Fashion show gives shout out for Asian women empowerment

BY RUOBING SU

The fifth “CelebrAsian” fashion show for Asian Women for Health (AWFH) was held on Oct. 27 at Boston Medical Center. The benefit featured fashion and dance performances. More than 60 attendees celebrated the empowerment of Asian cancer and trauma survivors.

The fashion show started with a flamenco dance by Yoshi Karashashi and Bonnie Wong. Karashashi is a Japanese-born dancer and choreographer who traveled to Spain to fulfill her dream of studying flamenco.

“Women are seen as the center of the family — we are the ones that take care of the family, the elderly, relatives and our parents. There is a lot of pressure on Asian women, especially Asian American women, that we have a higher rate of depression. That’s why we need to offer special care to Asian women,” said Lindee Goh, AWFH vice president.

The fashion show models were cancer and trauma survivors. Some of them survived sexual abuse or childhood isolation, and other women survived breast cancers of different stages. Emcee Audrey Paek explained how much courage these women have to endure physical illness or psychological trauma. Many of the women are fully recovered, enjoying happy lives with families and pursuing higher life goals, such as music or public health.

Chien-chi Huang, founder and executive director of AWFH, was diagnosed with triple negative breast cancer in 2005 at age 40. With support from her loved ones and friends, she overcame many obstacles and committed to helping women of similar cultural and linguistic backgrounds. She launched Asian Breast Cancer Project in 2010 to make sure women in similar situations did not feel isolated and had access to treatment. Huang established AWFH for Asian women by advocating, educating and offering access to medical care and support.

There was a live painting by Jonathan Zuker of Conquer Cancer Coalition. A silent auction also attracted attendees. AWFH is a peer-led, community-based network dedicated to advancing Asian women’s health and wellness through education, advocacy, and support. They envision Asian women are well-informed, have access to care that is culturally appropriate and high quality, and inspired to live happy, healthy lives.

AACA Graduates Next STEP Classes

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Eastern Bank reaffirmed its commitment to helping immigrants succeed at its Celebration of Social Justice on Oct. 23 at the Sheraton Boston Hotel. Chau-ming Lee was recognized posthumously as the 2017 Wainwright Social Justice Award winner for his dedication in serving the immigrant community through his leadership at the Asian American Civic Association (AACA).

“Everyone who came to AACA felt at home,” said Boston City Council President Michelle Wu.

Lee’s family dedicated a $25,000 gift to creating the Chau-ming Lee Memorial Scholarship at AACA.

“Helping others was simply a part of his life, not a Monday-to-Friday job,” said Rachel Lee, the eldest of Lee’s three daughters.

Immigration leader Chau-ming Lee honored by Eastern Bank

BY LING-MEI WONG

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HIGHLIGHTS

Film festival unveils hidden Asian American history and issues of identity

API Civil Rights Forum unveils cultural awareness

—文章由蘇若冰翻譯

PAGE 4

移民領袖Chau-ming Lee受到東方銀行的表彰

東方銀行在於10月23日在波士頓希爾頓酒店舉辦的慶祝社會公正活動上宣佈，華裔美國歷史與身分認同的電影節揭曉了隱藏的華裔美國人歷史和問題。

API民權論壇探討社區問題

恆生銀行每週五出版Sampan報。如需了解更多內容，請訪問Sampan.org
Film festival unveils hidden Asian American history and local stories
BY RUOBING SU AND WILLIAM GE

The ninth annual Boston Asian American Film Festival opened with a screening of “The Jade Pendant” in at the Brattle Theatre on Oct. 19.
BAAFF featured six short films created by youth in the Castle Square Tenants Organization (CSTO) Teen Program, screened on Oct. 22. The CSTO teen shorts were followed by six historical videos on the history of Chinese in America, directed by Eng and narrated by retired Massachusetts Institute of Technology professor Tunney Lee. Videos will be online at www.baaff.org.

Lantern Festival celebrates Chinese culture
BY VALERIE LI

Chinatown Main Street kicked off its fourth annual Lantern Festival on Oct. 21 at Chinatown Park, after heavy rain postponed the event last month.

ATASK honors survivors of domestic violence at Silk Road Gala
BY CONNIE WANG

Joanne Chang shares passion for food
BY CONNIE WANG

It was the best of times. It was the best of times.

The signs are everywhere: young families are moving into our neighborhoods, students and professionals hurry to class and work, and the downtown area teems with shoppers and diners. At Dedham Savings, we’ll help you make the most of it with personal and commercial checking accounts, residential and commercial mortgages, retirement savings and college tuition rewards. Learn more about our products and services, and our boundless optimism for you and your future, at www.dedhamsavings.com.
**Event Calendar**

**AC Hotel job fairs**
Nov. 3, Nov. 4, Nov. 9, Nov. 11
10 a.m. to 2 p.m., Nov. 11
99 Albany Street
Boston, MA 02111

AC Hotel Boston Downtown is hiring and will host three job fairs at the Pao Arts Center. Apply online at www.colwenhotels.com.

**Chinese chat group**
Fridays, Tuesdays
6:30 p.m. to 9 p.m.
677 Huntington Avenue
Boston, MA 02115

A Cantonese conversation group will meet Friday at the Harvard T. H. Chan School of Public Health, Kresge 201 on 2F. A Mandarin chat group will meet Tuesday. RSVP at www.meetup.com/beaconchina/

**Innovation beyond boundaries**
Saturday, Nov. 4
9 a.m. to 5 p.m.
100 Main Street
Cambridge, MA 02139

The Monte Jade Science and Technology Association of New England hosts a conference with a theme of "Innovation Beyond Boundaries: An Internet of Medical Things". The event will take place at MIT’s Building 626 Room 276. For more information, visit http://www/EILY390yFrcR.

**Mulan Society classes**
Saturday, Nov. 4
1 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111

Mulan Society Center for Women’s Empowerment classes will take place at the Asian American Civic Association, 4F. For more information, please call (781) 324-8991 or e-mail shuixue@aaaca-boston.org.

**Wang YMCA gala**
Saturday, Nov. 4
6 p.m.
690 Washington Street
Boston, MA 02111

The Wang YMCA of Chinatown’s Legacy Dinner will take place at Empire Garden.

**Free evening meals**
Evening of the 3rd Sunday
5:30 p.m. to 6:30 p.m.
34 Eastern Avenue
Malden, MA 02148

Bread of Life offers free evening meals for low-income families and individuals in the metro North area. Evening meals are served Tuesday at Bread of Life, Wednesday and Thursday at 368 Pleasant Street and Friday at 493 Main Street. For more information, call (781) 397-0404.

**Free health care service**
Every Tuesday
6 p.m. to 8 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148

The Sharewood Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area. For more information please call (781) 324-8991 or e-mail sharewood.director@gmail.com.

**The Chinatown Coalition meeting**
Thursday, Nov. 9
9:30 a.m.
58 Ash Street
Boston, MA 02111

The Chinatown Coalition meeting will take place at the Chinatown Neighborhood Center, 4F. For more information, please call (781) 324-8991.

**Free Thanksgiving meal**
Thursday, Nov. 23
Noon to 2 p.m.
77 Salem Street
Malden, MA 02148

Bread of Life will serve a free Thanksgiving meal at Malden High School. To volunteer, email info@breadoffilmalden.org or call (781) 397-0404.

**South Cove Manor breakfast service**
Thursday, Nov. 30
9:30 a.m. to 10:30 a.m.
120 Shawmut Street
Boston, MA 02118

All are welcome to attend at the BCEC auditorium, the former South Cove Manor location.

**Constitution Co-op**

Constitution Co-op where member residents have a voice in the management of the property, has large studio and one bedroom apartments.

Located in beautiful City Square, this active senior co-op is on an MBTA bus route, and is within walking distance to shopping, banks and medical professionals.

Features such as...
- One bedroom apartments
- Scenic views of the Boston skyline
- Plenty of space for outdoor relaxation
- Emergency Response Person living on site, on call
- On site laundry facilities and air conditioning
- Large community room with many social events

Social events include: Lunches, Holiday Parties, Day Trips & More!!

Rent is based on 30% of income (income limits apply) to qualified seniors 62 and older

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Chinatown residents eager to reopen local library branch

BY SHIRA LAUCHAROEN

Potential Chinatown library services were defined at a community meeting with representatives from architecture and design firm Miller Dyer Spears on Oct. 24 at the Josiah Quincy School. Over the past year, three planning meetings have been organized to discuss feasibility study results, conducted by the firm, the Boston Public Library and the mayor’s office.

“Chinatown has always been a gateway for immigrants, and today it remains a point of entry for immigrants from Asia,” said Donna Harris, Miller Dyer Spears senior associate. “The first thing a library can do to help here is to provide information.”

Chinatown is the only neighborhood out of 23 in Boston without a library. The last time Chinatown had a permanent library was in 1956, when it was eradicated to build the Central Artery.

“Chinatown’s culture by operating with bilingual staff and signage, and maintaining a Chinese collection of literature. “Libraries are important spaces culturally, and it’s an issue of equity,” said Carolyn Rubin, chair of Friends of the Chinatown Library.

AAP Civil Rights Forum empowers, inspires cultural awareness

BY SHIRA LAUCHAROEN

Key social issues and civil liberties were the focus of the Asian American and Pacific Islanders Civil Rights Forum, gathering more than 60 guest speakers on Oct. 27 at the Federal Reserve. The second annual conference shed light on these topics.

State Rep. Tackey Chan called for Asian Americans and Pacific Islanders to fight stereotypes and unite to promote human and civil rights.

“Everyone has a right to their own individuality,” Chan said. “No one should be lost in the crowd. This is the United States of America. We live on our diversity, we live on our immigrants.”

Panel discussions included subjects as diverse as “Invisibility of Asian American women in power,” “Human trafficking in AAPPI communities” and “Economic development.” In “Invisibility of Asian American women in power,” speakers elaborated on their experiences of sexual harassment in the workplace. Tram Nguyen, Equal Justice Works fellow attorney, described how she is often mistaken for an interpreter or client. Lisa Wong, former mayor of Fitchburg and Asian American Civic Association (AACA) deputy director, described challenges she encountered, even as a celebrated political figure.

“Sexual harassment is a power play that is meant to isolate or intimidate,” Wong said. “As mayor, I was harassed by my own staff, even.”

During “Human trafficking in AAPPI communities,” speakers detailed what trafficking situations might look like and how the relief process comes about. “We’re rescuing people with a boat that has a hole in it,” said Julie Dahlstrom, clinical associate professor at the Human Trafficking Clinic. “For undocumented workers, there are still challenges around immigration enforcement and getting protection, as well as housing and support issues.”

In the panel on “Economic development,” speakers addressed the importance of working with minority immigrants, female entrepreneurs and small businesses, helping them to develop and grow in order to strengthen communities.

“We really believe that language is the first tool to being self-sufficient,” said Yongmei Chen of Eastern Bank and AACA board president.

Holiday job fair gathers community

A holiday job fair took place Oct. 23 at the Asian American Civic Association. About 14 employers hired for part-time and full-time positions in retail, hospitality, food service and security. (Image courtesy of Ling-Mei Wong.)

Chinatown meeting roundup: CSC, CRA

BY LING-MEI WONG AND SARA BROWN

The Chinatown Safety Committee met on Nov. 1 at the DoubleTree Hotel. Boston Police Department Captain Kenneth Forg for District A-1 said crime has been down. In the past 30 days, there were two robberies, two assaults, seven larcenies and 25 arrests made.

CRA

The Chinatown Resident Association met on Nov. 1 at the Josiah Quincy School.

District 2 city council candidate Ed Flynn said, "What makes Chinatown great is not the restaurants and tourist attractions, but it’s the people." Charlotte Fleetwood of the Boston Transportation Department said Knox Street will be repaved and painted with bike lanes in both directions.

Elections

The Boston Elections Department updated voter registration on Nov. 2 at the Metropolitan. Voters can call (617) 635-3893.

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Public Information Meeting

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Canton Public Library

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December 9, 2017

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For Application and Information

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Call MCO Housing Services:
(978) 456-8388

Pick Up:
Canton Town Hall, Town Clerk’s Office
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Defin ANYTHING in your own words
Three steps for saving

BY STATEPOINT MEDIA

Financial plans help you determine where you’re going with your money. Partly inspirational, these plans can help you create a strategy for paying off all of your debt while saving for a new house at the same time. When building your financial plan, follow these three steps:

Step 1: Determine where you’re going.
These goals will become the driving force behind your overall plan. Your list should include your short-term, mid-term, and long-term goals, and it should be realistic and specific.

• Short term goals are within one year, while mid-term goals are between two to five years and long-term goals are greater than five years from today.

Step 2: Build in milestones.
• Create ‘small wins’ along the way that motivate you to stick with your financial plan and reinforce the progress you are making.
  • These small wins become the key milestones of your financial plan. For example, if one of your goals is to pay off the debt you’ve accumulated on two credit cards within the next five years, one of your milestones might be to pay off the credit card with the highest interest rate within two years and the one with the lower interest rate by the end of that five-year period.

Step 3: Set your monthly goal.
• Once you know how much you need to save and how long you have to save it, you can set a monthly savings goal. Then you can see where that goal fits in your budget.
  • If you find that you can’t save as much as your goal requires, take a look at your spending and see if there are places you could make adjustments. If that doesn’t seem feasible, you may need to add more time to your goal completion date, change your prioritization, or look for ways to increase money coming into the household.

Bank of America gives to AACA

BY LING-MEI WONG

Bank of America donated $30,000 to the Asian American Civic Association on Oct. 24. (From left) AACA executive director Mary Chin, Careers in Banking and Finance instructor Robin Wood, Bank of America branch manager David Li and AACA deputy director Lisa Wong. (Image courtesy of Ling-Mei Wong.)

Cool it! Can it! Trash it!
Pour grease into a covered disposable container and put it into the trash.

If you encounter a sewer overflow, call BWSC’s 24 Hour Emergency Service at 617-989-7000.

A “Vanished Archives” screening took place Oct. 27 at Harvard University. Director Connie Lo and Ching Cheong spoke about the 1967 Hong Kong riots. A total of 52 deaths and 802 injuries occurred during the riots. After the eight months of unrest, a number of Hong Kong residents chose to emigrate overseas. (Image courtesy of Ling-Mei Wong.)
Seniors learn how to eat healthy and stay strong

BY SOUTH COVE MANOR

During a South Cove Manor breakfast seminar, about 50 seniors learned about maintaining a healthy lifestyle as they age on Oct. 25 at the Boston Chinese Evangelical Church.

In 2015, 30.3 million Americans, or 9.4 percent of the population, had diabetes, said Blue Cross Blue Shield of New England diabetes educator Eva Wang. About 1.25 million American adults and children have type 1 diabetes. The percentage of Americans age 65 and older remains high, at 25.2 percent, or 12.0 million seniors.

In addition, 1,784,000 people in Massachusetts, or 35 percent of the adult population, have prediabetes with blood glucose levels higher than normal but not high enough to be diagnosed as diabetes. Wang said 28,000 people in Massachusetts are diagnosed with diabetes every year.

The cost of treating diabetes is expensive. The United States paid $245 billion in 2012 for the total costs of diagnosed diabetes. Wang said diabetes and prediabetes cost an estimated $8.1 billion in Massachusetts each year. The total direct medical expense for diagnosed and undiagnosed diabetes, prediabetes and gestational diabetes in Massachusetts was estimated at $6.1 billion in 2012.

A good way of preventing diabetes is proper nutrition. Registered dietitian Wailing Balsley from the Greater Boston Chinese Gold Age Center presented on general nutrition.

Balsley said as people age, their metabolism slows down. This leads to a decrease in muscle and bone mass. They will also experience a change of taste, smell and appetite as they age. She said the body needs fewer calories depending on age, gender and activity level. Balsley told the seniors to focus on quality nutrient-dense foods.

To prevent diabetes, seniors have to stay physically active. Being active helps improve overall health, maintain independence, prevent diseases and manage stress. Balsley recommended walking, tai chi, lifting weights and swimming.

Driven to distraction: Keeping kids safe in and out of vehicles

BY JOANNE PALLOTTA, TUFTS MEDICAL CENTER

Cars and kids can be a dangerous combination. According to SafeKids.org, in 2016 motor vehicle crashes were the number one cause of “unnatural death” among children ages one to 19.

Leslie Rideout, pediatric trauma nurse coordinator, Floating Hospital for Children at Tufts Medical Center said there is so much more we can do to ensure the safety of children in and around motor vehicles.

“We all have many competing demands that cause distraction during the course of our day,” Rideout said. “It is important to know the safety laws and regulations in order to keep children safe.”

One area where children are at great risk is in the lack of proper car restraints. In a recent study, the Kiwanis Pediatric Trauma Institute (KPTI) at Floating Hospital for Children looked at pediatric patients admitted to the hospital following a car crash over a 13 year period. Not surprisingly, of the 129 children assessed, they found only half of the children were properly restrained in the automobile.

Fortunately, there are some simple steps parents can use to help kids stay safe.

According to SafeKids.org, 73 percent of car seats are not used or installed correctly. The reasons vary: parents are busy, overwhelmed, haven’t read the instructions or found the seats difficult to install.

Parents are highly advised to get in touch with their local police or fire department to make sure the car seat (rear-facing, convertible or booster) is installed correctly,” said Anne Keliher, Project Specialist for KPTI.

There is no charge and it only takes a few minutes. Keliher stresses the check-up should be done for every new seat.

Affordable Rental Housing

9 Williams Street Rental Housing

9 WILLIAMS STREET, ROXBURY, MA 02119

9 Williams Street Rental Housing will accept applications for 21 units:

Nineteen units are: 207 Dudley Street Roxbury MA 02119 (Management Office)

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

Use and Occupancy Restrictions Apply

Applications may be requested by email at 9williamsrntsnmc@vcimc.org or picked up during the following dates and times at: Applications available:

Monday-Friday 10/16/17 – 10/27/17 & Monday 10/30/17

Applications will be available at the information session.

For more information or an application to be sent by mail or alternate means, call Madison Park Management Office during the application period of 10/16/17 to 10/30/17.

Preferred for households of at least one person per bedroom.

Maximum Income Limits by Household:

HH Size 60% 70% 6 Persons $72,000 $84,000 5 Persons $67,020 $78,200 4 Persons $62,240 $72,400 3 Persons $55,860 $65,200 2 Persons $49,680 $57,950 1 Person $43,440 $50,700

Preference for persons with mobility impairment 1- (1br PBV-BHA unit) 1- (2br 60% AMI unit)

Preference for persons with mobility impairment 1- (2br 60% AMI unit) 1- (1br PBV-BHA unit)

Voucher Holders not subject to minimum income requirements or rent at payment standard* 1- (1br PBV-BHA unit)

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High Yield
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For more information, stop by any branch office, visit southshorebank.com, or call (781) 682-3715.

*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.
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Fluent in: Chinese-Mandarin
掌握語言: 中文-普通話

Jenny Ruan, MD
Obstetrician and Gynecologist
婦產科醫生
Fluent in: Chinese-Cantonese, Taishanese
掌握語言: 中文-廣東話, 台山話

Hong-Thao N. Thieu, MD
Obstetrician and Gynecologist; OB/GYN Residency Program Director
婦產科醫生，婦產科住院醫生計劃主管
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Call 617-636-8833 to book an appointment in Chinese.
請致電 617-636-8833 可用中文與您的醫師預約。

Call 617-636-5331 to receive bilingual assistance for all other hospital services.
請致電 617-636-5331 獲得所有其他雙語醫療中心服務。

Learn more at: www.tuftsmedicalcenter.org/asiancommunity
To see all of our Chinese-speaking doctors, visit: www.tuftsmedicalcenter.org/FindADoc