MBTA proposed fare hike faces backlash from commuters

BY VALERIE LI

City Councilor at-large Michelle Wu, who advocated making public transit free of charge, delivered a petition with more than 2,700 signatures opposing the MBTA’s proposed fare hike.

“Tonight, we delivered a mandate to the MBTA on behalf of more than 2,700 residents. Riders of every T line, from every neighborhood in Boston and others across Massachusetts, stood together urging transit equity and access for all communities,” Wu said.

Brookline state Rep. Tommy Vitolo raised a can of iced tea at the MBTA hearing.

“The tea is priced at 99 cents since 18 years ago. That tells us if you don’t improve the quality, you don’t increase the price.”

Weymouth resident Egan Millard commutes to Cambridge for work. He suggests an increase in gas and toll costs to subsidize the public transportation system.

Brendan Kearney of WalkBoston, a pedestrian safety group, said a fare increase could reduce ridership and increase driving, congestion and greenhouse gas emissions.

Darlene Lombok of Community Labor United said, “For most working-class families, transportation is the second largest part of living expenses. If the MBTA can implement a reduced fare program for youth and seniors, it’s cheaper and why not come up with a solution for low-income families?”

Rick Colos of MassDOT said the comments will be considered.
Event Calendar

"Move Your Face"
March 8 to 16
949 Commonwealth Avenue
Boston, MA 02115
Boston Theater Company presents "Move Your Face" at the Boston Playwrights' Theatre. Tickets available at 866-811-4111 or visit Bostontheater.org.

Elder fitness program
March 8 to May 24
8 Oak Street
West Boston, MA 02116
The Wang YMCA of Chinatown offers Healthy Habits, a fitness program for people 65 and older. Sign up with Alice Chan at alicechan@ymcaboston.org or (617) 904-6165.

Chinese chat group
Fridays, Tuesdays
6:30 p.m. to 9 p.m.
677 Huntington Avenue
Boston, MA 02115
A Mandarin chat group will meet Tuesday. RSVP to www.meetup.com/bostonchinesea/. Mulan Society classes
March 9, March 11
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women's Empowerment classes will take place Mondays at 11 a.m. and Saturdays at 1 p.m. at the Asian American Civic Association. Register with Kiki Tsang at (617) 426-9492 x 251 or ktsang@aaacinc.org.

ART New Year Celebration
Saturday, March 10
3 p.m.
224 Western Avenue
Allston, MA 02134
The American Repertory Theater New Year Celebration at the Harvard Ed Portal will be a day of performances, workshops and community.

Wives and mothers of smokers group
Monday, March 11
2 p.m. to 3 p.m.
87 Tyler Street
Boston, MA 02111
A group for wives and mothers of smokers will take place at the AAC.

English conversation group
Every Tuesday and Wednesday
11:30 a.m. to 1 p.m.
99 Albany Street
Boston, MA 02111
An English conversation group will take place at the PAO Arts Center. For more information, email chinatownlanliah@hhcc.mass.edu.

Workforce training assessment
Tuesday, Feb. 26
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association offers workforce training programs Building Energy Efficient Maintenance Skills (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.

Free evening meals
Every Tuesday to Friday
5:30 p.m. to 6:30 p.m.
493 Main Street
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, Wednesday, Thursday and Friday at First Baptist Church. For more information, call (781) 397-0404.

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 population of the greater Boston area.

Free social service clinic
Thursdays
9 a.m. to noon
442 Harrison Street
Boston, MA 02112
Enhance Asian Community on Health will help people at American Chinese Christian Educational & Social Services with health insurance and benefits. For appointments, call EACH at (857) 472-3224.

The Chinatown Coalition meeting
Thursday, March 14
9:30 a.m.
38 Ash Street
Boston, MA 02111
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. For more information, visit tcc.boston.org.

Free yoga class
Thursdays
12:45 p.m. to 1:45 p.m.
2 Boylston Street
Boston, MA 02116
Bring your own mat for free yoga at the Chinatown branch library.

Happy Families program
March 15 to May 14
5:30 p.m. to 7:30 p.m.
38 Ash Street
Boston, MA 02111
The Strengthening Families Program is an evidence-based training program for children age 3-6 years old and their parents on Fridays at BCNC. Free, with childcare and dinner provided.

English for college or job training
Monday, March 18
8:30 a.m.
87 Tyler Street
Boston, MA 02111
Attend testing for the AAC's English classes for college or job training. For more information, call (617) 426-9492 x 250 or email intake@aaacinc.org.

Greater Boston schools diversity job fair
Saturday, March 23
10 a.m. to 1 p.m.
121 Orchard Street
Belmont, MA 02478
The Eighth annual Diversity Job Fair hosted by Greater Boston Schools will take place at Roger Welling-

Tuf's University's Kieran Reid will present on the role physical activity plays in helping older adults preserve independence at the Commonwealth Salon of the Boston Central Library.

Free immigration clinic
Wednesday, March 20
Noon to 2 p.m.
1 City Hall Square
Boston, MA 02101
The Mayor's Office for Immigrant Advancement offers free private immigration clinics at the Boston City Hall Room 106.

CPA banquet
Friday, March 22
6 p.m.
690 Washington Street
Boston, MA 02111
The Chinese Progressive Association's New Year banquet will take place at Empire Garden.

First-time homebuyer classes
March 23 to 24
38 Oak Street
Boston, MA 02111
ACDC offers HB101 classes in English and Chinese at the Metropolitan. Each session is a nine-hour class over the course of a two-day weekend. Tuition is $50; $25 for Boston residents. Registration required, by calling (617) 482-2380 x 208 or 202, emailing CHOP@asiancdc.org or visiting https://asiancdc.org/hb101.

Greater Boston schools diversity job fair
February, March
Noon to 2 p.m.
38 Oak Street
Boston, MA 02111
ACDC offers HB101 classes in English and Chinese at the Metropolitan. Each session is a nine-hour class over the course of a two-day weekend. Tuition is $50; $25 for Boston residents. Registration required, by calling (617) 482-2380 x 208 or 202, emailing CHOP@asiancdc.org or visiting https://asiancdc.org/hb101.

SAMPAN A Publication of the ACA
www.sampan.org
87 Tyler Street
Boston, MA 02111
Tel: (617) 426-9492 x 206
Fax: (617) 482-2316
Editor: Ling-Mei Wong
editor@sampan.org
Health editor: Valerie Li
val@sampan.org
Contributors:
Jingfei Cui, Ivy Huang, Anna Ing, Yiyian Zheng, Melvin Zhu
Translators:
Jingfei Cui, Ivy Huang, Yiyian Zheng, Melvin Zhu

SAMPAN is New England’s only biweekly bilingual Chinese newspaper. SAMPAN fosters cultural understanding and celebrates global diversity. Founded in 1972, SAMPAN is published by the Asian American Civic Association. SAMPAN is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscriptions: $45/year (1st class mail), $55/year (3rd class mail).

The reproduction, in whole or in part of any information contained herein and prior is forbidden without the express written permission of the publisher.

Looking for a Woman to Teach Healthy Chinese Cooking
I am a woman looking for another woman to teach me to cook healthy meals according to principles of Traditional Chinese Medicine. Would also appreciate guidance on kitchen management.

I am live in Brighton
Compensation TBD
mirbsok@gmail.com

75 seat bar restaurant.
Great opportunity for a family or investor. Newly renovated in 2017 Downtown Mars Hill Maine. 1.5 miles to BIG ROCK Ski Lodge asking 243K listed with Field's Realty(http://m.fieldsrealtyllc.com/).

Call Today (207) 551-8385 or Mike (207) 551-7297.
Advocates press for safe police reporting on Immigrants’ Day

BY YIYAN ZHENG

Hundreds converged at the Massachusetts Statehouse to celebrate the 23rd annual Immigrants’ Day and lobby for legal protections on March 4. The event was organized by Massachusetts Immigrants and Refugees Advocacy Coalition (MIRA) and joined by other agencies. Speakers featured politicians and immigrants, including Congresswoman Ayanna Pressley. Pressley denounced the practice of family separation, and decimating immigrant and refugee communities. She called on attendees to keep “fighting for the dignity, the humanity and the preservation of the family” in Massachusetts.

Proposed recreational marijuana store meets resistance in Chinatown

BY VALERIE LI

A proposed marijuana dispensary in Chinatown and the theater District presented at a public meeting March 5 at the Governor Hotel. Edward McGuire, chief of staff of the Massachusetts Secretary of State, and JQES principal Cynthia Soo Hoo. “There are ongoing issues in the community that haven’t been solved yet. Why should there be a dispensary that exacerbates the use of drugs?”

“We don’t want it to be another ‘Scollay Square’ scenario that was forced on vulnerable communities that lack political power to keep out a red light district,” said Boston Public Schools interim academic superintendent Richard Chang, formerly the Quincy Upper School principal.

Mike Gallen, Sanctuary Medicinals director of security, said the business made security a priority to make sure no one under the age of 21 can enter. JQES teacher Mimi Fong was unconvincing. “There is a daycare center very close to the store. How are you going to make sure that the children are protected from the customers when they play in the park or walk on the streets?”

Little Panda Daycare at 285 Tremont Street cares for children ages two to seven. “Our teachers walk them to the Eliot Norton Park to play every day. How are the teachers going to answer them when they ask about the smell of marijuana?” said employee Cindy.

Sanctuary Medicinals CEO Jason Sidman promised to have security in the park for “x number of hours” each day. Community representatives voicing opposition to the dispensary included the Wang YMCA, South Cove Plaza East senior housing, the Bay Village Neighborhood Association and the Chinatown Business Association. Chinese Consolidated Benevolent Association Chinese secretary Felix Lui delivered 700 signatures opposing the business.

Ed McGuir, chief of staff of the Mayor’s Office of Civic Engagement, moderated the hearing. He encouraged community feedback but noted “the project is not going away.”

The Asian American Civic Association celebrated the Chinese New Year with a donor appreciation banquet March 6 at China Pearl. The agency’s mission is to educate, empower and employ.

Chinatown meeting roundup: CCBA, CSC, CRA

BY JINGFEI CUI AND VALERIE LI


CCBA

At the CCBA monthly meeting, Cindy Lee, EMBARC architect, summarized a feasibility study for a Chinese Immigrant Heritage Visitors Center in Chinatown, with a potential location at the CCBA. She presented design sketches for a visitor center.

Lee grew up in Boston’s Chinatown. “The primary goal of opening the visitor center is to promote and preserve the history that we have, the story that we can tell not just to our children, but to visitors coming to Boston,” she said.

Lee and her colleagues studied the condition of the CCBA building at 90 Tyler Street. Even after repairs, the building dates to the 1800s and has issues such as cracks and water damage. There is also no elevator in the buildings.

CCSA

The Chinatown Safety Committee met at the DoubleTree Hotel.

Boston Police Department District A-1 Captain Ken Fong gave an update on local crime for the past 30 days. There were 17 arrests, along with a robbery, stabbing and break-in.

CRA

The robbery happened at the Chinatown T station on Feb. 16. A victim from Somerville was punched by the suspect, after being asked for money.

There was a stabbing incident Feb. 18 by the Chinatown Gate.

The victim’s hand was cut by a sharp object, Fong said. Though the victim only spoke Mandarin and there were relatively few Mandarin-speaking officers, the police found footage of the incident. A suspect was identified and arrested.

There was a break-in at Empire Garden on Feb. 14. The restaurant owner found a homeless person in the storage room with some liquor boxes opened. The suspect was not in a good physical condition, and was transported to the hospital and summoned for charges.

There were 17 arrests in District A-1: six for drugs, four for assault and battery, one for domestic violence and one for trespassing, and others. There were eight larceny incidents, four inside the building.

George Aboujoude, owner of The Ghost Walks restaurant, asked for community support to extend his operation to 2 a.m. The restaurant currently opens from 5 p.m. to 1 a.m.

CONTINUED ON PAGE 5
Workers protest unfair wages at Happy Lamb Hot Pot

BY JINGFEI CUI

A rally protesting illegal labor practices at the Happy Lamb Hot Pot restaurant took place Feb. 27 in Cambridge. About 50 people gathered outside the Central Square location, one of two restaurants in the greater Boston area. Cambridge resident Annie Tuan said she was shocked when she saw news coverage about Happy Lamb. Once a frequent customer, she said, “That really made me never want to come here again. I immediately sent it to my friends who I know also like this place.”

Several Happy Lamb workers reached out to the Chinese Progressive Association (CPA) last summer, said Karen Chen, CPA executive director. In October 2018, nine workers filed a lawsuit for more than $800,000 due to pervasive wage theft. Violations of state and federal laws included failing to pay minimum wage and overtime, stealing tip jars, and retaliating against employees who tried to assert their rights. CPA referred the workers to the Greater Boston Legal Services, which represented them in court.

Chen said the workers were hesitant to voice their complaints, which have been ongoing since the Cambridge location opened in 2016. The restaurant’s managers illegally took portions of the tip pool for themselves and kitchen staff, many of whom were the managers’ relatives. “It took a lot for the workers to file the lawsuit, as even some of the workers’ family members were opposed to it,” Chen said. One plaintiff still works at the restaurant.

A worker said he was threatened by a manager with a knife. There were at least six workers at the rally who recognized her. She was not sure if there were more workers, as some protesters covered their faces.

As the lawsuit goes on, the restaurant owner has replaced old workers with new staff who do not know about its wage theft practices, Chen said. Happy Lamb in Cambridge opened March 2016. The restaurant operates under the umbrella of an international chain called Little Sheep Mongolian Hot Pot. It opened a second location in Chinatown in October 2018, with plans for a third location in Allston. The workers said the same wage theft is happening not just at the Chinatown restaurant, but also in the chain’s New York locations. “They are telling the workers not to comment, that we are spreading lies,” Chen said.

Boston City Councilor Ed Flynn said, “I want to make sure that the immigrants whom I represent are treated fairly.” Flynn left a complaint letter at the restaurant and hoped for a speedy resolution. He represents District 2, which includes Chinatown.

Protesters chanted “Happy Lamb, you’re a sham, treat your workers right.” An attendee dressed in lion dragon costume and a Chinese drum was at the scene, with people taking turns at the drum.

Zhou Yu Han, a Chinese coder and foodie living in Allston, said she was familiar with many local Asian restaurants and considered Happy Lamb the best hot pot in the Boston area. She was saddened by the wage theft news, adding she would stand by the workers and boycott the restaurant.

A rally protesting wage theft at the Happy Lamb Hot Pot restaurant took place Feb. 27 in Cambridge. (Image courtesy of Jingfei Cui.)

Gee How Oak Tin celebrates Year of the Pig

BY LING-MEI WONG

Gee How Oak Tin held its Chinese New Year banquet Feb. 24 at Empire Garden and Hei La Moon. (From left) Boston City Councilor Michael Flaherty, Councilor Ed Flynn, GHOT cochairman James Chan, GHOT cochairman Steven Chen and Councilor Michelle Wu at Empire Garden. (Image courtesy of GHOT.)

Gee How Oak Tin Family Association celebrated its Chinese New Year banquet Feb. 24 at Empire Garden and Hei La Moon with more than 1,000 guests.

Chairmen James Chan and Steven Chen greeted guests, including association members and elected officials. The family association represents individuals with the surnames of Chen, Hu and Yuan. Due to differences in reconstruction, Chen is also rendered as Chan, Chin and Tan.

Buds & Blossoms daycare welcomes Year of Pig

BY MEILIN ZHU

Buds & Blossoms Early Education and Care Center celebrated the Year of Pig on Feb. 22 at the Kwong Kow Chinese School. (Image courtesy of Meilin Zhu.)

To celebrate this year’s zodiac animal, a pig dance featured every child in a pig mask and tail. The cute dance elicited joyful laughter from attendees.

At the end of the celebration, children held percussion instruments and put on a lion dance.

Buds & Blossoms is part of the Asian American Civic Association.

Cambridge elders ring in Chinese New Year

BY LING-MEI WONG

A Chinese New Year celebration took place Feb. 6 at the Cambridge Senior Center. (Image courtesy of the Golden Age Center.)

Elders celebrated Chinese New Year Feb. 6 at the Cambridge Senior Center. More than 100 elders joined the festivities.

The event featured songs from a senior choir, qipao fashions and a nutritious Lunar New Year lunch, organized by the Greater Boston Chinese Golden Age Center. Choir performers were recognized for their volunteer efforts by the Cambridge Senior Center and the Somerville-Cambridge Elder Service.

Affordable Homeownership Opportunity

“Drakes Landing”
365 Main St., West Newbury
Two 2-Bedroom Duplex/Style Homes - $174,300
Two 2-Bedroom Single Family Homes - $174,300

Income limits are 80% of area median household income

Elderly (80%) $51,600 $62,000 $70,000 $94,550 $143,150
Non-Elderly (80%) $64,750 $75,000 $80,000 $94,550 $143,150

The deadline for submitting completed applications is April 30, 2019 at 4 p.m.

Applications will be available at the Chelmsford Housing Authority website www.chelmsfordha.com, by calling 978-750-2562, via email at lisa@chelmsfordha.com, or in person at 978-750-2562.

Use & Resale restrictions apply.

*Defined as not having owned a home within the past three years. Some exceptions apply.
Microgrids could bring green energy and savings to Chinatown

BY YIYAN ZHENG

Chinese Progressive Association community organizer Yiyin Zheng spoke about microgrid benefits at CPA’s 28 Ash Street headquarters on Feb. 26, while Mark Liu looks on. (Image courtesy of Yiyan Zheng.)

A microgrid meeting organized by the Chinese Progressive Association (CPA) was held at its 28 Ash Street headquarters on Feb. 26. Baolian Kuang, CPA community organizer and Mark Liu, CPA operations and development director, explained how microgrids work and what benefits they bring to Boston Chinatown.

Unlike the existing electricity grid, microgrids preclude the need for big infrastructure projects. Equipment such as solar panels, battery storage and satellite hotspots can be installed inside or on top of buildings. Instead of using fossil fuel from far away, microgrids can use local renewable power and consume less energy. Also, in response to increasingly disruptive weather from climate change, microgrids offer reliability in emergencies.

“In Chinese, ‘crisis’ consists of two characters: ‘Wei’ for danger and ‘Ji’ for opportunities,” said Kuang. “We must guarantee the opportunities brought about by the crises of the climate change won’t only fall on big privatized corporations. Low-income communities of color also should be treated equally.”

Ann Mooy, board president of the Castle Square Tenants Organization, spoke about Castle Square’s renovation in 2011. The 1960s-era affordable property was transformed with an insulated shell and solar panels on top of buildings. It has saved $28,821 per year for water and $79,900 for electricity over the last six years, Mooy said.

The feasibility assessment of the Chinatown microgrid project will be complete in June, and with funding for projects after that, Liu said.

Chinatown crime blotter for Feb. 23 to March 8

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Feb. 23 to March 8 for District A-1, which includes Chinatown.

To report a crime or suspicious activity, call 911.

Larceny

Feb. 26, 10 a.m.: The victim reports her bag was stolen from her workplace located on Washington Street.

Assault and battery

Feb. 27, 8:23 p.m.: The victim reports she was involved in a fight on Washington Street with the suspect. During the fight, the victims’ dalyon shirt was pulled out, causing the victim to bleed profusely. He was stabilized and transported to the hospital. The suspect fled prior to the officer’s arrival.

Motor vehicle accident

Feb. 27, 3:39 p.m.: The victim reports her vehicle was involved in an accident. The officer asked the victim what happened. The victim could not explain what happened.

Shoplifting

Feb. 26, 10:10 a.m.: The suspect was placed under arrest for shoplifting items from the store located on Washington Street.

MEETINGS: Local safety discussed

CONTINUED FROM PAGE 2

It has been operating on Stuart Street since April 2018 without any incidents, he said. It is a small space with fixed furniture, unsuited for dancing.

His proposal was met with concerns from the police and other attendees, such as increasing the late-night population and crime.

CRA

The Chinatown Resident Association met at the Josiah Quincy Elementary School to discuss the potential of a microgrid at the school.

The CRA is hosting a banquet on March 29. Tickets can be purchased at CPA’s website.

There will be a Zoning Board of Appeals hearing on 9 Johnny Court on March 12 at the City Hall. The public is welcome to attend.

BCN leader to run Boston Marathon

BY LING-MEI WONG

When Marathon Monday rolls around, a prominent face of Chinatown will be at the starting line.

Giles Li, executive director of the Boston Chinatown Neighborhood Center (BCNC) will run the race with Jon Eng, cochairman of Bamboo Circle, BCNC’s young professional network. The two bringing BCNC’s tradition of running the Boston Marathon since 2013, when the organization received two charity bibs through the John Hancock nonprofit program.

Li said, “This year I turned 40 and BCNC turned 50. It’s a good time for me to do my first marathon and prove to myself that I can do things that are hard.”

Completing a marathon had been a long-term aspiration of Li, as Li grew up in Boston and watches the race every year with his three children.

Eng, a financial adviser at Merrill Lynch, came to Boston two years ago from upstate New York. “I’m from a place that’s not that diverse,” Eng said. “I see the need for the mission and impact of BCNC.”

Eng’s grandparents came to America from China, raising his father in Queens, New York. He and his siblings — Eng is one of three triplets, along with a younger brother and sister — were born in Queens, then moved to upstate New York.

“We were pretty much the only Asian kids in school,” Eng said. “I saw a lack of support for minority groups.”

Eng is a Quincy resident and hopes to increase BCNC’s profile on the South Shore. Bamboo Circle fundraises for BCNC’s youth center, which serves young people age 13 to 18.

Li’s parents came from China and met in Boston, where they married and raised their family. His maternal grandparents came to live with Li as a child, having left their hometown in Chinatown organizations.

“Now that I have the opportunity to lead BCNC, I can give to BCNC in a whole different way by running the marathon,” Li said.

Eng and Li plan to raise $29,001 for BCNC. Learn more about Team BCNC at www.crowdrise.com/en/campaign/teambcnc2019.
Six questions about pediatric dental health

BY DR. CHEEN LOO

What is a “dental home” and why is it important for your child?

The American Academy of Pediatric Dentistry advises that parents establish a dental home for their child before their first tooth emerges, or around the ages of eight to 10 months. But, what is a dental home, and why is it important?

The dental home is the ongoing relationship between the dentist and the patient, inclusive of all aspects of oral health care delivered in a comprehensive, continuously accessible, coordinated, and family-centered way.

When should my child first see a dentist?

Your child should have his or her first visit by their first birthday. Your child should visit a dentist when the first tooth comes in, usually between 6 and 12 months of age. This visit will establish a dental home for your child. Early examination and preventive care will protect your child’s smile now and in the future.

Why so early? What dental problems could a baby have?

The most important reason is to begin a thorough prevention program. Dental problems can begin early. A big concern is early childhood caries, formerly known as baby bottle tooth decay or nursing caries. Once a child’s diet includes anything besides breast milk, their teeth are at risk for decay. The earlier the dental visit, the better the chance of preventing dental problems. Children with healthy teeth chew food easily and smile with confidence.

How can I prevent tooth decay from nursing or using a bottle?

At-will breast-feeding should be avoided after the first primary (baby) teeth begin to erupt and other sources of nutrition have been introduced. Children should not fall asleep with a bottle containing anything other than water. Drinking juice from a bottle should be avoided. Fruit juice should only be offered in a cup with meals or at snack time.

Should I worry about thumb and finger sucking?

Thumb sucking is normal for infants, and many children stop by age 2 years. Prolonged thumb sucking can create crooked teeth or bite problems. If the habit continues beyond age 3 years, a professional evaluation is recommended to address the thumb-sucking habit.

When should I start cleaning my baby’s teeth?

The sooner the better. Starting at birth, clean your child’s gums with a soft toothbrush/cloth and water. As soon as a tooth begins to appear, start brushing twice daily using fluoridated toothpaste and a soft toothbrush. Use a smear of toothpaste to brush the teeth of a child less than 2 years of age. For the 2-3 year old, use a pea-size amount of toothpaste. You should help your child to brush as young children do not have the ability to brush their teeth effectively. Starting a prevention program early is the key to a lifetime of good dental health.

BIO

Dr. Cheen Y. Loo of Tufts University School of Dental Medicine (Image courtesy of Tufts University.)

U.S. Attorney’s Office launches localized PSAs for Massachusetts to address opioid crisis

BY U.S. ATTORNEY ANDREW E. LELLING’S OFFICE

United States Attorney Andrew E. Lelling released a series of public service announcements designed primarily to increasing awareness about the dangers and consequences of abusing, selling and sharing prescription opioids. (Image courtesy of U.S. Attorney Andrew Lelling’s office.)

“Non of our mission at the Justice Department is not just to prosecute crime but to prevent it,” said U.S. Attorney Lelling. “We are in the midst of a major public health crisis. We should play a role in educating the public about the dangers of recreational opioid use; of counterfeit pills bought on the street; of mixing prescription opioids with alcohol or other controlled substances; and about the need for increased treatment and rehabilitation opportunities for people in the grip of opioid addiction.”
“Endlings” had its debut at the American Repertory Theater Feb. 26 and will continue to March 17. Jo Yang in rehearsal. (Image courtesy of Johnathan Cam.)

Like Manhattan millennial Ha Young muse in “Endlings,” I love theater even more. Song wrote an Asian play she considered unproduducible. There are technical and casting demands, including underwater scenes, talking clams and three elderly Asian actresses who can swim. ART gave “Endlings” its world premiere less than a year after development during the 2018 Eugene O’Neill Theater Center’s National Playwrights Conference. If the response of the diverse audience on opening night was any indication, I was not alone in being moved by this work. “Endlings” is funny, painfully poignant and clever. Endlings are the last individuals of a given species. Song has described her play as the story of three older women wanting to die and a younger woman wanting to live. The older women are “haenyeos” of her native Korea, sea divers facing occupational extinction from new technology, attithron from aging and repeated diving to depths of over 65 feet without an oxygen tank. The younger woman is a Korean-Canadian playwright named Ha Young (Song’s Korean name), married to a white playwright. In the intimacy of their marriage and tiny Manhattan apartment, Ha Young reveals her insecurities. She struggles with her identity, fearing she will “sell her skin” by writing a play to appease powerful producers and audience members.

“Endlings” is not a white play. It is an authentic play with universal appeal. I connected with the characters because they are not defined by a single identifier. I connected with the characters because they are not defined by a single identifier.

---

Dumpling skin

Black sesame stuffing

Ingredients

1. Put the black sesame seeds in a dry pan and simmer until cooked. Turn off the heat.
2. Cool and pour into a blender and grind into black sesame powder.
3. Add sugar and lard, then mix well and refrigerate for more than one hour.
4. Take out and divide into six parts, knead together.
5. Roll the dough into strips and divide it into six balls.
6. Take a small ball in the palm of your hand. Knead it flat, put in the black sesame stuffing, then wrap the dough around. Gently knead into a round ball.
7. Boil water in a pot. Put in the sweet dumplings. Stir the sweet dumplings with a spoon to prevent them from sticking. Heat the sweet dumplings until they float.

---

“Chinese dance performance ‘Princess Zhaojun’ will make its Boston debut at the Boch Center Shubert Theatre on March 16 and March 17. From its Chinese production, opulent costumes and expressive choreography abound. (Image courtesy of the China National Opera and Dance Drama Theater.)

As one of the Four Beauties of ancient China, Wang Zhaojun is always remembered in her red fur-lined cloak, holding her Chinese four-stringed instrument. Legend has it that a flock of wild geese forgot to flap their wings after seeing her, ending with them falling directly to the ground," said Kong. “But it’s nothing internal about her. We want to painstakingly explore her thoughts and emotions instead.”

Kong choreographed each move to tell the story. The second act “Lady-in-waiting” has Kong’s favorite scene, as young maids carry a brownish cloth to wash along the way.

“Intentionally, she volunteered to marry the Xiongnu to change her life. We wanted to preserve her determination to fight against her fate, which also reflects our aspirations today.”

---

How to make sweet dumplings

How to make sweet dumplings

How to make sweet dumplings

---

BY IVY HUANG

Sweet dumplings are a traditional dessert in China. Sweet dumplings symbolize family reunion. Eating a sweet dumpling means a happy new year and a happy family, so it is the 15th day of the Lunar Festival.

Ingredients

Black sesame stuffing

40 grams of black sesame powder
40 grams of sugar
20 grams of land (can be replaced by other oils with a light taste)

Dumpling skin

Water boiled glutinous rice flour 100 grams
Warm water 85 grams

1. Put the black sesame seeds in a dry pot and simmer until cooked. Turn off the heat.
2. Cool and pour into a blender and grind into black sesame powder.
3. Add sugar and lard, then mix well and refrigerate for more than one hour.
4. Take out and divide into six parts, knead together.
5. Pour a little bit of warm water into the glutinous rice flour, mix it into a smooth dough
6. Roll the dough into strips and divide it into six balls.
7. Take a small ball in the palm of your hand. Knead it flat, put in the black sesame stuffing, then wrap the dough around. Gently knead into a round ball.
8. Boil water in a pot. Put in the sweet dumplings. Stir the sweet dumplings with a spoon to prevent them from sticking. Heat the sweet dumplings until they float.
Himalayan Kitchen is located in Somerville’s Union Square. Its Nepalese dishes steal the show. I was welcomed with a cup of hot and delicious chai.

Jay took our order; he was enthusiastic, knowledgeable and friendly. His wife and brother-in-law came from Nepal and serve as chefs.

Momo is a famous Nepalese dumpling. Originally filled with buffalo meat, there are other fillings: vegetarian, pork and chicken. We got the pan-fried momos in spicy sauce ($6.95). Eight beautiful momos were filled with chicken and spices, served in a delicious tangy sauce with chunks of pepper and onion.

The Nepali Thali is a Nepalese meal typically served on a round platter. Ours came in a rectangular metal tray divided into sections. We opted for the goat curry, with other proteins available for the curry. This tray came laden with aromatic basmati rice, lentil soup, the pickle of the day, sautéed mustard greens, and stewed black eyed peas. The goat curry had bone-in chunks, which were flavorful.

We got the Sekuwa ($8.95) with pork, a popular street food. It was marinated in Nepalese spices and yogurt. These chunks of pork came out juicy, succulent and tasty. The mango lassi ($3.95) helped balance out the salt, spices and heat from the momos. It was tasty with real mango and yogurt mixed together.

The casual restaurant does largely take-out. Momos are a must-try, along with the Sekuwa pork. If you are in the area, don’t miss out on Himalayan Kitchen.