Lt. Gov. Polito signs state agreement with Quincy

BY LING-MEI WONG

Lieutenant Governor Karyn Polito signed an agreement with Quincy Mayor Tom Koch on Sept. 10 at Quincy City Hall. “We are truly grateful for the state’s partnership with us,” Koch said. Quincy will boost economic development by implementing best practices around competitiveness, and job creation and retention. The compact helps Quincy’s competitiveness by providing state funds for statistical data software to better understand local trends.

“These two best practices are a good fit for Quincy,” Polito said. “As Boston becomes more expensive, it’s an opportunity for Quincy to capture the Boston market... I love being here in Quincy and will be back here soon.”

Community Compacts are a tool for the Baker-Polito administration to strengthen the partnership between cities and towns and Massachusetts. By entering a Community Compact, a community agrees to implement self-selected best practices. As part of its partnership, the Commonwealth agrees to fulfill its own set of commitments and work to provide assistance for a community in implementing its chosen best practice.

“Everything happens at the ground level for cities and towns,” said state Rep. Tackey Chan. “By supporting local government, the state is bringing all communities up.”

This is the fourth agreement, following agreements with the communities of Worcester, Gardner and Agawam. Agawam committed to best practices for preparing communities for success, the development of a housing production plan, and increasing economic growth and workforce development in community. Gardner committed to best practices around implementing an open data plan, promoting vehicular and pedestrian safety, and the creation of a disaster recovery plans accounting for the preservation of digital and paper records. Worcester has committed to using technology to improve its public communication and engagement. Polito is chairperson of the Community Compact Cabinet, created by Gov. Charlie Baker on Jan. 23. The cabinet allows the governor to work more closely with leaders from cities and towns.

**JQES principal welcomes community back to school**

BY LING-MEI WONG

Josiah Quincy Elementary School’s interim principal Cynthia Soo Hoo invited the community to share her vision on Sept. 11 at a back-to-school welcome event. Soo Hoo is the fourth Chinese principal to lead the school, with her three predecessors Bak Fun Wong, Suzanne Lee and Simon Ho attending the event. She is the first native-born Chinese alumna to lead the school, after teaching and working in administrative roles at the school for 15 years.

“This is such a proud moment for me and I feel so supported,” Soo Hoo said. “I get to work with the best staff, great assistant principals, a wonderful secretary, a hardworking custodial staff, the wisest mentors, community members and partners who have watched me grow up, and I have the unconditional support of my loving family. I wholeheartedly embrace this opportunity to lead the Quincy Elementary School.”

Soo Hoo shared how she grew up across from Mass Pike Towers, attended Head Start preschool and studied at Josiah Quincy, when Bak Fun Wong was the first Chinese principal. She excelled in math, volunteered at community events and played sports at the former YMCA bubble. Soo Hoo’s family owned the Chinatown Cafe for 20 years before selling it, where she and her two sisters worked in their free time, practicing Chinese, teamwork and customer service.

Josiah Quincy Elementary School is one of the best in Boston, thanks to the efforts of staff and previous leaders. Soo Hoo is committed to supporting her staff, students, families and community. "I will listen, learn and lead," she said.

**Highlights**

Nina Liao campaigns for Quincy at-large city councilor

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華人參政甘苦落

梁秀婷競選昆市不分區議員

中文第八版
Event Calendar

**Kite and Cultural Festival**

Festival will feature out-of-town neighborhood ops parents into nurturing 10-week program developed in English and Chinese. The festival will celebrate its 75th anniversary at Empire Garden. Individual tickets $50 each. For more information, please call (781) 324-8991 or e-mail sharewood.director@gmail.com.

**Asian American Day**

Saturday, Sept. 26
1 p.m. to 11 p.m.
77 Salem Street
Malden, MA 02148
Help MIRA Coalition register new citizens to vote at the Malden High School auditorium. For questions, contact Thalita Dias at tdias@miracoalition.org.

**Malden voter registration**

Thursday, Sept. 24
11 a.m. to 1:15 p.m.
77 Salem Street
Malden, MA 02148
Please contact QARI at (617) 472-2200 or e-mail info@quincyasianresources.org.

**Free small business workshop**

Tuesday, Sept. 29
11 a.m. to 1 p.m.
38 Ash Street
Boston, MA 02111
Are you thinking about starting or growing your small business? Sign up now for Build a Better Business, Boston Chinatown Business Association’s newest workshop series! Seven workshops start from September to May 2016, with monthly one-on-one advising sessions in Mandarin Chinese. To learn more, contact Shirley Doan: (617) 625-5129 x 1088 or shirley.doan@bcnc.net.

**Chinese Women’s 75th Anniversary Dinner**

Sunday, Sept. 20
6 p.m.
690 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 Ruby May at (617) 357-0226.

**Free financial literacy workshop**

Monday, Sept. 21
1:30 p.m. to 3:30 p.m.
38 Ash Street
Boston, MA 02111
Learn how together we can build new affordable housing for the Chinatown community. Asian Community Development Corporation’s workshop series is to create a community vision for Parcel 12. The workshop is conducted in English and Chinese at the Josef Quinney School cafeteria. For more information, contact May Lui at may.lui@asiancvc.org or (617) 852-2380 x 212.

**Habitat for Humanity workshop**

Tuesday, Sept. 22
2 p.m. to 8 p.m.
100 Morrissey Boulevard
Boston, MA 02125
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/3zrE1L.

**Inner City Capital Connections program**

Thursday, Sept. 24
2 p.m. to 8 p.m.
Federal Reserve
The tuition-free program will help minority-owned, immigrant-owned and women-owned businesses learn how to access capital. Businesses can apply at: www.ctic.org/connections/nominations/ applications.

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**Supervisors’ 10-week program**

Monday, Sept. 28
2 p.m. to 8 p.m.
1509 Hancock Street
Suite 209
Quincy, MA 02169
Quincy Asian Resources, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quincyasianresources.org.

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Asian American Commission examines health at annual summit

BY LING-MEI WONG

The Mass. Asian American Commission held its health care summit, featuring a presentation on Asian American and Pacific Island health issues by Dr. Howard Koh, at the Boston Foundation on Sept. 10. He was the former U.S. assistant secretary for health nominated in 2009 by President Barack Obama. Koh stepped down in 2014 and is the Harvey V. Fineberg professor at Harvard.

Koh reported Asians make up about 5 percent — about 20 million — of the U.S. population based on census data, with 6 percent — about 20 million — of the population projections, by 2045, the majority of Americans will be of minority population. According to Koh, 74 percent of Asians are foreign-born, making it difficult to negotiate the health care system, Koh said. “Many of us don’t have the opportunity to speak English as a first language.”

During Koh’s time in Washington, D.C., the Affordable Care Act was passed in 2010. Along with making health insurance affordable, the act improved care and required federal data reporting to include several categories for Asian Americans and four categories for Pacific Islanders.

Koh discussed cancer, hepatitis and mental health, with some forms disproportionately affecting Asian Americans and Pacific Islanders.

“Health is a gift. It’s precious. We have it today, we hope we have it tomorrow,” Koh said. “It’s up to everyone to protect that.”

First ATV Miss Asia Boston pageant combines beauty and talent

BY LING-MEI WONG

Coco Miao was crowned Miss Asia Boston on Sept. 13 at John Hancock Hall, receiving her crown from 2014 Miss Asia East Coast runner-up Jing Xu (left). (Image courtesy of Ling-Mei Wong.)

The first Asian Television (ATV) Miss Asia Boston Pageant took place on Sept. 13 at John Hancock Hall, with Coco Miao winning the crown among 10 contestants. ATV started the pageant in 1985 in Hong Kong, with the 2015 Boston competition launched by 2014 Miss Asia East Coast runner-up Jing Xu.

“I am so happy to have fulfilled my dreams,” Miao said. She logged more than 3,000 hours as a flight attendant in China, before pursuing graduate studies at Northeastern University.

The Miss Asia contestants were 16 to 26, hailing from New England and China. The first runner up was Stephanie Lin, while the second runner up was Xiao-xuan Chu.

Chew Lun honors memory of Jiang Taigong

The Chew Lun Association of New England commemorated the 3,226th birthday of Jiang Taigong on Sept. 15 at its headquarters. Jiang Taigong was born around 1596 B.C. and was an influential military strategist. The Chew Lun Association is the family association for individuals surnamed Tan, Tan, Xu and Xie. (Image courtesy of Ling-Mei Wong.)

Nina Liang campaigns for Quincy at-large city councilor

BY GARY YU

Quincy city councilor atlarge candidate Nina Liang campaigned on Sept. 9 at Fuji 1546. (Image courtesy of Gary Yu.)

Quincy’s 90,000-plus population is at least 20 percent Asian, yet no Chinese resident has ever been elected to the city council. Previous attempts to seek a city council seat by Victor Ng and Jimmy Liang were unsuccessful, but Nina Liang hopes to make history as the first Chinese female city councilor at-large.

Nina Liang is the cousin of Jimmy Liang, owner of the JP Fuji Group, where she worked as an office manager. She campaigned at Fuji 1546 on Sept. 9, gathering many local Asian American supporters.

Liang was born and raised in Quincy, fostering a deep love for the city and a long-term connection to the community. “I want to serve because I want to make a difference in the neighborhoods that raised me, to give back to the community that taught me the value of hard work,” she said.

Liang and four other candidates are running for three at-large city council seats. The general election to vote for Quincy’s city council is Nov. 3, with voter registration ending on Oct. 14. Nina Liang’s campaign website is at www.nina-liang.org.

Affordable Rental Opportunity

Parkside on Adams

4236 Washington St, Roslindale, MA 02131

Type Rent Income Limit

<table>
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<th>HH size</th>
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<tr>
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Applications may be picked up in person from Insight Realty Group, Inc. 1429 Centre Street, West Roxbury, MA Tuesday 9/22/15/15 10:00 am to 2:00 pm and 4:00 pm to 8:00 pm Wednesday 9/23/15 9:00 am to 1:00 pm Thursday 9/24/15 1:00 pm to 5:00 pm Friday 9/25/15 9:00 am to 1:00 pm Saturday 9/26/15 9:00 am to 1:00 pm

Applications may be requested by calling 617-323-2300 ext 3 or Applications may be picked up in person from Insight Realty Group, Inc. 1429 Centre Street, West Roxbury, MA Preference for Households with at least one person per bedroom. Preference for Boston Residents. Preference for Households with at least one person per bedroom.
Chinese railcar production facility breaks ground in Springfield

BY CRRC, MASSDOT AND THE MBTA

Gov. Charlie Baker joined Springfield Mayor Domenic Sarno, CRRC vice president Weiping Yu in Springfield on Sept. 3. (Image courtesy of CRRC.)

Gov. Baker broke ground on a new railcar production facility with CRRC vice president Weiping Yu in Springfield on Sept. 3. (Image courtesy of CRRC.)

In Springfield and creating new manufacturing jobs, CRRC was awarded a $566 million contract from the Massachusetts Bay Transportation Authority to design and manufacture 284 Orange and Red Line vehicles in 2015. The contract includes the purchase of 152 new Orange Line vehicles and 132 new Red Line vehicles.

“We have an exciting road ahead as we embrace this unique opportunity to partner with Massachusetts on our first transportation project in the United States,” Yu said.

Construction will begin in spring of 2016 with completion scheduled for fall of 2017. Full rail car production at the new plant will begin in spring of 2018 with the first production cars completed in January 2019.

The Clean Up Chinatown Committee met on Sept. 15 at the Asian American Civic Association. (Left to right) Homeowner Jeff Hovis, Wong Family Association member Rick Wong and assistant commissioner for Inspectional Services Leo Boucher. (Image courtesy of Ling-Mei Wong.)

Chinatown crime blotter for Sept. 4 to Sept. 18

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Sept. 4 to Sept. 18 for District A-1, which includes Chinatown.

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

Assault and battery
Sept. 6, 3:23 a.m.: The suspect will be summoned into court on an assault and battery offense. He was involved in a motor vehicle accident on Marginal Road with the victim. He proceeded to assault the victim for no reason. When the Boston Fire Department arrived on scene, he began to assault them also. The suspect complained of neck and back pain. He was taken to the hospital for further treatment.

Aggravated assault
Sept. 15, 3:51 p.m.: The victim reports while walking down Washington Street, he was cut by the suspect for no apparent reason. The victim was treated at hospital for a non-life threatening injury.

Assault and battery
Sept. 16, 1:54 a.m.: The victim, an ambulance driver for the City of Boston, reports he was assaulted by the suspect, who was a patient inside the hospital.

Motor vehicle accident
Sept. 16, 11:32 a.m.: The victim reports she was sitting inside of her car on Chinatown when the suspect struck her car and fled without exchanging paperwork.

Reasonable Accommodations Available for persons with disabilities Units available to all eligible applicants.

Units distributed by lottery. Utilities are not included in the rent.
By Ling-Mei Wong

For the third year in a row, the Next Steps Transitional English Program (Next STEP) of the Asian American Civic Association (AACA) has sent more adults to college than any other community-based adult basic education program funded by the Massachusetts Department of Elementary and Secondary Education (DESE).

AACA had the highest number of students entering secondary education among community-based organizations in Massachusetts, based on DESE fiscal year 2015 statistics on adults who enrolled in college after studying in adult English language learning programs. A total of 15 Next STEP graduates went to college for fiscal year 2015.

Next STEP was created in January 1993 to bridge the gap between basic English classes in greater Boston’s immigrant communities and community colleges, job training programs and higher levels of employment. The program teaches five levels of intermediate English and American culture to adult immigrants to better prepare for college, job training and better jobs. Adults often arrive in the United States having professional work experience but lack confidence and higher-level English skills necessary for success in higher education and the mainstream American workplace.

“This outstanding accomplishment is a result of having a college-age culture for more than 22 years, which exposes immigrant adults to the possibilities of post-secondary education as a pathway to family-sustaining employment,” said Richard Goldberg, AACA director of education. “Our success is a team effort, with potential college advisors and strong teachers helping students change their lives and achieve their goals.”

Funding for Next STEP is provided by DESE and the Richard and Susan Smith Family Foundation.

To Apply:
Send your resume titled “your last name-first initial-resume” (e.g. “SMITH J RESUME”) and a detailed cover letter titled “your last name-first initial-cover” (e.g. “SMITH J COVER”) to careers@clf.org. Please make “bookkeeper” the subject of your email. No phone calls please.

Conservation Law Foundation (CLF) protects New England’s environment for the benefit of all people. A nonprofit, member-supported organization, CLF uses the law, science and the market to solve the region’s most challenging environmental problems from climate change to ocean conservation to transportation. Every day, CLF advocates stand up for New Englanders — in statehouses, courthouses and boardrooms, regulatory hearings and community gatherings — to ensure a livable future for all in the region.

To that end, CLF works with communities of color, and also communities that are economically or otherwise disadvantaged, which often suffer disproportionately the impacts of environmental degradation. CLF is committed to representing New England’s diversity in our staff, volunteers, boards and membership and creating a positive, inclusive workplace culture where all can thrive. People of color are encouraged to apply.
Older AAPIs rely on Social Security as primary source of income

BY AARP

Social Security is critical to the retirement security of older Asian American and Pacific Islanders (AAPIs), according to AARP Public Policy Institute’s new factsheet. Sixty-five percent of AAPIs age 65 and older receive Social Security benefits, including 28 percent who rely on it as their primary source of family income. Nineteen percent of older AAPIs rely on Social Security as their only source of family income.

“Social Security: Who’s Counting on It?” provides insight into how Social Security benefits all Americans. Last year, about 63 million people received Social Security, a federal program designed to protect individuals who can no longer work and their families from loss of income due to retirement, disability, or death.

“Following the 80th anniversary of Social Security last month, it is a lifetime for many AAPIs that helps keep them and their families out of poverty,” said Daphne Kwock, AARP vice president of multicultural leadership, Asian American and Pacific Islander Audience. “AARP works to strengthen Social Security because the vast majority of Americans of all ages believe it is important to provide financial security for everyone.”

As recent immigrants, AAPIs have lower median Social Security incomes according to an AARP report last year. Therefore they are less likely than African Americans, Hispanics and whites to depend on Social Security for 50 percent or more of their family income.

Overcoming immigration myths:

‘Anchor babies,’ instant citizenship

BY JOHNSON & FYTEN LAW OFFICES

The American immigration system is complex and confusing, compounded by myths surrounding the immigration process. We tackle some of the most common misconceptions to educate people on the truth regarding immigrants and the immigration process. This is the first of two articles on common immigration myths.

Myth: Anchor babies

The myth of “anchor babies” is prevalent and is harmful to the many people’s opinions of immigrants in the United States.

President candidate Jeb Bush erroneously claimed anchor babies were “more related to Asian people” in an August speech. Because the United States is a country that grants citizenship to any child born on its soil, some people mistakenly believe that parents strive to give birth to children in America so that they can get a green card through their child or citizenship by association.

The main piece of evidence that shows this myth is untrue is that a child cannot petition for their parent to receive a green card until the child is 21 years of age. This means that any baby born in the United States to foreign parents will be unable to sponsor their parents and siblings for at least 21 years.

Myth: Automatic citizenship

I often hear people refer to incoming immigrants as “getting their citizenship” but as anyone who has had experience with American immigration can attest to, this could not be further from the truth.

Immigrants entering the United States can enter in a variety of ways:

• with a visa
• with a green card
• undocumented

A visa covers many types of immigration, from business visas (L visas, H-1Bs and more) to tourist visas (B1/B2 visas or a visa waiver depending on country of origin) as well as F1 student visas or K-1 fiancé visas. A fiancé visa, like a K-1 fiancé visa, allows the holder to adjust their status to receive a green card. However, other visas such as the H-1B work visa or the B1 tourist visa require non-immigrant intent. This means the holder cannot intend to remain in the United States indefinitely and must plan to return to their country of origin.

The next way to enter is with a green card. This can happen with business immigration and requires an employer to sponsor the immigrant to become a Legal Permanent Resident.

Myth: More common way to receive green card

The more common way to get a green card is through family-based immigration, which requires a family member to sponsor the immigrant. Only an immediate family member can sponsor the applicant: parent, child over 21 or spouse for green card holders and U.S. Citizens.

U.S. Citizens may also sponsor their siblings. Every applicant going through the green card process is subject to the monthly Visa Bulletin quotas on Chinese page 7, so this can take a long time.

The final way an immigrant may enter the country is undocumented. This means they crossed the border in some way and were not subject to inspection by U.S. Customs and Border Protection.

As you can see, immigrants cannot come to America with U.S. citizenship. There is no automatic way to receive citizenship. The first step is receiving a green card and then between three to five years later, the immigrant may apply for citizenship. It is not an easy process and it is never guaranteed.

It is important to remember that many of the common beliefs surrounding the immigration system are disconnected from reality. Before you fall for one of the myths, make sure you learn what the facts really are.

Kendall Johnson is a founding partner and immigration attorney at Johnson & Fytten Law Offices, in Boston, Mass. You can reach her at (617) 848-4563 or by email at kendalljohnson@johnsonandfytenlaw.com.

Other key findings:

• Social Security income kept roughly 33 percent of older Americans, about 14.7 million people, out of poverty. The poor (income below poverty line) and the near-poor (income between 100 and 150 percent of the poverty level) rely on Social Security for a significant share of their family income.
• Social Security benefits are particularly important for women because, on average, women live longer and earn less than men do, so they are more dependent than men are on Social Security’s progressive benefit and inflation-adjusted, lifetime income.
• Social Security is currently fully funded with $2.8 trillion in reserves, but in 2020 will begin to be drawn down these reserves in order to continue paying full benefits. At this rate, Social Security reserves will be depleted in 2034, less than 20 years from now.


SAMPAN.ORG

JOIN LINDEN PONDS FOR A THURSDAY OPEN HOUSE!

Get an inside look at vibrant retirement living! Tour our beautiful campus and maintenance-free homes. Discover dozens of exciting amenities, clubs, and activities. Join us for the final event in our Smart Retirement series and learn more about how to make your money last during retirement.

Bring your friends and family!

Thursday, September 24, 2015
300 Linden Ponds Way, Hingham, MA
11:00 a.m.

Call 1-800-617-9189 for more information and directions, or to learn about other upcoming events if you can’t make this date.

NEWTON, “T” to work from Arboretum at Woodland Station & save $$$

New contemporary apartments with condo quality finishes and amenities. Single level and townhomes. Easy access to Rt128, 9 & Mass Pike. Income guidelines may apply.

866-365-6578 TTY:711 Arboretum.com
How to reduce your cholesterol

BY LOUISA POON, REGISTERED DIETITIAN

Hyperlipidemia or hypercholesterolemia is a condition of high fat or cholesterol concentration in your blood. Too much cholesterol in your blood can lead to heart disease, which is the No. 1 cause of death in the United States. We do not usually feel any negative effects if we have high blood cholesterol. There is no way to know if your cholesterol level is high unless you see a doctor and have some blood tests.

There are many causes for high blood cholesterol. Family history, smoking, obesity, large waist circumference, high fat diet, lack of exercise, high blood pressure and diabetes all contribute to high blood cholesterol. Regardless of the cause of high cholesterol, lifestyle changes including diet and physical activity are proven to help lower blood cholesterol. We will discuss healthy diet choices to lower blood cholesterol.

Choose foods that are low in saturated fat, especially trans fat
The American Heart Association suggests limiting saturated fat to less than 6 percent of your daily caloric intake. For example, a 2,000-calorie diet means a limit of 13 grams of saturated fat per day. Read the food labels and choose wisely.

Choose foods that have good fat for the body
Monounsaturated and polyunsaturated fats may help improve your blood cholesterol. You may want to replace satu- rated fat with these good fats. Foods such as salmon, herring, lake trout, halibut, tuna, and some nuts and avocados are high in these good fats. Eating these foods in moderation helps to lower your cholesterol.

Increase your fiber intake
A high-fiber diet has shown to lower cholesterol. A cup of 8-ounce cola has 44 grams of sugar, which is almost nine teaspoons of sugar! A cup of sports drink has 14 grams of sugar, which is about three teaspoons of sugar. Remember, things add up. It takes only a minute or so for you to consume a few teaspoons of sugar!

Quit smoking
Smoking is not a healthy diet choice. Giving up cigarettes has many health benefits, including lower cholesterol and decreased risk of heart disease.

A Dietary Approaches to Stop Hypertension (DASH) diet or Mediterranean diet can be a guideline for healthy eating and help lower your cholesterol. Both di- ets emphasize eating more fruit and veget- able-rich foods, increasing fiber intake by eating more whole grains, using good fat like monounsaturated and polyunsatu- rated fats, and less saturated fat. Follow your doctor’s advice and if needed, ask for a referral to a registered dietitian.

About the author
Louisa Poon is a registered dietitian and has over 10 years of experience working with patients with kidney disease, diabetes and overweight issues. She is a full-time renal dietitian at DCI Boston and has over 10 years of experience working with patients with kidney disease. She is fluent in both English and Cantonese.

Dental treatments: What insurance options do you have?

BY DR. RICKY GAR-OCK PAN, TUFTS UNIVERSITY SCHOOL OF DENTAL MEDICINE

Every day our oral health, teeth and smile help us to eat and speak. Your teeth can even help you find your job or that special someone. That is more than enough reason for one to try and find time for at least two cleanings and an exam each year with your dentist! The path to obtain dental care can be unclear and this article will show you some options you have for your dental needs.

Dental insurance is not entirely covered by the Affordable Care Act (ACA). However, children’s dental coverage is a required benefit included on all ACA compliant plans. Cost assistance can be applied to any ACA Marketplace plan that includes dental costs. Even today, most dental coverage is considered optional treatment and it makes it hard to be fully covered by insurance. So when dental pain happens, you will need to decide whether you want to save the tooth and how much money you will need for your oral health.

If financial issues are a concern, there are a few ways you receive the dental care you need. Many states hold vol- unteer events for free dental care, such as Florida’s Missions of Mercy or Den- tistry From The Heart in Boston. A few times a year, volunteer dentists from the area will provide free dental care. This is a way for dentists to help give back to the community. Another option is to receive care at a dental school which of- fers affordable dental care at a reduced price. The dental school provides many options, as you can be seen by students in training, dentists who are continuing their education in general dentistry or specialties, and faculty practice.

Things to keep in mind is that the vol- unteer events are not always available and you can never predict when tooth pain may occur. Therefore it is ideal that you try and get dental insurance.

If you plan on getting dental insur- ance, you should ask three basic ques- tions to the insurance representative: 1. What procedures are covered? 2. How much will I get covered in a year? 3. Where am I covered?

These questions are important, as they will determine the kind of treatment you receive.

If you have dental insurance or are currently getting insurance, you should take care of your teeth on a daily basis by brushing for two minutes twice a day and flossing.

Watch your diet. If your diet includes high sugar, acidic drinks such as sports drinks, sodas, coffee, alcohol or tea, stay hydrated and rinse the mouth with clean water after drinks or meals.

About the author
Dr. Ricky Gar-Ock Pan is a general dentist at Tufts University School of Den- tal Medicine. He is fluent in both English and Cantonese. For an appointment with Dr. Pan, please call (617) 636-4067 with an English speaking representative.

http://sampan.com/2015/08/audio/health/ How to reduce your cholesterol

September 18, 2015
New England Eastern U.S. Kung-Fu Federation celebrates August Moon

BY LING-MEI WONG

The New England Eastern U.S. Kung-Fu Federation celebrated the August Moon or Mid-Autumn Festival with a banquet on Sept. 5 at Hei La Moon.

More than 300 guests attended, gathering for live martial arts demonstrations and thrilling kung fu performances.

South Cove Manor hosts barbecues for 30th anniversary

BY LING-MEI WONG

South Cove Manor Nursing and Rehabilitation Center celebrated its 30th anniversary with a barbecue on Sept. 13 at its Quincy Point facility. About 40 guests attended the third summer barbecue, hosted by South Cove Manor to thank friends, family and community organizations for their support.

Facility tours were available. Since moving from 120 Shawmut Avenue, South Cove Manor has added a short-term rehabilitation center, beauty salon and learning center with reading materials. It has increased capacity to 141 beds from 100 beds in the 87,000 square-foot facility.

Citizenship Day

Saturday, September 26, 2015

Get help with your citizenship application!

To be eligible you must:
✓ Be 18 years of age
✓ Be a legal permanent resident for 5 years or 3 years if married to a U.S. citizen
✓ Read, write, and speak basic English

What to bring to the workshop:
- Green Card
- All Passports
- Social security number
- List of employment for the past 5 years
- List of your addresses for the past 5 years
- Proof of means-tested benefit or low income (ex. SNAP, PM Health, etc) OR $480 money order payable to U.S. Department of Homeland Security