A Guide to Select Races in the 2022 Midterm Elections

By Aili Liu

Many political commentators have said that this year’s midterm elections could break the political norms. All 435 House seats are on the ballot this November, as well as 35 U.S. Senate seats and 36 governorships. The Republicans need a net gain of 5 seats to win the House and also win 1 more seat to control the Senate. Other races including the elections of secretaries of state, attorneys general and control of state legislatures may also affect the 2024 presidential election. A number of issues affecting the lives of voters may determine their decisions this year. These include voters’ concerns about high inflation, the election integrity of the 2020 election’s legitimacy, immigration control, and abortion rights now that the Supreme Court has overturned Roe v. Wade.

CONGRESS

U.S. House Massachusetts District 7

Ayanna Pressley - Democrat

Ayanna Pressley is currently U.S. House member representing Massachusetts’ 7th Congressional District. She will be running for reelection in the upcoming midterm election. After defeating 10-term incumbent Rep. Michael Capuano in District 7’s Democratic primary election in 2018, Pressley was elected as the first woman of color to represent the Commonwealth of Massachusetts in Congress.

Pressley’s goals are to hold the

White House accountable for its policies and to advance those policies that favorably affect the people of her district. She has introduced legislation to ensure fair compensation for low-wage workers, to support survivors of sexual assault and harassment, and to fundamentally re-think our criminal legal system, among much else. And she has been a vocal advocate on behalf of our

The proposed amendment to the Massachusetts Constitution, known as the Fair Share Amendment, would levy an additional 4% state income tax on the portion of annual taxable earnings in excess of $1 million. According to the state's Executive Office of Administration and Finance, the fiscal consequence could be an increase in annual state revenues by $1.2 billion in the

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Continued on Page 2
immigrant communities, led the creation of the Future of Transportation Caucus, and fought to protect critical reproductive rights.

Presley is also part of “The Squad,” a group of six progressive Democrats in the U.S. House of Representatives and is endorsed by The Working Families Party. Other members of “The Squad” include Alexandria Ocasio-Cortez (NY-14), Ilhan Omar (MN-5), Rashida Tlaib (MI-12), Lori Bush (MO-1), and Jamaal Bowman (NY-16). The Squad says it has delivered many of its policies in the last session of Congress while not taking corporate PAC money. These include bringing cash relief directly to working people and fighting for necessary governmental reforms such as Medicare expansion, universal child care, and affordable housing.

Donnie Palmer - Republican

Donnie Palmer has advanced from the Republican primary and will be running for election to the U.S. House to represent Massachusetts’ 7th Congressional District. Palmer is a special needs educator, a nationally regarded heavy-weight boxer, and a US Army veteran. He says he is passionate about supporting the police and public safety issues, abandoning the teaching of racism and critical race theory in public schools, and standing up for citizens on housing and amenities issues.

On August 29th, 2020, Palmer posted on Facebook, “ARE WE ABOUT TO ELECT A CHINESE CITIZEN TO CONTROL THE CITY OF BOSTON?” In addition, he referred to COVID-19 as a “CHINESE VIRUS,” and commented, “DOES CHINA RUN BOSTON?” Such statements are untrue and raise questions about him wanting to unite and protect Boston.

Geoff Diehl - Republican

Geoff Diehl was a member of the Massachusetts House of Representatives who represented the 7th Plymouth District. He assumed office in 2011 and left on January 2, 2019. In the 2017 legislative session, he served on the Committee for Global Warming and Climate Change, Technology and Intergovernmental Affairs, and the Housing Joint Committee.

Diehl says he wants to make Massachusetts a better place to live in. He supports economic development, and wants to help small businesses, women entrepreneurs, and create jobs. Diehl also advocates for energy independence by committing to renewable energy, and he wants to impose fiscal discipline. He promotes governmental accountability through reforming state agencies by using innovation to improve public service and restoring trust in the integrity of elections.

In the past, Diehl has called the 2020 election “stolen from Trump.” After Healey accused Diehl of adopting a false election claim, Diehl said that he will “blindly accept” the result of the 2022 election. In response to this controversial statement, Diehl later said that he will “absolutely” accept the result but also allow space to question elections.

Lieutenant Governor of Massachusetts

Leah V. Allen - Republican

Leah Allen claimed that she would be a “liaison to parents.” She wants to expand students’ school choices and establish a new curriculum oversight office within the Department of Elementary and Secondary Education. Al- len is also a big advocate for individual liberty and constitutional rights. She wants to eliminate all unfair mandates and rehire all the state workers who have been fired for their vaccination status, and punish those who still independently mandate vaccines for employees. Allen wants to lower the cost of living and ensure residents economic prosperity. She hopes to do so by recruiting companies to Massachusetts so that new jobs will be created. She also supports local aid without policies that could harm taxpayers.

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Kim Driscoll - Democrat

Kim Driscoll is joining Maura Healey on the ballot this November. She was declared winner in the Demo- cratic primary nomination after defeat- ing State Senator Eric Lesser and state Representative Tami Gouveia. In 2006, Driscoll became Salem’s first woman mayor by winning an underdog race against the incumbent mayor. Over her four terms as mayor, Driscoll has turned Salem from a town with record deficits, poor financial management, and a declining bond rate to one of the “Best places to live” in Massachusetts (nominated by Boston Magazine). She has helped secure private and public funding, and enhanced Salem’s public infrastructures including a new MBTA train station. She has adopted a cli- mate change mitigation plan to reduce residents’ electric bills. There are now two o'clock (2:00 p.m.) on December 1, 2022 3

Rayla Campbell is a Boston na- tive. She went to public high school in Boston and joined the workforce after graduation. Later, she returned to school and became a DANB certified dental assistant and eventually transi- tioned to insurance and claims man- agement while volunteering for the causes she supports. Campbell thinks that Secretary of State William Galvin has supported unconstitutional viola- tions and has not been listening to the voices of the people. In addition, she thinks that Massachusetts has been in- filtrated with communism and social- ism in the recent decade, and that the media has been a “polluted propagan- dist for the left.” Campbell claims that she will listen to the disparate voices of the people, and upgrade the system to encourage civic participation.

Having doubts about the integrity of the 2020 election, Campbell op- posed the mail-in voting system and wanted to ensure a fair and clean elec- tion with 100% accurate votes. She also wants to protect consumers by having oversight of securities and cor- porations. She said she will protect in- vestors against unreasonable burdens, encourage a free market place, remove bureaucracies and onerous regulations, and make corporations and businesses feel welcomed in Massachusetts. In ad- dition, Campbell emphasized that she will have oversight over lobbyists and registration in the mid- term. She also has a team of curators for historical artifacts and hopes to in- crease a citizen’s accessibility to them.

William (Bill) Galvin - Democrat

William Galvin has been the Mas- sachusetts Secretary of State since 1995. He has won re-election six times and is running again for his 8th four- year term. If Galvin is re-elected this year, he will become the longest serv- ing state of secret in the history of the Commonwealth. Galvin has also been actively participating in the Na- tional Association of Secretaries of State, serving as the co-chairman of the Committee on Presidential Primaries. Before his role as the Secretary of State, Galvin was elected at the age of 25 and served as state representative in the Massachusetts General Court (Allston- Brighton District) for 15 years. Galvin was known as “the Prince of Darkness” as he has remained late into the night and was skillful in overturning his ad- versaries. In the beginning of his po- litical career, Galvin worked as an aide to the Massachusetts Governor’s Coun- cil while completing his law degree at Suffolk University Law School.

Galvin’s opponents have expressed frustration about Galvin being in office for 27 years and still unable to im- prove Election Day registration. Gal- vin claimed that he supported Election Day registration, but the state legisla- ture rejected it. Others have criticized him for being meddlesome toward the Historical Commission, enforc- ing stricter rules for financial broker- dealers, and his “weak” enforcement of public-record laws.
short term or about 2.4% of the current annual state budget.

Proponent: Cynthia Roy from Fair Share Massachusetts says that voting YES on Question 1 will lead to more opportunities for everyone. It ensures that the very richest in Massachusetts – those who make over $1 million a year – pay their fair share. The additional money is constitutionally guaranteed instead of unreasonable corporate waste. For example, according to its own 2019 Form 990, Delta Dental (in Massachusetts alone) paid executive bonuses, commissions, and payments to affiliates of $382 million, while only paying $177 million for patient care. A YES vote would eliminate this inequity. Meanwhile, Section 2(d) of the law specifically disallows increases above the consumer price index without state approval, so the customers shouldn’t worry about the increase in insurance premiums. Medical insurers are required to spend 88% of their revenue on patient care. Why shouldn’t dental insurers pay at least 83%?

Proponent: According to Dr. Patricia Brown, A YES vote ensures better coverage and value for patients, instead of unreasonable corporate waste. For example, according to its own 2019 Form 990, Delta Dental (in Massachusetts alone) paid executive bonuses, commissions, and payments to affiliates of $382 million, while only paying $177 million for patient care. A YES vote would eliminate this inequity. Meanwhile, Section 2(d) of the law specifically disallows increases above the consumer price index without state approval, so the customers shouldn’t worry about the increase in insurance premiums. Medical insurers are required to spend 88% of their revenue on patient care. Why shouldn’t dental insurers pay at least 83%?

Opponent: Paul D’Amore, Small Business Representative, claims that there is no guarantee that revenue from this massive tax increase will be used to increase spending on education and transportation. Question 1 considers one-time earnings—the sale of a home, an investment, a business, a pension, or an inheritance—to be income. This would force many residents into the new, extremely high tax bracket, depleting the savings of small-business owners and long-term homeowners whose retirement is dependent on their investments. Over 200,000 small businesses and family farmers are urging voters to reject Question 1.

QUESTION 2:

This proposed law would direct the Commissioner of the Massachusetts Division of Insurance to approve or disapprove the rates of dental benefit plans and would require that a dental insurance carrier meet an 83% annual aggregate medical loss ratio which measures the amount of premium dollars a dental insurance carrier spends on its members’ dental expenses and quality improvements, as opposed to administrative expenses. Insurers would be required to provide refunds, subject to adjustment by the commissioner, if they spend less than 83% on customer costs.

Proponent: A YES vote fulfills consumer desire for expanded convenience in a reasonable and balanced manner that also protects against illegal sales. By allowing alcoholic beverage retailers to accept valid out-of-state IDs, Massachusetts also supports state tourism, and brings the state into line with other states.

Opponent: Our alcohol licensing laws do need serious reforms, but this ballot measure is not the answer. It offers an incomplete solution to a complex problem, doing little to promote competition or expand consumer choice.

QUESTION 3:

In the third ballot question, the number of liquor licenses an organization or individual can hold would increase from 9 to 12 in 2023; to 15 in 2027; and to 18 in 2031. Seven of those licenses would allow the sale of all liquor and spirits, the rest would allow the sale of beer and wine. In certain circumstances, the Alcoholic Beverages Control Commission may accept a fine instead of suspending a license under the State Liquor Control Act, varying from a fine based on gross profits from alcoholic beverage sales to a fine based on total profits.

Proponent: A YES vote fulfills consumer desire for expanded convenience in a reasonable and balanced manner that also protects against illegal sales. By allowing alcoholic beverage retailers to accept valid out-of-state IDs, Massachusetts also supports state tourism, and brings the state into line with other states.

Opponent: Opponent: The registry of Motor Vehicles does not have the capability or expertise necessary to verify documents from other countries and notes that, if this bill becomes law, Massachusetts drivers’ licenses will no longer confirm that a person is who they say they are. The law will also significantly increase the likelihood that non-citizens will register to vote.

Getting a ballot initiative requires 40,120 certified signatures, with no more than 10,000 signatures from a single county.
Community Groups Call for the State to Honor Its Commitment to Chinatown

By Sampan Staff

Reggie Wong Memorial Park. Photo courtesy of urbansparks.com

Chinatown and Leather District residents, volleyball players, skate boarders and park enthusiasts gathered in October at the Reggie Wong Memorial Park in Boston’s Chinatown to celebrate what they hope will be a turning point in a long struggle to protect and gain community control of this urban playground and encourage the Massachusetts Department of Transportation (MassDOT) to make good on its commitment to lease it to the community for $1 a year.

At the event, Lydia Lowe, Chinatown Community Land Trust director, announced that MassDOT had verbally committed to moving forward with leasing the park to the community group for $1 a year and planned to take responsibility for soil mitigation and park repaving. The Friends of Reggie Wong Park will be meeting with MassDOT in November. Leather District Neighborhood Association Chairman Chris Betke said that after years of advocacy and negotiations, the community is ready to take the next step, calling for a group photograph and leading a chant of “Sign the lease!”

Lowe described that Boston has an average of 7.59 acres of open space per thousand residents, but 3500 residents need to share that same amount of space in this part of the city, where enjoying the outdoors means taking a walk to the Boston Common. Chinatown is also Boston’s hottest neighborhood, with one of the lowest levels of tree canopy and permeable surfaces. She recounted that activists and area volleyball players first came together when MassDOT revived plans to market its Kneeland Street parcels to developers and that selling land to the highest bidders could threaten the future of the park. With the support of the Chinatown Community Land Trust, the community formed the Friends of Reggie Wong Park to protect the park’s future and implement some needed renovations.

Reggie Wong Park is the neighborhood’s only public recreational open space. For decades, it has been the home of Chinese Nine Man Volleyball in the region, a unique Chinese-American sport brought over from the Taishan province of China by the early Chinese immigrant laborers and kept alive by both new immigrants and the American-born, generation after generation.

In 2019, Transportation Secretary Stephanie Pollack made a commitment to lease the land to the community for $1 a year. The project changed hands, and negotiations went on hold over the past year when MassDOT discovered the presence of contaminated soil, but officials confirmed that the community lease and the remediation project are now ready to move forward.

At the celebration, City Councilor Ed Flynn congratulated the Friends of Reggie Wong Park and the Chinatown Community Land Trust for their persistent advocacy. Rep. Aaron Michlewitz shared that state plans for spending of federal American Rescue Plan Act (ARPA) funds include $250,000 for renovations and improvements to Reggie Wong Park. He noted that late community leader Reggie Wong acted as a bridge that brought people together, and that his namesake park was continuing to play the role of bringing together diverse sectors of the community.

Kathryn Friedman of the Leather District Neighborhood Association described short-term improvement plans for the park. Plans include repaving and realigning the courts, adding play equipment for younger children, and installing more attractive new fencing with a design that honors the late community leader Reggie Wong.

Russell Eng, president of the Friends of Reggie Wong Park and late Reggie Wong’s nephew, said, “We played here before there even was a park. And when we got the park, Reggie called it Pagoda Park to mark it for Chinatown.” It was named the Reggie Wong Memorial Park in 2012.

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The deadline for resumes is Monday November 14, 2022 by close of business.

On behalf of the MBTA, thank you for your time and interest in responding to this Notice to Bidders Massachusetts Bay Transportation Authority
Steve Pollik
MBTA General Manager
October 26, 2022

http://bc.mbta.com/business_center/bidding_solicitations/current_solicitations/

To view the full Notice to Bidders, please see link below.

NOTICE TO BIDDERS

The Small Business Enterprise (SBE) Program promotes business opportunities for small businesses (as defined by the federal Small Business Administration (SBA)). The SBE Program is designed to create and sustain opportunities for small businesses to participate in capital construction projects at the MBTA, as well as to stimulate the Massachusetts economy by providing sustained revenue opportunities to local small businesses. This is an SBE Program procurement.

Electronic proposals for the following project will be received through the internet using Project Bids until the date and time stated below, and will be posted on www.bids.com (forthwith after the bid submission deadline. No paper copies of bids will be accepted. Bidders must have a valid digital ID issued by the Authority in order to bid on programs. Bidders need to apply for a digital ID with Project Bids at least 14 days prior to a scheduled bid opening date.

Electronic bids for MBTA Contract No. 080CN02, Systemwide Concrete Repairs 2 - NARCS CODE: 237310- and Project Value $950,000 and can be submitted at www.bids.com until two o'clock 3:00 p.m. on December 8, 2022. Immediately thereafter, in a designated room, the Bids will be opened and read publicly. Work consists of replacing existing and installing new concrete sidewalks, pavement, and pedestrian ramps systemwide. Work locations will be determined on an as-needed basis and communicated to the Contractor.

Bidders’ attention is directed to Appendices A, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix B, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications.

To view the full Notice to Bidders, please see link below:

http://bc.mbta.com/business_center/bidding_solicitations/current_solicitations

November 4, 2022

SAMPAN
Events Calendar
By Kevin Don

1. The Smithsonian comes to MA. September 10, 10:00 am -June 23, 2023, 5:30 pm. Starting this September, you can discover more about small town life thanks to “Crossroads: Changes in Rural America,” a traveling exhibit produced by the Smithsonian Institution’s Museum on Main Street program. The Smithsonian, along with Mass Humanities, have selected six communities in Massachusetts for this exhibit that explores how rural American communities have changed in the 20th century. The exhibition will prompt discussions about what happened when America’s rural population became a minority of the country’s population and the ripple effects that occurred. The event will take place at: Sept. 9 – Oct. 22: Essex Historical Society and Shipbuilding Museum, Essex. Oct. 30 – Dec. 10: The Hull Lifesaving Museum, Hull. Dec. 18 – Jan. 28: Rutland Free Public Library, Rutland. Feb. 5 – March 25: Greenfield, Discovery Center, Turners Falls. March 26 – May 6: Bushnell-Sage Library, Sheffield. May 14 – June 24, 2023: Athol Public Library, Athol.

2. Watch an exhilarating spin on a Christmas classic at ‘Twas the Night Before…” November 25 @ 7:30 pm December 11 @ 6:00 pm Bofch Center-Wang Theatre 270 Tremont St. Boston, Massachusetts “Bringing the holiday spirit to the city with its Boston debut at the Bofch Center Wang Theatre, ‘Twas the Night Before…” might be Cirque du Soleil’s first holiday production but it still has all its signature acrobatics, breath-taking feats, and spectacular music. The theatrical performance (the 49th original Cirque du Soleil production, for those who are counting) tells the story of Isabella, a curious girl jaded by the craze surrounding Christmas, who is whisked away to an upside-down, inside-out world of the poem where she meets colorful characters of this timeless classic.”

3. Honor those who served at Boston’s Veterans Parade November 5 12:30 pm - 5:00 pm Northern Ave Boston, Massachusetts The Seaport will once again host the annual Copley Square Tree Lighting on November 28 at 5:00 pm- December 18, 8:00 pm Downtown Boston Massachusetts” Beginning with the lighting of the multi-story Christmas tree that rises from the Macy’s second floor balcony on Nov. 12, there’s something for everyone through Dec. 18, from music to ice sculptures to holiday activities. “https://www.boston.com/things-to-do/ events/tour-the-city-by-land-and-water-with-boston-duck-tours/”

4. Get festive during a month of free holiday activities at Boston’s Snowflake Crossing November 12 , 5:00 pm- December 18, 8:00 pm Downtown Boston Massachusetts” Snowflake Crossing is a favorite tradition for so many. As we kick off our 2022 season, complete with the return of the very popular multi-story Christmas tree that rises from the Macy’s second floor balcony on Nov. 12, there’s something for everyone through Dec. 18, from music to ice sculptures to holiday activities. “https://www.boston.com/things-to-do/ events/tour-the-city-by-land-and-water-with-boston-duck-tours/”

Please email ads@sampan.org to add events to the calendar

Boston Redevelopment Authority ("BRA")
d/b/a Boston Planning & Development Agency ("BPDA") INVITATION FOR BID Parcel P-3 ENVIRONMENTAL REMEDIATION Contact Information: Riley Moran; 857-294-5009; riley.moran@boston.gov

The Boston Redevelopment Authority "BRA" d/b/a Boston Planning & Development Agency "BPDA", its Interim Chief Procurement Officer is pleased to issue this Invitation for Bids entitled Parcel P-3 Environmental Remediation (the "IFB"). The IFB is issued in accordance with M.G.L. c. 30, § 39M, as may be amended, and will include building construction and public works construction projects. This IFB package including requirements for this project will be available for download on the BPDA Procurement Portal free of charge in digital print form to all interested respondents on October 24, 2022 at 9:00 A.M. at www.bostonplans.org/work-with-us/procurement Plan holders shall open and register the information requested for the Parcel P-3 Environmental Remediation and then follow the prompt to start file download under the "Work with Us" tab. All responses to this IFB must be returned no later than 12:00 noon on November 29, 2022 to: Teresa Polhemus, Secretary, Boston Redevelopment Authority, c/o Real Estate Administration, One City Hall Square, Boston MA 02110.

Michelle Goldberg, Chief Procurement Officer
A Heavy Heart: Obesity and Cardiovascular Disease

By Jeff Millman

We need to drop a few pounds. Most of us, after all, are now overweight or obese. Nearly 74% of adults in the United States have BMIs above the healthy weight range. 42% are considered obese. America is one of the fattest nations on the planet, and data from the CDC suggest the numbers will only continue to grow in the near future. Sometimes referred to as an epidemic, the obesity problem is the most significant public health crisis we face today. The scale is screaming at us, and we need to start listening.

Obesity is linked to a large number of negative health outcomes: type 2 diabetes, cardiovascular disease, even certain cancers. It worsens outcomes from COVID-19, possibly tripling the risk of hospitalization and severe illness. Obesity can also impair immune and lung function and contribute to poor mental health. With such a large percentage of Americans now living with obesity, the rates of these various related conditions are increasing dramatically. For example, from 2001 to 2017, the number of people under the age of 20 living with type 2 diabetes grew by ninety-five percent. Clearly the time to act is now. But in order to address the problems, we need to understand why this is happening in the first place.

What has caused obesity rates to skyrocket in the United States? Dr. Deeb Salem, cardiologist and Professor of Medicine at Tufts University School of Medicine, provides a succinct explanation: “Decreased physical activity, increased dietary sugar and fat, less sleep, and increased time watching a screen.” The data are in line with this. According to a study published in the scientific journal PLOS One, only 20% of today’s jobs require at least moderate physical activity, but in 1960, the number was closer to 50%. Americans now walk less than people in any other industrialized country. The CDC reports that 80% of us don’t get enough exercise.

As for increased sugar and fat, we know that the average American ate almost 20% more calories in the year 2000 than they did in 1983, in part because of increased meat consumption. Today the average American consumes an average of 195 pounds of meat every year, while in the 50’s that number was just 138 pounds. We started eating more added fats (about two thirds more) over the same period. Consuming more calories while moving less has the unfortunate consequence of packing the pounds on.

All of this puts a strain on our bones, our joints – and our hearts. Obesity can increase bad cholesterol and decrease “good” high-density lipoprotein (HDL) cholesterol. HDL cholesterol, according to Penn Medicine, “is important for removing bad cholesterol and working to reduce the risk for heart disease.” Obesity can also cause blood pressure to rise and may lead to diabetes. The American Heart Association reports that at least 68 percent of people aged 65 or older with diabetes also have heart disease, and that individuals with diabetes are two to four times more likely to be at risk for heart disease.

Reducing your risk of heart disease, then, may involve eating less and exercising more. There are medical conditions like PCOS and Cush-"ing’s syndrome that may make it difficult for some people to lose weight, but for the vast majority of us, simple lifestyle changes can lead to weight loss and improved health. Yet obesity continues to be a major problem, and many attempted interventions, on federal and state levels, have failed. Michelle Obama’s Let’s Move public health campaign, for example, sought to reduce childhood obesity to 5% by 2030. Obviously there are still eight years to make good on this promise, but since the Obamas left the White House childhood obesity has only continued to increase. A 2011 study from BMC Public Health found that “[to] date there is little evidence that community-based interventions and social marketing campaigns specifically targeting obesity provide substantial or lasting benefit.”

Dr. Salem suggests that “increasing physical activities for all school children at an early age would help,” and indeed P.E. classes have declined significantly over the past few decades. Social scientist Claire Nader found that today, only “4% of elementary schools, 7% of middle schools and 2% of high schools have daily P.E. the entire school year. 22% of schools have no P.E. at all.” Making daily P.E. a norm again could go some ways to combating childhood obesity and have lasting effects as children get older. For adults struggling with obesity, meanwhile, new medications could have some benefit. Dr. Salem says “there is growing evidence that new drugs such as SGLT2 inhibitors can decrease weight (by appetite inhibition)” in people with morbid obesity. Unfortunately, these medications are prohibitively expensive.

There is no easy solution to the problem of obesity in the United States. A complex combination of policy and cultural changes may be in order, but exactly what those policy and cultural changes are no one has yet been able to say. In the meantime, most of us can make small changes to our daily lives to lose weight if we need to. As always, you should consult your doctor about any new diet or exercise changes you plan to make. But you should also plan to get moving, whether you need to lose weight or not – sitting, as Dr. Salem reminds us, is the new smoking, and your heart deserves better.

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Saving Animals, One Rescue at a Time: An Interview with Joy Lim Nakrin

By Aili Liu

The plight of mistreated animals might seem secondary for many of us. From the food we eat to the clothes we wear, our lives have always been intricately linked with the animal kingdom. Then, when footage of horses needing to be rescued from Hurricane Ian’s ravages early last month flooded our social media newsfeeds, we were forced to understand the sometimes devastating plight of animals whose only mistake was being born and raised in the wrong place at the wrong time. This reporter was fascinated by a recent story about a correspondence with COURT-TV. But part of the decision was driven by the lifestyle I grew up in. I am now fully invested on Asian cuisine without feeling deprived humans, as well as for the animals who will ultimately be slaughtered. As our population grows, this issue becomes increasingly more pressing. On 1 acre of land some 50,000 farmed animals are kept, yet we raise, feed and kill an estimated 60 to 80 billion farmed animals each year (which we subject to lives of suffering starvation, deforestation, climate change, and animal abuse, we must transition to a more sustainable and humane plant based diet). Respect for animals, the planet, and each other is the only way forward. The fates are inextricably intertwined.

SAMPAN: Could you tell us how and why you first got involved with T.I.P. (Thoroughbred Incentive Program)?

Joy: I moved to Georgia with my family last spring in part to pursue a job as a correspondent with COURT-TV. But part of the decision was driven by the lifestyle I grew up in. I am now fully invested on Asian cuisine without feeling deprived humans, as well as for the animals who will ultimately be slaughtered. As our population grows, this issue becomes increasingly more pressing. On 1 acre of land some 50,000 farmed animals are kept, yet we raise, feed and kill an estimated 60 to 80 billion farmed animals each year (which we subject to lives of suffering starvation, deforestation, climate change, and animal abuse, we must transition to a more sustainable and humane plant based diet). Respect for animals, the planet, and each other is the only way forward. The fates are inextricably intertwined.

SAMPAN: Was there a singular moment in your past that first motivated you to rescue animals?

Joy: My mother is the original equestrian in the family, having done rural medicine on horseback in the Philippines. She put me on a horse for the first time at age 4, and always had animals in our lives. But my comprehension for animals and all living creatures deepened during my more than three years living in Singapore, Hong Kong and Malaysia, as I began to explore the root influences of Asian cultures, including Buddhism. I learned about the Buddhist principles of interconnectedness among all living beings, and the duty to avoid harming any other living things. During my time in Asia I transitioned to a mostly vegetarian diet, inspired by monks who avoid eating flesh so as not to harm other beings. With many soy based foods including tofu, and a array of spices and flavors, it was fairly easy to transition on Asian cuisine without feeling that I missed anything. I am now fully vegan, inspired not just by Buddhism but by many great social justice leaders including Gandhi, Coretta Scott King, Rosa Parks, and Angela Davis. For me that realized what I already had spent many years standing up for justice, I had been perpetrating oppression. I realized that peace started on my own plate. For me the first principle was to do no harm. Then later as resources and time allowed, my family and I were able to take in rescue animals that needed our help. Our compassion and investment grew until last year we purchased a large farm for rescue. T.I.P. is very active throughout the United States and Canada provinces. Is there a chance this could spread worldwide? Are there comparable programs internationally?

Joy: I know there are similar initiatives in Europe, as there is a similar problem. I love that Thoroughbred Incentive Program focuses exclusively on thoroughbreds, a breed at high risk for slaughter due to the racing industries. Though its tailored to positions and rewards systems, it encourages the rehoming of these horses, often over looked and stereotyped as hotheaded, wild, and unmanageable. We hope to replicate the success at T.I.P. in endearing horses to the public at large. So far the new champions in the 2-foot division. As our team performance continued to progress, I began increasingly interested in taking on a national stage. I learned that the Thoroughbreds boast an exceptional program national championships held in Aiken, South Carolina which I thought would be a perfect entrée into the national scene as it specifically targets the thoroughbred breed, to encourage rehoming. As a teenager, I had competed in some of the top horse shows in the country including Madison Square Garden and Washington International show in DC, but never imagined a “throw away” rescue horse could go this far. Little did I know we would walk away from this competition as national champions!
Job Announcements

South Cove Community Health Center has been serving the Asian-American Community in the greater Boston Area since 1972. We have a strong commitment to making health/preventive care linguistically and culturally accessible to patients and clients. We are currently looking for qualified individuals to fill the following positions.

**EXECUTIVE ASSISTANT (FT) – BOSTON**
Preforms executive secretarial duties for the ED/CEO and COO including phone coverage, correspondence, report, filing, appointment scheduling, travel arrangements, coordinates calendar and logistics for ED. Provides administrative support to both officers including writing memos, recording minutes of meetings, managing projects. Associate or Bachelor’s degree, strong English writing skills, duties require very good organizational skills, interpersonal skills and ability to deal with confidential information. One to three years of administrative experience preferred. Fluent in English and Cantonese/Mandarin a plus.

**DENTIST (FT) – BOSTON/QUINCY**
Practice general dentistry including but not limited to: oral examinations and diagnoses, dental x-ray, preventive and restorative dental care, and minor oral surgery services. Develop internal systems such as equipment, inventory, appointment referral, and follow-ups, as directed by the Dental Director. Reinforces in universal precaution and infection control. Participate in dental disease prevention projects through educational and outreach. MA licensed. Fluent in English and Cantonese/Mandarin.

**DENTAL HYGIENIST (FT) – BOSTON/QUINCY**
Cleans calcareous deposits, accretions, and stains from teeth and beneath margins of gums, using dental instruments under the general supervision of a dentist. Provides dental x-ray services for diagnosis. May provide clinical services and health education to improve and maintain oral health. Familiar with standard concepts, practices and procedures within particular field. Associate’s degree or its equivalent. Dental Hygienist, MA licensed. Fluent in English and Cantonese/Mandarin.

**DENTAL ASSISTANT (FT) – BOSTON/QUINCY**
Assist dental staff to render comprehensive and complete dental care to patients. Work with dental staff as a team. Completion of dental assistant program. MA Dental Assistant license. One-year dental office on the job training. Completion of Radiology Certification Course. Fluent in English and Cantonese/Mandarin.

**RN (FT) OR LPN (LPN) (FT) – BOSTON/QUINCY/MALDEN**
Assist physicians and nurse practitioners in providing services to the patient as a part of a team in adult medicine, pediatrics, and ob/gyn. Coordinate clinical nursing activities. Perform nursing procedures that includes PPDs, immunizations, follow-up on lab results, follow-up with patient’s visits according to specific guidelines, medical records documentation. Registered nurse, licensed by Massachusetts. Graduate of an accredited nursing program. One+ years of nursing in an outpatient environment. Fluent in English and Cantonese/Mandarin. Vietnamese a plus.

**MEDICAL ASSISTANT (FT) – MALDEN**
Medical Assistant provides medical support for providers, general support for other clinical activities such as maintaining equipment and supplies in clinical depts. Works as part of a team in the coordination of care; planning; quality improvement; and patient/family education and outreach. Understand basic medical terminology. Successful completion of a Nurse Assistant or Medical Assistant Program. Fluent in English and Cantonese/Mandarin.

**LAB ASSISTANT (FT) – BOSTON/QUINCY/MALDEN**
Perform phlebotomy waived testing and read lab report when lab supervisor is not available. Draws and collects all blood specimens from patients. Verifies records and specimens for shipment and/or messenger pick-up service and completes appropriate lab forms. Assists in conducting inventory. Fluent in English and Cantonese/Mandarin. Professional telephone and face-to-face communication skills. Certification by a recognized phlebotomy program.

**LICENSED BEHAVIORAL HEALTH PROVIDER (FT) BOSTON/QUINCY**
Evaluate, diagnose and provide treatment to a diverse population. Collaborate with the appropriate human service agencies. Provide crisis intervention and urgent consultation to other medical departments. Contribute to clinical interdisciplinary training seminars, participate in weekly team meetings, participate in professional continuing education program. Function as a caseworker for grants, supervise interns and graduate students. Current MA LMHC or LICSW. 2 years of experience providing therapy. At least two years of full-time or part-time equivalent of paid professional experience in mental health or social work. · Works well as part of a team. Fluent in English and Cantonese/Mandarin, and/or Vietnamese preferred. Salary commensurate with education and experience.

**CALL CENTER AGENT (FT) - BOSTON**
Perform call backs and tracking for designated diagnostics. Assists with scheduling, eligibility confirmation and registering patients. Supports daily activities of South Cove’s Medical Home. Fluent in English and Cantonese/Mandarin. Vietnamese a plus. High school diploma or equivalent. Two years working experience in health care setting required. Typing skills and familiarity with data input preferred.

We are an equal opportunity employer. Interested candidates should send, fax, or email their resume to (please specify the position(s) you are interested in applying for):

Attn: Human Resources, 145 South Street, Boston, MA 02111  • Fax: 617-521-6795  • E-mail: blee@scchc.org
Anna May Wong was born on January 3rd, 1905. She was a third-genera-
tion immigrant, her grandfather having emigrated in the 1850s, who worked in her parent’s laundromat and on learn-
ing Chinese after school in language classes, but her time was mostly spent skipping school for film. The movies moved west in 1910, many filmmakers and production companies packing up their equipment in New York for the better locations available in California. Wong grew up and was privy to the blossoming of Hollywood in the west. She realized her ambitions as early as nine and visited sets often, staring at the movie magic and dreaming. In the PBS special about Anna May Wong, Lim said: "I would worm my way through the crowd and get close to the cameras." Wong said: "I’d stare at these glamorous individu-
als and then I would rush home and do the scenes I had witnessed before a mirror." Her love of the art was instant. Wong obtained her first role as an extra in 1919 in Red Lantern.

Her talent was natural and de-
spite many of her early films being silent ones, Wong was able to bring so much emotion and elegance to the screen through her facial expressions, dramatism, and strength. She dropped out of high school in 1921 to pursue her career full time. The same year she played Toy Ling’s wife in Bits of Life and her eventful land 

Act came about as a result. Wong’s seeking of leading roles took a hit be-
cause of this. The Anti-miscegenation laws at the time not only prevented interracial marriages, but it also for-
bade the kissing of interracial actors on screen. Because the majority of actors, especially leading ones, were white, Wong could never get into a leading romantic role either. Any movies that had an Asian focused contained actors painted up with eyes pulled back to at-
tempt to look Asian. "It was ghastly and horrifying.” Lim said when de-
scribing Hollywood at that time. The discrimination present didn’t allow to film much in America, but what she pushed back on in America was that she wasn’t as well as those early years were nearly impossible when it came to get-
ting roles. "There seems little for me in Hollywood," Wong said in the special. “because rather than real Chinese, pro-
ducers prefer Hungarians for Chinese roles. Pathetic dying seemed to be the best thing I did.” She didn’t give up, however. From the beginning her will was stronger than the leads she was given and the vision she had to separate and belittle her. She tried a hand at her own produc-
ction company before eventually mov-
ing to Europe. The scene was different there and Anna was able to star in many films in Paris, Berlin, and London. She learned French and German, going far for her craft and showing her strength. Needless to say, the opportunities pre-
sented to her in Europe were those she had not encountered in America. And her ability and tact to take on two new languages so she could fluently speak and film in them gives depth to her as a person and helped to represent Asian Americans in a positive light. She was also in plays, even working alongside Laurence Olivier until Paramount Stu-
dios offered her a role in "Hong Kong" when she came back to the States. Her dedication 

and refusals to be contained in harmful stereotypes and be bogged down by discrimination proved the way for so many more Asian Americans breaking into film today. Once she returned to the states, she garnered different roles, some of which she took on because she was promised better roles. Her most fa-
mous of which was Shanghai Express where she played opposite Marlene Di-
etrich and she went on to act in differ-
ent American shows later in her career.

Wong thought about her roles, what they implied and how they came across. When asked to adopt Japanese mannersm for a Chinese character, she refused. When asked to be the one vil-
lain in one of the biggest films about China at the time, The Good Earth, she refused. The leading roles were given to white actors, once again chang-
ing appearances and using makeup to look Asian. Meanwhile, Wong was offered the one negative role of the villain. Wong had commented on the situation at the time, her response to it being, "You are asking me to play the only unsympathetic role in the picture featuring an all-American cast portray-
ing Chinese characters... I had to re-
fuse.” She had made strides, incredible ones, but Hollywood wasn’t ready for her and there are those still working to bring more Asian Americans into less stereotypical roles, into more positive ones that promote inclusion and cele-
bration of diversity.

Wong went off to create her own film after that. She hired a cinematog-
raper and filmed a documentary of her travels in China in 1936. She early and full figure in with discip-

tion, she accomplished something so 

paramount. She pushed past all of the 

harmful noise and started work that 

people continue today; to provide experi-
cences and promote understanding. That 

monumental step in standing up for not 

only herself but for other Asians and Asian Americans by carefully choos-

ing her roles and filming her documen-
tary created not only a path for actors in the future, but for people to look past differences and try to respect if not try to understand someone different from themselves. Anna May Wong was criti-
cized for some of the stereotypical roles she had taken on but compared against those she turned down and the work she put in for American audiences to see China through her eyes speaks vol-
umes to who she was as a person and what she stood for. She went on to be-
come the first Asian American to lead a US television show on The Gallery of Madame Liu-Tsong in the 1950s. She also raised money for Chinese refugees during World War II.

In 1960, Wong was awarded her oth-

er star on the Hollywood Walk of Fame and was slated to appear in Flower Drum Song by Rodgers and Hammerstein in 1961. However, the trailblazing, headstrong, and phenom-
enal actress suffered a heart attack and 
died on February 3rd, 1961. Her legacy is forever, now fully cemented in US memory and appreciation on the quar-
ter but always remembered by those who have risen in her footsteps, con-

sequently and furthwithstanding what she started as more Asian culture, ac-
tors, and stories are brought to the 

screen. One might wonder that if Anna May Wong were still around today, if she would step onto film sets again, see other Asian Americans, and smile.
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