesy of South Cove Manor Nursing and Rehabilitation Center.)

Zheng went through the development of allergies, many of which begin from an early age.

Some reactions to food include food aversion, food allergies that trigger the immune system and food intolerance, which is not considered a food allergy.

Zheng pointed out that “perceived prevalence is higher than true prevalence,” as only half to a third of patients diagnosed with an allergy have true food allergies.

Two factors can cause an allergy: it could be other factors such as animals, viral illness, medications, contaminations or psychological factors.

Zheng said a skin prick test could help participants who want to diagnose whether they have food allergies. The seniors could make appointments with her by calling (617) 636-533 if they needed treatment.

Get her first mammogram at age 40 and yearly thereafter, in addition to receiving an annual breast examination by a primary care doctor. If the woman has a family member with breast cancer at an early age, then she may need to get a mammogram sooner than age 40 and this should be discussed with her primary care doctor.

4. What do I do if I feel a breast mass?

Breast masses are not always cancer but they need to be seen and evaluated by a doctor. If you feel a breast mass that is present for more than one week, it is important that you see your primary care doctor who might recommend further imaging.

5. What happens if I have breast cancer? Which doctors take care of me?

It is important to realize that most early-stage breast cancer has excellent survival outcomes. The treatment of breast cancer involves a team of doctors. Typically, this is led by a breast surgeon who has trained and is experienced in the surgery and management of breast disease. He or she may also have had additional, advanced fellowship training in breast cancer. While the treatment of breast cancer can vary, it typically begins with the breast surgeon removing the cancer in a surgical procedure.

The other two teams of doctors involved in the treatment include the medical oncologist who treat the cancer with chemotherapy or hormonal therapy and the radiation oncologists who provide radiation therapy. Cancers arise in different forms and some may or may not require medical or radiation therapy after surgery.

About the author

Dr. Abhishek Chatterjee is a breast surgical oncologist and a plastic and reconstructive surgeon at Tufts Medical Center. He finished his breast surgical oncology fellowship at the University of Pennsylvania after completing a plastic surgery residency at Dartmouth Hitchcock Medical Center. His surgical specialty interests include the treatment of breast cancer.

Breast cancer: Detection, diagnosis and treatment

BY DR. ABHISHEK CHATTERJEE

“fishy,” when a 35-year-old woman was referred by the emergency room doctor for an evaluation of fish allergy. It turned out her reaction was caused by scombroid fish poisoning, due to an improperly preserved fish.

Based on this case, Zheng suggested oral allergen syndrome patients to avoid foods that trigger the reaction, cook or peel off skin and cut the fruit into small pieces.

For medication, antihistamines can lessen the symptoms. She also recommended patients with severe allergies to carry an EpiPen at all times.

Sometimes it is not the food that causes allergy symptoms. It could be other factors such as animals, viral illness, medications, contaminations or psychological factors.

Zheng said a skin prick test could help participants who want to diagnose whether they have food allergies. The seniors could make appointments with her by calling (617) 636-533 if they needed treatment.
This Childhood Cancer Awareness Month, know your Social Security benefits

BY KRISTEN ALBERINO, SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST IN QUINCY, MASS.

Cancer can affect any one of us, at any time. Sadly, thousands of people under the age of 20 are diagnosed with cancer every year, and it remains the leading cause of disease-related death for children. In September, we honor the strength and courage of children who are battling the many forms of cancer, as well as the young Americans who have lost their lives to these terrible diseases.

Social Security provides benefits for children who suffer from many disabling diseases, including some forms of cancer. These benefits could help with the additional costs of caring for an ill child. The Supplemental Security Income (SSI) program pays benefits to disabled children who have limited income and resources.

If you wish to apply for benefits for your child, you’ll need to complete both an application for SSI and a Child Disability Starter Kit. This kit answers common questions about applying for SSI benefits for children, and includes a worksheet that will help you gather the information you need. You can view the starter kit at www.ssa.gov/disability/disability_starter_kits_child_eng.htm.

The SSI program is a “needs-based” program for people who have low family income and resources.

**BENEFITS’ CONTINUED ON PAGE 9**

How can I prevent colon cancer?

BY DR. DANIEL GOLOVKO, DR. LILLIAN CHEN AND DR. JATIN ROPER

Colon cancer is the third most common cancer worldwide. Men get the disease more often than women, but even so, colon cancer is a common disease in both sexes. Thankfully, due to better treatments and earlier detection, the number of people getting colon cancer and dying from the disease has gone down over the past decade. Typically, it is a disease of middle-aged and older adults, although colon cancer can affect younger individuals. The most important point to know about colon cancer is that it is potentially preventable. In this article, we discuss early symptoms of the disease, how to detect it early and possible ways to prevent colon cancer.

Symptoms

There are, unfortunately, no reliable early symptoms of colon cancer. Many symptoms are non-specific, which means that other diseases can cause them. However, further testing should be performed if there is:

- any blood in the stool
- new abdominal or rectal pain
- weight loss

Commonly, anemia (a low red blood cell count) can be caused by colon cancer. Anemia can cause the cancer itself will cause a slow blood loss. Sometimes the anemia is only detected on blood tests done for other reasons and other times the anemia can cause symptoms like fatigue, light-headedness and difficulty breathing.

It is important to remember, though, that there are many other causes for these symptoms and signs other than cancer. Your doctor can address any concerns and symptoms you may have.

Prevention

Globally, Asians tend to have lower risk for developing colon cancer from the disease has gone down over the past decade. Typically, it is a disease of middle-aged and older adults, although colon cancer can affect younger individuals. The most important point to know about colon cancer is that it is potentially preventable. In this article, we discuss early symptoms of the disease, how to detect it early and possible ways to prevent colon cancer.

Symptoms

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It is important to remember, though, that there are many other causes for these symptoms and signs other than cancer. Your doctor can address any concerns and symptoms you may have.

Prevention

A great deal of research has been done to understand why some people have a greater risk for colon cancer than others. Smoking, poor diet and physical inactivity have been shown to contribute to the disease, and the patient can address these factors.

Colonoscopy is the most common screening test for colon cancer, although there are other screening options. Colonoscopy has the advantage of allowing the doctor to see the entire colon. If completely normal, cancer is unlikely to develop in the next 10 years. During the colonoscopy, the doctor can take a biopsy of any worrisome findings and remove polyps that could develop into cancer. Colonoscopy is a procedure that requires you to drink a liquid to cleanse the colon (bowel preparation) and involves sedation.
How to survive your child’s first year

BY BERNADETTE DAVIDSON, DIRECTOR OF CHILD CARE SERVICES AT BOSTON CHINATOWN NEIGHBORHOOD CENTER

The first year with your new baby is a time of change and getting to know each other. Babies grow at an enormous rate this first year, tripling their weight in one year and often going from reflex behavior and total dependence to walking and uttering their first words. So just when you have one parenting skill down, the baby is on to a new stage with new challenges for you.

Most babies wake several times during the night to feed in the early months. Many parents have days during the day and rock and roll all night. This is normal and takes time to change, but it usually does in the last half of the year. In the first three or four months everything is new for your baby and their nervous and digestive systems are still developing. Some of their fussing is caused by hunger, gas or a mushy diaper. Sometimes it’s just that once a baby starts crying it is hard to stop. Some babies have the infamous colic (nobody knows why) and for some children it’s just their temperament.

As babies are born with a temperament. Temperaments describe how the baby reacts to the world around them. For example, how do they react to changes? How intensely do they respond to stimulation in the environment? Sometimes they are categorized as flexible, easily fearful or hard to define. Some babies are peaceful and regular; others unpredictably hard to quiet. The good news is that with time, most parents learn how to moderate the environment for their baby and most babies do just fine. If you have a baby who is hard to quiet, it is not that you are doing something wrong. Your job is to see what helps your baby learn over time to self-quiet and accept in the early months what nature gave you. A lot of this is about genes as well as environment.

So what things sometimes work? It’s different for different babies, but these are a few things to try. Some babies love a swing, so walking, taking a walk in the carriage or going for a drive in the car can work. The downside of this method is that while the baby may fall asleep while in motion, when you stop the movement, the baby often wakes up and fusses.

Some babies respond to music. A music box by the bassinet or music from the computer or your voice singing lullabies will soothe the baby who will stop and listen and fall to sleep. Many parents find that a sound machine with continuous soothing noises often works well.

Other babies respond to touch. Swaddling the baby but leaving room for movement in the legs can help the baby self soothe. A baby massage or warm bath also can help. These babies often like parents to hold them close to the body with one of the many baby carriers. The important thing to remember is, different babies like different things.

Your job in the first year is to learn to read your baby.

As your baby enters the end of the first year, try to establish a routine before bed. A nice routine is a story (“Goodnight Moon” is a favorite and comes in several languages), or a series of lullaby songs sung in the same order. A new mom I know closes the blinds and waves goodbye to the street. She washes her son’s face and then reads a story and sings the same three songs holding his hand and rocking him. Then when he is still slightly awake but drowsy, she turns on the sound machine and lays him down. These routines work over time and you will find one that works for you. Remember, there is no magic bullet and routines take time to establish.

Another topic of importance is breast feeding. Most medical experts recommend breast feeding, and some even say every three hours or so or initially. Most hospitals have folks to help you get started. Breast feeding provides great immunities for the newborn’s body, and gets you and your baby off to a good start. However, if your lifestyle, health or body make breast feeding hard to do fulltime, once you establish the breast feeding, you can express your milk and freeze or leave it for later. You can also supplement if your doctor and you decide it is in the baby’s interest. Even a little nursing during the day is worth it, so give it a try. Yet, don’t guilt trip if it does not work out for you. Your baby will grow and be healthy anyway.

BENEFITS: Know what aid helps you

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SSI has strict limits on the amount of income and assets you can have and still be eligible for SSI. Contact Social Security right away to find out if the income and resources of the parents and the child are within the allowed limits, and to start the SSI application process.

- Fill out the online Child Disability Report. At the end of the report, it will ask you to sign a form that gives the child’s doctor(s) permission to give us information about his or her disability. We need this information to make a decision on your child’s claim. You can access the Child Disability Report at secure.ssa.gov/apps/.html.

Social Security also has an obligation to provide benefits quickly to applicants whose medical conditions are so severe that they obviously meet our strict disability standards. Social Security’s Compassionate Allowances program enables us to identify quickly and other medical conditions quickly that invariably qualify under the Listing of Impairments based on minimal objective medical information. You can learn more about Compassionate Allowances at www.socialsecurity.gov/compassionateallowances.

No matter what month it is, Social Security is here to provide benefits to those with severe disabilities. If you or anyone in your family needs assistance, visit www.socialsecurity.gov/disability.

CANCER: Screening improves treatment

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Therefore, it is important to get a colonoscopy every screening test to detect and remove polyps before they develop into cancer. Diet and family history play important roles in the development of colon cancer. At Tufts Medical Center, we are working on methods to improve colon cancer detection and treatment.

About the authors

Dr. Jatin Ripper is the director of the Center for Hereditary Gastrointestinal Cancer in Tufts Medical Center’s division of gastroenterology and hepatology. Dr. Dillan Chen is a colorectal surgeon at Tufts Medical Center. Dr. Daniel Golovko is an internal medicine physician at Good Samaritan Hospital. To make an appointment at the gastroenterology clinic, call (617) 636-5883.
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