39th Boston Dragon Boat Festival takes over the Charles River

BY YIYAN ZHENG

The 39th Boston Dragon Boat Festival took place on June 10 at the Charles River, to commemorate the life and death of Chinese ancient patriot-poet Qu Yuan and promote Asian culture. Along with the cultural performances and participatory art workshops, it attracted more than 20,000 visitors this year.

As the nation’s oldest Chinese dragon boat festival and the largest Asian cultural festival in New England, it gathered 74 teams from all over North America, competing in brightly colored paddle dragon boats. The course was 500 meters long, covering the Charles River from Western Avenue Bridge to John W. Weeks Foot Bridge.

Chinese university alumni and cancer survivors were also active participants, categorized as two special divisions in the race. Petty Souss, a breast cancer survivor said, “It certainly helps our health. We can really get through the process and actually come better on the other side.”

Meanwhile, a series of cultural activities were also held on the Cambridge side, including Chinese yoyo, Beijing opera, Korean taekwondo demonstration, Bhangra and Bollywood dance and Japanese Taiko drumming.

“There is a wide of diversity of people coming to have fun,” said first-time visitor Giovanni F. “Chinese, other Asians, locals, travelers. It is a good mix. Everyone has ‘zongzi’ in their hand.”

Zongzi are sticky rice wrapped in bamboo leaves, eaten for the festival. Former CCTV anchor Liu Wei hosted the cultural performances.

The 39th Boston Dragon Boat Festival took place on June 10 on the Charles River. A total of 74 teams competed in dragon boats. (Image courtesy of Wenyuan Li.)
Chinatown Bike-a-thon
Saturday, June 16
9 a.m. to 2 p.m.
Beacon and Charles streets
Boston, MA 02174

Mulan Society classes
Saturday, June 16
10 a.m. to 3 p.m.
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women’s Empowerment classes will take place at the Asian American Civic Association, 4F. Register with Warren Wong at (617) 426-9492 x 210 or wwong@aaca-boston.org.

Chinese brush painting
Saturday, June 16
2 p.m. to 3:30 p.m.
99 Albany Street
Boston, MA 02111
Learn to paint flora and fauna with instructor Liu Xiaoyong at the Pao Arts Center. Instruction is in Mandarin for adults, with interpretation in English or Cantonese. Fee is $100 per four-class series or $30 per drop-in class. Register at https://bit.ly/2ILKaV5.

Chinatown/South Cove Neighborhood Committee meeting
Monday, June 18
6 p.m.
90 Tyler Street
Boston, MA 02111
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend. For more information, email BostonCSCNC@gmail.com.

Breakfast seminar
Tuesday, June 19
9:30 a.m. to 11:30 a.m.
288 Washington Street
Quincy, MA 02169
All are welcome to attend at South Cove Manor at Quincy Point. Seminars will be presented in Chinese and English.

Casino career info session
Tuesday, June 19
6 p.m. to 8 p.m.
87 Tyler Street
Boston, MA 02111
Encore Boston Harbor will host a recruitment session at the Asian American Civic Association, 4F. Dress professionally and bring resumes. Register at employment@aaca-boston.org.

AACA gala
Friday, June 22
6 p.m.
200 Seaport Boulevard
Boston, MA 02210
The Asian American Civic Association will host its gala onboard the Spirit of Boston. RSVP at www.aaca-boston.org.
Entrepreneur Andrew Yang visits Boston for presidential bid

BY LING-MEI WONG

Democrat presidential candidate Andrew Yang held a fundraiser in Boston June 10 at Oficio. About 100 people attended the event, highlighting Yang’s “humanity first” slogan.

“Boston’s great, it’s the intellectual hub and education center of the country,” Yang said. “There’s such a vibrant Asian community here.”

Yang’s parents emigrated from Taiwan in the 1960s and met in graduate school at the University of California-Berkeley. He and his elder brother were born and raised in America, who went on to earn graduate degrees and achieve the American dream.

“Immigrants and their children are America’s most successful entrepreneurs,” Yang said. “They’re a source of dynamism and growth.”

Yang supports a path to citizenship for undocumented immigrants, along with giving green cards to international students and adoptees. Most attendees brought print and digital photos that reflected their Chinese American experiences.

Yang is the second Chinese American to seek a presidential nomination, after Hawaiian Sen. Hiram Leong Fong made a bid for the Republican nomination in the 1964 primary. He met with local residents at the Chinatown Coalition’s social, held at the Pao Arts Center, before his fundraiser.

Chicken & Rice Guys founder Ian So hosted the Boston event. “If Andrew wins, he’s promised to serve Chinese food at the inauguration,” he said.

For more information about Yang, visit www.yang2020.com.

Community event preserves Chinese-American memories in Massachusetts

BY VALERIE LI

A Mass. Memories Road Show took place June 2 at the Pao Arts Center. The community event celebrated Chinese-American experiences through digitizing family photos and recording stories that will be used for research and future generations.

Organized by the Chinese Historical Society of New England (CHSNE), the event welcomed all members of the Chinese community in Massachusetts, including immigrants, Chinese Americans, international students and adoptees.

There were three scanning stations, a photo booth and a filming area. All attendees were assisted by a volunteer to give details about the stories behind the photo before scanning. As images were scanned, projectors showed the photos to all attendees. After scanning their images, guests were invited to record a video at the filming area.

“This year, we are using video monologues as a way to preserve their stories. It will also help them share their memories to a broader audience,” said Jessica Wong Camhi, community assistance fellow at CHSNE.

Attendees could take a picture with their old photos at the camera booth, which will be archived at the Joseph P. Healey Library at UMass Boston.

“We hope people can take home a complete story when they are in their photos. This is something meaningful,” said photographer Matt Person.

The event was staffed by many community members.

“It is my first time being part of the event as a volunteer. As person of immigrant background, I am very proud to be doing this,” said videographer Vanessa Cordero.

Community partners included the Greater Malden Asian American Community Coalition, Quincy Asian Resources, Inc. and Boston Chinatown Neighborhood Center. Since the MMR1 project launch, more than 10,000 photographs, videos and stories have been gathered statewide.

WE CALL IT WORKING TOGETHER.

Citizens Bank is pleased to be honored as an Asian American Civic Association 2018 Employer Partner of the Year.
California Roll’ short film serves up a spicy scene

BY SHIRA LAUCHAROEN

Two robbers holding up a New York City sushi bar grapple with their own unpredictable paths in director Ken Lin’s dark comedy “California Roll,” which will be screened at the Roxbury International Film Festival on June 30. In this fast paced short, the joint serves as a place of reckoning, where the thieves collide with the female restaurant owners and are forced to confront their choices and unrealized dreams, all brought to light with the bite of a California roll.

“A California roll is a newbie kind of sushi, an amateur sushi, the first roll I had ever eaten, and that was the gateway,” said Lin. “It plays with the idea that we all end up doing things that we don’t necessarily want to do. Earlier in life, we have ideas of who we want to be and what we want to accomplish. . . .

The idea of the California roll is bringing them back to their beginnings, their infancy.”

Clad in green and pink masks, the robbers hit the sushi bar in a succession of action-packed shots, holding a heist that will change the course of their lives. The film is infused with dramatic intensity, amplified by the music and the agency of the characters. The patrons scramble to find the cash safe for the bandits, before reluctantly providing them with the iconic California rolls, which serve as the symbolic catalysts for change.

“We only had one night to shoot everything,” Lin said. “We cut it like a comic, like an anime kind of thing, like a perspective.

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“The robbers are doing an incredible job to not only tailor to the program but also to our community to clean up Chinatown. World Environment Day was observed on June 5.

Malden baking company Piantedosi continues legacy of immigrant success

BY VALERIE LI

In Malden, a 100-year-old bread factory has offered free English classes to its employees since 2004. Porteng Mik came to the United States from El Salvador in 1996. She has learned English, Chinese (Cantonese/Mandarin), and/or Vietnamese in a personalized and colorful way. We wanted that tone to be comic, like an anime kind of thing, like a heightened reality from a graphic novel.”

By the end of the film, the trajectories of the characters have been altered, as they meet the consequences of their actions. When the robbers are faced with the visions of who they used to want to be, each party experiences a shift in perspective.

The movie will be featured at the Museum of Fine Arts as part of the Roxbury International Film Festival, the largest festival in New England to honor people of color. The programming, which will be held from June 20 to June 30, will celebrate a slate of more than 50 films, while hosting panel discussions and workshops.
The Chinatown Safety Committee (CSC) and Chinatown Resident Association (CRA) held their monthly meetings on June 6.

**CSC**
The CSC met at the DoubleTree Hotel, discussing local crime and community developments.

Boston Police Dept. District A-1 Capt. Ken Fong gave the crime report for the past 30 days. Part 1 crimes are down 5 percent for the year for District A-1, which includes Chinatown, Downtown Crossing and Government Center. Eight crimes are Part 1 offenses: Murder and nonnegligent homicide, forcible rape, robbery, aggravated assault, burglary, motor vehicle theft, larceny and arson.

Fong said in the past 30 days, there were three robberies, two aggravated assaults, two break-ins, 21 larcenies and five car break-ins. There were 36 arrests, including warrant arrests.

“Always look your car doors, as one in 10 cars is unlocked,” Fong said. He noted four of the five car break-ins had no damage, meaning the cars were likely left unlocked by owners.

Plainclothes police patrols are monitoring drug activity and making many arrests at Washington, Beach and Oxford streets, Fong said.

Gourmet China House at 55 Beach Street will apply for a beer and wine license, said owner Michael Chen.

There will not be a July safety meeting; the next CSC meeting will be August 1.

The Josiah Quincy Orchestra.

**CRA**
The CRA met at the Josiah Quincy Elementary School.

A presentation on housing safety was given by the Inspectronic Services Department. Tenants can call 311 or use the app to report unsafe conditions, such as no heat. Homeowners must register rental units by July 1. After July 1, homeowners will be subject to a $300 fine for each property.

Architect James Christopher represented owner Ming Ling Chen for a planned hotel at 15-25 Harrison Avenue, which is currently a vacant five-story building. The 126-room boutique hotel will not have parking, and it will not cast new shadows on the Boston Common and Boston Public Garden. Chan has met with hotel worker union Local 26, committing to provide jobs in management, construction and housekeeping for Chinatown residents. The building height will be 260 feet with 26 stories, pending approval from the Boston Planning and Development Agency (BPDA). The project is still in the community comment stage and has not yet filed plans to the BPDA yet. Several residents voiced opposition to hotel development.

A presentation on the Shawmut Avenue/Washington Street Block project was given by the developers of the three buildings. The project site encompasses 112 Shawmut Avenue, owned by the Davis Companies; 50 Herald Street, owned by the Chinese Consolidated Benevolent Association; and 120 Shawmut Avenue, owned by Boston Chinese Evangelical Church. Pending a July 12 BPDA vote, the planned development area would add 537 units of housing.

Nominations for block representatives to the 2019 to 2020 CRA Steering Committee will be taken until June 20. Representatives must be 16. Chinatown residents and be a CRA member. There are nine block seats.

The CRA will not hold a July meeting; its next meeting will be August 1.

**Proposed decal would honor Rosa Parks on MBTA buses**

A hearing on a bill to support honoring Rosa Parks on MBTA buses with a decal took place May 21 at the Statehouse. The Joint Committee on Transportation moved Senate bill S.2410 forward on June 4. It received a favorable recommendation from the Joint Committee on Transportation and is now under consideration of the Senate Ways and Means Committee.

The bill was filed by Sen. Walter Timilty, in response to a citizen request. Massachusetts resident Natalie Orrnell traveled to Miami, Florida, in 2017 and saw bus decals honoring Parks. The decals have been placed in the front passenger windows of Miami buses since 2007, commemorating Parks’ role in desegregating buses during the civil rights movement.

Orrnell said at the hearing, “This recognition for Mrs. Parks is long overdue in Boston, which has had its own difficult busing history.”

A statewide art contest in schools to design the decal would educate youth about what Parks stood for and the history of civil rights. The bill has support from the Rosa & Raymond Parks Institute for Self Development, an agency co-founded by Parks to empower youth, and the Boston chapter of the NAACP. Local legislators who also supported the bill, including former Gov. Deval Patrick, nine of Boston’s 13 City Councilors, the Cambridge City Council and state Rep. Russell Holmes.

Orrnell said, “The permanent decal for Mrs. Parks on public bus windows would serve as a constant reminder to millions who take public transportation through all neighborhoods of Boston of her lifelong fight for equality.”

**BREAD: Local maker supports learning**

**Continued from Page 4**

worked at Paintedosi for almost 20 years. “I really enjoy working here at Paintedosi. With the English classes, I’m able to speak to my boss and other people. I can even speak with my daughter,” Galdamez said.

Paintedosi pays its employees for their class time and brings the ESL instructor on-site. “I have seen my students improve hundredsfold. They are just so motivated to learn,” Cummins said. Some of them come from difficult situations and some of them are refugees, but they work very hard to improve their English.”

The company partnered with AACA since 2016, with grant funding from the Massachusetts Department of Elementary and Secondary Education. Paintedosi is a family-owned business, presently run by the fourth generation.

**SCHOOL: Chinatown school celebrates student achievement**

**Continued from Page 1**

Students performed a lion dance, along with a traditional Chinese fan dance.

JQES was founded in 1847 and is recognized as one of the top public schools in Massachusetts. It is the largest elementary school in Boston, with 850 students in pre-kindergarten to fifth grade, and 108 teachers. A total of 20 languages other than English are spoken by the student body, which is 78 percent at or below poverty level. The school is applying to be an International Baccalaureate (IB) candidate school for the primary program; if approved, the school would be the first IB public school in Boston.

The Josiah Quincy School Association (JQSA) was founded in 2002 by parents to fund programming for students. JQSA projects include the aquatics instruction program, media lab, and the Josiah Quincy Orchestra.
What is a stroke?

BY KATE SKEELS, REGISTERED NURSE

What is a stroke?

Blood vessels in our body carry blood that contains oxygen and nutrients to our brain. Oxygen and nutrients are necessary for our brain to function. A stroke is an injury to a blood vessel within the brain. When the blood vessel becomes injured, oxygen and nutrients are not able to be brought to the specific part of our brain that the blood vessel supplies. As a result, that part of the brain will begin to die and can become permanently damaged. When a part of our brain becomes damaged, it is not able to carry out its normal function. Therefore, depending on where in the brain is damaged; a person may have difficulty speaking, understanding others, moving one side of their body, loss of their vision, and more. There are two types of strokes; ischemic and hemorrhagic.

An ischemic stroke is the most common type of stroke. Ischemia is a medical term that means an inadequate blood supply. Therefore, an ischemic stroke occurs when there is a blockage of a blood vessel in the brain. This blocks blood carrying oxygen and nutrients from reaching the area of the brain that the blood vessel supplies. The blockage can be caused by a blood clot that is formed in the heart and then travels to the brain, from cholesterol plaque buildup in the blood vessels, or when small vessels in our brain become damaged causing them to collapse. A hemorrhagic stroke is when a blood vessel in the brain burst or ruptures, thereby impeding blood flow to the brain. This can be caused by high blood pressure or abnormalities of the blood vessels, such as an aneurysm.

What are some common signs or symptoms of a stroke?

To help you remember some common stroke symptoms, think BE FAST. Balance: Is there a sudden loss of balance, dizziness, or trouble walking? Eyes: Is there any change in vision; any blurry vision, double vision, vision loss in one or both eyes? Face: Is there a change in the smile, or any facial weakness or asymmetry? Arm: Is there any weakness in one or both arms or legs? Speech: Is it suddenly difficult to speak or understand what is being said? Time: It’s time to act. Call 911 immediately!

How can I prevent a stroke?

Stroke can be prevented! According to the American Heart Association and American Stroke Association, 80 percent of strokes are preventable. It is important that you decrease your stroke risk factors. You can do this by:

• Stop smoking. Smoking cigarettes, cigars, and e-cigarettes, can double your risk for stroke.
• Lower your blood pressure. If you have been diagnosed with high blood pressure and prescribed medications, you should make sure you take them as prescribed.

How can you tell if someone might be having a stroke?

If you should see any of the following signs, call 911 immediately:

• Is there a change in the smile, or any facial weakness or asymmetry?
• Is there a sudden loss of one or both eyes?
• Is it suddenly difficult to speak or understand what is being said?
• Is there any weakness in one or both arms or legs?

Further, stand the person up, and have them repeat the date, your name, their name, and the date. If the person is still having difficulty speaking, under standing others, moving one side of their body, loss of their vision, and more, call 911 immediately.

What can you do if you suspect someone may have had a stroke?

If you see someone you believe may have had a stroke:

1. Call 911 immediately. All 911 systems are active.
2. If the person is still having difficulty speaking, understanding others, moving one side of their body, loss of their vision, and more, call 911 immediately.
3. Make sure you write down the time that they experienced any difficulties, because this can help you determine the severity of the stroke.
4. If you suspect someone has had a stroke, call their doctor.

Strokes can occur at any time. It is important to be aware of the signs of a stroke and call 911 immediately if you think someone may have had a stroke.

Community advocates partner to help Asian Americans quit smoking on World No Tobacco Day

BY VALERIE LI

In light of World No Tobacco Day, advocates Asian Pacific Partners for Empowerment, Advocacy and Leadership (APPEAL), Asian Smokers’ Quitline (ASQ) and the Center for Pan Asian Community Services (CPACS) jointly held a webinar about tools and methods needed to achieve tobacco cessation within Asian American, native Hawaiian and Pacific Islander (AAPI) communities.

For smoking cessation, I think it’s very important that we make sure everyone has access to the Quitline,” said Rod Lew, APPEAL executive director. “APPEAL doesn’t only cover Chinese, Korean or Vietnamese speakers. Our next goal is to offer more languages. For smoking cessation, I think it’s very important that we make sure everyone has access to the Quitline.”

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• Stop smoking. Smoking cigarettes, cigars, and e-cigarettes, can double your risk for stroke.
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The screening was followed by a panel discussion, where Shigeaki Mori (left) spoke. (Image courtesy of Shira Laucharoen.)

“I’ve always darted about in the darkness of history, intent on trying to shed some light,” said Shigeaki Mori, a survivor of the 1945 bombing of Hiroshima, Japan. “And that has all led to a fantastic result.”

The documentary “Paper Lanterns,” traces Mori’s journey as a witness of the atomic attack of Hiroshima, during World War II, and follows his meticulous project of tracking down the stories of the 12 American prisoners of war who perished in the explosion. Screened at the Museum of Fine Arts on May 30 and directed by Barry Frechette, “Paper Lanterns” is a testament to one man’s lens on history and the universal ties of humanity that bind us.

The film navigates Mori’s pursuit of truth, as he seeks to bring the fates of the American victims to sight, in a process that would take more than 35 years of research. The narrative focuses specifically on the tales of Normand Brissette and Ralph Neal, as Mori uncovers information on their lives and reaches out to their families, who had not known what had befell the airmen. Not only did Mori deliver accounts of their experiences to their relatives, but he ensured that the names of the 12 soldiers would be remembered at the Hiroshima Peace Museum.

Mori’s work allowed impacted families to find closure and answers, as they visited sites of war in Japan. Frechette recognized that the United States and Japan had served as enemies during conflict, but Mori was compelled by compassion to seek solace for the grieving family members, regardless of nationality. To this extent, the paper lanterns, which float down the river in a ceremony symbolizing the departure of spirits, are a testament of peace between different countries. Mori saw the American airman as fellow victims of war, and his empathy and dedication were recognized by former President Barack Obama at the Hiroshima Peace Memorial Park in 2016.

“We can tell our children a different story, one that describes a common humanity,” said Obama, the first sitting U.S. president to visit Hiroshima, in the film. “Ordinary people understand this, I think, like the man who sought out families of Americans killed here, because he believed their loss was equal to his own.”

The screening was followed by a panel discussion with speakers Frechette, Mori, Mori’s wife Kayoko Mori, co-director and director of photography Max Cheung He, and family members of the deceased American airmen. On May 31, the film was presented at the United Nations in New York.

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Southern Proper transports the Carolinas to New England

BY VALERIE LI AND THOMAS STACK

Southern Proper opened its doors in February, serving southern-style fried chicken and barbecue. A native of North Carolina, chef Jason Cheek's menu presents southern classics cooked with New England produce. Check previously worked at Little Donkey and Toro, among other acclaimed local restaurants.

The interior decor offers a modern and eclectic ambiance. High ceilings allow in plenty of light and prevent the busy restaurant from feeling crowded. Vintage lamps hand-picked by the chef reflect the restaurant's southern heritage.

We started with the grilled asparagus ($16). Grilling gives the asparagus a char that elevates the plate. Traditional collard greens ($7) are fresh and savory, without being overwhelmingly salty or seasoned. The Southern Proper version has a generous amount of pork-belly cuts, adding tasty fat without being too rich. It is definitely an upscale dish.

The fried chicken with waffles ($27) main course can be served classic or hot. The kitchen can also do the chicken both ways. Its flavorful batter perfectly preserves the tender and moist meat. Hot chicken's numbing spice immediately releases its fragrance as you bite into it. I couldn’t stop licking my fingers afterwards!

The buttermilk biscuits ($7) were among the best biscuits I’ve ever had. They had a buttery aroma when served hot. I could devour an entire piece, even without dipping into the butter on the side.

North Carolina barbecue is usually heavy on vinegar and pepper in the sauce. Served with coleslaw, the large pieces of spare ribs ($19 half rack; $35 whole) are perfect for sharing.

For dessert, the strawberry short biscuit ($7) was charmingly presented. Strawberry shortbiscuits at Southern Proper. (Image courtesy of Valerie Li.) Fresh strawberries added sweetness and the rich whipped cream made it dense. Overall, it was a well-balanced bite.

Southern Proper has an extensive drink menu. Thoughtful service and scrumptious food makes this restaurant a welcome addition to the South End.

This was an arranged tasting, so Sampan’s experiences may be more pleasant than the norm.

Art show highlights toddler creations

BY LING-MEI WONG

Buds & Blossoms Early Education and Care Center had a student art show June 1 at the Asian American Civic Association. The Reggio Emilia-inspired program offers a play-based learning environment for infants, toddlers and preschoolers. Licensed by Massachusetts and inspired by the Reggio Emilia philosophy, the program offers a combination of play-based learning with language acquisition.

Buds & Blossoms Early Education and Care Center celebrated its littlest artists on June 1 with an art show at the Asian American Civic Association. The daycare center offers an all-Mandarin environment for infants, toddlers and preschoolers. Licensed by Massachusetts and inspired by the Reggio Emilia philosophy, the program offers a combination of play-based learning with language acquisition.

South Shore Health System is opening a new Primary Care Center that includes family medicine and internal medicine providers. Our Braintree location will start welcoming patients this summer with plans to move to Dedham in the winter. It’s an exciting opportunity to join us as we continue to revitalize the way healthcare is delivered on the South Shore.

South Shore Health System is opening a new Primary Care Center that includes family medicine and internal medicine providers. Our Braintree location will start welcoming patients this summer with plans to move to Dedham in the winter. It’s an exciting opportunity to join us as we continue to revitalize the way healthcare is delivered on the South Shore.

HELP US LAUNCH OUR NEW FAMILY PRACTICE CENTER! As One.

An all-Mandarin environment for infants, toddlers and preschoolers. Licensed by Massachusetts and inspired by the Reggio Emilia philosophy, the program offers a combination of play-based learning with language acquisition.