Greenway and AACA partner to help smokers quit

BY VALERIE LI

The Asian American Civic Association (AACA) and the Rose Kennedy Greenway Conservancy teamed up to address smoking problems among the Asian American population, with a focus on Mary Soo Hoo Park on the Greenway.

Since its inception the project in 2017, smoking cessation specialist Sherry Xue has spent time in the park providing useful information on smoking and offering support to people who want to quit smoking.

“We set up a booth three times a week to educate people about the negative impact of smoking,” Xue said. “We also recruited people to join our program. About 20 to 30 people showed interest in quitting. Three have already quit.”

Quitting can take three months or longer. However, it really depends on the individual smoker and the length of addiction. Many smokers experience relapses when they try to quit.

In addition to park visits, Xue organized coffee hours and made presentations at senior homes in the Boston area. “The goal of our community outreach efforts is not only for the smokers to quit but we also want nonsmokers to be more informed about the negative health effects of second-hand smoking,” she said.

The AACA-Greenway partnership is one of several community efforts funded by Tufts Medical Center’s Asian Health Initiative. Xue noted the joint approach is more clinical, as it works directly with adult smokers. “We give out nicotine replacement therapy (NRT) patches, which are the easiest way to help people quit smoking,” Xue said. “There are also nasal spray and nicotine gums that are popular.”

Other grantees include Boston Asian: Youth Essential Services, Boston Chinatown Neighborhood Center, Greater Boston Chinese Golden Age Center, Joseph Quincy Elementary School, Sampan Newspaper and the Wang YMCA of Chinatown.

The program is currently enrolling people who are interested in quitting smoking. For more information, please call (617) 426-9492.

Community pitches in to clean up Chinatown

BY LING-MEI WONG

The Chinatown Business Association organized a community service day to clean up Boston’s Chinatown on April 8.

More than 28 students came from Boston University, Boston College and the Boston Asian: Youth Essential Service. The students were joined by members of the Boston Chinatown Lions Club, with all equipment provided by the Chinatown Business Association.
Event Calendar

Screening
Friday, April 20
6:30 p.m. to 8 p.m.
99 Albany Street
Boston, MA 02111
A screening of Xu Xing’s “The Day of Reckoning” will take place at the Pao Arts Center.

We Share We Listen
Saturday, April 21
9 a.m. to 12:30 p.m.
316 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.bncn.org/upcoming-events/wesharewelisten.

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 $300 and $50 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, emailing CHOP@asiancdc.org or visiting https://asiancdc.org/hb101-eng.

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 at the Chinese Catholic Community of Boston and Thursday at Holy Cross Parish. For more information, call (781) 397-0404.

Parcel R1 meeting
Wednesday, April 25
6:45 p.m. to 8:15 p.m.
885 Washington Street
Boston, MA 02111
A community meeting on Parcel R1 will take place at the Josiah Quincy Elementary School cafeteria.

Free social service clinic
Thursdays

American Commission will host the 12th Unity Dinner at Boston University’s Metcalf Hall in the George Sherman Union. For more information, visit www.aacommission.org.

Free children’s dental clinic
May 4 to May 5
9 a.m. to 1 p.m.
1 Kneeland Street
Boston, MA 02111
Give Kids a Smile, a free dental clinic for children, will take place at Tufts Dental School. Register at dental.tufts.edu/gkas.

Exclusive Offering
54 BAY STATE ROAD, CAMBRIDGE

This five unit, three story wood framed building was constructed in 2012. The units are comprised of three (3) three bedroom/bath and two (2) two bedroom/bath units. Each unit includes a covered parking space. Units are separately metered for utilities and each has its own Home Energy Rating Certificate. Please call for current income details.

This free unit, three story wood framed building was constructed in 2012. The units are comprised of three (3) three bedroom/bath and two (2) two bedroom/bath units. Each unit includes a covered parking space. Units are separately metered for utilities and each has its own Home Energy Rating Certificate. Please call for current income details.

Lot Size: 5891 +/- SF / Total Area: 6350 +/- SF
3 Bedroom Units: 1411 +/- SF / 2 Bedroom Units: 1057 +/- SF

Contact
Linda Houllahan
Investment Property Specialist
617-822-7052
lhoullahan@jacobrealty.com
Bring your friends and family!

Get an inside look at vibrant retirement living on the South Shore. Come and tour our beautiful campus and maintenance-free homes. Experience top-notch amenities and discover dozens of exciting clubs, classes, and activities.

Chinatown meeting roundup: TCC, CNC
BY LING-MEI WONG

Wilson Lee spoke about legislation to recognize Chinese American veterans who served during World War II at the Chinatown/South Cove Neighborhood Council April 17 at the Chinese Consolidated Benevolent Association. (Image courtesy of Ling-Mei Wong.)

The Chinatown Coalition met April 12 at the Boston Chinatown Neighborhood Center. A presentation on a joint planned development area (PDA) was given by the Boston Chinese Evangelical Church (BCEC), Chinese Consolidated Benevolent Association (CCBA) and the Davis Company (TDC). The three entities own land next to each other; the PDA allows them to pool their land for zoning enhancement, while each owner funds their own project. CCBA plans to develop 314 affordable and market rate housing units at 50 Herald Street, which will be at least 40 percent affordable. BCEC wants to build a new church building at 120 Shawmut Avenue. TDC will develop 139 market-rate housing units at 112 Shawmut Avenue.

“We worked together to make our projects comply with zoning regulations,” said CCBA president Paul Chan. “We made sure our buildings are compatible with each other.” The CCBA has an affordable housing fund, enough to draw up architectural plans. It hopes to break ground by 2020, pending government subsidies to develop affordable units. The site is currently leased to C-Mart for 10 years until 2023, Chan said.

The church project depends on member approval, said BCEC senior pastor Steve Chin. Chin hopes for a church-wide vote by the end of 2018. BCEC is planning a mixed-use building comprised of a new church facility, approximately 2,000 square feet of commercial space, and up to 84 residential units, of which at least 20 percent of the units will be affordable.

An open area will allow access from Washington Street to Shawmut Avenue, said Dante Angelucci, TDC executive vice president. The PDA is pending approval from the Boston Planning and Development Agency.

Tufts University assistant professor Carolyn Rubin and public health medical students gave a presentation on community perspectives on Parcel R1 at Tyler and Harvard Streets. The students interviewed local stakeholders, who said they wanted housing on the site.

CNC
The Chinatown/South Cove Neighborhood Council met April 17 at the CCBA.

Congress has two bills before the House of Representatives and the Senate to recognize Chinese-American World War II veterans.

CONTINUED ON PAGE 4

The Sing Home karaoke competition took place April 14 at the Pao Arts Center. May Lui and Michael Wong performed a Cantonese duet. (Image courtesy of Ling-Mei Wong.)

Sing Home gathers neighborhood for karaoke
BY LING-MEI WONG

Singers belted out Cantonese pop hits and Gujarati lullabies at the Sing Home karaoke competition, backed by a live band. The singing competition took place April 14 at the Pao Arts Center, with more than 40 attendees.

AACA celebrates English graduation
BY LING-MEI WONG

The Asian American Civic Association’s Next Steps Transitional English Program (Next STEP) celebrated graduation April 13 at Tufts University. The advanced English for speakers of other languages (ESOL) program prepares adult learners for job training, college and employment.
Organizing director Kevin Lam of the Asian American Resource Workshop spoke about South- east Asian connection and deportation at the Nonprofit Center on April 10. (Image courtesy of Facebook Live.)

In the wake of increasing detention and deportation of Southeast Asian immigrants, organizing director Kevin Lam of Asian American Resource Workshop (AARW) was invited to speak at the Nonprofit Center in Boston.

“Historically, Boston has served as one of the cities for refugee resettlement for the Southeast Asian community after the war in Vietnam and Cambodia,” Lam said. “However, with the past and current administrations reestablishing diplomatic ties with Vietnam, Cambodia and Laos, thousands of immigrants now face deportation because of repatriation agreements.”

Laos does not have a repatriation agreement with America. According to data, nearly 100 Vietnamese community members were detained in April 2017 at York County detention center. On April 4, a total of 43 Cambodian detainees were repatriated, with hundreds more facing deportation.

“The increased ICE raids are targeting the Southeast Asian communities, especially Vietnamese and Cambodian communities,” Lam said. “As a second generation Vietnamese-Laotian, I feel the responsibility to do something.”

AARW is a member of the Greater Boston Organizing Training Initiative (DOT-I) support Vietnamese and other Southeast Asian families, helping to prevent deportations in greater Boston area. AARW has helped organize against detentions and deportations of Southeast Asian individuals by providing social activism training, language services, case management and family support.

For more information, contact info@aarw.org.

**Chinese Culture Connection honors diverse communities**

**BY LING-MEI WONG**

As the sounds of Chinese opera filled the air, the 13th Chinese Culture Connection (CCC) annual gala took place April 7 at Hei La Moon. More than 200 guests came together to support the educational organization’s mission of promoting harmony between American and Chinese cultures.

“Over my 20 years with Chinese Culture Connection, I’ve had the privilege of meeting many wonderful people,” said Mei Hung, CCC executive director. “It’s a great honor to recognize some individuals for their contributions to the arts, community or improving quality of life.”

The CCC honored Malden Overcoming Addiction with the Excellence in Community Service Award. Lenevet Wing, executive director of the Commonwealth Seminar, received the Leadership in Diversity and Inclusion Award. Tung-Mei and Tao-Chun Pan, founders of the Greater Boston Chinese Cultural Association Chinese Music Ensemble, received the Outstanding in Arts and Culture Award. They received honorary citations from the City of Malden, Gov. Charlie Baker and the Mass. Senate.

The 13th Chinese Culture Connection annual gala took place April 7 at Hei La Moon. (From left) CCC board president Edward O’Connell, Nam Pham, Leverett Wing, Sen. Jason Lewis, CCC executive director Mei Hung, Malden Mayor Gary Christenson. (Image courtesy of Ling-Mei Wong.)

**Taste of Ginger raises awareness for Asian diabetes**

**BY LING-MEI WONG**

A Taste of Ginger took place April 9 at the Museum of Fine Arts, honoring the Moy family. (From left) Brian Moy, Mrs. Brian Moy, Patty Moy, Brian Moy’s daughter, Christine Moy, Ricky Moy, Dr. George King and Dr. William Hsu. (Image courtesy of Ling-Mei Wong.)

The 14th A Taste of Ginger took place April 9 at the Museum of Fine Arts, gathering more than 300 guests to sample cuisines from 33 restaurants. The benefit raised more than $215,000 for Joslin Diabetes Center’s Asian American Diabetes Initiative (AADI), which works to enhance the quality of life and health outcomes for the rising number of Asian Americans living with diabetes, and collaborates with Joslin as it works to find a cure.

The event honored the Moy family, restaurateurs and owners of China Pearl, Shojo, Ruckus and BLR by Shojo.

“Since I’ve been coming with my father since year one of this event,” said Brian Moy. “It’s a big family reunion for us. As I wondered why my whole family had diabetes, I realized we needed to change our diet.”

Moy was joined by his father Ricky and sister Patty.

Joslin Diabetes Center president and CEO Peter Amenta said, “Thank you to the chefs, who topped themselves tonight. Your commitment to the Asian community is laudatory.”

Diabetes is twice as likely to affect Asian Americans as Caucasians. Serious complications include heart disease, kidney and liver problems, and blindness.

**CNC: Council votes to support veterans**

CONTINUED FROM PAGE 2

The bills would honor veterans with a Constitutional Gold Medal, said Wilson Lee of the Chinese American Citizens Alliance Boston Lodge. Boston Chinatown American Legion Post 328 deputy Commander Matt Seno said the Chinatown post’s members include eight living World War II veterans. The CNC voted to provide a support letter.

A proposed hotel at 15 Harrison Avenue would add about 126 rooms, replacing a vacant building. The project is seeking community input and has not yet filed a date before the Zoning Board of Appeal.

The Happy Lamb hot pot restaurant at 693 Washington Street will apply for a common victualler license and a beer and wine license, which the council voted to support. Owner Michael Luk also manages the Central Square location.

**AFFORDABLE HOUSING OPPORTUNITY**

**NEW PORT ANTONIO APARTMENTS** will be accepting applications for the waiting lists early May. A lottery will be held to re-open the 1-2-3 bedroom project based section 8 waitlists.

Applicants must be accepted for the waiting list early May. Applications must be mailed to the Office on Monday, April 23, 2018, Tuesday, April 24, 2018, Wednesday, May 2, 2018, Thursday, May 3, 2018 and Friday, May 4, 2018 from 9:00am to 2:00pm.

**How to get an application?**

1: Applications can be picked up on Monday, April 23, 2018 from 9:00AM to 2:00PM at the Brook Avenue Housing Authority Office – 515 Washington Street, Boston, MA 02122.

2: Applications can also be picked up on Thursday, April 26, 2018 from 5:00PM to 6:00PM at the Boston Public Library - Mattapan Branch - 1150 Blue Hill Avenue, Mattapan, MA 02126.

If you cannot pick up the application, please call the office at 617-541-5510, ext. 210 to have an application sent to you.

Please return completed applications to: 515 Washington Street, Boston, MA 02122.

The lottery will be held on June 15, 2018 at 10:00AM at the Brook Avenue Housing Authority Office – Community Room 147 Moreland Street, Roxbury, MA 02119.

All information is confidential. For more information, please contact us at 617-541-5510 ext. 210. Videophone (for the deaf and hard of hearing):

George Takei will be in Boston to see “Allegiance” playing at the SpeakEasy Stage from May 4 to June 2. (Image courtesy of Valerie Li.)

George Takei to bring ‘Allegiance’ to Boston

BY LING-MEI WONG

Actor George Takei has been gratified by the response to “Allegiance,” a musical inspired by his childhood experience of the Japanese American internment. It comes to Boston May 4 and runs until June 2 at SpeakEasy Stage Company.

“Allegiance” is the first time we had a genuine Asian American issue presented on this level on the American stage,” Takei said. “It was created by Asian Americans, with an Asian American cast.”

The musical has played in San Diego, Broadway and Los Angeles, Takei’s hometown. For the Boston production, Takei will not take the stage to reprise his role as Sam Kimura. Instead, he will watch the performance as an audience member for the first time.

“I’m excited to do the show in Boston,” Takei said. “Being in Boston to see it is going to be a very special experience for me.”

Takei’s family was displaced from Los Angeles in 1942 to internment camps in California and Arkansas. He and his two siblings returned to Los Angeles in 1945, where the family had to start over with nothing. Takei’s younger brother went on to be a dentist and his youngest sister became a teacher.

“I was a child. Now I’m 80, the last of a generation that actually experienced the internment. Younger Japanese Americans are touched by it through their parents and grandparents,” Takei said. He turns 81 today.

The musical’s historical message remains relevant and “chillingly timely,” in light of xenophobic discourse from President Donald Trump. “This happened 76 years ago, but have we learned the lessons of internment Americans of Japanese ancestry?” Takei said. “To ban people simply because they were Muslims or identifying people from south of the border as rapists, drug dealers and murderers.

Takei takes heart in court rulings stopping violations of Constitutional rights. For him, it remains imperative that history’s lessons are not forgotten and minority voices are heard.

“We have to develop our own stories,” Takei said. “Asian parents outright discourage their children from going into the arts because it’s risky. Unless we actually participate, it’s always going to be us being seen from the white vantage point.”

Takei has no plans to slow down. “I love my work, I love the theater. If I’m not on stage, I’m working in the audience,” he said.

For tickets, visit www.speakeraystage.com.

Taiwan Minister of Science and Technology Liang-Gee Chen spoke at a talent seminar at Massachusetts Institute of Technology on April 7. (Image courtesy of Valerie Li.)

The Taiwan Ministry of Science and Technology (MOST) and Ministry of Education (MOE) hosted an information session about academic opportunities in Taiwan on April 7 at the Massachusetts Institute of Technology.

The delegation was joined by 10 administrators from Taiwan’s top universities, which traveled to San Francisco, Los Angeles, New York and Boston. Young Scholars Fellowship Programs include the Einstein Program, the Columbus Program and MOE’s Yushan Young Scholars.

“The mission of the Einstein Program is to encourage intellectual curiosity and creative thinking among bright young scholars so that they may explore new ideas in any fields they are interested in. Applicants must be under 32 years old and must have obtained a doctoral degree. The program will subsidize up to 50 fellows per year, with a multiyear budget of up to NTS5 million (about US$170,000) per fellow per year,” said Liang-Gee Chen, MOST minister.

Applicants in the Columbus Program are encouraged to invest in long-term, innovative projects, while also exchanging ideas with foreign research institutions.

“Taiwan is going to have to be us being seen from the white vantage point. Unless we actually participate, it’s always going to be us being seen from the white vantage point.”

Applications can be picked up at the security desk in the lobby of both buildings from 8:00 a.m. until 9 p.m. every day of the week (including Saturdays and Sundays).

You may also request an application mailed to you by calling the office at 617-266-9778, TT/TDD: 711 or email symphonyplazainfo@schochet.com.

Household Maximum Income Limits

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<td>5 Person</td>
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**Correction**

Symphony Plaza

333 and 334 Massachusetts Ave, Boston, MA 02115

Phone Number: (617) 266-9778

Fax: (617) 266-6448

Symphony Plaza is re-opening the waitlist for 1 and 2-bedroom apartments. Applications will be available beginning at 9:00am on Monday, April 11, 2018 through April 23, 2018 at 5:00pm.

Symphony Plaza is subsidized under the federal Section 8 program and subject to IRS Code Section 42 (Low Income Housing Tax Credit). In order to be eligible, you must be 62 or older, or disabled and under 62, and your total family income must be below the HUD income limits listed below.

Applications can be picked up at the security desk in the lobby of both buildings from 8:00 a.m. until 9 p.m. every day of the week (including Saturdays and Sundays). You may also request an application mailed to you by calling the office at 617-266-9778, TT/TDD: 711 or email symphonyplazainfo@schochet.com.

Applications may be returned by USPS mail, fax or hand-delivered to the office by April 27, 2018 by 3PM. This is the final deadline for taking applications for the lottery. Completed applications can be placed in a secured drop box located outside the Security Office at 333 Massachusetts Ave, Boston, MA 02115. Mailed applications must be postmarked by April 27, 2018 by 3PM. Position on the waitlist will be determined by lottery. The timing of an application submission will have no bearing on its placement on the Symphony Plaza wait list.

The lottery selection will be held on May 11, 2018 at 11:00 AM in the A Level Community Room at 334 Massachusetts Avenue, Boston, MA 02115. You do not need to be in attendance for the selection process since you will be notified of your position on the wait list.

For more information or reasonable accommodations for applicants with disabilities, call The Schochet Companies at 617-482-8892.

Equal Housing Opportunity

Symphony Plaza and Federal Management Co., Inc. do not discriminate on the basis of race, color, disability, religion, sex, national origin, sexual orientation, and familial status, and marital status, legal source of income, gender identity, ancestry, genetic information, or children in the access or admission to its programs or employment or in its programs, activities, functions or services.

South Cove Community Health Center is an Equal Opportunity Employer.

SOUTH COVE COMMUNITY HEALTH CENTER
The Premier Asian Community Health Center in Massachusetts

FRONT DESK STAFF (PT-Malden)

Greets, welcomes and directs all patients/clients appropriately. Functions as the primary reception area. Schedule, check-in and register patients. Duties include to register new patients, gather current patient’s demographics, insurance information, updates data into system, verify eligibility of health coverage, assists and advocates for patients and their families with billing, insurance and social service programs. Provides concrete services to patients/families with applications for government benefits such as Medicaid and health insurance. Maintains knowledge of all insurance plans accepted by South Cove. Bachelor’s Degree or equivalent work experience in an outpatient medical setting. Strong verbal and written skills in English, Chinese (Cantonese/Mandarin), Vietnamese a plus.

Send/Fax or e-mail resumes to Attn: Human Resources
145 South Street, Boston, MA 02111
Fax: (617) 523-6795
E-mail: lchu@hccse.org

South Cove Community Health Center is an Equal Opportunity Employer.

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Active smoking or exposure to secondhand tobacco smoke was associated with reduced levels of vitamin D3 in the blood stream and sinus tissue, according to a report in The Journal of Allergy and Clinical Immunology. (Image courtesy of Adobe Stock.)

Exposure to cigarette smoke reduces Vitamin D3 in blood stream and respiratory tract

BY THE AMERICAN ACADEMY OF ALLERGY, ASThma & IMMUNOLOGY

Cigarette smoking and exposure to secondhand smoke have long been known to exacerbate respiratory diseases such as asthma and sinusitis. While a number of mechanisms have been identified to account for this, much remains to be understood as to how smoke causes inflammation. Vitamin D3 has anti-inflammation and anti-bacterial effects. An increasing number of reports in upper and lower airway diseases have found an association between vitamin D3 deficiency and more severe inflammation. Furthermore, several reports have shown that patients with chronic rhinosinusitis with nasal polyps are more likely to be vitamin D3 deficient, which is associated with more severe disease and increased bone erosion. The purpose of this study was to examine the relationship between cigarette smoking and sinus tissue regulation of vitamin D3 in patients with chronic rhinosinusitis.

Recently published by The Journal of Allergy and Clinical Immunology (JACI), this study by Mulligan and colleagues examined the impact of cigarette smoke exposure on circulating vitamin D3 levels and its activation in the sinus mucosa. Patients enrolled in this study were controls free of sinus disease and patients with chronic rhinosinusitis. Primary human sinonasal epithelial cells were established and treated with cigarette smoke extract and/or physiological doses of vitamin D3. Active smoking or exposure to environmental tobacco smoke was associated with reduced levels of vitamin D3 in the blood stream and sinus tissue in all patients. Analysis of sinus tissue demonstrated decreased gene expression for the gene that activates vitamin D3 in patients with polyps. Smoke exposure further reduces the expression of this key gene in all patient groups. Lastly, administration of the active form of vitamin D3 back to sinonasal epithelial cells—the cells lining the respiratory tract—was able to block the inflammatory effects of cigarette smoke.

In conclusion, exposure to cigarette smoke impairs sinus vitamin D3 activation and is associated with more severe vitamin D3 deficiency both in healthy patients and patients with chronic rhinosinusitis. Individuals who are active smokers, exposed to secondhand smoke, or who have chronic sinusitis with nasal polyps may be at higher risk for vitamin D3 deficiency. Impaired vitamin D3 activation by cigarette smoke represents a novel mechanism by which cigarette smoke induces its pro-inflammatory effects.

Healthy baby teeth
• Foster good nutrition through proper chewing
• Aid in speech development
• Build self-esteem by providing a beautiful smile

When do baby teeth come in?
A baby’s 20 primary teeth are already present in the jaws at birth and typically begin to appear between 6 months and 1 year of age. Most children have a full set of 20 primary teeth by the time they are 3 years of age.

Why should I take my child to the dentist?
The American Dental Association recommends taking your child to the dentist after the first tooth comes in and no later than the first birthday. A dental visit at an early age is a “well-baby checkup” for the teeth, like a “well-child visit” with the physician. Besides checking for cavities and other problems, the dentist can show you how to clean your child’s teeth properly and how to handle habits like thumb sucking.

How do we take care of baby teeth?
Beginning cleaning your baby’s mouth by wiping the gums with a clean, moist gauze or washcloth. For children younger than 3 years, start brushing their teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a pea or the size of a grain of rice. For children 3 to 6 years of age, use a pea-sized amount of toothpaste. Brush teeth thoroughly twice per day (morning and night). Continue to brush your child’s teeth until your child can brush on his or her own. Supervise children’s brushing to ensure that they use the appropriate amount of toothpaste.

Baby teeth can get cavities and young children can develop dental infections. Baby tooth decay is a serious, infectious disease that can spread quickly and lead to infection within the jawbones. The good news is early childhood caries (cavities) are preventable and treatable. With your child’s first tooth appears, take your child for his/her first dental visit. Remember: starting early is the key to a lifetime of good dental health.

Cigar use increasing among youth

BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION

A cigar is defined as a roll of tobacco wrapped in leaf tobacco or in a substance that contains tobacco. Cigars differ from cigarettes in that cigarettes are a roll of tobacco wrapped in paper or in a substance that does not contain tobacco.

The three major types of cigars sold in the United States are large cigars, cigarillos, and little cigars.

The use of flavorings in some cigar brands and the fact that they are commonly sold as a single stick has raised concerns that these products may be especially appealing to youth. In 2014, among middle and high school students who used cigars in the past 30 days, 63.5 percent reported using a flavored cigar during that time.

Cigar use is higher among youth who use other tobacco products or other drugs (such as alcohol, marijuana and inhalants) than among youth who do not use these products.
Asian Health Symposium addresses the impact of stress in immigrant communities

BY TUFTS CLINICAL AND TRANSLATIONAL SCIENCE INSTITUTE

Community leaders, researchers, clinicians, students, and neighborhood residents gathered in Boston’s Chinatown neighborhood on April 6 to talk about stress. The Fourth annual Asian Health Symposium, In Pursuit of Health and Wellness: Addressing the Impact of Stress in Asian Immigrant Communities was presented by Tufts Clinical and Translational Science Institute (Tufts CTSI) and local community partner organizations. All are members of Addressing Disparities in Asian Populations through Translational Research (ADAPT).

The goal of the event, held at Boston Chinatown Neighborhood Center’s Pao Arts Center, was to define stressors related to daily living, identify resources and services to mitigate the impact of those stressors, and recognize the value of cross-community dialogue to improve health.

“The conversation about mental health in immigrant communities is about stressors that impact people’s health and wellness,” said Carolyn Ru-bin, director of ADAPT. She and other presenters shared deeply personal stories of survival, resilience, and the resulting post-traumatic stress they carry with them.

Anh Vu Sawyer, executive director of the Southeast Asian Coalition, shared her emigration story, and emphasized, “Mental wellness is extremely important. Many of the refugees and immigrants from all over the world do not have adequate support, and that is why we do this work.”

Challenges to serving the community include the stigma associated with depression and other mental illness. Dr. Albert Yeung, co-medical director and head of the Behavioral Health Department at South Cove Community Health Center and Liao Zhang, research associate at Massachusetts General Hospital, said the key is to emphasize wellness rather than illness. “No one wants to say they are depressed,” said Dr. Yeung.

The day included a panel discussion on stressors that impact Asian immigrant communities, a panel on innovative strategies for addressing stress, and group discussions about critical factors that contribute to community mental health and wellness.

Symposium organizers and participants were energized to continue their work. A report and next steps are expected later this year.

Tufts CTSI, established in 2008, supported by the National Institutes of Health (NIH), is dedicated to stimulating, supporting, and expediting innovative clinical and translational research, with the goal of improving the public’s health.

Taiwan trade office welcomes new leader

BY LING-MEI WONG

The Taipei Economic and Cultural Office in Boston welcomed Douglas Hsu as its director general April 5 at Asian Garden.

“It is an honor to be here in Boston, where there is such a rich history and great collection of scholarship. Aside from academics, there are many development opportunities,” Hsu said.

Hsu replaces Scott Lai, who returned to Taiwan after three years.

Boston is Hsu’s third placement in America, having spent two previous stints at Washington, D.C. He was accompanied by his wife, son and daughter.

MBTA NOTICE TO BIDDERS

- Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bidx.com forthwith after the bid submission deadline.

- No paper copies of bids will be accepted.

- Bidders must have a valid digital ID issued by the Authority in order to bid on projects.

- Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

- MBTA Contract No. R44CN02, CABOT YARD & MAINTENANCE FACILITY IMPROVEMENTS, SOUTH BOSTON, MASSACHUSETTS, CLASS 1 – GENERAL TRANSIT CONSTRUCTION - $50,000,000.00, CLASS 3 – TRACKWORK - $35,000,000.00, CLASS 5 – ELECTRICAL - $50,000,000.00, CLASS 7 – BUILDINGS - $30,000,000.00, & PROJECT VALUE - $216,811,000.00

- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on May 30, 2018.

- Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work under this contract consists of:

The rebuilding of the existing multi-acre Cabot Yard and improvements to the existing Cabot Maintenance Facility in South Boston, Massachusetts, in order to receive the new Red Line Fleet and to bring the yard and facilities to a state of good repair. The Work includes Sitemark, Trackwork, Structural Work, Traction Power Work, Signal Work, Communications Work, Architectural Work, Building Systems Work, and New Equipment.

Bidders attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity, and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. While there is no DBE goal associated with this contract, the Authority strongly encourages the use of Minority, Women and Disadvantaged Business Enterprises as prime contractors, subcontractors and suppliers in all of its contracting opportunities.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, or national origin in consideration for an award.

Additional information and instructions on how to submit a bid are available at http://www.mhta.com/business_center/bidding_solicitations/current_solicitations/
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