Quincy keeps mayor, elects first Asian city councilor

BY SARA BROWN

Quincy Mayor Tom Koch won a fifth term as mayor. Koch pulled in 12,416 votes for 56 percent of the vote. Koch’s challenger, former Mayor William Phelan, received 43.6 percent of the vote. “We made a decision at the beginning of this campaign. We said we’re going to talk about records. We’re going to answer every question. We’re going to talk about everything we’ve done for parks, for schools, for public safety, for seniors. The people of Quincy responded to that message,” Koch said.

Of the five city council-at-large candidates for three seats, Nina Liang was elected, along with incumbent Joseph Finn and school committee member Noel DiBona. Liang is Quincy’s first Asian-American city councilor.

Boston

Meanwhile in Boston, Andrea Campbell beat out Charles Yancey, the longest serving member of the Boston council, in District 4 with 61.33 percent of the vote. The city council-at-large race had some shakeups as well. Incumbent Ayanna Pressley topped the five-candidate field with 24 percent of the vote. Incumbent Stephen Murphy came up short in the at-large race and was replaced by Anaisa Essabi-George. Voters elected the four following candidates as councilors at-large: Essabi-George, Michael Flaherty, Pressey and Michelle Wu.

Frank Baker will represent District 3, Timothy McCarthy will represent District 5 and Tito Jackson will represent District 7. All other candidates ran unopposed: Sal LaMattina (District 1), Bill Linehan (District 2), Matt O’Malley (District 6), Josh Zakim (District 8) and Mark Cianarro (District 9).

Malden

Malden residents will see some new faces in local government. Ryan O’Malley will take over the open Ward 4 seat. He received 300 votes compared to Jeffrey Donahue’s 262 votes. The Ward 4 seat is being vacated by Jim Nestor, who did not seek another term.

Ward 3 councillor John Matheson will remain on the council after receiving 681 votes to challenger Brian Delacey’s 566 votes. In Ward 6, Councillor Neil Kinnon prevailed over challenger John Torosian with 603 votes to 270 votes.

For the four-way race for three council-at-large seats, all three incumbents were reelected. Debbie DeMaria topped the ticket with 3,497 votes, followed by David D’Arcangelo (2,893) and Craig Spadaforn (2,851). School Committee vice chairman Adam Weldi finished fourth with 2,640.

Cambridge, Newton

Leland Cheung was reelected as a Cambridge city councilor. In Newton, Wenhua Zhang, one of 22 candidates for the nine-seat Newton Charter Commission, was not elected.

Volunteers make Chinatown shine

BY LING-MEI WONG

Volunteers joined Chinatown Main Street for fall street cleaning in Chinatown on Oct. 31. A number of community organizations and local businesses participated in the effort, including representatives of the Buddhist Compassion Relief Tzu Chi Foundation, officers from the Chinese Consolidated Benevolent Association of New England, the Wong Family Association, engineers from General Electric, youth from Boston Public Schools, youth from Charlestown High, staff from the Newton Crowne Plaza, youth from John D. O’Bryant School, representatives from the Rose Kennedy Greenway and city staff from the Department of Neighborhood Development.

Chang Shing Soy Product Company provided fresh soy milk and sweet tofu pudding for all volunteers who came out to make Chinatown shine.
Event Calendar

Fuel assistance program
Friday, Nov. 6
87 Tyler Street SF
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 April 30, 2016. To apply, please call (617) 426-9492 x 0 or make an appointment at the Asian American Civic Association (AACA).

BCNC 46th anniversary
Friday, Nov. 6
11 a.m.
38 Ash Street
Boston, MA 02111

The Boston Chinatown Neighborhood Center (BCNC) will celebrate its 46th birthday with its preschool students.

CSJNE banquet
Friday, Nov. 6
6 p.m.
690 Washington Street
Boston, MA 02111

The Chinese Historical Society of New England’s annual meeting and banquet will take place at Empire Garden. For tickets, visit http://chinese.org/.

Citizenship class
Saturday, Nov. 7
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 $60 for nonmembers. To register, call the CPA at (617) 357-4499.

ACMES annual conference
Nov. 7 to Nov. 8
330 Brookline Avenue
Boston, MA 02115

The American Chinese Medical Exchange Society annual conference will take place at the Beth Israel Deaconess Medical Center’s Shapiro 10 Conference Room. To register, visit www.acmes.net.

Wang YMCA Legacy Fundraiser
Saturday, Nov. 7
6 p.m.
690 Washington Street
Boston, MA 02111

Join the Wang YMCA for an evening of food, friendship and fun as we celebrate our second century of dedication and work in Bostons China town and downtown communities. For tickets, visit http://ymcabolston.org/wang-legacydinner.

Clean Up Chinatown meeting
Tuesday, Nov. 10
11 a.m.
87 Tyler Street
Boston, MA 02112

The Clean Up Chinatown meeting will take place at AACF, SF. The public is welcome to attend.

ACDC annual meeting
Tuesday, Nov. 10
6 p.m.
38 Oak Street
Boston, MA 02111

The Asian Community Development Corporation’s annual meeting will take place at the Metropol itan community room. To RSVP, please email christine.nguyen@asiancc.org or call (617) 482-2380 x 216.

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.

Naturalization workshop
Monday, Nov. 23
1 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02112

The AACA naturalization workshop provides free instruction on filing naturalization applications, translated study material and much more. Please register with Melody Tsang at (617) 426-9492 x 0 or melody@aacca-boston.org.

Free legal clinic
Monday, Nov. 23, every fourth Monday
6 to 8 p.m.
1509 Hancock Street, Suite 209
Quincy, MA 02169

Quincy Asian Resources, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quinxyasianresources.org.

SAMPAN is a Publication of the AACA
www.sampan.org
87 Tyler Street
Boston, MA 02111
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Fax: (617) 482-2316
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LING-MEI WONG
SAMPA N is New England’s only biweekly bi- lingual English-Chinese newspaper. It is nonpartisan and nonpartisan. Founded in 1972, Sampan is published by the Asian American Civic Association. Sampans is dis tributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deduct ible. Subscription: $65/year (1st class mail); $55/ year (3rd class mail).

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ATTENTION ADVERTISERS:
We can offer you an incredible opportunity to reach the entire household of our readers—owners of their own homes, living in the vibrant and diverse Asian communities of Greater Boston. Our readers are not only upscale, educated, and multi-cultural. They are also well connected and influential in their communities.

Interested in a career in:
PROPERTY MANAGEMENT?
Whether you’re in Accounting, Property Management, Resident Services, Marketing and Leasing, or Main tenance, WinnCompanies just might have the position you’ve been searching for! Several opportunities available in the greater Boston area and beyond.

Please visit our website to learn more:
www.winncompanies.com/careers

Interested in a career in:
HEALTHCARE?
WinnCompanies, one of the most successful property management companies in New England, is looking for a certified nurse practitioner to work at the Independent Living Community, Wingate by Winn. The ideal candidate should have previous experience in long-term care settings. Must have a strong interest in helping seniors live independently, enjoy their own homes, and have the ability to applications trans fer others. Must be a graduate of an accredited school of nursing. Must have a strong interest in helping seniors live independently, enjoy in their own homes, and have the ability to applications transfer others. Must be a graduate of an accredited school of nursing.

Please visit our website to learn more:
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Interested in a career in:
LAW?
Quincy Asian Resources, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quinxyasianresources.org.

Please visit our website to learn more:
www.winncompanies.com/careers

Interested in a career in:
EDUCATION?
WinnCompanies invites applications from exceptional educators for our charter schools: AVID Academy Charter School and Bridge Academy Charter School.

Please visit our website to learn more:
www.winncompanies.com/careers

HEALTHCARE PROFESSIONALS: If you’re interested in a career in healthcare, contact us.

Interested in a career in:
REAL ESTATE?
We can offer you an incredible opportunity to reach the entire household of our readers—owners of their own homes, living in the vibrant and diverse Asian communities of Greater Boston. Our readers are not only upscale, educated, and multi-cultural. They are also well connected and influential in their communities.

Interested in a career in:
ADVERTISING?
Interested in a career in:
TECHNOLOGY?
Interested in a career in:
SALES?
Interested in a career in:
PR?
Interested in a career in:
MARKETING?
Interested in a career in:
FINANCE?
Interested in a career in:
RESEARCH?
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HUMAN RESOURCES?
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ACCOUNTING?
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Tufts lab body reviews safety

BY LING-MEI WONG

The Tufts University and Tufts Medical Center’s Institutional Biosafety Committee held a community meeting on Oct. 29 at 150 Harrison Avenue in Boston.

The Institutional Biosafety Committee is responsible for ensuring that all research involving potentially biohazardous agents done at or sponsored by Tufts University or Tufts Medical Center is conducted in compliance with National Institutes of Health guidelines and with proper concern for the safety of research personnel, the environment and the surrounding communities. The committee approves research projects and includes doctors, virologists, bacteria specialists and community members.

“We make sure the projects are done safely and look at the impact on people doing those projects,” said Cheleste Thorpe, associate professor of medicine at Tufts University. No new research projects or lab construction are underway.

Tufts University has a biosafety level 3 (BSL-3) lab at the medical school in Chinatown, one of 10 such labs in Boston. BSL-3 labs study infectious diseases which are curable, while BSL-4 labs work with incurable infectious agents. Thorpe said Tufts would not pursue a BSL-4 lab. The Chinatown BSL-3 lab began tuberculin research in January 2014.

“In places where tuberculosis is endemic, getting medicines to people and making sure take medicines is not like here,” Thorpe said. “To decrease the course of therapy for drugs that don’t require as much monitoring is a game changer worldwide.”

The Tufts University Institutional Biosafety Committee is based in Boston and regulates research for the Tufts University Health Sciences Campus, Tufts University Medford/Somerville Campus, Human Nutrition Research Center on Aging and Tufts Medical Center.

Tufts Neighborhood Service Fund seeks Chinatown applications

BY TUFTS UNIVERSITY

Nonprofit community organizations in Chinatown are invited to apply for 2015 grants from the Tufts Neighborhood Service Fund (TNSF). TNSF collects donations from faculty and staff throughout the year and then awards small grants to community-based, charitable organizations that serve Tufts’ host communities (Somerville, Medford, Grafton and Boston’s Chinatown).

Applicants must also have Tufts volunteers actively working with their organizations. In this way, TNSF supports not only community organizations, but also the work of many Tufts students, staff, faculty, and alumni who volunteer with them.

Last year, 35 programs and projects in Tufts’ host communities were granted awards. The funds supported a wide range of programs and projects in each community including emergency home-delivered Meal-on-Wheels for seniors in Somerville, materials to help establish a community garden by the Condon Shell in Medford, emergency relief funds for Grafton community members who are in need of assistance, and basketball hoops for an after-school program at the Josiah Quincy Elementary School in Chinatown.

The Tufts Neighborhood Service Fund is a giving option for members of the Tufts community during the Tufts Community Appeal. Each year, employees of Tufts University are asked to contribute to charitable organizations that provide service locally, nationally and internationally.

Interested organizations should contact the Community Relations office at Tufts University (617) 627-3780 to request an application. Application materials are also available online at the following web address: http://go.tufts.edu/TNSF.

Affordable Home in Duxbury!

Three-Bedroom, detached-condominium is now available at Duxbury Woods for $201,925.

Income Limits:
1-person: $48,800
2-people: $55,800
3-people: $62,750
4-people: $69,700
5-people: $75,300
6-people: $80,900

Unit will be sold through a Lottery. Applications must be received by 5:00 PM on Monday, November 24.

Please visit http://metrowestcd.org/housing-services/ to download an application. Email Nathani@metrowestcd.org for additional information.

ATASK celebrates Silk Road Gala

BY SYLVANA CHAN

The Asian Task Force Against Domestic Violence (ATASK) celebrated its 22nd annual Silk Road Gala on Oct. 24 at the John Joseph Moakley United States Courthouse in Boston’s Seaport District.

Established in 1992, ATASK strives to prevent domestic violence in East, South and Southeast Asian families within the greater Boston and Lowell communities and to provide hope for survivors. The organization’s inception was driven by the dearth of services for Asian domestic violence survivors, especially low-income immigrants with little to no English language capabilities. Most clients are women between the ages of 21 and 45.

Among ATASK’s many achievements is a 24-hour help hotline that connects victims to a team of employees and volunteers who can speak an impressive 14 different languages and dialects, including English, Mandarin, Cantonese, Toisanese, Hindi, Japanese, Khmer, Korean, Nepali, Punjabi, Tagalog or Filipino, Tibetan, Urdu, and Vietnamese.

Down Sauma, interim co-executive director of ATASK, emphasized the importance of providing aid and assistance in these languages. Although there are government programs and other nonprofit organizations available to help survivors of domestic violence, the challenge lies in bridging the linguistic barriers that separate Asian victims from accessing these services.

“Without the interpretation and translation services and culturally competent knowledge, we wouldn’t be able to link [victims] to those services,” explained Sauma. “Nor would they want to be seeking services. A lot of people in Asian communities don’t understand the systems in the United States, so they are fearful [of getting help]. We act as the middle ground.”

For more information about ATASK and its services, please visit www.atask.org/site/.

Learn Chinese

Excuse me

bù hǎoyìsì
A vigil for Yuzhen Lei, a 72-year-old Chinese woman, took place in Chinatown on Oct. 19. About 30 individuals came to pay their respects.

Lei fell and hit her head in July 9, after being shoved by Tajanetta Downing, a 24-year-old woman, who was taken to Tufts Medical Center and later being shoved by Tajanetta Downing, and is being held by the authori ties.

Blythe Schulte sang “The Star-Spangled Banner.” (Image courtesy of Ling-Mei Wong.)

Candlelight vigil held for Chinatown victim

BY LING-MEI WONG

A vigil for Yuzhen Lei, a 72-year-old Chinese woman, took place in Chinatown on Oct. 19. About 30 individuals came to pay their respects.

Lei fell and hit her head in July 9, after being shoved by Tajanetta Downing, 24, at Chauncy and Essex streets. Lei was taken to Tufts Medical Center and passed away. Downing was charged for aggravated assault and battery and assault and battery on a person 60 or older by Suffolk County District Attorney Dan Conley and is being held by the authori ties.

“It’s sad to lose a 72-year-old woman in her own neighborhood,” said Boston city council president Bill Linehan, who represents District 2 for Chinatown and South Boston.


The event was hosted by the Chinese American Citizens Alliance of Boston and the Chinese Consolidated Benevolent Association of New England.

Harbor Health Services, Inc

Harbor Health Services, Inc is seeking a Pharmacy Technician to join our team at the Neponset Health Center located in Dorchester, MA. Position is Full Time: Hours are Monday through Friday 12:30 to 9 PM with occasional weekend coverage.

The Pharmacy Technician duties include processing new medications orders, refills and renewals, restocking shelves in the dispensing areas as stock replacement is received, checking for out dated medications, preparing prescriptions for shipping & working collaboratively with administration, providers.

Qualifications: Certified Pharmacy Technician or Registered Technician, detailed knowledge of OTC drugs and laws governing OTC drugs, demonstrate competent working knowledge of participating workers compensation plans, knowledge of the PT procedures, problem solving, verbal and written communications and organizational skills, 1-3 years pharmacy or related experience, preferably in outpatient clinic pharmacy services or retail pharmacy, Bilingual English Vietnamese highly desired, Intermediate skills in Excel, Word and Outlook.

Excellent opportunity to work in a great, team oriented environment!

Position is offered with a comprehensive benefits package including health, dental, life and disability insurances, generous sick, vacation and holiday time.

Please apply online at http://careers.hhsi.us/careers/.

For more information, call 617-533-2300

The Slate at Andover

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)
Free expert business help for Mandarin speakers

BY THE US SMALL BUSINESS ADMINISTRATION

You can find free business advice and mentorship services for Mandarin speakers in the United States through SCORE. SCORE is a nonprofit organization affiliated with the US Small Business Administration. More than 60 volunteers with expertise in a wide range of industries are available to help you start or grow your business.

The liaison for the Chinese community in Boston is Huiming Guo, an assistant director of the Boston Partners Financial Group. He has his own small business owner experience as managing partner from 2008 to 2012 of Boston Mandari, Inc., which provides medical education and training linkage between the United States and China. Guo was born in Shanghai and can either counsel or provide translation services for clients and SCORE counselors. He is also a financial advisor volunteer to the Boston Chinatown Neighborhood Center to improve business literacy for the community, and is a member of the Clean Up Chinatown Committee.

Business counselors from SCORE can assist with many stages in the growth of a business, from startup legal questions to marketing for increased revenues. They can help with patents, accounting, permits and business strategy. Advice is available on a one time basis or as an ongoing relationship. Many success stories among the more than 50,000 new businesses assisted by SCORE include multi-year connections with counselors.

To reach Guo, email huiming.guo@gmail.com or call the Boston SCORE office directly at (617) 565-5591.

Chinatown crime blotter for Oct. 17 to Nov. 6

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Oct. 17 to Nov. 6 for District A-1, which includes Chinatown.

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

Drug possession

Oct. 17, 9:29 p.m. Two suspects were arrested in Harrison Avenue on drug offenses. The officers observed them in an illegal drug transaction.

Building fire

Oct. 19, 8:28 p.m. The officer responded to Harrison Avenue on a report of a building fire. Upon arrival, the officer observed black thick smoke coming from the roof of the building. Several fire units responded to the scene, and the fire was extinguished. The fire caused approximately $700,000 worth of damage and several families were displaced as a result of the fire.

Aggravated assault

Oct. 26, 7:32 p.m. The officer responded to 40 Boylston Street on a panic alarm coming from the store. Upon arrival, the officer met with the caller. He stated a man entered the store and waved a screwdriver at him. The suspect fled prior to the officer’s arrival. The victim was able to identify the suspect known to him as Bruce Williams.

Drugs

Oct. 30, 4:16 p.m. The suspect was placed under arrest on Oxford Street on a drug offense.

Affordable Homeownership Opportunity

First Time Homeowners

“Hillside Gardens”

Two 3-Bedroom Townhouses - $155,000
Nine 2-Bedroom Townhouses - $140,000
311 Littleton Road, Chelmsford, MA

Rate

Oct. 30

3.50%

$247,000

$144,150

$35,200

$41,000

$6,000

$129

$939

Information Session will be held on November 9, 2015 at 6:00 p.m. at the Chelmsford Housing Authority, 10 Wilson Street, Chelmsford, MA 01824.

Teacher Needed

Dana Hall School, an independent school for girls grades 5-12, seeks a founding 5th grade teacher for August 2016.

Successful candidates will embrace an interdisciplinary curriculum, integrate instructional technology and employ a variety of pedagogical approaches to meet individual learning needs.

Applicants should be fiercely positive, interested in developing a stimulating and creative learning environment, and committed to academic excellence.

Responsibilities include teaching all four major content areas to a class of 12-14 girls.

Dana Hall welcomes candidates who contribute to and are committed to diversity and multicultural educational practices. This new program is a unique opportunity for a motivated and passionate educator.

Cover letter and resume should be submitted to hr@danahall.org.

Tufts Neighborhood Service Fund (TNSF) Request for Proposals

TNSF is soliciting requests for proposals. Charitable, tax-exempt, community-based organizations located in Boston’s Chinatown or serving Chinatown residents are eligible to apply.

An eligible organization must be able to demonstrate that members of the Tufts University community are involved with the organization as volunteers.

Interested parties should contact Community Relations at (617) 627-3780 or visit http://go.tufts.edu/TNSF for an application.

Applications are due by November 27, 2015. Awards will be announced before the New Year.
Obesity and your health: Understanding treatment options

BY DR. JULIE KIM

What is weight loss surgery?

- Weight loss surgery, or bariatric surgery, is a tool to help patients with extreme and clinically severe obesity lose weight, and improve or cure their obesity related diseases.

- Bariatric surgery is indicated for those individuals with extreme obesity, a BMI of at least 40 or clinically severe obesity, a BMI of at least 35 with serious potential life threatening obesity related health conditions such as type II diabetes, high blood pressure and sleep apnea.

- In addition to causing significant weight loss, bariatric surgery has been shown to improve every obesity related condition including: type II diabetes, high blood pressure, heart disease, sleep apnea, prevention of cancer and others.

- Bariatric surgeries also promote metabolic changes and result in improvement or remission of type II diabetes within even a few days after surgery.

- The most commonly performed weight loss surgeries in the United States are the laparoscopic sleeve gastrectomy and the laparoscopic gastric bypass. Both procedures can help individuals with clinically severe and morbid obesity lose 50-80 percent of their excess weight in as little as 12-18 months.

- Bariatric surgery is safe, effective and durable. The weight and health outcomes all the procedures have been shown to be durable for more than 5 years. The mortality risk of both procedures is <0.5 percent nationally, with an overall safety profile comparable to that of gallbladder or appendix surgery.

- The weight loss surgery procedures are routinely performed laparoscopically through several (5 or 6) very small incisions versus one long open incision with reduced incidence of wound complications, pain, length of stay and return to work. Patients routinely spend one or 2 nights in the hospital and are back to work within 2-4 weeks.

How do those procedures work?

- Sleeve gastrectomy: The procedure works through restriction of stomach volume and reduction of the production of the hunger hormone, Ghrelin. About 2/3 of the lateral part of the stomach is removed, so the size of the stomach becomes smaller and the shape is similar to that of a banana or tube. The part of the stomach being removed secretes a hormone in response to food called Ghrelin, which stimulates hunger or appetite in the brain. By removing the part of the stomach where the hunger hormone is secreted, you will feel less hungry most of the time. Unlike the laparoscopic gastric bypass, there is no connection of the stomach to other organs or changes in the pathway of food.

- Gastric bypass: This procedure has been performed in the United States since 1965 and was the most commonly performed weight loss procedure, until overtaken by the sleeve gastrectomy in 2013. It works through a greater restriction of stomach volume by creation of a small gastric pouch. The gastric pouch is connected to a limb of small intestine, thereby, bypassing the remnant stomach, which remains in continuity with duodenum and it is reconnected to the small intestine downstream. Since food bypasses the major portion of remnant stomach, duodenum and proximal small intestine, the release of Ghrelin is also significantly reduced. This procedure has a higher risk of micronutrient deficiency, bowel obstruction but shows more robust improvement or resolution of diabetes, when compared to the sleeve gastrectomy.

Why should I get weight loss surgery?

- Research studies have shown that it is nearly impossible for individuals with clinically severe and morbid obesity, who are more than 75 to 100 pounds over ideal body weight to lose significant weight as well as maintain these losses long-term.

- Most individuals with clinically severe or morbid obesity have failed numerous attempts at losing weight through non-surgical efforts in the past.

- Many individuals with clinically severe or morbid obesity also suffer from joint or skeletal conditions severely limiting their ability to exercise effectively.

- Ongoing "yo-yo" dieting is harmful to one’s metabolism and may result in significant weight regain.

What's the next step?

- Explore our website at www.tuftsmedicalcenter.org/weightloss to obtain additional information on medical weight loss options, watch a free informational video which further details the risks and benefits of weight loss surgery, or schedule an appointment and get started today on a healthier and leaner you.

About the author

Dr. Julie Kim is a bariatric surgeon at Tufts Medical Center. To make an appointment with her, call (617) 636-6093.

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www.tuftsmedicalcenter.org/weightloss

For more info, visit goboston2030.org

Contact info@goboston2030.org if you have any accessibility, child care, or interpretation needs.

GO BOSTON 2030

The City of Boston invites you to come together with other Bostonians to develop policy and project ideas and help plan a transportation future that transforms how we get around!

IDEA ROUNDTABLES

TUE, NOV 10
6:45pm - 8:00

BU Building
200 Washington St.

SAT, NOV 14
12:30pm - 2:00

BU Building
200 Washington St.

THUR, NOV 19
5:00pm - 7:00

Courtyard Marriott
355 Cambridge St.

Attend one or more of these interactive sessions:

BOSTON REDEVELOPMENT AUTHORITY

PUBLIC MEETING

48 BOYLSTON STREET

THURSDAY, NOVEMBER 12
6:30 PM - 8:00 PM

PROJECT PROPONENT:
St. Francis House and the Planning Office for Urban Affairs, Inc.

PROJECT DESCRIPTION:
The existing (YMCU) building will be converted into 46 units of low and moderate-income housing. This will be new construction, including 3,826 sf of commercial/retail space and 10,939 sf of office space, this is an as-of-right project.

EMAIL: lance.campebl@boston.gov

CLOSE OF COMMENT PERIOD: 
Wednesday, November 25, 2015
November is National Diabetes Month, which is observed to raise awareness of diabetes in the United States. The number of people being affected by diabetes has increased over the past 10 years. The latest estimate from the National Health and Nutrition Examination Surveys (NHANES) showed that 14.3 percent of Americans have diabetes, with more than two-thirds of the cases being undiagnosed.

Asian Americans are at a higher risk of developing diabetes. One in five (20.6 percent) have diabetes, and over half of them are undiagnosed. Not only do Asian Americans have a higher prevalence of diabetes, they also develop diabetes at a lower body weight comparing to non-Asian populations.

Among the Asian American population, 90-95 percent of the diabetes cases are type 2 diabetes. Type 2 diabetes is a condition in which a person cannot properly use insulin, a kind of hormone that lowers blood sugar. The risk of type 2 diabetes increases for Asian Americans, and for those who are 45 or older, have a family history of diabetes, had a history of gestational diabetes and/or pre-diabetes, are physically inactive, and have a body mass index (BMI) of 23 or above.

BMI is an estimate of a person’s body fat content. Typically, the higher the number, the more body fat a person has. In general, BMI of 25 or above is considered overweight, as the risks for diseases such as diabetes, heart diseases and high blood pressure increase at this threshold. However, as reported in various national and regional studies, Asian Americans develop diabetes at a BMI lower than the general cut-off. To help in early detection of diabetes, if your BMI is at 23 or above, you are encouraged to discuss with your primary care provider checking your A1C, a measurement of your three-month average blood glucose level.

Diabetes is preventable and manageable through adopting a healthy lifestyle. If your BMI is at 23 or above, try to lose 5-10 percent of your current body weight. Work with a registered dietician who is familiar with your culture in designing a personalized meal plan for your weight loss plan. Also include 150 minutes of exercise each week, or 30 minutes of exercise for 5 days a week. If you are not used to doing much exercise, start by walking. Gradually increase your number of daily steps and aim for walking 10,000 steps each day.

You may also use the BMI calculator on the website of the Joslin Diabetes Center’s Asian American Diabetes Initiative, at www.jds.nih.gov. To learn more about Screen 23, visit Screen23.org.

Join us for events during National Diabetes Month
- Nov. 8 - Diabetes and Nutrition seminar at Lexington Chinese School, Belmont.
- Nov. 13 – Dim Sum for Diabetes at Empire Garden Restaurant, Chinatown, Boston

About the author
Ka Hei Karen Lau is a registered dietitian and certified diabetes educator in the Asian Clinic at Joslin Diabetes Center.

Asian Health Symposium promotes community-research collaboration by Tufts University

More than 90 community leaders, researchers, clinicians, students and neighborhood residents gathered in Boston’s Chinatown neighborhood on Oct. 16 to talk about working together to improve Asian health. A symposium, Together: Strengthening the Health of Chinatown, was presented by Tufts Clinical and Translational Science Institute (CTSI) and local community organizations. All are members of Addressing Disparities in Asian Populations through Translational Research (ADAPT).

The goal of the event, held at Tufts University School of Medicine, was to present recent research conducted to address issues such as healthy eating, living, and aging and utilization of preventive care in Boston’s Asian community, and to brainstorm future collaborations on wellness and chronic disease management, health care access, child health and family development, and environment and land use.

“Community-engaged research brings academics and community partners to the table for dialogue and co-learning to improve the science and relevance of the research, as well as the action taken based on research findings,” said Carolyn Rubin, director of ADAPT. “Today’s event showcased meaningful collaboratives between Tufts researchers and local organizations that will hopefully affect culturally-sensitive, positive change in Chinatown and beyond.”

The day began with a talk by Susan Koch-Weser, Tufts University School of Medicine (TUSM), and Giles Li, executive director of Boston Chinatown Neighborhood Center (BCNC). Their collaboration resulted in the first systematic survey done of Chinatown residents, funded by a Tufts Collaborates Seed Grant. They shared some preliminary data that had not previously been available, and hope to release a report of their survey results in the coming months.
November 6, 2015

Cathay Bank Foundation awards grant for Asian youth

BY BOSTON CHINATOWN NEIGHBORHOOD CENTER

Cathay Bank Foundation awarded a $7,000 grant to the Boston Chinatown Neighborhood Center (BCNC) on Oct. 14. This grant will support BCNC’s Youth Center which serves high school youth to help them become empowered individuals equipped with life skills and competencies to achieve post-secondary success.

San Diego’s Chinatown home to bustling Asian community

BY CLIFF WONG

In my last article, “Exploring San Diego’s forgotten Chinatown,” I was on vacation in the lovely city of San Diego, Calif. To my disappointment I could not find a Chinatown in the beautiful city. A trip to the enriching San Diego Chinese Historical Museum furthered my disappointment. In the article, I reported that San Diego’s Chinatown was extinct, based on various sources: the cab driver on the way to the hotel, the hotel concierge and the museum’s curator.

It was called to my attention that San Diego does have a Chinatown. A San Diego tourist visiting Boston saw my article and kindly reached out. The tourist informed us that a Chinese community flourishes in the city. I stand corrected! I only wish that I had bumped into this person last May, when I was dying for steamed fish and congee.

If you crave dim sum, feel free to visit Convoy Street in the Kearny Mesa section of the city. Who knows, you might even find me seated at a nearby table.

Signing up for a Boston Public Library Card is easy

BY BOSTON MAYOR MARTY WALSH

A library card gives you access to not only printed books and e-books, but streaming audio books, movies, music, television shows, and digital magazines and comics. In September, during Library Card Sign Up Month, more than 6,600 individuals signed up for a free library card with the Boston Public Library.

Here in Boston, we are proud to have one of the best library systems in the world. And we have hundreds of thousands of card holders across the city and the state. People come from all over to visit the library and take advantage of what we have to offer. Our library and branches promote learning through a wealth of resources and knowledge — which are free to all.

And each library branch has something unique to offer. We have 24 neighborhood branches across our city, in addition to the Central Library in Copley Square. They serve as anchors for our communities. There’s something for everyone here — from learning programs, to creative activities, to free Wi-Fi, to places for the community to gather.

Our library locations offer important learning spaces for our children with daily story times for babies and toddlers. And, many of our neighborhood branch-es offer Homework Help, where qualified high school students assist younger students with their school assignments. Parents can feel relieved knowing their children are learning and thriving in positive environments.

Our locations offer wonderful senior programming, as well. Last year, our branches offered fun programs, such as memoir writing workshops in Brighton and tai chi and qigong in Uphams Corner. We’re excited that this initiative will happen again in 2016.

I encourage you to visit your local branch. Signing up for a card is easy, and our friendly library staff is always happy to help. Bring your family, check out the activities going on, and connect with your neighbors in the community. You’ll find that your library card will give you access to much more than books — you’ll have access to a world of imagination, information and support.

THE SAMPAN HEALTH SURVEY WINNER IS

Jon Yee

Join us for our Career Fair

Tuesday, November 17th
3pm – 7pm
270 Mystic Ave, Medford MA

We are hiring for

Full Time and Part Time Opportunities in our Retail Banking Division and Mortgage Division.

THE BOSTON GLOBE
TOP PLACES TO WORK
6 YEARS RUNNING

Cathay Bank presented a $7,000 check to Boston Chinatown Neighborhood Center (BCNC) at its Chinatown branch on Oct. 14. (Image courtesy of BCNC.)
SEVENTH BOSTON ASIAN AMERICAN FILM FESTIVAL EXPLORES HOME IN AMERICA

BY LING-MEI WONG

The Boston Asian American Film Festival “Home in America” took place from Oct. 22 to 25, featuring a series of events, screenings and panels. The New England premiere of “My Life in China” was shown Oct. 23, directed by Boston native Kenneth Eng and featuring his father Yau King Eng. “East of Hollywood” was shot in Boston by local actor Michael Tow and premiered on Oct. 23. Another local piece was short film “El Chino,” starring local surfboard maker and Sun Sun grocery store owner Jonathan Wong, which played on Oct. 25.

SOUTH COVE MANOR RECOGNIZES EMPLOYEES

South Cove Manor at Quincy Point had an employee appreciation dinner on Oct. 22 at the Cathay Pacific Restaurant. Jailing Hu (second left) and Amy Sun (third left) were recognized for their 20 years of service. (Image courtesy of South Cove Manor.)

MBTA NOTICE TO BIDDERS

- Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bidx.com forthwith after the bid submission deadline.

- No paper copies of bids will be accepted.

- Bidders must have a valid digital ID issued by the Authority in order to bid on projects.

- Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

- MBTA Contract No. 90CN01, 750 KWOLATT WIND TURBINE INSTALLATION PROJECT, REMOTE TRACK LOCATION, BRIDGEWATER, MASSACHUSETTS, CLASS 1 – GENERAL TRANSIT CONSTRUCTION AND PROJECT VALUE - $2,717,500.

- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on December 1, 2015.

- Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of the installation and commissioning of a 750 Kilowatt Wind Turbine on MBTA Property at the Remote Track Location on Titicut Street in Bridgewater, Massachusetts. The 750 Kilowatt wind turbine will be procured by the MBTA prior to award of this construction contract.
您需要健康保險嗎？我會幫助您註冊！

現在是 Massachusetts Health Connector 的開放投保時間。在 Massachusetts Health Connector，您可以從領先的保險公司那裡選擇高品質的健康計劃和牙科計劃。大多數註冊的人士有資格獲得支付每月保費的幫助。

您可在哪裡獲得幫助：

**Dorchester**
Bowdoin Street Health Center  
230 Bowdoin Street  
617-754-0100

Carney Hospital  
2100 Dorchester Avenue  
617-296-4000

Codman Square Health Center  
637 Washington Street  
617-825-9660

DotHouse Health  
1353 Dorchester Avenue  
617-288-3230

Harbor Health Services Inc.  
250 Mount Vernon Street  
617-533-2300

Harbor Health Services Inc.  
398 Neponset Avenue  
617-533-2300

Harvard Street Neighborhood Health  
632 Blue Hill Avenue  
617-825-3400

Regency Family Health  
50 Redfield Street  
617-929-1600

Upham’s Corner Health Committee, Inc.  
500 Columbia Road  
617-287-8000

Boston Public Health Commission  
1010 Massachusetts Avenue  
617-534-5050

Harbor Health Services Inc.  
435 Hancock Street  
617-318-3300

Commonwealth Hematology Oncology PC  
10 Willard Street  
617-770-9151

South Cove Community Health Center  
North Quincy Clinic  
88 Holmes Street  
617-318-3200

Quincy
Manet Community Health Center  
110 W Squantum Street  
617-376-3000

South Cove Community Health Center  
North Quincy Clinic  
635 Hancock Street  
617-318-3300

Commonwealth Hematology Oncology PC  
10 Willard Street  
617-770-9151

South Cove Community Health Center  
North Quincy Clinic  
88 Holmes Street  
617-318-3200

您若想在附近獲得幫助，請訪問 MAhealthconnector.org 。

請在 MAhealthconnector.org 上在線註冊一項計劃或者親自從我們的專家那裡獲得免費註冊幫助。