Thinking of buying a home? 
What to know now

BY STATEPOINT

Understanding the pros and cons of homeownership can help you make a wise decision. (Image courtesy of StatePoint.)

Better employment prospects, rising home values and historically low mortgage rates are driving improvements in housing markets across the country. If these facts are tempting you to take the plunge, you’re not alone.

Keep in mind, buying a home is a major commitment and shouldn’t be undertaken without careful consideration, say experts.

“While homeownership is often referred to as the ‘American Dream’ for good reason, it isn’t necessarily everyone’s right move,” said Freddie Mac senior vice president and head of single-family sales and relationship management, Christina Boyle.

Understanding the pros and cons of homeownership can help you make a wise decision. For potential home buyers, Boyle offers the following insights:

Ownership pros

From paint colors to major remodel projects, one of the best parts of ownership is having a place that is uniquely yours to customize.

Consider the financial benefits, as well. At tax time, you may be able to deduct the interest on your mortgage and property taxes, offsetting a portion of the cost of homeownership.

Stability is another major draw. With fixed-rate mortgages, your monthly principal and interest payments will stay the same for the entire period of the loan. This will make it easier to plan and budget over time, as opposed to renting, where rates are largely beyond your control. Furthermore, creating equity for the future will help provide stability and security for your family.

Ownership cons

Being your own landlord makes you responsible for the maintenance and upkeep of your property. Budget for maintenance costs — from little fixes to such major, costly issues as roof replacement and water pipe repair.

Other home-related costs to keep in mind include utilities, homeowner associations and property taxes. Just like with your rent, your mortgage and utilities should be paid on time. This will help you maintain good credit and is essential if you want to borrow again in the future for home renovations, new cars or student loans.

For more news, please visit Sampan.org

Gov. Baker screens documentary on local heroin addiction

BY SARA BROWN

Gov. Charlie Baker hosted a screening for a documentary about heroin abuse in Cape Cod on Dec. 15 at the Revere Hotel.

“Hemnit: Cape Cod, USA” is a 76-minute HBO documentary directed by Academy Award winner Steven Oszazaki. The film follows eight young Cape Cod residents who are addicted to heroin. It will air on HBO on Dec. 28 at 9 p.m.

Baker said he thought it was important to share the film with Mass. residents.

“I could rattle off a dozen statistics about opioid abuse and they’re terrifying,” he said. “However, most people are moved by stories. Hopefully, this film creates the sense of urgency this issue deserves.”

According to the film, 85 percent of the crime occurring on Cape Cod is opioid related. Also, 80 percent of heroin addicts started with pain medication.

However, Baker was quick to point that this isn’t just a Cape Cod issue.

“You can’t put 20 people in a room without finding someone who has been affected by this,” he said.

HBO producer Sara Bernstein agreed.

“This could be any town in the country,” she said. “Make no mistake about it, this epidemic is sweeping our nation.”

In the film, the eight young people talk about chasing the next high and feeling depressed about the state of their lives. Most say they want to quit heroin but don’t know how to. By the end, a few of them have disappeared and some have died.

Baker thanked the documentary participants.

Gov. Charlie Baker hosted a screening of a new HBO film about addiction in the Cape Cod area on Dec. 15 at the Revere Hotel. (Image courtesy of Sara Brown.)

“The bravery the young men and women who tell their stories in this movie is amazing,” he said. “This movie isn’t about Cape Cod. This is a movie about people fighting a battle that deserve better.”

Sampan publishes every other Friday. Our next issue is out Jan. 8, 2016
For more news, please visit Sampan.org
Fuel assistance program
Friday, Dec. 18
87 Tyler Street 3F
Boston, MA 02111
The fuel assistance pro-
gram 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 now to April 30, 2016. To apply, please call (617) 426-9492 x 0 or make an appointment at the Asian American Civic Association.

Event Calendar

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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 medi-
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BPS Superintendent Chang speaks to Asian American community

BY LING-MEI WONG

A public forum for Boston Public Schools (BPS) Superintendent Tommy Chang took place Dec. 12 at the Vietnamese American Community Center. A panel discussion included (from left) two moderators, Richard Chang, Chikae Yamatin, Lieu Nguyen, Triet Vo, Qiuyan Zheng and Christine Yu. (Image courtesy of Ling-Mei Wong.)

A second presentation on bilingual education for her students brought her identity." Chang said.

"I'm so glad to see so many Asian American groups together," Chang said. "I'm thrilled to see the conversation around Asian American contributions by Peter Kiang, Asian American studies professor at the University of Massachusetts, Boston. He urged Chang to add Asian American history to the BPS social studies curriculum.

A second presentation on bilingual learning in BPS was given by Rosann Tung, director of research and policy at the Annenberg Institute for School Reform. A panel made up of students, parents and administrators discussed their learning experiences and unique challenges. Josiah Quincy Upper School headmaster Richard Chang spoke about the model minority myth, while Chikae Yamauchi Yamatin talked about teaching math and ESL in the sheltered English instruction program at Charlestown High School. The Vietnamese community was represented by Lieu Nguyen, Vietnamese youth liaison for the Boston Police Department's minority outreach, with four contractors and related MBTA staff.

"It didn't make sense to keep the players currently involved," Baker said. "If the T couldn't do for $2 billion, then the only way was to take money from the rest of the transit system."

GOV. BAKER DISCUSSES DIVERSITY, GUN VIOLENCE AND TRANSIT

BY LING-MEI WONG

Gov. Charlie Baker hosted a press conference for ethnic media on Dec. 11 at the Statehouse, inviting them to ask questions affecting their communities. Representatives attended from Chinese, Latino, Haitian and other community groups.

Baker reiterated his condemnation of Donald Trump’s comments against Latinos and Syrian refugees. “I thought [his comments] were ridiculous. We're a country founded by people who came to practice their faith peacefully. … The Statehouse is symbol of liberty and democracy.”

He added that in light of recent gun violence, there were no credible threats to Massachusetts. “There’s no indication that this is a real commitment to diversity overall,” he said.


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Get an inside look at vibrant retirement living! Tour our beautiful campus and maintenance-free homes. Discover dozens of exciting amenities, clubs, and activities. See the continuing care neighborhood, offering memory care, inpatient and outpatient rehabilitation, and skilled nursing care right on campus.

Bring your friends and family!

Sunday, December 27, 2015
300 Linden Ponds Way, Hingham, MA
Independent living and continuing care tours
10:00 a.m. – 12:00 p.m.

Call 1-800-617-9189 for more information and directions, or to learn about other upcoming events if you can’t make this date.
Q: Please tell us about Imagine 2030. What are some of the initiatives under its umbrella, such as Go Boston 2030?
A: Imagine 2030 is Mayor Walsh’s multi-citywide planning initiative that seeks to engage all Bostonians in defining a shared vision for the future of Boston leading up to its 400th birthday. With input from every corner of the city, we will work together to create the first citywide plan in 50 years. This is a chance for Bostonians to express their dreams and concerns about all the big issues in the city—from housing to transit to the environment.

There is already a wide array of planning work in existence or underway, including work on transportation, housing, climate action, and arts and culture. Imagine Boston seeks to knit those efforts together with other key themes to guide our city into 2030. Imagine Boston 2030 seeks to reach all Bostonians, including those who speak other languages like Chinese. To do that, we are trying to roll out engagement through multiple mediums.

One of the best ways the Chinese community can engage in the planning process is through a Visioning Kit. We’ve created a Visioning Kit with everything you need to host an Imagine Boston 2030 discussion in your neighborhood. It has all of the materials needed to facilitate a discussion and provide community members with the tools they need to host a meeting in any language. This is a great opportunity for Chinese community organizations to get involved. A bilingual member can lead a visioning session, engaging their members in a discussion about how they would like to see Boston change by 2030, and relay the group’s feedback in English. Widespread outreach will help us ensure that we hear from as many people as possible.

Q: For Boston residents who speak other languages such as Chinese, how will Imagine 2030 engage with them? A: Imagine Boston 2030 seeks to reach all Bostonians, including those who speak other languages like Chinese. To do that, we are trying to roll out engagement through multiple mediums.

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If you are interested in joining our team, please email your resume to Courtneyq.anodyne@gmail.com.
www.anodyne-services.com
This holiday season, I am heading down to Quincy Center to do my gift shopping, then over to Fields Corner in Dorchester. And I may even take a trip to Boston’s Downtown Crossing and Chinatown.

My plan is to buy my holiday gifts locally, as a way of supporting the businesses who keep our Main Streets, Gateway Cities and neighborhoods vibrant and strong throughout the year.

Earlier this week, Gov. Charlie Baker joined the Retailers Association of Massachusetts (RAM) and business leaders at Fanueil Hall to kick off the #BuyinMA campaign, a concerted effort to get Massachusetts residents to buy local this season.

“Our local retailers play a big part in making our cities and towns great,” Bak er said. “Let’s keep it that way by doing as much of our holiday shopping here in Massachusetts over the next month.”

With more than 600,000 retailers in Massachusetts, accounting for one in five jobs, there is no shortage of places to go in the 351 cities and towns of the Commonwealth. Many of these are small businesses, which are the backbone of our economy.

Jon Hurst, president of Retailers Association of Massachusetts, said, “When you buy in Massachusetts, you are supporting local employers, their employees, local tax revenue and local investments in communities and the economy.”

The holiday season represents 20 percent of annual retail sales, and that is why December is an important month for stores and small businesses. Massachusetts retailers posted a 3.4 percent increase in holiday sales last year, and there have been five consecutive year-over-year gains during the period, according to RAM. We hope we can make it six consecutive years in 2015.

Buying local does not mean you cannot find international or exotic items. Massachusetts local businesses come from all over the world and have products from all corners of the globe. You can easily get exotic silk scarfs from India or Vietnam, or intricate wood carving from Africa or Central America or warm lamb wool sweaters from Ireland or Australia, to name a few. Just visit your Main Street stores in places like Abington, Burlington, Cambridge, Chinatown, Fields Corner, Lowell, Somerville, Northampton or Worcester — you will find everything you need.

US Congressman Tip O’Neill of Cambridge famously said that “All Politics Is Local.” This season, let’s make sure that all shopping stays local too.

Nam Pham is assistant secretary of business development at The Massachusetts Executive Office of Housing & Economic Development.

Staff Attorney, Massachusetts Wanted

Conservation Law Foundation (CLF) is seeking a staff attorney to work in its Massachusetts Advocacy Center.

Working with the director of the Massachusetts Advocacy Center, as well as advocacy program directors, the Massachusetts staff attorney will be responsible for identifying and implementing cutting-edge solutions to a variety of compelling environmental problems in Massachusetts and regionally.

Responsibilities will include negotiating, litigating, advancing policy changes, coalition building, and communicating with the press and the public.

Please visit our web site for a full description of this position. www.clf.org
**Top home improvements that help sell your home**

BY STATEPOINT

While certain home upgrades provide obvious aesthetic enhancements, it’s important to ensure the projects are worth the expense.

The following three home improvements provide especially impressive returns on their respective investments, making them excellent choices to consider with an eye on selling your home.

**Bath and kitchen**

Bathroom and kitchen renovations are great bets, according to the National Association of Realtors. However, ripping out these rooms and building them completely anew is an extreme expense that might not give you an immediate investment return.

Instead, check out refinishing services, whose work can provide more value than a full replacement. For example, Miracle Method takes ugly bathtubs, countertops, faucets and other fittings, and refurbishes them to look newly installed. This service will increase the useful life of those fixtures by more than 15 years, at a fraction of the cost and time of a replacement.

**Wash your windows**

Newly washed windows can make a huge impression on potential homeowners. The difference in the light streaming in, and the overall impression of the home after a professional window cleaning, is amazing,” said Rick Nonelle, president of Window Genie, a well-known window cleaning and window tinting franchise.

Reaching those upper level windows for a good exterior cleaning can be tricky and dangerous to DIY, however. For a more detailed and precise job, consider using a professional service; it’s an affordable way to give your home a face-lift.

**New floors**

New floors, particularly the latest in engineered flooring, are high in demand among potential home buyers. It’s no wonder; since engineered flooring is comprised of wood layers stacked cross-grained and bonded together under heat and pressure — a process that makes them stain resistant and more durable where pets’ claws and children’s toys are concerned.

“Today’s engineered floors have the beauty and durability of wood, and are available in every color and style you can wonder; since engineered flooring is comprised of wood layers stacked cross-grained and bonded together under heat and pressure — a process that makes them stain resistant and more durable where pets’ claws and children’s toys are concerned.

“Today’s engineered floors have the beauty and durability of wood, and are available in every color and style you can choose from. Unlike Texas for example, where different weather-related perils affect different parts of the state, this anomaly can be partly attributed to Massachusetts’ small land size and largely standardized weather regions away from the coast. Unlike Texas, for example, different weather-related perils affect different parts of the state, any peril that affects one part of Massachusetts likely can potentially affect the entire state. This relative commonality of weather-related perils likely standardizes rates. Weather aside, there are factors that impact premiums associated with large metropolitan areas and oceanfront properties, which explains why rates for the most expensive places differ from one another.

**Most expensive renters insurance in Massachusetts**

Boston and nearby communities within its metropolitan area came in at the top of our study’s list for the most expensive places for renters insurance in Massachusetts. The rate for our sample property in the most expensive city (Boston) is 34.1 percent higher than the state average in the study.

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**Comparison of renters insurance rates**

We calculated a mean rate of $336 for the benchmark property and found that the most expensive city (Boston) was 43 percent more expensive than other towns.

**Cheapest renters insurance in Massachusetts**

The further away a Massachusetts resident is from the Boston and the Atlantic coastline, the cheaper their renters insurance rates tend to be. None of the five cheapest places in our study were adjacent to the coast, they were all in the outskirts, which might explain why our sample tenants have the same renters insurance quotes across all five locations for our sample home.

**Renovating a bathroom makes a home more attractive to buyers. (Image courtesy of State Floor Coverings International.)**

“Investing in new flooring can make a huge difference in the resale value of your home.”

**Boston ranked costliest city to insure a rented house**

BY VALUEPENGUIN

Massachusetts was founded by the pilgrims in 1620, and is today home to many esteemed academic and athletic institutions. The Bay State is one of the smallest states in terms of land area, but one of the most populous in the U.S. there are plenty of renters there. To find out who has the cheapest and the most expensive renters insurance, we conducted a study that evaluated quotes for a sample property (a rental property with roughly 1,000 square feet of living space and $100,000 in liability coverage). We gathered quotes from five major carriers and $100,000 in liability coverage). We gathered quotes from five major carriers and found that the most expensive rates in Massachusetts were 43 percent higher than the cheapest. We present these rates for illustrative value; they are not indicative of what tenants can expect to pay for their renters insurance.

This anomaly can be partly attributed to Massachusetts’ small land size and largely standardized weather regions away from the coast. Unlike Texas, for example, where different weather-related perils affect different parts of the state, any peril that affects one part of Massachusetts likely can potentially affect the entire state. This relative commonality of weather-related perils likely standardizes rates. Weather aside, there are factors that impact premiums associated with large metropolitan areas and oceanfront properties, which explains why rates for the most expensive places differ from one another.

**Renovating a bathroom makes a home more attractive to buyers. (Image courtesy of State Floor Coverings International.)**

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**Comparison of renters insurance rates**

We calculated a mean rate of $336 for the benchmark property and found that the most expensive city (Boston) was 43 percent more expensive than other towns.
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- David T. Ting
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- Li. S. Trut
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YOUTH VOICES

Fixing crumbling American infrastructure
BY KEVIN HUANG

When America doesn’t allocate more funding from increases in gas taxes to repair our aging infrastructure and expand new modes of transportation such as high-speed rail (HSR), America will struggle against other developed countries because the nation won’t have the environmental sustainability, economic growth and efficiency to compete. Updating energy, waste, transit and road infrastructure will allow more efficiency in society by reducing its current costs to society. Building a national HSR will allow Americans to have another mode of transit and rival other countries’ extensive rail networks. Doing both of these tasks will increase our poor rating from the American Society of Civil Engineers (ASCE), which is rated D+ in 2013. Some say it is not worth the enormous amount of money to build HSR and to fund massive repairs. This thought shouldn’t undermine our obstacles to repair at a time when other countries have built or plan to build more infrastructure spending projects.

“Many facilities and systems are 50-100 years old, and engineers say they have been woefully neglected,” wrote Margaret Clemmitt in the 2007 edition of “CQ Researcher.” It is time to rebuild some varieties of infrastructure such as energy, waste, transit and road. With that in mind, each type of system requires unique attention to its current problems. Energy allows power to reach buildings, but it becomes a concern, when it isn’t able to bring power for our technologies and machines. Consider, many of the nation’s power grids have resulted in blackouts from weather-related accidents. If these grids aren’t modernized, more outages will occur as climate change worsens.

Conversely, leaking pipelines with oil from North Dakota and Alberta and explosions from oil trains such as accident in Lynchberg, Virginia, pose major threats to the environment and our ability to use a valuable source of energy. From 1990 to 2011, the New York Times noted “more than 110 million gallons of mostly crude and petroleum products have spilled from the nation’s mainland pipeline network.” With those wasted spills and explosions in mind, that energy could have resulted in our consumption, but instead have damaged aquifers, farmland and rivers with major clean-up costs.

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Rhode Island high school students learn about Boston’s Chinatown
BY THE SAMPAN EDITORIAL TEAM

Students from the Blackstone Academy in Pawtucket, Rhode Island, took a tour of Boston’s Chinatown hosted by the Chinese Historical Society of New England on Dec. 1. (Image courtesy of Blackstone Academy.)

Students from the Blackstone Academy in Pawtucket, Rhode Island, took a tour of Boston’s Chinatown on Dec. 1. The 90 freshman World History students and six chaperones had a presentation first at the Kwong Kow Chinese School with Stephanie Fan. Before they went on their tour, the students looked for examples of inclusion and exclusion, then were led through Chinatown by tour leaders David Chang, Justina Chu, Deanna Wong, Mansee Tang, Felicia Tsang, Susan Chinsen and Fan.

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What women at high risk for breast cancer need to know

BY DR. ABHISHEK CHATTERJEE

Breast cancer tends to be common in the family tree and may even occur in males. Certain genes are essential in preventing breast cancer. When there are mutations causing faulty functioning genes, breast cancer tends to develop and these mutations can get passed on from one generation to the next.

Fortunately, modern medical science continues to assess what mutations cause breast cancer and how much risk these mutations place on a patient. To qualify for genetic testing, breast cancer centers such as the one at Tufts Medical Center have genetic counselors who assess risk factors for the patient and get a detailed family history. Some qualifying factors for genetic testing includes a woman less than 40 years of age with newly diagnosed breast cancer, having several first-degree family members with breast cancer or ovarian cancer, or being a male with breast cancer.

5. What should a woman do if she is BRCA1 or BRCA2 positive? A woman with these genetic mutations should be followed by a breast genetics specialist and counselled about her options. Given her ovarian cancer risks, she should also discuss her options regarding having her ovaries removed at a particular time with a gynecologist who specializes in treating patients with such mutations.

With regards to breast treatment, many women choose to undergo the removal of both breasts. This decreases their risk of future breast cancer to 5 percent. Women who do this, after counseling with a genetics specialist and breast surgical oncologist, have the option for breast reconstruction that could include implant-based or flap-based reconstruction.

Having your breasts removed is a very difficult decision and some women choose to keep their breasts. If this is done, then women with the BRCA1 or BRCA2 mutation need to be followed very closely with annual mammograms and most likely annual MRI breast screening. There is no correct answer in what a woman should do. Rather, a personal, informed decision by the patient after discussion with the appropriate doctors should be made.

About the author
Dr. Abhishek Chatterjee is a breast surgical oncologist and a plastic and reconstructive surgeon at Tufts Medical Center.

1. What are some major risk factors for breast cancer? There are many risk factors for breast cancer. Major risk factors include:

• a personal history of having breast cancer
• previous high-risk breast lesions that include atypical cells and ductal carcinoma in situ (DCIS)
• first-degree relatives who have had breast cancer, especially at an age under 50
• a personal history of having chest wall radiation at an age younger than 40

Additionally, having a hereditary genetic mutation such as BRCA1 or BRCA2 puts a woman at high risk for developing breast cancer in either breast, according to 2015 data from the American Cancer Society.

2. What should a woman do if she has one or more of these risk factors? It is important for women with one or more risk factors to have a discussion with her primary care doctor. The doctor in turn will decide whether the woman should see a high-risk breast cancer specialist, who is often either a surgical or medical oncologist specializing in breast disease. Additionally, this woman may need early breast screening such as mammography, ultrasound, MRI or a combination of these.

3. What are hereditary genetic mutations for breast cancer? When does a woman qualify for genetic testing? Approximately 10 percent of all breast cancers are caused by genetic mutations that can be inherited from family members.

4. What are examples of hereditary genetic mutations in breast cancer? The two most common and well studied hereditary genetic mutations in breast are the BRCA1 and BRCA2 mutations. These increase the lifetime risk of getting breast cancer by 40-80 percent and increase the risk of getting ovarian cancer by 30-70 percent. To place this in perspective, a woman with no breast cancer risk factors has a lifetime breast cancer risk of 13 percent.

There are many other types of hereditary genetic mutations, but a substantial number of these have unknown risk or significance. More and more is found out about hereditary mutations everyday through breast cancer research.

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Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
What is a gambling addiction?

BY SARA BROWN

For some people, gambling can be an occasional fun activity to do with friends. However, for others, the high-risk games can become too alluring and take over their life. As online casinos and daily fantasy sports sites like FanDuel and DraftKings make it possible to play anywhere, gaming can quickly drain a player’s finances.

According to the Mayo Clinic, a gambling addiction or compulsive gambling is the uncontrollable urge to keep gambling despite the toll it takes on one’s life. Gambling means that someone is willing to risk something they value in the hopes of getting something of even greater value.

According to experts, gambling can raise the levels the brain’s reward system much like alcohol or other drugs, which is what leads to addiction. Research found that lottery products given to minors as holiday gifts may be a gateway to problem gambling, according to the National Council on Problem Gambling.

The National Gambling Impact Study Commission Act says that the percentage of pathological gamblers was 0.6 percent in 2008.

There is some debate on whether one can be addicted to gambling. The American Psychiatric Association considers it to be an impulse control disorder rather than an addiction. However, others disagree.

Symptoms of compulsive gambling, according to Gamblers Anonymous, include:

- when people take increasingly riskier gambles
- they become preoccupied with gambling
- they spend all their free time gambling
- the borrow money from loved ones to gamble
- efforts to cut back fail

Only individuals will know if their problem is severe enough to seek treatment. For treatment to be truly successful, one must want to get better for themselves instead of trying to please others.

Studies have shown addicts who don’t seek or receive help may become suicidal. In the United States, a report by the National Council on Problem Gambling showed approximately one in five pathological gamblers attempt suicide.

There are many different types of professional treatment someone can seek. First, someone can go to a therapist. Many people find it useful and helpful to talk with a therapist about their problems. The therapist can help someone learn new behaviors and coping mechanisms.

Other form of treatment is medication. Antidepressants can often help an addict who also suffers from depression. The patient often go hand in hand. While medication like this doesn’t necessarily treat the addiction, it can help. Experts say medication is best paired with therapy of some sort.

Finally, another form of treatment is self-help groups like Gamblers Anonymous. Addicts can find those who have also struggled with gambling and relate to them.

Sign up for January 2016 health insurance deadline by Dec. 23

BY THE COMMONWEALTH HEALTH CONNECTOR

The Massachusetts deadline for securing health insurance starting Jan. 1, 2016, coverage is Dec. 23. If someone needs health insurance, they can go to MAhealthconnector.org to complete and find out if they qualify for MassHealth or Massachusetts Health Connector coverage.

The deadline for most states, including those that use healthcare.gov as an exchange, is Dec. 15. It is possible that over the week, readers will be seeing national stories with that deadline included. We want to make sure Massachusetts residents are clear that their deadline is Dec. 23. The Mass. Health Connector is an independent state agency that helps Massachusetts residents find health plans from leading insurers, all of which carry its Seal of Approval.
**features**

**Call 617-636-8833** to book an appointment in Chinese.

**Call 617-636-5331** to receive bilingual assistance for all other hospital services.

*Did you know?*

9 million U.S. adults suffer from food allergies.

**Tufts Medical Center Food Allergy Center**

Tufts Medical Center Food Allergy Center is located in Boston, Massachusetts. It is dedicated to the health needs of Boston’s Asian community.

**Dedicated to the health needs of Boston’s Asian community.**

**Our Team**

John Leung, MD
Tufts Medical Center

Food allergies are real and can be challenging to accurately diagnose. Dr. John Leung (pictured) and the Tufts Medical Center Food Allergy Center team are here to help patients with suspected or established food allergies—and in a timely fashion. "I pride myself on seeing patients who urgently need evaluations within three business days, and we respond to questions from patients within 24 hours—faster if it’s urgent." 

Call **617-636-8833** to book an appointment in Chinese. Call **617-636-5331** to receive bilingual assistance for all other hospital services.

**Think you have a food allergy?**

Learn more at [www.tuftsmedicalcenter.org/allergy](http://www.tuftsmedicalcenter.org/allergy)

**Mayor Walsh lights Chinatown tree**

Mayor Marty Walsh stopped by Chinatown for the 20th anniversary Mayor’s Trolley Tour and Enchanted Tree Lighting on Dec. 6. Santa Claus and Mrs. Claus are all smiles with a local family. (Image courtesy of Ling Mei Wong.)

**Quincy Upper students advocate for homelessness at Statehouse**

Josiah Quincy Upper School seventh grade students met Dorchester state Rep. Dan Hunt on Dec. 10 at the Statehouse. (Image courtesy of Gillian Pressman for Generation Citizen.)

Seventh grade students from Josiah Quincy Upper School, a Boston Public School located in Boston’s Chinatown neighborhood, are working to address youth homelessness in Massachusetts as part of the Generation Citizen action civics educational program.

The students identified MA Bill H119 An Act to End Child Homelessness, sponsored by Representative Denise Provost (D-Somerville), as a promising solution to child homelessness. The students organized a Lobby Day on Dec. 10 at the Statehouse. Delaney, a seventh grader in the Josiah Quincy class explained the bill would “make sure the family has a place that is up to code to stay in before they get evicted.”

**Mayor Walsh lights Chinatown tree**

**Quincy Upper students advocate for homelessness at Statehouse**

**DID YOU KNOW?**

你知道嗎？

9百萬美國成年人都在忍受食物過敏的折磨

**Tufts Medical Center Food Allergy Center**

塚夫茨醫療中心食物過敏中心

食物過敏真實存在，並且極難準確診斷。John Leung 醫學博士（如圖）和塚夫茨醫療中心食物過敏中心團隊將為疑似或確診的食物過敏患者提供及時的幫助。

“我以自己的身份一直在3個工作日內完成對食物過敏患者的診斷，而且我們在24小時內都會回覆患者的問題，如果情況緊急，我們的回覆會更快。”

Call **617-636-8833** to book an appointment in Chinese. Call **617-636-5331** to receive bilingual assistance for all other hospital services.

請致電 **617-636-8833** 可用中文與您的醫師預約。請致電 **617-636-5331** 獲得所有其他雙語醫療中心服務。

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