Smoking is one of the causes of lung cancer. (Image courtesy of Flickr.)

How nutritious is August Moon pomelo? 
BY LING-MEI WONG

Growing up in Taipei, my family celebrated Mid-Autumn Festival with a moon- lit picnic on our apartment building’s roof. There would always be tea, moon cakes and pomelo, as we gazed at the moon and enjoyed being together. The fragrance of pomelo brings back many happy memories.

Pomelo is seasonal, almost tasting like a sweet grapefruit. It is a citrus fruit with a thick rind that makes for a bright green flesh. As a citrus fruit, it can also be eaten in sections. Three to four pomelo sections are about 50 calories. While this is nowhere near the caloric count of a moon cake, do be mindful of how much pomelo you consume.

A pomelo has three times the vitamin C of a lemon and eight times that of an apple. It also hascalcium, protein, and fiber. Consuming 100 grams of pomelo will include 110 milligrams of potassium, or about a third of one’s recommended daily dosage, according to the Taiwan Ministry of Health and Welfare. For individuals with kidney problems, they should watch their intake of potassium carefully.

Filter in pomelo is tough to digest, so individuals with ulcers and other stomach-related issues should eat less. It also reacts with antibiotics, so taking medications should be considered.

Pomelo is largely beneficial, although in nutritional properties are not for everybody. The mild flavor is similar to orange, and makes it an August Moon staple.

Most lung cancers do not cause any symptoms until they have spread too far to be cured, but symptoms do occur in some people with early lung cancer. If you go to your doctor when you find noticeable symptoms, your cancer might be diagnosed at an earlier stage, when treatment is more likely to be effective. The most common symptoms of lung cancer are:

• A cough that does not go away or gets worse
• Chest pain that is often worse with deep breathing, coughing or laughing
• Hoarseness
• Weight loss and loss of appetite
• Coughing up blood or rust-colored sputum (spit or phlegm)
• Shortness of breath
• Feeling tired or weak
• Infestations such as bronchitis and pneumonia that don’t go away or keep coming back
• New onset of wheezing

If lung cancer spreads to distant organs, it may cause:

• Bone pain (like pain in the back or ribs)
• Nervous system changes (such as headache, weakness or numbness of an arm or leg, dizziness, balance problems, or seizures)
• Jaundice (yellowing of the skin and eyes)
• Lumps near the surface of the body, due to cancer spreading to the skin or to lymph nodes (collections of immune system cells in the neck or above the collarbone).

Most of the symptoms listed above are more likely to be caused by conditions other than lung cancer. Still, if you have any of these problems, it’s important to see your doctor right away so the cancer can be found and treated, if needed.

Social Self-Management of Parkinson's Disease Research Study

Tufts University, in collaboration with Boston University Medical Center, is excited to announce a new study exploring how social activities, relationships, and health change over time for people with Parkinson’s disease.

Participate in in-person and telephone interviews individually or with your care giver over a 3-year period.

You will receive a maximum of $350. This payment will be broken down by interview ($50/ interview).

If you are interested in participating, contact:
Dr. Marie Saint-Hilaire, MD and Cathi Thomas, RN at BUMC
617-638-7737

Quick facts about hepatitis B and Hepatocellular carcinoma

<table>
<thead>
<tr>
<th>Hepatitis B Worldwide</th>
<th>350 million people</th>
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<tbody>
<tr>
<td>Hepatitis B in China</td>
<td>120 million people</td>
</tr>
<tr>
<td>Hepatocellular Carcinoma (Liver Cancer)</td>
<td>3rd leading cancer worldwide</td>
</tr>
<tr>
<td>Hepatocellular Carcinoma detected by screening</td>
<td>Greater than 50% survival at 5 years</td>
</tr>
<tr>
<td>HCC detected late (after symptoms start)</td>
<td>0-10% survival at 5 year</td>
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How useful is the Sampan?

BY JOHN LEUNG, MD, KATHLEEN COLEMAN, NP AND DEAN EHRBLICH

Hepatitis B is a very common infection in people of Asian descent. It is a viral infection that affects the liver and is often passed along during childbirth, but is also spread by sexual contact, intravenous drug use or other places where you might get exposed to the blood of an infected person. In the some cases, hepatitis B infection inherited as an infant will cause no harm during an entire lifetime. However, many people do not realize that even if Hepatitis B is not actively making you feel sick. On a health care provider has told you your virus is not active. Hepatitis B can still cause the most common type of liver cancer, called Hepatocellular carcinoma (HCC). The World Health Organization (WHO) estimates that in 2005 there were 700,000 deaths from HCC, half of which were related to Hepatitis B.

Ultrasound is a safe technology that uses sound waves that allows visualization of the liver to look for early signs of cancer in the liver. It is similar to how a ship uses sonar to see the ocean floor. This is important because one of the most common forms of HCC has been diagnosed to decrease death rates in patients with HCC. Given the relationship between Hepatitis B and HCC, doctors are now recommending regular screening ultrasound in patients who have Hepatitis B or A.

Additionally, your health care provider may recommend a blood test called AFP or Alpha Feto-protein. This is also referred to as a “tumor marker.” This test will often rise when there are very fast growing cells such as seen in tumors. These tests in combination (ultrasound and AFP) can help your doctor catch early cancers before you even feel ill.

The American Association for the Study of Liver Diseases recommends screening ultrasounds for those at risk (people with viral hepatitis or other known liver disease) every six months. Overall, these ultrasounds in people at risk for HCC but who do not have HCC are called “surveillance” ultrasounds. Ultrasound is able to detect the early stages of HCC. When HCC is caught early, there are many more treatment options and survival rates are very high. All patients with a history of hepatitis B infection are encouraged to bring this up with their doctor. A simple blood test can tell if Hepatitis B is still a risk for you or if your body has already cleared the virus in the past.

The importance of ultrasound screening surveillance was apparent with a recent patient seen in the hospital. The patient was an adult male, who emigrated from China about 10 years ago. He had been diagnosed with hepatitis B in China. He has a very nice family and was otherwise healthy and generally feeling well. Because he felt well, he did not follow up regularly with his doctor. When he finally presented to the hospital with jaundice (yellowing of the skin), a liver cancer was found on an CT scan. Sadly, the cancer had already spread beyond his liver. His prognosis is unfortunately very poor with this advanced stage of the cancer. This is a perfect example of somebody who would have benefited from regular screening using ultrasound and AFP.

If you or someone you know has hepatitis B, please discuss with your caregiver the importance of HCC screening even if you feel well. It is a fact that you can have HCC while being asymptomatic.

The important of liver cancer screening in patients with Hepatitis B

Tufts Health survey

Fill in the survey and win free PRIZES!

Help improve the Sampan’s health coverage and you could win a $20 Starbucks gift card! We strive to cover relevant health issues for the Asian American community in New England. Gifts are limited. Fill out the survey and send it to: Sampan, 87 Tyler Street, Boston, MA 02111.

1. Where do you usually find the Sampan?
   • Bus/T station
   • AAAA
   • Medical health care center
   • Supermarket
   • Library
   • Community-based organizations
   • Other

2. How often do you read the Sampan health page?
   • Every issue
   • Once a month
   • Somewhat often
   • Not often. Please specify ____________________________

3. What topics do you want to know about?
   • Heart disease
   • Elderly health issues
   • Obesity
   • Mental illness
   • Arthritis
   • Children’s health issues
   • Dental health
   • Cancer
   • Alternative health
   • Other

4. What articles are you interested in?
   • Medical research
   • Healthy recipe
   • Advice from doctors
   • Fitness tips
   • Parenting advice
   • Insurance information
   • Other

5. How useful is the Sampan?
   • Very useful
   • Learn something new every issue
   • Content is average
   • Not very useful. Please specify ____________________________

Suggestions or comments:

Image courtesy of the World Health Organization public database of human cancers.

Sampan Health Survey August 8, 2014

August 8, 2014
One of the wondrous privileges we enjoy as Americans is the luxury of choice. A bounty of exciting options is available in any supermarket, a dizzying variety of clothing awaits us in every mall. Students have thousands of colleges, universities, trade schools and other institutions of higher learning to choose from. Once they’ve picked a school, they have dozens of fields of study available upon it. Upon graduation, they are free to pursue virtually any job opportunity that interests them, in any city. From the homes of America live in and the cars we drive, to the coffee we order on the way to work, our lives are full of choices.

But choice is a double-edged sword. As long as the government or parents or bosses tell us what to do, life is simply a matter of following directions. But with freedom comes a lot of responsibility. To be sure you’re making the best choices, you have to educate yourself.

Take, for example, your payment options. If you’re like most Americans, you have a wallet full of plastic. Every time you make a purchase or pay a bill, you have many choices. Cash, check, bank card, credit card? Which option do you pick? Do you use the same option out of habit, select one at random, or do you really understand the different ways well enough to make the best choice?

Let’s look at the differences between credit and debit cards. The cards themselves look almost identical physically, with the cardholder’s name, 16-digit number, expiration date, logo of the issuing bank and financial institution and the logo of the Credit Card Association. The debit card probably has the addition of the word “debit” somewhere on the front. In a store, you’re both swiped in the same manner, using the same machine, but they’re processed differently. Debit card transactions are withdrawn instantly from the cardholder’s bank account. Credit card transactions are billed to the cardholder to be paid at a later date.

What are some of the features of debit cards?

• They can be used like cash, without having to carry cash around.
• They can often be used in stores to make cash withdrawals, usually without a service charge.

Credit cards?

• They can be used in ATM machines to withdraw cash (or to transfer funds to your checking account).
• They limit your spending to what you have available in your account.
• They don’t ordinarily have yearly fees associated with them, but they may be up to 3% or more for goods sold that are paid for with use of the card at certain financial institutions or an increased price for goods sold at a higher price per gallon (or to fill a tank gas when using credit or debit cards).

What are some of the features of credit cards?

BY MASSMUTUAL

Credit or debit?

Giving credit for good choices

Used wisely, “plastic” cards can make lives easier. Consider making a choice to become more informed on your credit situation and how small adjustments in spending can help you achieve your long-term financial vision. Guidance from a qualified financial professional can help you think about the best ways to plan for the future and manage your money. To learn more or access helpful materials, speak with a local financial professional or visit www.massmutual.com/women.

A note about your credit rating:

Credit cards can help you build good credit if you use them responsibly. On-time payments can help boost your credit rating.

• If you do need to carry balances on your credit cards, pay the minimum balances on each one, and keep balances as low as you can afford on the card charging the highest interest rate.

• Check your monthly bills for accuracy and report discrepancies immediately.

• If you are charged for a late payment, contact customer service and ask if the charge might be removed. Sometimes all it takes is a call.

• If you are a good customer, call customer service periodically to ask for a lower interest rate. Again, sometimes all it takes is a call.

BY PHILIP VOONG

Play to keep them playing.

Video game addiction

BY PAIGE KELLOWAY, JOYCE LIN AND MEGHAN B. JOHNSON

Havumaki shared with students that the JVS Bridges to College Program helps them accomplish just that. Since its launch in 2009, Bridges has enabled over 250 adults to enroll and succeed in college. The free, 23-week program provides help with improving academic skills, taking entrance exams, applying to college, registering for classes, and applying for financial aid. Bridges offers pathways in General Studies, Clean Energy, and Biotechnology in partnership with local institutions such as Bunker Hill Community College, Quincy College, and Benjamin Franklin Technology Institute. At orientation, Math instructor Ben Havumaki shared with students that those in the General Studies pathway will need to take the math placement exam to earn credit for one course while in the Bridges program. He remarked, “Bridges is both a really rare opportunity and a really important choice, because while you’re preparing to become a student, you’re also already on your journey towards graduating from college.”

At the end of orientation, Havumaki left the students with one last piece of encouragement. “Each of you has something unique you are bringing to the program,” Havumaki said. “Remember that you’re joining this community, and my colleagues and I are here to support you.”

To learn more about the JVS Bridges to College Program, visit www.jvs-boston.com/bridges.

The JVS Bridges to College Program Building bridges to college

On July 22, over 45 individuals from all over the world met at Jewish Vocational Service (JVS) in Boston to celebrate the start of a new school year. Students from across the globe, including Singapore, Taiwan, Malaysia, China, and Vietnam, in addition to several local American students, gathered to connect through the Bridges to College Program.

“I am coming from Haiti, and my goal is to go to college and make my dreams come true,” Allana Plisai, a big-planer to be here,” student Carl Cola shared with his new classmates and teachers at the program orientation.

Hailing from countries such as China, Indonesia, Malaysia, India, and Brazil, the students range in age from 18 to 65 years old. Their career paths are just as diverse, ranging from economics and accounting to nursing and social work. Despite all these differences, each student shares a common goal: to obtain a college degree.

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To learn more about the JVS Bridges to College Program, visit www.jvs-boston.com/bridges.
Registering with the Selective Service System ensures opportunity for a young man’s future

BY THE SELECTIVE SERVICE SYSTEM

When a young man turns 18 in the United States, he must register with the Selective Service—It’s the law. If he doesn’t register, he gets a reminder letter in the mail. But what happens if he doesn’t register?

“If a young man doesn’t register when he turns 18, he stops being eligible for student loans, federal jobs, and job training programs. If he’s an immigrant, failing to register can significantly complicate the process of becoming a citizen,” said Patrick Schuback, spokesperson for the Selective Service System. “We don’t want that to happen, which is why we’re committed to letting young men know about their legal responsibility and the opportunities that come with it.”

Across the United States, almost three out of 10 men who are 18 miss out on these opportunities because they fail to register with Selective Service. In Massachusetts, that number is higher, with almost four out of 10 young men failing to register with Selective Service.

Federal law says virtually all young men living in the United States, from the age of 18 through 25 must register within 30 days of turning 18, or of becoming a resident of the country. This law applies to all men, regardless of immigration or refugee status. There is no penalty for late registration, but once a man reaches his 26th birthday, he cannot register and cannot become permanently barred from the opportunities associated with registration.

Research shows that the No. 1 reason most men fail to register with Selective Service is a simple lack of awareness. This can be particularly true in communities where cultural and language differences can make communication more challenging.

To combat this challenge, each year the Selective Service System meets with dozens of local and national organizations that work with immigrants and underserved communities. From these meetings, the Selective Service System has developed a wide array of materials in numerous languages. They can be found at www.SSSresources.us.

“All young men living in America should be able to take advantage of all the opportunities our country has to offer,” Schuback said.

“We’re always working to make it easier for young men to register.”

If young men have access to their social security number, they can register online in less than two minutes at www.sss.gov. They can register at the local post office without their social security number, or by filling out the registration form from the Selective Service that young men receive as a reminder mailing.

In addition to the opportunities linked with registration, Selective Service also plays an important role in the security of our nation. It has been referred to as an “insurance policy,” because it helps make sure that the United States can be ready for any dire national emergency when activated. Only the President and Congress can reinstate a military draft.

“We want young men to have all the information they need, so they can make a decision that helps them — and helps their country,” Schuback said. For additional registration information, go to www.ebsb.com.

When I studied abroad in Beijing during the summer of 2011, it was the first time that I was so far away from my family, and for such a long stretch of time. In China, I lived with a host family, and although I enjoyed their company, I could not help but miss my parents and sisters from time to time.

On a hot August night, as I was walking into the unemployment office, I noticed that the moon appeared particularly full and bright. In a few days, it would be the Mid-Autumn Festival. I paused for a moment to take in the beauty of the moon, and my thoughts drifted back to childhood memories with my mother.

“Mei-Ying, look at the moon tonight,” my mother wrapped her arms around me and held me up so that I could get a good look outside the window. “Can you see it?”

“It’s so beautiful,” I said, tracing the edge of the glowing circle with my little finger.

“Tomorrow is the August Moon Festival,” my mother said in her gentle voice, “when the moon is at its fullest — a perfect circle. Do you know what this holiday means?”

I smiled my biggest smile and exclaimed, “It means Baba can stay home and play with me!”

That was all that mattered to me when I was a child, having my parents at home, together with my sisters and me. The Mid-Autumn Festival is a day that represents familial unity. My grandparents, parents, uncles, aunts, cousins and sisters would all gather together around the dinner table, and we would catch up and share stories over a warm meal and mooncakes.

It was the one day where everyone would forget about their busy schedules to be together. We would all be united and whole, as symbolized by the full moon that would shine down upon us that night.

“Yes, Mei-Ying, Baba can play with you,” said my mother playfully. “But let me tell you what I like most about the moon.”

My mother hesitated for a brief moment, her eyes still fixed upon the night sky. “It doesn’t matter where you are. We are at home and Baba is at work. But the moon we are looking at right now is the same moon that he is looking at from his office. Whenever you miss him or someone who is away, just look for the moon.”

My mother’s words echoed in my head. Standing in a busy street in China, I continued to gaze at the moon and thought of my family, knowing that they were seeing the same, beautiful moon in America.

Happy Mid-Autumn Festival.

BY ELLEN DUONG

When I tooted the check point at Seoul’s Incheon International Airport in South Korea, the trays used to put personal items through the X-ray surprised me with “Have a nice trip?” written on them. This friendly and thoughtful little greeting on the trays marked the end of my 10-day vacation in Seoul.

Seoul will always be in my heart. Everything is cleverly designed not only to meet the needs of users, but also to enhance the user-experience, from K-pop, Korean TV dramas, cosmetics and more. What impressed me the most during my stay was how efficient the subway system is.

The Korean subway system, or the Korail, is by far the best public transportation system I’ve ever used. It is extremely tourist-friendly since it uses four languages: Korean, English, Japanese and Chinese. Before the train arrives at a station, a melody is broadcast instead of a dry announcement for the arrival of the train, to get the attention of passengers.

Some of the major stations, such as the Seoul Station and the Airport Station, have retail lockers in different sizes for people to leave their bags, so they don’t have to carry too many things while exploring the city. There are vending machines on every single platform selling soft drinks and snacks. Moreover, each of the underground stations has different stores selling food, cosmetics, electronics and more.

The internal design of the train is thoroughly designed for the needs of passengers. What surprised me even more is the “help” button for customer assistance at the stations. After pressing the button, a musical melody will play and alert staff to assist passengers.

Each detail of the Korail system made traveling around Korea fun. It made waiting for the next train and riding the train itself a more enjoyable experience.

Rockland Trust Celebrates August Moon

Rockland Trust recognizes that in competitive financial services markets, colleagues make the difference between an ordinary company and an excellent one. Colleagues come to Rockland Trust with different backgrounds, experiences, education levels, ages, races, sexual orientation, and gender identity. These differences together can result in greater creativity, better insights, and improved decision-making, all vital to Rockland Trust’s success in the Massachusetts marketplace.

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BY VIVIANE SZETO

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Each detail of the Korail system made traveling around Korea fun. It made waiting for the next train and riding the train itself a more enjoyable experience.
Celeste Ng’s novel, “Everything I Never Told You,” is a brisk timely tale of racial conflict and filial expectations. She has a light and sure-footed touch, a meticulous attention to the technique from mystery novels, of starting with the dead body, and tracing backwords in whodunit fashion. In doing so, Ng draws in the reader, enlisting them in the search for the motive. More than a mystery, Ng also makes the revelations of the Lee family real and urgent as the story unfolds.

At the head of the family stands James, a Harvard-educated lawyer, who focuses on the most real and urgent as the story unfolds. He has a light and sure-footed touch, a methodical attention to the technique of racial conflict and filial expectations. He has a light and sure-footed touch, a meticulous attention to the technique from mystery novels, of starting with the dead body, and tracing backwords in whodunit fashion. In doing so, Ng draws in the reader, enlisting them in the search for the motive. More than a mystery, Ng also makes the revelations of the Lee family real and urgent as the story unfolds.

The year is 1976, in the Midwest. His parents worked as the custodians and lunch lady at the school. Nobody expected him to succeed, which fueled his drive to prove all those around him wrong. Yet he still had trouble fitting in. He went on to study American history at Harvard, and he focused on the most real and urgent as the story unfolds. He has a light and sure-footed touch, a meticulous attention to the technique from mystery novels, of starting with the dead body, and tracing backwords in whodunit fashion. In doing so, Ng draws in the reader, enlisting them in the search for the motive. More than a mystery, Ng also makes the revelations of the Lee family real and urgent as the story unfolds.

In Ng’s own words, she wanted the story to be a mystery novel, of starting with the dead body, and tracing backwords in whodunit fashion. In doing so, Ng draws in the reader, enlisting them in the search for the motive. More than a mystery, Ng also makes the revelations of the Lee family real and urgent as the story unfolds.

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by kenny yim

by marsha ma

book review: celeste ng’s ‘everything i never told you’

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“The Year of the Horse” by Oliver Chin introduces the Chinese lunar calendar’s twelve zodiac animals to children. This talk about a filly named Hanami and her human friend, Tom, touches on the traits of a horse, the zodiac animal for 2014. Hanami aspires to become useful like the grownup horses she knows. After the other animals are not able to deliver a painting for Tom’s elderly teacher, Hanami and Tom are called into service. They are instructed on proper behaviors for the trip before they set off on their adventure.

The bright illustrations reflect the illustrator Jennifer Wood’s animation background and highlight the Chinese landscape, wildlife and architecture. Hidden throughout the book are the 11 other zodiac animals, which children will enjoy looking for.

The story is about friendship and love. The horse Hanami helps the young boy Tom finish his task, and they become good friends.

“THE YEAR OF THE HORSE” BY OLIVER CHIN

Published by Triumph Books

www.triumphbooks.com

August 8, 2014

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August 8, 2014

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tutfshealthplan.com/careers
BY JULIA L. WONG

Growing up in Chinatown, I had always known of the poultry shop on Beach Street. I knew by the stench when walking past the shop, the squawking of the birds in their cages, and the lines out the door. Presently, the shop on Beach Street is much cleaner and there is an additional shop in the neighborhood.

Wings Live Poultry is located on 48 Beach Street and Ming Kee Poultry is on 32 Kneeland Street. Although it was not disclosed how many chickens or ducks were sold in a day, the lines of customers speak for themselves. The morning is the busiest time for business. The shops are bustling during Chinese New Year when walking past the shop, the squawking of the birds on the menu. Yee noted that in her opinion, the black-feathered chickens taste better than the white ones.

Other customers also expressed how the taste is a major factor in their choice of purchasing from the shops. A Haitian customer explained how only live poultry was available in her homeland, and there is definitely a different and better taste than grocery store chickens. A 10 minute wait for the chicken to be gutted and cleaned. As customer Lily Yee waited, she explained that live poultry tastes better than the ones sold at supermarkets. “It is fresher, has better flavor and it is sweeter,” she confided.

It was a unanimous agreement amongst the rest of the customers in line. The head indicates the wholeness of the chicken and the freshness, others chimed in. When discussing the different kinds of birds on the menu, Yee noticed that in her opinion, the black-feathered chickens taste better than the white ones.

It is sweeter,” she confided. Other customers also expressed how the taste is a major factor in their choice of purchasing from the shops. A Haitian customer explained how only live poultry was available in her homeland, and there is definitely a different and better taste than grocery store chickens.

Wings Live Poultry attracts customers for a variety of chickens and ducks. (Image courtesy of Julia Wong.)

Ming Kee Poultry attracts customers for a variety of chickens and ducks. (Image courtesy of Julia Wong.)

While customers were open to discuss the benefits of live poultry, the employees and the owners of the shops were reluctant in providing information. However, it was revealed that city inspections are unannounced and occur on a regular basis. According to the Massachusetts Poultry Program, there are strict regulations in handling live poultry in order to prevent potential contamination and transmission of avian influenza and other contagious diseases. With this knowledge, I can now confidently order my own chicken and provide advice for those with a fine nose and a sensitive stomach. A dab of Vicks under your nose prior to walking into the shop can make a difference.

MA Poultry program information: www.mass.gov/eea/agencies/agr/animal-health/poultry/

Dissecting Chinatown’s live poultry shops

Our generous townhome community offers the best of all worlds - the beauty and prestige of Wellesley, excellent schools, a short walk to shopping and fine restaurants, easy access to Boston and all major routes - and a superb long term investment value.

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