Uncover the secrets on underground Boston

BY THE MASSACHUSETTS OFFICE OF TRAVEL & TOURISM

The Boston Public Library Courtyard. (Image courtesy of Flicker user Swissrock.)

Some of Boston’s best experiences are kept hush-hush for a reason. Not everyone knows that wandering down a back alley leads to an industrial-designed craft cocktail bar. Only the most informed Bostonians dine at a speakeasy-style steakhouse tucked away in the back of another bar, or know where to find the secret garden atop a parking garage. Boston is one of the oldest cities in the U.S. with 384 years of history, meaning the city has had plenty of time to develop its stories of secret nooks and crannies.

Uncover all of Boston’s most exclusive spots and best-kept secrets. Discover menus you have to ask the server for under your breath and sell-out supper clubs. Hear about some of the greatest pranks at Harvard University and where to find the best stargazing in town.

Supper in Secret
Dine at Bogie’s Place – Boston, MA
You would never be able to find Bogie’s Place from the street because it sits in the back of the bar and restaurant jm Curley. Dining at Bogie’s is like dining at a private party inside a steakhouse. The 20-seat space comes with rules marked by a sign that reads, “Adults Only. Please No Cell Phone Use...”

Sip at Back Bar – Somerville, MA
This Somerville cocktail bar is right in middle of popular Union Square, but finding the door can be somewhat of a challenge. If you choose to wander down an alley and happen upon a red door, you have found your way. Once inside, walk to the end of the hallway and through a heavy door to find an industrial space with some of Boston’s best craft cocktails.

CONTINUED ON PAGE 10

Science expo takes place at Josiah Quincy Elementary School

BY LING-MEI WONG

A science technology, engineering, art, math (STEAM) expo took place at the Josiah Quincy Elementary School (JQS) on June 17. Students showcased STEAM-related projects and traveled around the building to view other class projects. Organizations Architerra, the JQS Green Team, Eversource and Solar City set up tables in the library so students could interact with STEAM professionals.

Science teacher Wai Chin Ng organized the expo and invited the guests. Architecture firm Architerra used props to demonstrate bridge safety, while BWSC brought water samples to show how it was purified. Other guests included ASME, Launch, Boston Harbor Islands and Liberty Mutual.

A science technology, engineering, art, math expo took place at the Josiah Quincy Elementary School on June 17. Architecture firm Architerra presented on the importance of civil engineer- ing for bridge safety. (Image courtesy of Ling-Mei Wong.)

Continued on page 10

Travel issue

第三十六屆波士頓香港龍舟節
華人青年協會奪三金

汪龍輝報導

波士頓一年一度的香港龍舟節於6月14日舉行。2015年波士頓龍舟節和龍舟會的第三十六週年。大波士頓地區, 紐約、羅德島、南卡羅來那州及加拿大等世界各地參賽的有六十三個龍舟隊, 參賽船員之多創歷年新高。華人青年協會的四隊奪三金、一銀。 一銀。

屆時，六十多隊的龍舟健兒們將在鐵鼓喧天聲中，掛著顏色鮮艷，船身輕盈的香港式龍舟，在查理斯河中激烈角逐。龍舟會激烈的競爭分組之間展開：金融組、醫保組、大學組、中國大學校友組、社區組、俱樂部組及女子組。競賽仍設癌症幸存者專賽，本年度龍舟賽及節慶由波士頓龍舟節委會主辦，由以下公司和單位贊助：香港金融貿易辦公室、達富銀行、Harvard Pilgrim Health Care、Ocean Spray、華人醫療中心、Eastern Bank、GPHomestay等。

龍舟賽事十四日清晨開始，文化節目則午間開場，贊助商、主辦方及特邀嘉賓為龍舟點睛。按照中國傳統習俗，龍在點睛之後騰飛升空，為點睛儀式增添聲勢的是劍橋中國文化中心和大波士頓文協的中國鼓和龍鼓隊。

HIGHLIGHTS

How to keep fit and healthy on the road
PAGE 10

Restaurant review: Vivi Bubble Tea
PAGE 11

點條新聞
旅途中文健地保持身材
中文第八版

餐廳指南：
Vivi奶茶店
中文第十一版
State Street Celebrates the Asian American Civic Association's Annual Gala

At State Street, we know that what we do today will have a tremendous impact on our future and the future of those we serve. That’s why our commitment to corporate citizenship is embedded in our culture, and why we are confident we can help lay the groundwork for a better tomorrow.

To learn more about State Street’s corporate citizenship, visit www.statestreet.com/cr.
Real Estate Salesperson Needed

South End based real estate broker looking for a licensed real estate salesperson fluent in Mandarin and with a strong command of the English language for listing appointments and showings. Will be accompanying one of our agents. Looking to hire ASAP. Salesperson will be brought in as needed, on a case-by-case basis, and will be paid flat rate plus commission. Must either have a real estate license or be willing to get one.

Event Calendar

Exhibition of Jade Buddha for Universal Peace

June 19 to June 28
275 Chestnut Street
Auburndale, MA 02351

The Quan Am Linh Ung Pagoda proudly sponsors one of the Wonders of the Buddhist World, the Jade Buddha for Universal Peace Exhibition. The statue was created to advocate the goodness of humankind in this world, state, city, and neighborhood regardless of which religion or belief we follow. For more information, please visit www.jadebudha.org.

Chinatown Bike-a-thon
Saturday, June 20
9 a.m.
Boston Common
Beacon and Charles Street

The Chinatown Bike-a-thon is a green and healthy fundraiser to support youth leadership. The rain date is June 21. For more information, visit http://cbapboston.org.

Free monthly legal clinic
Monday, June 22
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 cases. For more information, please visit www.quincyjuristresource.org or call (617) 472-2200.

Free tai chi classes
Tuesday, June 23
10 to 11 a.m.
Symphony Park
Edgerly Road and Norway Street
Boston, MA 02115

The Friends of Symphony Park will hold tai chi classes with Sifu Huai Zhang at Symphony Park in the Fenway. In event of rain, classes will be held indoors at 100 Norway Street.

Senior yoga classes
Thursday, June 25
10 to 11 a.m.
Symphony Park
Edgerly Road and Norway Street
Boston, MA 02115

The Friends of Symphony Park will hold senior yoga classes with Sifu Huai Zhang at Symphony Park in the Fenway. In event of rain, classes will be held indoors at 100 Norway Street.

Free yoga classes
Tuesday, June 23
6 to 7:30 p.m.
Boston Common
Frog Pond
38 Beacon Street
Boston, MA 02108

Yoga instructors will provide flow movements for people of all levels.

AACA gala
Friday, June 26
6 to 9 p.m.
Odyssey Boston
Roxbury Wholesale

The Asian American Civic will have its gala “Their Courage to be New” aboard the Odyssey Boston. For more information, contact Devika Thayanan at (617) 426-9492 or 231 or email devika.caacaboston.org.

Chinatown Main Street festival
Saturday, June 27
10 a.m. to 8 p.m.
Boston Chinatown
Chinatown Main Street
Boston Mayor Marty Walsh present the 12th Annual Chinatown Main Street Festival. For more information, visit www.chinatownmainstreet.org.

Naturalization workshop
Monday, June 29
1 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02111

The Asian American Civic Association naturalization workshop provides free instruction on filing naturalization applications, translated study material and much more. Please register with Melody Tsang at (617) 426-9492 x 9 or melody@aaaca-boston.org.

Chinatown Safety Committee meeting
Wednesday, July 1
10:30 a.m.
821 Washington Street
Boston, MA 02116

The Chinatown Safety Committee meeting will take place at the Double-Tree Hotel. The public is welcome to attend. For more information, visit tcbsoston.org.

Clean Up Chinatown Committee meeting
Tuesday, July 14
11 a.m.
87 Tyler Street
Boston, MA 02111

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

Computer class
Wednesday, July 23
9:30 a.m. to 12:30 p.m.
38 Ash Street
Boston, MA 02111

Tech Goes Home in BCNC teaches basic computer skills. After completion of all classes, individuals can buy an Acer 710 Chromebook for $50. Boston residents only, with preference for Boston Public School parents. Register with Wenjun Zhai at (617) 635-5129 x 1039, email wenjun.zhai@bcnc.net or fax (617) 292-6599.

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www.winncompanies.com/careers
Chinatown June meeting roundup: Clean Up Chinatown, TCC, CNC

BY LING-MEI WONG

The Clean Up Chinatown Committee met on June 9 at the Asian American Civic Association (AACA).

Chinatown will have two new Big Belly trash barrels, said Sgt. Emanuel Dorosario of the Inspectional Services Department. The locations have yet to be decided. Illegal dumping is the concern, as household trash dumped around the barrel may result in littering fines for nearby businesses. Commercial businesses are fined $50, while residential tickets are $25.

Sgt. Emanuel Dorosario spoke at the Clean Up Chinatown Committee meeting on June 9 at the Asian American Civic Association. (Image courtesy of Ling-Mei Wong.)

The committee is looking into cigarette butt recycling services and plans to meet with Boston city councilors and departments.

The Chinatown Coalition

The Chinatown Coalition had its monthly meeting on June 11 at the Boston Chinatown Neighborhood Center.

The Boston Public Health Commission (BPHC) gave a presentation on Chinatown health data compared to Boston as a whole from its “Health of Boston” report. Data collection is flawed, as the neighborhood boundaries differ from census tracts and ZIP codes, so the information may not reflect the neighborhood accurately, so the information may not reflect the neighborhood accurately, said Vivien Morris, BPHC director of the Office of Racial Equity and Health Improvement. The report can be found at www.bphc.org/healthdata/health-of-boston-report/Pages/Health-of-Boston-Report.aspx.

Richard Goldberg, AACA adult basic education director, gave an update on the agency’s 10 levels of English instruction and workforce programs in banking and building maintenance. The Next Steps Transitional English Program (Next STEP), which is levels six to 10, is ranked No. 1 by the Mass. Department of Education and Secondary Education among 82 community-based organizations for sending adult learners to college, with 39 of its students going to college between Sept. 1, 2013 and August 31, 2014.

Mike Nichols, chief of staff for the Greenway Conservancy, gave an update on Chinatown Park, the northern side of the Chinatown Gate maintained by the Chinese Consolidated Benevolent Association, which is maintained by the City of Boston. Boston plans to turn over park management to state authorities, which will transfer it to Greenway management. This is still in process.

CNC

The Chinatown/South Cove Neighborhood Committee met on June 15 at the Chinese Consolidated Benevolent Association.

Nichols also reported on the Greenway Conservancy Park at Hoo Park on the other side of the gate, which is maintained by the City of Boston. The committee sent an application to state authorities, which will turn it over to Greenway management.

The Greenway had planned to beautify the Dynasyt restaurant owned by Wilson Lee with a mural or wall wrap. Since then, Lee decided to explore commercial advertising instead, Nichols said.

Boston Creates seeks input for culture and arts citywide

BY LING-MEI WONG

An ethnic media roundtable on the Boston Creates arts and culture initiative took place on June 17 at City Hall.

Boston Creates is seeking community input from now until September for Boston’s Cultural Plan, ranging from ethnic festivals, music, art work and dance.

“Many of the arts community can reach out and participate,” Burros said. “But we’re really looking for artists to participate. We want to include everyone.”

Boston Creates seeks input for culture and arts citywide.

Answers on page 9.

Sudoku 数读

填满空格，让每一行和横列都有1到9的数字。每个小九宫格里也有1到9的数字，但一个数字在每行每列及小九宫格里都只能出现一次。答案在英文第九版。

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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June 19, 2015

Sampan NEWS

Boston seeks community input in city planning meeting

BY LING-MEI WONG

Corey Zehngebot of the Boston Redevelopment Agency spoke at a public meeting on June 10 at the China Trade Center, (Image courtesy of Ling-Mei Wong.)

A community meeting on Boston urban renewal took place June 10 at the China Trade Center, with about 50 attendees breaking into three groups to discuss in English and Cantonese.

The Boston Redevelopment Agency (BRA) is updating neighborhood goals for Chinatown, said Corey Zehngebot, BRA senior urban designer and architect. Urban renewal sites owned by the BRA in Chinatown include the Parcel 12 parking lot next to the Doublestree Hotel on Washington Street; Parcels 25, 26a and 26b next to One Greenway; the Parcel R-I parking lot on Tyler and Harvard streets; and Parcel A, where the Boston Chinese Evangelical Church is.

The BRA will coordinate with the City of Boston’s urban planning efforts for Boston 2030, which seeks neighborhood input for a comprehensive citywide plan, Zehngebot said. Chinatown is one of the densest neighborhoods for affordable housing, with 46 percent of the metropolitan and 40 percent of One Greenway designated affordable, a proportion nearly unheard of in other Boston neighborhoods such as Back Bay, Zehngebot said.

“Public realm” themes focused on more green space such as parks, while “neighborhood connectivity” looked at pedestrian environment and improve connections to the business district, Back Bay and South End. “Economic development” spoke to workforce and community development.

For more information, visit http://imagine.boston.gov or contact Zehngebot at urbanrenewal@boston.gov.

Gables II University Station
Westwood, MA

Forty-one 1BRs @ $1,275, Fourteen 2BRs @ $1,402
No Utilities included except water and sewer

Gables II University Station is a 220 unit apartment building on 85 University Avenue. 55 of the units will be rented to households with annual incomes not exceeding 80% of AMI adjusted for family size as determined by HUD. The community at Gables II University Station features a clubhouse area with a pool, lounge, conference room, and fitness center.

Maximum Household Income Limits are:
$48,800 (1 person), $55,800 (2 people),
$62,750 (3 people), $69,700 (4 people)

A Public Information Session will be held at 6 pm on June 30th, 2015 at the Westwood Public Library Community Room (660 High St).

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2:00 PM on August 11th, 2015

The Lottery will be held on September 2nd, 2015 at 6 PM in same location as the info session above.

For Details on Applications, the Lottery, and the Apartments, or for reasonable accommodations for persons with disabilities, call 617.782.6900 (press x1 then x 3) or go to: www.c-e-h.com/lottery

Applications and Info also available at the Westwood Main Library on 660 High Street
(Hours: M-W 10-9, Th 1-9, F 10-6, Sa 10-5, Su 2-5).

BCNC reviews year of community work and expansion into Quincy

BY LING-MEI WONG

Boston Chinatown Neighborhood Center (BCNC) hosted its annual meeting on June 16 at its 38 Ash Street headquarters.

BCNC executive director Giles Li spoke on the agency’s one-year milestone at its Quincy location. He also spoke on its new programs for the Chinatown/South End Collaborative to train new immigrants for the workforce, the Build a Better Life financial program and funding for its parent engagement program to be replicated in the Haitian community in Mattapan.

Charlestown High sophomore Kelly Kuang, 16, spoke about how BCNC helped her parents and 6-year-old sister Anna, when they arrived in Boston from Hong Kong in July 2014. Anna needed services for her special needs, with BCNC assisting with school enrollment, social service and health care.

“We are thankful to BCNC who always support us and understand us,” Kelly Kuang said.

Rahn Dorsey, chief of education for the City of Boston, spoke about reducing opportunity and achievement gaps through community work.

BCNC board president Selina Chow thanked outgoing board members Christopher Lam and Carissa Wong-Sauve for their service. Replacing them are Christopher Lam and Carissa Wong-Sauve for their service. Replacing them are Julia Kuo, Russell Chin and Shari Wyner Narva.

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Supermarket employment graduation celebrates inaugural class of seven

BY THE CHINATOWN/SOUTH END COLLABORATIVE

The Occupational Skills Training for Supermarket Employment graduated its first class of seven students on June 11. The Occupational Skills Training for Supermarket Employment is provided by the Boston Chinatown Neighborhood Center, the Chinese Progressive Association, BEST Corp., and the Massachusetts Worker Education Roundtable as part of the Chinatown/South End Collaborative.

The Collaborative partnered with Whole Foods Market and Roche Bros. Supermarkets to provide a 14-week training to provide low-income immigrants with English, customer service and mainstream job search skills to obtain employment in the supermarket and customer service industry. The program is supported by the Neighborhoods Jobs Trust of the City of Boston.

The next cycle will begin August 17 and will run Monday to Friday, 9:30 a.m. to 12:30 p.m. Students can apply at the Chinese Progressive Association at 28 Ash Street in Boston Chinatown, or call (617) 357-4499 or email mark@gapaboston.org.

A lottery will be conducted for the initial lease-up and creation of a waiting list.

For Section 8 and MRVP Project Based Units

The Occupational Skills Training for Supermarket Employment graduates were also eligible for units subsidized by the Section 8 and MRVP Program.

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<th>Household Size</th>
<th>One</th>
<th>Two</th>
<th>Three</th>
<th>Four</th>
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<td>$68,000</td>
<td>$72,800</td>
<td>$77,600</td>
</tr>
</tbody>
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*For Section 8 and MRVP Project Based Units

They will also be available by mail calling 978-256-7425 x10/TTY/TDD (800)720-3480, via email at info@chelmsfordha.com, and at the following websites: www.chelmsfordwoods.com or www.chelmsfordha.com. An information session has been scheduled for July 13, 2015 at 10 Wilson Street, Chelmsford, MA 01824 AT 7:00 p.m.

Occupancy is estimated to be November and December 2015.

All applicants will be notified by mail with an expiration date of August 17, 2015 at 4:00 p.m. for the initial lottery. All applicants will be notified by mail with an expiration date of August 17, 2015 at 4:00 p.m. Applicants who do not receive a lottery notice will be available to the public for units subsidized by the Section 8 and MRVP Program.

Chinatown crime blotter for June 5 to June 19

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from June 5 to June 19 for District A-1, which includes Chinatown.

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

Breaking and entering
June 5, 5 p.m.: The two suspects were arrested on Essex Street for breaking into an abandoned apartment.

Warrant arrest
June 6, 5 p.m.: The suspect was arrested on Essex Street for outstanding warrants issued out of New Bedford District Court.

Breaking and entering
June 8, 8:31 a.m.: The suspect arrested for breaking into a residence located on 17th Street.

Larceny in a building
June 9, 11:15 a.m.: The victim reports an unknown person stole her backpack while she was working out at the YMCA on Oak Street.

Drug
June 11, 11:30 p.m.: The suspect was arrested on 3rd Street for drug offenses.

Licensed premises violation
June 11, 1:25 a.m.: The restaurant on Washington Street was issued a citation for having an expired Inspectional Services Certificate.

Visa for Chinatown Library reveals need for local branch

BY KIMBERLY SITU

“A library is critical resource for the Chinatown community, and the time for a Chinatown Library is now.” This was one of the central messages from the Chinatown Library Community Meeting hosted by the Chinese Youth Initiative (CYI) in partnership with the Chinatown (Lantern) Cultural Center Committee (CCC) on June 8 at the Josiah Quincy School.

“I grew up going to the Chinatown Library in San Francisco and want my son to be able to have that same opportunity here in Boston’s Chinatown,” said Carolyn Rubin, chair of the CCC, a community advocacy group for the Chinatown Library. She welcomed attendees to the meeting with a personal story that connected to the community vision of a Chinatown library as a multi-generational and multi-purpose space.

The major service needs presented from focus groups conducted by CYI of youth, parents, and elderly had a central theme of bilingual services, preserving Chinese culture and community history, as well as furthering education and skills. Among some of the spaces that focus group participants wanted to see in a library were community spaces for relaxation and programming, computer access, as well as cultural history rooms. Youth discussed the changing role of modern day libraries from spaces that primarily provide books to spaces that serve multiple generations by acting as a community cultural center, safe space for community gatherings, resource for furthering community members’ higher education preparedness and job training while also providing access to resources for immigrants and access to entertainment and fun.

Director of Boston Public Library branches Christine Schonhart, the Mayor’s Chinatown/Downtown liaison Dennis Ching and representatives from City Councilors Michelle Wu and Michael Flaherty’s offices and state Rep. Aaron Michlewitz’s office attended the community meeting.

Chinese Youth Initiative and the Chinatown (Lantern) Cultural Center Committee members hosted concluded its asking for a commitment from the Boston Public Library, the Mayor’s Office and City Council to prioritize a Chinatown Library within next year’s budget.

Visions for Chinatown Library celebration kicks off in South End

BY THE BOSTON CHINATOWN NEIGHBORHOOD CENTER

Quincy Mayor Tom Koch with Giles Li, BCNC executive director, at the Savor the Flavor reception for BCNC’s Quincy programs on June 6. (Image courtesy of BCNC.)

Savor the Flavor, the inaugural reception for BCNC’s Quincy programs, took place June 6 at the Quincy Center for Innovation.

Guests sampled Asian cuisines including Japanese sushi, Vietnamese chicken salad, Cantonese dim sum, Shanghai noodles, pork buns, tea tasting and dessert mango pudding.

JP Fuji Group was selected as a best restaurant amongst attendees.

A graduation for the Occupational Skills Training for Supermarket Employment class took place June 11 at 28 Ash Street. (Left to right) Back row: Joe Curtin (Roche Bros.), Trinh Nguyen (Mayor’s Office of Workforce Development), Siu Mahana (Roche Bros.), Kris Arwood (Whole Foods), Mark Liu (Chinese Progressive Association), Shirley Doan (Boston Chinatown Neighborhood Center), Marie Downey (BEST Corp.), Lydia Lowe (Chinese Progressive Association), Vroselyn Benjamin (Mayor’s Office of Workforce Development), Debbie Campbell (Castle Square Tenants’ Organization). Front row: Graduates Weiyi Huang, Hui Hui Jiang, Henry Wu, Kitty Liang, Wendy Liu, Connie Chen. (Image courtesy of Ling-Mei Wong.)
How to prevent obesity

By Dr. Harmony Allison, Tufts Medical Center

Over the past 25 years, the number of people with obesity in the United States has grown from less than 15 percent of the population to almost 30 percent of the population. Obesity is medical term that looks at a person’s height and weight and calculates a “body mass index” or BMI. A normal BMI is 18.5-24.9. Someone is overweight if he/she has a BMI 25-29.9 and is obese if the BMI is greater than 30. If you have a disease that is related to obesity then you are “morbidly obese.” In other words the extra weight is causing you to be “sickly fat.” There are numerous diseases connected with obesity, including heart disease, some cancers, gastroesophageal reflux disease, and diabetes as well as back and knee pain.

Obesity is a complex disease. We do not understand all of the causes nor do we completely understand why so many more people have become obese. Genetics, medical conditions, age, physical inactivity, medications, food intake and the environment all play a role in developing obesity.

In genetic studies of twins who have been raised apart, there is a high likelihood that if one twin is overweight or obese then the other twin will also be overweight or obese. Furthermore, if your mother or father is obese, you are at greater risk for obesity.

There are some disorders that can cause weight gain. These include an underactive thyroid, polycystic ovarian disease and Cushing’s disease. Your primary care provider can help to determine if you need to be checked for one of these diseases.

Medications may cause weight gain. Some of these medications include antidepressants, steroids and anti-seizure medications. They do this by holding onto water, increasing your appetite or slowing down how quickly you can burn energy (“slow your metabolism”). If you are on any of these medications and have noticed a weight gain, speak with your primary care physician.

As you age, you can also gain weight. This is due in part to a loss of muscle mass. When you lose muscle mass you do not burn calories as quickly. In older women, this is mostly due to change in eating habits and decreased physical activity however menopause does play a role. The majority of woman gain about five pounds during menopause and this tends to be around the waist as opposed to around the hips.

Although there are a number of factors that can contribute to weight gain, the vast majority of obesity is caused by too much food intake and too little physical activity. The energy we get from food must be equal to or less than the energy we use. We use a certain amount of energy just by breathing and digesting. When we do physical activity such as walking, running or dancing, we use even more energy. However if you eat large portions of food and/or high calorie food, then you tip the balance towards weight gain instead of maintaining weight or losing weight.

The environment that we live in has also been linked to obesity. We are surrounded by advertisements for unhealthy food choices. Food that is high in calories, high in fat and low in nutritional value. Some neighborhoods lack safe sidewalks or safe places to exercise outdoors. There are neighborhoods that do not have access to healthy foods such as fruits and vegetables. Furthermore, healthy food choices can be very costly.

Losing weight and/or maintaining a healthy weight can be very difficult. Part of this is because of factors that we have no control over. However, there are numerous things that we can do to either help maintain weight or lose weight. Speak to your primary care provider about your weight concerns. He or she can review your symptoms, medications and diet to help you reach your healthy weight goal. Your physician may refer you to a specialist in nutrition or to a center that focuses on weight loss.

About the author

If you have any questions, you can schedule an appointment with Dr. Harmony Allison by calling (617) 636-5883. Dr. Allison, MPH, MS, is board certified in internal medicine and gastroenterology. She is an assistant professor of medicine at Tufts Medical Center in the division of gastroenterology.

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.

The work under this Contract consists of the temporary and permanent relocation of MBTA power, signal, and communications systems; the site preparation, excavation, and grading; traffic signage, and traffic controls; the construction of the roadway by lowering profile and adjusting existing utilities in two stages; the installation of temporary abutment and pier extensions for staging area; the pre-assembly of proposed concrete encased steel beams (CESB) bridge superstructure; the demolition of the existing bridge superstructure; the placement of the proposed bridge superstructure; the construction of precast approach slabs; the repairs of existing abutment and pier walls; the placement of roadway top course and pavement markings.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation 80 percent.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
How smoking can cause COPD

BY STEPHANIE HON, MD AND KARI ROBERTS, MD

Chronic obstructive pulmonary disease (COPD) is a term that describes a group of progressive and disabling lung diseases including chronic bronchitis and emphysema. COPD is the third leading cause of death in the world. More than 15 million Americans have COPD and as a result experience reduced activity levels, reduced quality of life, and a reduced life span. Nine out of 10 cases of COPD are due to a present or past history of smoking.

What is COPD?
COPD is a disease that causes swelling and thickening of the airways, as well as destruction of the delicate air sacs of the lung that deliver oxygen to the blood. While normal healthy lungs are very flexible and elastic, the lungs of people with COPD become scarred and stiffen, making it harder and harder to breathe.

What causes COPD?
Without question, the most common cause of COPD is smoking. Cigarette smoke contains more than 7,000 chemicals that are toxic to the lungs. Inhaling these toxic substances damages the lungs and leads to COPD. Exposure to other inhaled toxins, such as may be found in air pollution or the dust and fumes created in some industries, can also cause COPD. In rare cases, COPD can be caused by genetic or inherited factors, sometimes even in the absence of an inhaled exposure.

What are the symptoms of COPD?
COPD develops gradually over years. At first, COPD causes no symptoms. As it gets worse, people with COPD may have some or all of the following symptoms:

• Chronic cough
• Sputum production
• Difficult or labored breathing
• Wheezing

How do I know if I have COPD?
If you have the symptoms of COPD, or are over 40 and have smoked for longer than five to 10 years, you should ask your doctor if you have COPD. Doctors use a simple test called spirometry to diagnose COPD. This test measures how deeply you can breathe and how fast air moves out of your lungs. You will be asked to take a deep breath in and blow out through a tube.

What treatments are available for COPD?
There is no cure for COPD, but there are several things that you and your doctor can do to make your breathing better.

• Medication: There are a variety of medications, many of them in the form of an inhaler, that are used to treat COPD. If you have COPD, you should work with your doctor to find the medications that will help you to breathe easier, be more active and avoid flares of COPD. For times when symptoms are worse, you might need to take additional medicines such as steroids or antibiotics.
• Oxygen: Every person needs sufficient oxygen to fuel their life and activities. In some people with COPD, the lungs are so damaged that they need help to deliver enough oxygen to the body. Using extra oxygen can help decrease breathlessness and increase activity levels.
• Pulmonary rehabilitation: For patients with COPD participation in a regular, supervised exercise program can not only make your body stronger and your breathing more efficient, but it can also teach you how to manage your COPD symptoms.
• Avoid the flu! You should get the influenza vaccine every fall as soon as it is available. In addition, during flu season (late fall to late spring) avoid contact with people and family sick with the flu. You should also ask your doctor about the pneumonia vaccine.

What steps can I take to prevent COPD?

About the authors
Dr. Stephanie Hon and Dr. Kari Roberts work at Tufts Medical Center. Dr. Hon is a second year resident in internal medicine and Dr. Roberts is a pulmonary specialist. Dr. Roberts and her colleagues see patients with lung diseases at the Pulmonary Clinic at Tufts Medical Center. To make an appointment, call (617) 636-6377.

Learn Chinese
It's raining!

下雨了！
xià yǔle
ABC Head Start celebrates 50 years

South Cove Manor dedicates Wall of Honor

CYPN sweeps Boston Dragon Boat Festival

A forum on regionalization took place June 9 at ABCD. (Left to right) Back row: BCNC executive director Giles Li, undersecretary of the Massachusetts Department of Housing and Community Development Chrystal Kornegay, ABCD executive vice president Sharon Scott-Chandler. Front row: Massachusetts Association of Community Development Corporations president and CEO Joe Kriesberg, Metropolitan Area Planning Council assistant director of data services Timothy Reardon and James O’Day, Mass. Representative (D-West Boylston). (Image courtesy of Ling-Mei Wong.)

Forum explores regional approach to local problems

By Ling-Mei Wong

An ABCD Solutions forum “Regionalization: The answer to gentrification without displacement?” took place June 9 at ABCD’s 178 Tremont Street headquarters. The four panelists were moderated by Joe Kriesberg, president and CEO of the Massachusetts Association of Community Development Corporations (MACDC).

Boston’s hot property market is seeing gentrification in many neighborhoods, with Mayor Marty Walsh planning to add 53,000 housing units by 2030. However, Boston residents are moving out to other communities, so the greater Boston region as a whole needs more housing, said Timothy Reardon, assistant director of data services, Metropolitan Area Planning Council (MAPC).

Kriesberg noted Boston’s rising property values create problems but are preferable to a declining market such as his hometown of Detroit, when people leave in droves.

Chinatown service provider Boston Chinatown Neighborhood Center (BCNC) opened its Quincy office in 2014 in response to a dearth of social services in the area, said Giles Li, BCNC executive director. While it has a rich 45-year history in Chinatown, it is a newcomer on the South Shore.

“We want to use our standing in more than one place to build an understanding of what it means to be regional,” Li said. The agency goes by “BCNC” in Quincy, which is familiar to constituents who used to visit Chinatown for services.

Gateway cities such as Worcester are becoming more attractive for lower housing costs and additional jobs in manufacturing, said James O’Day, Mass. Representative (D-West Boylston). He added that high-quality education will be important for strengthening the region as a whole.

As city and state government agencies offer services such as public transit, they must work across borders. “Wanting to live in Massachusetts is spreading across communities, which is strange and exciting as we don’t have the same transit system,” said Chrystal Kornegay, undersecretary of the Massachusetts Department of Housing and Community Development. “We see how being hyper local does not serve people well.”

Reardon added construction of new housing was essential to balance demand.

“A single affordable unit costs $300,000 to build, so we need private help to subsidize this. Production at middle- and higher-income levels have an impact and affect pricing.”

The next Solutions panel will take place on Sept. 15.

Chinese Young Professional Networking’s four teams had a strong finish at the Dragon Boat Festival on June 14 at the Charles River. (Image courtesy of Jianghe Niu.)

Members of the Gee How Oak Tin Family Association visited South Cove Manor at Quincy Point recently to celebrate the unveiling of the organization’s capital campaign: Wall of Honor. The group also visited the Resident Courtyard designated in their name as a result of their generous $100,000 gift. The group gathered in front of the courtyard fireplace and the wall where the Gee How Oak Tin plaque is displayed. (Image courtesy of South Cove Manor.)

Spectators watched brightly colored dragon boats, piloted by paddlers from Massachusetts, Rhode Island, New York, South Carolina and Toronto Canada, as they race down the Charles River from Western Avenue Bridge. The festival was sponsored in part by the Hong Kong Economic and Trade Office, Harvard Pilgrim Health Care, Ocean Spray, South Cove Community Health Center, Eastern Bank, GP Homestay and Boston Dragon Boat Festival Committee.

Located by John W. Weeks Foot Bridge on the Charles River between JFK Avenue and Western Avenue, the festival featured 63 teams competing in categories designated with special races and medals for the Colleges including Chinese University Alumni, Financial Institutions, Health Care, Women’s, Club, Community and Recreational, and Cancer Survivors Divisions.

Sponsors, founders and committee members painted the eyes of the dragonhead on each boat at the dock on Boston side. This is an ancient Chinese ceremony that is believed to enable the dragon to soar with the utmost power. The Eye-dotting Ceremony took place with the accompaniment of traditional Chinese drumming along both banks of the Charles by drummers from Greater Boston Chinese Cultural Association and Cambridge Center for Chinese Culture.

Sudoku puzzle

The Sudoku puzzle is on page 4.

Sudoku solution 數獨答案

數獨迷題在英文第四版。

The Sudoku puzzle is on page 4.
How to keep fit and healthy on the road

BY STATEPOINT

Even the most disciplined exercisers face fitness hurdles when traveling: from varied schedules to unhealthy foods to the lack of fitness equipment. Nonetheless, experts say that maintaining a healthy lifestyle is absolutely possible while traveling.

"The key to successfully traveling and maintaining the familiarities of home is recognizing portholes and working to avoid them. Whether a consistent schedule is upholding a conservative bedtime, writing, reading, fitness or healthy eating, you can actually return from your next trip with more discipline than when you left," said Tom Seddon, chief marketing writing, reading, fitness or healthy eating, you can actually return from your next trip with more discipline than when you left," said Tom Seddon, chief marketing officer of Extended Stay America.

No matter where your travel leads, you can stay healthy with these savvy tips:

- **Plan ahead:** Set the foundation for fitness success by packing workout essentials like lightweight sneakers. Many hotels now provide laundry facilities for guests. Use this to your advantage and bring your essentials like lightweight sneakers. Many hotels now provide laundry facilities for guests. Use this to your advantage and bring your own food can cut down on excess calories.

- **Pack light:** When you use your own body weight, no equipment is required to get your heart rate up and work your muscles. Start with a short warm-up of jogging in place, high knees, burpees or jumping jacks. Depending on your fitness level, complete 10 to 50 reps of pushups, alternating lunges, dips, squats and sit-ups or crunches.

- **Pack right:** Accept the challenge of weight resistance while skipping the need for dumbbells with feather-light equipment such as jump ropes, resistance bands and ankle weights. These full-body workout additions take up less space in your suitcase than a hairdryer.

- **Fill the fridge:** If you’re going to be away for a long time, consider staying at an extended-stay-style hotel or an accommodation with a kitchen or small fridge. Stop by the grocery store before checking in. Having your own food can cut down on excess calories. Stock up health snacks and non-perishables or pick up supermarket shortcuts to prepare nutritious meals in the room.

- **Get fresh air:** Try booking a hotel near a park or recreational area. A brisk walk or run is great way get pumped for the day’s activities or help unwind from a busy day.

- **Get Zen:** Yoga is a quiet and relaxing way to unwind, stay flexible and gain strength. If you don’t have room for a yoga mat in your suitcase, use a towel. Practice your favorite yoga and Pilates poses and moves in the comfort of your room.

- **Stumbling upon little known facts:** Discover what you never knew about the afternoon tea party in The Boston Public Library or even occasion-

- **Theater:** Divulging capital- ally bizarre stories of a wood-fired pie. Some order off the menu and some go for the “secret poetica,” which changes with the chef’s mood, like the recent pie including soppressata, basil and scrambled eggs. 

- **Kitchen Kibitz:** A pop up eating experience and supper club focused on modern Jewish cuisine. For each pop up dinner, Kitchen Kibitz pairs up with a different Boston chef to create new takes on old-world recipes. Tickets sell out quickly to those looking for unique, never repeated dining experiences.

- **Take your tea at the Boston Public Library – Boston, MA:** Even some Boston natives do not know about the afternoon tea party in The Boston Public Library every Wednesday, Thursday and Friday. Choose from a selection of tea sandwiches, scones and petit fours with loose-leaf teas at the Courtyard Restaurant at the McKim building, which overlooks the Hultian courtyard.

- **Grab a secret slice at A4:** Pizza joint A4 attracts hipsters from all corners of Somerville in their search of a wood-fired pie. Some order off the menu and some go for the “secret poetica,” which changes with the chef’s mood, like the recent pie including soppressata, basil and scrambled eggs.

Stumbling upon little known facts

- **Take a historical, hysterical tour of Harvard University – Cambridge, MA:** Discover what you never knew about the Titanic, rebellious pig roasts, pranks played by the Harvard Lampoon and even a secret room inside the Widener Library. A costume guide will lead the Historical, Hysterical tour of Harvard University divulging captivating, hilarious and even occasionally bizarre stories from nearly 400 years of history.

- **Wander on a Little Lanes Tour~**

- **Wander on a Little Lanes Tour~**

- **Hidden treasures**

- **Gaze at the stars at the Museum of Science:**

- **Astronomy After Hours offers an evening of stargazing into the starry, starry night on the Museum of Science rooftop. Between 8:30 p.m. and 10 p.m. every Friday, the FEED FM Observatory to view the stars, planets and the Moon. Astronomy After Hours runs seasonally from the first Friday in March to the last Friday before Thanksgiving.

- **Step into a secret garden in Kendall Square:**

- **Another rooftop nearby stands a secret garden housing winding side-walks, living shrubbery, miniature trees, and picnic tables for afternoon lunches. This garden sits atop 4 Cambridge Center parking garage six stories high.

- **Gaze at the skyline from Mount Auburn Cemetery ~ Cambridge, MA:**

- **The extensive views of the Boston skyline, but some of Hollywood’s top directors and actors deem Mount Auburn Cemetery to be the best lookout spot. A few blockbusters filmed in the cemetery include “Gone Baby Gone,” “Edge of Darkness” and “R.I.P.D.” This cemetery was founded in 1831 and also holds distinction as America’s first garden cemetery. Many of Boston’s finest historical figures are buried in this cemetery including Clement M. Morgan, the founder of the NAACP, cookbook author Fannie Farmer and over 95,000 more."
TRAVEL

Sheep flock to Chinatown

A pair of sheep sculptures gather in the Chinatown Park along the Greenway on June 11. A total of 10 sheep will be out until October, made of coated paper designed to withstand the elements. This year’s Chinese zodiac animal is the sheep. (Image courtesy of Ling-Mei Wong.)

Cruise ship ‘The Spirit of Boston’ undergoes renovation

The Spirit of Boston cruise ship underwent a $2.5 million renovation and will resume cruises this month. (Image courtesy of Ling-Mei Wong.)

Restaurant review: Vivi Bubble Tea

BY ELLEN DUONG

With summer just around the corner, there’s buzz in Quincy about Vivi Bubble Tea, a New York-based Taiwanese café that opened on Hancock Street.

Vivi Bubble Tea packs a whole lot of personality into a rather small, unassuming space. Walk in and you are greeted with splashes of color,-cute skull logos and blaring Mandopop music.

Vivi Bubble Tea serves both hot and cold teas, and they strive for the most authentic Taiwanese taste by only using ingredients shipped directly from Taiwan. It is no wonder the teas are so popular among the Asian community in Quincy.

The Japanese matcha milk tea with boba ($3.75) was sweet and refreshing, and it paired well with the aromatic Hong Kong egg puffs ($3.75), which were crispy on the outside and soft on the inside. There is a glass viewing station where you can watch the server prepare your egg puffs.

The tender and delectable popcorn chicken ($4.95) comes in five flavors: salt and pepper, garlic, basil, curry, and spicy. Each bite packs a burst of flavor and spice. With reasonable prices, a hip atmosphere and a delicious menu of food and drinks, Vivi Bubble Tea is definitely worth paying a visit if you are in Quincy.

Vivi Bubble Tea Cafe
389 Hancock Street
Quincy, MA 02171
(617) 770-0088
www.vivibubbletea.com

Vivi Bubble Tea’s Japanese matcha milk tea with boba. (Image courtesy of Ellen Duong.)
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