Spring health tips for New Englanders

BY DR. MICHAEL LOWNEY

New Englanders are more excited than ever for spring to arrive, and a changing season is a great time to make healthy changes. Starting a new exercise program or simply enjoying the fresh air can make you feel healthier and happier. Remember that spring brings new health challenges as well. Here are some tips to make the most of the season.

Allergy prevention

According to the National Institutes of Health, more than 18 million Americans suffer from allergic rhinitis or hay fever. For some, spring is more associated with sneezing and itchy, watery eyes than it is with all of the fun warmer weather brings. But after surviving this past winter, no one should be stuck inside the house. One simple rule can help allergy sufferers enjoy the most of the season; keep the outdoors, out.

• When working or playing outside, change clothes to avoid bringing pollen allergens inside with you. Wash your face and hands after coming inside and always shower and wash your hair before bed.
• As temperatures rise, it is tempting to open all the doors and windows to let in the fresh air. However, it is best to keep pollen outdoors where it belongs. Close the windows in your car and home, especially on dry, windy days when pollen counts are highest.
• If possible, limit your exposure on days with high pollen counts. Try going outside in the early evening and after rainfalls when pollen counts are lowest.
• Remember allergies sometimes present as a sore throat or runny nose, similar to a cold. If your symptoms persist, seek the care of a doctor to prevent a more serious condition.

Safe exercise

For the past few months, shoveling was many New Englanders’ only exercise. Though this is a great way to bum calories, an outdoor jog or walk on a warm day is far more enjoyable. Keep in mind that a new exercise regimen after a long winter poses different risks and challenges. Keep these tips in mind to prevent injury and exercise safely:
• Whether or not you hit an indoor gym or the hot chocolate this winter, deciding to go for a long jog or walk will activate muscles you haven’t recently used. Remember to always devote time to stretching before any physical activity and don’t overdo it.
• Even the best stretching techniques can’t fully prevent muscle pains and strains. If you have persistent pain following a new exercise routine, make sure to have it checked by a doctor. Muscle strains and sprains are common and can become more serious if not treated.
• Shedding the bulk of winter will feel like a huge relief. Frostbite may no longer threaten exposed skin but as days get longer and the sun gets stronger, sunburn becomes a concern once again. Remember to always use sunscreen while working, playing or exercising outdoors.

As April showers bring May flowers, the outdoors will be calling on New Englanders to get out and play. Be sure to make the most of the season and be safe.

About the author

Dr. Michael Lowney is a board certified family physician at Doctors Express.

Hundreds show solidarity at Statehouse for Immigrants Day

BY THE MASSACHUSETTS IMMIGRANT AND REFUGEE ADVOCACY COALITION

About 600 immigrants filled the Statehouse on April 14 under the banner “When We Unite, We Win,” demonstrating a common purpose to secure adequate funding for budget items from English language classes to domestic violence treatment programs, and to further legislation such as the Safe Driving bill, the LORI bill (“Language Opportunities for Our Kids”) and the Trust Act.

“Over the past year we have seen the power of unity across the country,” said Eva Millona, executive director of the Massachusetts Immigrant and Refugee Advocacy Coalition. “Diverse communities resisted racial injustice from Ferguson to New York, and broad networks successfully campaigned to raise wages from Alaska to Arkansas. Now, at this important gathering, new Americans power of unity in achieving our common goals for full economic, social, linguistic and civic integration into the fabric of the Commonwealth.”

Led by Boston City Councillor Ayanna Pressley, the program featured remarks from Roberto S. Miranda, senior pastor at Leon de Juda ministry, as well as comments by new Americans, legislators and Millona. Constituents then met with legislators on issues of particular concern.

“With a new administration in the corner office and a new legislature in session, we have a great opportunity to work together toward securing the prosperity of every resident and enhancing the harmony of each community in this great state and nation,” Millona said.
The AsiAPacific American Scholarship Fund (APiaSF) Jump Start College Tour took place at the University of Massachusetts-Boston on March 21. (Image courtesy of the Asian & Pacific Islander American Scholarship Fund.)

**APIASF Jump Start College Tour visits Boston**

**BY THE ASIAN & PACIFIC ISLANDER AMERICAN SCHOLARSHIP FUND**

The APiaSF Jump Start College Tour visited Boston on March 21 to provide scholarship information, college planning advice, leadership training and financial education for students and families in the area. With support of Wells Fargo, the Jump Start College Tour series visits the nation’s Asian American and Native American Pacific Islander-Serving Institutions (AANAPIISI) that enroll more than 40 percent of all Asian American and Pacific Islander (AAPI) undergraduates nationally. APiaSF visited Boston to continue its longstanding support for Asian American and Pacific Islander (AAPI) students in the community. Asian Americans comprise 10 percent of Boston’s population and have grown by 27 percent between 2000 and 2010.

‘Fight for $15’ protest

An estimated 2,000 protesters rallied to increase minimum wage in the “Fight for $15” protest, starting in Forsyth Park and ending at AMC Loews on April 14. Its Chinatown stop at the China Trade Building protested gentrification and Tufts University reducing cleaning services from its contractor DTZ, resulting in fewer janitors. (Image courtesy of Ling-Mei Wong.)

**Chinatown Resident Association celebrates Lunar New Year**

**BY LING-MEI WONG**

The Boston Chinatown Resident Association (CRA) held its Year of the Goat spring banquet on April 10 at China Pearl. About 500 guests attended the gala.

CRA co-chairman Henry Yee recounted the community’s efforts to pass bilingual ballots, which was permanently signed into law on July 15, 2014. “After we took to the streets for 11 years, we all made it possible,” Yee said.

CRA co-chairwoman Marie Moy thanked guests and also appreciated the elderly voters who mobilized for voting rights.

State rep. Aaron Michlewitz said he was proud to represent Chinatown as part of the third Suffolk district. He distributed free Celtics T-shirts for residents, and presented two citations from Gov. Charlie Baker and the Mass. Legislature. Other attendees included Boston city councilor Ayanna Pressley and state rep. Donald Wong.

The lion dance was performed by Woo Ching’s White Crane Kung Fu School, while children from the Boston Chinese Folk and Classical Dance group performed traditional dances.

**The Chinatown Resident Association had its spring banquet April 10 at the China Pearl. CRA members pose with the Woo Ching’s White Crane Kung Fu School. (Image courtesy of Ling-Mei Wong.)**

CRA members pose with dancers from the Boston Chinese Folk and Classical Dance Group. (Image courtesy of Ling-Mei Wong.)

CRA members pose with dancers from the Boston Chinese Folk and Classical Dance Group. (Image courtesy of Ling-Mei Wong.)

Remind yourself or a loved one to make a primary care appointment today. From world-class physicians to nutritionists, mental health counselors, and even a food pantry, we’re here to help. Always take care of those around you. bmcstrongertogether.org 1-844-MY-BMC-DOC BOSTON MEDICAL
Event Calendar

Free health care service
Every Tuesday 6 to 8 a.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 contact (781) 324-8991 or e-mail sharewood.director@gmail.com.

Harvard China Forum April 24-26 Harvard University
The Harvard China Forum gathers more than 60 business leaders to address 1,000 students. For more information, please visit www.harvardchina.org.

Japanese Festival Sunday, April 26 10 a.m. to 5 p.m. Boston Common
The annual Japanese cultural introduces many forms of Japan including its traditional and pop culture, business and industry, and much more. For more information, visit www.facebook.com/JapanFestivalBoston.

Free monthly legal clinic Monday, April 27, every fourth Monday 6 to 8 p.m. 1509 Hancock Street, Suite 209 Quincy, MA 02169
Quincy Asian Resources, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quincyasiannresources.org.

South Cove Manor breakfast seminar Thursday, April 30 9:30 a.m.
324 Tremont Street Boston, MA 02116
All are welcome to attend at Mass Pike Towers Community Room. Food and refreshments provided. Seminars will be presented in Cantonese and Mandarin. For more information, call Terry Yin at (203) 893-7963.

AppreciASIANS Thursday, April 30 5:30 p.m.
225 Franklin Street, 33F Boston, MA 02110
The 2015 AppreciASIANS award ceremony for Asian Women for Health will take place at the UMass Club of Boston. Tickets start at $75. For more information, contact Chien-Chi Huang at cch@asianwomenforhealth.org or call (617) 767-1071.

Forum on Chinatown trash Thursday, April 30 7 p.m.
87 Tyler Street, Boston, MA 02111
Public forum with city officials about Chinatown illegal trash dumping and littering issues will take place at the Asian American Civic Association.

ACDC Heart of the Community Friday, May 1 7:30 a.m. 180 Berkeley Street Boston, MA 02111
The Asian Community Development Corporation will host its third annual Heart of the Community dim sum breakfast at China Pearl. Buy tickets at asavc.org.

NAAAP Boston gala Friday, May 1 6:30 p.m.
342 Longwood Avenue Boston, MA 02115
NAAAP Boston will host its annual celebration and award its Future Leader Award scholars to three college-bound high school seniors in the greater Boston area. Buy tickets at eventbrite.com/e/2015-naaanp-boston-celebration-for-future-leaders-tickets-15082142017.

Boston Shines Saturday, May 2 8:30 a.m. to noon Chinatown Gate
Come out to clean up Chinatown and make Boston shine.

Family Fun Day Saturday, May 2 Noon to 2:30 p.m. Cavanagh Stadium Birch Street in North Quincy, MA 02171
Families are welcome to attend for a relaxing and fun time, meet other community members and enjoy spring. In the event of rain, activities will take place at BCNC-Quincy, 275 Hancock Street, Quincy, MA 02171. RSVP for a family gift and raffle ticket with Wenjun Zai, (617) 635-5129 x 1039 or email wenjun.zhai@bcnc.net.

Grandmaster Chan’s Wah Lum 45th anniversary show Saturday, May 2 7:30 p.m. John Hancock Hall Boston, MA 02111
Grandmaster Chan’s 45th Anniversary Kung Fu Show will feature an exciting display of dragon and lion dancing, empty-hand and weapon forms, fighting sets, breaking and tai chi. It also features instructors and students from U.S. Wah Lum Kung Fu, Switzerland, Germany and guest performing masters of various styles. Tickets are available for $15 and up at www.wahlumasi.org.

Chinatown Safety Committee meeting Wednesday, May 6 10:30 a.m.
821 Washington Street Boston, MA 02116
The Chinatown Safety Committee meeting will take place at the DoubleTree Hotel. The public is welcome to attend.

Chinatown Resident Association meeting Wednesday, May 6 6:30 p.m.
855 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.

Clean Up Chinatown Committee meeting Tuesday, May 12 6:30 p.m.
87 Tyler Street Boston, MA 02111
The Clean Up Chinatown Committee meeting will take place at the Asian American Civic Association, 3F. The public is welcome to attend.

State of the Asian Women’s Health in MA Thursday, May 14 8 a.m. to 3:30 p.m.
50 Milk Street Boston, MA 02109
The third State of the Asian Women’s Health in MA conference by Asian Women for Health will take place at Impact Hub Boston.

The Chinatown Coalition meeting Thursday, May 14 9:30 a.m.
38 Ash Street Boston, MA 02111
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4E. The public is welcome to attend. For more information, visit cbchon.org.

South Cove Manor annual dinner Tuesday, May 19 6 p.m.
237 Quincy Avenue Quincy, MA 02169
South Cove Manor at Quincy Point will celebrate its 30th anniversary at its annual meeting and dinner in Quincy.

DACA/DAPA immigration clinic Saturday, May 30 10 a.m. to 4 p.m.
312 Border East Street Boston, MA 02128
The Deferred Action for Childhood Arrivals and Deferred Action for Parents free screening clinic will take place at the Maria Omma Academy. The clinic is by appointment only; the appointment line is (617) 635-4141.

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**Meeting roundup: Chinatown Coalition, Clean Up Chinatown**

BY LING-MEI WONG

Two Chinatown community groups held their monthly meetings in April.

**TCC**

The Chinatown Coalition met at the Boston Chinatown Neighborhood Center on April 9.

Boston Police District A-1 Capt. Ken Fong spoke about the 50 Asian officers in his district, many of whom grew up in Chinatown. He urged the community to be the “eyes and ears” of the police and to call 911 if people see anything unusual.

“We at District A-1 have a lot of guys working hard to make things work in Chinatown,” Fong said. “Don’t hesitate to reach out if you have any issues.”

Kerry McGowan of Phillips Brook House Association gave a presentation on the agency’s English and citizenship classes. The classes are taught in Cantonese and Mandarin by Harvard students at the campus. To sign up, email ChinnatonESL@pbha.org or citizenship@pbha.org.

The Greenway Conservancy is looking for two summer interns, said board member Helen Chin Schlichte. It is working to call 911 if people see anything unusual.

**Clean Up Chinatown**

The Clean Up Chinatown Committee met at the American Civic Association (ACA) on April 14.

Street sweeping in Chinatown resumed on April 1, taking place from 8 a.m. to noon instead of midnight to 7 a.m. on Tyler, Oak and Harrison streets. The overnight restrictions were ineffective, as parked cars blocked the mechanical street sweepers, according to Boston’s Department of Public Works (DPW) press release.

For manpower, three DPW cleaners will be on duty Tuesdays, Thursdays, Saturdays and Sundays for four hours each time. Street cleaners from Project Place’s “Clean Corners…Bright Hopes” program will cover the streets on Mondays, Wednesdays and Fridays for two to three hours, with the number of cleaners depending on the availability of Project Place clients.

Littering from cigarette butts was discussed in Boston. Businesses are responsible for installing and maintaining cigarette receptacles, but the Inspectional Services Department (ISD) will issue tickets for cigarette butt litter, said Sgt. Emanuel Dorosorio of ISD.

DPW is exterminating rats throughout Boston, which are mostly in the sewers. However, Chinatown’s rodent issues are surface-related for trash and food in the streets.

“If resolved, the rodent activity would decrease significantly,” said Frank O’Brien, DPW administrative assistant.

**Local residents march from Chinatown to City Hall**

BY LING-MEI WONG

Displaced tenants marched from Chinatown’s Hudson Street to join activists for a “Right to Remain” press conference at City Hall on April 7.

Pui Ying Yu, a tenant of 103 Hudson Street, spoke about being forced to move after developer First Suffolk bought 101 and 103 Hudson Street. It is reputed the row houses and put the residents up at a hotel.

She felt the Quincy hotel was far from Chinatown, causing her to be late to work due to winter weather transit delays. The transit cost of $7 a day meant she had no money to buy dinner, except for bread.

“We didn’t do anything wrong, why were we forced out?” she asked. “I work in Chinatown, I must stay in Chinatown.”

The Chinese Progressive Association called on First Suffolk for more detail on when the repairs are complete and to allow the tenants to stay in the units for another year at their current rental rates. It also asked First Suffolk to designate at least one unit as permanently affordable.

After the press conference, about 300 marchers attended a city council hearing on displacement, community stability and Chinatown Preservation, sponsored by Boston city councilor Tito Jackson.

**QCAP urges residents to apply for fuel assistance before May 15 deadline**

BY QUINCY COMMUNITY ACTION PROGRAMS

Low-income residents and families are eligible to apply for heating assistance, after the record-breaking snowfall and freezing temperatures this winter. (Image courtesy of Ling-Mei Wong.)

After a winter of record-breaking snowfall and frigid temperatures, Quincy Community Action Programs (QCAP) is urging low-income residents and families to get help paying their winter heating bills by applying for fuel assistance.

The deadline to apply is May 15.

“Even though winter is officially over, we didn’t do anything wrong, why were we forced out?” she asked. “I work in Chinatown, I must stay in Chinatown.”

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**Bedford Affordable Housing**

The Crossing at Bedford

www.TheCrossingAtBedford.com

1BR condominium for $156,500

2BR condominium for $177,000

This is a lottery for the 2 affordable homes available at The Crossing at Bedford. These 2 homes will be sold at affordable prices to households with incomes at or below 80% of the area median income. It is anticipated that the first affordable homes will be ready in Summer 2015.

For details on the development, go to www.TheCrossingAtBedford.com

For details on the lottery, go to www.s-e-b.com

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The 1BR home is 788 sqft and has 1 full bathroom. The 2BR home is 1,144 sqft and has 2 full bathrooms. Both homes include one surface parking spot.

Households cannot have more than $75,000 in assets. The Maximum Household Income Limits are: $48,800 (1 person), $55,800 (2 people), $62,750 (3 people), $69,700 (4 people)

For more information on the development, the Units or the Lottery and Application Process, please visit: www.s-e-b.com/lottery or call 617.782.6900 (press 2 for homeowner- ship and then press 6 for The Crossing at Bedford).

Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on June 9th, 2015. A Public Information Session will be held on April 28th, 2015 at 6 pm in Bedford Town Hall (10 Mudge Way) The lottery will be on June 23rd, 2015 in Bedford Town Hall.

Applications and Info Packets also available at: Bedford Public Library located at 7 Mudge Way (Hours: M-Th, 9-9, F 9-6, Sa 9-5, Su 1-5)
Chinatown crime blotter for March 19 to April 16

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from March 19 to April 16 for District A-1, which includes Chinatown.

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

Investigate motor vehicle
March 19, 3:02 a.m.: The detectives from District A-1 had a motor vehicle towed off of Edinboro Street pending a search warrant. An officer on patrol while issuing a parking ticket to the motor vehicle observed a firearm inside of the motor vehicle. The incident will be further investigated by district detectives.

Warrant arrest
April 4, 3:30 a.m.: The suspect was arrested on Beach Street on an outstanding warrant issued out of Norfolk District Court.

Trespassing
April 4, 6:40 p.m.: The two suspects were arrested on Boylston Street on a trespassing charge.

Disorderly
April 6, 9:50 p.m.: The suspect was arrested on Washington Street for a disorderly person offense.

Robbery
April 6, 9:34 p.m.: The victim reports an unknown Asian male pulled out a firearm and robbed the restaurant.

Vandalism
April 15, 10 p.m.: The victim reports unknown person damaged his motor vehicle that was parked and locked on Hudson Street.

Warrant arrest
April 13, 3:45 p.m.: The suspect was arrested on Essex Street on an outstanding warrant issued out of Boston Municipal Court.

Warrant arrest
April 14, 2 p.m.: The suspect was arrested on Washington Street on an outstanding warrant issued out of Framingham District Court.

Drugs
April 14, 7 p.m.: The four suspects were arrested on Avenue De Lafayette on a drug offense. The members of the Drug Control Unit observed the suspects involved in an illegal drug transaction.

Investigate property
April 14, 9:22 a.m.: The victim reports unknown persons entered her store without her permission while it was closed. The store is located on Beach Street.

Drugs
April 16, 12:45 a.m.: The two suspects were arrested on Essex Street for violating the drug laws.

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Sunday, April 26, 2015
300 Linden Ponds Way, Hingham, MA
Independent living and continuing care tours
10:00 a.m. to 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.

Complete the Sampan Health Survey and you could win a prize!

Online http://sampan.org/2015/02/february-2015-sampan-health-survey/
Northfield Commons in Andover
Affordable Housing Lottery

www.s-e-b.com

3BR Duplex Units & 3BR Single-Family Homes for $199,800

Your Total Monthly Housing Costs* are only $1,450 (approx.!!!)
*Total Monthly Housing Costs are the estimated sum of a mortgage payment (30 year, fixed rate), your monthly real-estate taxes, and insurance. HOA fees are $90/mo.

This is a lottery for the 14 affordable Homes being built at Northfield Commons. These 14 homes will be sold at affordable prices to households with incomes at or below 80% of the area median income. The first affordable homes will be ready in early 2015. All affordable homes are at least 1,900 sqft and have 3 bedrooms, two bathrooms. Homes include thịnh, dirt, and cigarette butts liquefied by childhood fears and whimsies. he describes the harsh New England winter as, “The fallen snow, sprinkled with unpaid, as well as separation from agriculture, complicated by debts owed and child growing up amidst a difficult marriage, rife with disasters, but still alive for years. Li’s descriptions of Boston’s urban landscape, complete with stark winters, abundant restaurants and houses, both cramped and luxurious, invoke a sense of familiarity that bridges the gap between the narrator’s and the reader’s understanding of American life. Rather than depict a fairy tale life, Li instead chose to present an unflinching novel about being trapped as a helpless child growing up amidst a difficult marriage, complicated by debts owed and unpaid, as well as separation from aging parents. “Transoceanic Lights” is a singular contribution to the immigrant narrative and a necessary new voice to the growing genre of Asian-American literature.

Treasurer Deborah Goldberg visited Boston Chinatown Neighborhood Center preschool students on April 8. (Image courtesy of Ling-Mei Wong.)

Treasurer Goldberg visits Chinatown for economic empowerment

BY LING-MEI WONG

Treasurer Deborah Goldberg visited Boston’s Chinatown neighborhood as part of her statewide economic empowerment tour on April 8. She joined local officials on a tour of Boston Chinatown Neighborhood Center (BCNC) on a visit geared toward raising awareness about the Commonwealth’s new Office of Economic Empowerment (OEE).

“At Treasury, we launched a new Office of Economic Empowerment to oversee a broad range of initiatives to enhance economic stability and economic security,” Goldberg said. “Today’s stop in Chinatown highlights our commitment to invest in our students, families, seniors, veterans and service members by providing critical financial skills and tools in all communities across the state. We are empowering people to empower themselves.”

“Treasurer Goldberg’s Financial Literacy initiative will strengthen families across the Commonwealth,” said Michelle Wu, Boston City councilor at-large. “Particularly in immigrant communities, financial literacy opens the door to economic opportunity and the American Dream. I’m proud to help connect constituents to this important program.”

Goldberg visited students in the Acorn preschool program. BCNC makes financial literacy a priority, with programs including One Her Inc., a program that empowers children to become social entrepreneurs by building financial skills, and teaching money management. Its adult financial literacy program, Build a Better Life, offers free financial planning and advice.

Goldberg met with BCNC executive director Giles Li and board president Selina Chow to discuss economic empowerment opportunities.

By Ling-Mei Wong

Treasurer Deborah Goldberg visited Boston Chinatown Neighborhood Center preschool students on April 8. (Image courtesy of Ling-Mei Wong.)

Treasurer Goldberg visits Chinatown for economic empowerment

BY KENNY YIM

Book review: ‘Transoceanic Lights’ by S. Li

Tolstoy begins “Anna Karenina” with “Happy families are all alike; every unhappy family is unhappy in its own way.” Fast forward 100 years to the humble origins of an immigrant Chinese family in Boston, and you’ll be in the territory of “Transoceanic Lights,” S. Li’s debut novel about the trials and tribulations of immigrant life while pursuing the American Dream.

Li has written an intense work that provides a rarely seen glimpse of the Asian-American experience. Rather than goofy grins and happy-go-lucky attitude of an American dream, here is rawness and pain. The novel is a dark, panoramic portrayal of b o y h o o d, g r o w i n g up in a first generation immigrant multi-faceted household set in a familiar Boston but interspersed with memories of China.

Although the unnamed narrator speaks with an authoritative “I,” he also moves into the minds of the other characters, most notably, his mother, “Mm.”

Despite being a young mind — “I” has just begun learning his ABCs in elementary school — Li infuses his narrator with a sophisticated voice balanced by childhood fears and whimsies. He describes the harsh New England winter as, “The fallen snow, sprinkled with sand, dirt, and cigarette butts liquefied by the gusts of frosty winds that ground the world in a constant breeze.” The original verbs add verve to an otherwise bleak landscape.

Li also moves through time effortlessly, painting vivid flashbacks to poignant moments of a life left behind in China, one that included receiving poetry, attending an elaborate wedding banquet and discussing the dream of America. These flashbacks are then juxtaposed with a present that is rife with discontent and chaotic relationships. At times, Li’s prose evokes visceral reactions to pangs of soil, car crashes and countries of never-ending arguments. Herb medicines are listed like authentic window displays of dehydrated@Web images, dried pomelo peel, sweet wormwood, ma huang, s t r y c h n o s seeds, ling-chi mush-rooms, cockleburs, croton seeds, dried wolf-berries.” On the other hand, Li’s descriptions of Boston’s urban landscape, complete with stark winters, abundant restaurants and houses, both cramped and luxurious, invoke a sense of familiarity that bridges the gap between the narrator’s and the reader’s understanding of American life.

Learn Chinese

Where’s the bathroom?

xǐshǒu jiān zài nǎ
What is nasopharyngeal carcinoma?

BY DR. SANDY WONG, DR. MIRIAM O’LEARY AND DR. RICHARD WEIN, TUFTS MEDICAL CENTER

Nasopharyngeal carcinoma (NPC) is a type of cancer that arises from the back of the nasal cavity, above the back of the throat. This type of cancer is common in southern China (including Hong Kong and Guangdong) and Southeast Asia (including Vietnam). It is relatively uncommon in the United States but for people from the places listed above, it can be 50 times more common.

This cancer can be caused by infection with the Epstein-Barr virus. However, environmental factors also play an important role, such as the high intake of salt cured foods and fermented foods. Other risk factors include alcohol and tobacco usage. It is thought that the consumption of these foods releases chemicals called nitrosamines. These chemicals are breathed in through the nose and leads to the formation of these cancers. Lastly, genetic inheritance may play a role since it can run in families.

The most common symptom in patients is usually a lump or growth in the neck. Other symptoms include ear pain, changes in hearing, multiple bloody noses, stuffy nose or difficulty swallowing. However because this cancer frequently originates from the very back of the nasal cavity, patients might remain without symptoms for a long period of time until the cancer has spread to the neck.

This type of cancer is commonly diagnosed by an ear, nose and throat (ENT) doctor. The doctor will ask about symptoms associated with the cancer and perform an exam of the head and neck. He might need to look into the nose with a small camera. This exam takes 20 seconds to do and is done right in the clinic.

People with highest risk of NPC can be screened to detect the cancer at an early stage. Detection of the cancer early allows for better response to treatment and higher chances of a cure. Researchers continue to study better ways to detect and treat NPC. There is now a blood test available to measure the amount of Epstein-Barr virus in a patient’s blood, which studies show is high when the patient has NPC, and is a key to the brain can be helpful in certain cases.

The other important aspect of dementia evaluation is one’s functional status. Is your loved one safe to be at home alone? Is he or she able to make a phone call for help in an emergency situation? The ability to perform basic and complex daily activities should be assessed. A brief social support screening is also important as anAsset point for screening on May 5 at 2:30 p.m. to 4 p.m. Please call (617) 636-2887 for appointments. For Chinese-speaking patients, please call the Tufts Asian Access Line at (617) 636-4579.

Conclusion

Dementia is exceedingly prevalent in older adults. Many conditions leading to dementia, such as Alzheimer’s disease, result in an incurable and progressive illness. Understanding these diseases helps the patient and their family better prepare and may maximize their quality of life.

About the author

Dr. Yee Chuan Ang is a geriatrician and internist at Tufts Medical Center. She is fluent in Mandarin. For an appointment with Dr. Ang, call (617) 636-3400.

Understanding dementia

BY DR. YEE CHUAN ANG

When I was asked to write a geriatric topic for this newspaper column, “dementia” was the first topic that came to my mind. An estimated 5.3 million Americans suffer from dementia in 2015. Yet, there are a lot of misconceptions about this common illness.

Definition of dementia

Dementia is a general term that describes the decline in memory or other mental abilities. It interferes with a person’s daily activities, such as the ability to perform basic and complex daily activities.

Types of dementia

The symptoms of dementia can be caused by many different brain disorders. Theoretically, any insult or injury to the brain can potentially result in dementia. Some of these diseases are reversible, most of them are not. Reversible causes include: Alzheimer’s disease, vascular dementia, dementia with Lewy bodies, frontal temporal dementia, normal pressure hydrocephalus and mixed dementia.

Alzheimer’s disease is by far the most common cause of dementia in the elderly, accounting for up to 80 percent of cases. Someone develops Alzheimer’s disease every 67 seconds in the United States.

Evaluation

Each form of brain pathology can cause difficulty with memory, language, reasoning or judgment. However, these symptoms manifest in slightly different ways depending on the underlying disease. Hence, it is crucial to seek medical advice if you think one may affect your loved one. A detailed history and physical exam are mandatory. Blood tests are usually performed to rule out reversible causes. Imaging studies of the brain can be helpful in certain cases.

The other important aspect of dementia evaluation is one’s functional status. Is your loved one safe to be at home alone? Is he or she able to make a phone call for help in an emergency situation? Will the patient remember to take his medications as instructed? The ability to perform basic and complex daily activities should be assessed. A brief social support screening is also important as anAsset point for screening on May 5 at 2:30 p.m. to 4 p.m. Please call (617) 636-2887 for appointments. For Chinese-speaking patients, please call the Tufts Asian Access Line at (617) 636-4579.

Conclusion

Dementia is exceedingly prevalent in older adults. Many conditions leading to dementia, such as Alzheimer’s disease, result in an incurable and progressive illness. Understanding these diseases helps the patient and their family better prepare and may maximize their quality of life.

About the author

Dr. Yee Chuan Ang is a geriatrician and internist at Tufts Medical Center. She is fluent in Mandarin. For an appointment with Dr. Ang, call (617) 636-3400.

Understanding dementia

BY DR. YEE CHUAN ANG

When I was asked to write a geriatric topic for this newspaper column, “dementia” was the first topic that came to my mind. An estimated 5.3 million Americans suffer from dementia in 2015. Yet, there are a lot of misconceptions about this common illness.

Definition of dementia

Dementia is a general term that describes the decline in memory or other mental thinking skills that is severe enough to interfere with a person’s daily activities.

“David had been having issues with his memory as well as problems concentrating at work. He was not able to perform his duties as he usually did. When I brought up the issue to him, he was surprised and distraught. However, after a thorough evaluation, it was determined that he had early-onset Alzheimer’s disease.”

Dementia is NOT a part of normal aging. People who have dementia are ill, not just “old.” Normal age-related changes usually cause minor difficulties in memory and slower ability to learn new information; however these changes are usually mild, few, or not severe enough to interfere with a person’s day-to-day functioning.

Types of dementia

The symptoms of dementia can be caused by many different brain disorders. Theoretically, any insult or injury to the brain can potentially result in dementia. Some of these diseases are reversible, most of them are not. Reversible causes include: Alzheimer’s disease, vascular dementia, dementia with Lewy bodies, frontal temporal dementia, normal pressure hydrocephalus and mixed dementia.

Alzheimer’s disease is by far the most common cause of dementia in the elderly, accounting for up to 80 percent of cases. Someone develops Alzheimer’s disease every 67 seconds in the United States.

Evaluation

Each form of brain pathology can cause difficulty with memory, language, reasoning or judgment. However, these symptoms manifest in slightly different ways depending on the underlying disease. Hence, it is crucial to seek medical advice if you think one may affect your loved one. A detailed history and physical exam are mandatory. Blood tests are usually performed to rule out reversible causes. Imaging studies of the brain can be helpful in certain cases.

The other important aspect of dementia evaluation is one’s functional status. Is your loved one safe to be at home alone? Is he or she able to make a phone call for help in an emergency situation? Will the patient remember to take his medications as instructed? The ability to perform basic and complex daily activities should be assessed. A brief social support screening is also important as anAsset point for screening on May 5 at 2:30 p.m. to 4 p.m. Please call (617) 636-2887 for appointments. For Chinese-speaking patients, please call the Tufts Asian Access Line at (617) 636-4579.

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Dementia is exceedingly prevalent in older adults. Many conditions leading to dementia, such as Alzheimer’s disease, result in an incurable and progressive illness. Understanding these diseases helps the patient and their family better prepare and may maximize their quality of life.

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Nine questions about acute fatty liver of pregnancy

BY DR. CAROLINE JOUHOURIAN AND DR. JOHN LEUNG, TUFTS MEDICAL CENTER

1. What is acute fatty liver of pregnancy (AFLP)?
   It is a rare condition unique to pregnancy first described in the 1940s. AFLP usually presents in the third trimester, with findings that may mimic acute liver failure.

2. What are the typical symptoms?
   The majority of patients experience nausea and vomiting. However, they can also have other symptoms such as abdominal pain, malaise, anorexia, jaundice and altered mental status.

3. Why is this condition important?
   AFLP can be fatal both to the mother and the baby. Early recognition of this condition is important to prevent complications such as infection, bleeding, kidney disease and death for both the mom and baby.

4. How common is this condition?
   It is very rare, with an incidence ranging from 1 in 7,000 to 1 in 20,000.

5. What causes AFLP?
   We don’t quite understand! There are some genetic mutations that have been associated with this condition. However, this association is not quite clear and not everyone with AFLP has this gene. Consequently, it is important to follow up with a gastroenterologist and have your child follow up with their pediatrician, as some genetic testing may be required.

6. How do you treat this condition?
   The usual treatment requires hospitalization with supportive treatment. Often times, this also requires emergent delivery of the baby. Usually about a week after delivery, the liver is able to reabsorb from the condition and work normally.

7. Can I do anything to prevent this condition?
   Unfortunately, we do not know enough about the risk factors for this condition to determine any possible preventive strategies.

8. Are AFLP and fatty liver disease the same thing?
   No! Although the names resemble each other, the causes are quite different. Fatty liver disease occurs in both men and women and is usually associated with fatty diets, obesity, high cholesterol, inactivity and diabetes. This can usually be reversed with lifestyle changes and can lead to liver failure. On the other hand, AFLP occurs only in pregnant females and is associated with a genetic mutation and rarely leads to liver failure. Our limited knowledge of AFLP makes it such that we do not know how to reverse this condition.

9. Can I get pregnant again if I had AFLP in a prior pregnancy?
   Although the recurrence rate of AFLP in subsequent pregnancies is unknown, there are cases of recurrence. Don’t worry, this does not mean you cannot get pregnant again! It might mean that your next pregnancy will be more closely observed by your obstetrician.

About the authors
Dr. Caroline Jouhourian is a second-year gastroenterology fellow at Tufts Medical Center. Dr. John Leung is triple-board certified in internal medicine, allergy/immunology and gastroenterology and he is the director of the Food Allergy Center at Tufts Medical Center. He is fluent in English, Cantonese and Mandarin. To make an appointment with Dr. Leung, call (617) 636-5333. For appointments with Dr. Jouhourian, call (617) 636-5883.

AAP recommends using only metric dosing devices for children’s medications — not kitchen spoons

BY THE AMERICAN ACADEMY OF PEDIATRICS

The American Academy of Pediatrics (AAP) wants parents to keep the spoons for their cereal — not their child’s medication.

The AAP urges parents, physicians and pharmacists to use only metric measurements on prescriptions, medication labels and dosing cups to help ensure kids receive the correct dose of medication.

Medication should not be measured in teaspoons or tablespoons, especially not in a kitchen drawer. “Spoons come in many different sizes and are not precise enough to measure a child’s medication,” said pediatrician Ian Paul, lead author of the policy statement. “Metric Units and the Preferred Dosing of Orally Administered Liquid Medications.”

April 2015 Pediatricians (published online March 30).

“Four infants and toddlers, a small error especially if repeated for multiple doses — can quickly become toxic.”

Each year more than 70,000 children visit emergency departments as a result of unintentional medication overdoses. Sometimes a caregiver will misinterpret milliliters for teaspoons. Another common mistake is using the wrong kind of measuring device, resulting in a child receiving two or three times the recommended dose.

Accuracy in dosing has long been a concern of the Academy’s. The AAP has previously testified before the Food and Drug Administration urging metric-only labeling and dosing. The updated 2015 policy statement recommends:

- Standard language should be adopted, including mL as the only appropriate abbreviation for milliliters. Liquid medications should be dosed to the nearest 0.1, 0.5, or 1 mL.
- How often a dose is needed should be clearly stated on the label. Common language like “daily” should be used rather than medical abbreviations like “qd,” which could be misinterpreted as “qid” (which in the past has been a common way for doctors to describe dosing four times daily).
- Manufacturers should review mL-based doses with families when they are prescribed.
- Dosing devices should not have extra markings that can be confusing, and should not be significantly larger than the dose described on the label, to avoid two-fold dosing errors.
- Manufacturers should eliminate labeling, instructions and dosing devices that contain units other than metric units.
- “We are calling for a simple, universally recognized standard that will influence how doctors write prescriptions, how pharmacists dispense liquid medications and dosing cups, and how manufacturers print labels on their products,” Paul said.

About the author
The American Academy of Pediatrics is an organization of 62,000 primary care pediatrics, pediatric medical subspecialists and pediatric surgical specialists dedicated to the health, safety and well-being of infants, children, adolescents and young adults. For more information, visit www.aap.org or follow us on Twitter @AmerAcadPeds.
Girls who are overweight as young children and teens may face increased risk for colorectal cancer decades later, regardless of what they weigh as adults, suggested a new study published in “Cancer Epidemiology Biomarkers and Prevention.”

The study is partially funded by the American Institute for Cancer Research. “Our study supports the growing evidence that early-life body size can influence risk of colorectal cancer many decades later,” said senior study author Esther Wei, currently at the California Pacific Medical Center. “Although we don’t need any additional evidence to encourage obesity prevention and increased physical activity in children, this study adds additional imperative to prioritizing children’s health.”

For the study, researchers pulled data from two large and long-term cohorts: One included 75,238 women who were part of the Nurses’ Health Study; the other included 34,533 men from the Health Professionals Follow-up study. In 1988, participants were presented with a set of nine diagrams of body shapes, ranging from the most slender to the most overweight. Participants selected what his or her body shape looked like at ages 5, 10, 20, 30 and 40, along with their current age. Then everyone regularly answered questionnaires about their weight, activity, diet and other lifestyle habits.

During an average of 22 years, 2,100 people had developed colorectal cancer. After adjusting for adult weight, the researchers found that women who were overweight as young children had a 28 percent higher risk of colorectal cancer compared to those who were most lean at those ages. Women who were overweight as adolescents had a 27 percent increased risk.

Unexpectedly, the same link for overweight boys and adult colorectal cancer was not found.

Not seeing the similar link among men could be due to faulty recall, chance or unknown biology, Wei said. “We really don’t know why we only observed the association in women and not in men, but since this is still a relatively new area of research, it’s too early to conclude that this association does not exist in men.”

Future studies investigating molecular subtypes of colorectal cancer would also help to better understand the potential mechanisms, because colorectal cancer is a group of heterogeneous disease, added Xuehong Zhang, study author and instructor at Harvard Medical School.

Disentangling the independent link between being overweight as a youth and as an adult is challenging, noted the authors. For adults, there is a clear link between being obese and increased risk of colorectal cancer — for both women and men — as well as many other cancers. Excess body fat can cause high levels of insulin and insulin-like hormones, which may fuel colorectal cancer.

The role of excess body fat and cancer risk over the life-course is an emerging and important area of research. Approximately one-third of children and adolescents are overweight or obese, according to the Centers for Disease Control and Prevention.

“We already know that overweight kids often become overweight adults. And overweight adults are at risk for many cancers,” said Alice Bender, registered dietitian nutrition and AIRC’s associate director for nutrition programs. “This study emphasizes how important it is for parents and caregivers to help kids choose healthy habits — so it becomes natural for them. Letting your kids see you enjoy colorful fruits and vegetables, giving them healthy options and taking fun five-minute activity breaks are just a few of the ways you can set your kids on a path to be healthy throughout life.”

The study was supported by the American Institute for Cancer Research with a grant to Kana Wu and grants from the National Institutes of Health.

Overweight girls at increased risk of colorectal cancer decades later

BY THE AMERICAN INSTITUTE FOR CANCER RESEARCH

Please take notice that the Waiting List for Restoration Housing will be closed as of April 24, 2015 for the one, two, and three bedroom apartments.

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Women who are overweight as young girls are more likely to develop colorectal cancer, based on a new study. (Image courtesy of Flickr user Richard Small.)
Restaurant review: Jean & Lee Kitchen masters beef noodles

BY LING-MEI WONG

Beef noodles are Taiwan’s national dish. So powerful is the Taiwanese beef noodle obsession that the country’s Taipei Main Station dedicated a food court to beef noodles, placing winners of the annual noodle competition side by side. Whether the broth was clear, red-braised or tomato-based, you were in for a treat.

Here in Massachusetts, the hunt for the perfect bowl of Taiwanese beef noodles stops at Jean & Lee Kitchen. While the restaurant offers a large selection of Taiwanese street food, it’s the spicy noodles in soup with beef sirloin ($9.95) that keeps customers coming back. The noodles are chewy and “Q,” a uniquely Taiwanese food descriptor for bouncy mouth feel. The beef consists not just of sirloin meat, but also tender, stewed tendons that add collagen and intense flavor. The broth is superbly braised with soy sauce, and additional spices and rock sugar contrast nicely with fresh parsley and sweet pickles. Most places overcook the noodles, use bland soups or barely add meat — Jean & Lee nails the championship-winning ratio of noodles, soup and beef.

Lest you think it is only their noodles that are praiseworthy, Jean & Lee’s salt and pepper fried chicken ($6.95) is brined for tenderness and crackly-crisp, paired with sliced chilies and basil to cut the grease. Other great night market eats include the braised pork in steamed buns ($5.95) and oyster pancake with egg ($6.95). The pork belly buns contain parsley, crushed peanuts, sugar and sweet pickles in pillow soft buns, while the oyster pancake packs a satisfying amount of juicy oysters and vegetables without too much flour as filler. These dishes represent traditional Taiwanese night market food, and Jean & Lee’s versions taste just like home.

We finished off with an order of the tasty pan-fried daikon cake ($5.95) and sauteed water spinach (seasonal price). It was clear, however, that the authentic Taiwanese dishes were the stars of the menu.

Jean & Lee Kitchen’s food is consistently delicious and draws big weekend crowds as a result. Reservations are recommended for a taste of Taiwan.

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Get In, Graduate and Go Far Dinner

The 10th annual Get In, Graduate and Go Far Dinner for underserved Bay State students to pursue a college education took place April 9 at the Boston Convention Center. (Rear) Gov. Charlie Baker and (L-R): Andrew Phong, student at Suffolk University, Sonia Jeanette Ingabire Rugwiza, student at Suffolk University and Allan Ordonez, student at UMass Boston. (Image courtesy of Bottom Line.)

Five runners support St. Francis House in Boston Marathon

BY LING-MEI WONG

St. Francis House (SFH) held a “Race to the Finish Line” fundraiser for its five marathon runners on April 9 at Lir.

“This winter has been especially tough. We all suffered, but we had homes to return to. … We are here for basic survival, every dollar makes a difference,” said SFH executive director Karen LaFrazia.

The five runners are Maria Arbatzis of the North End of Boston, Mary Collins of Marlborough, Jennifer Nodelman of Attleboro, and Colby and Evangeline Smith of Salem. The efforts of these dedicated volunteers in the 26.2-mile April 20 marathon will help break the cycle of poverty and homelessness in Boston.

The day shelter hopes to raise $55,000, which is enough to clothe guests for a year. LaFrazia said the heavy snowfall this winter led to guests suffering frostbitten fingertips and noses. On one particularly cold day, the staff ran out of gloves to distribute and had to purchase more.

“The best part is running with her,” Colby Smidt said of training with his wife Evangeline. “Every day I’m passing by people who use the services and hope to make a dent in this deep need.”

Founded in 1984 by the Franciscans, St. Francis House is a nonprofit and nonsectarian comprehensive day shelter providing rehabilitative and housing programs for poor and homeless men and women. Located in the heart of downtown Boston, St. Francis House supports 500 to 600 poor and homeless people each day and serves up to 800 meals per day, 365 days a year. It is the largest day shelter in Massachusetts. For more information, visit www.stfrancishouse.org.

Breakfast honors immigrants

(Left to right) Ronnie Millar, executive director of the Irish International Immigrant Center’s (IIIC), along with Barbara O’Brien-Miller, Jeannie Kain, IIIC managing attorney and the Lomba family. The Lomba siblings discussed how they came to America from Brazil with nothing on April 2 at the Boston Harbor Hotel. But with the help of the IIIC, Gabriele and Lucas Lomba are now able to attend college and enter the workforce. (Image courtesy of the IIIC.)

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St. Francis House held a fundraiser on April 9 at Lir. (Left to right) Maria Arbatzis, Mary Collins, Colby Smidt, Evangeline Smith and Jennifer Nodelman. (Image courtesy of Ling-Mei Wong.)
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