Michelle Wu, the first Asian American woman to serve on Boston’s city council was honored at the Lunar New Year Networking Event on Jan. 26. Hosted at Liquid Art House, the joint networking event brought together young professionals of color and business executives from a broad range of fields. Among the attendees were event coordinator Colette Phillips, president and CEO of Colette Phillips Communications, and Boston Mayor Marty Walsh.

The election of an Asian American woman as council president is a reflection of Boston’s changing demographics. Locally, Boston has the fifth highest proportion of immigrant residents among the 23 largest U.S. cities. According to the New Bostonian’s Demographic Report, more than 25 percent of Boston’s population was born in another country. The top 10 countries of origin for new Bostonians include Haiti, Dominican Republic, China, Vietnam, El Salvador, Cape Verde, Jamaica, Ireland, Colombia and Brazil.

More than 140 languages are spoken in Boston, which only highlight the diverse origins of new immigrants in the area. Only 66.6 percent of Boston residents speak only English with Spanish, Haitian Creole, Chinese, Portuguese/Cape Verdean Creole, Vietnamese and French as the other most spoken languages. Every neighborhood in Boston has at least 1-10 percent of adults who speak English as a second language.

“Diversity is the foundation of our city strength — it is creativity, it is impact, it is ideas,” Wu said. “For a city of our size, we have such incredible history and commitment from all of our residents to taking care of their corner of Boston,” Wu said.

Quincy Asian Resources (QARI) and presenting sponsor South Cove Community Health Center held the 28th Annual Lunar New Year Market and Food Festival on Jan. 30 at North Quincy High School. Thousands of people attended the celebration, which opened with a lively lion and dragon dance. Unlike previous years, this year marked the first time the festival was held before Chinese New Year, which made it possible for guests to buy presents for their loved ones before the holiday.

The lucky Buddha led the lion during the traditional lion dance. (Image courtesy of Ellen Duong.)
Event Calendar

Fuel assistance program
Friday, Feb. 12
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 recipients 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 6 or make an appointment at the Asian American Civic Association.

Boston Chinatown Chinese New Year celebration
Sunday, Feb. 14
10 a.m. to 5 p.m.
Chinatown Galleries
Chinatown’s 2016 celebration for the Chinese New Year will take place in Chinatown. A cultural village with traditional crafts and vendors will be indoors at the China Trade Center (2 Boylston Street) from 10 a.m. to 4 p.m.

‘East of Hollywood’ screening
Monday, Feb. 15
7 p.m.
140 Clarendon Street
Boston, MA 02116
A special screening of “East of Hollywood” will take place at the Lyric Stage, followed by a panel discussion featuring the cast and directors, moderated by Harvard professor Jeannie Suk. Tickets $5 and free for students.

Chinatown/South Cove Neighborhood Committee meeting
Tuesday, Feb. 16
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 BostonCSCNA@gmail.com.

Free health care service
Every Tuesday
6 a.m. to 6 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148
The Sharework Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area. For more information please call (781) 324-8991 or e-mail sharework.director@gmail.com.

IBA’s Chinese New Year celebration
Saturday, Feb. 20
4:30 p.m. to 6:30 p.m.
85 West Newton Street
Boston, MA 02118
Welcome to the annual Chinese New Year celebration at IBA! Doors will open at 4 p.m. and the performance will begin at 4:30 p.m., showcasing traditional Chinese music and dance.

Free workshop on saving
Monday, Feb. 22
1:30 p.m. to 3:30 p.m.
38 Ash Street
Boston, MA 02111
Learn about saving for the future at this free workshop by Boston Chinatown Neighborhood Center in English and Mandarin. Sign up with Shirley Don at (617) 625-5129 x1088 or shirley.don@bccnc.net.

Free legal clinic
Monday, Feb. 22, every fourth Monday
6 a.m. to 8 p.m.
1509 Hancock Street, Suite 209
Quincy, MA 02169
Quincey 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) 472-2000 or e-mail info@quincyasianresources.org.

Junior League annual charity gala
Saturday, Feb. 27
6 p.m. to 11 p.m.
217 Commonwealth Avenue
Boston, MA 02116
Enjoy a night of French decadence while giving back as the Junior League of Boston hosts The Gilded Gala at the Algonquin Club of Boston. This annual charity gala fundraiser celebrates the 110th year of the League, an all-women’s nonprofit organization focused on promoting voluntarism and developing tomorrow’s healthy, confident women leaders. Tickets are $250 non-member or $125 at www.jlboston.org/gala.

Naturalization workshop
Monday, Feb. 22
5 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association naturalization workshop provides free information on filing naturalization applications, translated study material and much more. Please register with Melody Tsang at (617) 625-5129 x 0 or melody@aaaca-boston.org.

Parenting class
Wednesdays, March 2 to May 14
9:30 a.m. to 11:30 a.m.
275 Hancock Street, 2nd Suite 200
Quincy, MA 02171
The Parenting Journey is one that begins when you were born. This 10-week program provides parents with an opportunity to develop themselves as nurtured and nurturing individuals, and to improve the ability of making responsible and informed choices in raising their children through reflecting on their own journey growing up. Free with breakfast. Register by Feb. 24 with Shixin Su at (617) 625-5129 x1039 or shixin.su@bccnc.net.

Chinatown Safety Committee meeting
Wednesday, March 2
10:30 a.m.
821 Washington 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, March 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.

BCNC 28th Annual Chinese New Year Banquet
Friday, March 4
5:30 p.m.
88 Beach Street
Boston, MA 02111
The BCNC Chinese New Year Banquet will take place at Hei La Moon. It is one of the largest community celebrations in Chinatown and its biggest fundraiser, raising funds to provide essential family-centered services to 2,000 people each year. RSVP online at www.bccnc.net.

CORRECTION
An article in Sampan’s Jan. 22 issue on page 1, “Commonwealth Seminar graduate shares passion for service,” incorrectly stated Lisa Wong as the first Asian American mayor in Massachusetts. Wong is the first female Asian American mayor; the first Asian American mayor in Massachusetts was Attleboro, who was in office from 1986 to 1992. The Sampan sincerely regrets the error.

AFFORDABLE OVER 55 LOTTERY
195 Salem, Wilmington.
5 condos 2BR, 2 BA,$78,000.
Max income 1P $48,800, 2P $55,800, 3P $62,750; 4P $69,700.
Info session 3/10/16 Lottery 4/7/16 both 6pm @ Wilmington Town Hall.
App Kristin 978-758-0197 kriscosta@verizon.net.

SAMPAN
A Publication of the AACA
www.sampan.org
87 Tyler Street
Boston, MA 02111
Tel: (617) 426-9492
Fax: (617) 452-2316
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Health editor: Sara Brown
Production: Sara Brown Ling-Mei Wong
SAMPA
SAMPAN is New England’s only biweekly bilingual English-Chinese newsweekly. It is nonprofit and nonpartisan. Founded in 1972, Sampan is published by the Asian American Civic Association. Sampan is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: $65/ year (1st class mail), $55/ year (2nd class mail).

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Mass. AG Healey focused on equal pay, opiate addiction
BY SARA BROWN

Attorney General Maura Healey hosted a meeting with members of the ethnic press on Feb. 1 at her office. (Image courtesy of Sara Brown.)

Attorney General Maura Healey sat down with members of ethnic media outlets on Feb. 1 to discuss her first year in office.

“It’s been a busy year and we will continue to do the work we have been doing,” Healey said in her office. Healey wants her office to be a voice for the voiceless.

“We are the people’s law firm and we want to help the people who feel like they don’t have a voice,” she said.

She listed the domestic worker’s rights to the Asian American Civic Association, Boston Asian Youth Essential Service, Kwong Kow Chinese School and the Neighborhood Jobs Service, Kwong Kow Chinese School and the Wang YMCA. Construction in Boston must contribute to the linkage fund, with a percentage going toward the Neighborhood Housing Trust and the Neighborhood Jobs Trust. The percentage depends on the project size.

The 242-room hotel combines the six-story Amory building on the left and 11-story Blake building on the right.

Godfrey Hotel opens with donations to neighborhood agencies
BY LING-MEI WONG

The Godfrey Hotel opened with a ribbon-cutting ceremony on Feb. 3 at 505 Washington Street. Kwong Kow Chinese School principal Felicia Tsang received a donation for the school from Oxford Hotels & Resorts president and CEO John Rutledge (center) and Godfrey Hotel general manager Larry Casillo. (Image courtesy of Ling-Mei Wong.)

The Godfrey Hotel opened with a ribbon-cutting ceremony on Feb. 3 at 505 Washington Street. About 50 guests attended.

Boston Mayor Marty Walsh said the hotel was a vibrant addition to Downtown Crossing. “I think this hotel adds another amenity to the community, bringing in tourists and businesspeople into the city, where they get a chance to view the downtown corridor,” he said.

The hotel made donations of $250,000 each to the Asian American Civic Association, Boston Asian Youth Essential Service, Kwong Kow Chinese School and the Wang YMCA. Construction in Boston must contribute to the linkage fund, with a percentage going toward the Neighborhood Housing Trust and the Neighborhood Jobs Trust. The percentage depends on the project size.

The 242-room hotel combines the facades of two historic buildings, the six-story Amory building on the left and 11-story Blake building on the right.

Asian Spectrum holds premiere for diabetes awareness
BY LING-MEI WONG

Asian Spectrum held a premiere for its diabetes awareness video series “Ounce of Prevention, Pounds off for Cure” on Jan. 23 at Tufts Medical Center. About 60 people attended the screening.

Diabetes is caused by the body’s inability to control glucose with the insulin hormone. Type 2 diabetes is developed from weight gain and lack of exercise, while type 1 diabetes is an autoimmune disorder which attacks the insulin-producing cells of the pancreas.

The series includes doctor interviews, healthy cooking tips and tai chi demonstrations by Wah Lum Kung Fu and Tai Chi Academy of Malden Sifu Mai Du. Asian Spectrum partnered with Beebe Elementary School in Malden to have overweight students learn kung fu with Du, resulting in weight loss. The interviews are in Mandarin and Cantonese, with subtitles in English and Chinese.

“If you have a higher body mass index (BMI), you have a higher risk for diabetes,” said Joslin Diabetes Center dietitian Ka Hei Karen Lau. “One out of two people have diabetes or a high risk of prediabetes.”

There are 29 million diabetes patients in the United States, according to data from the Joslin Diabetes Center. However, China and India have 50 million diabetes patients. People of Asian origin tend to develop diabetes at a lower body weight than other ethnic groups, at a BMI of 23, compared to the usual BMI of 27.

South Cove Community Health Center dietitian Zhanglin Kong advised audience members to substitute food they loved with choices high in fiber and nutrition. For example, instead of cooking white rice, brown rice has more fiber, is more filling and controls blood sugar better.

Asian Spectrum is a nonprofit with a mission to address issues in the Asian community, producing videos.
All reports are submitted by the Boston Police Department. The time period is from Feb. 1 to Feb. 12 for District A-1, which includes Chinatown.

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

Leaving the scene of a car accident
Feb. 1, 1:38 a.m.: The suspect was arrested on a charge of leaving the scene of an accident. She struck the two victims and fled the scene without stopping.

Assault and battery
Feb. 1, 12:36 p.m.: The building reports while outside of the building on Washington Street the suspect attempted to push his way by her and enter the apartment building. The suspect entered the building. She notified building security.

Breaking and entering
Feb. 2, 3:40 a.m.: The two suspects were arrested on Kneeland Street on a charge of breaking and entering. The officers observed them inside of a building attempting to remove items.

Warrant arrest
Feb. 2, 5:30 a.m.: The suspect was arrested on Kneeland Street on several warrants issued out of several different courts.

Breaking and entering
Feb. 2, 7:40 p.m.: The suspect was arrested on Washington Street on a charge of a breaking and entering. He was observed via video camera inside of the store removing items.

Warrant arrest
Feb. 3, 5:26 p.m.: The suspect was arrested on Edinboro Street on an outstanding warrant issued out of Boston Municipal Court.

Assault and battery of a police officer
Feb. 3, 4:30 a.m.: The suspect was arrested on Washington Street on a charge of assaulting a member of the Tufts Police Department.

Robbery
Feb. 6, 10:25 a.m.: The victim reports while standing outside of Oak Street West an unknown male grabbed her cell phone and fled towards Tremont Street.

Assault and battery
Feb. 8, 1:48 a.m.: The victim reports he was assaulted by an unknown male while picking up a fare on Washington Street.

Drug
Feb. 10, 7:28 p.m.: While conducting a drug investigation on Edinboro Street members of the District A-1 drug control unit observed the suspects involved in some sort of drug activity. Two of the suspects were summoned into court and the others were fio’d.
Report highlights impact of community-based job training

BY NATALIE ORNELL

The Job Training Alliance released a study on Jan. 26 at the Statehouse. (From left) JVS Boston vice president Amy Nishman, Morgan Memorial Goodwill vice president of programs and services Joy Burghardt, Boston chief of economic development John Barros, Priscilla Williams, Mass. Labor and Workforce Development Secretary Ron Walker, SkillWorks executive director Marybeth Campbell, YMCA of Greater Boston executive director of education and training Anne Meyerson, International Institute of Boston site director Asha Neocoeushe, Career Collaborative senior program director Nancy Vescuso, Asian American Civic Association chief operating officer Sunny Schwartz. (Image courtesy of Natalie Ornell.)

Job training works, pays and saves. That’s the catch phrase of the Job Training Alliance which released a study pointing to the effectiveness of job training programs for participants and the state on Jan. 26. The study came out just as Governor Charlie Baker announced a $5 million initiative to support job training for people facing chronic unemployment in Massachusetts last week.

Independent research and consulting firm Root Cause, which spearheaded the study, found that 76 percent of graduates of 12 job training programs, including programs at the Asian American Civic Association, were employed following completion of a training program earned $13.95 per hour according to the study’s findings.

Speaking at the Statehouse where the study’s results were announced, Secretary of Labor and Workforce Development Ron Walker said that while there may be a 4.7 percent unemployment rate in Massachusetts, many people are still out of work. “We don’t talk enough about the 165,000 individuals out of work,” he said. “We need to talk about the effects of job training.”

Hung is a Southern California native who will be running her first marathon. “BCNC is a Boston community institution that makes the city a more welcoming place for Asian immigrants,” she said. “My parents immigrated to the United States and I know that if I had just arrived in Boston from a different country, BCNC would be a home away from home.”

Cho has been active in Boston’s Asian American community through her involvement in the Asian American Resource Workshop and the Chinese Progressive Association. She works at the YWCA Boston and is studying graduate urban studies at Tufts University.

Sharon Cho and Pamela Hung will be running 26.2 miles for the Boston Chinatown Neighborhood Center (BCNC) at the 2016 Boston Marathon. They are the fourth pair of runners joining Team BCNC, which has participated since 2013.

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. S19CN01, ON-CALL CONSTRUCTION SERVICES – STATIONS, FACILITIES & GARAGES, VARIOUS LOCATIONS THROUGHOUT MASSACHUSETTS (CLASS 1 – STATIONS and CLASS 7 – FACILITIES & BUILDINGS, PROJECT VALUE - $14,700,000.00).

- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on March 22, 2016.

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

Work consists of providing construction-related services on an on-call basis to support urgent repair/reconstruction needs of the Authority. Work is anticipated to be performed throughout the MBTA service area in Massachusetts and will primarily consist of buildings, facilities, parking garages, utilities and site work.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
Vegetarians support the planet, animals and health

BY SWETA PATEL

McDonald’s, Taco Bell, Wendy’s, Five Guys. Let’s face it, people are addicted to fast food because it is cheaper, faster and requires no preparation. These fast food chains may sound good but have a lasting negative effect on your body due to the high cholesterol impact. A Mc-Donald’s Big Mac has 630 calories, 33 grams of fat and 79 milligrams of cholesterol. A Wendy’s Caramel Frosty shake is 1,000 calories. A simple way to say no to these fat-laden, artery-clogging junk foods is by converting to vegetarianism. By cut-ting out meat from your diet, you are also cutting out heart disease, obesity and diabetes. A study from Loma Linda University states that vegetarians live 20 percent longer than omnivores. So why not add a few years to your lifespan?

More than a third of Americans are obese, according to the Centers for Dis-ease Control and Prevention. Are our bodies not worth the time and effort to keep them pure? Vegetarian meals re-quire you to think about what is going into your food. According to a study published in Nutrients magazine, a plant-based diet increases the body’s metabo-lism, causing the body to burn calories more efficiently, thus leading to weight loss.

The No. 1 reason why people do not go vegetarian is because a vegetarian diet is low in protein, B12 and iron. Howev-er, vegetarians consume more fiber po-tassium and vitamin C. Dairy products contain B12 vitamins. Iron comes from beans, green vegetables and dried fruits, while protein comes from soy foods, beans and nuts.

“Traditionally, research into vegetarian-anism focused mainly on potential nu-tritional deficiencies, but in recent years, the pendulum has swung the other way, and studies are confirming the health benefits of meat-free eating,” wrote Har- vard Medical School on its “Becoming a vegetarian” website.

As the number of vegetarians increase in America, so does the overall health of the nation. At least 3.4 percent or 7.3 mil-lion Americans are now vegetarian.

Tufts grant helps Asian American agencies improve community health

BY LING-MEI WONG

The annual Asian Health Initiative (AHI) meeting on Feb. 2 gathered representatives from six community organizations at Tufts Medical Center. Each organization pre-sented program updates, which are funded through AHI at Tufts Medical Center for three years. Year 2015 was the second year of the three-year grant cycle.

Asian Spectrum completed a diabetes video broadcast series on two DVDs, said Diana Jeong. It will also make a series on breast cancer awareness. Both productions are subtitled in English and Chinese.

South Cove Manor Nursing and Rehabili-tation Center hosted monthly breakfast seminars to provide seniors in the greater Boston with information to support their good health and continued independent living. The seminars introduced tai chi classes in summer to promote improved balance and reduce the risk of falls, as well as painting classes with basic English to support cognitive skills, said Terry Yin.

The Wang YMCA Senior Strength and Movement Program (SSAM) provided a more structured exercise program to seniors and introduced resistance training to help improve bone density and combating the risk for falls when seniors lose muscle, strength, balance and self-confidence in walking and other activities as they age.

The senior participants completed two SSAM sessions in 2015, with no one getting hurt using the fitness equipment, said Richard Chin, director of community de-velopment at the V.

The Greater Boston Chinese Golden Age Center (GAC) is promoting its better management of chronic disease for Asian elders program. The center published a Chinese booklet on bone health, said Victoria Chou of GAC. It also had workshops with expert presenters, with seniors losing weight and exercising more.

Boston Asian: Youth Essential Service’s Teens for Healthy Living program engaged youth and young adults in workshops to promote healthy food choices, encourage regular physical activities and promote a better understanding of safe ways to lose or gain weight.

YOUTH VOICES

The Asian Health Initiative meeting on Feb. 2: gathered representatives from six community organizations at Tufts Medical Center. (Image courtesy of Page Horitos.)
Exercising doesn’t have to be daunting. Get started with 10-minute sessions, three times a day.

(Image courtesy of StatePoint.)

10 tips to stick with your New Year’s weight loss resolutions

BY STATEPOINT

Millions of Americans will make the resolution this New Year to lose weight. But goal setting is the easy part. Staying on the weight loss path and maintaining the weight loss is where the challenges begin. Here are 10 tips to help you stick with your weight loss resolution this New Year and beyond.

• Drink up: Hunger and thirst can often be confused, so stay hydrated. But remember, beverages are not a place to splurge on a ton of calories. Drink water.
• For a flavor boost, add fresh fruit slices or mint leaves.
• Snack mindfully: It’s all too easy to derail an otherwise flawless diet by binging at snack time. Be mindful of your snacks, and make sure they offer nutritional value and are designed to keep you satisfied until your next meal.
• Sleep: Studies show a link between sleep deprivation and excess pounds. While there are many theories as to why this is, at the very least, getting enough sleep will promote healthy eating habits throughout the day.
• Jumpstart your weight loss: Studies show that early weight loss is a predictor of long-term success. Look for programs that keep you motivated.
• Eat small: Research suggests that eating smaller, balanced meals throughout the day promotes greater weight loss and maintenance. Schedule meals every two to three hours, six times a day.
• Get moving: Exercise doesn’t have to be daunting! Get started with 10-minute sessions, three times a day.
• Eat out, right: Restaurant portions can be monstrous. Set aside half the meal and save it for later. Avoid key menu terms like “breaded,” “fried,” “crispy” and “smothered.” At buffets, fill your first plate up entirely with greens before moving on to other options.

Embrace setbacks: Sometimes diets get temporarily thrown off course by a missed workout or a second slice of birthday cake. Rather than throwing in the towel entirely, view the setback for what it really is, a temporary hiccup.

• Be accountable: Keep a food and exercise diary to reinforce good habits.
• Log food, drinks, activity, weight and more to stay accountable.

Seek support: Weight loss and maintenance is no cakewalk. Turn to weight loss counselors, dietitians and online communities for support with your weight loss journey.

With the right attitude and the right tools, you can make 2016 the year you finally lose the weight for good.

Senior breakfast seminar discusses eye health

BY SARA BROWN

Dr. Ziwei Wu of the New England College of Optometry explained about eye health at a breakfast seminar on Jan. 27 at Mass Pike Towers. (Image courtesy of Sara Brown.)

A breakfast seminar took place on Jan. 27 at Mass Pike Towers about eye care, hosted by South Cove Manor.

Dr. Ziwei Wu of the New England College of Optometry explained basic eye structure. She said the most common eye diseases for seniors are presbyopia, cataracts, macular degeneration, dry eyes and glaucoma.

Presbyopia is when you lose the ability to clearly see close objects and small print. It’s a normal process that happens slowly over a lifetime, although you may not notice any change until after age 40. Presbyopia is often improved or corrected with reading glasses, LASIK and other procedures.

Cataracts are cloudy areas that develop within the eye lens. A healthy lens is clear like a camera’s, and light has no problem passing through it to the retina at the back where images are processed. When you have a cataract, the light can’t get through as easily and, as a result, you can’t see as well.

Age-related macular degeneration (AMD) is a common eye condition and a leading cause of vision loss among people age 50 and older. Currently, no treatment exists for early AMD, which for many people has no symptoms.

Dry eyes happen when tear glands can’t make enough tears or they make poor quality tears. Dry eyes can be uncomfortable, causing itching and burning.

Glaucoma is a condition often associated with a buildup of pressure in your eye.

Becoming a mental illness can be difficult for some students. According to an article from Best Colleges, there are four challenges: depression, suicide, eating disorders and anxiety. It found one in four students have a diagnosable anxiety and 40 percent of them do not seek help.

When I was at Benjamin Franklin Institute of Technology (BFIT), I made a name for myself. I inspired some of my neighborhood friends to go to college and follow their dreams. They were a major inspiration for me to start blogging again, as I had stopped after finishing high school. I began to give ideas to my counselor and other people about starting clubs and having parties to welcome the neighborhoods of the South End and Chinatown.

At the end of the day, I have no shame about my mental illness. I hope my story can inspire someone out there to follow their dreams. Ignore the stereotypes. Hang out with people who like you for who you are. Shoot for the stars, but aim for the sun.

St. Helena's House
89 Union Park Street
Boston, MA 02118

Waiting list is re-opening!

We will be accepting applications to be added to the existing waiting list for federally subsidized Studio and One-Bedroom apartments (50% AMI). All apartments are currently occupied.

Applications for housing can be obtained in the following ways:

• In-person at St. Helena's House on the dates and times specified in the table below:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday, February 3</td>
<td>10:00am-12:00pm</td>
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<tr>
<td>Thursday, February 4</td>
<td>9:00am-12:00pm</td>
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<tr>
<td>Saturday, February 6</td>
<td>9:00am-12:00pm</td>
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By U.S. Mail if request is made by calling 617-426-2922/MA Relay 711

By email if request sent to shenemies@maloneyproperties.com and providing us with:
• Applicant’s full name, full mailing address (street, city, state & zip code) and telephone number.

For lottery all phone and email requests must be made between February 3 - February 17, 2016.

Completed applications must be submitted in-person or via U.S. Mail to:
St. Helena’s House, Management Office, 89 Union Park Street, Boston, MA 02118
Office hours for in-person submissions are: Monday-Friday, 9:00am-5:00pm

Application Deadline for Entry into Lottery: All completed, original applications must be postmarked or postmarked by Saturday on February 26, 2016, and it considered preliminarily eligible, will be entered into the lottery to determine placement order of lottery applicants and then added to the existing waiting list.

The lottery will take place at 89 Union Park Street on March 15, 2016 at 1 PM.
The Chinese American Citizens Alliance Boston Lodge had an inauguration for its 2016 officers on Jan. 31 at Empire Garden.

Suzanne Lee Chan, vice mayor of Fremont, Calif. and her husband Dr. Steven Chan joined the inauguration. Esther Lee was elected president of the lodge, while Quincy city councilor Nina Liang was named vice president. Other elected officers included Mimi Chiu as compliance officer, Hung Goon as sentinel, Wilson Lee as national representative, Rose Hom as assistant secretary, David Murphy as financial secretary, Joe Wong as marshal and Colette Yeung as treasurer.

Vice mayor Chan presented gifts to all the new officers, with red pockets of lucky money. She presented two gavels to Esther Lee, one for meetings and the other carved by her husband with a gold-monkey charm.

The Chinese American Citizens Alliance inauguruates 2016 officers

BY LING-MEI WONG

The Chinese American Citizens Alliance Boston Lodge had an inauguration for its 2016 officers on Jan. 31 at Empire Garden. (Image courtesy of Ling-Mei.)

Chinatown Main Street hosts flower market

BY LING-MEI WONG

Wong Family Lion Dance performed at the Chinatown Main Street flower market on Feb. 6. (Image courtesy of Chinatown Main Street.)

Chinatown Main Street hosted a Lunar New Year flower market from Feb. 4 to Feb. 7 at 31 Harrison Street, the former Chinatown Hit store. Traditional wares and flowers were sold for Lunar New Year, before the Year of the Monkey began on Feb. 8. This was the first year the flower market was indoors, rather than a tent at the Chinatown Gate. The event was sponsored by Mohegan Sun casino.

The event was sponsored by Mohegan Sun casino.
华人医务中心
South Cove Community Health Center
The Premier Asian Community Health Center of Massachusetts
麻州首屈一指亚裔社区医疗中心

Happy Chinese New Year of the Monkey
祝贺
新年快乐 猴年吉祥

<table>
<thead>
<tr>
<th>Boston Campus</th>
<th>Quincy Campus</th>
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<tbody>
<tr>
<td>Washington St. Clinic 華盛頓街診所</td>
<td>South St. Clinic 南街診所</td>
</tr>
<tr>
<td>885 Washington St., Boston 617-482-7555</td>
<td>145 South St., Boston 617-521-6730</td>
</tr>
<tr>
<td>成人科、婦科、小兒科、足科、眼科、神經科、社會服務部及家庭計劃 Adult Medicine, OB/GYN, Pediatrics, Podiatry, Neurology, Social Services and Family Planning</td>
<td>牙科、眼科、X 光乳房攝影篩檢、骨質篩檢、心理科、營養科/奶卷、幼兒培育組及課餘活動中心 Dentistry, Optometry, Mammography, Bone Density, Behavioral Health, WIC, Early Intervention, BASE</td>
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<tr>
<td><strong>SUN 星期日</strong> 8:30AM - 2:00PM</td>
<td><strong>MON-FRI 星期一至五</strong> 8:30AM - 5:30PM (Adult Medicine to 6:30pm on Mon) (成人科周一至六時三十分）</td>
</tr>
<tr>
<td><strong>MON &amp; TUE 星期一至二</strong> 8:30AM - 6:30PM</td>
<td><strong>SAT 星期六</strong> 9:00AM - 3:00PM</td>
</tr>
<tr>
<td><strong>SAT 星期六</strong> 8:30AM - 3:00PM</td>
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http://www.scchc.org
華人醫務中心悉心協助有需要人士申請醫療福利及聯邦(可負擔健保法案)或麻州全民保險計劃。
We provide assistance with MassHealth, Affordable Care Act Plan & Health Safety Net applications.
亞太動力舉行關注糖尿病首映

黃靈美 報導

亞太動力於1月23日在塔芙茨醫療中心舉行糖尿病宣傳系列影片首映。（左起）曾嘉兒、張仲荷、湯先生、梅雪嫻、曾雪清、余翠梅、劉嘉曦、威凱恩、孔璋林。（圖片由黃靈美攝。）

整個系列影片包括醫師採訪、健康營養建議和與摩頓市Beebe小學合作,讓學生和老師學習的結果影片。影片包含資深華裔醫生對糖尿病的專業看法,以及華校師生對太極功法的示範。影片系列的目的是讓觀眾們了解糖尿病的危險性,及早預防,並鼓勵大家建立健康的生活方式。

亞太動力於2002年組建,其宗旨是專門探討與紐英倫地區的亞裔社區民眾有關的問題。更多資訊可瀏覽http://asianspectrum.net。

──文章由馮喬羽翻譯

大學中的心理疾病

Imani Hill 供稿

我的名字是Imani Hill,已經24歲。我是劍橋學院的大三學生,有心理疾病。我有躁鬱症,分離焦慮和注意力缺陷多動障礙。然而,對一個不了解我的人來說,我就像其他人一樣。但是在我內心,我在就讀第一所大學的時候,我很難認清自己。

當我開始思考大學的時候,我不知道高中後應該幹什麼。我的導師說我應該在辦公室工作,成為一個有更多經驗的人的助手。我去讀大學的決定受到了我學校和我社區一些人的批評。

我沒有聽從他們的意見,但我選擇了老師和社區的另一個建議。我進入了劍橋學院,成為一個有心理疾病的學生。我仍然對我們的學生生活感到困難,成為一個被認為正常生活的人。然而,我還是有對未來的期待和希望。

在我接受心理治療的過程中,我也開始學會如何處理心理問題。我開始在劍橋學院的學生中分享我的故事,成為一個有心理疾病的學生,並且認為我是一個有價值的學生。老師認為我是激勵別人勇敢發表意見的人。

我們努力讓人們更多關注心理疾病,我拒絕忽視有心理疾病的人。根據Gregg Henriques,心理疾病仍然是大學學生的問題。他發現焦慮和抑鬱的比例在最近幾十年來增加了許多。一份2013年大學學生調查發現57%的女性和40%的男性報告在過去一年經歷了過度焦慮,35%的女性和27%的男性報告在過去一年覺得很抑鬱以至於不能正常處理事情。

心理疾病對所有人來說都是一樣的。當我從BFIT畢業之後,我不再擔心談論我的心理疾病。我加入了一個項目,叫做心理疾病全國聯盟。我很高興知道有人願意談論他們的經歷。

在每天最後的時候,我不再因為我的心理疾病感到羞愧。我很難試圖解释我的心理疾病是什麼以及我為什麼會有。我希望我的故事可以激勵一些人追尋他們的夢想。忽視別人的成見,與那些喜歡真正您的人相處。有遠大的目標,一步步前進。

──文章由馮喬羽翻譯

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### FULL TIME Infant/Toddler Teacher and Pre-school Lead Teacher needed

**PRIMARY DUTIES AND RESPONSIBILITIES:**

- Implement daily lesson plans
- Supervise children, classroom by sight & sound
- Maintain required program records
- Provide daily communication with parents

**QUALIFICATIONS/REQUIREMENTS:**

- Bachelor's degree in Early Childhood Education
- Must have experience in early childhood education
- Must hold EEC 6/7 License or Pre-school Lead Teacher License
- CPR, First Aid Certification within 6 months of hire
- Good oral and written communication skills

Salary commensurate with experience. Includes full benefit package

**FORWARD YOUR RESUME TO:**

HR Department, Asian American Civic Association, 87 Tyler Street, 5th floor, Boston, MA 02111. Email: hr@aaca-boston.org

Asian American Civic Association is an equal opportunity/affirmative action employer.
貫徹新年減肥計劃的10個小竅門

 Sammy 發佈

不少新年初於會給自己定出減肥計劃，計畫易定，執行難。以下10個小竅門可幫助貫徹執行自己的減肥計劃。

1. 多飲水
利於減肥同時也減脂肪。約有四分之三的水分是在肌肉內，喝水可以幫助燃燒卡路里。另外，多飲水並可多飲含水份飲料，如想像豐富口感，杯內可添加一片新鮮水果或薄荷葉。

2. 要注意零食的選擇
要選擇通風且富有營養的零食。

3. 保证充足的睡眠
睡眠跟體重有很大關係。睡眠不足會影響激素韻調，進而影響新陳代謝。

4. 早期的減肥成果很重要
早期階段的成果往往會影響日後減肥成功與否。建議考慮參加一些減肥班以便保持高昂的減肥動力。

5. 少食多餐
有助於減肥成功及減飯後體重的保持。建議每餐間隔兩到三小時，每日六餐。

6. 少多餐
一次10分鐘左右，一日三次的小活動即可提升基礎代謝率。

7. 早晚餐時控制食量
可將一半飯量留到下一頓，晚餐時盡量避免包裝精緻的餐點和糖果。吃自助餐時，應先吃一盤綠色蔬菜。

8. 不必糾結小過失
偶爾錯過一次運動或是生日聚會上多吃了一口蛋糕不是什麼世界末日，只要留意自己的行為偏差，下次就改正過來就可以。

9. 如有可稽
為自己的飲食和運動做記錄。

10. 要有心理支持
可向減肥專家或參加減肥團體以尋求心理上的支持。減肥者只要態度端正好且明確。

中華頓養院講座介紹眼睛保養

文章由許可可翻譯

中華頓養院舉辦並塔夫茨醫療中心贊助。

吳紫薇眼科實習醫師於1月27日在公路村教長者如何做眼睛保養。講座由中華頓養院舉辦並塔夫茨醫療中心贊助。

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華裔社區為公眾健康集思廣益

黃靈美 報導

2月2日，塔夫茨醫療中心的華裔健康組織在塔夫茨醫療中心召開了年度會議，來自六個社區的代表與會討論、交流心得。華裔健康組織資助了一項為期三年的有關公眾健康的項目。2015年是三年期的第二年。此年度會議上，參與該項目的各社區代表匯報了本區的項目進展。

亞太動力代表張仲荷說他們完成糖尿病知識影集，即將會開始拍攝乳腺癌影集。兩個影集都會有中英雙語字幕。

中華頤養院報告每個月邀請長者參加早餐講座，介紹健康小知識，例如以保持身體平衡為目的的體育鍛煉，保持腦健康的繪畫活動等。

中華耆英會邀請亞裔老年人慢性病治療與控制項目編寫發行了關於骨質健康的中語宣傳小手冊。此外中華耆英會還邀請了醫療專家參加講座，長者們得到許多益處。

波士頓華埠亞裔青年協會為青少年舉辦了健康飲食，體育鍛煉，安全減肥及增重方面的講座。

除此三年期的公眾健康項目外，亞裔健康組織還資助了舢舨報紙的養生健康版面，每期發表兩篇以上相關文章，有專家組篩選文章內容及收集讀者回饋等。

─文章由馮喬羽翻譯
華埠會議綜合報導：
中華公所、華埠治安委員會、
華埠居民會

黃靈美 報導

中華公所於1月26日在總部舉行雙月會議。會議歡迎了2016年至2017年5名新職員: 主席陳家駿、英文秘書朱蘇珊、中文秘書翁宇才、財務黃立輝和核數李翠屏。

針對4個小組舉行了選舉: 選舉物業小組、選舉小組、財政及核數小組成員。「物業小組」召集人朱蘇珊; 組員: 梅伍銀寬、阮鴻燦、余景新、阮謝少珍、李錦堂、余麗媖、伍樂仁、許揚威。「選舉小組」召集人翁宇才; 組員: 鄭慧民、雷國輝、陳滋源、陳仕維、謝中之、蔡倩婷、朱紹昌、李奇舜。「財政小組」召集人黃立輝; 組員: 陳文浩、石家孝、黃國健、陳文棟、陳台榮、陳單鳳琴。「核數小組」召集人李翠屏; 組員: 韓幼文、李天生、陳國華。

華埠治安委員會
華埠治安委員會於2月3日在雙樹酒店舉行會議。

為期30年的君子樓大廈的可負擔性租約將在2017年和2019年過期。

波士頓不分區市議員Annissa Essaibi-George跟居民自我介紹。她今年1月上任,之前在東波士頓高中任教13年。她父母是移民,家裡有四個孩子和她丈夫。

波士頓警員Ted Boyle和Michael Boulger給居民一些安全建議。

Boyle說道:「如果你看見任何事,撥打911。」

Boyle說波士頓交通局將在尼倫街和夏裡臣街上所有路口加上「紅燈時不能右轉」的標誌。

─文章由馮喬羽翻譯

華埠首選

廣告熱線
(617) 426-9492 x226
ads@sampan.org

舢舨廣告
麻州總檢察長希利專注
平等薪酬與鴉片成癮
Sara Brown 警報

特別是針對海洛因危機。
海洛因
賭博

希利說到麻州每天有4至5人
死於過度吸毒。「這真的是一個
問題，我們需要關注成癮和精神問
題。我認爲我們需要關注對抗、預
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還監獄，他們被送達以後才接受治療
的機制可能是更好的。」
希利說解決這個問題的另一個
關鍵是教育，從小開始。
希利說應該立法規定醫生
可以開具補藥處方的量，比如
Oxycontin。希利說去年止痛藥處
方量就足夠麻州每個成年人都有處
方。這項法案禁止雇主向求職者詢
問之前工作的收入。

平等薪酬
希利專注於通過一項平等薪酬
法案，這項法案在眾議院通過，現
在準備在參議院通過，男性每賺一
美元，女性每賺64分，而拉丁裔女
性被過少支付。希利說：「40%的女
性被過少支付薪酬。」
家庭暫時援助的現金援助項目減少
了675%，以及針對有需要
的職業培訓項目。這份為期一年的
培訓項目，76%的畢業生都在畢業後
找到工作。

希利專注於加強一項平等薪酬
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報告突顯職業培訓的影響
歐蕾莉 報導

職業培訓聯盟於1月26日在州政府發布一份研究。(左至右)JVS波士頓副總裁
Sara Brown攝。)

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Sara Brown攝。)
昆士小學
熱烈迎接猴年

Sara Brown 報導

紐英倫中華公所於2月9日迎接猴年在年度春宴,有大約400來賓前往帝苑大酒樓。中華公所主席陳家驊向嘉賓拜年,並說道新年就是要團圓。政客包括州長辦公室的代表、駐波士頓台北經濟文化辦事處顧問和國會第一選區華裔眾議員黃子安。波士頓市議會主席吳弭、眾議員麥嘉威、眾議員陳德基及波士頓斷案張禮能參加。(左至右)眾議員黃子安、眾議員麥嘉威、中華公所主席陳家驊、眾議員陳德基。(圖片由黃靈美攝。)

華埠主街舉辦
金財神發財花市

黃靈美 報導

華埠主街於2月4日至7日舉辦農曆新年金財神發財花市在前中國城百貨公司。今年是第一次在室內商場舉行,攤販提供新年年花、年貨,新春開張慶祝活動及新年傳統習俗。(圖片由黃靈美攝。)

衛斯利中文學校
慶祝猴年

黃靈美 報導

斯利中文學校舉辦農曆新年慶典於1月31日在Olin學院。學生用中文表演猴年話劇。(圖片由黃靈美攝。)

中華公所歡慶
猴年春宴

黃靈美 報導

中華公所於2月9日在帝苑大酒樓舉辦猴年春宴。(左起)眾議員黃子安、眾議員麥嘉威、衞斯理中文學校校長黃禮建、眾議員陳德基。(圖片由黃靈美攝。)

衛斯利中文學校
舉辦農曆新年金財神發財花市

黃靈美 報導

斯利中文學校舉辦農曆新年慶典於1月31日在Olin學院。學生用中文表演猴年話劇。(圖片由黃靈美攝。)

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