Teenagers learn about smoke-free homes

BY BOSTON ASIAN YOUTH ESSENTIAL SERVICE

Melissa, 15, lives in Castle Square and said, "I smell smoke almost every single day. I’ve spoken to my neighbors but they keep denying it. I don’t know who to blame, the tenants or the [management] office." According to our data, 11.1 percent of the teenagers had household members suffering from health issues, such as diabetes, circulation issues, heart problems and asthma. "It saddens me to see my dad going in and out of the hospital every now and then due to his lung problems from smoking. Now he can’t spend as much time with me like he used to," said Joshua, a 16-year-old who lives in Mass Pike owners.

Surprisingly, 64.7 percent of the teenagers surveyed said they were not concerned about secondhand smoke but would still support a smoke-free home policy. Numerous teenagers said, "Instead of telling someone to quit smoking, why don’t we tell them to smoke somewhere that doesn’t affect other people?" This shows that regardless of the individual’s choices, they would prefer to work toward a common goal for others. On the other hand, teenagers aren’t the only ones who support smoke-free homes policies. According to other data we compiled, 93.7 percent of 63 adults surveyed also support smoke-free homes policies.

We want to encourage people to live smoke-free and choose smoke-free homes, but the surveys reveal that even without persuasion, the community already opts for better lifestyles for themselves and for their futures.

This article was written by YES interns as smoke-free advocates, who were supported by Tufts Medical Center’s Asian Health Initiative and the Dana Farber Cancer Institute’s Jimmy Fund.

What is cholesterol?
Is it good or bad for you?

BY LOUISA POON, REGISTERED DIETITIAN

Cholesterol is a waxy, fatty substance in our body. Cholesterol is not only from food, as our bodies make cholesterol too. We need a certain amount of cholesterol because it helps to make body cells, hormones, vitamin D and bile acid to digest food.

There are different forms of cholesterol: High-density lipoprotein (HDL) cholesterol (good cholesterol), low-density lipoprotein (LDL) cholesterol (bad cholesterol) and triglycerides. The good cholesterol helps to pick up excessive cholesterol in your blood and brings it back to your liver to break down. The higher your good cholesterol is, the better, because it protects you from heart disease. However, if the LDL cholesterol and the triglycerides levels are high in your blood, you may have a higher chance of suffering from diseases like coronary artery disease (CAD), strokes and atherosclerosis.

Risk factors for high cholesterol include smoking, obesity, large waist circumference, high fat diet, lack of exercise, high blood pressure and diabetes. It is important to know your cholesterol level.

Asian Community Development Corporation

wishes you a prosperous and joyful August Moon!

ACDC invites you to our
10th annual Films at the Gate film festival
August 27-30, 2015 at the Chinatown Gate!

General cholesterol targets

- LDL: 70-130 mg/dL (lower numbers are better)
- HDL: more than 50 mg/dL (high numbers are better)
- Triglycerides: 10-150 mg/dL (lower numbers are better)
- Total cholesterol: less than 200 mg/dL (lower numbers are better)

A lot of people are trying to limit cholesterol in food consumption to avoid high cholesterol in the blood. But studies show that cholesterol in food has only a limited effect on blood cholesterol. A high saturated and trans-fats diet raises LDL cholesterol levels far more than a high cholesterol diet. However, it is not recommended to eat a diet high in cholesterol.

Saturated fats are found mostly in animal products such as dairy, poultry with skin, pork, pork skin, lamb, beef and lamb. Plant products high in saturated fats are palm oil and coconut oil. Avoiding saturated fats in your diet can help keep your cholesterol in the target range. For example, removing the skin off chicken, trimming the fat layer off pork or beef or selecting the leanest cut of meat will help to cut back on saturated fats in one’s diet. Moreover, using oil high in monounsaturated fat such as grapeseed oil and olive oil helps to improve cholesterol levels in the blood. It is better to bake, braise, steam or even eat without it.

Tras fats are mostly created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid, which is very bad for our health. For example, partially hydrogenated oil found in most foods will raise your bad cholesterol and lower your good cholesterol. Many states and cities in United States, like California, Boston, Philadelphia and New York City, have banned the use of trans fats. But it’s important to be mindful of the fact that trans fats are still in many foods on the market. Read the food label to see if you can identify the trans fats!

About the author

Louisa Poon is a registered dietitian and has over 10 years of experience working with patients with kidney disease, diabetes and overweight issues. She is a full-time renal dietitian at DCCI Boston and a part-time consultant at Tufts Medical Center for a research study in gastrointestinal disease. She is fluent in both English and Cantonese.
How to find a job: Interview tips

BY CYNDY CHAPIN, ASIAN AMERICAN CIVIC ASSOCIATION DIRECTOR OF EMPLOYMENT SERVICES

In our last article, we discussed the three "P's"—Perception, Presentation, and Professionalism—when sending out resumes and cover letters to employers. In this article, we will discuss interview tips over the phone and how to prepare for an in-person interview.

Phone interview tips

After you have submitted your professional resume and cover letter, be prepared for the telephone screening or interview and the in-person interview. Telephone screenings are tricky for people who consider English as their second language. Record a professional message for your voice mail so the caller perceives you as someone who understands the importance of making a good impression or presentation. Keep the message simple and to the point, such as "Hello, you have reached Jane Doe. I am unable to answer the phone right now. Please leave a brief message and I will return your call as soon as possible."

Make sure you are prepared to answer questions about the job that you applied to on the spot when you answer the telephone. Keep a copy of your resume on you at all times so that you can refer to it when asked specific questions. Keep a small pad of paper and a pen to write down questions and information. Do not answer the telephone if you are in a place where you cannot take a call and talk.

Listen to the questions asked and take a few seconds to answer them briefly. If the telephone interviewer wants more information, they will ask or arrange for a follow-up conversation. Make sure you write down the caller's name, telephone number and email address if possible.

Ask questions! Asking what are the next steps is always good because you show interest in going forward and you will get a better sense of the time frame of the hiring process.

In-person interview tips

Once you pass the telephone screening, the in-person interview is the next place to make your best impression amount show you are the perfect fit for the job.

Dress professionally. Think about the job you are interviewing for and dress just a little bit better than you would for the job itself. Wear limited jewelry and no perfume or cologne. Arrive no more than 15 minutes early and shut off your phone once you are in the waiting room.

Once you meet the person or people interviewing you, make sure you extend your hand and give them a firm handshake, look them in the eye and smile. Say hello, along with your first and last name. This will allow the interviewer to give their first and last name, so you can make a note of it for your thank you response.

In the interview, answer the questions asked and be short and to the point. Do not respond to interview questions.

There are four questions you can count on to be asked in most interviews.

1. First, "tell me about yourself." This means introducing yourself in a way that pertaining to this job. The employer does not want to know what country you are from or if you own a home. Your employer wants to know about the experiences and strengths that you bring to this job.

2. The second and third likely questions are about your strengths and weaknesses. The employer is looking for the strengths you bring to the position, so talk about one of the top three requirements listed in the job position as your strength.

3. Your weakness is more difficult. You want to make sure your weakness is not something that is needed to be successful in the position. You don't want to say it is language skills if communication is important to the job. When you decide on a weakness, you should also find a way to show how you resolved that weakness.

4. The fourth and final question concerns what you know about the company or why you want to work for the company. To successfully answer this question, you should go online and research the company, paying close attention to their mission statement and core values.

After the interview, have at least three good questions to ask. Some examples are:

• If I am offered this position, what training will be provided?
• How long have you been working here and what is your favorite aspect about your job?
• What are the next steps in this interview process?

If you don't ask questions, you give the perception that you are not actually interested in the job.

Thank you letter

Last but not least is the thank you e-mail. Today, e-mailing an employer after an interview is the acceptable way to convey your appreciation for their time and consideration. You can post your thank you response in the body of the e-mail or you can attach a thank you letter.

Regardless of which method you choose, please make sure you send a thank you letter. This is also a chance to include any relevant points that you might have missed in the interview.
Independent Bank Corp. and Rockland Trust Company appoint Frederick Taw to board of directors

By INDEPENDENT BANK CORP.

Frederick Taw was named a board member of Rockland Trust, owned by Independent Bank Corp. (Image courtesy of Independent Bank Corp.)

Independent Bank Corp. (NASDAQ: INDB), parent of Rockland Trust Company, announced the appointment of Frederick Taw as a Class I Director of Independent. Rockland Trust also appointed Taw to its Board of Directors.

“We are extremely pleased to welcome Fred Taw to our Board,” said Donna L. Abelli, Chair of both the Independent and Rockland Trust Board of Directors. “Fred’s knowledge of the Greater Boston market will help provide insight into the needs of the diverse communities that Rockland Trust serves.

Taw is the owner of the Golden Temple, a well-known neighborhood restaurant in Brookline, Massachusetts. He has a long history of community service and is active in a number of local Asian service organizations, including the South Cove Community Health Center. Taw has been involved with South Cove since its inception in 1972 and previously served on the organization’s Board of Directors. South Cove is the premier Asian community health center of Massachusetts, serving 30,000 patients a year. Taw was instrumental in South Cove’s expansion from one office in Boston’s Chinatown to two campuses in Boston and one in Quincy. Taw resides in Newton, Massachusetts with his wife Yebin Chen and their daughters Kelly Zhang and Natalie Taw.

“My father taught me that everything in life derives from the personal relationships that you nurture,” Taw said. “I am honored to join the Board of Rockland Trust, a bank which understands the critical importance that relationships play in business and day-to-day life.”

Taw is 65 years old. His term as an Independent Bank Corp. Director expires at Independent’s 2018 Annual Shareholder Meeting.

About Independent Bank Corp.

Independent Bank Corp. has about $7.0 billion in assets. Independent is the holding company for Rockland Trust Company, a full-service commercial bank headquartered in Massachusetts. Rockland Trust offers a wide range of banking, investment, and insurance services to businesses and individuals through retail branches, commercial lending offices, investment management offices, and residential lending centers located in Eastern Massachusetts and Rhode Island, as well as through telephone banking, mobile banking, and the internet. Rockland Trust, which was named to Sandler 2014 Sm-All Stars list of top performing small-cap banks and thrifts in the country, is an FDIC Member and an Equal Housing Lender. To find out why Rockland Trust is the bank “Where Each Relationship Matters,” visit www.RocklandTrust.com.

More canned tuna is consumed in the United States than in any other country in the world. Unfortunately, the vast majority of tuna sold in the American market fails to meet fundamental sustainability standards, according to Greenpeace’s 2015 Canned Tuna shopping guide, their first-ever U.S. canned tuna ranking.

The ranking looked at 14 well-known U.S. national and private label supermarket brands to evaluate their sourcing policies and practices — including whether the fishing method used to catch them harms other marine life, whether they avoid shark finning, and whether they can trace their products back to the sea. In addition, it examined how equitable and socially responsible are the brands.

“Consumers should know that many canned tuna brands are contributing to ocean destruction at an alarming rate,” said Greenpeace seafood market analyst Graham Forbes. “However, the silver lining here is that other companies are stepping up to provide ocean safe options for their customers.

So how can you become a savvier grocery store shopper? Here are a few tips to ensure your tuna is sustainable:

• Think beyond the label. “Dolphin safe” does not necessarily mean ocean safe. Turtles, sharks and other vulnerable ocean life are collateral damage in tuna fisheries that supply the US market.

To find out how your favorite brand measures up or to sign a petition asking brands to change their practices, visit www.greenpeace.org/usatunaguide.

You may not often look down at your lunch and wonder what had to happen for it to get to your plate. But your consumer choices do have an impact on both the environment and the workforce involved in production. By becoming a more informed consumer, you can ensure your kitchen is friendlier to both.
Dream Project volunteers make college dreams come true

BY CLIFF WONG

In last year’s Sampan article, “Dream Project helps high school seniors get into college,” I detailed my experience at an after-school program in its sixth year of service. The project, known as the Quincy Satellite Program, serves Asian high school students in the city of Quincy. Most are low-income, first-generation college applicants. The Dream Project was sponsored by the American Students Assistance (ASA) College Planning Center. The beauty of this program is how it succeeds with an organic grassroots approach involving high school seniors and a single facilitator. Each year, I provide college access counseling for approximately 200 high school seniors, alumni and adult learners. As for marketing, the project relies on a simple word-of-mouth and neighbor-to-neighbor mode of communication. Despite a lack of sufficient resources, the number of participants grows each year.

As facilitator for the past six years, I’m proud to acknowledge that reliance on voluntarism is the key to the project’s success. Volunteers have been amazing in terms of maturity and dedication. The task of scheduling and recruiting hundreds of students is a great enough challenge in and of itself. Amazingly, our volunteers are only 17. They are mature beyond their years and I’ve been blessed with their incredible support each year.

After five successful seasons, one would expect a measure of complacency at the beginning of this past school year. This is likened to the Boston Red Sox winning the World Series, then dropping by the wayside. Such complacency is winning the World Series, then dropping by the wayside. This is likened to the Boston Red Sox at the beginning of this past school year. We proceed with a sense of urgency. Each year, the maturity and in-dustry demonstrated by our volunteers is amazing enough. Even more remarkable is the fact that each year, a completely new set of volunteers appear.

I attribute our success to the cooperation of our clients, the support of the community and the efforts of our volunteers. This is an opportunity to recognize the many volunteers who make this program run. Without them, the program would not be as successful.

In 2015, our group leader was Emily Zheng. She was recommended by her older sister — Mary — a former volunteer in 2013. Emily is a natural leader and serves as president of the Youth Board at the Quincy Asian Resource Inc. We are fortunate to have her and fellow volunteers Liwen Wang Fang and Lisa Chi. Each year, volunteers demonstrate great energy and dedication. They are mature beyond their years. For example, when I was assisting 20 students with the CSS Profile applications, Emily adjusted the schedule to a more manageable number. She not only expedited the process efficiently, but also prevented me from becoming overwhelmed.

We want to acknowledge the individuals who have served as group leaders each year. In 2009, a group of seniors shared the leadership role. Since then, each year, an outstanding individual has stepped forward to provide leadership. As of that second year, the group leaders were as follows: Tanya Lymswan (2010), Shirley Chan (2011), Tammy Huang (2012), Lisa Yang (2013) and Cynthia Yu (2014). Joining this distinguished group is Emily Zheng of the Class of 2015.

Not surprisingly, each of these wonderful young people took the initiative to serve. Let’s not overlook alumni who return to volunteer over the years. Diana Li (2004), a graduate of Boston Latin Academy, and Angi Yau (2009), a graduate of Boston Latin School, have devoted their energies toward the project. Diana is attending Tufts Dental School, and Angi will soon be entering Tufts Dental School this fall. Binqing Chen (2013) of Mass College of Pharmacy, Stephanie Nguyen (2011) of Northeastern University and Shirley Li (2009) of Boston University are alumni who have also returned to contribute their time. Unfortunately, as of this June, ASA College Planning Center will no longer provide funding for the Quincy Satellite Program. This is not an end to the Dream Project, only the beginning. It takes more than a sponsor for a program to succeed; it takes people! It takes volunteers like Emily Zheng from North Quincy High School, counselors like Eric Ling at the Episcopal Quincy Chinese Center After School Program and countless others. The funding might be gone, but not the spirit. I believe that the spirit of our program is stronger than ever and am confident in our future.

Foster grandparents nurture children at Wang Y child care center

BY RICHARD CHIN, WANG YMCA DIRECTOR OF COMMUNITY DEVELOPMENT

Foster grandparents attended ABCD’s 50-year anniversary on June 11 at Florian Hall. The ladies pictured help at the Wang YMCA child care center. (Seated left to right) Grandmas Wu, Mui, Lau and Zhu. (Standing left to right) YMCA child care director Daryl-Ann Lewis-Roosa with Grannas Waliang, Mia and Wong. (Image courtesy of the Wang YMCA.)

Volunteer Chinese grandparents act as child care program volunteer caregivers at the Wang Y’s child care center. These ladies provide child security monitoring, food service, field trip monitors, class room attendants, and lots of care and attention.

The Foster Grandparents Program has existed for about 14 years here at the Wang Y.

The program is made possible through a collaboration between the YMCA and ABCD. ABCD recently celebrated the 50th anniversary of its Foster Grandparents Program and the grandparents were invited by the YMCA child care director Daryl-Ann Lewis-Roosa.

These grandmas have brought Chinese culture and language into our child care center and are very valuable program assistants in taking care of the center’s children age one month to six years old. The children, parents and staff love our grandmas and appreciate their work and efforts.

Image courtesy of Cliff Wong.

Suffolk County Sheriff

Steven W. Tompkins

Sheriff Steven Tompkins and the staff of the Suffolk County Sheriff’s Department want to wish everyone a wonderful and peaceful August Moon Festival.

Suffolk County Sheriff

Steven W. Tompkins

和Sheriff部門的職員們

祝大家有一個很愉快

並且平安的中秋節。
**Book review: ‘Chinese Yankee’ by Rutrhanne Lum McCunn**

BY LING-MEI WONG

Among the Civil War’s unsung heroes are its Chinese fighters. Rutrhanne Lum McCunn’s “Chinese Yankee” tells the story of Thomas Sylvanus, a “singular” Union soldier celebrated in a New York Times obituary.

Thomas was born “Ah Yee Way” in China, who was brought to America to learn missions and return one day to bring Christ to his countrymen. Once on board, his patron fell ill and entrusted the twelve-year-old to a doctor, who gave him to his sister as a slave. He was christened Thomas Duvall Sylvanus, a first name he chose to honor a kind sailor and his surname was of his slave owners. Thomas enlisted in the Union army at age 15, claiming to be 19 in 1861.

His story was forgotten, until Gordon Kwok, webmaster for the Association to commemorate the Chinese serving in the American Civil War was informed about a “Thomas Sylvanus” who was having his gravestone replaced and whether he had cultural preferences as a Chinese man.

Lum McCunn pieced together Thom- as’s story from newspaper clippings, pension information and census records. His ethnicity was recorded as white, black and even a swish, as “Chinese” was not an option in the 1860 census. Thomas was treated poorly, yet proved to be a valiant soldier. He saved his regi- ment’s flag in battle, waving it boldly despite attracting enemy fire. He lost his eyeglow early on, yet enlisted again and was promoted to corporal.

Thomas was captured and placed in the Confederate concentration camp of Andersonville for nine months. “China Tom” survived to marry and have chil- dren in Pennsylvania. Thomas fought for his rights, becoming a naturalized citizen and successfully receiving a military dis- ability pension. He opened a laundry and battled for his family’s survival until his death in 1891.

In “Chinese Yankee,” Lum McCunn’s painstaking research reveals Thomas’s singular life and sacrifice.

Baidu and Google: The race to create self-driving cars

BY BETH KELLY

As science fiction fans are well aware, the fully-automatic “smart” automobile has been a constant presence in fantasy fiction for decades. A distant dream no more, these “self-driving” cars are no longer contained to the pages of sci-fi litera- ture. In fact, Google has been test- ing its autonomous vehicle prototypes on California public roads for more than two months. The company has gone on the record saying that its cars will be ready by 2020. At least that’s the goal: in autonomous automobiles couldn’t be more different. A self-driving car, in the simplest of terms, will replicate the hu- man characteristics of the driver — navi- gation skills, the will to obey traffic laws and cogent spatial awareness. But repli- cating the complexity of our vast biologi- cal neuron network is no easy task. As both companies — and countries — at- tempt to move forward in the manufactu- re of “self-driving” vehicles, they must integrate their new product into the es- tablished framework of their respective transportation cultures and attempt to understand what it is that drives life for- ward in the first place.

Google and Baidu

First things first: Baidu is not simply the Google of China. Saying that under- mines the immense variations that exist between the two companies as well as the populations they court and serve. Like Google, Baidu became profitable by sell- ing ads alongside ordered search results. But the two companies connect users to content driving their interest in autonomous vehicle technologies. In 2017, Baidu announced its own autonomous vehicle platform. Baidu’s efforts to offer search ser- vices in China have largely been quashed by the country’s so-called “Great Fire- wall.” Even as it strives to “organize the world’s information and make it univer- sally accessible and useful,” the search giant remains famously absent within Chinese borders. Baidu’s other hand has a limited reach outside China. Kaiser Kuo, Baidu’s director for international communications, commented on Baidu’s inward tendencies: “The overwhelm- ing majority of our users are in China ... wouldn’t make sense to provide search results ... that don’t meet the specific needs of Chinese users.”

The Sudoku puzzle is on English page 7.

**Summar jobs bring foreign student workers to America**

BY KEVIN FREELEY

What are the chances of a daughter of illiterate construction workers from a poor area of China coming to Chicago for the summer? If you are Luo Yuan, it’s a reality! Every year the U.S. State De- partment selects international students to come to America for work and cultural exchange. Yuan was one of the lucky ones who wound up in Chicago this summer.

Yuan is the oldest daughter of two mi- grants who left farming in their native Henan to work in Beijing in construc- tion. Since they were not legal residents of Beijing, Yuan could not attend public school. She was selected at age 15 to at- tend the Dandelion School (蒲公英学- 院), a nonprofit middle school started by Zheng Hong, a former Boston area resi- dents. Since Yuan was not documented for Beijing, she needed to go back to her hometown for a period to enroll in school and take the national college entrance exam. Under Zheng’s guidance, she was able to continue her education through high school and into college.

This summer, Yuan is living with 10 other international students from the Ukraine, Turkey and Mongolia. She en- joys the opportunity to learn about the cultures and values of other participants. Working in an amusement park, her main responsibility is being a cashier at one of the food concessions, allowing her an opportunity to occasionally talk to cus- tomers. On her free time, she can travel around Chicago.

The J1 program has not been without controversy. There have been protests in the past concerning exploitation of these J1 student workers. Participation in the J1 visa program is expensive. It does, however, allow the students to earn some money, improve their English and learn American culture. Yuan was partly sponsored by her college in Beijing. For Yuan, despite the low wages of $7.55 an hour and cramped quarters with 10 other students in a two-bedroom unit, she still enjoyed her U.S. experience.

Luo Yuan, a summer exchange worker from China, is working in concessions at a Chicago amusement park. (Image courtesy of Kevin Freeley.)

Luo Yuan, a summer exchange worker from China, is working in concessions at a Chicago amusement park. (Image courtesy of Kevin Freeley.)

**Sudoku solution 數獨答案**

數獨迷題在英文第七版。

The Sudoku puzzle is on English page 7.
Why you should adopt a dog

BY STATEPOINT

Image courtesy of Statepoint.

Do dogs make a house a home? There is no doubt about it. If you have ever thought about including a dog in your family, here are several reasons to consider moving ahead on adoption.

Health benefits

In the mobile age, that means more users than ever. Baidu has approximately 80 percent of the country’s search engine market, and with more than 1.29 billion individuals now connected via mobile device, their influence is indispensible.

Cars and culture

In less than a decade, both Google and Baidu hope to completely change the relationship drivers have to the vehicles that transport them. Although many features within today’s standard automobiles have been gradually automated over the years—transmission, windows, even seat belts—the “self-driving” car concept pushes the envelope a step further.

Google’s smart-car sized rides offer a glimpse into a new era of transportation altogether. Space-agey and diminutive, the little computer cars function without a steering column, feature rear-facing seats, and move as instructed by advanced sensor technology and LIDAR cameras. The search engine company formed Google Auto back in 2011 as a “secrete” and distinctly separate company from which to test their earlier forays into automotive automation. Today’s adorable auto-pods are the result of a lengthy research-to-product development phase—though with prototypes now on the roads of California for testing, its clear Google is miles away from other carmakers in terms of pioneering this technology.

While Google aims to replace the driver, Baidu seeks to assist drivers without rendering them completely irrelevant. Less information about the Baidu vehicle has been shared with the Western press, though word from company officials has stated that the car that will “not totally replace the driver” and “should really give the driver freedom” similar to the freedom drivers have from companies and car insurance schemes, the automobile is an integral component of the global economy. The computerized, drone-like nature of self-driving cars threatens these industries, and will surely impact if not eliminate them altogether. Studies and data from Lawrence Berkeley National Laboratory, Direct Energy and the Environmental Protection Agency have concluded that the self-driving car will reduce fuel consumption, carbon dioxide emissions and even encourage new innovations in hybrid technology. Safer and more energy efficient than traditional automobiles, autonomous cars have the potential to reshape nearly every aspect of our lives.

Well before Google and Baidu announced their interest in automobiles to the public, the United States and Europe have seen a gradual shift in public attitudes toward car transport. After World War II, the car had become a crucial element of American life, and to a lesser extent European, culture. In recent years, concerns about climate change and carbon dioxide emissions, and an emerging culture of frugality, the younger generations have become less concerned with individual car ownership.

All of this is in contrast to China, where a car culture has only just begun to take off. The total number of Chinese citizens living in extreme poverty has shifted over the past 30 years, going from 84 percent in 1981 to just 12 percent in 2010. To the average Chinese citizen, individual car ownership is still a novel concept. Cars are taxed exorbitantly, and the large pool of poor individuals in cities provides an ample workforce of drivers. Owning a car in China is still something of a status symbol — and China’s eventual autonomous prototype will likely reflect that ideal.

The ambitious autonomous auto projects from both Google and Baidu promise to drive the future of car use in an entirely new direction. As the world’s foremost search giants continue to improve their work in strategic artificial intelligence and vehicle technology, it’s anyone’s guess where they’ll take us.

Why adopt?

Between six and eight million homeless pets enter shelters every year. Because shelters cannot handle all the dogs that need a place to live, many that don’t get adopted are euthanized. Adopting a dog is a conscious decision to make because it means you are saving a life.

Furthermore, animals in shelters receive medical care during their stay. As an adopter, you can be better informed about the state of your pet’s health, as shelters keep great records on vaccinations and other treatments.

Lastly, adopting a pet is a much more affordable route to dog ownership than buying a dog from a breeder or store.

Where to adopt

Dog adoption events are an excellent way to meet lots of potential pets at once, helping you find a dog whose temperaments would be a good fit for your home and family.

“It’s shocking to think of how many homeless dogs enter shelters each year,” said Sean Blankenship, chief marketing officer for Coldwell Banker Real Estate.

“That’s why we launched this program; between our 8,600 sales associates and the 15,000 Adopt-a-Pet.com shelters and rescues, we’re hoping that we can truly make a difference.”

The Homes for Dogs National Pet Adoption Weekend is expected to be one of the largest adoption events of the year. A list of pet adoption events is available at www.adoptapet.com/homefordogs.

To add laughter and love to your life, consider sharing it with a dog in need.

CARS: Development reflects culture

CONTINUED FROM PAGE 14

The ambitious autonomous auto projects from both Google and Baidu promise to drive the future of car use in an entirely new direction. As the world’s foremost search giants continue to improve their work in strategic artificial intelligence and vehicle technology, it’s anyone’s guess where they’ll take us.
Celebrating the August Moon Festival with mooncakes

BY KA HEI KAREN LAU, REGISTERED DIETITIAN

The August Moon Festival is one of the most important traditional Chinese festivals. This is a time for family reunions and to count the blessings from the past year. Lanterns will be lit that day, and families will enjoy delicious dishes together. Families from different cities in China, Taiwan and Hong Kong may celebrate with different festival foods, including taros, pears, pomelos and most importantly, mooncakes.

Mooncakes from different regions have different fillings, such as lotus seed paste, red bean paste, salted duck egg yolks or nuts and seeds. Traditionally, mooncakes are about 4 inches in diameter and 1.5 inches thick, with a thin soft crust. In recent years, smaller “mini mooncakes,” ice cream mooncakes, snowy mooncakes and reduced sugar mooncakes are also available. Regardless of the flavor, they generally are very rich and thick in texture. See the table of the average nutrition content of one whole piece of mooncake of different flavors.

1) Offer more healthy food choices at the meal. Prepare some lean protein such as fish, and include a few healthy vegetable dishes.
2) Reduce the amount of carbs such as rice, noodles or bread that you have from the main meal to balance out the carb that you will be having from the mooncake.
3) Enjoy a quarter of a regular size mooncake or half of a mini mooncake.
4) A reduced-sugar mooncake is still high in calories. Remember to limit the serving size to a quarter of a regular size mooncake or half of a mini mooncake.
5) Enjoy the mooncake on the day of August Moon Festival, but remember to resume your usual meal plan the following day!

Making healthy food choices is the first step to a healthier festive season. Staying active is equally important to your health. Take a 15-20 minute walk after the meal. This will help in preventing the post-meal blood sugar surge. And you will also have an additional benefit of seeing a nice full moon!

About the author
Ka Hei Karen Lau is a registered dietitian and certified diabetes educator in the Asian Clinic at Joslin Diabetes Center.

Snowy moon cakes. (Image courtesy of Wing Wah.)

Cantonese style mooncakes. (Image courtesy of Wikimedia Commons.)

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<td>660</td>
<td>73 (2 1/3 bowl of rice)</td>
<td>41 (8 tsp of sugar)</td>
<td>37 (7.5 tsp of oil)</td>
<td>2 hr</td>
</tr>
<tr>
<td>Reduced sugar lotus paste and egg yolk mooncake</td>
<td>388</td>
<td>46 (1 bowl of rice)</td>
<td>1 (0.2 tsp of sugar)</td>
<td>20 (4 tsp of oil)</td>
<td>1 hr 12 min</td>
</tr>
<tr>
<td>Mini lotus paste with egg yolk mooncake</td>
<td>246</td>
<td>30 (2 1/3 bowl of rice)</td>
<td>18 (3.5 tsp of sugar)</td>
<td>12 (2.5 tsp of oil)</td>
<td>45 min</td>
</tr>
<tr>
<td>Mini mung bean paste snowy mooncake</td>
<td>200</td>
<td>29 (2 1/3 bowl of rice)</td>
<td>16 (3 tsp of sugar)</td>
<td>8 (1.5 tsp of oil)</td>
<td>37 min</td>
</tr>
</tbody>
</table>

*Based on a person weighing 150 pounds.
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Malden Wah Lum Academy brings home victory from U.S. kung fu competition

BY WAH LUM KUNG FU AND TAI CHI ACADEMY

The Wah Lum Kung Fu and Tai Chi Academy attended the 2015 U.S. International Kuo Shu Federation Championship Tournament from July 24 to 26 in Baltimore, Maryland, winning the grand championship trophy. (Image courtesy of Wah Lum.)

The largest and most diverse group of youth and adult contenders from Wah Lum Kung Fu and Tai Chi Academy returned from the 2015 U.S. International Kuo Shu Federation Championship Tournament in Baltimore, Maryland, bringing home the overall grand championship trophy. The tournament took place from July 24 to 26.

Ranging in ages from 6 to 42, with entries in open-hand and weapon kung fu forms, tai chi and lei tai fighting, the team’s 47 competitors earned over 150 medals — a third of them gold — in an accomplished field of challengers from all over the U.S., as well as China, Brazil and Peru.

For the second year in a row, both Wah Lum’s Youth Form and Adult Form teams achieved the top ranking. This is the first year that the team won the Wang Cheuh-Jen Cup for its overall performance and their participation in the Lei Tai full contact fighting category. In addition, the team garnered four Individual Competitor of the Year awards, spanning youth, teen and adult categories.

As a result of their outstanding performances in their divisions, Wah Lum adult martial artists Amy Tran, Andrea So and Austin Tang will be traveling to Argentina in September to represent the U.S. in the 5th World Kuo Shu Federation Championship Tournament.

“We owe a debt of gratitude to our students’ amazing parents, who helped to transport them and their weapons, plan and chaperone the trip to Baltimore, and, above all, support our school throughout countless hours of practice,” said Wah Lum’s Sifu Mai du of Malden. “I am deeply humbled by and grateful for my kung fu family. No words can adequately describe this level of appreciation.”

Chinese-American author and artist Sam Hom wanted to tell his family’s story. His novel, “Angelic Encounter: A Flying Tiger Son’s Story,” is based on his father’s experiences serving in World War II.

“My father was not a pilot but part of the ground crew, the 597th Air Engineering Squadron,” Hom said. “The Japanese invasion was a mighty force, they would attack the ground crew so the planes wouldn’t get repaired or airborne.

Hom’s novel tells the story of Ah-Seem, a boy who overcomes his father’s war trauma through art and Chinese culture. His father served when China’s forces, led by Nationalist leader Chiang Kai-shek, joined with the American Volunteer Group to fight the Japanese invasion. The American allies were nicknamed the “Flying Tigers,” who flew older P-40s against more maneuverable Japanese aircraft.

His father bore battle scars, both on his body and soul. “My father definitely was there because he had post-traumatic stress disorder … He would hear the sirens in his dreams and relive his trauma,” Hom said. The nightmares were so vivid that his father would wake up, dress Hom and his brother, and drag them out of the house for nonexistent air raids.

Hom’s father never drove after the war, as he transported airplane parts by truck along the Burma road — southern China’s main supply route — and came under enemy fire.

“My father after the war was not respected,” Hom said. “The American high school kids were racist; they beat him to a pulp. He took the onslaught — they thought he was Japanese.”

Hom did not understand his father, who suffered in silence, until he did research for his book. “I was ashamed of my father, I didn’t see him as a hero,” he said.

Hom’s book is being optioned for a screenplay, as he embraces his family and roots.

“For a long time, I worked alone in silence,” Hom said. “You need to validate where you come from. As I polish up my Mandarin, I get closer to who I am and my heart is quiet.”

Sam Hom served during World War II as part of the ground crew maintaining planes for the Flying Tigers. (Image courtesy of Sam Hom.)

Chinese-American author and artist Sam Hom brings home victory from U.S. kung fu competition

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