January 25 - February 7, 2013

the general population,” he said. “For sub-
was the only staffer who was Asian Ameri-
cian or African American, you are part
11 at the Massachusetts Statehouse.

January 22 - March 2, 2013

eating Asian food from several local
celebration, witnessing an opening lion
High School.

Chinese Lunar New Year festival —
ally brought up the neighborhood.”

screen and in-unit emergency call buttons.

floors and large windows overlooks Es
-steel building with high ceilings, wood

April 6 - 19, 2018

The Next Steps Transitional English
program was hosted by Alejandra
St. Guillen, director of the Boston May-
area. State Street Global Outreach spon-
offer information on essential services

SEE DIVERSITY ON PAGE 3

For more news, please visit Sampan.org

CONTINUED ON PAGE 8

Immigrants Day celebrates diversity at Statehouse

BY LING-MEI WONG

The 22nd Immigrants Day took place April 4 at the Statehouse: Organizer Massachusetts Immigrant & Refugee Advocacy (MIRA) Coalition gathered hundreds of immigrants, chil-
dren of immigrants and allies to Beacon Hill to celebrate the state’s rich diver-
sity and to lobby for legislation and in-
vestments in their communities.

Immigrants Day connects immi-
grants and their families with public of-
cials who represent them. Program
speakers included Rosalin Acosta,
Mass. Secretary of Labor and Work-
force Development; Senate President
Harriette Chandler; Boston City Coun-
cil President Andrea Campbell; José
Palma of the Massachusetts Temporary
Protected Status Committee; Dreamer
Paula Jovita, and Claude Toussaint,
a graduate of the Haitian Multi-Service
Center’s English language program. The
program was hosted by Alejandra
St. Guillon, director of the Boston May-
or’s Office for Immigrant Advancement.

HIGHLIGHTS
Asian youth warn children about nicotine for Kick Butts Day PAGE 6
Restaurant review: Jenny’s House PAGE 8

波士頓華埠居民會慶祝狗年

Shira Laucharoen 報道

波士頓華埠居民會於3月30日在龍鳳酒樓舉辦狗年新年慶祝活動，波士頓市議會議員
費林在活動中講話。身旁為共同主席余顯生（左）和黃楚瑜（中間）。（圖片由Shira
Laucharoen攝。）

波士頓華埠居民會於3月30
日在龍鳳酒樓舉行2018年新年慶
祝大會，迎來了約200位賓客。

與會者欣賞現場表演，並歡迎包
括波士頓第二區議員愛德華
費林在內的演講嘉賓。

居民會聯合主席黃楚瑜說：
「我有信心並且希望一個永久圖
書館很快就會來臨，華埠目前也
沒有圖書館，讓人們了解方向
真的很重要。」

費林指實，他將努力恢復
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而華埠居民會的董事們表達了他
們對即將到來的一年的慶幸和幸
運的祝賀。

—文章由馮麗燕翻譯

波士頓華埠居

Mainland Chinese

All articles published every other Friday.
For more news, please visit Sampan.org

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—文章由馮麗燕翻譯
Asian health symposium
Monday, April 9
9 a.m. to 11 a.m.
Tufts Medical Center will host a screening of Xu Xing's "The Day of Peckoning" and will take place at the Pao Arts Center.

We Share We Listen
Saturday, April 21
9 a.m. to 12:30 p.m.
136 Hancock Street
Quincy, MA 02171
Asian American youth and families are invited to a screening and health conversation at North Quincy High School. Register at www.bneci.net/upcoming-events/ wellnessweekends.

First-time homebuyer classes
April 21 to 22
9 a.m.
140 Ferry Street
Malden, MA 02148
ACDC offers HB101 classes in English and Chinese at Malden Central Bank. Each session is a 9-hour class over the course of a two-day weekend. Tuition is $50 and $10 for Malden residents. Sign up for a workshop, graduate and receive a certificate, and become eligible for discounted mortgage products. Registration required, by calling (617) 482-2380 x 208 or 202, email: CHOP @ aacdc.org or visiting https://asiancdc.org/hb101-eng.

BU College summer prep
Due April 15
Jennifer Chase Prep is a 9th, 10th and 11th grade year round program is free and benefits Joslin Diabetes Center. For appointments, call www.joslin.org/ginger.

Serving Boston's Chinese American community for 50 years.

Volunteer
The Chinatown Coalition
Thursday, April 12
9:30 a.m.
10 a.m. to 12 p.m.
288 Washington Street
Quincy, MA 02169

Call for papers:
Working Wonders: Children with Diabetes Connecting Across Borders
May 12-13, 2018
Review papers by April 14.

International Live Band Ka-
Karaoke night
Saturday, April 14
6:30 p.m. to 9:30 p.m.
288 Washington Street
Quincy, MA 02169

Binding Mortgage Products
Due April 15
Due April 15
Winter Valley Residences has studios, one bedroom and two bedroom and barrier free units. They are owned and managed by Milton Residences for the Elderly, Inc., 600 Canton Avenue, Milton, MA 02186. Winter Valley Residences for the Elderly is a 160-unit complex financed by HUD for those 62 and older or physically disabled, is now accepting applications.

WINTER VALLEY
RESIDENCES
FOR THE ELDERLY, INC.,
Winter Valley Residences for the Elderly, Inc., a 160-unit complex financed by HUD for those 62 or older who are physically disabled, is now accepting applications.

Winter Valley Residences for the Elderly, Inc., 295 Centre Ave., Rockland, MA 02370
Tel: (617) 426-9492
Fax: (617) 482-2316
www.sampan.org

Editor: Ling-Mei Wong
Contributors:
Shara Laucharoen,
Joe Feng,
Valerie Li
Advertising:
Joe Feng
Email: adf@sampan.org
Production:
Ling-Mei Wong,
Valerie Li
SAMPAN is New England's only biweekly bilingual Chinese-English newspaper. It is nonprofit and nonpartisan. Founded in 1972, Sampen is published by the Asian American Civic Association. Sampen is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: $65/ year (1st class mail), $35/ year (3rd class mail).

COMIC
WHERE'D YOU GUYS GO YOUR LUNCH TODAY?
WE TRIED THIS NEW HAND-FILLED NOODLE PLACE OVER IN DOWNTOWN.
THE SPECKLED CUMIN LAMB $5.00
OUCH!
THE SPICY CUMIN LAMB ARE LAMB!!! YOU CAN NOT EAT THIS WHEN YOU ARE PREGNANT! IT´S BAD LUCK – BAD LUCK!
DON´T DO THAT AGAIN.
YOU TWO ARE GOING TOreira FROM HERE ON OUT.
ERROR.
Don't Buy With This Ad.

SAMPAN
A Publication of the AACA
www.sampan.org
87 Tyler Street
Boston, MA 02111
Tel: (617) 426-9492
Fax: (617) 482-2316

Contact: Kathleen Pernetta, Manager
617-698-3005

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www.sampan.org

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Contact: Kathleen Pernetta, Manager
617-698-3005

Asian health symposium
Monday, April 9
9 a.m. to 11 a.m.
The fourth annual Asian Health Symposium will take place at the Pao Arts Center to address the impact of stress in Asian immigrant communities. Register at www.tuftsctc.org/registration-4th-annual-asian-health-symposium/

Creative kitchens tour
Saturday, April 7
1 p.m. to 4 p.m.
65 Beacon Street
Boston, MA 02111
Creative Kitchens Tour offers a look at kitchens in eight Creative Kitchens Tour 2018
1 p.m. to 5 p.m.
69 Albany Street
Boston, MA 02111

Indy cooking demo
Saturday, April 7
11 a.m. to 1:30 p.m.
99 Albany Street
Boston, MA 02111
Learn how to cook Indian daal with staff at the Pao Arts Center with staff Karthik Subramanian.

Asian health symposium
Monday, April 9
6 p.m.
87 Tyler Street 4F
Boston, MA 02111
Boston drivers interested in becoming commercial drivers can attend an information session at the AACA Employment Center. RSVP at employment@ aaca-boston.org.

A Taste of Ginger
Monday, April 9
6:30 p.m. to 9:30 p.m.
465 Huntington Avenue
Boston, MA 02115
The 14th annual Taste of Ginger culinary and cultural experience at the Museum of Fine Arts benefits Joslin Diabetes Center’s Asian American Diabetes Initiative. For more information, visit www.joslin.org/ginger.

Citizens Bank interview day
Tuesday, April 10
1 p.m. to 3 p.m.
87 Tyler Street 4F
Boston, MA 02111
Citizens Bank will have an interview day at the Asian American Civic Association.

Free meditation class
Sundays, Thursdays
7 a.m. to 8:30 a.m., 10:30 a.m. to 12:30 p.m.
288 Washington Street
Quincy, MA 02169
Meditation. People with limited mobility are welcome to join.

Free meditation class
Tuesday, April 10
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association offers workforce training programs Building Energy Efficiency Management Skills (BEEMS) and Careers in Banking and Finance (CBF), and will provide information and referral services to Chinese Americans. Their native country. Applicants should be at least 18 and have a GED/high school diploma. For more information, call (617) 426-9492 x 250 or email jco@ aaca-boston.org.

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 low-income families and individuals in the metro North area. Evening meals are served Tuesday at Bread of Life, Wednesday and Thursday at 368 Pleasant Street and Friday at 493 Main Street. For more information, call (617) 732-2412.

Boston driver information
Monday, April 9
6 p.m.
87 Tyler Street 4F
Boston, MA 02111
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Working Wonders
Wednesday, April 11
9 a.m. to 11 a.m.
415 Summer Street
Boston, MA 02210
Tufts Medical Center will host "Working Wonders 2018" at the Boston Convention & Exhibition Center.

Free social service clinic
Thursdays
9 a.m. to noon
244 Harrison Street
Boston, MA 02111
Enhance Asian Community on Health will help people at American Chinese Christian Educational & Social Services with health insurance and benefits. For appointments, call EACH at (617) 472-3224.

The Chinatown Coalition meeting
Thursdays, April 12
9:30 a.m.
38 4th Street
Boston, MA 02110
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F.

Karaoke night
Saturday, April 14
6:30 p.m. to 9:30 p.m.
99 Albany Street
Boston, MA 02111
International Live Band Karaoke Night will take place at the Pao Arts Center. Sing your favorite song with a live band. Register at www.singhome.org.

BU College summer prep
Due April 13
Two Silber Wave Boston, MA 02215
Boston University’s Upward Bound college prep is accepting applications for its summer program, June 9 to August 3. The year round program is free and accepts 9th, 10th and 11th grade students. Apply at www.bu.edu/ub, call (617) 353-5195 or email reggie@bu.edu.

Breakfast seminar
Tuesday, April 17
9:30 a.m. to 11:30 a.m.
288 Washington Street
Quincy, MA 02169
All are welcome to attend at Quincy Cove Manor at Quincy Point. Seminars will be presented in Chinese and English.

Screening
Friday, April 20
6:30 p.m. to 9 p.m.
99 Albany Street
Boston, MA 02111
A screening of Xu Xing’s “The Day of Peckoning” will take place at the Pao Arts Center.
BY SHIRA LAucharoen

The Boston Chinatown Resident Association (CRA) welcomed about 200 guests at its 2018 Year of the Dog New Year Celebration on March 30. Attendees enjoyed live performances and welcomed speakers such as Boston City Councilor Ed Flynn.

“I have faith and hope that a permanent branch of the library will come soon,” said CRA co-chairwoman Chu Huang. “There are also no more bilingual street signs, and it’s really important that people see the directions.”

Flynn confirmed that he would work toward making the restoration of a library part of the city government,” said Flynn. “We are getting it done because of the strong advocacy of CRA.”

The event opened with a lion dance performance by the White Crane Kong-Fu System and was followed by lively cultural and signs in both English and Chinese, toward making the restoration of a library services to Chinatown. It also created a platform for locals to learn about row house tenants facing displacement in Chinatown. Residents have worked with other organizations to develop public land projects, such as a proposal for Parcel 12 requiring at least 50 percent affordable units.

Huang said in the Year of the Dog, she hopes CRA will experience increased visibility and hold more community activities. Flynn stated that he intends to serve Chinatown community by “the respect and dignity you have earned.”

Regardless of what language you speak, it’s important that people be able to participate in city government,” said Flynn.

The event featured cultural dance performances by the Boston Children’s Dance Group. (Image courtesy of Shira Laucharoen.)

BY LING-MEI WONG

Strains of Mozart filled the air at the Chinatown library, serenading more than 80 guests. Children from the Boston String Academy (BSA) performed on March 27, marking the first live music concert by youth.

“We strongly believe in building community,” said founder and director Taide Prieto-Carpio. The Peruvian cellist is a founder of BSA, along with Venezuelan violinists Mariesthes and Marielisa Alvarez.

The three women started a Chinatown string program for professional music instruction to inner-city children in 2011, before formally founding BSA in November 2012. Since then, programs have launched in Allston and Roxbury, reaching 135 children.

Prieto-Carpio and Mariesthes Alvarez led the beginner and intermediate orchestras of the Chinatown program, playing classical music, Hungarian folk tunes and a merengue from Latin America. The Chinatown program meets at the Boston Chinese Evangelical Church on Harrison Avenue.

Chinatown branch librarian Theresa Furbush said, “We’re so happy to have the Boston String Academy here. Kids might not have access to music instruction ... we hope to see kids accessing the Boston arts scene.”

Six members of BSA’s Chinatown program were invited to perform at the “Encounters/Encuentros” international orchestral workshop and concert in Mexico City from March 1 to 4, with Mexican composer Arturo Marquez, and Venezuelan violinist and conductor Gustavo Dudamel. The performers, ages 12 to 14, were cellists Erick Liang and Darren Seto and violinists Peter Cho, Annabelle Lee, Eliza Youngman and Lola Zulpa.

“The students had a wonderful experience playing with a living composer,” Prieto-Carpio said. “They had played Marquez’s music before and were excited to meet him.

Over the summer, 18 of the Academy’s students will perform at the National Take A Stand Festival in Los Angeles, up from 11 students who attended in 2017. This is the first year Allston students have been invited, joining their peers from the Chinatown program, Prieto-Carpio said. The Academy will represent the second for the time the largest group from Massachusetts.

This summer, BSA students will participate at the Boston University Tanglewood Institute, a summer program for youth affiliated with the Boston Symphony Orchestra and the Tanglewood Music Center, Prieto-Carpio said.

The directors are gratified their pupils have qualified against stiff competition. “Our program is open to all families, so their children can get these opportunities,” Prieto-Carpio said. “It’s something we’re proud of.”

BSA emphasizes pride in one’s roots. All 135 students perform together twice a year, with a meal of pot luck dishes from each family’s culture.

“Music is a language. It’s a tool to express themselves,” Prieto-Carpio said. “It’s so great to see Asian, black, Latin and white students from different communities getting together.”

For more information about BSA, please visit www.bostonstringacademy.org.
Boston students join national gun control movement

BY SHIRA LAUCHAROEN

Students took to the streets to protest gun violence during the March 24 March for Our Lives in Boston. (Image courtesy of the City of Boston.)

In the aftermath of the Feb. 14 shooting at Marjory Stoneman Douglas High School in Parkland, Florida, students across the United States channeled their anger and passion into a national movement. The planning of the March 24 March for Our Lives began in Washington D.C. but sparked sister waves reverberating throughout the country, including a student-driven walk in Boston.

“After Parkland, there was a call to action for people across the country and the world, and almost immediately, a Facebook group was created by a student in Boston. People reached out to him offering their support and expertise,” said organizer Charlie Lowell, a senior at Andover High School. “I got involved after staging a sit-in at my high school to facilitate a conversation about gun violence in America and Massachusetts. After experiencing a really powerful display of student voice and action, I decided this movement is incredibly important and affects people in Massachusetts and America.”

Students led the march of 50,000 people from Roxbury to Boston Common, carrying signs, chanting and taking the stage to speak about the necessity of tighter gun control laws. The focus of the march was youth-centric, said organizer Jack Torres, a sophomore at Somerville High School, as students spearheaded the planning of the movement with some adult support. They were responsible for developing a speaker program and designing everything from how many Porta Potties would be needed to what the march route would be.

“We wanted a program that would be representative of the communities we live in, that would highlight people affected by gun violence or people who had been speaking out and were ignored. We wanted it to be students and teachers and elected officials,” said Torres.

While Massachusetts’ gun laws are some of the strongest in the nation, legislators should not overlook the fact that acts of violence still occur in Boston, particularly in economically disadvantaged neighborhoods or communities of color, said organizer Arianna Constant-Patten, a freshman at Boston Collegiate Charter School. Torres said that he hopes to see the passage of bills such as House Bill 3610, an act that prevents firearm access for individuals considered to be dangerous or suicidal, and Senate Bill 2325, which promotes equitable education funding.

Students hope that people will “realize that guns do not correlate to having power,” said organizer Michael Martinez, a junior at Weston High School.

Chinatown meeting roundup: CSC, CRA

BY LING-MEI WONG

The Chinatown Safety Committee met April 4 at the DoubleTree Hotel. Boston Police Department District 1-A Captain Kenneth Fong gave a report on local crime in the past 30 days. There were two commercial break-ins, one automobile theft, three robberies, six larcenies, four larcenies from motor vehicles, and 20 arrests.

“For Chinatown, it’s been reasonably quiet,” Fong said. St. James the Greater Church conducted a survey on opening its lower level to church to the public, with 70 percent of parishioners in favor, said Simon Ho, former Josiah Quincy Elementary School principal and church attendee. A church committee will look into opening the space in coming weekdays for seniors and community activities.

A proposal on adding a unit to 29 Oak Street was presented by owner John Sokoloh and his attorney Patrick Mahoney. The building has three units being used for short-term rentals; Sokoloh plans to renovate the site for four homeownership condos. The plan requires approval from Boston’s Zoning Board of Appeals to increase the number of residential units.

Affordable Rental Opportunities

150 Chestnut Hill Ave, Brighton, MA 02135

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CRA

The Chinatown Resident Association met April 4 at the Josiah Quincy Elementary School.

Rep. Aaron Michlewitz spoke about short-term rentals at the Chinatown Resident Association meeting April 4 at the Josiah Quincy Elementary School. (Image courtesy of Ling-Mei Wong.)

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Chinese Progressive Association reflects on community activism

BY VALERIE LI

The Chinese Progressive Association (CPA) held its Year of the Dog Banquet at Empire Garden on March 23.

The gala looked back on CPA’s achievements over the past year, from advocating higher taxation on short-term rentals to bringing back the Chinatown library after its destruction in 1956. CPA also honored community leaders for their dedication and hard work on promoting civic engagement and advocating equality in workplaces.

The Northeastern University dining hall workers, who organized strikes to win a contract with improved health benefits and salary in 2017, were given the Social Justice Award.

“We are very proud of what we got,” said Angela Bello, a Northeastern University dining hall worker. “Before we got organized for the union, our workplace was a mess. My Chinese coworkers stood up with me and we got very good representation from Local 26. Finally we got all the benefits and dignity at our workplace.”

The University of Massachusetts-Boston Institute for Asian American Studies received the Social Justice Award for its advocacy for Massachusetts to collect disaggregated data for the five largest Asian American ethnic groups.

“The true measure of an honor is not the stature of the person or the organization being honored, but the stature of the one giving the honor,” said Institute Director Paul Watanabe. “It is a great privilege for us to work with the CPA for 25 years.”

CPA presented the Unsung Hero Award to the Castle Square Tenants Organization, which brought together a diverse group of residents to build a vibrant organization that provides opportunities and uplifts a shared vision of resident ownership.

In the past year, CPA has worked on policies that protect tenants and affordable housing. Its team made sure workers were not victims of wage theft.

“I think one of the biggest victories for the community is that after 19 years of struggle, we brought a permanent library to Chinatown. Looking forward, we will continue to advocate for stabilization for Chinatown’s future,” said executive director Karen Chen.

Let’s Talk forum advocates for Asian American mental health awareness

BY VALERIE LI

The third Let’s Talk Forum took place on March 24 at the Harvard University Graduate School of Education. Organized by the Pan Asian Coalition for Education (PACE), the conference focused on promoting the success and well-being of Asian and Asian American students.

Keynote speaker Josephine Kim gave a presentation addressing the cultural gap between the east and the west, as well as pan-Asian mental health-related issues.

In her presentation, she incorporated artist Yang Liu’s infographic series East Meets West to convey discrepancies in life on opposite sides of the globe.

“For students from Asian immigrant families, the challenge we face is that the culture is completely the opposite. We are encouraged to express our opinions in school, but when we go home, we find it unacceptable to do such things.” Kim said.

Asian American college students have higher rates of suicidal thoughts than their counterparts, according to the American Psychological Association. Cultural stigma often prevents students who are struggling from seeking help.

During the one-day event, attendees participated in 14 breakout sessions covering a wide range of topics, including racial identity development, advocacy and support for the LGBTQ community, Asian American masculinity and reverse cultural shock.

The first Let’s Talk forum was organized in memory of Luke Tang, a Harvard sophomore who killed himself in 2015. Tang’s parents Wendell and Christina spoke at the 2017 conference about his suicide and raising awareness in the Asian American community.

PACE is a student organization at Harvard University Graduate School of Education. Its main mission is to serve the local pan-Asian community, to support and develop as a community and to raise awareness of pan-Asian issues in education.

Chinatown crime blotter for March 23 to April 6

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from March 23 to April 6 for District A-1, which includes Chinatown.

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

Investigate person March 23, 3:26 p.m.: The officers responded to Beach Street on a report of a breaking and entering in progress. Upon arrival, the officers met and spoke with the caller. He stated he observed the suspect attempting to get into the building to steal packages. The officers searched the area for suspect to no avail.

Investigate person March 27, 5:39 p.m.: The officers responded to the Chinatown Gate for a person with a knife. The officers searched the area for person without any success.

Vandalism March 28, 1:16 a.m.: The officers responded to the area of Oxford Street for a person spray-painting a building. Upon arrival, the officers observed a wall that contained numerous tags. They searched the area for suspect to no avail.

Assault & battery March 31, 3:29 p.m.: The victim reported while inside of 40 Boylston Street, he was assaulted by one of the other residents.

Assault & battery April 4, 12:57 a.m.: The officers responded to Harrison Avenue on an assault in progress. Upon arrival, the officers met and spoke with the victim. He stated the suspect assaulted her inside of the restaurant. The suspect was removed from the building and instructed not to return.

Learn Chinese

Flower 花 huā
Lawmakers, cancer survivors and advocates seek to raise Mass. tobacco sale age to 21

By Valerie Li

A group of state legislators, cancer survivors and volunteers gathered at the Statehouse on March 28 for the American Cancer Society Cancer Action Network (ACS-CAN) 2018 Lobby Day. Advocates and lawmakers hope to pass House bill 4109, which seeks to protect youth from the health risks of tobacco and nicotine addiction. The bill, which is sponsored by the Joint Committee on Public Health, passed the Senate with a bipartisan 32-2 vote in the last session. It is now before the House committee.

The Youth Tobacco Prevention Bill aims to raise the tobacco sale age to 21 in Massachusetts. It also includes prohibiting e-cigarette use in smoke-free workplaces and stopping pharmacies from selling tobacco.

“I was a smoker. I quit in my 30s, but I started very young. It was acceptable, and there was not anything particularly dangerous about it,” said Rep. Kate Hogan, co-chairwoman of the Joint Committee on Public Health. “So in later years, I smoked more, and it integrated into my life. It became very difficult to quit. It would be so much easier if we can stop selling tobacco products to teenagers.”

“I see too many young kids who are smoking. There is so much information out there, but I don’t understand why they do it,” said Carol Clark, a cancer survivor who is a state lead ambassador for ACS-CAN. “I find it very hard to comprehend if they would pick up smoking when there’s so much information telling you how bad it is for you.”

A group of students from Franklin High School presented a video project showing their support for stricter tobacco laws statewide. In the video, many students voiced concerns about the popularity of vaping devices.

“Vaping is epidemic,” said Sen. Jason Lewis, co-chairman of the committee. “Our middle and high schools believe vaping is harmless. In fact, it gets them addicted to nicotine and all sorts of other chemicals in those vaping products. This legislation makes it clear that e-cigarettes should be treated the same way as tobacco products.”

“The fact is, 95 percent of adult smokers started smoking before the age of 21,” said Amber Herting, associate director of ACS-CAN. “So if we can take that option off the table, it is less likely they will start smoking at a young age, and that’s very important to us because one-third of cancer diagnoses in the country can be attributed to tobacco use.”

Asian youth warn children about nicotine for Kick Butts Day

By Valerie Li

To honor national Kick Butts Day, Boston Asian Youth Essential Services gave an anti-smoking presentation to Josiah Quincy Elementary School fifth graders on April 4. (Image courtesy of Valerie Li.)

The high school advocates from Boston Asian Youth Essential Services gave an anti-smoking presentation to Josiah Quincy Elementary School fifth graders on April 4. (Image courtesy of Valerie Li.)

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Smoking affects your vision

By Kierstan Boyd, American Academy of Ophthalmology

Smoking contributes to a number of major health problems, including heart disease, stroke and cancer. But many people do not know that smoking also affects your vision.

At any age, smoking increases your risks for developing cloudy vision from cataracts and central vision loss from age-related macular degeneration (AMD). And the more you smoke, the higher your risk.

People who smoke are twice as likely as nonsmokers to develop cataracts, a serious condition affecting the cornea, which is the outer layer of the eye.

Smokers are also at greater risk for developing diabetic retinopathy, a vision-stealing disease affecting the eye’s retina.

Tobacco smoke, including second-hand smoke, is an irritant that worsens dry eye, a very uncomfortable eye condition called dry eye.

The YES anti-smoking advocates are working with schools and community partners to support and promote evidence-based tobacco and nicotine prevention. Their services include counseling, case management and school dropout prevention.

“We want to encourage our kids to also bring a message to their parents when it comes to smoking. It is not just about prevention. This is also a good way to reach out to the parents to quit smoking,” said Trinh Britton, who leads the teen Choose Health program.

Josiah Quincy Elementary School also plans to host a health fair on May 17, inviting families and students to participate in a series of health-related discussions.

The YES program and the school’s smoking education efforts are funded by Tufts Medical Center’s Asian Health Initiative.

To contact Sue Jacobson, Norfolk Housing Trust, 508-440-2812, email contact: sjacobson@norfolk.ma.us

For more information, Tufts Medical Center’s Asian Health Initiative (AHI) has worked with the Chinatown community to address health needs for over two decades.

The AHI identifies health priorities from public health data, community engagement and advisory committee feedback. With community partners, the AHI has addressed various health priorities over the years, including chronic disease, mental health, family violence and promotion of healthy lifestyles.

Community partners are presently focused on the harmful effects of smoking, including smoking cessation, prevention and education.

The American Cancer Society Cancer Action Network 2018 Lobby Day gathered allies. (Image courtesy of Valerie Li.)

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Pipa virtuoso brings Chinese music, shadow puppet show to Boston

BY RUOBING SU

Pipa virtuoso Wu Man performed March 25 with the Zhang Family Band shadow puppet musicians at the New England Conservatory. (Image courtesy of Robert Torres.)

Born into a family in Hangzhou, China, Wu showed great talent and interest in music from a young age. At the age of 13, she started to play Pipa. In 1977, she went to the Affiliated High School of the Central Conservatory of Music in Beijing and then graduated as the first recipient of a master’s degree in pipa. Pipa is a lute-like instrument with a history of more than 2,000 years. It is also recognized as one of the premier most difficult instruments to play in Chinese music.

Wu studied music at Yale and got married in America. She performed pipa with Western musical instruments, which increased exposure for Chinese music on the world stage and introduced pipa to a wider audience.

Wu performed several pipa solos, including the lyrical “Flute and Drum at Sunset,” as well as an “Ambush from Ten Sides.” Her performances with the shadow puppet band were vibrant and lively, compared to her calmer pipa solos. The folk musicians are farmers from Huayin City, Shaanxi. They played energetic and lively music on their instruments, along with singing powerful songs. Wu introduced them and said they are always invited to perform at weddings or funerals in their villages.

A number of years ago, Wu traveled to China’s remote regions to unearth the country’s ancient musical traditions that are in danger of being lost, and explored the Huayin Shadow Puppet Band. The Zhang Family Band, the group the folk musicians belong to, is one of the best-known shadow puppet bands in China. For many years, shadow puppetry was part of the Zhang family household only, and not until recently has it been passed down to performers outside family, as well as women. It is their second time performing in America. Wu not only wanted to preserve this traditional art form, but also show its relevance in the 21st century.

The band performed two puppet shows, “Three Heroes Do Battle with Lv Bu” and “Improvisation” with Wu playing pipa. The musicians sang, played instruments and controlled the puppets behind a translucent scrim with a source of light, telling the story of Lv Bu’s heroism on the battlefield.

When Dr. Jake Owens was invited to work at Chengdu Panda Base to reintroduce giant pandas to the wild, he didn’t hesitate.

Owens is an American conservation biologist who conducts research worldwide on wild animals. Four years ago, he was hired by Global Cause Foundation (GCF), a nonprofit organization dedicated to panda conservation. Before moving to China, Owens traveled to New Hampshire to learn about Ben Kilham, a “bear whisperer” who reintroduced more than 160 black bears into the wild since the 1990s.

The cubs are raised in an enclosure that allows them to socialize with other bears, forage for natural foods and improve their tree climbing skills.

Kilham was invited to adapt his method to giant pandas.

Panda’s document journey out of captivity

BY RUOBING SU

A giant panda cub and mother at Panda Valley in Dujiangyan, China. (Image courtesy of Drew Fellman.)

Bear: “Ben’s system for preparing black bears for the wild is a great example for panda reintroductions,” Owen said. “Pandas are very difficult to study in the wild; they live in dense bamboo forests and typically avoid humans.”

Kilham raises orphaned black bears with his wife and sister at home and releases them back into the wild when they are physically ready.

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Kilham was invited to adapt his method to giant pandas.

When the cubs are ready, Kilham travels to Chengdu Panda Base to open the cubs to the wild. He begins to monitor their movements to ensure they are not in danger of being lost, and explores the Huayin Shadow Puppet Band. The Zhang Family Band, the group the folk musicians belong to, is one of the best-known shadow puppet bands in China. For many years, shadow puppetry was part of the Zhang family household only, and not until recently has it been passed down to performers outside family, as well as women. It is their second time performing in America. Wu not only wanted to preserve this traditional art form, but also show its relevance in the 21st century.

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Jenny’s House serves homemade dishes hailing from Suzhou, a city west of Shanghai where xiao long bao, or soup dumplings, made its name. Similar to Huaiyang cuisine, Suzhou food seeks to retain the original flavor, freshness and tenderness of ingredients.

Sliced cucumbers and jellyfish mixed in chive oil ($8) are a traditional appetizer in the Jiangsu region. The jellyfish is prepared chewy, which contrasts with the cucumber’s crunchiness. The use of Zhenjiang vinegar mixes well with chive oil to enhance the flavor.

Jenny’s House Suzhou style wonton soup, garnished with scallions and sliced egg. (Image courtesy of Valerie Li.)

Jenny’s House
1247 Hancock Street
Quincy, MA 02169
(617) 302-3633

Restaurant review: Jenny’s House

BY VALERIE LI

PANDAS: Documentary captures panda journey back to the wild

CONTINUED FROM PAGE 7

Jenny's House adds authentic Suzhou dishes to the greater Boston food scene.

Panda ‘mom’

Hou Rong has been the director of research at the panda base since 1994. She focused on captive breeding, resulting in more than 200 baby pandas born during her tenure. However, reintroducing pandas had been a challenge for her team. When she heard Kilham present on his research from Kilham, Owens moved to New Hampshire to meet him.

When East meets West

Packed with his belongings and research from Kilham, Owens moved to China. He settled in Chengdu and took public transportation to Chengdu Panda Base every day. Six months after his arrival, Owens met Bi Wen Lei, a young assistant researcher from the Chinese province of Inner Mongolia who was finishing his master’s degree.

Owens and Bi worked together for the reintroduction program with Qian Qian, a female panda that stood out as a six-month old baby panda. Owens recalled, “Sometimes she was extremely affectionate. She would crawl into my lap and as she slept, she would touch my hair and my face. People think pandas are lazy, but they are very smart – Qian Qian is extremely smart, I call her ‘panda genius.’”

Not all pandas are suited for the wild, after generations as zoo-dwelling ancestors. The researchers needed to observe and measure their climbing ability, courage and curiosity, to determine the best way to prepare them for going back to the wild.

Like other pandas in the program, Qian Qian stayed with her mother and was monitored by scientists through a collar, in case any emergency happens. As the program went on, Qian Qian became more independent. With plenty of bamboo in the mountains, she gained 20 kilograms living in the nature reserve.

“We were honored to be there at the cusp of an exciting new program, and to witness an adorable captive-bred panda cub named Qian Qian prepare for a new life,” Owens said. “The scientists at Chengdu Panda Base have dedicated their lives to creating a more secure future for the wild giant panda,” said Drew Fellman, “Pandas” co-director, writer and producer.

“Pandas” is shot in IMAX, which allows filmmakers to immerse the audience into the wild. It’s very slow going and precarious. The film crew includes staff from America, Canada and China. “There were times we spent the whole day carrying gear up the mountain to set it up for a shot and got nothing. Other days, we’d set ropes to lug gear high up into the bamboo forest and we’d get one great shot. It’s very slow going and precarious. If we get 30 seconds a day of good footage, we were happy,” Fellman said.

From captivity to the wild

“Pandas” captures the real challenges and threats. “The Chinese government has been good at preventing trafficking and hunting, but there are other challenges and problems out there,” Kilham said. “What we need to work on is to make sure the challenges are being identified and solutions are being worked out.”

Qian Qian is now four and half years old, happily living in the reserve with plenty of bamboo. Her daily activities are monitored by scientists through a collar, in case any emergency happens. “Qian Qian is growing fast, and she is giant: she is almost 210 pounds. She will be hopefully going to a new reserve next summer,” Owens said. Owens has now been there four years, training Bi. Bi will oversee the pandas and prepare them for the wild, as well as train the next group of Chinese researchers.

Fellman said, “Pandas are extraordinary creatures and I’m excited to see what happens with Qian Qian next in her journey to her wild side. We’ll be cheering her on as we look for our own next adventure.”

The movie will be shown in theaters in April 6. It will also be translated and narrated in Chinese and released in China in October 2018.