January 25 - February 7, 2013
which we compete,” Patrick said.

" Never in a million years would I have seen this coming," said Patrick, "The box was not supposed to be published. I was writing it for my friends as a hobby. A friend of mine took me by the arm and said I had to show it to someone."

Patrick’s novel comes to the big screen this month. The film follows New Yorker Rachel Chu (Constance Wu) as she accompanies her boyfriend, Nick Young (Henry Golding), to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick’s family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors.

The film’s cast spans the globe. Gemma Chan portrays Astrid Leong, Nick's gorgeous and mischievous cousin. As the child of Chinese immigrants to Britain, working on “Crazy Rich Asians” was a special experience for her.

"I’m used to being on jobs when I’m not just the only Asian person, I’m the only person of any race," said Chan. "In Singapore, it was like being surrounded by family. It felt like a real coming together of the Chinese diaspora."

Comedian Jimmy O. Yang plays Bernad Tao, a playground schoolmate of Nick’s. As an immigrant who came to America when he was 13, Yang grew up in Hong Kong watching action movies and idolizing Stephen Chow.

"There’s a certain pressure to be judged by how good a representative I am for Asians, rather than how good of an actor I am," Yang said.

Chan added, "We’re showing diversity, that Asians are not homogeneous. We’re different ages, sizes, backgrounds."

Kwan is working on a TV show and screenplay through his production company.

"I feel even more galvanized to create more work, to offer representation and opportunities," Kwan said. "Crazy Rich Asians" opens nationwide August 15.

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Newton Cantonese School celebrates 40 years

BY LING-MEI WONG

Saturday mornings are when the Newton Cantonese School (NCS) swings into action. Students sing, dance and practice Cantonese from September to June. Come fall, the school will celebrate its 40th anniversary.

"Several parents wanted to start a Chinese program, so we began as an afterschool option as part of the Newton Public Schools district," said co-founder Constance Lee, who worked with cofounder Mary Young. "We attracted more students and teachers, so we formed the school in 1978 and met on Saturdays, instead of weekdays after school."

Lee and one of the first teachers Wendy Lee emigrated from Hong Kong, where Cantonese dominates as the spoken Chinese language. They hoped their children could speak, read and write Cantonese in traditional characters. However, there were few Cantonese books so the founders developed a curricula, writing out Chinese teaching materials by hand. Both of their children majored in Chinese in college; their grandchildren also studied Cantonese at the school.

"I am so grateful to NCS," said Wendy Lee. "I recently found two letters from my son who wrote in Chinese. When my husband and I went on a trip, our son wrote to tell us about his new girlfriend. Another letter was about going to dim sum and how much he cherished learning Chinese from a young age."

The school serves 150 students from pre-kindergarten to eighth grade. It is one of the only Cantonese language schools in New England. A cultural Newton Cantonese School celebrated graduation June 2 at Bigelow Middle School. The school will have its 40th anniversary in fall. (Image courtesy of Newton Cantonese School).
Event Calendar

Chinatown history tour
Friday, August 3
1 p.m. to 2 p.m.
2 Boylston Street
Boston, MA 02116
Join the Chinese Historical So-
ciety of New England (CHSNE) on its Chinatown history tour, a
60-minute walking tour explor-
ing Chinatown’s early history and
how its community has changed over the decades. Tour conducted in English. Tick-
ets $15 and $12 for CHSNE
members, at www.eventbrite.
com/chinatown-history-tour-
tickets-4759358117.

Mulan Society classes
Saturday, August 4
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
Civilian Association, 4F. Reg-
ister with Warren Wong at (617)
426-9492 x 210 or wswong@
aacu-boston.org.

Free meditation class
Saturday, August 4
2 p.m. to 3:30 p.m.
99 Albney Street
Boston, MA 02111
A Chinatown-based movement
workshop will take place with Broad-
way and Boston actor Caroline
Chin Workman at the Pao Arts
Center.

Chinese brush painting
Saturday, August 4
10 a.m. to 3 p.m.
99 Albney Street
Boston, MA 02111
A Chinese brush painting and
movement workshop will take place
with Broadway and Boston actor
Caroline Chin Workman at the Pao Arts
Center.

English for college or job
training
Monday, August 6
8:30 a.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
Attend testing for the Asian
American Civilian Association’s
Next Step program classes for
college or job training. For more
information, call (617) 426-
9492 x 250 or email jce@acau-
boston.org.

Free information clinic
Mondays
10 a.m. to 3 p.m.
275 Hancock Street 2F
North Quincy, MA 02170
Chinese American Citizen Right
Alliance will help clients at
Quincy Asian Resources Inc. to
provide information and referral
services to Chinese Americans.

Free Zumba
Every Monday
5:30 p.m. to 6:30 p.m.
Chinatown Park
Zumba by the Wang YMCA will
take place at the Greenway’s
Chinatown Park.

Free yoga class
Every Tuesday
8 a.m. to 9 a.m.
Symphony Park
Yoga instructor Nicole Ferraro
will lead gentle moving and
breathing at Symphony Park,
on the corner of Edgarly Road
and Norway Street. Most of the
practice is seated. In the event of
rain, classes will be at Merville
House, 100 Norway Street.

Workforce training
assessment
Tuesday, July 24
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
AACA offers workforce train-
ing programs Building Energy
Efficiency Maintenance Skills
(BEEMS) and Careers in Bank-
ing 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. For
more information, visit www.
aacu-boston.org/workforce-
education/.

Chinatown’s National Night
Out
Tuesday, August 7
3 p.m. to 6 p.m.
230 Harrison Avenue
Boston, MA 02111
National Night Out will take
place at Chinatown’s Tai Tung
Village.

South End’s National Night
Out
Tuesday, August 7
5 p.m. to 8 p.m.
476 Tremont Street
Boston, MA 02116
South End’s National Night Out
Will take place at Castle Square.

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 Bred of Life,
Wednesday and Thursday at 213
Main Street and Friday at 493
Main Street. For more informa-
tion, call (781) 397-9040.

Free health care service
Every Tuesday
6 p.m. to 8 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148
The Sharewood Project offers
free, unscheduled health care
to the medically underserved
populations of the greater Bos-
ton area. For more information
please call (781) 324-8991 or
e-mail sharewood.director@g
mail.com.

Free social service clinic
Thursdays
9 a.m. to 12 noon
244 Harrison Street
Boston, MA 02111
AACA offers social work
services.

Chinatown Park play session
Every Thursday
5 p.m. to 7 p.m.
Chinatown Park
A play session will take place
at the Greenway.

Boston August Moon Festival
Saturday, August 12
10 a.m. to 4 p.m.
Chinatown Gate
The annual Chinatown August
Moon Festival will take place at
the Chinatown Gate.

Vacation Bible school
August 13 to 17
218 Sharon Avenue
Boston, MA 02118
A vacation Bible school summer
camp will take place at the Bos-
ton Chinese Evangelical Church
for first to fifth graders. Sign up
with Minister Lorraine Ho at
beccikidd@gmail.com.

Chinatown mural tour
Tuesday, August 14
5:30 p.m. to 6:30 p.m.
2 Boylston Street
Boston, MA 02116
Join CHSNE for a 60-minute
walking tour of murals Chi-
atown, revealing their stories
and history. Tour conducted in
English. Tickets $15, $12 for
members, at www.eventbrite.
com/chinatown-mural-tour-
tickets-4759406193.

Free immigration clinic
Wednesday, August 15
Noon to 2 p.m.
1 City Hall Square
Boston, MA 02201
The Mayor’s Office
for Immigrant Adv-
ancement offers free
private immigration clinics at
the Boston City Hall Room
806. For interpreters other
than Spanish, please call at
least one week in advance at
(617) 635-2980.

Quincy August Moon Festival
Saturday, August 19
5 p.m. to 6 p.m.
Caddington Street
Quincy, MA 02169
Quincy Asian Re-
sources, Inc. will host the 31st August
Moon Festival at
Quincy Center.

Chinatown mural tour
August 24 to August 26
5:30 p.m. to 10 p.m.
Chinatown Gate
The annual Films at the Gate
free movie screenings will take
place at the Chinatown Gate.
For more information, visit
https://aisancdc.org/events/
film2018.
Ayanna Pressley discussed housing with community advocates August 1 at the BCNC Pao Arts Center. (Image courtesy of Ling-Mei Wong.)

Boston City Councilors and District Seven congressional candidate Ayanna Pressley discussed housing with community advocates August 1 at the BCNC Pao Arts Center. (Image courtesy of Ling-Mei Wong.)

AG Healey sues e-cigarette makers for targeting youth

Massachusetts Attorney General Maura Healey launched an investigation into Juul Labs for targeting minors July 24. (Image courtesy of the Attorney General’s Office.)

Massachusetts Attorney General Maura Healey launched an investigation into major e-cigarettes manufacturer Juul that is reportedly targeting minors on July 24.

“They look like harmless USB flash drives,” Healey said. “The contents are equivalent to one package of cigarettes. Juul claims to only sell to adult smokers but the cartridges come in candy flavors like bubblegum and cotton candy. Some of the devices also look like school supplies, such as vape pens in the form of a Sharpie marker.”

The e-cigarette manufacturer implements a strategy that big tobacco companies used to use one generation ago: targeting young consumers. According to studies, it is more likely to have lifelong tobacco consumers if they start before age 21. Research shows teenagers who vape are four times more likely to use traditional tobacco products in their lives.

“Adolescent brains are more sensitive to nicotine than adult brains,” said

Congressman Capuano visits Chinatown

Congressman Mike Capuano attended a luncheon for Chinatown seniors July 31 at Empire Garden. (From left) Frank Chin, Rosemary Yee, Capuano, Man Ho Chan, Helen Chan, Gov. Charlie Baker, Steven Chen. (Image courtesy of the Sampan editorial team.)


Learn Chinese

太阳

Tai yang
 rendering of curb extensions and signs with lights at Harrison Avenue and Bennett Street. The Boston Transportation Department had a hearing July 26 with residents at the China Trade Center. (Image courtesy of BTD.)

**Boston to reduce speed limit to 20 mph for Chinatown traffic pilot**

BY VALERIE LI

The Boston Transportation Department (BTD) discussed reducing the speed limit to 20 miles per hour at a public meeting July 26 at the China Trade Center. In line with Vision Zero’s commitment to eliminate all fatalities and serious injuries by 2030, the city unveiled a series of proposed changes on Chinatown streets.

The Neighborhood Slow Streets project is a zone-based approach to traffic-calming requests—Chinatown was one of five neighborhoods to get the lottery from 47 proposals. A bounded area of local streets will have the speed limit reduced to 20 miles per hour. Additionally, targeted traffic-calming techniques will help enforce the reduced-speed regulation. The techniques include daylighting, raised crosswalks and curb extensions.

“Daylighting, which restricts parking near intersections, can improve visibility for pedestrians and drivers,” said Najah Casimir, BTD active transportation coordinator. As a result, 20 parking spots will be impacted.

The city laid out the plan to create a chicane on Hudson Street, which gradually creates an “S” curve on the street. “It will slow down drivers without losing parking spots, because they will be on the other side of the street,” Casimir said.

Many residents were concerned whether drivers would comply with the new regulations. “There are two pilot zones in Stonybrook and Talbot-Norfolk Triangle,” said Casimir. “So far, the feedback has been positive.”

Some are worried raised crosswalks could pose a safety threat after winter storms. “What happens if the snow doesn’t get plowed and then pedestrians seriously injure themselves?” said an attendee.

“We will put up signs to let people know when there’s a raised crosswalk,” Casimir said.

BTD is looking for comments and suggestions.

Affordable & Low-Income Housing Lottery

**Hancock Estates**

200 Estates Drive, Newton, MA

80% AMI Affordable Units: Two 1BRs @ $1,438*, Two 2BRs @ $1,550*

65% AMI Affordable Unit: One 1BR @ $1,217*

50% AMI Low-Income Units: Two 1BRs @ 984$, Two 2BRs @ $938*,

*Rents subject to change in 2019. Utilities not included. Tenants will pay own Gas Heat and Hot Water and Cooking. Electricity, Water and Sewer.

Hancock Estates is an 88 unit rental apartment community. 4 of these apartments will be available to households with incomes at or below 80% AMI, 1 unit will be available to households with incomes at or below 65% AMI, and 4 apartments will be made available to households at or below 50% AMI (the Low-Income units). Units include in-unit washers and dryers, and include one parking spot.

MAXIMUM Household Income Limits for 80% AMI AFFORDABLE units: $56,000 (1 person), $64,900 (2 people), $73,000 (3 people), $81,100 (4 people).

MAXIMUM Household Income Limits for 65% AMI AFFORDABLE units: $49,049 (1 person), $56,056 (2 people).

MAXIMUM Household Income Limits for 50% AMI LOW-INCOME units: $37,750 (1 person), $43,150 (2 people), $48,550 (3 people), $53,900 (4 people).

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on September 10th, 2018.

A Public Info Session will be on August 28th, 2018 at 6 pm in the Newton Free Library (300 Homer Street). The lottery will be held October 3rd, 2018 at the same location. Applications and Information available at the Newton Free Library (open M-Th 9am-9pm, F 9-6, Sat 9-5, Sun 1-5)

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900 (X1) and leave a message.

Free translation available.

In affluent suburb, Newton Food Pantry addresses hidden hunger

BY LING-MEI WONG

Newton is largely affluent, yet is seeing an increase in Asian community members dealing with food insecurity. (Photo: Jon Schieffer, Debby Horwitz, Tracie Longman, Ivan Bass. (Image courtesy of Ling-Mei Wong.)

Bottles of soy sauce, boxes of noodles and soup cans fill the shelves from floor to ceiling. However, they’re not housed at a grocery store, but at a beautiful historic building in Newton.

The Newton Food Pantry welcomes shoppers every Wednesday and the third Saturday of the month to the basement of Newton City Hall. It is one of three non-profits in Newton along with the Centre Street Food Pantry and the Arabic Baptist Church Food Pantry.

The Newton Food Pantry seems inconspicuous in a city known for excellent schools, safe streets and million-dollar homes. Yet one out of every eight families in Newton subsists on less than $25,000 in annual income, according to a 2014 Northeastern University study.

“Even in a city as celebrated as Newton, poverty and unmet need exists,” said Nancy Storer, case manager for Newton’s Division of Social Services.

More Asian American seniors come for food and likely qualify for other services, such as food stamps or fuel assistance. However, the elders have limited English proficiency, making it difficult for Storer and her social service team to communicate with them.

Asian individuals have grown to comprise about 20 percent of the pantry’s clients, said Newton Food Pantry board president Tracie Longman. Asians represent 13 percent of Newton’s population, based on the most recent Census data. In 2017, the pantry experienced a 30 percent increase in adults served and distributed more than 16,000 bags of groceries or 400,000 pounds of food.

While the pantry’s donations swell during the holiday season from community food drives, there is still demand for nonperishable food over the summer months.

“Summer food drives can make up for fewer donations from February to August,” Longman said.

About 100 volunteers served 750 people or 322 households each month in 2017. Volunteers help sort donations, stock shelves and deliver food to home-bound individuals. The Boston Chinese Evangelical Church’s Newton campus members recently helped translate English pantry forms into Chinese and plan to host a food drive.

For more information about the Newton Food Pantry, visit www.newtonfoodpantry.org.

Chinatown meeting roundup:

**CCBA, CSC, CRA**

BY VALERIE LI AND LING-MEI WONG

The Chinese Consolidated Benevolent Association of New England (CCBA) met July 31 at its 90 Tyler Street headquarters.

The Boston Planning and Development Agency (BPDA) approved the Shawmut Avenue/Washington Street planned development area at its July 12 board meeting, which will add 536 residential units, including 139 affordable units. The project involves three properties: CCBA’s 30 Herald Street, the Davis Companies’ 112 Shawmut Avenue and Boston Chinese Evangelical Church’s 120 Shawmut Avenue. Next steps for the project will be Zoning Commission approval, scheduled to meet Sept. 12, and approval by Boston Mayor Marty Walsh.

CCBA is considering an expansion of Tai Tung Village, putting out a request for proposals to develop the parking lot for affordable housing. Three proposals have been received from Asian Community Development Corporation, Winn Companies and Beacon Communities, said CCBA president Paul Chan.

Developer Mount Vernon Company has withdrawn its proposal to renovate 78 Tyler Street into 14 affordable studios. The vacant Maryknoll Sisters convent is owned by the Archdiocese of Boston and was to be leased for 99 years to Mount Vernon. Chan and other CCBA directors met with Mayor Walsh, who agreed to bring together the Archdiocese and CCBA to negotiate a sale of 78 Tyler Street. If CCBA purchases the property, the board plans to add a few floors for affordable family housing, rather than studios, Chan said.

The board voted to hire an executive director to manage its development program and it also approved up to $50,000 to refresh halls, repair chalkboards and repaint walls for several classrooms on the second and third floors leased to the Philips Brooks House Association.

CSC

The Chinatown Safety Committee met August 1 at the DoubleTree Hotel.

Boston Police Department Sgt. Steve Moy will serve as communications officer for District A-1, which includes Chinatown.

Boston Police Department District A-1 Capt. Ken Fong said Part 1 crimes are down 1 percent for the past year to date. Over the past 30 days, 34 arrests were made: 12 for drugs, 10 for warrants and the other 12 for minor offenses.

A crash occurred on Tremont and Oak Streets, when a truck hit a pedestrian, who was hospitalized and died a few days later, Fong said. The driver was captured on surveillance cameras and charged.

The Staphnoge Harpe at 67-93 Kingston Street is applying for parking use renewal, as its current permit expires December 2018, said lawyer David Gotlib.

CONTINUED ON PAGE 5

**News**

August 3, 2018
Ethnic media to Commerce Secretary: Withdraw citizenship census question

BY ETHNIC MEDIA SERVICE AND SampAN NEWSPAPER

The U.S. Census Bureau is seeking public comments on its 2020 Census plan, which includes a citizenship question on the census form all households must answer. Secretary of Commerce Wilbur Roos directed the bureau to add the contested question in March, after misleading stakeholders and Congress about the Justice Department’s need for citizenship data from every person.

In the Sampan’s view, collecting citizenship status data from every resident for the first time in 70 years will jeopardize any serious effort to achieve a complete count. We join dozens of ethnic media outlets across the country in demanding that the Department of Commerce withdraw the question. We will also urge our audiences to use the public comments period to explain why the question is so misguided.

Ethnic news media are acutely aware of the high stakes American Census has for a successful census. The 2020 Census ranks as one of the top civil rights issues of our time, underpinning how federal dollars are allocated to our communities and who represents us at almost every level of government.

But all that hinges on people’s willingness to trust the government to rigorously adhere to the strict legal protections for census confidentiality and to ensure an equitable distribution of benefits to historically underserved communities of color. As media leaders serving many of the hardest to reach populations in the U.S., we know that public trust in government has eroded sharply, replaced by pervasive fear in the face of anti-immigrant policies and racist rhetoric.

We have a long history of informing, engaging and advocating on behalf of our communities. In this climate, adding the citizenship question sends exactly the wrong message and puts the 2020 Census at risk of an historic undercount.

CHINESE: Newton school teaches Cantonese

CONTINUED FROM PAGE 1

“Cantonese colloquialisms are so colorful,” said Constance Lee. “Cantonese is the closest to classical Chinese, as a Cantonese recital of Tang dynasty poems will rhyme, unlike in Mandarin.”

Chinese is written the same way, but Mandarin and Cantonese pronounce the characters differently.

“Our focus is on getting kids to speak Chinese,” said NCS board member Julia Kan. “Many of our families are made up of one parent who speaks English and the other parent who is Chinese American, but doesn’t speak much Cantonese.”

The school is planning a homework tutor pilot, so parents can help their child with Cantonese homework. A parent network group has also formed. NCS has given me ‘a family feel’,” said Wendy Lee. “I hope it’s here for the next 40 years.”

Residents at Eagle Drive

Kingston, MA

Affordable Housing Lottery

www.s-e.com

Five 3BR Single Family Homes for $238,900.

The first affordable homes will be ready in Oct/Nov 2018.

This is a lottery for five affordable units being built in the third phase of building at Residents at Eagle Drive. These 5 units will be sold at affordable prices to households with incomes at or below 80% of the area median income.

The affordable homes at are all 1,700 sf, 3.5 baths, and have one garage parking spot, unfinished basements, two zone forced hot air heating, and an exterior sprinkler system. There are no HOA fees as there is no HOA association. Kitchens contain formica countertops, fridge, stove, microwave and dishwasher (no garbage disposal). Bedrooms, living room and stairs are carpeted. Kitchen, bathroom and laundry room have vinyl tiling (a washer/dryer is not included in the laundry room).

Maximum Household Income Limits:

$56,800 (1 person), $64,900 (2 people), $73,000 (3 people),
$81,100 (4 people), $87,600 (5 people), $94,100 (6 people)

The Maximum Household Asset Limit is $75,000.

For more information on the Development, the Units or the Lottery and Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on September 12, 2018.

Applications and Required Income Documentation must be postmarked, not postmarked, by 2 pm on September 12, 2018.

Applications and Info Packets also available in the Kingston Public Library (6 Green Street, Kingston, MA) (Hours: Mon, Tues, Wed: 10 AM to 8PM; Thurs-Thurs 10AM to 8PM; Fri-Sat 10 AM to 5 PM; Closed Sundays).
Gov. Baker raises age to purchase tobacco

BY THE OFFICE OF THE GOVERNOR

Gov. Charlie Baker signed legislation to raise the legal age to buy tobacco products statewide from 18 to 21 on July 27 at the Statehouse. (Image courtesy of Josephine Pettigrew for the Office of the Governor.)


This bill also broadens existing prohibitions on public smoking to include e-cigarettes, and prohibits the use of tobacco products on the grounds of any public or private, secondary, or vocational school. Additionally, the new law will prohibit the sale of tobacco products by any pharmacy, hospital or other entity that offers health care services or that employs any licensed health care providers.

“Raising the age to buy tobacco products in the Commonwealth is an important step to prevent addiction for young people and encourage healthy choices,” said Gov. Baker. “We appreciate the Legislature’s collaboration to pass this bill that will limit the purchasing of cigarettes and other harmful products for those under 21 to support long term health for the next generation.”

“Tobacco products have harmful effects, especially on our youth, and this law is an important way to address this public health concern,” said Lt. Gov. Karyn Polito. “We thank the Legislature for their work to pass this important bill.”

“Tobacco and nicotine addiction remain a leading cause of preventable death and illness in Massachusetts,” said Health and Human Services Secretary Marylou Sudders. “Today’s actions support our continued efforts to develop comprehensive approaches to reduce the health and economic burden of tobacco use by preventing young people from starting to smoke, helping current smokers to quit, protecting children and adults from secondhand smoke, and identifying and eliminating tobacco-related health disparities.”

“This is a big step toward our ongoing effort to curb tobacco use among children and young adults,” said House Speaker Robert DeLeo.

“Increasing the tobacco age to 21 will reduce smoking-related deaths; improve the health of young adults; and reduce the number of young adults who start smoking in the first place,” said Senate President Karen Spilka. “Massachusetts is the healthiest state in the country because of smart legislation like this that improves public health and promotes prevention. I am proud of the advocates, many of them adolescents and young adults, who led the charge for this legislation, and thankful for the Governor’s support of this concept.”

“Massachusetts has long been a leader in protecting and strengthening public health,” said Sen. Jason Lewis, Senate Chair of the Joint Committee on Public Health and the bill’s lead co-sponsor in the Senate. “This comprehensive legislation will once again put the Commonwealth at the forefront of preventing youth addiction to tobacco and nicotine products, in order to improve health, save lives and reduce health care costs.”

“This legislation is vital to preventing youth from becoming addicted to nicotine and facing a lifetime of addiction,” said Rep. Kate Hogan, House Chair of the Joint Committee on Public Health and the bill’s lead co-sponsor in the House. “It is also critical to create one standard for our small businesses across the Commonwealth.”

“After the cumulation of the hard work of many individuals and organizations, today’s monumental signing of this life-saving legislation once again demonstrates Governor Baker’s commitment to the long-term health and well-being of the youth of the Commonwealth,” said Rep. Paul Murphy.

The rise of COPD in women

BY THE AMERICAN LUNG ASSOCIATION

Women with COPD experience the disease significantly differently than men, in ways that increase their burden. COPD is a disease that brings with it a heavy burden on patients and families. It often means years of suffering from lung disease and costly healthcare expenses. Women with COPD have more frequent disease flares, which in turn results in a greater burden of COPD symptoms that are often caused by a cold or other lung infection. This is especially true for women who require urgent care or emergency department visits and sometimes hospitalization. Each flare-up accelerates the progressive loss of breathing ability, eventually leading to long-term disability and death.

The rise of COPD in women is closely tied to the success of tobacco industry targeting. Cigarette smoking was rare among women in the early 20th century, but starting in the mid-1950s, after the brand Lucky Strike launched its “Reach for a Lucky Instead of a Sweet” campaign. In 1968, Philip Morris introduced Virginia Slims, the first cigarette created specifically for women. With the advertising slogan “You’ve Come a Long Way Baby,” Virginia Slims was massively appealing to women’s newfound sense of liberation. By 1973, less than six years after the introduction of Virginia Slims, the rate of 12-year-old girls who had started smoking increased by 5.7 percent. Since then, nationwide anti-tobacco campaigns and policy changes have successfully decreased smoking rates for both women and men. But sadly, the old TV ads that declared to women “you’ve got your own cigarette now” are still resulting in new cases of COPD and other tobacco-related diseases in those women as they have aged.

Tufs Medical Center’s Asian Health Initiative (AHI) has worked with the Chintatown 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.
August 3, 2018

Sampan

Restaurant Review: Num Pang

BY ANNA ING

Num Pang launched in 2009 to wide acclaim in New York, adding a location at the Prudential Mall to its restaurants. In Cambodian’s primary language Khmer, “num pang” means sandwich. Founders Ratha Chauopoly and Ben Daitz focus on Cambodian dishes, rice or grain bowls, soups and sandwiches with a Southeast Asian flair. Chauopoly and Daitz have roots in Massachusetts, as they met at Clark University.

The lemongrass braised short ribs over grains. (Image courtesy of Ling Mei Wong.)

The peppercorn catfish sandwich ($8.95) came in a crunchy and fluffy semolina baguette. Its pickled carrots, crunchy cucumbers, cilantro and slathered chili mayo are reminiscent of Vietnamese banh mi. The flaky and delicious catfish was glazed with sweet soy sauce and peppercorn.

The truly delicious five spice glazed pork belly ($12.95) was served over brown rice. This dish came with roasted seasonal vegetables, drizzled with chili yogurt and chive lime vinaigrette. The aromatic five spice powder harmonized well with the husky pork belly pieces.

We shared the lemongrass braised short ribs over a grain quinoa ($13.95). The braised short ribs were tender but lacked bold lemongrass flavor. The grains made the bowl substantial and filling. They came with the requisite roasted vegetables, chili yogurt and chive lime vinaigrette drizzled over super grains.

Grilled corn on the cob ($3.95) is smothered in signature chili mayo, pepper, lime and topped with coconut flakes. The coconut adds depth to the corn’s natural sweetness.

The spicy Cambodian slaw ($3.95) features red cabbage, red pepper, carrots and daikon. It packs crunch and spice, brightened with cilantro accents.

The blood orange lemonade ($3.50) is a refreshing drink, brilliantly balancing sweetness and tartness. Fresh watermelon juice ($4.95) is a lovely palate cleanser and drink.

Boston is Num Pang’s first outpost outside of New York. The next time you visit the Pru, definitely check out Num Pang for fresh flavorful food at reasonable prices.

Num Pang
800 Boylston Street
Boston, MA 02199
www.numpangkitchen.com

MAINTENANCE TECHNICIAN

Tenants’ Development Corp. is seeking a Maintenance Technician to join our team to provide maintenance service repairs for 300+ units of scattered site housing located in Boston South End. Job requirements are minimum 5+ years multi-family/apartment repair experience. Experience must include proven HVAC, plumbing, carpentry and electrical skills. Valid driver’s license required. Duties to include emergency on-call service rotation and snow removal. TDC offers an excellent salary and health benefits 15 paid holidays, paid sick and vacation benefits. Please send resume and salary requirements to ahuggins@tenantsdevelopment.com.

EQUAL OPPORTUNITY EMPLOYER
WGBH producer Liz Cheng showcases community strengths

BY YIYAN ZHENG

A storyteller rehearses backstage for WGBH’s live show “Stories from the Stage.” Premiering on World Channel in October 2017, the original series gathers multicultural storytellers to reflect America’s underreported diversity today. Producer Liz Cheng said, “We admire video storytelling. But when you hear a story without actually seeing the person, you don’t realize how different they are from you.”

Many performers are first-time storytellers, with everyday appearances revealing extraordinary stories. Before they get on stage, Cheng will interview and coach them. She wants them to tell their stories from the heart, not just read a script.

Cheng said, “One of the most exciting things is nearly 200 people have been taped by now. When asking why they are telling these stories, we get almost as many answers as we ask that question to.”

Unlike previous programming she directed and produced, “Stories from the Stage” is dedicated to converging and creating greater understanding among people. “Sometimes a news story is point things out, the way in which we disagree and have conflicts,” Cheng said. “But story-sharing shows are sharing humanity, what we have in common and what we can learn, to care about each other.”

Apart from “Stories from the Stage,” as general manager of WGBH, Cheng oversees local channels WGBH 2, WGBX 44, WGBH Kids, World Channel and others. Established in 2007, World Channel offers 24/7 nonfiction programming for news, science and documentaries. Besides offering original content from diverse, independent and emerging filmmakers, it also features three documentary series Cheng co-created: “America ReFramed,” “Local, USA” and “Doc World.”

“All our original content is specifically geared towards community difference. Not only to show anything that makes us different, but also anything that makes a difference,” she said.

This year, World Channel received its first Peabody Award, considered the Pulitzer of media, thanks to a documentary “Deej” which premiered in the “America ReFramed” series.

“Deej” recounts the odyssey of a non-articulate artist DJ Savarese advocating for himself and others with autism. Unlike films that use friends or family members to speak for a person with autism, DJ Savarese wrote poems, along with acting as a commentator and co-producer of the documentary.

Cheng said, “Some ask if World Channel and ‘America ReFramed’ are only for people of difference. They are not. They are for anybody interested in something happening outside their own backyard. We need to know youth with autism. We need to know communities suffering under poverty.”

Cheng’s drive to find compelling stories from all communities stems from her background as a second generation Asian American from an immigrant family. When she worked as a TV reporter, she was often the only woman and Asian in the room. Even if she dressed professionally with a notepad and serious demeanor, she still looked like a 12-year-old and was assumed to be an intern instead of the reporter.

After an awkward encounter, Cheng reflected on her experience. “This is constantly going to happen. I am not the ‘beating you over the head to get the story’ kind. I am more of, ‘Let’s see what we have in common. You share your story and I will be totally respectful of your point of view.’” She decided to transition from a frontline reporter to a producer and director.

One of Cheng’s favorite shows — apart from “America ReFramed” — is “Game of Thrones.” “I like Daenerys,” Cheng said, “She started off a bartered bride. But she becomes queen of dragons later. She could be another Cersei, doing things for the best reason but in the worst way. But she holds on and bolstered humanity. Her entire transition is great.”

This year, Cheng was honored with a Pinnacle Award from the Women’s Network of the Greater Boston Chamber of Commerce for achievement in media.

AREAA Boston summer cruise celebrates inclusion and diversity

BY VALERIE LI

The Asian Real Estate Association of America (AREAA) Boston chapter held its annual summer cruise at the Boston Harbor July 25.

AREAA is a nonprofit professional trade organization dedicated to promoting sustainable homeownership opportunities in Asian American communities by creating a powerful national voice for housing and real estate professionals that serve the dynamic housing market.

“At a local level, we do advocacy for housing issues among the immigrant communities. We put together networking events, first-time homeowner seminars and realtor workshops,” said Elena Lau, AREAA Boston president-elect.

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AREAA Boston held a summer cruise July 25 at the Boston Harbor. President-elect of the Boston Chapter Elena Lau (second right) is pictured with board members. (Image courtesy of Valerie Li)

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“Next October, we are bringing the national real estate convention to Boston.” AREAA’s membership represents a broad array of real estate, mortgage and housing-related professionals that serve the diverse Asian American market. AREAA is the only trade association dedicated to representing the interests of the Asian real estate market nationwide.

More than 100 members attend the gathering. Guests enjoyed food and entertainment on the three-hour boat ride.

President-elect of AREAA Boston Chapter Elena Lau (left) is pictured with president Dick Lee. (Image courtesy of Valerie Li)