Community organizations advocate for job training at Statehouse

BY LING-MEI WONG

The Job Training Alliance (JTA) held a legislative briefing on March 5 to discuss job training opportunities. It outlined how legislators can help their constituents access employment training, which can be complex.

An executive of Eastern Bank spoke at the briefing as an employer partner of JTA. Eastern Bank worked to develop the Asian American Civic Association’s bank training program, which produces hires to meet industry demands.

“Working with organizations like the Asian American Civic Association helps our bottom line, as it saves Eastern time and money in doing recruitment and screening,” said Joe Riley, executive vice president of Eastern Bank. “Eastern Bank believes in the program so much that our foundation also supports low-income residents to be able to access the great training.”

There is no state funding in the current fiscal year for employment training for unemployed residents and only 220 federal training vouchers for Boston. In December 2014, 14,895 individuals were unemployed in Boston, for an employment rate of 4.5 percent, according to U.S. Bureau of Labor data. The current state job training funds are for employed individuals, with no job training funds available for unemployed people.

State Sen. Dan Wolf and Rep. Ken Gordon filed a bill to increase the employer assessment to the workforce training fund on Jan. 15. Companies presently pay $8 per employee into the Workforce Training Fund to train their current workforce; the bill would double the assessment to $16 and use the additional funds to train unemployed residents to access high quality jobs.

JTA is made up of more than 20 community-based workforce development organizations serving the greater Boston area. For more information, visit www.jobtrainingalliance.org.

Happy New Year!

波士頓市長華殊表揚黃氏宗親會最年長的會員103歲的黃碧珍女士在黃氏宗親會3月1日的春節，華殊在黃氏宗親會也發放60個財學生給小學到高中的學生們，一共二萬三千五百美元。 (圖片由黃靈美攝。)

至孝篤親公所和黃氏宗親會慶祝羊年

黃靈美報導
**Event Calendar**

**Saman**

March 6, 2015

**CHIANG YEE art exhibit**
Friday, March 6 9 a.m. to 7 p.m.
120 Tremont Street
Boston, MA 02108

The exhibit “Chiang Yee: The Silent Traveler” from the East features original drawings and watercolors, reproductions of illustrations from his “Silent Traveller” book on Boston, and photographs of the artist-scholar-poet Boston, and photographs of the artist-scholar-poet.

**BCNC banquet**
Friday, March 6 5:30 p.m.
690 Washington Street
Boston, MA 02111

The Boston Chinatown Neighborhood Center will hold its Chinese New Year banquet at Empire Garden. Banquet tickets at www.bcnc.net.

**Indie Games Live party**
Friday, March 6 8 p.m.
279 Tremont Street
Boston, MA 02116

The Indie Games Live party hosted by video game developers GungHo Online Entertainment America and YummyYummy will take place at Guilt Boston. The party is open to individuals over 21.

**MIT Asia Business Conference**
Saturday, March 7 8 a.m. to 7 p.m.
MIT Media Lab
75 Amherst Street
Cambridge, MA 02139

Hear about Asian business today from renowned executives. For more information, visit www.mitiasia.businessconference.com.

**Energy saving workshop**
Saturday, March 7 9:30 a.m.
38 Oak Street
Boston, MA 02111

A workshop on saving energy by Renew Boston will take place at the Metropolitan community room. For more information, visit renewboston.org.

**Clean Up Chinatown Committee meeting**
Tuesday, March 10 10 a.m.
87 Tyler Street
Boston, MA 02111

The Clean Up Chinatown Committee meeting will take place at the Asian American Civic Association, 5F. The public is welcome to attend.

**Malden adult English class registration**
March 10, March 12 6 p.m.
150 Cross Street
Malden, MA 02148

Classes begin March 16 through June 11 for 12 weeks on Tuesdays and Thursdays from 6 to 8 p.m. Tuition is $115. For more information, please call Anita Cafarella at (781) 864-2480.

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

The Sharewood Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area. For more information please call (781) 324-8919 or e-mail sharewood.director@gmail.com.

**The Chinatown**

**Cooperation meeting**
Thursday, March 12 9:30 a.m.
3848 Street
Boston, MA 02111

The Chinatown Cooperation meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit ecboston.org.

**Amrita food and wine tasting**
Sunday, March 15 6 to 9 p.m.
9 Tyler Street
Boston, MA 02111

The Asian American Civic Association will have a food and wine tasting at the China Pearl. To RSVP, contact Scarlett Wu at (617) 426-9492 x 206 or scarlettwu@aaaca- boston.org.

**Chew Lun Association gala**
Sunday, March 15 6 p.m.
88 Beach Street
Boston, MA 02111

The New England Chew Lun Association will hold its Chinese New Year gala at Hei La Fine Arts for the Asian American Civic Association will hold its annual gala at China Pearl.

**Chinese Progressive Association**
Saturday, March 21 9 a.m. to 1 p.m.
800 Washington Street
Boston, MA 02111

“We are holding a Chinese Cancer: Therapies Beyond Medicine” workshop at Tufts Medical Center’s Wolff Alzheimer’s Treatment. Breakfast and light appetizers will be served. For more information and to register for this free workshop, visit www.tuftsmedicalcenter.org/cancerconference.

**Community meeting**
Thursday, March 19 6:30 p.m.
885 Washington Street
Boston, MA 02111

A community meeting on the Tung Park renovation will take place at the Josiah Quincy Elementary School. The public is welcome to attend.

**Nutrition workshop**
March 19 to April 10 10:30 to 11:30 a.m.
275 Hancock Street, Suite 200
Quincy, MA 02171

“CHOICES: Steps toward Health” is a series of eight nutrition workshops taught by Keryn LeBlanc, Umass chef/nutrition educator, for making healthy low-cost meals. The workshops will take place Thursdays. To register, contact BCNC Family Services Wenjun Zhai at (617) 635-5129 x 1039, email wenjun.zhai@bcnc.org or fax (617) 292-6599.

**CPA Chinese New Year banquet**
Friday, March 20 7 p.m.
9 Tyler Street
Boston, MA 02111

The Chinese Progressive Association will hold its annual gala at China Pearl. To RSVP, call (617) 357-4499.

**Colon cancer workshop**
Saturday, March 21 9 a.m. to 1 p.m.
800 Washington Street
Boston, MA 02111

“Living with Colon Cancer” is welcome to attend.

**Tai Ping Park meeting**
Wednesday, March 18 6:30 p.m.

**Saman**

A Publication of the AACA

www.sampan.org
87 Tyler Street
Boston, MA 02111
Tel: (617) 426-2542
Fax: (617) 426-9492
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SAMPAN is New England’s only bimonthly bilingual English-Chinese newspaper. It is nonprofit and nonpartisan. Founded in 1972, Sampann is published by the Asian American Civic Association. Sampann is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: $60/ year (1st class mail); $30/ year (3rd class mail).

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**Help Us Learn More About You**
If you are:
55-70 years old
Non-smoker
Healthy and taking no medication
If you meet the above criteria, you may be eligible for a 37-day sleep research study at Brigham & Women’s Hospital. There will be a 4-6 week screening period. Must be willing to spend 37 day con- sequitive days and nights in our facility.
Receive up to $7,775
Call 617-525-8719 or email
sleepstudy@partners.org
The Chinatown Coalition (TCC) met Feb. 12, while the Chinatown Safety Committee (CSC) and Chinatown Resident Association (CRA) met March 4.

**TCC**

TCC and community members met at the Boston Chinatown Neighborhood Center. Emerson College will demolish and rebuild its Boylston Place dormitories in April, said Peggy Ings, associate vice president for government and community relations at Emerson College. Once the buildings at 1, 2, 3 Boylston Place are complete, the Little Building on Tremont and Essex streets will close next spring for renovation.

The Chinatown Community Educational Partnership discussed adult education training camps, such as a lack of programming for mature workers over 50.

**CSC**

The CSC meeting took place at the DoubleTree Hotel. Presentations for a new café at 665 Washington Street and a wine & beer license application for Sui-shaya took place. Two new restaurants also presented to the committee: Townsman at the Radian which opened Feb. 25 and a proposed location tentatively named “Hide and Seek” at 57 Stuart Street, operated by Bijou and Cafeteria owner George Aboujaoude.

Owner David Shum of 33 Oak Street sought community support for an addition to his first floor and basement. His original proposal, which would have added less than 200 square feet to his first floor footprint, was rejected by the Zoning Board. Shum has approval from his neighbors and is seeking support from community groups to appeal.

Boston Police Capt. Ken Fong reported crime was down for District A-1. “It’s been relatively quiet, as we’re dealing with snow and cold weather,” he said.

Three robberies took place, with one at the Santander Bank on Harrison Street and another at the Citizens Bank on Avenue de Lafayette. Fong said the same suspect is wanted for both robberies, along with a third bank robbery on Summer Street. The third robbery was an attempted car jacking.

In the past 30 days, 49 arrests were made in District A-1: 17 for warrants, eight for drugs, eight for trespassing, 16 other miscellaneous arrests, Fong said.

**CRA**

The CRA meeting took place at the Josiah Quincy Elementary School. A presentation on hepatitis B was given by Team HPV volunteers from Harvard College, along with a presentation on Tai Tung Park improvements by the Boston Parks and Recreation Department.

The CRA banquet will take place April 10 at the China Pearl.

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**Asian American voting patterns examined at forum**

**BY JULIA L. WONG**

In the 2004 primary, a Boston University student noticed two lines at the Chinatown polls, with one line exclusively for Chinese voters. It was discovered that poll workers gave priority to English-speaking voters because the Chinese voters required language assistance. The Asian American Legal Defense and Education Fund (AALDEF), a national organization that advocates for Asian American civil rights, intervened and sought legal action, resulting in a requirement for the city of Boston to provide Chinese, Vietnamese and Spanish language assistance to voters. Since 1998, AALDEF conducted exit poll studies to dispel the stereotype that Asians are politically apathetic and to bring awareness to Asian American voting preferences on Feb. 25 at the Metropolitan. (Image courtesy of Julia Wong.)

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**Chinatown meeting roundup: TCC, CSC and CRA**

**BY LING-MEI WONG**

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Buds & Blossom preschool welcomes Year of the Sheep

A Buds & Blossoms student celebrated the Lunar New Year on Feb. 27 at the Asian American Civic Association. (Image courtesy of Ling-Mei Wong.)

Boston Renaissance rings in Chinese New Year

Students from the Boston Renaissance Charter Public School in Hyde Park celebrate the school’s annual Chinese New Year celebration on Feb. 5. Boston Renaissance offers a unique school’s annual Chinese New Year celebration on Feb. 5. Boston Renaissance offers a unique

K1-6. Staff members travel to China each year through a partnership with the Asia Society.

A business legal workshop took place Feb. 25 at the Asian American Civic Association. (Left to right) Scarlett Wu, Hilarri Morales Espinosa, Maria Njig Di Stefano and Gerald Glover. (Image courtesy of AACA.)

Clinic offers business owners free legal advice

BY SCARLETT WU

The Advancing Entrepreneurship Business Clinic was held on Feb. 25 at the Asian American Civic Association (AACA). In partnership with Lawyers Committee for Civil Rights and Economic Justice, Ropes & Gray, Boston’s largest law firm participated in providing free business legal advice. The business clinic included two departments from the city, the Small & Local Business Enterprise Office and Office of Development, to the event.

Boston small business owners Daniel and Yemisi attended the legal clinic. “The free entrepreneurial consultation at the legal clinic with a Ropes and Gray attorney was outstanding,” they said. “The AACA staff was inviting and expertly knowledgeable. We attended for additional insight on the legal structure of business contracts and safeguards to protect not only our business but our equally important clients. We were more than pleased at the end of the session, confident that we are on the right track to great success.”

“Two design proposals for Tai Tung Park under consideration for two design proposals

BY LING-MEI WONG

Two design proposals for Tai Tung Park in- clude one to preserve its present layout and another to remove a tree dividing the park. (Image courtesy of Waterfield Design Group.)

A community meeting to discuss reno- vations for Tai Tung Park on 110 Tyler Street took place Feb. 25 at the Josiah Quincy Elementary School. The Chinatown neighborhood park is roughly 70 feet long by 20 feet wide, and 1,400 square feet of public space. It cur- rently has play equipment, benches and tables. The renovation is part of a sched- uled maintenance that takes place every 10 years.

At the community meeting, which was a follow-up to an earlier meeting on Jan. 15, architects from the Waterfield Design Group presented two design proposals. The first would keep the present layout of a quiet area facing Hudson Street divided by a large tree from the busier play area facing Tyler Street. The second would remove the aforementioned tree so there is more room for play equip- ment.

Most attendees voiced opposition to removing trees. “Chinatown is served by the lowest tree canopy in the City,” said Cathy Baker-Eclipse, project manager for the design and construction division of the Boston Parks and Recreation Depart- ment.

A final planning meeting for Tai Tung Park will take place on March 18 at 6:30 p.m. at the Quincy School. The project will be bid on in summer, with the park closed in fall. Renovations are expected to be completed by spring 2016.

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BY LING-MEI WONG

State treasurer Deborah Goldberg addresses financial concerns for immigrants

BY KRISTEN ALBERINO, SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST IN QUINCY, MASS.

Social Security helps people with kidney disease
Chinatown crime blotter for Feb. 6 to March 5

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Feb. 6 to March 5 for District A-1, which includes Chinatown.

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

Hazardous condition

Feb. 22, 3 p.m.: The officer responded to Tyler Street on a report of ice falling from a roof. Upon arrival, the officer met and spoke with the victim. She stated while traveling on Tyler Street, a large chunk of ice fell on her motor vehicle, damaging her vehicle. The victim also complained of pain to her ear. She was transported to a hospital for further treatment.

Larceny from a motor vehicle

Feb. 24, 6:40 p.m.: The victim reports unknown person broke into his motor vehicle that was parked and locked on Beach Street and removed several items.

Larceny from a motor vehicle

Feb. 24, 9:30 a.m.: The victim reports unknown person smashed the window of her motor vehicle that was parked and locked on Beach Street and removed several items.

Drug possession

Feb. 25, 6 p.m.: The two suspects were arrested by members of the Drug Control Unit on Washington Street on a drug offense.

Warrant arrest

Feb. 27, 11:30 a.m.: The suspect was placed under arrest on an outstanding warrant issued out of Brockton District Court.

Assault and battery

Feb. 27, 6:31 p.m.: The officers responded to Essex Street on a report of a meter maid who was being assaulted. Upon arrival the officer met and spoke with the victim. He stated while issuing a parking ticket to the suspect, he was assaulted by the suspect. The suspect’s information was obtained by the officers to be forwarded to the Boston Traffic Department.

Trespassing

March 1, 3 a.m.: The suspect was arrested on Washington Street for trespassing. He was asked to leave the building on several occasions and he refused to leave.

Warrant arrest

March 2, 4:43 p.m.: The suspect was arrested on Essex Street on an outstanding warrant issued out of Dedham District Court.

Sick assist

March 5, 12:10 a.m.: The officer responded to Washington Street on a report of a stabbing victim. Upon arrival, the officer met and spoke with the victim. She stated while walking on an unknown street in Chinatown, she was stabbed in the arm by an unknown person. She walked to the hospital for treatment of a non-threatening injury.

Three immigrant students spoke at the Statehouse on Feb. 25. (Left to right) Huong Ha, Evgeniya Kagramanova and Ruba Nazzal. (Image courtesy of the Asian American Civic Association.)

New immigrants speak at Statehouse

BY RICHARD GOLDBERG

Three students from the Asian American Civic Association spoke at the Statehouse on Feb. 25 as part of the annual Adult Basic Education Showcase put on by the Massachusetts Coalition for Adult Education (MCAE). This year, all three student speakers were from AACA. Huong Ha from Vietnam, Evgeniya Kagramanova from Russia and Ruba Nazzal from Jordan study in the Next Steps Transitional English Program.

As budget season heats up on Beacon Hill, MCAE’s goal is to have students tell their stories about the value of English classes in helping them prepare for college, job training and better jobs.

Castle Square Tenants Organization celebrate Chinese New Year

Boston Mayor Marty Walsh and WinnDevelopment President Larry Curtis (left of Walsh) joined the Castle Square Tenants Organization to celebrate Black History Month and Chinese New Year at the Castle Square community on Feb. 20. The festivities, now in its sixth year, included dance and musical performances. (Image courtesy of Winn Companies.)

Asian American public servants speak at student event

Mayor Allan Fung of Cranston, Rhode Island, and Mass. Rep. Keiko Orrall discussed what inspired them to run for office, and encourage young Asian Americans to get involved in politics. (Image courtesy of Ninio Fetalvo.)
What women should know about cervical cancer

BY DR. JENNY RUAN AND DR. YOUNG BAE KIM

Cervical cancer is caused by human papillomavirus (HPV), a virus that is primarily spread through sexual contact. At least half of sexually active people will have HPV at some point in their lives. In most women, their immune system is able to destroy the virus. However, in some women, their immune system cannot get rid of it and the virus may turn normal cells into abnormal cells and then cancer. There are no symptoms of HPV infection, and most people who become infected do not know they have it.

What are the signs and symptoms of cervical cancer?

The most common signs and symptoms of cervical cancer include abnormal vaginal bleeding and watery discharge. Advanced cervical cancer may also cause pelvic pain, problems urinating and swollen legs. However, early cervical cancer may cause any of the above-mentioned signs and symptoms. Therefore, it is important to get routine Pap smears to diagnose cervical cancer early.

Can cervical cancer be prevented?

Cervical cancer can be prevented with a Pap smear screening. The Pap smear is a sampling of cells from the cervix that is obtained at the time of a pelvic examination. Pap smears can detect changes on the cervix, which, if detected and treated early, can prevent the precancerous changes from progressing to cancer.

Cervical cancer can also be prevented with the HPV vaccine. The HPV vaccine is given in a series of three shots over a six-month period, protects against the types of HPV that most often cause cervical cancer. It is recommended for both males and females ages nine to 26. The vaccine does not protect against all types of HPV and does not give complete protection against cervical cancer, however, so women should still screen regularly for cervical cancer.

My doctor told me I have an abnormal Pap smear — does this mean I have cancer?

An abnormal Pap smear rarely means that there is cervical cancer. More commonly, an abnormal Pap smear may mean that there is a precancerous change on the cervix that requires treatment so that it does not turn into cancer. Your doctor may recommend a colposcopy, microscopic examination of the cervix, to further evaluate the abnormal Pap smear. It is very important to follow up with your doctor if you have an abnormal Pap smear.

How is cervical cancer diagnosed?

Cervical cancer may be suspected based on an abnormal Pap smear or the cervix, given in a series of three shots over a six-month period, protects against the types of HPV that most often cause cervical cancer. It is recommended for both males and females ages nine to 26. The vaccine does not protect against all types of HPV and does not give complete protection against cervical cancer, however, so women should still screen regularly for cervical cancer.

Are there alternatives to Pap smears?

Yes, there is a new test that looks for HPV itself. It is obtained the same way as a Pap smear, and it appears to be as effective as Pap smears at detecting abnormal cells and cancer. We do not offer this new test at Tufts Medical Center yet.

About the authors

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What is multiple myeloma?

BY DR. SANDY W. WONG AND DR. RAYMOND L. COMENZO

Multiple myeloma is a cancer of the bone marrow, the factory where all blood and immune cells are made, and is the second most common blood cancer in the United States. The disease occurs primarily in older adults with an average age at diagnosis of 69 and affects men more than women (1). There are approximately 23,000 new cases diagnosed in the United States per year (2). Although the number of new cases in Asians is relatively low, it appears to be on the rise in Asia (3).

Cancer cells in the bone marrows of myeloma patients are called myeloma cells and are derived from plasma cells, a type of white blood cell that normally makes antibodies, a mixture of different proteins that helps the body fight infection. Myeloma cells make large amounts of one single antibody protein that can be detected in the blood and urine, and can harm the function of the kidney. In severe cases, kidney failure could result and a patient might require dialysis. Symptoms in patients with myeloma can include weight loss, shortness of breath and increased susceptibility to infection.

When myeloma cells grow in high numbers in the bone marrow, they can push out normal blood-forming cells, causing low cell counts in the circulating blood. Myeloma cells can also weaken bones by turning off bone-forming cells, causing bone thinning, bone pain and fractures. When bones thin and break down, calcium that is normally stored inside bone is released into the blood. High calcium levels can cause constipation, fatigue, nausea, vomiting, confusion and dehydration. In severe cases, myeloma can cause bones in the spine to fracture on their own and lead to severe back pain, leg weakness, leg numbness, leg tingling and even loss of bowel or bladder control.

The diagnosis of myeloma is made with blood tests, urine tests, X-rays and a bone marrow biopsy. A bone marrow biopsy is a simple procedure done in the doctor’s office that involves taking a small rice pellet-sized piece of bone. It is very important in the diagnosis of this disease. Patients with this disease should receive treatment in order to prevent further damage to their bodies and to allow damaged areas to heal. Hematologists are blood doctors who specialize in the treatment of multiple myeloma. The treatment for this disease involves medicines such as chemotherapy, steroids and immune-modulating medicines. A bone marrow transplant or radiation might be part of the treatment regimen as well.

Multiple myeloma remains an incurable disease, though treatable and potentially well controlled for many years with today’s new medicines. The testing of new medicines often involves clinical trials in which patients receive standard medicines combined with new ones. Clinical trials are important in improving therapy and enabling patients to have a better quality of life as well as a longer lifespan. Clinical trials in myeloma and other forms of cancer also offer important opportunities for patients to access new drugs for treatment.

About the authors

Dr. Sandy Wong is a fellow in the division of hematology/oncology at Tufts Medical Center. Dr. Raymond Comenzo is a professor of medicine and pathology at Tufts Medical Center School of Medicine and an attending physician in the division of hematology/oncology at Tufts Medical Center.

References

Eight tips to have a happy, healthy Year of the Goat

BY KA HEI KAREN LAU, REGISTERED DIETICIAN AND CERTIFIED DIABETES EDUCATOR

Lunar New Year is a time to celebrate with family and friends. It is also the time when most people attend parties and enjoy holiday feasts. The celebration often lasts for a couple of weeks, or even for a month. The foods served during these feasts are typically higher in fat and calories, and include more high carbohydrate-drate choices. Studies have shown that over the holiday period, many people gain about 1 pound. Most people do not even lose that pound after the holidays. Also, if you have diabetes, you might find that your blood glucose may go up and down with good planning, you can still enjoy the holidays without trading off your health. Here are eight tips that will help you to have a healthy start in the Year of the Goat.

1. Plan ahead
If you are hosting, include a few lower calorie and lower fat dishes, such as lightly stir-fried vegetables or fruits as desserts. You may also offer low-calorie, low-sodium products — say reduced sodium soy sauce — while preparing meals. Opt for heart-healthy oils like canola oil or olive oil instead of non-heart healthy fats such as lard for cooking.

2. Do not skip meals
Do not go to holiday parties and feasts on an empty stomach – skipping meals will fit into your meal plan before going to the restaurant.

3. Follow the healthy eating guideline
Choose whole-grain products such as brown rice or whole wheat noodles, instead of refined grain products, like white rice or regular noodles. Have lighter protein by selecting leaner meat products such as tenderloin and removing visible fat. Use low or reduced-sodium products — say reduced sodium soy sauce — while preparing meals. Opt for heart-healthy oils like canola oil or olive oil, instead of non-heart healthy fats such as lard for cooking.

4. Remember 2:1:1
Follow the ratio 2:1:1, for two portion of vegetables to every portion of protein (meat, fish or egg) and carbohydrate (rice, naan). If you use a plate as your serving tool, fill half of your plate with vegetables, and evenly split the rest of the plate between protein and carbohydrate. In the Year of the Goat, mutton may be a popular dish choice. Mutton is higher in fat content. You can enjoy these meats in smaller portions by follow this 2:1:1 ratio!

5. Use smallereware and taller and slimmer glasses
The larger the ware, the more you tend to eat. Using smaller plates (9-inch diameter) or bowls (8 fluid ounces) to serve will help. People tend to pour less drink if they use smaller cups (8 fluid ounces) or tall, slim glasses.

6. Enjoy in small portions
An average man will need about 1,800-2,000 kilocalories per day, while a woman will need 1,500-1, kilocalories kcal per day. If you finish a typical 12-course Chinese banquet, you can easily consume 1,700 kilocalories, which is what you need in a day! If foods are pre-portioned, such as at a banquet, share with others instead of finishing the entire portion yourself. If the food is served comfortably or buffet style, start with smaller portions.

7. Eat slowly and wait for 20 minutes
Eat slowly, stop after every few bites and talk with others. After you have eaten, it takes about 20 minutes for you to feel that your stomach is full. Wait for 20 minutes before you have that second helping.

8. Stay active
Physical activity is important for weight and diabetes management. You probably will have more time to exercise during the holidays. It is a great time to try out a new exercise plan. You can also try taking a walk after your meal; it may help in lowering your blood glucose spike from the meal. Remember to stay active!

These eight healthy eating tips are useful for those with or without diabetes. If you have diabetes or are at risk of having diabetes, you can find out more practical tips from Dr. George L. King’s new book, “The Diabetes Reset.” Dr. King, chief scientific officer at Joslin Diabetes Center, shares eight strategies in prevent-ing and managing diabetes, and includes an easy-to-follow 12-week implementation plan. You can order “The Diabe-tes Reset” on www.amazon.com. “The Diabetes Reset” will also be available at Joslin’s Asian American Diabetes Initiative’s 11th annual A Taste of Ginger event on March 23 at the Museum of Fine Arts, Boston. Dr. King will be there for a book signing as well.

May you have a healthy start in the Year of the Goat by enjoying these healthy food choices and active lifestyle!

Lunar New Year holiday feasts are typically higher in fat and calories. (Image courtesy of Flickr user Robyn Lee.)

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‘Fresh off the Boat’ as seen from Taiwanese-American eyes

BY JENNY CHIANG

The premiere of “Fresh off the Boat” was momentous for the Asian American community.

Asian Americans character never seem to be done right or without some offense involved on network television. Mainstream networks see Asians and Asian Americans as a foreign concept and portray such characters in the most alienating way to exemplify that. Asian Americans are often cast in small non-compelling roles equipped with accents and emasculated or exoticized. The show provides an opportunity to let the country empathize with sociocultural struggles from an Asian American perspective. However, the Asian American community comprises an array of unique cultures that can never fully be represented by one Taiwanese-American family.

The show’s concept hit home for me. My Taiwanese-American family moved from Boston’s Chinatown to suburban New Hampshire to pursue a restaurant business. They took a big risk to move to an area even more foreign than what they were used to. We didn’t have much, but they slaved away working 60-hour weeks to give my two brothers and me a better education in America. I was “tiger mommed” throughout my life, but never realized how much my parents sacrificed for me.

Growing up as the only minority in the area, it was a constant battle of identity between collectivistic and individualistic attitudes. Who I am at home was not who I was at school, but no one seemed to understand these complexities. At home, I spoke Mandarin Chinese and prayed to a Buddhist figure every week. At school, I spoke English, recited the Pledge of Allegiance every morning and forced myself to raise my hand in class. My parents were rarely home and I never felt comfortable at school. Although I was never outspoken at Eddie Huang’s character, I found myself reminiscing about the difficulties he encountered.

In the premiere of “Fresh off the Boat,” the necessity to get “white people food” exemplified one of the realest moments for me. One of my earliest memories is of kindergarten. I brought milk tea and Chinese packaged cookies as a snack. The stares and questions I received from my peers instantly alienated me. Since that day, I only recall bringing American snacks to school. My peers accepted me and even envied my snacks at times. This was one of the first moments I let my Asian identity slip.

The show is a stepping-stone to wider cultural understanding in the uniform world of mainstream television. However, it sugarcoats the Asian American lifestyle as orange chicken. America is served an inauthentic piece of an Asian family that debones the conflicts and flaws involved.

The show simply glimpses into the struggles of Asian Americans and introduces a foreign perspective on the majority chummed through tongue in cheek stereotype portrayals. We hear how painfully fake Huang’s mother’s accent is, but laugh at how confused she views the clones of white suburban mothers. We hear how an Asian nerd on “The Big Bang Theory” produces a foreign perspective rivaling Huang understands that the show is not about him or Asian America, but about bringing a foreign perspective rivaling what every other show in America portrays. “Fresh off the Boat” has saved us from being known as the stereotypical Asian nerd on “The Big Bang Theory” or the model minority Asians on “Glee.” Orange chicken is an Americanized dish, but there are plenty of authentic delicacies if Americans are willing to try them.
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