Gov. Baker signs bill declaring May Asian American Pacific Islander Month

BY THE OFFICE OF REP. TACKEY CHAN

Gov. Charlie Baker signed House Bill 3360, An Act designating May as Asian American Pacific Islander (AAPI) Month on May 1, which was unanimously passed by the Massachusetts House and Senate earlier this year. The bill will allow for an annual proclamation from the governor, setting apart the month of May and recognizing the significant contributions Asian Americans and Pacific Islanders have made to the Commonwealth and to the United States.

"The Commonwealth’s AAPI community has made significant contributions to Massachusetts, including growing our economy, enriching our arts and cultural institutions, and strengthening our education system," Baker said. "We look forward to celebrating the unique contributions made to Massachusetts by the Asian American and Pacific Islander community each May going forward."

The bill was filed by State Rep. Tacky Chan (D-Quincy) as an Asian Caucus priority, with caucus members Rep. Donald Wong (R-Saugus), Rep. Paul Schimpf (R-Westport), Rep. Kelko Orrall (R-Lakeville), and Rep. Rady Mom (D-Lowell) also signed.

"To have the Governor sign this bill and proclamation recognizing AAPI communities’ legacy here in the Commonwealth is a great way to start off this year’s AAPI Month," Chan said. "AAPI community members should be part of the broader discourse of immigrant contributions in the United States, having dedicated much time, labor, and energy to our nation and Commonwealth’s development. This designation is an exciting step for us, and I look forward to celebrating Massachusetts’ diverse AAPI cultures and histories throughout this month."

At a national scale, the month of May has been recognized as AAPI Heritage Month since the late 1970s, when resolutions were first introduced into the U.S. House of Representatives and Senate. The month of May was chosen to commemorate the arrival of the first Japanese immigrant to the United States on May 7, 1843 — a young fisherman named Manjiro who landed at New Bedford, Massachusetts — as well as the completion of the transcontinental railroad on May 10, 1869, a project which relied heavily on Chinese laborers.

"We're in this fight together. We're in this every day. We are part of the Commonwealth and we are here to stay," Baker said.

BY LING-MEI WONG

Gov. Charlie Baker signed a bill declaring May as Asian American Pacific Islander Month on May 1 at the Statehouse. (Image courtesy of the Office of Rep. Tacky Chan.)

People pour into Boston to participate in the Annual festival of States in the region and beyond with celebration and the Chinatown Community Center continue to rely on the use of the Chinatown Community Center. We didn't want to set our goals too high, but we have been successful in reaching the community's legacy here in the Commonwealth and look forward to celebrating the unique contributions made to Massachusetts by the Asian American and Pacific Islander community each May going forward."

"We're in this fight together. We're in this every day. We are part of the Commonwealth and we are here to stay," Baker said.

"There is no good time to raise taxes and business taxes will be component, school construction and public institutions," said Chan. "The Commonwealth’s AAPI community members should be part of the broader discourse of immigrant contributions in the United States, having dedicated much time, labor, and energy to our nation and Commonwealth’s development. This designation is an exciting step for us, and I look forward to celebrating Massachusetts’ diverse AAPI cultures and histories throughout this month."

4th Annual Chinese New Year parade in Chinatown.

Happy New Year!
Event Calendar

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/gks.

New England MG Walk
Saturday, May 5
9 a.m. to 1 p.m.
Hallett Street
Boston, MA 02124
New England Myasthenia Gravis Walk takes place at Pope John Paul II Park. For more information, please visit www.MGWalk.org/NewEngland.

Love Your Block
Saturday, May 5
9 a.m. to noon
2 Boylston Street
Boston, MA 02116
Come clean up Chinatown! Meet at Chinatown Main Street for cleaning supplies. Groups and individuals can register at www.boston.gov/2018-love-your-block-spring-cleanup.

Taiwan Day
Saturday, May 5
11 a.m. to 3 p.m.
90 Lincoln Street
Newton, MA 02461
Taiwan Day will take place at the Hyde Community Center, highlighting Taiwanese cuisine and culture.

Concert
Saturday, May 5
2 p.m. to 4 p.m.
218 Walnut Street
Newton, MA 02460
The Story of Spring Benefit Concert will take place at Boston Chinese Evangelical Church. Free admission, welcoming donations for Boston nonprofit ACCESS.

Free meditation class
Sundays, Thursdays
10 a.m. to 4:30 p.m.
101 Mystic Avenue
Medford, MA 02155
Free meditation classes will take place Sundays and Thursdays (7 a.m. to 8:30 a.m., 10:30 a.m. to 12:30 p.m.) at Boston Bodhi Meditation. People with limited mobility are welcome to join. For more information, call (781) 874-1023.

Free social service clinic
Monday, May 7
11 a.m. to 1 p.m.
87 Tyler Street
Boston, MA 02111
A government career job fair will take place at the American Civic Association. Register with employment@auca-boston.org.

Taiwanese American Civic Association
Workforce training assessment
Tuesday, May 8
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association offers workforce training programs Building Energy Efficient Maintenance Skills (BEEEMS) and Careers in Banking and Finance (CBF), and will offer assessments. The New Roots to Employment Program is for people with a degree from their native country. Applicants should be at least 18 and have a GED high school diploma.

Free evening meals
Every Tuesday to Friday
5:30 p.m. to 6:30 p.m.
34 Eastern Avenue
Malden, MA 02148
Bread of Life offers free evening meals for low-income families and individuals in the metropolitan North area. Evening meals are served Tuesday at Bread of Life, Wednesday and Thursday at 213 Main Street and Friday at 493 Main Street. For more information, call (781) 397-0404.

Conversation with George Takei
Tuesday, May 8
6:30 p.m.
700 Boylston Street
Boston, MA 02216
George Takei will have a candid conversation about musical “Allegiance” at the Boston Central Library. Online registration is at https://tinyurl.com/9496fgf.

Asian women’s health conference
Thursday, May 10
8 a.m. to 3:30 p.m.
730 Dorchester Avenue
Boston, MA 02125
The 6th State of Asian Women’s Health in MA conference “will take place at the New England Carpenters Training Center. Register with Asian Women for Health at asianwomenforhealth.org.

Government career job fair
Monday, May 7
6 p.m.
87 Tyler Street
Boston, MA 02111
Boston residents interested in becoming commercial drivers can attend an information session at the AACA Employment Center. RSVP at employment@auca-boston.org.

The Chinatown Coalition meeting
Thursday, May 10
9:30 a.m.
38-40 Ash Street
Boston, MA 02111
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit tcchinatown.org.

QARI banquet
Tuesday, May 15
9:30 a.m.
237 Quincy Avenue
Quincy, MA 02169
The QARI “Investing In Our Community” banquet will take place at the Quincy China Pearl Restaurant.

ATAK community 5K
Saturday, May 12
9 a.m.
Chesnut Hill Reservoir
Boston, MA 02467
The Asian Task Force Against Domestic Violence will host its fourth Community 5K Run/Walk at the Chestnut Hill Reservoir.

Pao Arts
Center anniversary
Saturday, May 12
12 p.m.
99 Albany Street
Boston, MA 02111

Boston driver info
Monday, May 14
6 p.m.
87 Tyler Street
Boston, MA 02111
Boston City Councilor Ed Flynn’s working session will examine stray voltage incidents at the Piemont Room.

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

MEDICAL ASSISTANT (PT)

Provide medical support for providers and general support for other clinical activities such as vaccine administration and MI injections, maintaining equipment and supplies in the Pediatric Department for the Malden site. Must be fluent in Cantonese and Mandarin, Vietnamese plus a English (multilingual a plus). Assist non-Asian speaking providers at our different sites as needed. Rotate at our different sites as needed. High School Diploma and successful completion of Medical Assistant Program. Must have strong interpersonal skills and ability to work as a team with the providers.

Send fax or e-mail resume to: Human Resources
South Cove Community Health Center
145 South Street, Boston, MA 02111
Fax: (617) 521-6795   E-mail: lcchu@scchc.org

South Cove Community Health Center is an Equal Opportunity Employer.
The Chinatown Safety Committee held its monthly meeting May 2 at the DoubleTree Hotel.

Boston Police Department District A-1 Capt. Ken Fong said Part I crimes are down 9 percent for District A-1, which includes Chinatown, Government Center and Downtown Crossing. Eight crimes are Part I offenses: murder and nonnegligent homicide, forcible rape, robbery, aggravated assault, burglary, motor vehicle theft, larceny-theft and arson.

Capt. Fong said there was relatively little crime. In the past 30 days, there was a robbery, an assault and battery, an aggravated assault, an arrest for failure to register as a sex offender and six bicycle thefts.

“The City of Boston is a world-class city because of the array of cultures, languages and beliefs that make up every city,” said Marty Walsh, chief of the Mayor’s Office of Health and Human Services. “It is essential that the City assist in increasing capacity in services that provide our immigrant community every opportunity to thrive.”

“This is an investment in the future. It will increase the capacity of some of the providers in Boston work diligently every day to help our immigrant have the tools and resources they need to succeed,” said Alejandra St. Guillen, MOIA director. “These grants will increase the capacity of some of these organizations, which are addressing issues that have recently emerged or have demonstrated growing need.”

Mayor Walsh awarded $100,000 in grants to 10 community-based organizations on April 25 through the Mayor’s Office for Immigrant Advancement (MOIA) mini-grant program to further support immigrant integration and empowerment efforts in Boston. “Boston is a city that welcomes all residents and works to lift up every family and individual in our city,” said Mayor Walsh. “Lifting up everyone includes our immigrant communities — I’m proud these grants will help improve lives here in the City of Boston and give all residents an opportunity to succeed.”

“The selected 10 immigrant-led and immigrant-serving non-profit organizations will focus on delivering a combination of services that include welcoming and supporting evacuees from the recent natural disasters, organizing and hosting immigration legal screening clinics, and hosting and facilitating family preparedness education workshops for Boston’s immigrant community.

“The City of Boston is a world-class city because of the array of cultures, languages and beliefs that make up every neighborhood in Boston,” said Marty Martinez, chief of the Mayor’s Office of Health and Human Services. “We see $3,000 bikes secured with $10 locks,” Capt. Fong said. “It’s a good idea to invest in a good lock.”

Ori Ron of the Hudson Group spoke May 2 at the Chinatown Safety Committee meeting at the DoubleTree Hotel. He plans to develop a boutique hotel at 150 Kneeland Street. (Image courtesy of Ling-Mei Wong.)

Mayor Walsh held its monthly meeting May 2 at the DoubleTree Hotel.

The Greenway Business Improvement District was approved by the Boston City Council on April 25. (Image courtesy of Valerie Li.)

Mayor Mary Walsh, MassDOT, A Better City representing Greenway abutters, and the Rose Kennedy Greenway Conservancy announced the establishment of a Greenway Business Improvement District (BID) on April 25.

CONTINUED ON PAGE 4

Chinatown Safety Committee discusses hotel development, local crime

BY LING-MEI WONG

Mayor Walsh awards 10 organizations mini-grants, supporting immigrant families and communities

BY THE OFFICE OF MAYOR MARTIN WALSH

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The organizations selected to receive awards were: African Community Economic Development (ACEDONE), Agencia ALPHA, Asian American Resource Source Workshop (AARW), Boston Higher Education Resource Center (HERC), Brazilian Women’s Group, East Boston Ecumenical Community Council, Immigrant Family Services Institute (IFSI-USA), Iniquinos Boricuas en Accion (IBA), Irish International Immigrant Center (IICC) and Roslinidae IS for Everyone (RISE).

A German delegation of immigrant resettlement officials visited the Asian American Civic Association on May 1. AACa deputy director Lisa Wong (left) greets the Welcoming Communities Transatlantic Exchange fellows with other AACa staff. (Image courtesy of Valerie Li.)

German officials visit Boston

BY VALERIE LI

A German delegation from the Welcoming Communities Transatlantic Exchange (WCETE) program visited the Asian American Civic Association on May 1. Hosted by the Boston Mayor’s Office for Immigrant Advancement, the group learned about integrating immigrants through services for language and job training.

Council vote establishes Greenway BID

BY THE ROSE KENNEDY GREENWAY CONSERVANCY

The Greenway Business Improvement District was approved by the Boston City Council on April 25. (Image courtesy of Valerie Li.)

Mayor Mary Walsh, MassDOT, A Better City representing Greenway abutters, and the Rose Kennedy Greenway Conservancy announced the establishment of a Greenway Business Improvement District (BID) on April 25.
The Harvard China Forum took place April 6 to April 8 at the World Trade Center in Boston. More than 1,000 attendees joined scholars, entrepreneurs and former diplomats to discuss the future of Sino-U.S. relations in changing times.

The three-day event featured panel discussions, a pitch competition and a career fair. Break-out sessions covered artificial intelligence (AI), international relations, blockchain and infrastructure.

In spite of tariffs issued by America and China, some experts expressed optimism. “It is still premature to call it a trade war as China has rights and obligations under international law,” said former chairman of the National Intelligence Committee Richard Cooper. “I’d say the U.S. government puts too much emphasis on the manufacturing sector. However, services are where the future is at.”

Some voiced concerns about long-term developments. “Because of the growing interaction between China and the world, there are serious risks to that relationship and the consequences if the risk is not managed. It’s important that we don’t get stuck in the short term,” said Michael Szonyi, director of the Fairbank Center for Chinese Studies, was one of the keynote speakers at the Harvard China Forum on April 6 at the Boston World Trade Center. (Image courtesy of Valerie Li)

Michael Szonyi, director of the Fairbank Center for Chinese Studies, was one of the keynote speakers at the Harvard China Forum on April 6 at the Boston World Trade Center. (Image courtesy of Valerie Li)
Op-Ed: Transforming sick care into health care

BY CYNTHIA SIERRA AND SARA TAN

It’s the holy grail of health care: improve health while bending the cost curve and eliminating health disparities. We’ve been trying for decades with limited success, until the Prevention and Wellness Trust Fund. For the past four years, this program has helped achieve these goals in a big way here on the South Shore. We should be celebrating this success, but instead we’re fighting to stay alive, as funding from the Prevention and Wellness Trust Fund is set to dry up this summer.

Meet May Yin Lam Chan, a Quincy resident who was using a walker to get around. A physician at Manet Community Health Center assessed May as being at risk for falling – a risk that can lead to severe medical consequences and significant costs. In the old days, there wasn’t much we could do other than advise May to be cautious and try not to fall. But thanks to the Prevention Trust, Manet was able to refer May to one of our community partners, Enhance Asian Community on Health.

Working with Chinese-speaking peer coaches at EACH, Chan was able to take evidence-based classes that build strength and balance among older adults. Chan regained balance and stopped using her walker, giving her more freedom and improving her quality of life. May was so inspired by her improved health, she became a peer coach to help others like her.

But she wasn’t the only one. Hundreds of older adults like her throughout the South Shore accessed falls risk programs and more, including programs for our neighbors that have high blood pressure, who smoke, who are pre-diabetic, and who have substance use disorders – all health risks that limit quality of life and lead to high health care costs.

The Prevention Trust was set up by the Legislature in 2012 with the goal of preventing people from getting sick before they need expensive medical care. It’s part of our effort to transform from a sick care system to a true health care system. This transformation matters for many reasons, not the least of which is the $60 billion we spend in Massachusetts health care annually, a staggering figure that is rising faster than inflation or wage growth. These rising costs burden employers, families, and the state budget – and they divert resources from other kinds of services like early childhood education and mental health, even things like housing and transportation.

So did the Prevention Trust make a difference? After conducting a rigorous evaluation, researchers at Harvard responded with an emphatic “yes,” finding that the Prevention Trust led to improved health outcomes, while controlling health care costs. This work takes years to show results, but for residents like Chan, even our early pilot data led Harvard to estimate that up to 300 or more falls were likely prevented in our communities, avoiding injury, emergency room visits, loss of independence and decline in our seniors’ quality of life.

But we need the Legislature to act to keep this program alive. If the Legislature can’t come to an agreement on future funding for the Prevention Trust, thousands of residents like Chan will be out of luck.

Save 2020 census: ‘Stand up and be counted’ advocates urge

BY MARK HEDIN, ETHNIC MEDIA SERVICES

The best response to White House efforts to disenfranchise ethnic communities is for them to stand up and be counted in the upcoming 2020 census, a wide spectrum of experts and civil rights advocates agrees.

It’s a simple strategy to counteract myriad steps the Trump administration has taken to subvert an accurate count of everybody in the country – a count mandated by the constitution every 10 years through the decennial census.

“This is one of the most significant civil rights issues facing us today,” said Vanita Gupta, president and CEO of the Leadership Conference on Civil and Human Rights, in a media telebriefing on April 5 hosted by major civil rights groups.

Data from the decennial count determine everything from how many congressional representatives a state gets to how much money the government allocates for schools, hospitals and transportation needs – and much more.

“Communities of color are at risk of being undercounted and left behind,” Gupta said. “The stakes are too high to remain on the sidelines.”

Cuts in funding have already disrupted efforts to improve the accuracy of the data collection. As things stand now, Gupta said, the agency will face a short-fall of $933.5 million from what it needs to keep 2020 preparations on track.

“Already we had expressed our concerns about what an online census would mean to the ability of all people to be counted,” he said, referring to the 2020 census’ reliance on digital participation.

Most at risk for an undercount are very young children. In 2010, an estimated 1 million very young children went uncounted, of whom 400,000 were Latino.

Marc Morial, president and CEO of the National Urban League, called the changes “a thinly veiled, back-door ef fort to suppress” the representation of non-white Americans.

Chinatown crime blotter for April 21 to May 4

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from April 21 to May 4 for District A-1, which includes Chinatown.

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

Assault
April 21, 3 a.m.: The victim reported while standing in front of the coffee shop on Washington Street, he was assaulted by the suspect known to him as Damion. The victim was treated at the hospital for facial injuries.

April 30, 7:25 a.m.: The victim reported someone stole his bicycle that was parked in front of 79 Harrison Avenue.

Robbery
April 30, 7:25 a.m.: The victim reported while outside of the CVS on Washington Street, her handbag was stolen by a suspect, who fled.

Shoplifting
May 2, 4:23 p.m.: The victim reported an unknown person entered his store on Kneeland Street and stole a can of soda. The victim released the suspect and recovered the soda.
How to recognize nicotine dependence

BY THE MAYO CLINIC

Nicotine dependence — also called tobacco dependence or addiction — is an addiction that causes tobacco products caused by the drug nicotine. Nicotine dependence means you can’t stop using the substance, even though it’s causing you harm. Nicotine produces physical and mood-altering effects in your brain that are temporarily pleasing. These effects make you want to use tobacco and lead to dependence. At the same time, stopping tobacco use causes withdrawal symptoms, including irritability and anxiety.

While it’s the nicotine in tobacco that causes nicotine dependence, the toxic effects of tobacco result from other substances in tobacco. Smokers have much higher rates of heart disease, stroke and cancer than nonsmokers do.

Regardless of how long you’ve smoked, stopping smoking can improve your health. Many effective treatments for nicotine dependence are available to help you manage withdrawal and stop smoking for good. Ask your doctor for help.

Symptoms

For some people, using any amount of tobacco can quickly lead to nicotine dependence. Signs that you may be addicted include:

You can’t stop smoking. You’ve made one or more serious, but unsuccessful, attempts to stop.

You experience withdrawal symptoms when you try to stop. Your attempts at stopping have caused physical and mood-related symptoms, such as strong cravings, anxiety, irritability, restlessness, difficulty concentrating, depressed mood, frustration, anger, increased hunger, insomnia, constipation or diarrhea.

You keep smoking despite health problems. Even though you’ve developed health problems with your lungs or your heart, you haven’t been able to stop.

You gain social or experiential activities in order to smoke. You may stop going to smoke-free restaurants or stop socializing with certain friends or family members or friends because you can’t smoke in these locations or situations.

When to see a doctor

You’re not alone if you’ve tried to stop smoking but haven’t been able to stop for good. Most smokers make many attempts to stop smoking before they achieve stable, long-term abstinence from smoking.

You’re more likely to stop for good if you follow a treatment plan that addresses both the physical and the behavioral aspects of nicotine dependence. Using medications and working with a counselor or specially trained to help people stop smoking (a tobacco treatment specialist) will significantly boost your chances of success.

Ask your doctor, counselor or therapist to help you develop a treatment plan that works for you or to advise you on where to get help to stop smoking.

Causes

Nicotine is the chemical in tobacco that keeps you smoking. Nicotine is a very addictive when delivered by inhaling tobacco smoke into the lungs, which quickly releases nicotine into the blood, allowing it to get into the brain within seconds of taking a puff. In the brain nicotine increases the release of brain chemicals called neurotransmitters, which help regulate mood and behavior.

Dopamine, one of these neurotransmitters, is released in the “reward center” of the brain and causes improved mood and feelings of pleasure. Experiencing these effects from nicotine is what makes tobacco so addictive.

Risk factors

Anyone who smokes or uses other forms of tobacco is at risk of becoming dependent. Factors that influence who will use tobacco include:

Home and peer influence.

Children who grow up with parents who smoke are more likely to become smokers. Children with friends who smoke also are more likely to try cigarettes. Evidence suggests that smoking shown in movies and on the Internet can encourage young people to smoke.

Age

Most people begin smoking during childhood or the teen years. The younger you are when you begin smoking, the greater the chance that you’ll become a heavy smoker as an adult.

Complications

Tobacco smoke contains more than 60 known cancer-causing chemicals and thousands of other harmful substances. Even “all-natural” or herbal cigarettes have chemicals that are harmful to your health.

Smoking harms almost every organ of your body and impairs your body’s immune system. About half of all regular smokers will die of a disease caused by tobacco.

Women smoking at equal risk to men smokers of dying from lung cancer, COPD and cardiovascular disease caused by using tobacco.

South Cove Manor breakfast seminar discusses stress and spinal health

BY SOUTH COVE MANOR

South Cove Manor welcomed clinical director of the Charles Street Family Chiropractic and Boston Spine, Disc and Chiropractic Center Dr. Chris Quigley at its breakfast seminar on March 29 at the Boston Chinese Evangelical Church. At the event, Quigley led participants in a discussion on stress, posture and spinal health.

Quigley started with the question of stress. He explained that stress could start with a trigger, hand to the stomach ache, and that it could be caused by work, marriage, etc. Multiple studies have shown that emotional stressors can trigger heart attacks, arrhythmias and even sudden death. The longer the stress lasts, the worse it is for both your mind and body. People with chronic stress might feel fatigued, unable to concentrate or irritable for no good reason. Chronic stress may also cause disease, either because of changes in your body or the overeating, smoking and other bad habits people use to cope with stress. Positive thinking or learning how to stop stress-producing habits can improve chronic headaches. Quigley recommended that everyone start to take care of health now, not in the hospital. He wished everyone the ability to live independently while in their 90s.

He also mentioned that the nervous system and spinal health have the most important relationship to our organs:

Cervical spine (neck)

This area is located between the skull and the shoulders. The cervical spine reflects the body’s energetic system. It is the opening to life and communication. It supports and balances the head. When it is under pressure, it creates headaches and problems expressing emotions or disorders in the nervous system. It also connects the eyes, nose and sense of smell. When it is stiff, we are unable to say what we are experiencing. They are also related to the thyroid glands, vocal chords, the pharynx and the mouth, along with the shoulders.

Dorsal spine (upper back)

This is where the most important organs lie, and when one of the dorsal vertebrae is compromised, the associated vital organ will be affected. The individual will also experience a lack of energy towards the lower extremities. It is related to the heart and lungs, but it also affects emotions and feelings. It also comes into contact with the gallbladder, blood circulation, kidney, intestine and the liver. Because it is in the center of the body, it is in charge of balancing our day to day life.

Lumbar spine (lower back)

This part generally hurts when we do not have good posture when seated or when exerting too much effort during the day. They support the upper part of your body, and they communicate with the lower part. It connects the abdomen and the legs; it is reflected in the knees, feet and legs.

Posture is the window to our nervous system. Quigley demonstrated to our participants what is called “forward head shift,” which increases risk of death by 40 percent. He said good posture means sitting and standing up straight. It is a way of doing things with more energy, less stress and fatigue. Poor posture distorts the alignment of bones, chronically tenses muscles, and contributes to stressful conditions; it increases fatigue, reduces blood and oxygen to the brain.

At the end, he wished everyone a healthy lifestyle and to be able to play golf when they are the age of 94.

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.
Seventh annual Japan Festival Boston explores cuisine and culture

BY SHIRA LAUCHAROEN

Crowds of people filled Boston Common to partake in the vibrant and sumptuous two-day Japan Festival Boston, held on April 28 and 29, and now in its seventh year. Snacking on savory noodles or catching a glimpse of the eclectic performances featured on stage, visitors were immersed in the event’s wide range of cultural offerings. “We started from seven years ago to celebrate the sisterhood between Boston and Kyoto. We started this tradition and hope it will continue and last for a long time,” said Japan Festival committee member Julian Kan. “The Japanese community is getting bigger and bigger, and we want to show people in the area how wonderful Japanese culture is.”

The celebration began with a Pre-Day Food Festival, bringing 14 food booths from both local and distantly based restaurants to the Common. During the Big Day Festival, attendees were able to get a bold taste of Japanese cuisine, by sampling ramen, sushi bowls, okonomiyaki, katsu curry, cream puffs, and mille crepes from 30 booths. The event commenced with a speech by the Consul General of Japan in Boston Rokusichi Michii, followed by dynamic performances. The Festival presented dance routines by Showa Boston and the group Move and Inspire, as well as an appearance from the Nippon Sailor Girls. During the Cosplay death match, costumed contestants entered the stage and fought for the enthusiasm of the crowd. In addition to hosting these acts, the Festival held workshops on practices such as tea ceremonies and flower arranging. Guests participated in raffles, silent auctions, and enjoyed tables dedicated to arts and crafts, as well as education.

The Japan Festival Boston, organized by volunteers, was first held in 2012, in honor of the 100th anniversary of the gift of cherry blossom trees from Kyoto to Washington D.C. The aim of the event is to bring “matsuri,” the term for a street festival, to Boston, passing on traditions to the next generation, building community, and expressing appreciation for the city. By raising awareness of culture, organizers hoped to create bridges and connections between different countries, said Japan Festival co-president Etsuko Yashiro. “Our mission is to pass heritage to other people, but also to make peace work,” Yashiro said. “For example, we are afraid of other religions and cultures sometimes, and this shuts people down mentally, because we don’t know them. If we know each other culturally, person to person, we wouldn’t shut down other people and other countries.”

Learn Chinese
Thank you
謝謝
xiè xiè

CENSUS: Immigrants hurt by changes
CONTINUED FROM PAGE 5

John Yang, president and executive director of Asian Americans Advancing Justice, pointed out that decisions to cut the number of census workers and offices by 50 percent will undermine outreach to the very communities the census has struggled to reach in the past and trim the followup efforts to reach those who don’t respond to the initial survey.

Asian Americans were identified by the 2010 census as the fastest growing ethnic group in the nation, increasing by 46 percent since 2000, Yang said. Some 80 percent of Asian Americans are either immigrants or children of immigrants, putting them at high risk for an undercount. Pointing to widespread fears among immigrant communities of exposing vulnerable family information, Yang emphasized that the Census bureau has the most stringent confidentiality rules of any government agency. Even that, he warned, may not be enough to ensure participation in today’s charged political climate.

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. A90CN10, QUINCY ADAMS STATION VERTICAL TRANSPORTATION IMPROVEMENTS, QUINCY, MASSACHUSETTS, CLASS 1 – GENERAL TRANSIT CONSTRUCTION AND CLASS 7 – BUILDINGS, PROJECT VALUE $7,001,000

- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on Thursday May 31, 2018.

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

Work consists of replacing three (3) obsolete elevators and the construction of a new elevator and hoistway at Quincy Adams station and garage. Work includes removal and replacement of elevators, addition of a new elevator, systems modifications to the elevator machine rooms, and various other improvements to the mechanical, electrical, security and plumbing systems in proximity to the elevators.

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 Programs in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of 10 percent.

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, age, or national origin in consideration for an award.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
Janelle Chan named Undersecretary for Housing and Community Development

BY THE MASS. EXECUTIVE OFFICE OF HOUSING AND ECONOMIC DEVELOPMENT

Janelle Chan was named Undersecretary for Housing and Community Development. (Image courtesy of Janelle Chan.)

The Executive Office of Housing and Economic Development announced Janelle Chan as Undersecretary for Housing and Community Development.

“I am pleased to welcome Janelle to the team,” said Housing and Economic Development Secretary Jay Ash. “Janelle’s leadership in housing, real estate development and community engagement makes her uniquely qualified to take the helm of the Department of Housing and Community Development.

The Baker-Polito Administration has prioritized increased housing production, particularly new affordable housing, recognizing the benefits it will bring to the Commonwealth and to ensuring Massachusetts remains a top place to live, work and raise a family. I am confident Janelle will bring exceptional expertise and commitment to this major effort.”

Chan joined the Baker-Polito administration in 2016 as the chief of real estate for the Massachusetts Bay Transportation Authority (MBTA). In that role, she managed real estate and asset development in line with the Open for Business initiative, which allows for transit-oriented development projects on MBTA land. The MBTA is one of the largest landowners in the state. Prior to joining the MBTA, Chan was executive director at Asian Community Development Corporation.

“I am thrilled to take on this new role,” Chan said. “I started my career in Massachusetts as a community advocate and urban planner, leading the Asian Community Development Corporation and taking significant housing development projects from concept to reality, so it is a tremendous opportunity to work on housing matters at the state level. I’ll also draw from my time in the Baker-Polito administration managing the MBTA’s real estate portfolio. I am honored to now play a leading role in advancing the administration’s efforts to create more affordable housing opportunities, working across the Commonwealth to support all of our communities.”

In her new role, Chan will lead a department that works with community and business partners to provide affordable housing options, financial assistance, community services and other support to Massachusetts communities. She will design and implement housing and community development policy for the Commonwealth, including affordable housing development, public housing, federal housing and community development programs such as community development block grant and low-income housing tax credit, and the emergency assistance system for homeless families and individuals.

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