Panel looks at Chinese immigrant impact on Boston's history

BY LING-MEI WONG


“The Chinese Exclusion Act was the first piece of legislation passed against an ethnic group,” said Lee, a retired architecture professor at the Massachusetts Institute of Technology. “In 1860, there was only one Chinese person in Boston, according to Census. That has grown to more than 24,000 Chinese individuals in Boston and over 120,000 in Massachusetts in 1990.”

While the main driver for the legislation was West Coast conflicts between European settlers and Chinese immigrants, Boston and Massachusetts played key roles in the passage and enforcement of the law. Anti-immigrant sentiment led to violence against the 100,000 Chinese workers on the West Coast.

“My grandfather was working on a California farm, driven out to San Francisco and eventually settled in Boston,” said Lee. His great-grandfather came to work on the transcontinental railroad; his grandfather and father worked as a laundryman in Bridgewater.

Lee came to Boston as a boy in 1938 from China, coming through East Boston’s immigration station. It was the second largest entry point after Ellis Island.

The quota for Chinese immigration was 100 individuals a year, after the Exclusion Act passed. Chinese-American citizens would return to China to marry and bring their children over as derivative citizens, said Lo, who teaches Asian American studies at the University of Massachusetts, Boston. Some citizens brought over people to pass off as their children or “paper sons,” as they were related on paper but not by blood.

The repeal of the Exclusion Act in 1943 and immigration legislation passed in 1965 favored family reunification over quotas; simultaneously also意味着了辛亥革命的开始。随后，在1912年，中国历史上第一个共和国——中华民国正式建立。虽然直到1949年，中华民国在台湾才得以安家，但如今已是华裔美国人居住在太平洋两岸的首选地。在同文同种的文化背景下，华裔的美国梦是从小波兰开始的。

Six candidates vie for Quincy at-large council seats

BY VALERIE LI

Six candidates for Quincy City Council’s three at-large seats participated in a multilingual forum at North Quincy High School on Oct. 11, answering questions regarding education, public safety, transportation and tax ahead of the city council election in November. The forum was translated into Cantonese and Mandarin.

The candidates for the Nov. 7 ballot are incumbents Noel DiBona and Nina Liang; Margaret LaForest, Anne Mahoney, Dan Raymond and Steve Toughas. Candidate Stanley Dong Fang Xiao had the fewest votes from the Sept. 12 primary and will not be on the ballot.

Language accessibility was discussed, due to the increasing number of Asian immigrants in Quincy, who comprise almost 30 percent of the population. Liang, who comes from a Chinese immigrant family, said, “We are here to build the City of Quincy into a more diverse community and we should bring more funds to find translators into public works.”

Tax breaks were discussed. “We need to bring a residential tax break immediately for people who live here,” said Mahoney, who is on the school committee.

DiBona supported lower property taxes for residents, but added tax cuts should be a “balancing act” so the city could continue providing public services.

The general election will take place on Nov. 7.
**Event Calendar**

**Chinese chat group**

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**Free evening meals**

**with 14 companies for part-time**

**The Asian American Civic Association**

**87 Tyler Street 4F**

**Monday, Oct. 23**

**Holiday hiring event**

**QARI at (617) 472-2200.**

**services to Chinese Americans.**

**provide information and referral**

**Quincy Asian Resources Inc. to**

**Alliance will help clients at**

**275 Hancock Street 2F**

**10 a.m. to 3 p.m.**

**Sunday, Oct. 22**

**Free meditation class**

**10 a.m. to 4:30 p.m.**

**101 Mystic Avenue**

**Sunday, Oct. 22**

**Free meditation class**

**10 a.m. to 4:30 p.m.**

**326 Main Street**

**Monday, Oct. 30**

**Joanne Chang book launch**

**Monday, Oct. 30**

**6 p.m. to 7:30 p.m.**

**99 Albany Street**

**Boston, MA 02111**

**Boston chef Joanne Chang will attend.**

**The Chinatown Safety Committee meeting will take place at the DoubleTree Hotel. The public is welcome to attend.**

**The Chinatown/South Cove Neighborhood Committee meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit bcbostontv.org.**

**Chinatown/South Cove Neighborhood Committee meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend.**

**The Wang YMCA of China town’s Legacy Dinner will take place at Empire Garden.**

**The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend.**

**For more information, visit www.sampan.org.**

**SAMPA N**

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Hundreds gathered for the Double 10 Parade from Chinatown Gate to City Hall Plaza on Oct. 7. The procession included representatives from dozens of Taiwanese-American cultural groups, lion dancers, drummers, dancers and Chinese-American veterans. The parade drew thousands of spectators as it proceeded down Washington Street.

On Oct. 10, 1911, the Wuchang Uprising in China paved the way for a series of uprisings that eventually overthrew the Qing Dynasty. This “Double 10 Day” marks the end of over 2000 years of dynastic rule in China, and the beginning of the Republican era. After the fall of the Qing, the Republic of China (ROC) was established in 1912. Although the ROC government did not relocate to modern-day Taiwan until 1949, Double 10 Day is celebrated in China and Taiwan.

The parade culminated in a gathering on City Hall Plaza, with remarks from Scott Lai, outgoing Director-General of the Taipei Economic and Cultural Office in Boston; Boston City Council President Michelle Wu and Chinatown community leader Frank Chin, among several other distinguished politicians and representatives. The events concluded with dance and gymnastics performances by members of the Chinese Folk Art Workshop and other art societies and dance troupes.

In 2010, the U.S. Census reported more than 4,800 Taiwanese Americans in the Boston-Cambridge-Quincy metro area, one of the largest urban populations in America. Chinese Americans comprise 3.5 million of the American population, according to 2010 Census data.

Seven graduate from customer service program

BY LING-MEI WONG

A graduation for customer service took place at the Pao Arts Center on Oct. 12. The seven graduates completed the seven-week training, with all graduates employed.

Six of the seven graduates have been in America less than a year, arriving with limited English from China.

“Difficulty always motivates me to move forward,” said Jinshuan Li. He completed the program and is now working as a café barista.

“I feel comfortable and confident in conversations. In the United States, we need English like a fish needs water,” said graduate Alice Mei, who will work at Bon Me.

Employer Bon Me has hired seven graduates from the customer service program.

Alumna Nhi Tran completed the program in 2016 and celebrated her one-year work anniversary at Bon Me in September. Tran said, “I try to work hard and do my best.”

Bon Me restaurant manager Ainsley Li said of the hires, “Everyone was amazed at their work ethic…they give their all.”

Boston Chinatown Neighborhood Center (BCNC) director of adult basic education and workforce initiatives Debby Wiesen said, “Now is time for you to dream more. I hope all your dreams come true.”

The seven-week training provides low-income immigrants with English, customer service and job search skills for employment in the retail and customer service industries. Students study for free through funding from the Neighborhood Jobs Trust provided by the City of Boston. It is organized by BCNC and the Chinese Progressive Association. The next session starts Oct. 30.
Boston youth enjoy barbecue with downtown police

BY LING-MEI WONG

Youth at the Boston Asian: Youth Essential Service enjoyed barbecues with police officers on Sept. 30 at Tufts University’s Chinatown campus. Officers from Boston Police Department’s District A-1, which includes Chinatown, grilled burgers and hot dogs. The Hood ice cream truck served sweet treats, while youth had a friendly corn-hole tournament with the officers.

Affordable Rental Housing

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*A preference for persons with mobility impairment 1: (30% BHA unit) 1: (25% 60% AMI unit) 2

*Gross Rent includes utility allowance with tenant payment for heat, hot water, and electricity.

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The Chinatown Coalition met Oct. 12 at Boston Chinatown Neighborhood Center.

Karen Chen, the new executive director of the Chinatown Progressive Association (CPA), introduced herself to the coalition. She started her position in July. Chen grew up in Brighton but considers Chinatown to be her home. “I find more of my community here,” she said. Chen said CPA continues its mission to help Chinatown residents. One of their main focuses is on displacement and helping working families stay in Chinatown.

“We are doing what we can for the community,” she said.

CNC

The Chinatown/South Cove Neighborhood Council met Oct. 16 at the Chinese Consolidated Benevolent Association. A presentation on Phillips Square beautification was given by Vincent Gupta, planning and policy director for the Boston Transportation Department. Funds from 42 new condos at 8 Harrison Avenue will provide street-level improvements for an urban plaza at Harrison Avenue and Essex Street, with construction scheduled for spring 2018. Cresset Development bought 2.5 floors of the building from Verizon and will provide $150,000 for the plaza. A project website is planned to be up in a month, with the plaza managed by the City of Boston. The council voted to support Chinese street signage from the Sept. 18 meeting. The CNC election will be Nov. 26 at Santander Bank.

Housing advocates march against gentrification in Chinatown

BY VALERIE SIZHE LI

Housing rights advocacy groups marched on Oct. 5 for regulations on the growing short-term rental industry, which is displacing long-term Chinatown residents.

The “Chinatown SOS” march started at the Josiah Quincy Elementary School in downtown Boston. It continued through the streets of Chinatown, where units were either sold for an exorbitant amount of money or are used for short-term rentals.

Former Johnny Court resident Mei Qun Huang spoke at the rally. “After I was displaced, the owner immediately rented our former home to short-term rental visitors,” she said.

According to a research report by Massachusetts Community Labor United (CLU), about 45 percent of short-term rental revenues in Boston are generated by 12 percent of commercial operators, who are landlords, management companies and investment firms. “This is happening in Boston and across the country.”

Chinatown crime for Oct. 7 to Oct. 20

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Oct. 7 to Oct. 20 for District A-1, which includes Chinatown.

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

Robbery

Oct. 7, 7:43 a.m.: The victim reports while walking in the area of Harrison Avenue extension, he was assaulted and robbed by an unknown male.

Robbery

Oct. 7, 3:32 a.m.: The victim reports an unknown black male grabbed her purse while she was walking down Harrison Avenue. He fled toward Oxford Place.

Assault and battery

Oct. 11, 6:20 p.m.: The victim reports while walking on Essex Street, she was approached by an unknown male who appeared to be homeless. The male for no apparent reason spit on the victim. The suspect was located. He was FIO’d and released.

Assault and battery

Oct. 14, 12:44 a.m.: The victim states he was assaulted on Hudson Street by an unknown Asian male wearing dark clothing. The victim was transported to Tufts Medical Center for further treatment.
Youth Help Youth promotes education through entrepreneurship project

BY SHIRA LACHAROEN

Asian American Civic Association’s Youth Council convened this summer to participate in the weekly Youth Help Youth entrepreneurship project. Students worked to raise money for Cambridge nonprofit Barakat, an organization that sponsors schools education in Afghanistan and Pakistan for girls and women.

The entrepreneurship project Youth Help Youth was started with seed money from United Way, under the supervision of AACA interim Youth Council coordinator Sherry Xue. The students met to discuss the purchase of tribal, handmade rugs from United Way, under the supervision of AACA interim Youth Council coordinator Sherry Xue. The students met to discuss the purchase of tribal, handmade rugs from Afghanistan, Pakistan and Nepal, which were then sold at the Brookline Farmers Market and in Chinatown. The council members designed portfolios, determined prices, and established how a profit could be generated.

“Now these students have more of a knowledge base of what’s going on,” Xue said. “Community-wise, we’re letting people know that we’re doing things for a greater cause, and the kids develop empathy.”

The Youth Council plans to work on a similar project next summer. Council members are high school and college students from the greater Boston area. “It’s never too late for youth to learn about what’s happening around the world,” Xue said, emphasizing the importance of women and children being equal to men. “What the youth have right now is a lot more compared to what other people have, and it’s important that they take nothing for granted.”

Tai chi master Nelson Chen taught seniors at a breakfast seminar on Sept. 28 at Boston Chinese Evangelical Church. (Image courtesy of South Cove Manor.)

Breakfast seminar teaches seniors tai chi health benefits

BY SOUTH COVE MANOR

About 50 senior participants showed up for a breakfast seminar organized by South Cove Manor at Boston Chinese Evangelical Church on Sept. 28. Tai chi master Nelson Chen has been practicing tai chi and teaching for decades. He leads classes in Quincy. Chen demonstrated the basic 28 steps with an explanation of their health benefits. Many participants were eager to learn this low impact, slow motion exercise.

According to Harvard Health, there are some health benefits of tai chi:

- Tai chi is often described as “meditation in motion,” but it might as well be called “medication in motion.” There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren’t in top shape or the best of health. As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations.

The program also includes a world premiere by MIT’s David Horne, Acclaimed by critics as “the best suona player in China,” Yazhi Guo makes his Boston Musica Viva debut in a complex and intriguing work by Pulitzer Prize-winner Zhou Long. In Metal, Stone, Silk, Bamboo, Yazhi will showcase an array of unique Chinese woodwind instruments that are rarely seen or heard in the West.

The program also includes a world premiere by MIT’s Peter Child, and previous BMV commissions by Joyce Mekeel, William Kraft, and Scottish composer David Horne.

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- David Horne: Shall We Play Together

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Screen time can impact how much sleep a child gets at night. (Image courtesy of Tufts Medical Center.)

Screen time: How much is too much?

BY JEREMY LECHAN, TUFTS MEDICAL CENTER

In 21st century America, screens dominate our lives. They are at work and at home. We look at them when we’re on the go and when we’re relaxing. Most of us have at least one with us at all times, wherever we are and whatever we’re doing. But how much screen time is too much, especially for the developing minds and bodies of our kids?

“Too much screen time — time spent in front of TVs, computers, smart phones and video games — can result in an increased risk of obesity and all the negative side effects that come with it,” said Dr. Mary Brown, pediatrician at Floating Hospital for Children at Tufts Medical Center. “And for older children, it also can potentially expose them to cyber bullying, sexting or even online trafficking. Poor sleep habits and inadequate sleep are also significant problems.”

Effect on sleep

According to director of the Center for Sleep Medicine Khalid Ismail, children’s screen time is adversely associated with sleep outcomes, particularly difficulty falling asleep and shortened sleep duration. This may result in daytime sleepiness and fatigue that can affect performance at school.

“Screen time, especially in the 90 minutes prior to bedtime, has strong, negative effects on sleep quantity and quality,” said Dr. Ismail. “The screen’s light suppresses melatonin, a hormone your biologic clock needs to start the sleep process. In addition, the light exposed from the screen stimulates and tricks the brain into thinking its daytime, making it harder to fall asleep.”

AAP recommendations

The American Academy of Pediatrics (AAP) recommends no exposure to screens whatsoever for children younger than 18 months old, with only one exception: video-chatting with friends and family.

“This type of interaction for young children is much different than watching TV, as it helps promote cognitive development through social encounters with other people,” said Dr. Brown.

For children 18-to-24 months, the AAP recommends parents only allow screen time that is educational, when it is educational, when it can be viewed with an adult who can explain what the child is seeing. The AAP advises that older children, ages two-to-five, experience one hour or less per day of high quality screen time that is both age-appropriate and assists in the development of cognitive skills.

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Busting autism myths

BY BOSTON CHINATOWN NEIGHBORHOOD CENTER

Autism is a word that strikes fear into the hearts of many parents. They imagine that their child will be different, will struggle and that their children will be different, will struggle and that their child will die. A child on the autism spectrum does have special needs, but is misunderstood. Four mothers from the BCN Parent Advisory group, who have been renamed Ann, Becky, Clair and Doris, share their stories of raising children with autism.

What is autism?

“Autism is a developmental disorder affecting 1 out of 45 U.S. Children, with the majority being boys, according to a 2015 study. Behavior presents in infancy, with symptoms including speech delays, impaired social skills, repetitive behavior and sensitivity to external stimuli.”

How did you find out your child had autism?

“When my daughter was three, she still could not speak, so she would point to things she wanted and cry when she didn’t get them,” Ann said. “I suspected she had some developmental delays, as she didn’t like to play with other children and would not make eye contact when spoken to. Most kids play with toys by rolling them on all surfaces. My daughter would line up her cars in a straight line instead.”

The mothers all reported their first observation was their children did not speak or were limited even when they were older. Each mother at first thought a speech delay was to blame and sought a specialist, when they got a diagnosis of autism. The mothers suffered a huge initial shock, along with panic and stress from friends and family. Despite feeling overwhelmed, they worked to learn more and sought help.

“My mother could not accept my son’s diagnosis and I was under tremendous pressure,” Clair said. “I told myself for my son’s sake, I would get over my hangups and accept him, regardless of how others saw him. The parent’s attitude is very important. If the parent is unwilling to reach out and tell others about what’s going on, they will lose many resources to help their child.”

All children displayed autistic behavior before the age of three. The four mothers strongly urged parents to watch for red flags and get help as soon as possible. Once you have consulted a family doctor, your doctor can refer your child for an early intervention to do more in-depth observation.

How do you nurture an autistic child?

“The best way to raise an autistic child is to show love and patience, said the four parents. Children are sometimes unaware of others, so it helps to do in-active activities such as reading or painting. This lets the child know the existence of their parents. Many children are unwilling to communicate with the parents, so parents will need to be proactive about asking how they are with open-ended questions.

Hookah found to be just as dangerous as smoking cigarettes

BY SARA BROWN

Hookah can be a fun way for friends to relax together. There is a misconception, however, that there are no negative health effects from hookah. This is untrue.

Tobacco smoke passes through a water basin in a hookah. Cannabis can also be inhaled with a hookah.

According to a study published in the 2012 issue of the Centers for Disease Control’s Preventing Chronic Disease, “Many hookah smokers believe that smoking a hookah carries less risk of tobacco-related disease than cigarette smoking.”

However, hookah contains the same toxins as cigarettes. According to the World Health Organization, a “hookah-smoking session may expose the smoker to more smoke over a longer period of time than occurs when smoking a cigarette. Also, due to the method of smoking — including frequency of puffing, depth of inhalation and length of the smoking session — hookah smokers may absorb higher concentrations of the same toxins found in cigarette smoke.”

There are many chemicals in hookah smoke, which is similar to tobacco smoke. The charcoal used to heat the hookah smoke, which is similar to tobacco smoke. This can reveal that the hookah contains high levels of carbon monoxide, metals and other chemicals that are known to cause different forms of cancer.

Hookah smoke is linked to oral and lung cancer. It is also linked to heart disease and other diseases. Second-hand hookah smoke has the same health dangers as tobacco smoke is known to have.

If a pregnant woman smokes hookah while pregnant, it can result in low birth weight for her baby.

Hookah pipes need to be cleaned properly and safely to prevent the risk of spreading infectious diseases.

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Hookah pipes need to be cleaned properly and safely to prevent the risk of spreading infectious diseases.
‘Eight Brokens’ art forum unravels hidden meanings

BY SHIRA LAUCHAROEN

When Nancy Berliner was traveling in Taiwan during the summer of 1978, she spotted a remarkable, enigmatic painting at a flea market and was instantly captivated.

“I bought it and started asking people about what this art was, and nobody knew,” Berliner said. “That was the beginning.”

The Chinese art form known as “bapo” emerged in the mid-19th century and was largely forgotten, until recently. Boston’s Museum of Fine Arts (MFA) hosted a symposium called “Eight Brokens’ Rediscovered: Painted Collage from China, ca. 1900” on Oct. 15, inspired by its collection of more than 40 paintings. The discussion featured MFA curator of Chinese art Berliner, as well as speakers Shana Brown, Eric Lefebvre, Eugene Wang and Zheng Yan, a presentation by Wang Yifeng and a live art demonstration by Geng Xuezhi.

“Bapo is a style of painting that intricately assembles depictions of lost or fragmented materials, including deteriorating papers, half burned items, decayed calligraphies and torn letters. The art form is also called ‘jinhuidu,’ or ‘pile of brocade ashes,’” an expression that came from a poem that illustrated the ruination of a palace, a way of “mourning past glories,” Berliner said.

“An untitled work from an unknown artist demonstrates the bapo artform at the Museum of Fine Arts’ exhibit, ‘China’s 8 Brokens: Puzzles of the Treasured Past.’ (Image courtesy of Museum of Fine Arts.)”

The representations ask us to ‘treasure even damaged remnants,’ according to exhibit materials. Hidden puzzles are sometimes incorporated into bapo paintings. Zhu Wei’s panel work, “A Complete Picture of 100 Years,” arranges tattered scraps of paper in the shape of a dragon, suggesting a political commentary, a message of protest against the Taiping Rebellion. Other pieces reflect a wish for good fortune, as in Zheng Zuochen’s “Scepter,” a collage taking on the image of a scepter, a symbol that invokes the meaning, “may you achieve all you desire.” Frequently, works indirectly reference social strife happening around us, every day in the news.

“When looking at bapo paintings, their burnt papers and broken fans, I cannot help thinking of the time in which they were created, a time of war and destruction,” Lefebvre said. “I can’t help looking at them without a feeling of deep nostalgia.”

The exhibit will be on display until Oct. 29.

Boston Asian American Film Festival kicks off with preview party

BY SHIRA LAUCHAROEN

The Boston Asian American Film Festival highlighted featured films at a preview party at the Pao Arts Center on Oct. 5. Guests watched trailers for movies which will be celebrated at the ninth annual festival, held Oct. 19 to 22. The festival aims to empower the Asian American community and inspire a dialogue through film. It will screen more than 30 films, directed by filmmakers from a range of Asian backgrounds.

“The theme for this year’s festival will be liberty and justice, a concept that was chosen after the 2016 U.S. presidential election to resonate with the current, fraught political climate. Films were selected to commemorate the historic 135th anniversary of the passing of the Chinese Exclusion Act of 1882 and the 75th anniversary of the incarceration of Japanese Americans in 1942. “Given all the things that are happening around us, every day in the news that we’re hearing, that human connection, knowing that we’re human and that we’re sharing experiences, I think that is important,” Chinsen said.

Party goers viewed clips of the festival’s highlighted movies, including opening night film “The Jade Pendant,” centerpiece documentary “Resistance at Tule Lake” and closing night work “Gook.” “The Jade Pendant” tells the tragic love story of a girl escaping from an arranged marriage to America during the lynching of Chinese immigrants in 1871, while “Resistance at Tule Lake” creates a narrative about the Japanese protest of incarceration during World War II. “Gook” portrays the tale of two Korean American brothers during the Rodney King riots. The festival will also feature forum “Beyond Orientalism,” which navigates the idea of misrepresentation on stage and diversity in the performing arts.

“The fact that Asians living in America, that we’re not one dimensional, that there are a lot of different experiences that encompass the Asian American experience – that’s probably the biggest message,” Chinsen said, “that we’re not monolithic.

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*Annual Percentage Yield. Rate effective for new money only at our North Quincy (275 Hancock Street, Quincy), Wollaston (680 Hancock Street, Quincy) and Hingham (99 South Street, Hingham) locations only. Restrictions apply, call for details. Minimum balance to open and earn interest is $10.00, maximum deposit is $1,000,000.00. Advertised rate is guaranteed until March 31, 2018. Fees may reduce the earnings on the account.