Carissa Yip to play in national women’s chess competition

BY LING-MEI WONG

Carissa Yip, 12, attended the Barry S. Spiegel Cup championship on March 20 in Marlborough and won the 14 and under section, receiving a trophy from tournament director Bob Messenger. She will compete in the U.S. Women’s Championship on April 13 to 30 in St. Louis. (Image courtesy of Tony Cortizas.)

Carissa Yip, 12, knows about winning. She became the youngest female chess master in the United States at 11 in 2015, after beating countless chess pros.

The Andover seventh grader will play at the U.S. Women’s Championship in St. Louis from April 13 to 30. At the invitational tournament, 12 of America’s strongest female chess players will face off. Carissa’s rating of 2305 is a record high entry for the tournament.

“She has a love affair with chess and a talent for it,” said George Mirijanian, program director of the Wachusett Chess Club at Fitchburg State University. “There are chess players playing for decades who will never become a master. She’s done it in five years.”

Carissa learned chess at 6 from her father Percy Yip. At first, she lost to him and asked her mom to persuade him to let her win.

“I told her no, you have to challenge yourself, you can’t have people throw the game,” Yip said. “She has been playing chess for five years and she understands losing is part of the game.”

Most children start chess as a hobby with their peers. For Carissa, she cut her teeth playing two-hour matches with adults, becoming a formidable opponent.

“I’ve never seen her cry after losing a game,” Mirijanian said. “A lot of young players do that. She’s able to handle it and move on to the next game.”

Carissa also enjoys skiing and reading fantasy, particularly the Harry Potter books and the Red Pyramid series. Her ability to get through thick books has served her well in chess, when she blocks out all distractions.

“I focus at the position, think about beating my opponent,” Carissa said. She plays more games before tournaments and works with her coaches.

Massachusetts Chess Association president Nathan Smolenksy witnessed Carissa’s meteoric rise as a chess prodigy firsthand.

CONTINUED ON PAGE 7

‘Taste of Ginger’ benefit honors Asian diabetes researcher

BY LING-MEI WONG

The 12th “A Taste of Ginger” benefit for the Joslin Diabetes Center’s Asian American Diabetes Initiative (AADI) took place at the Museum of Fine Arts on April 4. A total of 400 attendees came to sample cuisine from 28 local restaurants, raising $300,000.

Event proceeds went toward AADI, which works to enhance the quality of life and health outcomes for the rising number of Asian Americans living with diabetes, and collaborates with Joslin to find a cure.

Boston’s top chefs came out, including Joanne Chang, Tiffani Faison, Jimmy Liang, Brian Moy, Mark O’Leary, Ming Tsai and Jasper White.

CONTINUED ON PAGE 3

Carissa Yip, 12, attended the Barry S. Spiegel Cup championship on March 20 in Marlborough and won the 14 and under section, receiving a trophy from tournament director Bob Messenger. She will compete in the U.S. Women’s Championship on April 13 to 30 in St. Louis. (Image courtesy of Tony Cortizas.)

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Carissa Yip, 12, attended the Barry S. Spiegel Cup championship on March 20 in Marlborough and won the 14 and under section, receiving a trophy from tournament director Bob Messenger. She will compete in the U.S. Women’s Championship on April 13 to 30 in St. Louis. (Image courtesy of Tony Cortizas.)
Event Calendar

CRA spring banquet
Friday, April 8
8 p.m. to 11 p.m.
88 Beach Street
Boston, MA 02111

The Boston Chinatown
Resident Association
New Year Spring Banquet
will take place at Hei La Moon.
For more information,
email chinatownresi-
dents@gmail.com.

Hepatitis B screening
April 8 to April 9
8 a.m. to 8 p.m.
87 Tyler Street
Boston, MA 02111

The Clean Up Chinatown
meeting will take place at the
Asian American Civil
Civic Association, 5F.

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

The Sharehood Project
offers free, unscheduled
health care to the medi-
cally underserved popu-
lations of the greater
Boston area. For more
information please call (781) 324-8991
or e-mail sharehood.dic-
tor@gmail.com.

The Chinatown
Coalition meeting
Thursday, April 14
9:30 a.m.
38 Ash Street
Boston, MA 02111

The Chinatown Coalition
meeting will take place at the
Boston Chinatown
Neighborhood Center, 4F.
The public is welcome to attend.

The Chinatown
Neighborhood Committee
meeting Tuesday, April 19
9 a.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.

Community education and
information fair
Saturday, April 23
11 a.m. to 2 p.m.
2 Boylston Street
Boston, MA 02116

Seminars on health care,
business, and imports
will take place at the China
Trade Center. For more
information, call (617) 350-
6303 or email courbo@bosto-
gmail.com.

Japan Festival
Sunday, April 24
11 a.m. to 8 p.m.
Boston Common
Boston, MA 02108

The fifth annual Japan
Festival will take place at the
Boston Common, with
food, performances and
cozy. For more infor-
mation, visit www.japan-
festivalboston.org.

Naturalization workshop
Monday, April 25
1 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02111

The American Civic
Association naturaliza-
tion workshop provides
free instruction on filing
naturalization applications,
translated study material
and much more. Please
register with Melody Tang at (617) 426-9492
x 0 or melody@ac-
aa-boston.org.

Chinatown Safety Com-
mittee meeting
Wednesday, May 4
10:30 a.m.
821 Washington Street
Cambridge, MA 02138

The Chinatown Safety
Committee meeting will
take place at the Chinese
Consolidated Benevolent
Association. The public is
welcome to attend.

Free legal clinic
Monday, April 25
6 p.m. to 8 p.m.
1509 Hancock Street, Suite
209 Quincy, MA 02169

Quincy Asian Resource-
Es, Inc. will host a free
monthly legal clinic ad-
ressing individual con-
cerns over immigration
law, landlord/tenant law,
family law, personal injury
and criminal issues. Please
contact QARI at (617) 472-2200 or
email info@quin-
cyasianresources.org.

AACA job fair
Wednesday, April 27
11 a.m. to 1 p.m.
26 West Street
Boston, MA 02111

The Asian American
Civic Association will
host a job fair at the SEIU
Union Hall.

Boston Shines
Saturday, April 30
9 a.m. to noon
Chinatown Gate
Boston Shines invites
neighbors and friends to
clean up Chinatown.

Surging Waves
Saturday, April 30
10 a.m. to 2 p.m.
730 Cambridge Street
Cambridge, MA 02138

The Surging Wave Sym-
poium brings together
descendants of the vari-
ous waves of Chinese im-
migration to the United States
at the Fairbank Cen-
ter for Chinese Studies’
Tsai Auditorium. Regis-
tration is free online at http://
ow.ly/10y1GF.

South Braintree Square
Victorian Townhouse
617-835-0047
$2400.00/mo
4 Bdrm, 21/2 bath
off-street parking
Walk to Red Line

Jewelry Manufacturing
Looking for experienced jewel-
ners, mold makers and mold
cutters
Professional environment
Great Pay
Please Contact
Roger
774 312 1270
Hrach015@gmail.com

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April 8, 2016

Sampan

Chinatown meeting roundup: CCBA, CSC, CRA

BY LING-MEI WONG AND SARA BROWN

The Chinese Consolidated Benevolent Association (CCBA) of New England met at its 90 Tyler Street headquarters on March 29. Its website is back online at www.ccbanewton.org, said CCBA president Paul Chan.

A moment of silence was observed for former director and Chinatown Resident Association (CRA) co-chairman Henry Yee, who passed away on March 19.

CRA

The CRA met April 6 at the Josiah Quincy School.

Developer Group One presented plans for a hotel at 73 to 79 Essex Street, presently the He Toy Noodle Factory. The proposed hotel would be 17 stories and have 250 hotel rooms, along with conference rooms open to the community. Group One has not yet gone before the Boston Redevelopment Authority for permits, but wished to gather neighborhood input.

The Chinatown Safety Committee held its monthly meeting April 6 at the DoubleTree Hotel, which included a presentation from International Institute of New England president and CEO Jeff Theilman. (Image courtesy of Sara Brown.)

MARBELSH HOUSING OPPORTUNITY PURCHASE PROGRAM ROUND 11

The Marshfield Housing Partnership is accepting additional applications from qualified applicants for grants to assist them in purchasing an existing market rate home or condominium in Marshfield. A deed restriction will be recorded on each unit purchased with a grant to secure affordability in perpetuity.

MAXIMUM GRANT AMOUNTS

<table>
<thead>
<tr>
<th>Unit Type</th>
<th>Sale Price</th>
<th>Maximum Grant</th>
<th>Affordable Price After Grant</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 BR Condo</td>
<td>$225,600</td>
<td>$146,000</td>
<td>$79,600</td>
</tr>
<tr>
<td>2 BR House</td>
<td>$258,700</td>
<td>$181,000</td>
<td>$77,700</td>
</tr>
<tr>
<td>2 BR Condo</td>
<td>$264,100</td>
<td>$186,000</td>
<td>$78,100</td>
</tr>
<tr>
<td>3 BR Condo</td>
<td>$505,100</td>
<td>$300,000</td>
<td>$205,100</td>
</tr>
<tr>
<td>3 BR Condo</td>
<td>$508,000</td>
<td>$300,000</td>
<td>$208,000</td>
</tr>
<tr>
<td>3 BR House</td>
<td>$541,400</td>
<td>$336,000</td>
<td>$205,400</td>
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<tr>
<td>4 BR Condo</td>
<td>$559,600</td>
<td>$349,000</td>
<td>$210,600</td>
</tr>
<tr>
<td>5 BR House</td>
<td>$573,000</td>
<td>$350,000</td>
<td>$223,000</td>
</tr>
</tbody>
</table>

MAXIMUM ANNUAL HOUSEHOLD INCOME

1 Person | 2 Person | 3, 4, and 5 Bedrooms
---|---|---
$48,900 | $55,900 | $62,730
$57,700 | $65,700 | $75,100
$68,000 | $86,450 | $102,000

Please call

Subject to periodic change by the U. S. Department of Housing and Urban Development

Marshfield Housing Coordinator: (781-834-1051). Applications are also available outside the Town Clerk’s Office, Marshfield Town Hall.

The Marshfield Housing Authority has an obligation to provide reasonable accommodations to applicants if they or any family member has a disability. If needed, language assistance is provided at no cost to the applicant.

The Marshfield Housing Partnership has an obligation to provide reasonable accommodations to applicants if they or any family member has a disability. If needed, language assistance is provided at no cost to the applicant.

By Ling-Mei Wong

GINGER: Asians face high diabetes risk

FROM PAGE 1

Dr. William Hsu, founder and medical director of Joslin’s Asian Clinic and vice president of international programs, was honored at the event. Hsu focuses on understanding the cause of diabetes in the Asian American population and uncovering effective treatments. He led the research behind Screen at 23. Because of this work, the American Diabetes Association now recommends testing Asian Americans at a lower body mass index (BMI) of 23, instead of starting screening for diabetics in those with a BMI of 25 or higher, which is the standard for the general population.

“Diabetes continues to ravage the nation,” Hsu said. “We need your partnership.”

Honoree Bik-Fung Ng has been a committee member of A Taste of Ginger since its creation in 2005; she has more than 30 years of experience in the food industry and has been an activist in the Asian community for many years.

“My father, brother and sister are diabetic,” Ng said. “This event is dear to my heart.”

A Taste of Ginger was hosted by CCBA’s president Paul Chan and vice president of international programs, Jimmy Chan. A moment of silence was observed for former director and CRA co-chairman Henry Yee. “We came together as a community,” he said. "This is for the Chinatown community." The event included a presentation from International Institute of New England president and CEO Jeff Theilman.

By Ling-Mei Wong

Quincy Ward 6 appoints councilor

BY LING-MEI WONG

William Harris was appointed as Quincy Ward 6 city councilor. He is pictured at a forum on March 23 at the First Church of Squantum. (Image courtesy of Ling-Mei Wong.)

Quincy appointed William Harris as city councilor for Ward 6 on April 4, calling off a preliminary election on April 5.

“I can fight for all the folks of Ward 6,” Harris said in a podcast with Joe Catalano of QATV, Quincy’s public access radio station, on April 1. “I’m thrilled to move forward now.”

Harris lost to incumbent Brian McNamara for the Ward 6 seat in November 2015. McNamara passed away on Dec. 23, 2015, before he took office. A special election was scheduled for May 3, with five candidates — including Harris — campaigning for the vacancy. Both the preliminary and special elections were canceled on the City of Quincy website on March 31.

Harris faced Quincy in January, citing a 1953 city law which stipulated the first runner up of an election should assume office. Norfolk Superior Court Judge Rosalind Miller ruled in Harris’s favor on March 25, stating that Quincy’s city council had 15 days to appoint him.

Harris was sworn in at the Quincy city council meeting on April 4.

Quincy solicitor James Timmins had argued the Ward 6 vacancy was covered by a 1984 law that calls for a special election if a councilor’s seat becomes vacant in the first term of the council.

Marshfield Housing Authority

All applications must be received and date stamped by the Marshfield Housing Authority no later than 12:00 PM (Noon) on Friday, May 6, 2016.

Marshfield Housing Authority

12 Tea Rock Gardens
Marshfield, MA 02050

The Marshfield Housing Authority has an obligation to provide reasonable accommodations to applicants if they or any family member has a disability. If needed, language assistance is provided at no cost to the applicant.

MHOPP Funding was made possible by the Town’s adoption of the Community Preservation Act
The Mayor’s Office of New Bosonians discussed immigrant outreach with 21 community organizations on March 31 at City Hall. Boston recently received $180,000 in funding for immigration outreach, with grants given to the 21 community organizations on March 9.

“Our office helps anyone who calls, along with holding a bimonthly immigration clinic. We do not have a Boston residency requirement, as we’re one of the few cities in New England with an immigrant relations office,” said Courtney Snegoff, outreach and engagement manager for the Mayor’s Office of New Bosonians (MONB).

President Barack Obama announced the Deferred Action for Childhood Arrivals in 2012 and extended his action in 2014 with Deferred Action for Parents of Americans and Lawful Permanent Residents (DAPA). His executive action allowed children of undocumented immigrants to receive employment authorization, as long as they met requirements. The employment authorization is for three years and does not provide citizenship. However, the applicants can remain in the United States without fear of deportation.

"Many Asians are aware of the president’s action, but remain suspicious of authority,” said Chaun-nung Lee, executive director of the Asian American Civic Association (AACA). The organization was one of the 21 grant recipients and will focus on the Chinese community.

The DACA/DAPA Outreach Initiative will consist of a program coordinator at the MONB and providers to 21 community organizations to inform Boston’s immigrant communities, provide eligibility screenings, assist with applications when they become available and prevent scams.

Applications are not yet available for DACA/DAPA, due to an injunction filed against it. The case is now being reviewed by the Supreme Court, with a decision expected in June, Snegoff said.

“We’re trying to reach out to anyone who might be impacted by these actions, so they can become educated if they qualify,” Snegoff said.

Massachusetts has 185,000 unauthorized immigrants, with 65,000 of those eligible for DACA or DAPA from 2009 to 2013, according to the Migration Policy Institute. Nationally, there are 3.6 million undocumented immigrants, including 285,000 individuals from China. Of those unauthorized Chinese immigrants, 95,000 are eligible for DACA or DAPA. Asians make up 1.5 million of all undocumented immigrants in the nation, with 54,000 individuals eligible for DACA/DAPA.

“Across the country, the Chinese community has one of the highest populations but one of the lowest participation rates for DACA screenings and one of the lowest for DACA applications,” Snegoff said.

“Those are large numbers but individuals have not come forward, unlike the Latino and Brazilian communities.”

To qualify for DACA or DAPA’s three-year employment authorization, individu- als must have entered the United States before 16, have been in the country continuously since Jan. 1, 2010, and do not pose a security threat. The 31-year-old age limit for the program has been removed.

The 21 agencies include action for Boston Community Development, Agen- cia ALPHA, AACA, Brazilian Women’s Group, Brazilian Worker Center, Catho- lic Charities of Boston, Centro Presente, Chelsea Collaborative, Dominican Development Center, East Boston Ecumenical Community Council, Gilbert Albert Community Center, Immigrant Family Services Institute, Irish International Immigrant Center, Latinos Unidos en Massachusetts, Massachusetts Immigrant and Refugee Advocacy Coalition, Massachusetts Law Reform Institute, Political Asylum/Immigration Representation Project, St. Mark’s Community Education Program, Students Immigration Movement, Tabernacle Baptist Congregation and True Alliance Center.

**Job’s Fishing Neighborhood at Mashpee Commons**

**Mashpee, MA**

1BRs @ $1,033*, 2BRs @ $1,224*  
*Rents subject to change in 2016 when HUD Publishes 2016 AMI. Tenants will pay own Electric Heat, Gas Hot Water, Electricity (including cooking). Property pays for Water and Sewer

Job’s Fishing Neighborhood at Mashpee Commons is a 52 unit rental apartment community located across 8 distinct buildings in the new phase of Mashpee Commons located at the intersection of Route 28 and Rte 151. 13 of these apartments will be made available through this application process and are limited to households with incomes at or below 80% of the Area Median Income. Configured within eight large buildings reminiscent of historic Cape Cod, these units will include all the comforts of home: Full kitchens with all major appliances, Hardwood floors; tile in the bathrooms, Washing machine and dryer, Energy efficient heat-pump HVAC, Large windows with copious natural light, Convenient parking.

**MAXIMUM Household Income Limits:**  
$47,550 (1 person), $54,350 (2 people),  
$61,150 (3 people), $67,900 (4 people)

A Public Info Session will be held on May 6th, 2016 at 3:30 pm at the Mashpee Public Library (64 Steele St)

**Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on June 6th, 2016**

The Lottery for eligible households will be held on June21st at 4:30 pm at the same location as the info session.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.e-s-e-b.com/lottery or call (617) 782-6900 and leave a message. Applications and Information also available at the Mashpee Public Library on 64 Steele Street (M 10-5, Tu 12-7, W 10-5, Th 12-7,  F-Sa 10-5)
Chinatown crime blotter for March 26 to April 8

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from March 26 to April 8 for District A-1, which includes Chinatown.

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

Trespassing
March 26, 6:21 p.m.: The suspects were arrested on LaGrange Street for trespassing in an area where signs were clearly posted.

License premise violation
March 27, 5:18 a.m.: The restaurant on Tyler Street was issued a violation for serving food after closing time.

Warrant arrest
March 29, 10:51 a.m.: The suspect was arrested on Washington Street on an outstanding warrant issued out of Chelsea District Court.

Assault and battery
March 29, 4:39 a.m.: The suspect was arrested on Washington Street for assaulting a Tufts special police officer.

Robbery
March 30, 9:31 a.m.: The officers responded to Washington Street on a report of a robbery in progress. Upon arrival the officers spoke with pharmacist. She stated she was robbed of two bottles of Adderall (likely ADHD medication Adderall) by an unknown black male. Upon further investigation the officers determined the identity of suspect. The incident is to be further investigated by district detectives.

Vandalism
March 30, 9:13 a.m.: The manager of the restaurant on Beach Street reported an unknown person broke the window of the restaurant.

Burglary
April 3, 12:20 a.m.: The victim reported an attempted break-in at the CVS located on Washington Street.

Larceny
April 4, 4:23 p.m.: The victim reported an unknown person stole her iPhone while she was sitting down at the Starbucks on Washington Street.

Fraud
April 5, 10:30 a.m.: The victim reported an unknown person attempted to use her identity to obtain a credit card. The victim lives on Oak Street.

Trespassing
April 6, 12:21 p.m.: The suspect was arrested on Beach Street for trespassing. He was observed by the officers in an area where a sign is clearly posted.

Robbery
April 7, 4:32 a.m.: The victim reported while in front of Tufts Medical Center on Washington Street he was robbed by an unknown black male. The suspect fled in an unknown direction.

The Boston Beer Summit will take place April 15. (Image courtesy of Boston Beer Summit's Facebook page.)

Bottoms up! Boston Beer Summit celebrates its 18th year

BY SARA BROWN

If you love craft beer, the Boston Beer Summit is the place to be.

The annual beer tasting extravaganza — returns for its 18th year inside the Castle at Park Plaza, located at 130 Columbus Avenue in Boston, during Boston Marathon weekend on Friday, April 15 and Saturday, April 16.

The Boston Beer Summit — Boston’s premier craft beer tasting event — returns for its 18th year inside the Castle at Park Plaza, located at 130 Columbus Avenue in Boston, during Boston Marathon weekend on Friday, April 15 and Saturday, April 16.

The annual beer tasting extravaganza draws in approximately 2,000 attendees over the course of three sessions over two days, with one session on April 15 from 6 p.m. to 9:30 p.m. and April 16 from 12:30 p.m. to 4 p.m. and 5:30 p.m. to 9 p.m.

Guests will have the unique opportunity to sample 200-plus beer varieties from over 50 local, regional, national and international breweries looking to showcase signature brews, seasonal favorites and new varieties not yet available to the public.

BY THE BOSTON POLICE DEPARTMENT

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. A90CN01 - Andrew and Tufts Medical Center Station Elevator Modernization, Boston, Massachusetts CLASS I - GENERAL TRANSIT CONSTRUCTION AND CLASS 7 - BUILDINGS, PROJECT of Project Value $6,203,366.00.

· Submitted at www.bidx.com until two o’clock (2:00 p.m.) on May 12, 2016.

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

Work consists of the modernization of six (6) existing elevators in two operational MBTA Stations, Tufts Medical Center on the Orange Line and Andrew Square on the Red Line, and the replacement of a Unit Substation at Tufts Medical Center.
Boston City Council president Michelle Wu hosted a press conference on council topics on March 25 at City Hall. (Image courtesy of Jiangyi Wang.)

Boston council president Wu hosts media for greater accessibility

BY JIANGYI WANG

Boston city council president Michelle Wu launched a monthly media meet-up on March 25 for press to learn more about issues she and the council have worked on. The meetings are for creating accessibility, transparency and public engagement, Wu said.

Wu explained the 2016 topics by committees and the council’s steps to create a more diverse but unified community. Several committees, including Arts, Culture and Special Events, Charter Reform and Government Operations, are working on plans ranging from improving the bus system and student housing to street performers and youth development program funding.

The council will make its documents more accessible online.

“Our collaboration with the Innovation and Technology Department helps us to develop a comprehensive and user-friendly website to share updated information with the public,” Wu said. “However, we are still trying our best to go far beyond. We have changed the way we put out information via our council Twitter account to allow citizens to follow our topics during meetings.”

More hearings and working sessions regarding the Community Preservation Act and renaming Hyde Square as “Boston’s Latin Quarter” will take place. The public can also watch city council meetings online at www.cityofboston.gov/citycouncil/live.asp.

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

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- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on May 3, 2016.

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

Work consists of the removal and proper disposal of PCB caulking; repair of concrete joints; replacement of joint sealants; installation of epoxy encapsulant on floor surfaces; and removal of HVAC ductwork. Cleanup of dust on surfaces. Provide and install modular offices, metal shelving and stairs and plastic pallets and bins.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
YOUTH VOICES

My Minnesota camping trip

BY ASHLY GUERRIER

While on my camping trip in Minnesota, I could not imagine completing a two-mile portage on an island drenched in bugs, rocky hills, mud and intense obstacles. The most challenging part was carrying a ninety-pound, metal canoe on my shoulders with vicious mosquitoes eating me and Mother Nature being completely against me throughout the journey. My partner Jose and I had to cross land that did not yet have a clear path, and Jose had challenged me to do the portage all on my own.

As I carried that canoe through the wild brush, he taunted me with words of disbelief. He was scrappy, and smaller than I was, but he declared that the two-mile portage done solely by me was unfeasible simply because I was a girl. I bit my tongue and clambered over every single obstacle, grabbing hold of anything I could use to my advantage. There were large, toppled-over chunks of trees, gigantic boulders and every death-trap known to man on that path. I had to show my true strength, not for him, but for myself; I had always believed there was immense strength living inside of me and that my gender had nothing to do with it. I refused his help even when offered — that would negate the point of having proudly accepted his challenge.

Finally, the forest opened, and the shore of the lake we had to canoe across appeared. I had never smiled so hard or with so much pride at having completed a challenge. Ironically, I had not truly believed in myself 100 percent of the time. I had wanted to give up. However, my pride, my dignity and who I declared myself to be were at stake. I learned that believing something to be impossible was just an excuse to keep myself from taking a risk. I never realized how far determination could carry me until I made it to that clearing in the woods.

CHESS: Chinese-American girl to represent Massachusetts

FROM PAGE 1

“Her chess coach found that most remarkable, her ability to concentrate and just be focused on the game,” Smolensky said. “That patience, focus and diligence really stood out, not just her raw calculating ability.”

Carissa is on track to become an international master, with her dad accompanying her to tournaments. As a full-time IT architect, Yip cannot always take time off. While some chess prodigies are homeschooled so they can compete internationally, her parents want her to have a balanced life. Her father Percy is from Hong Kong, while her mother Irene is from China.

“We will not sacrifice school for chess. She does not have to break the record for highest international master,” Yip said.

Apart from her chess career, Carissa’s life is like many 12-year-olds, splitting time between school on weekdays and Chinese school on weekends.

“Looking at her, she’s so small, but she is a very mature young lady,” Mirijanian said. “To me, she’s like an adult. When she engages in conversation with much older players, she’s at their levels.”

Carissa stays grounded, despite worldwide coverage for her chess prowess.

“We’ve seen a couple of prodigies over the years and some are just insufferable,” Smolensky said. “She has this great attitude. She makes us root for her harder. We’re excited to see where she can go.”

Learn Chinese

Checkmate

圍攻
wéigōng
Millions of Americans are affected each day by depression. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest, according to the Mayo Clinic. Also called major depressive disorder or clinical depression, it affects how one feels, thinks and behaves and can lead to a variety of emotional and physical problems.

Depression is a serious health problem. People that suffer from depression cannot just “snap out of it” as some people would suggest. Many need to seek medical treatment. According to the Anxiety and Depression Association of America, 14.8 million American adults suffer from depression. Some symptoms of depression are feelings of sadness, tearfulness, emptiness or hopelessness, anxiety, agitation or restlessness, changes in appetite and tiredness and lack of energy, to name a few.

Depression can affect anyone at any age. However, depression usually shows up in one’s teens or 20s. There are many factors that cause depression. Some people go through a traumatic event, such as the loss of a loved one or abuse, and suffer from depression. Others have a chemical imbalance in their brain that leads to depression. Doctors have found that depression can be hereditary. If depression is left untreated, it could lead to alcohol or substance abuse, suicidal feelings and self-harm.

### Administrative Assistant

The Malden Redevelopment Authority is looking for an experienced Administrative Assistant to join its team and become an integral part of its staff. The successful candidate would provide general administrative and clerical support and possess the following qualifications:

- **Great communication skills, both verbal and written.**
- **Extremely organized, detail oriented and results-driven.**
- **Self-starter able to follow through on given tasks, including research.**
- **Ability to perform multi tasks.**
- **Computer literacy with a proficiency in Microsoft Office, Microsoft Outlook and PowerPoint.** Excel preferred.

For more details regarding this position please visit: maldenredevelopment.com. Salary commensurate with experience. Excellent benefits package. Interested applicants, please submit a resume and a letter of interest to Sherrill Hachey at shachey@meldenredevelopment.com by noon on Friday, April 22, 2016. No phone calls please. Successful candidates will be required to submit to a Criminal Offenders Records Information Report (CORI) check and a pre-employment drug screening. The MRA is an equal opportunity employer and a drug free workplace. There will be no discrimination on the basis of age, ability, gender, marital status, national origin, race, religion, sexual orientation, or veteran status.

### Getting to know depression

BY SARA BROWN

A woman is more likely to miscarry if she and her partner drink more than two caffeinated beverages a day during the weeks leading up to conception, according to a new study from researchers at the National Institutes of Health and Ohio State University, Columbus. Similarly, women who drank more than two daily caffeinated beverages during the first seven weeks of pregnancy were also more likely to miscarry.

However, women who took a daily multivitamin before conception and through early pregnancy were less likely to miscarry than women who did not. The study was published online in Fertility and Sterility.

“Our findings provide useful information for couples who are planning a pregnancy and who would like to minimize their risk for early pregnancy loss,” said the study’s first author, Germaine Buck Louis, director of the Division of Intramural Population Health Research at NIH’s Eunice Kennedy Shriver National Institute of Child Health and Human Development.

The researchers analyzed data from the Longitudinal Investigation of Fertility and the Environment (LIFE) Study, which was established to examine the relationship between fertility, lifestyle and exposure to environmental chemicals. The LIFE Study enrolled 501 couples from four counties in Michigan and 12 counties in Texas, from 2005 to 2009.

For the current study, researchers compared such lifestyle factors as cigarette use, caffeinated beverage consumption and multivitamin use among 344 couples with a singleton pregnancy from the weeks before they conceived through the seventh week of pregnancy. The researchers reported their results using a statistical concept known as a hazard ratio, which estimates the chances of a particular health outcome occurring during the study time frame. For example, the researchers evaluated caffeinated beverage consumption in terms of the daily likelihood of pregnancy loss over a given time period. A score greater than 1 indicates an increased risk for pregnancy loss each day following conception, and a score less than 1 indicates a reduced daily risk.

Of the 344 pregnancies, 98 ended in miscarriage, or 28 percent. For the pre-conception period, miscarriage was associated with female age of 35 or above, for a hazard ratio of 1.96 (nearly twice the miscarriage risk of younger women). The study was not designed to conclusively prove cause and effect. The study authors cited possible explanations for the higher risk, including advanced age of sperm and egg in older couples or cumulative exposure to substances in the environment, which could be expected to increase as people age.

Both male and female consumption of more than two caffeinated beverages a day also was associated with an increased hazard ratio: 1.74 for females and 1.73 for males. Earlier studies, the authors noted, have documented increased pregnancy loss associated with caffeine consumption in early pregnancy.

However, those studies could not rule out whether caffeine consumption contributed to pregnancy loss or was an ign of an unhealthy pregnancy.

### Couples’ pre-pregnancy caffeine consumption linked to miscarriage

BY THE NATIONAL INSTITUTES OF HEALTH AND OHIO STATE UNIVERSITY

Caffeine consumption can lead to miscarriages. (Image courtesy of Flickr user ReachingUI.)

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Air pollution linked to higher risk of preterm birth for mothers with asthma

BY THE NATIONAL INSTITUTES OF HEALTH

Pregnant women with asthma may be at greater risk of preterm birth when exposed to high levels of certain traffic-related air pollutants, according to a study by researchers at the National Institutes of Health and other institutions.

The researchers observed an increased risk associated with both ongoing and short-term exposure to nitrogen oxides and carbon monoxide, particularly when women were exposed to those pollutants just before conception and in early pregnancy.

For example, an increase of 30 parts per billion in nitrogen oxide exposure in the three months prior to pregnancy increased preterm birth risk by nearly 30 percent for women with asthma, compared to 8 percent for women without asthma. Greater carbon monoxide exposure during the same period raised preterm birth risk by 12 percent for asthmatic women, but had no effect on preterm birth risk for non-asthmatics.

The last six weeks of pregnancy was another critical window for women with asthma, according to the researchers. Exposure to high levels of particulate matter — very small particles of substances like acids, metals, and dust in the air — was also associated with higher preterm birth risk.

The study was published online in the Journal of Allergy and Clinical Immunology.

“Preterm birth is a major public health problem in this country, affecting more than 1 in 10 infants born in the United States,” said Pauline Mendola, lead author and an investigator at the NIH’s Eunice Kennedy Shriver National Institute of Child Health and Human Development. “Our study found that air pollution appears to add to the preterm birth risk faced by women with asthma. These findings set the stage for further studies designed to help prevent preterm birth in this at-risk group.”

Asthma is a lung disease that affects an estimated 9 percent of women of reproductive age in the United States, according to the Centers for Disease Control and Prevention. Maternal asthma is associated with a higher risk of pregnancy complications and health problems for infants.

While prior studies have examined the effects of various air pollutants on preterm birth risk, the research team said that its study is the first to examine whether exposure to air pollution before conception might affect later pregnancy.

“Early environmental exposures can have significant effects on later health,” Mendola said. “In this case, it may be that early exposure to air pollution sets off inflammation or other internal stress that early exposure to air pollution sets off inflammation or other internal stresses that interfere with embryo implantation or placental development. Those disruptions could lead to preterm delivery or placental development. Those disruptions could lead to preterm delivery down the road. More research will help us to better understand the potential impact of air pollution in the months surrounding conception.”

Also taking part in the study were researchers from the University of North Texas Health Science Center in Fort Worth; the National Institute for Health and Welfare in Ottawa, Canada; the Emmes Corporation in Rockville, Maryland; and Texas A&M University in College Station.

The researchers analyzed data from a national sample of 223,502 singleton pregnancies (pregnancies with a single fetus), delivered at 19 hospitals around the country from 2002 to 2008. Electronic medical records of the women included their asthma status and date of delivery.

The team matched data with daily measures of air quality from the regions surrounding each of the hospitals to assess the potential effects of air pollution, week by week, on preterm birth risk. They studied six pollutants and accounted for such factors as location, age, race and ethnicity, pre-pregnancy weight, smoking and alcohol use, and chronic maternal health conditions.

The research team hopes that studies like this one will one day improve the care of pregnant women with asthma and reduce their risk for preterm birth. Meanwhile, people with asthma who are concerned about exposure to air pollution may want to limit their outdoor activity during periods when the air quality is forecast to be unhealthy for sensitive groups, Mendola said. Air quality data are available from the Environmental Protection Agency at www.airnow.gov.
Seniors learn about osteoporosis and nutrition
BY SOUTH COVE MANOR

A seminar on osteoporosis and nutrition by Greater Boston Chinese Golden Age Center dietitian Wailing Balsley took place March 31 at Mass Pike Towers. (Image courtesy of South Cove Manor.)

South Cove Manor hosted a breakfast seminar on March 31 at Mass Pike Towers, with 45 seniors attending. Dietitian Wailing Balsley of the Greater Boston Chinese Golden Age Center gave a presentation on osteoporosis and nutrition.

Balsley first explained what was osteoporosis, which is caused by bone loss and a lack of calcium in the blood. Bones become more porous or have lower bone density, making them weaker and more likely to break. She showed a comparison image showing the difference between healthy bones and bone structure affected by osteoporosis. About 54 million Americans suffer from osteoporosis and low bone mass. For individuals 50 and older, 50 percent of women and 25 percent of men have osteoporosis.

Balsley went over food sources rich with calcium, vitamin D, vitamin K, magnesium and potassium. Individuals over 50 should consume 1,200 milligrams of calcium every day. As some of the seniors were lactose intolerant, some nondairy calcium-rich foods include soy milk, almonds and dark greens. Supplements also provide calcium.

Beer tasting gathers young professionals for a good cause
BY LING-MEI WONG

Beers flowed amid sake cocktails and laughter at a craft beer tasting hosted by Professionals in Alliance for the Asian American Civic Association (PAAACA) at Shojo on April 1. About 200 guests attended the event.

All proceeds went toward the Mulan Society’s programs for immigrant women and families at the Asian American Civic Association (AACA).

AACA has served and advocated for the needs of immigrants and other economically disadvantaged people since 1967. Today, the agency serves clients from over 80 countries. Focused on economic self-sufficiency and participation in American society, AACA provides a range of services, including English classes, social services, job training, college preparation and a post-graduate retention program.

Learners celebrate Adult Literacy Awareness Day at Statehouse
BY RICHARD GOLDBERG

Students and staff from the Asian American Civic Association (AACA) attended Adult Literacy Awareness Day at the Statehouse on March 31. Learners from the AACA and the Boston Chinatown Neighborhood Center were among the estimated 400 participants from across the state. (Image courtesy of the AACA.)

Catholic procession celebrates immigrants and mercy
BY THE SAMPAN EDITORIAL TEAM

Parishioners from St. James the Greater Church in Chinatown participated in a Jubilee Year of Mercy service on April 2 at the Cathedral of the Holy Cross. Despite rain and wind, Catholicsailing from more than 25 nationalities waved white cloths and flags to celebrate. (Image courtesy of the Sampan editorial team.)