Saving and spending tips for millennials

By Statepoint

Nearly half of Americans describe themselves as good savers,” according to the TD Bank Saving and Spending Survey, and millennials are leading the charge. Fifty-six percent of millennials report they are good savers, compared with 43 percent of Gen Xers and 48 percent of baby boomers. Although encouraging, there is always room for improvement. Ryan Bailey, head of deposit products, payments and non-real estate lending at TD Bank, recommends the following smart saving tips for millennials:

- Nearly seven in 10 millennials admit to indulging on impulse purchases. Create a budget to help curtail impulse spending to ensure you have money for your rainy day fund.
- Use banking and financial apps to track and control spending, as well as to manage savings at home or on-the-go.
- Take advantage of company retirement savings plans, contributing up to your company’s matching policy. Remember, even small contributions could make a big difference down the line.
- View salary increases as an opportunity to boost savings. Allocate a portion of raises to savings, setting up a direct deposit into savings accounts.

Solving for the future may seem like a distant issue for young professionals already saddled with high costs of living and student loans. But by establishing good saving habits today, millennials can ensure a lifetime of financial health.

Chinatown welcomes One Greenway

By SARA BROWN

Chinatown welcomed affordable housing at 66 Hudson at One Greenway with a ribbon cutting on Nov. 17. One Greenway, formerly Parcel 24, will create a total of 363 units of affordable housing and restore the urban fabric and vibrancy of the Hudson Street neighborhood that once existed nearly half a century ago. One Greenway is a joint venture between the Asian Community Development Corporation (ACDC) and New Boston Fund, a privately owned real estate investment manager and an industry leader in providing real estate investment, development and management services. The design of One Greenway responds to Chinatown’s vision. Affordable rent and ownership units for low- and moderate-income households account for 40 percent of all units. Design elements include lushly planted green space, community space, ground floor retail, and underground parking. All of these aspects are incorporated into a neighborhood-sensitive sustainable design.

“We are happy that hard working immigrant families will be back at 66 Hudson,” ACDC acting executive director Angie Liou said.

Boston Mayor Martin Walsh said, “Displacement in Chinatown remains a real concern.”

There were more than 4,000 applicants for rental units at One Greenway.

“This is a key step to make sure that everyone that wants to live here does,” Walsh said.

Chinatown resident Xiu Duan said her landlord wanted her family out of their Chinatown home when she started looking for affordable housing. When she found out she got the apartment, she couldn’t believe it.

“Feel so lucky to be able to stay in Chinatown,” she said.

HIGHLIGHTS

Chinese Historical Society remembers immigration law

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Restaurant review: Santouka Ramen

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餐廳指南：火頭山拉麵

中文第四版

Saman publishes every other Friday.
For more news, please visit Sampan.org
Asian Americans explore self-identity in ASPIRE’s Speak Out forum

BY JULIA L. WONG

Asian Sisters Participating In Reaching Excellence (ASPIRE), supported by sponsor, Tufts Medical Center, hosted their first annual Speak Out forum at Simmons College on November 14, 2015. The forum was a platform for Asian American female high school and college students to discuss their journey to self-identity. The different speakers highlighted the many impacts on self-discovery such as mental and sexual health, parental and peer relationships, and the impact of community. Stephanie Tzu-Han Chang, a clinical social worker and a mental health researcher, touched upon these topics while providing statistical data on mental health of young Asian American women such as high rates of depression and suicide. Many attendees identified with Stephanie’s description of a “double bind”, where they felt pulled by different cultures leading to a fragmented identity.

The other speakers, Christina Chan, Jennifer Ho, and Vanessa Liu illustrated their own approaches to cultural challenges in their upbringing and their methods of sharing these experiences with their peers. They used performance art to depicting both the struggle and the healing of self-discovery and self-being.

Ms. Chan, an actor and playwright, performed a monologue from her play entitled “Bobby Pins up Your Nose” capturing an Asian American woman’s efforts to change her physical appearance to adhere to what others depict as beauty. Mses. Ho and Liu demonstrated the powerful and stirring use of the spoken word through poetry. In between speakers, attendees were invited and inspired to use art to express the issues they advocated. Cathy Huynh, an attendee, drew a picture depicting depression, which is an unspoken issue and has higher rates amongst Asian Americans young women than females of the same age group. The young female audience also wrote poems, identifying themselves with their environment and family.

Suffolk law students host panel on business immigration

BY SYLVANA CHAN

On Nov. 16, the Asian Pacific American Law Students Association (APALSA) and Immigration Law Association (ILAA) at Suffolk University Law School hosted a panel discussion on business immigration law as part of the Dow Lecture Series. The annual event, as well as the Harry H. Dow Memorial Scholarship Award that is presented at the event, was established to honor the memory of Harry H. Dow, the first Chinese American admitted into the Massachusetts bar.

Mr. Dow himself was a graduate of Suffolk’s law school and one of many who took advantage of the university’s unique, part-time program for law students. During the day, he worked in his family’s laundry business in the South End; at night, he took evening classes in pursuit of a Juris Doctor degree.

After passing the bar in 1929, Mr. Dow embarked upon a distinguished career as an attorney and fought for immigrants’ rights in Boston and New York City. He enjoyed years of success before being driven out of his New York practice by racial discrimination at the height of the McCarthy era in the 1950s. In spite of this setback, Mr. Dow continued to advocate for immigrant issues by serving as a mentor for Suffolk attorneys tackling civil rights cases in the 1960s and as a social justice activist in Boston’s Chinatown.

Five attorneys spoke at this year’s lecture on immigration law: Brian Coughlin, a partner at the Boston office of Fragomen, Del Rey, Bernsen and Loewy, LLP, the world’s leading immigration law firm; Magaly Rojas Navarro from Clark Lau, LLC, a local firm based in Cambridge; L. Edward Rios and Silvia Gwin of Berry Appleman & Leiden, LLP, also a global immigration law firm; and Miki Kawashima Matrician of Chin & Curtis, LLP, another local firm based in downtown Boston.

The panelists discussed their work in employment-based immigration.

Dim Sum for Diabetes

BY NATALIE ORNELL

William Hsu, director of the Asian Clinic at Joslin Diabetes Center, speaks about diabetes awareness at the Empire Garden Restaurant in Chinatown on Nov. 13. (Image courtesy of Natalie Ornell.)
Event Calendar

Fuel assistance program
Friday, Nov. 20
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 winter season. All eligible fuel assistance applicants will receive discounted gas, electric and telephone rates. Residents of Boston, Brookline or Newton may apply from Nov. 6 to Apr. 30, 2016. To apply, please call (617) 426-9492 x 0 or make an appointment at the Asian American Civic Association (AACa).

South Cove Manor gala
Friday, Nov. 20
6 p.m.
9 Tyler Street
Boston, MA 02111
South Cove Manor at Quincy Point will celebrate its 30th anniversary at the China Pearl.

Weekend citizenship class
Saturday, Nov. 21
8:30 a.m. to 10 a.m.
28 Ash Street
Boston, MA 02111
A 15-week citizenship class will take place on weekends. Students must have basic English skills. The fee for Chinese Progressive Association (CPA) members is $50 and non-members, to register, call the CPA at (617) 357-4499.

Hotel worker information session
Monday, Nov. 23
11 a.m. to 1 p.m.
53 Harrison Avenue
Boston, MA 02111
Information sessions for Boston residents interested in hotel work as room attendants will take place at BEST Corp. For more information, visit www.hoteltainingcenter.org/index.htm.

Free credit workshop
Monday, Nov. 23
1:30 p.m. to 3:30 p.m.
38 Ash Street
Boston, MA 02111
What is credit? How do you build it? What is a credit score, and how do you check your credit report? Learn about credit and ask Citizens Bank your questions at this workshop by Boston Chinatown Neighborhood Center. Simple English and Mandarin Chinese. Free and open to all. Register with Shirley Doan at (617) 625-5129 x 1088 or shirley.doan@bcnc.net.

Free legal clinic
Monday, Nov. 23
6 to 8 p.m.
1309 Hancock Street
Suite 209
Quincy, MA 02169
Quincy Asian Resources, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 427-2200 or e-mail info@quincyasianresources.org.

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, un scheduled health care to the medically underserved populations of the greater Boston area. For more information please call (781) 324-8991 or e-mail sharewooddirector@gmail.com.

Get Connected! holiday party
Tuesday, Nov. 24
5:30 p.m. to 8 p.m.
265 Franklin Street
Boston, MA 02110
Get Connected! Boston's premier urban business networking event, will have Toy for Tots as a featured partner at this holiday event at Eastern Labs. Register at http://getconnectedevents.com/events.

Malden parade of holiday traditions
Saturday, Nov. 28
2 p.m.
539 Salem Street
Malden, MA 02148
The 12th Annual Malden Parade of Holiday Traditions & Christmas Tree Lighting will take place at the Salemwood School. Santa Claus will make a special visit, so children should prepare their letters to the North Pole.

CNC election
Sunday, Nov. 29
9 a.m. to 3 p.m.
61 Harrison Avenue
Boston, MA 02111
The South Cove/Chinatown Neighborhood Council election will take place at Santander Bank. All Mass. Asians older than 16 are eligible to vote.

Naturalization workshop
Monday, Nov. 30
1 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02111
The American Civic Association naturalization workshop provides free instruction on filling naturalization applications, translated study material and much more. Please register with Melody Tang at (617) 426-9492 x 0 or melody@acac-boston.org.

Chinatown Safety Committee meeting
Wednesday, Dec. 2
10:30 a.m.
90 Tyler 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, Dec. 2
6:30 p.m.
885 Washington Street
Boston, MA 02111
The Chinatown Resident Association meeting will take place at the Josiah Quincy Elementary School cafeteria. The public is welcome to attend. For more information, email chinatownresident@gmail.com.

Mayor’s Enchanted Tree Lighting in Chinatown
Sunday, Dec. 6
1:45 p.m.
Beach Street and Harrison Avenue
Boston, MA 02111
For the 20th year, the Mayor’s Enchanted Tree Tour and Tree Lightings will continue the festive tradition of lighting up holiday trees throughout Boston while bringing presents and holiday spirit to children across the city.

Clean Up Chinatown meeting
Tuesday, Dec. 8
11 a.m.
87 Tyler Street
Boston, MA 02111
The Clean Up Chinatown meeting will take place at the American Civic Association, 5F. The public is welcome to attend.

The Chinatown Coalition meeting
Thursday, Dec. 10
9:30 a.m.
38 Ash Street
Boston, MA 02111
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit tcchoston.org.

Chinatown/South Cove Neighborhood Committee meeting
Monday, Dec. 21
6 p.m.
90 Tyler Street
Boston, MA 02111
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend. For more information, email BostonCSCNC@gmail.com.

CORRECTION
An article in the Sampan’s Nov. 6 issue, “Chinatown meet - ing roundup: CNC, CSC, CRA,” incorrectly attributed a quote. Tufts Medical Center director of public safety Mike Orin said he would notify Tufts Shared Services about spending at a parking lot on Floral Street, not member, it as public safety does not operate the lot. The Sampan sincerely regrets the error.
American Chinese Medical Exchange Society conference explores medical advances and autism

The American Chinese Medical Exchange Society held its annual conference on Nov. 7 at Beth Israel Deaconess Medical Center. Pictured are the organizers and speakers. (Image courtesy of ACMES.)

Chinese Historical Society remembers 50th anniversary of immigration law

BY LING-MEI WONG

The Chinese Historical Society of New England (CHSNE) held its "Impact of 1965 Immigration Law and Chinese in Boston" annual meeting and dinner banquet on Nov. 6 at the Empire Garden restaurant. About 300 guests attended.

CHSNE worked on organizing its archival materials, updated its website and collaborated with national Asian American groups, said CHSNE president Sherry Dong.

The Sojourner award was presented to Arthur Wong for his World War II service and Gary Libby for preserving the history of the Chinese in Maine. Wong was among the first soldiers who landed on Omaha Beach on D-Day and was recognized for his bravery 64 years later with nine medals in 2009. Libby helped create the Maine Chinese Archive at the Maine Historical Society, documenting how Chinese people have lived in Maine since 1857.

Immigration lawyers Francis Chin, senior counsel of Chin & Curtis, and Vincent Lau, partner at Clark Lau, spoke about immigration law reform in 1965 and its impact on the Chinese in Boston.

Three new board members were elected: Ryan Mateyko, Joe Wang and Nancy Wong.

ACDC celebrates year of accomplishments

BY SARA BROWN

Asian Community Development Corporation (ACDC) took time last week to celebrate their accomplishments this year for their annual meeting.

"We really wanted to highlight our accomplishments this year and tell the community what was going on," said communications associate Christine Nguyen.

ACDC works to build healthy, vibrant neighborhoods and a strong Asian American community.

This year it held a mayoral and city councilor debate in Quincy with other community organizations.

"We had translation head pieces so people can understand what was being said in their language," Nguyen said. "It was a really good turnout. More than 200 people came."

It has also been busy at work with Parcel 12. Parcel 12 is one of the few remaining undeveloped properties in Chinatown. It is owned by the Boston Redevelopment Authority (BRA) and is located on Tremont Street between the DoubleTree Hotel/Wang YMCA and the Tufts Medical Center parking garage.

ACDC had at least six meetings with the BRA in 2015, and submitted a report to the BRA with their suggestions for the land.

The community developer also worked with families and helped them get into affordable housing.

"I don’t know what I would have done if I didn’t get into One Greenway. My old landlord wanted us to move out and I couldn’t sleep at night because I was so worried and didn’t know where we would move to. I am so glad we can continue living in Chinatown. I know I am lucky that I get to live here at One Greenway but there are many more people who aren’t so lucky and are still waiting for affordable housing. I hope there will be more affordable housing in Chinatown to benefit others," Xiu Duan said about helping by the ACDC.

ACDC Acting Executive Director Angie Liu at the annual meeting. Image courtesy of ACDC.
Chinatown meeting roundup: 
CSC, TCC

BY SARA BROWN AND LING-MEI WONG

The Clean Up Chinatown Committee (CCC) met on Nov. 10 at the Asian American Civic Association.

The Inspectional Services Department will conduct Block by Block sessions in Chinatown to educate property owners on cleanliness and trash pickup.

Boston will have a cigarette butt receptacle pilot, from British organization Hubbub’s Neat Streets campaign. Hubbub encouraged people to “vote” with cigarette voting ashtrays, such as selecting their favorite football player.

Two receptacles will be placed in Chinatown, with the exact locations to be announced.

The CCC will work with the Josiah Quincy schools to promote recycling and have a student poster competition.

Tai Tung Park will have additional street lighting and will be locked from dusk to dawn to prevent public sleeping, said CCC chairwoman Mary Chin.

TCC
The Chinatown Coalition met on Nov. 12 on Ash Street.
Elizabeth Likovich gave an update on the 345 Harrison Ave project. They are allowed to build 662 apartments but have decided to just build 577 apartments. Out of all of the apartments, 21 percent will be affordable housing.

They also plan to have retail around the space as well. They are hoping to have a pharmacy, coffee shop, restaurant, gym and a market place. There will also be an indoor garage for tenants.

Construction is expected to begin in the spring.

David Dower, artistic director of ArtsEmerson, also spoke to the coalition. He would like to directly work with Chinatown leaders and get them involved with ArtsEmerson.

He also told them about their upcoming production The Wong Kids. The play is about siblings with superpowers that have to save the planet. Dower says it will be enjoyable for the whole family. It will playing at the Paramount Mainstage from Feb. 19 to March 6.

Chinatown crime blotter for Nov. 7 to Nov. 20

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Nov. 6 to Nov. 20 for District A-1, which includes Chinatown.

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**Drugs**

Nov. 6, 8:20 p.m.: The suspect will be summoned into court for possessing a crack pipe on Harrison Avenue.

Nov. 7, 7:35 p.m.: The suspect was arrested under arrest by the officers in the area of the Chinatown Park for possession of a crack pipe and an open container.

Nov. 9, 7:45 p.m.: The two suspects were arrested by members of the District A-1 Drug Control Unit on Harrison Avenue. They were observed by the unit engaging in illegal drug activities.

Nov. 10, 9:43 p.m.: The suspect was arrested on Oxford Street by members of the District A-1 Drug Control Unit. He was observed by the officers involved in an illegal drug transaction.

Nov. 12, 3:05 a.m.: The officers responded to Oxford Street on a report of an armed robbery. Upon arrival, the officers met and spoke with the victim. He stated he was robbed at knife point by two unknown black males.

The agency counted down to its 46th birthday through social media, posting anecdotes from staff and images of children enrolled in its Acorn preschool program. For more information, visit http://bcnc.net.

The Slate at Andover

50 Woodview Way, Andover, MA

1BRs @ $1,119*, 2BRs @ $1,334*, 3BRs @ $1,530*

*Rents subject to change in 2016. Tenants will pay own Gas Heat, Gas Hot Water, Electricity (including cooking).

Property pays for Water and Sewer

The Slate at Andover is a 224 unit rental apartment community located in Andover. 56 of these apartments will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income. Please see www.LiveAtTheSlate.com for more details on the development and the units.

MAXIMUM Household Income Limits: $46,100 (1 person), $52,650 (2 people), $59,250 (3 people), $65,800 (4 people), $71,100 (5 people), $76,350 (6 people)

A Public Info Session will be held on Nov 16th, 2015 at 6:00 pm in the Activity Room in Memorial Hall Library (2 North Main Street, Andover)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on January 5th, 2016

The Lottery for eligible households will be held on January 25th, 2016 at 6 pm at the same location as the info session (see above).

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900x1 and leave a message.

For TTY Services dial 711. Free translation available. Applications and Information also available at the Memorial Hall Library in Andover on 2 North Main St
(M-Th 9-9, Fri-Sat 9-5, Sun 1-5)
Four tips to help ensure financial marital bliss

BY STATEPOINT

Wedding bells are ringing and “I Dos” are in the air. Newlyweds are taking their first steps toward happily ever after, including combining their finances. But doing so is not without potential pitfalls.

More than half of engaged couples say they intend to divide financial decision-making equally, but only 37 percent of married respondents said they actually share the responsibility equally — more than 36 percent of respondents said they make budgeting decisions by themselves.

“Before tying the knot, couples often overlook financial basics like budgeting and checking their credit scores, which can prove to be a significant oversight,” said Ken Chaplin, senior vice president at TransUnion. “To smoothly merge two lives, don’t shy away from discussions about financial goals, marriage and credit, debt payments and overall expectations.”

Still, only a quarter of engaged couples said they would inquire about their fiancée’s credit score before marriage. And while 85 percent of all respondents said they know where to look up student loans cited as the second most common source of debt for engaged and married respondents. An honest discussion early on will help you avoid future problems.

With the holiday season in full swing, you may find yourself exploring those tempting online shopping deals. The day after Thanksgiving has nearly become a holiday of its own. “Black Friday” is the busiest shopping day of the year, with people lining up at midnight for deals as they begin the busy holiday shopping season. The Monday after that has become a virtual holiday, pan intended. “Cyber Monday” is the day Internet-savvy people search for deals, all online. But there’s more than one way to find value on the Internet. For example, Social Security offers many online services to the public — and they’re free and secure! Doing business online with Social Security will also save time. Now that’s an offer you can’t refuse!

Here are some of the most popular online services you’ll find at www.socialsecurity.gov. Each site is safe and secure. Social Security will process your application is submitted electronically, you’re done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed. When you’re ready to retire, apply at www.socialsecurity.gov/applayonline.

1. The online Social Security Statement is a hot service that is a big hit with many popular services online. (Image courtesy of the Social Security Administration.)

2. The online Retirement Application is our one-stop shop for small business owners. The site allows organizations and authorized people to conduct business with and submit confidential information to Social Security. Employers can use it to file W-2s for their employees the fast, convenient and paperless way — online. Visit Business Services Online at www.socialsecurity.gov/bso.

3. The online Business Services Online is our one-stop shop for small business owners. Each site is safe and secure. Social Security will process your application and contact you if any further information is needed. When you’re ready to retire, apply at www.socialsecurity.gov/applayonline.

4. Business Services Online is our one-stop shop for small business owners. The site allows organizations and authorized people to conduct business with and submit confidential information to Social Security. Employers can use it to file W-2s for their employees the fast, convenient and paperless way — online. Visit Business Services Online at www.socialsecurity.gov/bso.

Social Security’s online services continually receive the highest ratings in both the public and private sectors. Each site uses the highest security to keep your information safe. We have one of the top-ranking websites for plain language, so you can easily understand the features you’re getting — no fine print to squint over.

More about all you can do online at Social Security on Cyber Monday, or any day, at www.socialsecurity.gov/online services.

Learn Chinese

Very nice to meet you

hěn gāoxìng rènshí nín
Breast cancer and reconstruction: What are the choices?

BY DR. ABHISHEK CHATTERJEE

1. What is breast reconstruction?

When a woman has breast cancer, that breast cancer has to be removed either with a partial mastectomy (part of the breast removed) or a mastectomy (the entire breast removed). This leaves a large, unattractive wound that also makes it hard for the woman to wear a bra. The role of breast reconstruction is to fill the wound created and reconstruct a woman’s breast so that she feels complete again and can function with regards to being able to wear appropriate clothing.

2. What are the different types of breast reconstruction?

There are many choices when it comes to breast reconstruction.

If a woman is to have a partial mastectomy (part of the breast removed), then “oncoplastic” surgery may be an option especially if there is a substantial amount of cancer that needs to be taken out. The breast cancer surgeon and plastic surgeon will work together to remove the cancer and then move the remaining breast tissue to recreate the breast.

If a woman is to have a mastectomy (the entire breast removed) or a double mastectomy (both breasts removed), then she would be eligible for either implant-based reconstruction or flap-based reconstruction in order to recreate her breasts.

3. What is implant-based breast reconstruction?

After the entire breast is removed with a mastectomy, the overlying skin of the breast remains. There is a cavity that is left over that would need to be filled. One way to fill this cavity is by using an implant. Traditionally, implant-based breast reconstruction required at least two separate operations. The first would involve the mastectomy and a tissue expander to be placed. The job of the tissue expander would be to expand the space under the skin slowly over time so as to be able to place an implant in the future. A second, same day, operation would then exchange the tissue expander with a permanent silicone implant.

For certain patients, especially those with smaller breasts, implant-based reconstruction may involve only one (not two) operation where the permanent silicone implant is placed at the time of mastectomy. This is commonly called a “direct to implant” reconstruction. The choice for what type of implant reconstruction is dependent on the patient’s breast size and shape, the area of cancer involvement and the stage of cancer present and should be decided upon after discussion with the breast and plastic surgeon.

4. What is flap-based breast reconstruction?

Flap-based reconstruction for breast cancer occurs when a plastic surgeon uses a woman’s own tissue to reconstruct the breast cavity after a mastectomy. Most often the areas where the tissue is taken from is the abdomen or the back. Flap-based reconstruction may be done at the same time as a mastectomy. Alternatively, there may also be situations where a tissue expander is placed in the first operation and a flap is placed in the second operation.

5. How do I choose between an implant-based reconstruction or a flap-based reconstruction?

It is essential to have an informed discussion with your breast and plastic surgeons before coming to a decision about what type of reconstruction to have. Both reconstruction options are safe and well established in the literature but have their own strengths and weaknesses.

Breast implant-based reconstruction involves shorter operations and avoids surgery and potential complications at the donor sites from where flaps are taken. Breast implants are safe and the silicone and shell that make up the implant is regulated and monitored by the federal government. However, implants do not tolerate radiation therapy as well as flaps and tend to scar much worse when radiated. This is why it is important for the breast patient to understand if she is going to get radiation based on the type of cancer she has.

Flap-based reconstruction avoids having a foreign body such as an implant placed in a patient’s body. A woman’s own tissue is used to reconstruct her breast. This tissue feels more natural to the woman. However, surgeries involving flaps typically are much longer than those involving implants. The patient is often admitted longer in the hospital with a flap reconstruction than with an implant-based reconstruction, with initial recovery time also being longer.

While both options for breast reconstruction are available, choose one over the other is complicated and should be done under the advice and guidance of your breast and plastic surgeons.

Asian Spectrum raises diabetes awareness

BY LING-MEI WONG

“Diabetes Awareness: Ounce of Prevention, Pounds off the Cure” is a two-DVD video series produced by Asian Spectrum. (Image courtesy of Asian Spectrum.)

In time for National Diabetes Month, local advocacy group Asian Spectrum has developed a two-disc DVD series on diabetes, “Diabetes Awareness: Ounce of Prevention, Pounds off the Cure”. It is part of a three-year project to develop two broadcast series and DVD, each of which focuses on diabetes and breast cancer. The diabetes DVDs are the first to be completed, as the project runs from 2014 to 2016.

The DVDs include 11 videos, each 15 to 16 minutes long, said Diana Jeong of Asian Spectrum at a meeting on July 29. Asian Spectrum’s project is funded by the Asian Health Initiative of Tufts Medical Center, which supports community health efforts.

The goal of the series is to promote a better understanding of each disease, encourage pre-screenings, early diagnosis and education. It helps people understand diabetes, helps support treatment and recovery. The cable access program model includes interviews with medical personnel and case studies. The projected audiences are cable subscribers in Boston, Quincy and Malden.

Asian Spectrum will show the videos to youth at Boston Asian Youth Essential Service. It also identified children at risk for diabetes and enrolled them in a health program with Wahl Lum Kang Fu and Tai Chi Academy in Malden, who slimmer down after working out, Jeong said.

Last winter made front-page news

But at Linden Ponds, it was a whole different story. Don’t risk another record-breaking season like the winter of 2015. There’s still time to move your move to Linden Ponds, a vibrant retirement community in Hingham. Our realty and moving services team can help you get settled before the first snowflake falls.

Don’t shiver through another terrible winter. Call 1-800-691-2034 for your FREE brochure.
What is burning mouth syndrome?

BY NICOLE HOLLAND, DDS, MS - TUFTS UNIVERSITY SCHOOL OF DENTAL MEDICINE

Do you have a painful, burning feeling in your mouth that won’t go away? Many people may be surprised to know that there is a condition called Burning Mouth Syndrome (BMS), also known as glossodynia (glos′ō-din′ē-ă).

What is BMS?

BMS is a chronic condition where one experiences a burning pain in the mouth without a known underlying medical cause. Women experience BMS symptoms seven times more frequently than men. The burning pain can be very distressing and can last for months or even years. The most common site of BMS is the tongue. However, burning sensations can occur anywhere in the mouth. The burning sensation usually starts gradually, and discomfort may be constant or increase throughout the day. Taste changes, such as sour, bitter, and metallic taste, and a feeling of dry mouth may also occur. Many find that eating and drinking often help to reduce the pain.

What causes BMS?

The cause of BMS is unknown. It is thought to be a form of neuropathic pain, meaning the nerves in the mouth are not functioning properly.

It is important to note that other factors can mimic the symptoms of BMS. Certain health conditions, such as oral diseases, nutritional deficiencies, and medications, can also cause burning sensations in the mouth. A comprehensive dental exam and other tests and blood work are needed to rule out any other potential causes for burning.

What is the treatment for BMS?

No known cure for BMS exists. There is not a specific treatment that works for everyone. The goal of treatment is to reduce the discomfort caused by the burning sensation. Treatment options include medications used to reduce the activity of nerve fibers as well as non-medication options such as counseling and stress management. Additionally, any underlying medical causes must be addressed.

If you or someone you know has symptoms of BMS, make an appointment with your dentist or doctor. You may also contact the Tufts School of Dental Medicine Oral Medicine Clinic at 617-636-3932.

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Image courtesy of europathicpaintoday

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Sampan November 20, 2015

HEALTH

BY NICOLE HOLLAND, DDS, MS - TUFTS UNIVERSITY SCHOOL OF DENTAL MEDICINE

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Do you have a painful, burning feeling in your mouth that won’t go away? Many people may be surprised to know that there is a condition called Burning Mouth Syndrome (BMS), also known as glossodynia (glos′ō-din′ē-ă).

What is BMS?

BMS is a chronic condition where one experiences a burning pain in the mouth without a known underlying medical cause. Women experience BMS symptoms seven times more frequently than men. The burning pain can be very distressing and can last for months or even years. The most common site of BMS is the tongue. However, burning sensations can occur anywhere in the mouth. The burning sensation usually starts gradually, and discomfort may be constant or increase throughout the day. Taste changes, such as sour, bitter, and metallic taste, and a feeling of dry mouth may also occur. Many find that eating and drinking often help to reduce the pain.

What causes BMS?

The cause of BMS is unknown. It is thought to be a form of neuropathic pain, meaning the nerves in the mouth are not functioning properly.

It is important to note that other factors can mimic the symptoms of BMS. Certain health conditions, such as oral diseases, nutritional deficiencies, and medications, can also cause burning sensations in the mouth. A comprehensive dental exam and other tests and blood work are needed to rule out any other potential causes for burning.

What is the treatment for BMS?

No known cure for BMS exists. There is not a specific treatment that works for everyone. The goal of treatment is to reduce the discomfort caused by the burning sensation. Treatment options include medications used to reduce the activity of nerve fibers as well as non-medication options such as counseling and stress management. Additionally, any underlying medical causes must be addressed.

If you or someone you know has symptoms of BMS, make an appointment with your dentist or doctor. You may also contact the Tufts School of Dental Medicine Oral Medicine Clinic at 617-636-3932.

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Image courtesy of europathicpaintoday

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Sampan November 20, 2015

HEALTH

BY NICOLE HOLLAND, DDS, MS - TUFTS UNIVERSITY SCHOOL OF DENTAL MEDICINE

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Restaurant review: Santouka Ramen

BY ARICK WONG

There’s nothing more comforting on an autumn day than a bowl of Santouka ramen. As customers accrue, Takahiro Igo ensures that every bowl of ramen leaving the counter adheres to Santouka’s visual and culinary expectations.

Santouka began when founder Hitoshi Hatanaka decided to make ramen. After repeated trial and error, Hatanaka finally created a white tonkotsu (pork bone) broth with a mild, gentle flavor. The company was founded in March 1988, and four months later, the soup received rave reviews for the quality of broth and ingredients.

The first Santouka was opened in Ashikawa, Japan, serving only nine seats with a single item on the menu — the Shio ramen. Since its founding, Santouka has grown exponentially with locations all around the world and, more recently, the United States.

At the Boston location, Takahiro Igo, chief technical director of Santouka, trains the kitchen staff on the intricacies of ramen preparation. “We make soups in house every single day,” Igo said. Customers can peer over the expo to see the assemblage, each component prepared separately and combined for the final product. “We have [a] window in front of the soup station, so they can see [what] we are making.”

To prepare the broth, pork bones are simmered for about 20 hours until the color becomes a pearly white. Then, vegetables, dried fish and other savory ingredients are added. The temperature of the soup is carefully maintained, since the soup is never boiled.

The broth is added to the flavor base, and currently Santouka Boston has four flavors: the Shio (salt), Shoyu (soy sauce), Miso (soybean paste) and Kara Miso (spicy soybean paste). Each bowl of ramen is paired with its own toppings, ranging from chashu (braised pork belly), umeboshi (plum), bamboo shoots, kikurage mushrooms, and also ajitama, a soft-boiled marinated egg. The final concoction is presented in the donburi (ramen bowl) that’s specially customized by the founders of Santouka.

“The Shio is my favorite because other flavors are all made from Shio soup,” Igo said. “If the Shio soup is good, then every other soup will be good.” The Shio (small bowl for $10.25) is the signature ramen, a bowl of noodles paired with a silky tonkotsu with simple salt flavor paired with toppings. However, the most popular bowl of ramen is the Karan Miso, a miso-based tare with a hint of hot spice.

While ramen is the main course, there are also rice dishes and a variety of appetizers. The takoyaki ($6), a fried octopus ball, is a popular addition to the menu, and customers are also drawn to the karage ($6), a deep-fried marinated chicken.

With its success in the Harvard Square location, Santouka plans to open a new location in Back Bay.

Takahiro Igo, chief technical director of Santouka, prepares bowls of ramen at the open kitchen. (Image courtesy of Arick Wong.)

A warm bowl of Shio topped with chashu, bamboo shoots, kikurage mushrooms, green onion, and umeboshi (plum). (Image courtesy of Arick Wong.)

Our doctors go to great lengths. You only have to go around the corner.

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