Quincy School staff plays wheelchair basketball with New England Blazers

BY LING-MEI WONG

Josiah Quincy Elementary School teachers took on the New England Blazers Wheelchair Basketball team on Jan. 15 at the school gym. The Quincy Dragons lost 43-63 to the amateur team in the match, which was organized by physical education teacher Tom Levert.

Principal Cynthia Soo Hoo said, “This was perfect for our students, as we have a physical handicap program at the school. Being physically handicapped is not a barrier to learning and exercise.”

Soo Hoo played at the beginning of the match, using a modified wheelchair lent by the Blazers. “I’m really feeling sore in my arms,” she said. “Playing in a wheelchair is really different, as you don’t use your legs to shoot. It was a great perspective.”

Students cheered for the staff, calling out “Let’s go teachers!” and chanting their names.

This was the first time the Blazers visited the school. The team has played since 1992, winning 10 Northeast Conference championships.

Commonwealth Seminar graduates share passion for service

BY LING-MEI WONG

The Commonwealth Seminar (MassCS) celebrated the graduation of 26 fellows on Jan. 14 at the Statehouse. It strives to make the Mass. Statehouse accessible to diverse leaders.

“Welcome to the Commonwealth Seminar family,” said Leverett Wing, MassCS executive director. “Hopefully we’ll be together a long time.”

Guest speakers were former Fitchburg Mayor Lisa Wong and Boston City Council president Michelle Wu. Wong was the first Asian American mayor in Massachusetts, while Wu was Boston’s first Asian American council president.

Wong urged the graduates to change the system and break through barriers. “I’m glad our class is pushing out barriers and breaking through,” she said. “We need more people of color in places of power.”

The graduates included Fitchburg city councilor Amy Green and Kimatra Maxwell, state representative candidate for the 3rd Worcester District, which includes Fitchburg.

“I applaud all of you for your commitment to others,” Green said.

Wu shared her story and advice for the graduates. “This is what government should look like on every level, with your passion for communities,” she said. “Remember the difference you make now, as the younger generation looks up to you. Give back and encourage others.”

Chinatown had two graduates: Fanny Chan and Terry Yin. MassCS was founded in 2003 by Jarren Barrios and Joel Barrera to diversity.

HIGHLIGHTS

One Greenway to begin construction of second building in February

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CDC finds Americans consume too much sodium

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頭條新聞

緬茵苑在2月將開始建設第二樓建築

中文第三版

美國人攝取過多鹽巴

中文第六版

Sampan publishes every other Friday. Our next issue will be out Feb. 12. For more news, please visit Sampan.org
Family association celebrates Paul Chan’s CCBA inauguration

BY LING-MEI WONG

The Gee How Oak Tin Association had an appreciation party for senior member Paul Chan on Jan. 11 at Empire Garden Restaurant. About 300 people attended the dinner.

Chan was inaugurated as president of the Chinese Consolidated Benevolent Association of New England (CCBA) on Jan. 4. The CCBA was formed as the umbrella organization for family associations and today includes businesses and civic organizations among its voting directors. It owns five properties in downtown Boston.

“Thank you for your enthusiastic support, which is so humbling,” Chan said.

Two Chinese poems were recited in honor of Chan. He also received Chinese calligraphy, flowers and a T-shirt reading “bulletproof” from his late wife Anna’s long-term friend Anna Lee.

A lion dance was performed by Grandmaster Winchell Woo’s Chiu Mo Kwoon kung fu school of Boston.

The evening closed with karaoke and ballroom dancing.

The Gee How Oak Tin Association of Boston includes individuals with the surnames of Chin, Woo and Yuen.

One Greenway to begin construction of second building in February

BY LING-MEI WONG

The Asian Community Development Corporation (ACDC) presented a construction update on 51 affordable units planned for Parcel 24’s South building on Jan. 19 at One Greenway’s community room.

One Greenway started construction in August 2013, with the first 21-story North building completed in 2015. The second South building will be six stories high, with 51 units of affordable housing construction is scheduled to begin in February, with completion slated for 2017.

The total number of units is 363. In the North high-rise building are rental units, including 95 affordable and 217 market-rate. The South building’s 51 units are affordable home-ownership condos.

Nearly 4,400 applications were received for the 95 affordable rental units in the North building, with residents moving in August 2015.

Concerns were raised about the South building’s closeness to the highway.

“The windows are well-rated for controlling sound,” said Eric Boatright, architect at Utile Design. “You can open the windows but the need to open them is minimal, as residents can let in fresh filtered air from the roof. We’ve designed the building system to maintain health, as it’s near the Turnpike.”

Boatright added the building must be 13 feet from the highway sound barrier.

During construction, building materials and vehicles will take up 15 parking spaces on Hudson Street.

The underground parking lot in the North building has 137 parking spaces, including 50 public spaces. No parking will be on-site at the South building.

For construction jobs hiring, contact Sheryl Smith at (781) 365-7686. For job site issues, call Bill Caci at (617) 310-0222 or email bcaci@neigc.com.

FRIENDLY GARDEN CONDO APARTMENTS

Friendly Garden Co-op Apartments where

- minutes - can drive home in the management of the property, has large studio and one bedroom apartments,
- Located a short distance from Revere Beach, this active senior co-op is an MBTA bus route, and is within walking distance to shopping, banks and medical professionals.
- Features such as:
  - Scenic views of Revere’s waterfront community
  - Plenty of space for outdoor relaxation
  - Emergently Response person living on site, on call
  - On site laundy facilities and air conditioning
  - Large community room with many social events

Rent is based on 30% of income (income limits apply) to qualified seniors 62 and older and to younger persons who are at least 18 years of age, who are mobility impaired requiring the special design features of accessible units.

CALL 1-800-225-3151  WWW.CSI.COOP  CALL 1-800-225-3151  WWW.CSI.COOP

Admirals Tower Co-op & Constitution Co-op

Affordable senior apartments located on the beautiful grounds of Admiral’s Hill in Chelsea, and on the Freedom Trail in Charlestown. These active senior housing co-ops are within walking distance to shopping, banks, churches and are on MBTA bus lines.

Features such as:
- Large studio and 1 bedroom apartments
- Scenic views of the Boston skyline
- Plenty of space for outdoor relaxation
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- On site laundry facilities and air conditioning
- Large community room with many social events

Social activities include: Bingo, Luncheons, Holiday Parties & More!

CALL 1-800-225-3151  WWW.CSI.COOP

Providing high quality affordable housing for seniors.

CALL 1-800-225-3151  WWW.CSI.COOP
Boshy's Chinese New Year market and food festival Saturday, Jan. 30, 1 p.m. to 7 p.m. 316 Hancock Street, Quincy, MA 02171 QARTS Lunar New Year Market and Food Festival will be a celebration of the Year of the Monkey and will feature retail vendors selling goods for New Year’s and craft retailers from local artists at North Quincy High School. Free admission.

Chinatown Main Street gala Saturday, Jan. 30 6 p.m. 88 Beach Street, Boston, MA 02111 Chinatown Main Street will host its 21st Anniversary Chinese New Year Carnival at Hei La Moon. Tickets for each table are $500. For more information, call (617) 350-6303 or email courtaho@gmail.com.

Tet in Boston 2016 Sunday, Jan. 31 10 a.m. to 5 p.m. festival 8 p.m. to midnight concert 6 Billings Street Randolph, MA 02368 Vietnamese Lunar New Year celebration of Tet rings in the Year of the Monkey at Lombardo’s.

AFFORDABLE LOTTERY Village Crossing Billerica Three $3R, 1½% RA townhouses, 1½-car gar $189,300. Monthly income $46,120 $53,650; 3P $59,250; 4P $65,800. Info session 1/21/16 Lottery 2/25/16 both 6pm @ Billerica Town Hall Apps Kristen Costa L.A., Assoc. 79%785-0197 kriscosta@verizon.net.

Bring your career to the City of Cambridge and, together, we’ll achieve great things. We work with a city rich with history and communities alive with culture, tied together with a city that works for Cambridge today. Current openings include:

- Afterschool Teacher, Dept. of Human Service Programs
- Community School Director, Dept. of Human Service Programs
- Director of Libraries, Libraries
- Fiscal and Administrative Manager, Traffic, Parking and Transportation Dept.
- Graphic Designer, Libraries
- Parking Services Manager, Traffic, Parking and Transportation Dept.
- Teachers Adult Education, Department of Human Service Programs
- Water Systems Maintenance Craftsmen, Water

For detailed job descriptions and application instructions on these and other positions, www.cambridgema.gov and click on JOBS. We are an AA/EEO Employer.

SAMPA N A Publication of the AASC
www.sampan.org 87 Tyler Street, Boston, MA 02111 Tel: (617) 426-9492 Fax: (617) 402-2136 Edition: Ling-Mei Wong sampan@sampan.org Health editor: Sara Brown

ENGLISH SECTION Contributors: Li Ling Mei, Ling-Mei Wong, QARI’s Sara Brown, Tucker Zhang Translators: Joe Feng Keke Xu

Advertising: Joe Feng ade@sampan.org

Production: Sara Brown Ling-Mei Wong

SAMPA N is New England’s only bilingual English-Chinese newspaper. It is nonprofit and nonpartisan. Founded in 1972, Sampan is published by the Asian American Civic Association. Sampan is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: $55/year (1st class mail); $55/year (3rd class mail)

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Fuel assistance program Friday, Jan. 22 87 Tyler Street, Boston, MA 02111 The fuel assistance program is a federally-funded program that helps low-income households with their home heating bills in the winter season. All eligible fuel assistance applicants will receive discounted gas, electric and telephone rates. Residents of Boston, Brookline or Newton may apply from now to April 30, 2016. To apply, please call (617) 426-9492 x 2 or make an appointment at the Greater Boston Asian American Civic Association.

First-time homeowner classes Jan. 23 to 24 9:30 a.m. 38 Oak Street, Boston, MA 02111 ACDC offers H101 classes in English, Cantonese and Mandarin. Each session is a 9-hour class over the course of a two-day weekend. Tuition is $40. Registration requirement: by calling (617) 482-2380 x 208 or 212, emailing CHOP@asian-

dc.org or visiting www.asiandc.org/content/first-
time-homebuyer-workshop-bh101.

Diabetes DVD launch party Saturday, Jan. 23 10 a.m. 800 Washington Street, Boston, MA 02111 Asian Spectrum will host a screening of “Drum of Prevention, Pounds off for Cure” diabetes awareness film at Tufts Medical Center’s Wolf Auditorium. All event attendees will receive a copy of the DVDs.

Spring ESOL classes Jan. 23 to May 12, 8:30-11:15 a.m. (levels 1-3) 10:45 a.m.-12:30 p.m. (levels 1-2) 244 Harrison Avenue Boston, MA 02111 ACCESS will hold ESOL classes from Mondays to Thursdays. Register on Tuesdays and Wednesdays from 9:30 a.m. to 11:30 a.m.

Free workshop on taxes Monday, Jan. 25 1:30 p.m. to 3:30 p.m. 38 Ash Street, Boston, MA 02111 Do you have to file a tax return this year? How do you file taxes, and where can you go for help? Learn about taxes at this free workshop by Boston Chinatown Neighborhood Center in English and Mandarin. Free and open to all. Sign up with Shirley Doan at (617) 625-5129 x1900 or shirley.doan@bcnc.net.

Luwan New Year networking event with Michelle Wu Tuesday, Jan. 26 5:30 p.m. 100 Arlington Street Boston, MA 02116 Get Connected! honors Michelle Wu, first American Asian City Council president at a joint networking event with the National Association of Asian American Professionals (NAAAP) Boston at the Liquid Art House. For more information, contact Raisa Acloque at (617) 472-2200 or e-mail info@quincyanasianresources.org.

Chinese New Year flower festival Saturday, Jan. 30, 9 a.m. to 7 p.m. 316 Hancock Street, Quincy, MA 02171 QARI’s Chinese New Year Market and Food Festival will be a celebration of the Year of the Monkey and will feature retail vendors selling goods for New Year’s and craft retailers from local artists at North Quincy High School. Free admission.

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For more information, email tetinboston@gmail.com.

Wellesley Chinese Language School’s Chinese New Year party Sunday, Jan. 31 1:30 p.m. to 4:30 p.m. 1000 Main Way Needham, MA 02492 The Chinese New Year Party hosted by Wellesley Chinese Language School will take place at Olin College’s Mills Hall Auditorium. $10 suggested donation per family. RSVP at http://bit.ly/1J33T1c.

Chinatown Safety Committee meeting Wednesday, Feb. 3 10:30 a.m. 821 Washington Street Boston, MA 02111 The Chinatown Safety Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend.

Chinatown Resident Association meeting Wednesday, Feb. 4 6:30 p.m. 885 Washington Street Boston, MA 02111 The Chinatown Resi dent Association meeting will take place at the Joo siah Quincy Elementary School cafeteria. The pub lic is welcome to attend.

Chinese New Year flower market Feb. 4 to 7 9 a.m. to 7 p.m. 31 Harrison Avenue Boston, MA 02111 Chinatown Main Street will host a Chinese New Year flower market in-doors.

Boston Chinatown Chinese New Year celebration Sunday, Feb. 14 10 a.m. to 5 p.m. Chinatown Gate Chinatown’s 2016 Dragon Dance for the Chinese New Year will take place in Boston.
The Clean Up Chinatown Committee (CCC) met on Jan. 12 at the Asian American Civic Association (AAACA). Chinatown Business Association president Steven Chen is in favor of purchasing cigarette butt receptacles, which will be attached to the walls of local businesses. A survey conducted by the CCC identified cigarette butts as the top reason for Chinatown being dirty.

Tai Tung Park on Tyler Street and Tai Tung Street will have additional lighting installed to shine down into the park. It will be cleaned twice a week by the Boston Parks and Recreation department, with a third weekly cleaning by community volunteers. The park is locked each night by AACA staff, who have encountered public defecation and urination.

CCC, TCC, CNC

The Chinatown Coalition met on Jan. 14 at Boston Chinatown Neighborhood Center. Boston Elections Department Commissioner Dion Irish discussed upcoming 2016 elections. As the state has not yet published voting regulations for 2016 elections, such as mail-in dates, Boston has not yet notified voters. Irish hopes to expand early voting, by opening polling stations before election days. He also hopes to add electronic poll books, which record eligible voters and who has already voted. If Massachusetts does not allow electronic poll books for 2016, each of Boston’s 255 voting precincts must print their precinct’s poll book each day of voting.

“We’re doing all we can to do make voting convenient,” Irish said.

TCC

The Chinatown Coalition met on Jan. 14 at Boston Chinatown Neighborhood Center.

Boston Elections Department Commissioner Dion Irish gave an update on elections. As the state has not yet published voting regulations for 2016 elections, such as mail-in dates, Boston has not yet notified voters. Irish hopes to expand early voting, by opening polling stations before election days. He also hopes to add electronic poll books, which record eligible voters and who has already voted. If Massachusetts does not allow electronic poll books for 2016, each of Boston’s 255 voting precincts must print their precinct’s poll book each day of voting.

“We’re doing all we can to do make voting convenient,” Irish said.

CNC

The Chinatown/South Cove Neighborhood Council met on Jan. 19 at the Chinese Consolidated Benevolent Association. Felix Lui was reelected as moderator.

Verizon has sold 2.5 floors of its 8 Harrison Avenue building, which will be converted into 42 residential units, said Ed Nardi, president of Cresset Development. The space formerly housed telecommunications equipment, with modern machines requiring less space. The floors are the sixth, eighth and half of the seventh.

Nardi said the site’s zoning would become residential, which requires approval from the Zoning Board of Appeals (ZBA). Boston residential buildings must have a ratio of 0.3 parking spaces to units, or 13 parking spaces for the proposed 42 units. There is no space for on-site parking.

This year’s event still includes free entertainment, along with a new karaoke session featuring a DJ in the auditorium. There will be a New Year market inspired by the night markets found in Asia, which will feature retail vendors selling traditional goods for New Year and crafts from local artists and businesses.

Another new addition is a food festival where local Asian vendors will compete with their signature dishes, which visitors voting for their favorite dish. The last change is a section devoted to game booths for children, run by the QARI Youth Service Corps.

The festival celebrates the Lunar Year of the Monkey. There is free parking and easy access from the Red line at the North Quincy MBTA near North Quincy High School. For more information, visit www.quincyresources.org.
Chinatown crime blotter for Jan. 8 to Jan. 22

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Jan. 8 to Jan. 22 for District A-1, which includes Chinatown.

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

Trespassing
Jan. 8, 11:09 a.m.: The five suspects were arrested on Oxford Place on a trespassing offense. They were in an area where a sign was clearly posted no trespassing.

Drug possession
Jan. 10, 12:36 a.m.: The officer observed the suspect driving on a Lagrange Street with a suspended license. He was placed under arrest and transported to the station and booked.

Violation of auto laws
Jan. 18, 1:40 a.m.: The suspect was arrested on De Lafayette Avenue on driving a motor vehicle without a valid driver’s license.

Warrant arrest
Jan. 19, 11:06 a.m.: The suspect was arrested on Washington Street on an outstanding warrant issued out of Lawrence District Court.

Robbery
Jan. 19, 2:05 p.m.: The victim reports while eating at the establishment on Oxford Street the suspect approached the victim, struck him in the face and stole his cell phone.

Larceny
Jan. 19, 8:20 p.m.: The victim reports while in the area of Harrison Avenue unknown person stole her wallet and charged more than $2,000 worth of merchandise.

Assault and robbery
Jan. 14, 3:44 a.m.: The victim reports unknown person stole her wallet and charged more than $2,000 worth of merchandise.

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

Chinatown crime blotter for Jan. 14 - Jan. 22

Jan. 14, 3:44 a.m.: The victim reports unknown person stole her wallet and charged more than $2,000 worth of merchandise.

Jan. 13, 2:32 a.m.: The officer observed the suspect driving on a Lagrange Street with a suspended license. He was placed under arrest and transported to the station and booked.

Jan. 19, 11:06 a.m.: The suspect was arrested on Washington Street on an outstanding warrant issued out of Lawrence District Court.

Jan. 19, 2:05 p.m.: The victim reports while eating at the establishment on Oxford Street the suspect approached the victim, struck him in the face and stole his cell phone.

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COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM (CDBG)
PUBLIC HEARING

Pursuant to Title I of the Housing and Community Development Act of 1974, as amended, and the regulations formulated thereunder, notice is hereby given that the Town of Arlington, acting through the Town Manager and the Board of Selectmen, will hold a Public Hearing on the Community Development Block Grant Program. The purpose of this hearing is to receive proposals for funds for our CDBG Program Year 42 (July 1, 2016 - June 30, 2017).

Said hearing will be held at 7:15 P.M., MONDAY, February 22, 2016 IN THE SELECTMEN’S MEETING ROOM ON THE SECOND FLOOR OF THE ROBBINS MEMORIAL TOWN HALL, 736 MASSACHUSETTS AVENUE, ARLINGTON, MASSACHUSETTS.

The Town expects to receive approximately $1,000,000 in Community Development Block Grant (CDBG) funds from the U.S. Department of Housing and Urban Development for CDBG Program Year 42. There is a HUD requirement that all funded programs must principally benefit persons of low and moderate income; aid in the prevention of slums and blight; or meet other urgent community development needs that pose a threat to the health or welfare of the community. For further information and technical assistance in determining eligibility of proposed programs and in preparing proposals for funding, please contact the Department of Planning and Community Development, 730 Massachusetts Avenue, Arlington, Massachusetts 02476, at (781) 316-3095.

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Lottery Application Deadline is March 4th

Enrollment for September is now open!!!
LEARNING ABOUT JAINISM

BY KEN WU

Jainism is a religion with 9 million believers. It first started in east India. Practitioners believe nonviolence and self-control are the means to liberation, so nonviolence is a primary principle. Many religions practice nonviolence but Jainism extends this principle to all living beings. They believe that not only humans and animals, but everything else in this world should be treated with respect. They only eat food which does no harm.

When one truly achieves the goal of liberation in Jainism, your soul is freed from reincarnation. However, in Jainism, there is no beginning and no end to life. One always lives in a circle. Jains don’t believe in hell and heaven as Christians do. Instead, practitioners believe that if you do bad things in this life, it will hurt you in your next life. However, there is no evidence, so this is based on blind faith.

Jainism is divided into two sects, the Digambara and Svetambara. The Digambara believe that a person should give up all their possessions, including the things they wear. According to a story, they wear nothing and use only a peacock feather to brush away insects, so they do not harm them. Digambaras beg and eat food only once a day and maintain a vow of nudity. Women cannot attain salvation, but being reborn as men can change their destiny.

Svetambaras are given three pieces of clothing to wear, a begging bowl and a wool whisk. They beg for food and travel the countryside eight months of the year. Women can become Svetambara nuns. Svetambaras wear plain white robes and nudity is optional. Novice monks or nuns receive a whisk of yarn to remove insects from their way. Some wear a cloth on their mouth to prevent insects from being swallowed.

Jain scriptures read, “May peace rule the universe; may peace rule in kingdoms and empires; may peace rule in states and in the lands of the potentates; may peace rule in the house of friends and may peace also rule in the house of enemies.” As a non-Jain, I agree with its primary teaching of peace and respect for every living being. However, I think it is too strict about nonviolence. Jainism is the oldest religion that predates Buddhism, coming about when killing was the most common practice. However, I think it is impossible to practice every living thing. It is something we should practice. When you respect others, there’s no killing and that’s how you achieve real peace.

GUN VIOLENCE HAS NO PLACE IN OUR NEIGHBORHOODS

BY BOSTON MAYOR MARTY WALSH

I traveled to Washington D.C. and stood with President Obama as he took measures to make our communities safer. Requiring all gun purchases to include a background check is a common sense, simple step, which will make it harder for criminals and those who intend to commit crimes to access firearms. 1.5 million Americans have been killed by gunfire on U.S soil since 1968. Mass shootings rightfully command our attention; we average 33 gun deaths daily. That amounts to a collective mass shooting every single day. America has a problem with gun violence.

Boston is one of America’s safest large cities, and our 33 gun homicides this year are a historically low number. But yet, taken together, they would make up one of the deadliest mass shootings in U.S. history. And because these deaths are concentrated in a small number of communities, their traumatic impact is not so different from that of a mass shooting. Mayors and police chiefs see the fallout up close. We visit crime scenes and sit with families. The inability of Congress to pass even the most common-sense measures, like background checks, is discouraging. But we can’t become apathetic. We have to ask why and how this is happening, and what we can do to stop it.

In Boston, we have gone all-in on police-community relations. We’ve created a Social Justice Task Force made up of clergy and community leaders, held Peace Walks in affected neighborhoods, and made our gun buyback a tool of community engagement.

As the state ramps up enforcement, we will be able to stop legally purchased guns and weapons. Locally, we sent a letter to every licensed gun owner in the City of Boston explaining the new law, promoting the buyback program, and offering a free gun lock as well as safety advice. One gun owner from Dorchester wrote back and said, “until your letter, we have been virtually excluded from the discussion of how to reduce violence.”

This year in the City of Boston, gun homicides are down (a 13.5 percent decrease from 2014), but shootings are slightly up (an 18 percent increase from 2014 for non-fatal shootings). We should resist any temptation to see a non-fatal shooting as a minor event: children are growing up in our city believing that getting shot is a common occurrence. Let’s make a difference together.

The Residences at Acorn Park
Belmont, MA

Affordable Apartments for Households Under 50% AMI

Rents subject to change in 2016. Utilities not included. Tenants will pay own Gas Heat, Gas Hot Water, Gas cooking fuel, Electricity and Water.

MAXIMUM Household Income Limits:

$34,500 (1 person), $39,400 (2 people), $44,350 (3 people),
$49,250 (4 people), $53,200 (5 people) and $57,150 (6 people)

Residences at Acorn Park includes a total of 298 units across five buildings. The first available units will be ready for move-ins in June/July/August 2016. Apartments will have high end finishes including granite counter tops and wood cabinetry in the kitchens and bathrooms. Apartment will also feature nine foot ceilings, balconies, walk-in closets, carpet and vinyl flooring, central air conditioning, washer and dryers, refrigerators, microwaves, dishwashers and garbage disposals. The clubhouse will have the leasing office, WiFi, a great room with fireplace, catering kitchen, business center with meeting rooms, pool table, fitness center and men’s and women’s locker rooms. In addition, there will be an outdoor pool. 100% smoke free apartments. Pets welcome, breed restrictions apply.

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on February 25th, 2016

The Belmont Public Library (336 Concord Ave) will be the location for a public Info Session on Feb 10th, 2016 at 6 pm (Assembly Room) and the Lottery on 6 pm, March 15th (Flett Room).

For Details on Applications, the Lottery and the Apartments, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6000, x1, or (617) 782-6900 (TTY). For TTY Services dial TTY. Free translation available. Applications and Information also available at the Belmont Public Library (M-Th 9-9, F-Sat 9-5, Sun 1-5).

The Pioneer Valley Chinese Immersion Charter School

Enrolling 6th & 9th graders for the fall of 2016

The Pioneer Valley Chinese Immersion Charter High School, offering the International Baccalaureate Diploma Program recognized around the world.

HAPPY YEAR OF THE MONKEY!

Information Session
Saturday, February 6 at 1:00 pm
317 Russell St. (Rt. 9), Hadley, MA
Details at www.pvcics.org or 413-582-7040

PVCICS is an equal opportunity employer and provider.
Nearly all Americans consume more sodium than is recommended, according to a CDC report. (Image courtesy of Flickr user Foodie Buddha.)

Sodium consumption high among those at risk of heart disease

Excess sodium intake is a problem across gender, race and health status. Some differences were seen:
- Among adults, a larger proportion of men (98 percent) than women (80 percent) consume too much sodium.
- About 90 percent of adult whites consume excess sodium compared with 85 percent of blacks.
- Estimated sodium and calorie consumption peaks between the ages of 19 and 50.
- Among people at greater risk of developing heart disease or stroke — such as people age 51 and older, African Americans and individuals with high blood pressure or pre-hypertension (blood pressure higher than normal but not in the “high” range) — more than three out of four exceed 2,300 mg per day.
- Adults with hypertension consume slightly less sodium than other adults, and may be trying to follow physicians’ advice to reduce sodium. However, 86 percent of adults with hypertension still consume too much.

These new findings show that little has changed in sodium consumption over the past decade. More than three quarters of sodium in the American diet is estimated to come from processed and restaurant food, which gives consumers little choice when it comes to lowering daily intake. A key strategy for lowering population-wide sodium intake is gradually reducing sodium in the food supply. Some food companies have begun to voluntarily reduce sodium in their products and others are being encouraged to take similar steps.

The report also highlights the important role healthcare professionals can play in advising patients on how to limit salt in the diet. About one in three U.S. adults — or about 70 million people already have high blood pressure and only half have it under control. Heart disease, stroke and other cardiovascular diseases kill more than 800,000 Americans each year and cost nearly $320 billion a year in health care and lost productivity.

“Sodium reduction is a key part of preventing heart disease and stroke,” said Sandra Jackson, an author of the report and an epidemiologist in CDC’s Division for Heart Disease and Stroke Prevention. “Reducing sodium is an achievable and effective strategy to improve heart health for everyone, but it’s going to take all of us working together to make it possible.”

For more information on the report or tips on reducing sodium, visit www.cdc.gov/salt/. For low-sodium, heart-healthy recipes and meal plans, visit http://reci-pes.milionehearts.ksdh.gov/.
Children from low income environments appear to have a higher risk of neurological impairment than those from more economically secure circumstances, according to researchers at the National Institutes of Health and other institutions. This neurological impairment appears to be distinct from the risk of cognitive and emotional delays known to accompany early-life poverty.

In most cases, the level of neurological impairment the researchers found would not be apparent to a casual observer. That level could increase the risk for childhood learning difficulties, attention deficit disorders and psychological conditions such as anxiety disorders and schizophrenia. “The size of the effect we saw was modest,” said the study’s senior author, Stephen Gilman, acting chief of the Health Behavior Branch at NIH’s Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). “However, the findings do indicate that an impoverished environment may pose a hazard for a child’s developing nervous system.”

The study was published in the International Journal of Epidemiology. The researchers analyzed data from the Collaborative Perinatal Project (CPP), funded by NIH’s National Institute of Neurological Disorders and Stroke. The current study was funded by NICHD and NIH’s National Institute of Mental Health.

The CPP enrolled pregnant women from 1959 through 1966, obtaining health information on more than 50,000 pregnancies and the children resulting from them. Children in the study received comprehensive neurological examinations at birth, 4 months, 1 year and 7 years of age. The physicians performing the examinations looked for obvious deformities, abnormalities in posture, motor skills, response to skin stimulation and muscle strength. The children also received evaluations of the autonomic nervous system — the part of the nervous system governing functions not under conscious control, such as breathing, heartbeat and digestion.

Based on interviews at the start of the study, the researchers classified the parents into three groups: those having a low, medium or high likelihood of socioeconomic disadvantage based on such factors as educational level, income relative to the U.S. poverty level, occupation, employment status, and whether there were two parents living in the home.

When the researchers factored in the likelihood for pregnancy and birth complications — more common among women in poverty — they found little difference in neurological impairment at birth between the children, despite their parents’ socioeconomic disadvantage.

However, beginning at age 4 months, the chance of having a neurological abnormality was higher in the most disadvantaged children (12.8 percent), compared to the least disadvantaged (9.3 percent). By age 7, the likelihood of a neurological abnormality increased to 20.2 percent among the most disadvantaged, compared to 13.5 percent among the least disadvantaged.

Studies indicate that people living in poverty are at higher risk for substance abuse, anxiety, depression and child abuse, and the authors theorize that these factors could explain the higher rates of neurological impairment their study found for children raised in impoverished environments. The authors added that the percentage of children living below the federal poverty threshold is higher today than it was when the CPP data were collected.

### Learn Chinese

**It’s snowing**

**xià xuě lè**

**FULL TIME** Infant/Toddler Teacher and Pre-school Lead Teacher needed

**招聘全職嬰兒教師和學前教育教師**

**Primary Duties and Responsibilities:**
- Implement daily lesson plans
- Supervise children, classroom by sight & sound
- Maintain required program records
- Provide daily communication with parents

**Qualifications/Requirements:**
- Center experience desired
- Must be fluent in Mandarin
- Must hold EEC, ITT/II License or Pre-school Lead Teacher License
- CPR, First Aid Certification within 6 months of hire
- Good oral and written communication skills

**Salary commensurate with experience. Includes full benefit package**

Forward your resume to: HR Department, Asian American Civic Association, 87 Tyler Street, 5th floor, Boston, MA 02111. Email: hr@aaca-boston.org

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**St. Helena’s House**

89 Union Park Street

**Boston, MA 02118**

Waiting list is re-opening!

We will be accepting applications to be added to the existing waiting list for federally subsidized Studio and One-Bedroom apartments (NHEI; All apartments are currently occupied).

**Applications for housing can be obtained in the following ways:**
- In-person at St. Helena’s House on the dates and times specified in the table below.
- By U.S. Mail if request is made by calling 617-426-2922/MA Relay 711.
- By email if request sent to sthelenas@maloneyproperties.com and providing us with:
  - Applicant’s full name, full mailing address (street, city, state & zip code) and telephone number.

**For lottery all phone and email requests must be made between February 3 - February 17, 2016.**

Completed applications must be submitted in-person or via U.S. Mail to:
- St. Helena’s House, Management Office, 89 Union Park Street, Boston, MA 02118
- Office hours for in-person submissions are: Monday-Friday, 9:00am-5:00pm

**Application Deadline for Entry Into Lottery:** All completed, original applications must be received or postmarked by 5:00pm on February 16, 2016, and if considered preliminarily eligible, will be entered into the lottery to determine placement order of lottery applicants and then added to the existing waiting list.

The waiting list will remain open after the lottery application deadline; therefore, any applications received after 5:00pm on 3/2/16 will be added to the post-lottery existing waiting list based on date and time of application (after lottery applicants have been added). A preference will be given for the four (4) accessible units to qualifying households who need these design features. Final determination of all eligibility and suitability criteria will be required when applicants near the top of the waiting list as vacancies become available.

If any assistance is needed in completing the application or during the application process for any reason, including if you or a family member has a disability or limited English proficiency and as a result need such assistance, we will be happy to provide assistance upon request by calling 617-426-2922/MA Relay 711.

**The lottery will take place at 89 Union Park Street on March 15, 2016 at 1 PM.**
Tibetan woman joins Chinatown agency to serve

BY LING-MEI WONG

Pasang Drolma joined American Chinese Christian Educational and Social Services (ACCESS) in December 2015, after an extensive two-year search. As a Tibetan woman, she went from a small mountainous town in Sichuan Province to the prestigious Central University for Nationalities on a full scholarship. Working as a Tibetan linguist at the Chinese Academy of Social Science in Beijing, she had the opportunity to represent minority women in China at the 1995 Fourth World Women’s Conference. “I was so blessed in academics,” Drolma said. “I came to the States in 1999. My life totally changed.”

After completing her second master’s degree at Brandeis, Drolma brought her daughter from China to America. She eventually worked at World Education for 10 years, helping disadvantaged children of immigrants in China’s cities, along with addressing the issue of left behind children in Henan province. Drolma also founded Compassionate Heart International, a small nonprofit organization for enriching Asian communities, helping to send aid to Nepal earthquake victims in April 2015.

Blessed to be a blessing

Drolma’s life experiences prepared her to serve at ACCESS. “Through the tough times, my eyes were not looking at my own success or ambition, but looking down and at others,” she said. “I feel God blessed me to become other people’s blessing.”

While her background includes global nonprofits such as Doctors Without Borders, Drolma is excited to be part of a community-based organization. “Before, I’d be at my desk reading field reports by email,” she said. “Now I get to hear children singing, I can directly walk out and see the clients we serve.”

Drolma wants to be a good neighbor, putting up Christmas decorations around Tai Tung Village for the first time. ACCESS rents its current location from Tai Tung Village to run its adult English classes and children’s after-school program. “It was my second day on the job and I was hanging out of trees to put up decorations,” Drolma said. “It was a small project but brought positive change and impact to the community.”

While her office at ACCESS is modest — with just enough space for a desk, chair and a Philippians 4:13 poster reading “I can do all things through Him who strengthens me” — she has big dreams for the agency. “Many Chinese immigrants move to Quincy or Malden, as it’s too expensive to live in downtown Boston,” Drolma said. “We hope to not be limited to Chinatown; I want to go out to where the new immigrants are. There are many Chinese students in the suburbs, such as high school students, who need love and support.”

Drolma’s team at ACCESS includes Anna Fan, adult basic education director, and Linda Liang, director of children and families. She hopes to recruit more interns, along with offer more volunteer supervision. Among her goals are computer classes, senior outreach, job training and counseling.

“For immigrant and low-income children, you have no idea what they will become one day,” Drolma said. “We are all precious in God’s sight.”
Boston Chinatown Lions Club hold annual charity ball

BY LING-MEI WONG

The Boston Chinatown Lions Club Annual Charity Ball took place Jan. 16 at Hei La Moon. About 320 guests attended the event.

The Boston Chinatown Lions, Massachusetts District 33K aids the blind and visually impaired and makes a strong commitment to community service and serving youth throughout the world. The annual charity ball raised funds for the Massachusetts Lions Eye Research Fund.

Citations were presented from Boston City Council president Michelle Wu, Cambridge city councilor Leland Cheung and Quincy city councilor Nina Liang.

The lion dance was performed by Chiu Mo Kwoon kung fu school of Boston. Kwong Kow Chinese School students performed a Chinese traditional dance.

Chinese artists gathered to showcase traditional ink brush and calligraphy artwork on Jan. 14 at the Statehouse. (Image courtesy of the Sampan editorial team.)

Chinese artists dazzle at Statehouse

BY THE SAMPAN EDITORIAL TEAM

Chinese artists gathered to showcase traditional brush and calligraphy artwork on Jan. 14 at the Statehouse. The art show was hosted by the North America Artists Association (NAAA) and the Chinese Calligraphy Association of Boston. Tian Han Guo, NAAA chairman, demonstrated Chinese calligraphy. His work was recognized at the Beijing 2008 national art show.

The art show included remarks from state Rep. Tackey Chan. Citations were presented from representatives of Gov. Charlie Baker, House Speaker Robert DeLeo and Boston City Council president Michelle Wu.

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The Asian American Civic Association (AACA) received a $5,000 check from East West Bank on Jan. 21. Pictured at the 68 Harrison Avenue branch are (from left) AACA executive director Chau-ming Lee with East West Bank branch manager Jian Yu Tam and assistant branch manager Yan Hong Mei. (Image courtesy of Ling-Mei Wong.)

East West Bank presents gift to AACA

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