National Night Out celebrated at Tai Tung Village and Castle Square

By Ling-Mei Wong

The residents of Tai Tung Village and Castle Square celebrated National Night Out on August 1. The annual event raises awareness for police programs in the community, such as neighborhood watch, drug awareness and anti-crime programs.

"Thank you Chinatown for the great work you do, from the crime watch to the young people educating the community about the dangers of smoking," said Boston Mayor Marty Walsh.

Boston Police Department District A-1 Capt. Kenny Fong presented an award for community service to Tai Tung Village’s management team.

The Castle Square Tenants Organization unveiled its new logo. Boston Police Commissioner William Evans said at Castle Square, "I was captain of District D-4 for four years and I love the people of Castle Square. Overall, violent crime is down 7 percent and property crime is down 21 percent in Boston. Part 1 crimes are up 1 percent in District A-1 for Tai Tung Village and down by 7 percent in District D-4 for Castle Square.

National Night Out takes place on the first Tuesday of August. Several neighborhoods in Boston held their celebrations on July 31.

Chinese artist debuts paintings of heavenly bodies

By Ling-Mei Wong

Artist Zhang Peng displayed his celestial body oil paintings on July 21 at the Art Block Gallery in the South End. Zhang’s artwork celebrates astronomy, reinterpreting images captured by telescopes with bold brushstrokes.

Chinese oil painting has come into its own, after borrowing from Western influences over 300 years. Zhang’s work straddles the line between realism and impressionism, as he felt the celestial bodies were suited for new renderings in paint.

"Celestial oil painting is an art of tradition and innovation, of the West and Chinese culture, and of the modern age and localization," Zhang said. "The beauty of knowledge is entering into science, time and life."

Zhang is dean of the College of Fine Arts and Design at Shenyang Normal University. He hosted the first celestial body oil painting exhibition in China and has held shows all over the world.

The Boston exhibition will continue until August 20.
Event Calendar

Chinese chat group
Fridays, Tuesdays
6:30 p.m. to 9 p.m.
677 Huntington Avenue
Boston, MA 02115
A Cantonese conversation group will meet Friday at the Harvard T. H. Chan School of Public Health, Kresge 201 on 2F. A Mandarin chat group will meet Tuesday. RSVP at www.meetup.com/bostonchina/.

Mulan Society classes
Saturday, August 5
1 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women’s Empowerment classes will take place at the Asian American Civic Association, 4F. Refreshments provided. Register with Hongyi Gong at (617) 426-9492 x 216 or hgong@aacaboston.org.

English for college or job training
Monday, August 7
8:30 a.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association’s Next STEP program will have information and testing sessions for classes which begin Sept. 5. For more information, call (617) 426-9492 x 250 or email jco@aacaboston.org.

Free information clinic
Monday, August 7
10 a.m. to 3 p.m.
275 Hancock Street 2F
Boston, MA 02111
Chinese American Civic Association’s Free Information Clinic. For more information, call (617) 426-9492 x 215 or email info@aacaboston.org.

Clean Up Chinatown meeting
Tuesday, August 8
10 a.m.
87 Tyler Street
Boston, MA 02111
The Clean Up Chinatown meeting will take place at the Asian American Civic Association, 5F. The public is welcome to attend. Free yoga class
Every Tuesday
6:30 a.m.
Symphony Park
Yoga instructor Nicole Tetsuro will lead gentle moving and breathing at Symphony Park, on the corner of Edgery Road and Norwell Street. Most of the practice is seated, suitable for individuals in wheelchairs with or without limited mobility. In the event of rain, classes will be at Morville House, 100 Norwell Street.

Free evening meals
Every Tuesday to Friday
5:30 p.m. to 6:30 p.m.
54 Eastern Avenue
Malden, MA 02148
Bread of Life offers free evening meals for lower income families and individuals in the metro North area. Evening meals are served Tuesday to Thursday at Bread of Life, Wednesday and Thursday at 368 Pleasant Street and Friday at 493 Main Street. For more information, call (781) 379-0404.

Free health care service
Every Tuesday
6 p.m. to 8 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148
The Shareowood Project offers free, unscheduled health care to the medically underserved populations of the greater Malden area.

The Chinatown Coalition meeting
Thursday, August 10
9:30 a.m.
38 Ash Street
Boston, MA 02111
The Chinatown Coalition will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit ticboston.org.

Boston August Moon Festival
Saturday, August 13
10 a.m. to 6 p.m.
Chinatown Gate
The annual Chinatown August Moon Festival will take place at the Chinatown Gate.

Investment panel
Saturday, August 12
1:30 p.m. to 3:30 p.m.
One Memorial Drive
Cambridge MA 02142
“Why invest in me? Value proposition: Fundraising and investor relationship” will take place at the Microsoft NERD Center. Speakers are Po-Shen Lee, Kenneth An and Jili Chung. Register at https://goo.gl/BSaqCZ.

Citizenship workshop
Monday, August 14
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 0 or email melody@aacaboston.org.

Tufts MC job fair
Wednesday, August 16
11 a.m. to 1 p.m.
87 Tyler Street
Boston, MA 02111
Tufts Medical Center will hold a recruitment session at the Asian American Civic Association, 4F. Register with Cyndy at (617) 426-9492 x 215 or employment@aacaboston.org.

Free immigration clinic
Wednesday, August 16
10 a.m. to 2 p.m.
1 City Hall Square
Boston, MA 02201
The Mayor’s Office for Immigrant Advancement offers free private immigration clinics at the Boston City Hall Room 806. For interpreters other than Spanish, please call at least one week in advance at (617) 635-2980.

Author talk
Friday, August 18
8:30 a.m.
38 Ash Street
Boston, MA 02111
Author and illustrator Ruth Chan will read “George’s Best Bad Day” at the Boston Chinatown Neighborhood Center.

Cape Cod Against the Tide
Saturday, August 19
7 a.m. to noon
3488 Main Street
Brewster, MA 02631
The statewide Cape Cod Boston Against the Tide will be held for the 18th commemorative year at DCR’s Nickerson State Park for breast cancer awareness. Register at www.mbc.org/wm or (617) 576-6222.

First-time homebuyer seminar
Thursday, August 24
10:30 a.m. to 10:30 a.m.
120 Sharon Street
Boston, MA 02128
All are welcome to attend at the BCEC auditorium, the former South Cove Manor location. Refreshments provided. Seminars will be presented in Chinese. For more information, call Terry Yin at (203) 893-7963.

CACA gala
Saturday, August 25 to Saturday, August 26
5:30 p.m. to 10 p.m.
88 Beach Street
Boston, MA 02111
The Chinese American Citizens Alliance Boston Town Lodge Sen. George Fraise Hand Award Gala will take place at Hei La Moon. Tickets $35 per table and $350 for a table of 10. RSVP at (617) 658-3318 or BostonCA-CAC@gmail.com.

Chinese American Civic Association
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Chinatown Gate
The annual Chinatown August Moon Festival will take place at the Chinatown Gate.

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Queen City August Moon Film Festival
Sunday, August 20
Coddington Street
Boston, MA 02119
The annual Queen City August Moon Festival will take place in Downtown Quincy. For more information, visit www.quin-cyassianresources.org.

South Cove Manor breakfast seminar
Thursday, August 24
10:30 a.m. to 10:30 a.m.
120 Sharon Street
Boston, MA 02128
All are welcome to attend at the BCEC auditorium, the former South Cove Manor location. Refreshments provided. Seminars will be presented in Chinese. For more information, call Terry Yin at (203) 893-7963.

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USCIS launches mobile form for replacing Green Card

BY U.S. CITIZENSHIP AND IMMIGRATION SERVICES

Lawful permanent residents who file the online Form I-90, Application to Replace Permanent Resident Card, without assistance from an attorney or accredited representative, can now file their form and upload evidence entirely on a mobile device. The redesign of the online Form I-90 also allows lawful permanent residents to navigate the site more easily, making the process of renewing or replacing Green Cards more convenient.

The new mobile-responsive design provides an intuitive method for answering questions, navigating through sections, and uploading evidence on a mobile device. Instructions for filing Form I-90 require providing certain evidence, such as a copy of government-issued identification. For those filing through a mobile device, it may be easier to take a photo of the evidence and upload it directly from their mobile devices. The redesigned online form also provides a more personalized experience, as users are directed to answer only those questions specific to their case.

There are no substantive changes to the policy or content of the form, and the online version has parity with the questions and content on the paper form.

Applicants can access the online Form I-90 through myUSCIS by creating a USCIS online account at https://myaccount.uscis.dhs.gov/. There is no cost to set up an account, which offers a variety of features including the ability to track the status of an application and to communicate with USCIS through a secure inbox.

Customers who wish to file Form I-90 with the assistance of an attorney or accredited representative will continue to use the previous version of the online Form I-90.

Additional information about Form I-90, including guidance on the application process, is available at uscis.gov/i-90.

USCIS announced a redesign to the Green Card and the Employment Authorization Document as part of the Next Generation Secure Identification Document Project on April 19. USCIS began issuing the new cards on May 1.

For more information about USCIS and its programs, please visit uscis.gov or follow us on Twitter (@uscis), YouTube (uscis) and Instagram (@uscis).

Customer service graduates celebrate career possibilities

BY VALERIE SIZHE LI

A graduation for the English for Customer Service program took place July 28 at the Pao Arts Center. (Image courtesy of Valerie Sizhe Li.)

Boston Chinatown Neighborhood Center (BCNC) and Chinese Progressive Association (CPA) held a graduation ceremony for students who participated in the English for Customer Service Job Training Program that helps low-income Boston residents find a job in retail and customer service industry on July 28. Most of the seven graduates already received job offers from employers, including Uniqlo, Bon Me and Roche Bros.

Coming to the United States seven months ago, Audrey Guan didn’t speak much English and struggled to find employment in Boston. “At the beginning, I couldn’t follow what people said. Now I offered two jobs. I can’t wait to start my new career,” said Guan.

During the 10-week training program, students will improve fluency in English and obtain necessary skills in customer service. Additionally, each student will receive seven hours of one-on-one career counseling sessions to better secure employment opportunities.

CPA has been working with BCNC on the training program for three years. Not only do they provide training to residents who meet low-income requirements, they also follow up on the previous graduates to assure their employment status.

Mayor’s Office Workforce Development director Trinh Nguyen praised the efforts of BCNC and CPA for building a better community. “Organizations like CPA and BCNC can really help the city to increase wages so families could actually benefit from the rapid economic development in the city,” she said.

Harbor Health Services, Inc. is seeking bilingual Call Center Agents and Patient Access Reps to join our team at the Geiger Gibson & Neposet Health Center located in Dorchester, MA. Part Time and Per Diem needed, M-F Daytime, eve and weekend hours. Generous benefits offered with 20 hrs wkly.

The Call Center Agent ensures patient access to our practice by answering, screening and processing a high volume of incoming calls to the call center including new patient registration, verifying/scheduling appointments/insurance information; transferring calls & data entry of patient information. Patient Access Rep includes some duties greeting patients entering the health center.

Qualifications: HS diploma/GED, 1 or more yrs of experience in a health and/or business setting, excellent verbal/written communications skills, excellent customer service and organizational skills. Basic computer literacy. Bilingual English/ Vietnamese highly desired. 3 or more yrs of professional work experience and knowledge of medical terminology preferred.

Excellent opportunity to work in a great, team oriented environment! Interested candidates please apply online at http://careers.hbst.us/careers. For more info, please call 617-533-2342.

Harbor Health Services, Inc. is an Equal Opportunity Employer M/F/V/D.
Affordable Housing Lottery

Taj Estates Phase 1
1779 Central St, Stoughton, MA

1BRs @ $1,329*, 2BRs @ $1,560*

*Rents subject to change in 2018. Utilities not included. Tenants will pay own Gas Heat, Gas Hot Water Electric Cooking, Electricity and Water and Sewer

Taj Estates is a 179 unit rental apartment community located in Stoughton. 17 of the 67 apartments being built in the first phase are affordable apartments that will be made available through this application process. The community features an expansive 4,500 square foot clubhouse and leasing center with kitchenette, lounge, fitness center, and conference room. Outdoor amenities include landscaped courtyard with an outdoor swimming pool, barbeque area, basketball court and grass lawn. All units have contemporary kitchens with modern cabinetry, stainless steel appliances, quartz countertops and tile flooring. The living areas will feature 9 foot ceilings along with tile flooring that resembles hardwood throughout. All units contain full size washer and dryers.

MAXIMUM Household Income Limits:
$54,750 (1 person), $62,550 (2 people), $70,350 (3 people), $78,150 (4 people)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on September 7th, 2017.

A Public Info Session will be held on July 31st, 2017 at 6:00 pm in the Stoughton Senior Center, 110 Rockland Street. The Lottery will be held in the same location on September 25th at 6 pm.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900 (x1) and leave a message. For TTY Services dial 711. Free translation available.

Applications and Information also available at the Stoughton Public Library on 529 Washington Street. Library Hours (M-Thurs 9-9, Fri 9-5, closed Sa & Su)

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**Council candidate Michelle Wu opens Chinatown campaign office**

BY LING-MEI WONG

Boston City Council President Michelle Wu opened her Chinatown campaign office on July 29, after giving birth to her second son Cass Wu Pewserski on July 12.

The event featured food, music and family fun at 27 Harrison Avenue.

Wu is up for reelection as city councilor at-large on Nov. 8 for one of the four seats. All four incumbents (Amissa Essaibis-George, Michael Flaherty, Aynanna Pressley and Wu) will run, against challengers Domingos DuRosa, Althea Garrison, William King and Pat Payaso. A total of 40 candidates are running for City Council, while four candidates are campaigning for mayor.

Wu meets with residents. (Image courtesy of Michelle Wu’s Facebook.)

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**Taiwan trade office welcomes new team members**

BY LING-MEI WONG

The Taipei Economic and Cultural Office in Boston (TECO-Boston) welcomed new staff and bade farewell to its outgoing team members on July 21 at its Boston office.

Eric Chao is joining as deputy division director, along with Johanna Wang as a consular officer and Guozhen Chen as education division director. They replace John Chu as deputy division director, Wenchang Chen as deputy division director and Cynthia Huang as education division director, who have served for five years. Guozhen Chen was unable to attend.

Director-General Scott Lai said, “Thank you for your service to us. I hope you are posted to Boston again one day, like I was.”

John Chu said, “I’m proud to be posted to Boston, which is a wonderful city.

While the winters are long, the Boston Public Library is a well-organized resource for reading materials, music and movies.”

TECO-Boston represents the interests of the Republic of China (Taiwan) in New England. Massachusetts is a sister state to Taiwan and Boston is a sister city to Taipei.

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**SAMPAN - 一帆**

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Newspaper in New England
全紐英倫地區唯一中英雙語雙週刊
Pharmacy seminar explains common medications

BY SOUTH COVE MANOR

South Cove Manor hosted a breakfast seminar on medications for about 50 seniors on July 27 at Boston Chinese Evangelical Church. Guest speaker Samuel Tan, a pharmacist who recently graduated from Northeastern University, discussed common medications and side effects for seniors.

Tan emphasized the importance of knowing how to take medications. He advised the seniors to ask their pharmacist how to take medications and to make sure to take them exactly as their doctor prescribed. They should know the time of the day to take medication, how often to take it in a day and whether to take it with food. It was important to understand potential drug interactions. Finally, individuals should never stop taking medications on their own.

After age 75, about 80 percent of the population has high blood pressure, which if untreated can lead to heart attack or stroke. For high blood pressure, the most common medications are diuretics, RAAS, beta-blockers and calcium channel blockers. The most common side effects are frequent urination, dry cough, dizziness and risk of falls.

Diabetes is caused by high blood sugar, when the body fails to produce insulin (type 2). Insulin is a protein that removes sugar from the blood and moves it into muscles. For diabetes type 1 and 2, the most common medications are metformin, glipizide and insulin. Common side effects are upset stomach, low blood sugar and weight gain.

For individuals undergoing psychotherapy and medication therapy, they may be prescribed selective serotonin reuptake inhibitors (SSRIs), such as Celsa, Lexapro, Paxil, Prozac or Zoloft. They could also be prescribed selective norepinephrine reuptake inhibitors (SNRIs), such as Cymbalta, Effexor or Pristiq. Individuals may be prescribed norepinephrine and dopamine reuptake inhibitors (NDRIs) such as Wellbutrin. The most common side effects are nausea and vomiting, weight gain, diarrhea, sexual problems and insomnia.

Talk to your doctor about emotional problems. Psychotherapy and medication therapy can stabilize one’s mood, leading individuals to live a more healthy and balanced life.

Chinatown crime for July 22 to August 4

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from July 22 to August 4 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
July 21, 4 p.m.: The victim reports an unknown person broke into the building on Washington Street and removed a large sum of money from the safe.

Assault and battery on an elderly person
July 22, 1:51 p.m.: The suspect was arrested on Washington Street for punching an elderly man in the face for no apparent reason. The victim transported to hospital via ambulance.

Vandalism
July 23, 10:41 a.m.: The victim reports unknown persons vandalized her car that was parked and locked on Hudson Street.

Larceny
July 24, 12:04 a.m.: The victim reports the two suspects walked out of the restaurant on Harrison Avenue without paying their bill. The officers informed victim they would make out a report.

Unarmed robbery
August 2, 11:06 a.m.: The victim reported while walking on Harrison Avenue, an unknown male grabbed the cell phone from her hand and fled onto Kneceland Street. The victim gave chase to the suspect. While chasing the suspect across the street, she was struck by a motor vehicle. The victim sustained minor injuries and refused medical treatment. The suspect made good on his escape.

BCNC receives donation from Cathay Bank and recognition from Barr Foundation

BY BOSTON CHINATOWN NEIGHBORHOOD CENTER

Boston Chinatown Neighborhood Center (BCNC) received a grant of $10,000 from Cathay Bank Foundation for its youth programs. The Youth Center provides youth from 13 to 18 year-old youth development, college access and leadership programs where youth develop 21st century skills needed to thrive in college and the workforce.

BCNC executive director Giles Li was named a Barr Foundation Fellow for his leadership and impact. As one of 12 members selected for the 2017 Class of Barr Fellows, Li will participate in a two-year program that includes a group learning journey, a three-month sabbatical and facilitated retreats. BCNC will also receive a grant of up to $100,000 from the Foundation to support Li’s participation in the fellowship, leadership and organizational development and exploration of new ideas.

Milan Affordable Housing
Woodmere at Brush Hill
865 Brush Hill Road, Milton, MA

Three 2BR townhomes for $209,400 (condo fees $95/mo)
One 3BR townhome for $232,800 (condo fees $105/mo)

This is a lottery for the 4 affordable homes available at Woodmere at Brush Hill. These 4 homes will be sold at affordable prices to households with incomes at or below 80% of the area median income. It is anticipated that the first affordable homes will be ready Fall/Winter of 2017.

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

2BR homes are 1,290 sqft, 3BR homes are 1,490 sqft. All homes have 2.5 baths, two garage parking spots, first floor master suite with walk-in closet, vinyl flooring in foyer/laundry/bathrooms/kitchen and carpeting in bedrooms/living room/dining room, Whirlpool white appliances, and central A/C.

Households cannot have more than $75,000 in assets. Maximum Household Income Limits are:
$54,750 (1 person), $62,550 (2 people), $70,350 (3 people), $78,150 (4 people), $84,400 (5 person), $90,700 (6 people)

For more information on the Development, the Units or the Lottery and Application Process, please visit:
www.s-e-b.com/lottery or call 617.782.6900 (press 2 for homeownership and then press x1).

Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm September 6th, 2017. A Public Information Session will be held on August 2nd at 6 pm in Milton Public Library (476 Canton Ave). The lottery will be on September 27th, 2017 in the same location.

Applications and Info Packets also available at:
Milton Public Library (476 Canton Ave) Hours: M - W, 9-9, Th 1-9, F 9-5:30, Sa 9-5, Su 1-5)

Learn Chinese
Watermelon
西瓜
xīguā
Hepatitis B vaccine reduces infections

BY SARA BROWN

Hepatitis B is a disease that millions suffer from but is on the decline. Hepatitis B is a liver infection caused by the Hepatitis B virus (HBV), according to the Centers for Disease Control and Prevention (CDC). Hepatitis B is transmitted when blood, semen or another body fluid from a person infected with the Hepatitis B virus enters the body of someone who is not infected. This can happen through sexual contact; sharing needles, syringes, or other drug-injection equipment; or from mother to baby at birth. The disease can be acute for some but long term for others, depending on the severity.

In 2014, a total of 2,953 cases of acute hepatitis B were reported from 48 states to CDC. The overall incidence rate for 2014 was 0.9 cases per 100,000 population. After adjusting for under-ascertainment and under-reporting, an estimated 19,200 acute hepatitis B cases occurred in 2014.

In the United States, one in 12 Asian Americans is chronically infected with Hepatitis B in comparison to one in 1000 non-Hispanic Whites, according to the Asian Liver Center at Stanford University. While Asian Americans constitute only 4 percent of the population in the United States, they comprise over half of the nation’s 1.2-2.2 million people chronically infected with hepatitis B. This is one of the greatest racial health disparities in America.

An estimated 850,000 to 2.2 million people in the United States have chronic hepatitis B virus infection. However, the rate of new people being diagnosed with Hepatitis B is decreasing. The rate of new HBV infections has declined by approximately 82 percent since 1991, when a national strategy to eliminate HBV infection was implemented in the United States. The decline has been greatest among children born since 1991, when routine vaccination of children was first recommended.

Symptoms of Hepatitis B include fever, vomiting, loss of appetite, stomach pain, fatigue, jaundice, and dark urine. They usually begin after 90 days of being exposed to it.

The best way to prevent Hepatitis B is being vaccinated for it. People can get vaccinated for it as soon as they are an infant. This should be discussed with a doctor to make sure to prevent any allergic reactions.

Chewing tobacco ruins teeth and increases heart disease risk

BY SARA BROWN

There are many different ways one can take tobacco. Chewing is one of the most dangerous ways. Chewing tobacco or smokeless tobacco can lead to addiction, cause various cancers, increase the risk for early birth or stillbirth, and increase the chances of death from heart disease and stroke, according to the Centers for Disease Control and Prevention (CDC).

Chewing tobacco products contain 30 cancer-causing substances. Like cigarettes, smokeless tobacco also contains nicotine, according to the Mayo Clinic.

The nicotine in the products is one of the reasons addiction develops. One’s body absorbs the same amount of nicotine from chewing as it does from smoking.

If someone regularly chews tobacco, they are at risk for tooth decay and gum disease. Chewing tobacco contains high amounts of sugar, which contributes to cavities and left untreated and lead to the decaying of the teeth. “Chewing tobacco also contains coarse particles that can irritate your gums and scratch away at the enamel on your teeth, making your teeth more vulnerable to cavities,” said the Mayo Clinic.

These sugars can also lead to gum disease, because they force the gum to pull away from the tooth when the tobacco is placed in someone's mouth.

Long-term tobacco users may face a 50 percent greater risk of developing cancer of the cheeks and gums, according to the American Cancer Society.

To stop using any tobacco product, start by talking to your doctor. Or talk to a counselor from your state’s quitline by calling 1-800-QUIT-NOW (800-784-8669). The National Cancer Institute also offers help at 877-44U-QUIT (877-448-7848).

The Asian American Quitline offers support in Chinese and other languages at 1-800-838-8917.
Bilingual myth busters: ‘If English is the language used in school, is it necessary for my child to learn Chinese at home?’

BY SHIRLEY HUANG

The benefits of bilingualism can help children succeed in school. When children learn more than one language, they develop important skills that are necessary for school. In the classroom, students must have good attention and focus, knowledge of vocabulary and grammar, and social communication skills. Bilingual children benefit from cognitive, linguistic and social advantages that help them to succeed in school.

The daily experience of thinking and speaking in two languages promotes positive cognitive benefits. Bilinguals have greater attentional control and focus. They must attend to the social environment and select the appropriate language while inhibiting competing words. Additionally, bilinguals have strong memory recall. On a regular basis, bilinguals are holding on to information from two languages. These cognitive benefits that result from frequently managing two languages can positively impact the child’s performance in school.

Knowledge and fluency in one language can help support the learning of a second language. Bilingual children learn multiple meanings and uses of a word — both within and across languages. For example, in Cantonese the word “qun” means both “skirt” and “dress,” but in English ‘skirt’ and ‘dress’ each have their own meaning. This kind of language flexibility is useful for understanding figurative language in books. Additionally, children who learn more than one language are also learning the grammar rules of both languages. There is research that shows that bilinguals produce more complex sentence structures in either language compared to monolinguals. Exposing the child to more than one language can result in strong development of linguistic skills that are necessary for academic success.

Successful performance in school also includes having positive peer relationships. When bilingual children learn more than one language, they also learn social behaviors and communication skills that are unique to each culture. In doing so, children develop greater awareness of what their communication partner is saying. Moreover, bilinguals are more likely to adapt their social behaviors and change their perspectives to understand their communication partner. These social communication skills are important for children to maintain friendships.

Even though English is the only language used in school, there are many benefits to learning another language that can help children succeed in school. Early exposure to more than one language ensures optimal cognitive, linguistic and social development. Therefore, it is important that teachers, parents and clinicians encourage bilingualism to maximize children’s academic success.

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About the author
Shirley Huang is a bilingual speech-language pathologist who speaks Cantonese and English.

Bilingual children benefit from cognitive, linguistic and social advantages that help them to succeed in school. The daily experience of thinking and speaking in two languages promotes positive benefits. (Image courtesy of Flickr users Todd & Anne Hoffman.)

Sudoku

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.

Answers on Chinese page 6.
Restaurant Review: Ice Age

BY LING-MEI WONG

Summer has arrived in Boston. If you want to cool off, Ice Age offers some sweet relief in Chinatown with ice cream served not in a cone, but Hong Kong style egg puff waffles.

The egg waffles are sweet, egg-based batter cooked in a special mold on a hexagonal griddle. The best egg waffles are crispy on the outside and moist on the inside of the “eggs.”

The Strawbanana ($7) marries a hot egg waffle with freezing strawberry ice cream. Topped with fresh strawberries, bananas, Pocky sticks and chocolate syrup, it was perfect to share with a friend. The standard portion is plenty for a dessert. Ice Age is generous with its unlimited toppings, which include cereal, fruit, candy, cookies, mochi and condensed milk.

Finding Ice Age requires walking up a flight of stairs, entering Tea Do and then walking up another flight of stairs. There are cozy chairs and games in Ice Age, making this an inviting space. If you want to beat the heat, step into Ice Age for cool dessert.

Book review: ‘This Is Just a Test’

BY LING-MEI WONG

David Da-Wei Horowitz can’t please his Jewish or Chinese grandmothers. In “This Is Just a Test,” 12-year-old David grows up during the Cold War, fearing nuclear attack and not fitting in. When his Chinese grandmother Wai Po moves in, his Jewish Safta decides to move Virginia from New York City to plan David’s bar mitzvah.

Authors Wendy Wan-Long Shang and Madelyn Rosenberg craft an irresistibly funny coming-of-age tale of a Chinese-Jewish-American boy. “This Is Just a Test” captures David’s struggle between cultures and friends with wit. The characters are real people with deep emotions, rather than stereotypes.

David’s friend Scott wants to win their upcoming trivia tournament. Scott dislikes their teammate — and David’s best friend — Hector. David and Scott begin digging a fallout shelter together, until David is unsure about spending forever in an underground bunker with Scott. Maybe things would be better with Hector and David’s crush, a kind caramel-blonde named Kelly Ann. For David, sur-