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**Chinatown and South End celebrate National Night Out**

**BY LING-MEI WONG**

National Night Out was celebrated August 7 in Chinatown’s Tai Tung Village and the South End’s Castle Square. Boston Mayor Marty Walsh and new Boston Police Commissioner William Gross greeted community members.

Gross was sworn in August 6.

“Monday was a great historic day in the city of Boston,” Walsh said. “Commissioner Gross is such a kind human being and so humble.”

Walsh presented a community service award to the Boston Asian: Youth Essential Service teenagers for their smoking cessation work in Chinatown.

“I was raised by the community, I will not leave the community and I am proud to be of the community,” Gross said. “I’m honored to be in Chinatown to visit my brother Capt. [Ken] Fong and my little brother Sgt. [Steve] Moy.”

“I love Castle Square, as the community looks out for each another,” Gross said. “I love the diversity here. This is what Boston is about.”

Elected officials at the Chinatown and South End events included Congressman Mike Capuano, state Sen. Joe Boncore, Suffolk County District Attorney Dan Conley, Suffolk County Sheriff Steve Tompkins, Boston City Councilor Mike Flaherty and Councilor Ed Flynn. Boston Police District A-1 Capt. Fong was at Tai Tung Village.

On August 12, Boston Chinatown celebrated its 40th annual August Moon Festival. A mix of locals and tourists watched spectacular performances, featuring Asian traditional dances to Chinese opera to dragon and lion dances. Along the streets of Chinatown were delicious Chinese street foods and vendors who sold trinkets and souvenirs.

First-time vendors included Wolfpack Racing, a dragon boat club started last year. A rowing machine invited festival attendees to try rowing 150 meters for a $30 Amazon gift card.

“We think dragon boat promotes a lot of teamwork and community bonding, so we think this was a great opportunity to get to the community and tell them that Wolfpack racing club exists,” said Jennifer Chiu, club rower.

Angela Ruan, a second year volunteer, helped her mother’s local herbal business Chang Sheng. She saw the festival as a way for “programs and communities to come together and help others.”


The festival featured arts and crafts, games, as well as Chinese calligraphy. The August Moon Festival was free fun for people of all ages. It celebrated Chinese culture and the Boston Chinatown community.

**Gov. Baker unveils new Red Line prototype**

**BY VALERIE LI**

Massachusetts Gov. Charlie Baker attended a ribbon-cutting event for the new MBTA Red Line cars at Boston City Hall Plaza on August 14. (From left) CRRC president Chuahne Zhou, MBTA’s Luis Ramirez, Baker, MBTA’s Stephanie Pollack, Boston Transportation Department Commissioner Gina Fiandaca. (Image courtesy of Valerie Li.)

Massachusetts Gov. Charlie Baker revealed a new MBTA Red Line car prototype at the Boston City Hall Plaza on August 14.

Baker said the new Red Line fleet will start testing in November 2019, entirely replacing the existing cars. He also recognized repair and renovation on the public transit system is an urgent issue.

“Over the course of next five years, the MBTA plans to spend $8 billion to improve the transportation system including Green Line extension and the South Coast rail. Another $470 million will be spent on track and facilities improvements on Green, Red and Orange Lines,” Baker said.

The Red Line car, which is a two-thirds-size model, was on display until August 16.

Changchun Railway Vehicles Co. (CRRC) MA will build 404 cars for the Orange Line and Red Line. Assembly of the new Orange Line cars is underway at CRRC MA’s Springfield facility, with the first Orange Line production cars to be completed in December 2018. The assembly of new Red Line vehicles will follow in summer 2019. Delivery of both fleets will continue through 2022.

**Boston August Moon Festival continues 49 years of tradition**

**BY MANDY SUN**

Gov. Charlie Baker (second left) takes pictures with visitors during the August Moon Festival on August 12 in Phillips Square. (Image courtesy of Mandy Sun.)
**Event Calendar**

Against the Tide
Saturday, August 18
7 a.m. to noon
3488 Main Street
Brewster, MA 02631
Massachusetts Breast Cancer Coalition will hold its Against the Tide multi-sport event at Nickerson State Park. For more information, visit www.mbcc.org or call (617) 376-6222.

Chinese brush painting
Saturday, August 18
2 p.m. to 3:30 p.m.
99 Albany Street
Boston, MA 02111
Learn to paint flora and fauna with instructor Lui Xiongyao at the Fao 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/2ZlkV7.

Quincy August Moon Festival
Sunday, August 19
Noon to 5 p.m.
Coddington Street
Quincy, MA 02169
Quincy Asian Resources, Inc. will host the 31st August Moon Festival at Quincy Center.

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

Free Zumba
Every Monday
3:30 p.m. to 6:30 p.m.
Chinatown Park
Zumba by the Wang YMCA will take place at the Greenway’s Chinatown Park.

Chinatown/South Cove Neighborhood Committee meeting
Monday, August 6
20 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 BostonC3CNC@gmail.com.

Breakfast seminar
Tuesday, August 21
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. For more information, call Stanley Thang at (617) 423-0590.

Free yoga class
Every Tuesday
10 a.m.
Symphony Park
Yoga instructor Nicole Ferraro will lead gentle moving and breathing at Symphony Park, on the corner of Edgeley Road and Norwalk Street. Most of the practice is seated. In the event of rain, classes will be at Morville House, 100 Norwalk Street.

Workforce training assessment
Tuesday, August 21
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
AACA offers workforce training programs Building Energy Efficiency Maintenance Skills (BEEMS) 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. For more information, visit www.aaca-boston.org/workforce-education/.

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

Casino job fair
Tuesday, August 21
6 p.m. to 8:30 p.m.
7 Washington Avenue
Malden, MA 02148
The Encore Boston Harbor Casino will hire for positions at the Malden Senior Center, with a focus on dealers and facilities. For more information, call (781) 526-4091.

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 Boston area. For more information, please call (781) 324-8991 or e-mail sharewood.director@gmail.com.

Free social service clinic
Thursday
9 a.m. to noon
244 Harrison Street
Boston, MA 02111
Enhance Asian Community Health on Will help people at American Chinese Christian Educational & Social Services with health insurance and benefits.

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

Chinatown history tour
Friday, August 24
1 p.m.
2 Boylston Street
Boston, MA 02116
Join the Chinese Historical Society of New England (CHSNE) on its Chinatown history tour, a 60-minute walking tour exploring Chinatown’s early history and how its community has changed over the decades. Tour conducted in English. Tickets are $15 and $12 for CHSNE members, at www.eventbrite.com/e/chinatown-history-tour-tickets-47595389117.

Films at the Gate
Friday, August 24 to Saturday, August 25
5:30 p.m. to 10 p.m.
Chinatown Common
The annual Films at the Gate free movie screenings will take place at the Chinatown Gate. For more information, visit https://aicnycd.com/events/jan2018.

Kite & Cultural Festival
August 25 to August 26
10 a.m. to 4 p.m.
Hallett Street
Malden, MA 02124
The 16th annual East Meets West - Kite & Cultural Festival will take place at Pope John Paul II Park.

Airport job info session
Wednesday, August 29
3:30 p.m. to 5:30 p.m.
2 Boylston Street
Boston, MA 02116
An information session about becoming a transportation security officer at Boston Logan Airport will take place at the Chinatown branch library. Apply at https://tsajobs.tsa.dhs.gov.

Festival
Sunday, Sept. 9
10 a.m. to 4 p.m.
Boylston and Tremont streets
Boston, MA 02116
The eighth Asian Chipenese Festival will take place at the Boston Common. For more information, visit www.aaday-boston.org.

Affordable Homeownership - Evergreen Meadows
Evergreen Avenue, Bedford, MA 01730
Units offered via lottery
3 Restricted Three-Bedroom Townhouse Units
$190,600 (detached) and $196,700 (duplex)
Applications accepted through 8/23/18, 1 p.m.
Income Limit 80% Boston AMI and Asset Limits
Lottery: September 12, 2018 at 7:00 pm
978-287-1092 & 978-639-3387
Sudbury Housing Trust, Lottery Agent

Corrections
An article in the August 3 issue page 5, “Chinatown literature welcomes new branch librarians,” should have stated the National Library of China is the largest library in this Chinatown branch librarian Amiee Long did not work on the Boston Public Library catalog Chinese search, which was released after her arrival. The Sampan sincerely regrets the error.
BY VALERIE LI

Boston City Councilor-at-large Ayanna Pressley and 7th Congressional District Rep. Michael Capuano participated in a debate August 7, ahead of the Sept. 4 primary. Co-hosted by Radio Boston and the Boston Globe, the debate discussed economic disparities, transportation and race.

Capuano has served the congressional district since 1999. He is currently a member of the House Transportation and Infrastructure Committee. He touted his work in improving public transit.

“Five years ago, there was no Silver Line going to Chelsea but now there is. The commuter rail Fairmount line now has six stops,” Capuano said.

Pressley acknowledged the importance of subway improvements but said buses need more funds. “We don’t need more investment in the subway but said buses need more funds. “We need to add more bus lines and improve our sidewalks for pedestrian safety,” Pressley said.

Pressley and Capuano discuss leadership, race and transit in debate

BY V ALE RIE LI

Asian Community Development Corp. opened its Malden office on August 8. (Image courtesy of Valerie Li.)

Asian Community Development Corporation (ACDC) celebrated the opening of its new office in Malden on August 8. ACDC was founded in Boston’s Chinatown in 1987. Its projects include developing affordable housing at One Greenway, the Metropolitan and Oak Terrace, and renovations at Tremont Village.

Asian Community Development Corp. opens new office in Malden

BY V ALE RIE LI

Residents from Chinatown and nearby neighborhoods attended the fourth Chinatown stabilization block party on August 11. While downpour moved planned outdoor activities to the Metropolitan community room, it did not dampen the enthusiasm of about 150 participants.

Chinatown block party unites residents

BY YANXUAN LI

The AACA advanced English Next STEP program celebrated graduation August 9 at Tufts University School of Medicine. (Image courtesy of Ling-Mei Wong.)

Asian American Civic Association’s Next Steps Transitional English Program teaches speakers of other languages.

Adult learners celebrate graduation

BY LING-MEI WONG

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.

MAINTENANCE TECHNICIAN

EQUAl OPPORTUNITY EMPLOYER
Six Chinatown organizations work on tobacco cessation

BY LING-MEI WONG

The Asian Health Initiative of Tufts Medical Center met August 8 at the downtown hospital. It awarded three-year grants to six neighborhood organizations that serve the Chinatown community, with each organization reporting on the past six months of their efforts in 2018.

Tufts Medical Center’s Asian Health Initiative (AHI) has worked with the Chinatown community to address health needs for over two decades. The AHI community partners for 2017 to 2019 are the Asian American Civic Association, Boston Asian: Youth Essential Services, Boston Chinatown Neighborhood Center, Greater Boston Chinese Golden Age Center, Josiah Quincy Elementary School and the Rose Kennedy Greenway.

The Greater Boston Chinese Golden Age Center held health workshops for seniors and employees, followed up with 21 attendees who smoked. Boston Chinatown Neighborhood Center developed its Smoke Free Chinatown project to educate staff, adult students and day-care children about smoking, said Yoyo Yau, director of family services and community engagement.

The Josiah Quincy Elementary School taught 400 students in grades K-5 about smoking prevention and its harmful effects, said instructor Sally Connors. Boston Asian: Youth Essential Services is educating high school students on tobacco, who developed a “Choose Health” campaign, said youth worker Trinh Britton.

The Asian American Civic Association (AACA) is working with the Greenway to reduce smoking at Chinatown Park and the Mary Soo Hoo Park. It will also work at Mission Park to reduce tobacco use and launch a women’s support group for family members.

The AACA publishes the Sampan Newspaper, with health content funded by the AHI. A booklet of smoking-related articles was distributed every six months. Sampan published 39 health stories over the past six months.

Boston Summer Eats to serve 3,000 meals

The City of Boston will distribute 3,000 meals to youth for its Summer Eats program. (Prom left) Boston’s Chief of Health and Human Services Mary Martinez, Office of Food Access Director Catalina Lopez-Ospina and Office for Immigrant Advancement Director Alejandra St. Guillen. (Image courtesy of Valerie Li.)

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The Greater Chinese Consolidated Benevolent Association of New England is seeking to hire an executive director to manage its assets, programs and activities, and potential development of affordable housing.

Candidates must have at least 5 years of professional experience in law, affordable housing development/management, building design and construction, commercial real estate investment/leasing, or a related field. There must also be a demonstrable commitment to serve the community and a strong passion for community-based work.

Please send resume or direct any inquiry to Paul Chan, chan@mhic.com before September 7, 2018.
Cigarette smoke increases lung damage risk in women

BY THE AMERICAN LUNG ASSOCIATION

Women are more vulnerable than men to lung damage from cigarette smoke and other pollutants. Female lungs and airways are smaller than men’s, and have less respiratory muscle to move air in and out. As a result, cigarette smoke and other lung irritants get more concentrated when they are inhaled, and can cause more damage. The female sex hormone estrogen also plays a role in worsening other lung irritants get more concentrated and out. As a result, cigarette smoke and other pollutants. Female lungs and other lung irritants get more concentrated and out.

For women with COPD, getting a proper diagnosis can be a problem. Because COPD has long been thought of as a man’s disease, many doctors still do not expect to see it in women and miss the proper diagnosis. When a woman goes to her doctor with breathing problems, they typically discuss physical symptoms and her history of exposure to risk factors. Even though the answers to these questions are valuable indicators of COPD, doctors tend to diagnose asthma due to similar symptoms. The recommended way to diagnose COPD is a breathing test known as spirometry. Unfortunately, spirometry is not widely used, especially in primary care practices. Women are also less likely to be given a spirometry test than men with the same smoking history and disease symptoms.

Effective treatment of COPD is complicated, and women don’t always get the kind of care that meets their needs. Women with COPD tend to require more interpersonal connection and social support to cope with their disease, and they are less likely than men to feel that they are getting adequate time and attention from their doctors. They are also more likely to say that they get information about COPD from sources other than their doctor.

Quitting smoking has more of a positive impact on the health of COPD patients who are still smoking than any other type of treatment, and women with COPD actually benefit more than men. But women have more trouble quitting successfully and staying smoke-free.

Pulmonary rehabilitation is another important program for COPD patients. It combines exercise training, self-management education, and counseling. Despite its proven effectiveness, only about two percent of COPD patients have access to an existing rehab program. Experts recommend that disease management services like smoking cessation and pulmonary rehabilitation are most likely to be effective if they are tailored to meet the specific needs and concerns of women, including social support.

Many women with COPD struggle with quality of life and emotional well-being, which takes a toll on their health. The quality of life for women with COPD is impaired at an earlier age, and is worse overall than that of men with similar severity of disease. The feeling of shortness of breath is a key contributor to poor quality of life for COPD patients, and women experience more problems with shortness of breath than men. Women with COPD also suffer from anxiety and depression at very high rates, but less than one third of patients with anxiety and depression receive adequate treatment. All this puts women with COPD at risk of being caught in a downward spiral. Poor quality of life and increased anxiety and depression make it more difficult to follow a treatment plan, quit smoking, stay active and get the social and emotional support they need. This increases the likelihood of disease flares-ups, more frequent emergency visits and significantly more relapses.

Studies find women are more vulnerable than men to lung damage. (Image from Adobe Stock.)
Report highlights the risks of non-cigarette nicotine products

BY THE CENTER ON ADDICTION

A March report published by the National Center on Addiction and Substance Abuse, “Beyond Cigarettes: The Risks of Non-Cigarette Nicotine Products and Implications for Tobacco Control,” provides the most current information available about e-cigarettes and other vaping devices, hookah, smokeless tobacco, pipes and cigars. It examines who uses these products, how they are used, what their effects are, and how the government regulates them.

“The goal of this report is to help the public, policymakers and health professionals make sense of the often-confusing and contradictory information that is available on the risks and benefits of these very different products and recommend reasonable strategies for limiting their recreational use,” said Samuel Ball, president and CEO at the National Center on Addiction and Substance Abuse. “This comprehensive review is the first to examine the use of all non-cigarette nicotine products among youth and adults.”

The report found the most commonly used nicotine products among adults, after cigarettes (18 percent), were cigars (7 percent) and e-cigarettes (7 percent). Among middle and high school students, they were e-cigarettes (9 percent) followed by water pipe/hookah (6 percent) and cigarettes (6 percent). The report highlights the barriers to stemming the tide of non-cigarette nicotine product use, especially the growing influence of tobacco companies and their role in limiting government regulation of these products. The tremendous popularity of e-cigarettes and some other non-cigarette nicotine products raises an alarm that the remarkable progress made over the past decades in reducing tobacco use could be stalled or even reversed.

“Almost on a daily basis, new evidence emerges questioning the safety of non-cigarette nicotine products,” said Linda Richter, director of Policy Research and Analysis at the Center, and lead author of the report. “Regardless of the device through which they are delivered, nicotine and the other ingredients in these products are not harmless. Public education, quality research, and well-informed regulations are critical for ensuring that we do not undo years of progress in reducing smoking rates by allowing this to become our nation’s next avoidable public health problem.”

Local mom shares experience with childhood language delay

BY AI XI LAO

We often heard moms saying, “Why can my child only speak one or two words at the age of two?” “My child can only say ‘dad’ and ‘mom,’ does he have language delay?” How do parents think and feel when they hear such concerns? Is this a symptom of language delay? How do we know whether our child needs help from specialists?

What is language delay?

Language delay is a failure in children to develop language abilities on the usual age-appropriate level for their developmental timetable, according to Wikipedia. With 11 years of field experience in Hong Kong, speech pathologist Carley said, “According to developmental delay refers to situations such as when two-year-old children can’t understand or speak single words, which they should have been able to master while they were 12 to 18 months old.”

Nurture and nurture are factors for language delay.

Natural factors include development issues such as hearing and emotional disorders, autism, Down’s syndrome and brain injury.

Nurture is about influences from a child’s growing environment. For instance, parents unable to spend enough time interacting with their children could negatively affect the child’s language learning.

We spoke to Mrs. W, a mother from Boston’s Chinatown Neighborhood Center. One of her two daughters experienced language delay.

We hope this could deepen the public’s understanding of language delay, so parents can be aware of their children’s behavior. If there is an issue, their children can benefit from language assessment and intervention earlier.

How did you find out your child had a language delay?

“It wasn’t me who first noticed my younger daughter had language delay, but one of her after-school teachers when she was in second grade. I didn’t take it seriously when my younger daughter started to say ‘dad’ and ‘mom’ at 17 months old, because my elder daughter didn’t learn to walk and speak single words until that age.”

Mrs. W. found her younger daughter was well behaved and easily cared at daycare. When she turned 3, she wondered about possible language impairment, as her daughter couldn’t understand many stories she read to her.

Her daughter’s comprehension seemed limited, as she would only respond with one to two words. Mrs. W. asked her about the plotlines.

Her daughter also could not express her thoughts clearly, so Mrs. W. took her to a speech therapist in Quincy for an assessment. However, the test result was normal, so she thought it was fine.

“When she was in first grade, I found that she didn’t want to go to school as she often cried and felt behind,” Mrs. W. said. “Then I asked the teacher to let her repeat first grade again — but even so, she still could not keep up with her class.”

Mrs. W. encouraged her younger daughter to speak in simple sentences to improve her self-expression. She asks her daughter to teach her English, while she teaches her Chinese.

Her daughter sees speech therapists at Emerson College to improve her pronunciation, language comprehension and expression. She interacts with peers at Boston Asian: Youth Essential Service to improve her social skills.

A word to my daughter

“One day in her second grade, I encouraged her to be brave and said, ‘Mom won’t cry and I won’t cry! I will never tell her if that she doesn’t tell me what she thinks, Moms won’t know.’”

Mrs. W. encourages her younger daughter to speak in simple sentences to improve her self-expression. She asks her daughter to teach her English, while she teaches her Chinese.

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Her daughter sees speech therapists at Emerson College to improve her pronunciation, language comprehension and expression. She interacts with peers at Boston Asian: Youth Essential Service to improve her social skills.

How did you help your child?

“My daughter is shy and cries easily,” Mrs. W. said. “She will be nervous about meeting new people, sometimes to the point of crying. I often encourage her to express herself and sometimes hold her back that if she doesn’t tell me what she thinks, Moms won’t know.”

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How to make Suzhou mooncakes

BY VALERIE LI

Mooncakes are a traditional delicacy for the August Moon Festival. Unlike the well-known Cantonese mooncake stuffed with sweet fillings, Suzhou-style meat mooncakes are savory and flaky. Starting in mid-August, you can spot bakeries selling freshly baked Suzhou-style mooncakes in Yangtze-delta region. In Shanghai, people line up for hours to get a batch of warm mooncakes filled with pork.

Suzhou mooncakes pair well with West Lake Dragon Well tea and Pu’er tea.

Step one: Mix the stuffing ingredients together until the pork starts to come together. Refrigerate overnight for the seasoning to permeate the meat and for a more solid texture.

Step two: Prepare dough 1, the oily dough. The oily dough contains only lard (pork fat) and flour. Mix the dough and knead it until the surface becomes smooth. Set it aside but make sure it maintains its moisture while we prepare dough 2.

Step three: Mix the ingredients for the water-oily dough. For better results, warm water should be added gradually so the dough won’t become too shaggy. Knead the dough until it is not sticky.

Step four: Rest the dough for 30 minutes. Start with dough 1 (oily dough) and divide it into 15 pieces. Then divide dough 2 (water-oily dough) into 15 pieces.

An important step is to add an even amount of flour to improve the texture of the mooncake. The ratio of flour to water should be adjusted according to the desired flakiness. After kneading, let the dough rest for a few minutes before rolling it out.

In step five, the dough is rolled out into a thin layer and then placed on top of the filling. This helps to retain the moisture and flavor of the filling.

In step six, the dough is folded and pressed to create the flaky texture. This step is crucial in achieving the characteristic flakiness of the Suzhou mooncake.

In step seven, the mooncake dough is pressed to create a fluted edge. This step helps to prevent the filling from spilling out during baking.

“Mama Mia” plays at North Shore Music Theater in Beverly from now through Sept. 2.

BY LINDA CHIN

Mamma Mia
North Shore Music Theater
Now until Sept. 2

Show ‘Ragtime’ and ‘Mamma Mia’ perfect for summer fun

BY LINDA CHIN

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At diabetes conference, experts urge Asian Americans to ‘Screen at 23’

BY DORA CHI

Researchers are still investigating how the preventable disease manifests and impacts people of Asian ancestry, and what they know so far is troubling. “The risk of diabetes among Asians is actually twice as high as that for Caucasians given the same BMI, which is astonishing,” said panelist Dr. Frank Hu, a professor at Harvard T.H. Chan School of Public Health.

For why, the high rate of Asians with diabetes go undiagnosed, experts point to a lack of diversity in medical studies, which often focus on white populations to shape mainstream practices. While Asians represent 5.6 percent of the U.S. population, they make up fewer than 2 percent of patients in clinical trials.

Speaking to a crowd of researchers and physicians, state Rep. Tackey Chan asked, “Why is my 5-foot-1, 73-year old mom being compared to a white male for diagnosis?”

In January, Chan led a successful effort to pass the “Screen at 23” resolution in Massachusetts, calling upon the medical community to revise screening guidelines for Asian patients.

Now, the focus is on ensuring the knowledge reaches the diverse communities across the state and on breaking barriers that continue to deter diagnosis. “If people are telling you ‘You’re young, you’re so skinny, what do you have to worry? You look so healthy’—that’s hard. How do we go about that?” said Chihiro Sato, who manages the Asian American Diabetes Initiative program at Joslin. She said the center received a grant to host workshops to empower Asian patients to speak about the disease.

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Speaking to a crowd of researchers and physicians, state Rep. Tackey Chan asked, “Why is my 5-foot-1, 73-year old mom being compared to a white male for diagnosis?”

In January, Chan led a successful effort to pass the “Screen at 23” resolution in Massachusetts, calling upon the medical community to revise screening guidelines for Asian patients.

Now, the focus is on ensuring the knowledge reaches the diverse communities across the state and on breaking barriers that continue to deter diagnosis. “If people are telling you ‘You’re young, you’re so skinny, what do you have to worry? You look so healthy’—that’s hard. How do we go about that?” said Chihiro Sato, who manages the Asian American Diabetes Initiative program at Joslin. She said the center received a grant to host workshops to empower Asian patients to speak about the disease.

Empresses of China art exhibit at PEM illuminates imperial female power

BY YIYAN ZHENG

Coinciding with the 40th anniversary of the establishment of U.S.-Chinese diplomatic relations, the “Empresses of China’s Forbidden City” exhibition opens August 18 at the Peabody Essex Museum (PEM). Emphasizing empresses from the Qing Dynasty, the exhibit showcases more than 200 spectacular works from the Palace Museum in Beijing.

Daisy Yiyou Wang was one of the curators, as the Peabody Essex Museum’s Robert N. Shapiro curator of Chinese and East Asian Art. She said, “The reason why we chose the imperial Qing women as the theme for the exhibition is not only because women and feminisms are one of the most important and hot topics today, but also because it is interesting and rather mysterious for most of the American visitors.”

The exhibition focuses on three figures: Empress Dowager Chongqing, Empress Xiaoxian and Empress Dowager Cixi. With imperial portraits, jewelry, garments, Buddhist sculptures and decorative art objects, they show how the empresses influenced court politics, art and religion. The academic research stage of the exhibition took four years.

Wang emphasized the exhibition was about “human stories,” and visitors should not see the exhibits as artifacts. “She added, “Usually, people have a vague impression of historical figures: the empress is high above in court dress. However, if an exhibition enables the visitors to literally enter her mind and track her emotions and feelings, this is even more interesting.”

One of the highlights is a 237-pound gold throne made to commemorate the Empress Dowager Chongqing after her death in 1777. Her son became the emperor Qianlong and honored her as the Sage Mother of the state.

Wang said, “It is not only an exhibition of exquisite jewelry and materials. It is based on solid academic study, but also filled with little-known moving stories.”

The exhibition runs August 18 through Feb. 10, 2019. For more information, please visit pem.org.

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### Brand New Homes

#### Moderately Priced

<table>
<thead>
<tr>
<th>Address</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>137 Callender St</td>
<td>$294,000</td>
</tr>
<tr>
<td>23 &amp; 27 Jones Ave</td>
<td>$385,000</td>
</tr>
<tr>
<td>9 Jones Ave &amp; 126 Callender St</td>
<td>$425,000</td>
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<table>
<thead>
<tr>
<th>Address</th>
<th>Type</th>
<th>Bedrooms</th>
<th>Bathrooms</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 &amp; 27 Jones Ave</td>
<td>Two-Family Homes</td>
<td>2 bed. 1 ba</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Single-Family Home</td>
<td>3 bed. 1.5 ba</td>
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<tr>
<td>9 Jones Ave</td>
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<td>&amp; 126 Callender St</td>
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Homes are sold by lottery. Only qualified applicants will be entered. The property is deed-restricted, owner-occupancy and rental requirements apply. Qualified applicants must be first-time homebuyers and complete an approved homebuyer education course prior to closing. Minimum household size requirement is number of bedrooms minus one, but a preference is given to households with one person per bedroom. Income limits for qualified buyers are based on 80% and 100% Area Median Income Limits as defined by HUD. This information is subject to change. Preference given to Boston residents. Please note: Persons with disabilities and those with limited English language proficiency are entitled to request a reasonable accommodation.

**Callender Jones Application Deadline:** September 5, 2018 @ 5 PM

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- Intro to Sociology (SOC 101 85)
- Acting I (THE 107 85)
- Acting I (THE 107 86)
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