

SAMPAN

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*August Moon Special Edition*



嫦娥奔月

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This cover image was created by artist Peter Ng, founder of BrushMagic and BrushMagic Kids.

## Doc Explores How Gender Affects Usefulness of Psychiatric Drugs

By Jeff Millman

Dr. Briana K. Chen is a neuroscientist whose work may one day change the way doctors prescribe antidepressants. As a postdoctoral researcher at Columbia University Irving Medical Center, Chen studies sex differences, stress, and psychiatric disorders with an interest in developing sex-specific treatments for mental health conditions.

Since the development of the first antidepressants in the 1950s, the sub-

jects in clinical trials for medications to treat stress-related disorders have been primarily male. Chen says this is a problem for a number of reasons: Women are more vulnerable to these disorders and experience distinct symptoms of psychiatric disease; there are specific disorders that occur only in women; and current antidepressants exhibit sex-specific differences in treatment efficacy. Chen writes that “the antidepressants that do work in women are highly dependent on

hormonal status and are often less effective in peri- or post-menopausal women.”

Moreover, she says, women are at a significantly higher risk of adverse side effects from existing antidepressants.

Her research lays the foundation for developing some of the first female-specific treatments for depression, anxiety, and post-traumatic stress disorder. In an interview with Sampan, Chen discusses

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DR. CHEN

## Artist Kenson Truong Sheds Light on Asian, Gay Identity

By Ryan Lundgren

Artist Kenson Truong was at work in a small nondescript gray building on a steep, hilly road in Roxbury that serves as a studio for Tufts’ School of the Museum of Fine Arts when I met him last week. He was tinkering with some black, glittery cubes at the time – cubes that appeared like props for the background of an episode of “RuPaul’s Drag Race,” of which Truong is coincidentally a fan.

The black cubes, however, were part of Truong’s poetry art project. He covers the blocks with translucent lines of poetry. The artist creates his “found poetry” by borrowing heavily from other text sources -- in this case mostly pop lyrics -- to create his own verses. The poetry is only discoverable with a black light flashlight provided to viewers upon their arrival to his exhibit. Visitors aren’t given any information about where to find the poems within the installation; they have to search out the words for themselves. The intention behind this design philosophy is to evoke the feeling of a dark gay night club, like the ones explored in between the lines of Truong’s writings.

Truong’s poetry cubes will be included in his upcoming exhibition at the Boston Sculptors Gallery, intriguingly titled “Usurper,” which opens on Aug. 29 and will run until Sept. 29. The artist joined the Gallery in 2020 after being encouraged by a Tufts faculty member to apply for membership in the gallery. He put on his first show, “Bespoke,” in 2021. “Bespoke”



lyrically examined an octopus’ journey through the use of camouflage to survive and the consequences of trying to blend in with a hostile environment.

Truong became increasingly fascinated with marine life during his interdisciplinary undergraduate studies at Alberta College of Art and Design. His passion

for art began in high school after a spinal accident left him struggling to walk and prevented him from playing sports. The two disciplines merged as he began painting and drawing marine life, with a fascination for invertebrates such as octopus and jellyfish. This is where he began to become particularly fascinated by sea creatures’ use of camouflage for survival. The phenomena would later inspire him to draw comparisons between underwater and human uses of camouflage for survival.

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SEE CHINESE SECTION

# Boston Offers Electric-Bike Vouchers to 1,000 Low-Income, Disabled Residents

Running errands and getting to work could become an easier task for hundreds of low-income and disabled Boston residents, thanks to a pilot program to help people pay for electric-motor-assisted bicycles.

The Boston E-Bikes Incentive Program will provide around 1,000 vouchers worth from \$800 to \$2,400 to help cut the costs of buying an “e-bike,” or electric-motor-assisted bicycle. Each person eligible to receive the voucher will also get \$150 to help pay for safety equipment such as helmets.

“... We want to ensure that all of our residents have transportation options that are convenient, affordable, and sustainable for their individual needs,” said Mayor Michelle Wu, in a statement. “This e-bike voucher program will help reduce emissions and expand transporta-

tion options for traditionally vulnerable residents.”

Launched earlier in August, the program is for personal use only. To apply for the voucher, residents of Boston must be older than 18 years of age and meet certain low-income requirements or be a senior over 60 years of age or have a chronic or permanent disability. Those who will be selected at random after being assessed for their eligibility.

The pilot program is funded with \$1.5 million in American Rescue Plan Act money. Only e-bikes that come with safety-certified rechargeable battery and a pedal assist are allowed to be purchased through the program. Handcycle wheelchair attachments or adaptive e-bikes are also able to be purchased and the application time run is through Sept. 5. Traditional e-bike voucher applica-

tions are accepted through Aug. 24.

Alex Salcedo, e-bike program manager for MassBike, said that though a similar program in Worcester, several benefits were seen with the use of the bikes, “especially to people who may not consider themselves everyday riders.”

“Riding bikes has improved participants’ health and mental wellness, lowered the costs of transportation, expanded connections to the community, and introduced the joy of bicycling to more people. We’re expecting great success from this program in Boston,” said Salcedo in a statement.

The city will hold another application round in spring 2025. More information can be found at [www.boston.gov/ebikes](http://www.boston.gov/ebikes).

- Sampan Staff

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## Sampan Cover Artist Peter Ng Reflects on Meaning of August Moon Holiday

The painting decorating the cover poster for this August Moon Special Edition was created by artist Peter Ng, who grew up in Hong Kong. Ng is the founder of BrushMagic Studio, BrushMagic Kids Foundation, and the Dragon Boat Museum and Gallery. Here’s what he has to say about

this special time: “Kids in the neighborhood would build rabbit lanterns on four wheels. In the evening, they would light up the lanterns and used slingshots to shoot other kids’ lanterns for fun, like kids today play laser tag. We often dressed as characters from Chinese mythology, like Nezha or

the Monkey King, and paraded along Cheung Chau Island. Nowadays, I enjoy the August Moon Festival celebration in both Chinatown and Quincy, though the main difference was that the parade featured vendors instead.”

-- DongDong Yang

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OVER THE MOON: Mooncakes from Great Taste Bakery and Ho Yuen Bakery. Photos by DongDong Yang.

# Chinatown Bakeries Keep August Moon Tradition Alive

By DongDong Yang

The mid-autumn festival, also known as the August Moon festival, is often celebrated with mooncakes – round pastries with sweet or savory fillings that symbolize the full moon. But the tradition of hand crafting the delicacy is slowly changing, say some pastry chefs, who are keeping the tradition alive locally.

“The most difficult part of making mooncakes is cooking the syrup, which needs to be prepared a month in advance. It’s a very skillful process. Traditional hand-made mooncakes are the most delicious, but they’re gradually being replaced by machines,” pastry chef Li Min Chen, told Sampan.

Chen highlighted how crucial it was in his generation to have a craft, such as mooncake making, for earning a living. He fondly recalled his apprenticeship with master pastry chef Luo Kun, a dim sum champion in Guangzhou, China.

“Back then, you had to work hard and endure tough conditions before the master would teach you. Looking back, it was unforgettable, and the hard work paid off,” he said.

Chen also trained at Tai Sam Yuen Restaurant and Pan Xi Restaurant, two of the oldest and most traditional spots in Guangzhou, China. After moving to the United States, Chen and his family opened several specialty bakeries and restaurants. They started with Mei Sum Bakery in 1998, followed by Great Taste Bakery in 2009 with his cousin, Top Bread in 2014, Corner Cafe in 2016, and

Taiwan Bakery in 2018. They now plan to open more bakeries in Cambridge or Allston. Chen is among a small number of pastry chefs keeping the tradition alive regionally.

“We have mooncakes available 365 days a year, we don’t need to advertise, everyone knows our mooncakes are the most authentic in Boston,” said the manager of Ho Yuen Bakery, which has been in business since 1974, and is the oldest bakery in Boston’s Chinatown. Tan’s maternal father’s family Liang had been operating bakeries in his hometown of Taishan, China and Hong Kong as far back as the 1930s. In the 1970s, the family came to the United States and worked at the Phoenix Bakery in New York’s Chinatown, which recently closed. The family also owned Hing Shing Pastry in Boston, but it also ceased operations last year.

Still, in Boston’s Chinatown you can find individual mooncakes at most bakeries for around \$5-\$8 each, with popular flavors like red bean paste and lotus paste. Many Chinese supermarkets also offer boxed mooncakes imported from Hong Kong or Guangdong China.

August Moon dates back over 3,000 years to the Shang Dynasty, originating from the ancient practice of moon worship. It gained widespread popularity during the Tang Dynasty as a time to give thanks for the harvest and pray for prosperity. Celebrated on the 15th day of the eighth lunar month, it is a time for family reunions, giving thanks, and hon-

oring the moon.

In Chinese mythology, Hou Yi is a legendary hero famed for his archery skills. According to the legend, there were once ten suns in the sky, causing the earth to overheat. Hou Yi used his bow to shoot down nine of the suns, leaving just one to provide light. As a reward, he was given an elixir of immortality.

Hou Yi was married to Chang’e, and instead of taking the elixir himself, he entrusted it to her. To keep it safe, Chang’e drank the elixir and was lifted to the moon, where she became the moon goddess, watching over the earth from afar. Their story is central to the mid-autumn festival, where people honor Chang’e by sharing mooncakes and admiring the full moon, reflecting on themes of love and togetherness. The legend of Chang’e has become integral to the festival, adding a rich layer of mythology to the celebration.

Families often gather for a meal under the full moon, which shines especially bright during this time. Lanterns are an essential part of the celebration, with colorful, intricate designs carried by both children and adults, enhancing the festive atmosphere.

“I remember the mid-autumn festival as always being a fun day. We made paper lanterns, had a sumptuous family dinner with sweet mooncakes, and went out to the park and lit up the lanterns at night,” said Kwai Ching Lo, chief financial officer of Asian American Civic Association, publisher of the Sampan.

“In my hometown of Hong Kong, the city often transforms into a colorful spectacle with different kinds of lanterns, some even playing music. Since moving to Boston, I will chat with my family on the other side of the world through WhatsApp or WeChat. The August Moon Festival is like Thanksgiving—what’s most important is gathering with family and praying to the moon for blessings.”

In the United States, the mid-autumn festival is celebrated with a blend of traditional and modern customs, especially in areas with strong Chinese communities. On Aug. 11, Boston’s Chinatown hosted its annual August Moon Festival, featuring traditional music, lion dances, and martial arts, drawing a large crowd. Last Sunday, Quincy held its 37th annual August Moon festival, which showcased performances, cultural displays, and a marketplace with vendors selling crafts and traditional foods. Both festivals in Boston and Quincy highlight the importance of preserving cultural traditions and uniting the community in celebrating this special occasion.

“The City of Malden is celebrating its 375th anniversary, but I’m not aware of any citywide mid-autumn festival here. Personally, I love going to Boston’s Chinatown to stroll through the streets, check out the vendors, enjoy the performances, and have a nice meal at a local restaurant.” Diana Jeong, co-founder of the Malden Asian Pacific American Coalition, Asian Spectrum, Inc., said.



**USURPER:** Kenson Truong's cube artwork contains hidden poetry that can only be seen with a black light flashlight. Photos by Ryan Lundgren.

## Artist Kenson Truong Uses Poetry, Light in New Show

*Continued from Page 1*

al in his art. "Usurper" explores similar themes but digs deeper into understanding why the sea creature will travel to the hostile place again and again, even with an understanding of the harmful side effects of that travel.

Hailing from the Midwestern Canadian city of Calgary and then coming to Boston for graduate school, Truong had for a long time tried to blend in with the dominant white culture around him as he entered the dating scene. This forced him to confront many conflicting realities of his identity, culture, being gay, and how others viewed him and how he viewed himself – all themes explored in his works.

"Men would tell me I was not attractive because I was Asian or on their dating profiles it would say 'no Asians,'" he told me when we sat down for an interview in his studio office. He spoke of his experiences of being too often on the ends of an extreme scale -- being either outright rejected or fetishized simply because of his race. Eventually, his troubles with trying to make himself fit into an unwelcoming crowd of people very different to himself took its toll.

"It was a really confusing time of my life. When I was younger I was really grappling between wanting to fit into this gay male space, wanting to love my own culture and ethnicity, but I found that to be really challenging. In fact, when I was

in my early 20s, I got to the point of really trying to avoid anything Asian, like Asian food, Asian music, I just tried to avoid it all to fit into whiteness."

Truong later realized that the problem was not with him, but with a fragmented and toxic gay scene he was trying to mingle into. That realization led him to leave Calgary for Boston but he discovered that the city is, in his words, "not so different." He told me that there's "definitely more of a gay community here in Boston but eight years ago when I moved here, I found a lot of the same sentiments towards people of color, at least gay men of color weren't really appreciated, and there's still a really small queer Asian community here. At least I haven't been

able to find one in Boston."

He told Sampan that while his work stems from the trauma from interactions with other gay men, he feels the experience can translate to the straight community with its themes of finding belonging and critiques of society in general. In "Usurper," Truong tries to explain why people are drawn to gay nightlife even when the gay scene has the potential to be so harsh. He explores their futile attempts at camouflage. The poems examine the whole story of a night out, from getting ready to the anxious feelings that can arise when feelings of judgment strike. What happens next? You'll have to find out, blacklight in hand, uncovering his poetry in the dark.

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# Asian American’s No. 1 Killer Goes Under the Microscope

*As National Cancer Institute Funds Large Study, We Talk to Doc About the Disease*

By Aurora Hao

To advance study of cancer among the Asian Americans, the National Cancer Institute this spring set aside \$12.45 million for researchers at the University of California at San Francisco. The researchers’ aim will be to gather data and uncover potential causes of cancer in the Asian American population for whom the disease is the leading cause of death.

“This study represents a significant advancement by recognizing these distinctions and offering relevant data specific to diverse Asian populations,” said Dr. Tim Rebbeck, professor of cancer prevention at the Dana-Farber Cancer Institute, in a statement. “It’s well known that various Asian populations have distinct cancer risk factors and risks.”

Researchers will specifically study breast cancer among young Asian American women, nasopharyngeal cancer of Chinese Americans, liver cancer in Southeast Asian Americans, gastric cancer in Korean and Japanese Americans, and thyroid cancer in Filipino Americans.

The study holds promise for benefiting Asian Americans by potentially revealing differences in health metrics compared to the general population, said Dr. Yuheng Ruan, an internal medicine doctor at South Cove Community Health Center.

“For instance, we already understand that Asians tend to develop diabetes and metabolic syndrome at lower body mass indices than the general population. It would be valuable to ascertain whether Asian Americans exhibit distinct risk profiles for cancer, particularly across various ethnic backgrounds. Such insights could enable healthcare providers, including myself, to personalize patient care more effectively based on specific cultural backgrounds,” said Ruan in a statement.

To find out more about cancer and the Asian American population, Sampan spoke with Dr. Andreas Klein, the interim chief at the division of hematology and oncology at Tufts Medical Center, who is not affiliated with the grant.

**SAMPAN: Based on your background as an oncologist at Tufts, what shortcomings have you seen in cancer research and currently available data for minority groups, such as Asian Americans?**

KLEIN: What first strikes me when you say Asian Americans is just how large a population that actually represents. ... The world’s population is 7.9 billion and of that 4.6 billion are within Asia. It’s a gross generalization to consider everybody within the entire Asian continent as a single entity – to reduce that whole group to a single identity. For us, in terms

of cancer research, I think we don’t understand enough about the potential different etiologies of cancer. Lung cancer may have a different basis in parts of the world where there is heavy pollution vs. parts of the world where there is heavy smoking vs. parts of the world where there are other underlying features about us as people that make us different and may lead to different outcomes to cancer treatment. Historically, we have had trouble reaching minority populations across the entire spectrum in the United States. We have had trouble recruiting them to clinical trials, we have had trouble reaching them in their own communities, making it harder to bring new developments in cancer research to them. For many first-generation Asian immigrants, language presents a barrier to understanding and developing relationships with patients that foster trust in the safety of clinical trials. It can be difficult to communicate the reasons for the clinical trial as well as the associated risks and potential benefits.

**SAMPAN: What steps do you think researchers and physicians can take to bridge the gap with first-generation Asian immigrant populations?**

KLEIN: I think one of the most important things is meeting patients where they are. The expectation needs to be on us that we need to be able to communicate with them rather than the other way around. We have to have interpreter services available to translate in real-time the recommendations for their clinical care and participation in clinical trials. We need to make it easier to participate in clinical trials. In cancer care, many of our clinical trials are run out of large clinical centers. Many may not be close by, so transportation becomes an issue. Navigating their way to the hospital and within the healthcare system can be very challenging to those who cannot speak English.

**SAMPAN: As a population, Asian Americans tend to be grouped together. Many studies tend to discuss Asian Americans as a whole, despite there being a lot of diversity within that group. What factors within the Asian American population do you think are often overlooked?**

KLEIN: There are a number of cultural differences that influence a patient’s relationship with Western medicine, taking medications, laboratory evaluations, and things like that. I think education is the key to understanding those differences and being able to identify when those differences may stand in the way of care or when they influence the way we care for patients. In addition, we do recognize that there are certain variations in genes that affect the speed at which we metabolize medications.



DR. KLEIN

There are some of those differences – as in we see those genes more – in certain Asian American populations. Having this genetic variation would influence how well a drug works and how much toxicity or side effects may be associated with the drug. I think we don’t appreciate within the broad population to whom that applies. Therefore, we run the risk of oversimplification if we apply a general label such as “Asian”

or “Asian-American” that might influence the way we use a drug. Education and appreciation for how broadly both culturally and geographically patient backgrounds are within that label are important.

**SAMPAN: Based on research that is currently available, do you think there is information missing regarding how the social determinants of health impact Asian American populations and recent immigrants?**

KLEIN: I think absolutely. I think the language barrier and economic barriers only amplify the impact of social determinants of health. Those are prime drivers of disparities that we see. We need to take that into account... The social determinants of health have an enormous impact on the outcomes of those receiving care, whether that is for cancer or any medical illness. Different perceptions of healthcare and taking medications are going to have an impact. If you look at just one feature of this, such as whether someone is insured or uninsured, it misses a lot of the richness of what differentiates people within that population. A lot of that impacts the people who have access to care.



**Boston Water and Sewer Commission (BWSC)**

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**WATER MAIN FLUSHING NOTICE**

Boston Water and Sewer Commission will commence Water Main Flushing in the Chinatown, South End and Roxbury areas starting:

**August 20, 2024, through September 29, 2024**

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# Events Calendar

- 2024 Boston Open Market**  
 With 55 local artists and makers participating and Featuring only 100% handmade goods. Visitors can discover local goodness directly right along the Boylston Street entrance to the Boston Public Garden.  
 When: though October 26  
 □ every Saturdays, 11am-5pm  
 Location: Boylston St, Boston  
 Detail : <https://www.newenglandopenmarkets.com/>
- Copley Square Farmers Market**  
 The market accepts cash, credit/debit cards, WIC/ Senior coupons, and EBT cards. SNAP users can earn additional benefits through the healthy incentives program (HIP) at the market!  
 When: though Nov. 26th, every Tuesday and Friday, 11am- 6pm  
 Location: Copley Square Farmers Market, 139 St James Ave. Boston  
 Detail: <https://www.massfarmersmarkets.org/copley>
- The Greenway Artisan Market**  
 A vibrant open-air market featuring talented area artists, makers, stylists and independent designers on the Boston Waterfront. Over 50 vendors have in store for you.

When: though October 27, Saturday & Sunday, 11am -5pm  
 Location: Rose Kennedy Greenway, Atlantic Ave, Boston  
 Detail : <https://www.greenwayartisanmarket.com/>

- 20th Annual Union Square Farmers Market**  
 The market provides visitors and residents with top-quality, fresh, and local produce at fair prices. Also offer our \$15 SNAP match!  
 When: though October 26, every Saturdays, 9am-1pm, except 9/21  
 Location: 66-70 Union Square, Somerville  
 Detail : <https://www.union-squaremain.org/2024-fmseason>
- FOUND Block Party**  
 Enjoy food and beverages from local establishments, vintage and upcycled clothing, with live music giving you a summer worthy soundtrack.  
 When: though October 26, every Saturdays, 12- 5pm  
 Location: Central Square,- Cambridge. Columbia Street (from Main Street to Bishop Allen drive)  
 Detail : <https://www.instagram.com/p/C6gxmnnvOGnc/>
- Revere Beach Farmers Market**

The Revere Beach Farmers Market connects local farmers, bakers, growers and small businesses with the community.

When: though September 27, every Friday, 12 pm-4 pm  
 Location: Revere Beach  
 Detail: <https://www.revere.org/departments/public-health-division/healthy-living/revere-farmers-market>

- Boston Jazz Fest 2024**  
 Each year, BJF features performances by some of the best jazz musicians in the business! Since our inception in 2010, we have brought together thousands of attendees and have presented almost 100 recording and performing artists.  
 When: Friday and Saturday, August 30. 31 2024  
 Location : South Boston Maritime Park D St and Northern Ave, Boston  
 Detail: <https://bostonjazzfest.org/>
- Boston Arts Festival 2024**  
 Artists from across greater Boston will be well represented with an eclectic mix of painters, illustrators, photographers, glassblowers, potters, printmakers and jewelry makers.  
 When: Saturday and Sunday; September 7 + 8, 2024  
 Location: Christopher Columbus Waterfront Park: 100 Atlantic Ave, Boston  
 Detail: <https://thebostonartsfestival.com/>

com/

- Boch Center Wang Theatre Summer Tours**

Visit the historic Boch Center Wang Theatre and take a behind-the-scenes tour of one of Boston's most prominent landmarks - plus get an exclusive look at the Folk Americana Roots Hall of Fame and its multiple exhibits!  
 Available: though Sunday, Sep 22, 2024, everyday  
 Location : Boch Center Wang Theatre , 270 Tremont St, Boston  
 Detail: [https://www.bochcenter.org/events/theatre-tours?utm\\_source=-BostonCalendar&utm\\_medium=Campaign&utm\\_campaign=Tours](https://www.bochcenter.org/events/theatre-tours?utm_source=-BostonCalendar&utm_medium=Campaign&utm_campaign=Tours)

## Notice : Open Streets Boston 2024 SUNDAY, SEPTEMBER 15, 2024

East Boston - Between: Meridian St. from Maverick to Porter & Bennington St. from Porter to Day Square

## SUNDAY, OCTOBER 20, 2024

Allston/Brighton - Between: Harvard Ave. and Brighton Ave. from Cambridge to Comm Ave.

During these free, family-friendly events, Open Streets Boston will temporarily close major thoroughfares to car traffic. This opens them to people biking, walking, rolling, and connecting with neighbors and local businesses.

Detail: <https://www.boston.gov/departments/transportation/open-streets-boston>

# Job Corner

## Boston Medical Center, MA

- Position: Certified Nursing Assistant, M6W, 36 Hours (Nights)**  
 A high school diploma or GED certificate  
 Certification in basic life support (BLS), including CPR certification (must be current or obtained within 30 days of employment)  
 Basic math and computer proficiency  
 Apply at [www.jobs.bmc.org](http://www.jobs.bmc.org)  
 Contact: Caroline Cafer, 617-414-7066, [caroline.cafer@bmc.org](mailto:caroline.cafer@bmc.org)
- Position: Medical Assistant, FT**  
 Work requires of HS diploma or GED  
 Basic computer proficiency inclusive of ability to access, enter, and interpret computerized data/information.  
 Apply at [www.jobs.bmc.org](http://www.jobs.bmc.org)  
 Contact: Caroline Cafer, 617-414-7066, [caroline.cafer@bmc.org](mailto:caroline.cafer@bmc.org)
- Position: Phlebotomist I (40 Hours, Monday**

## to Friday, 5:00am-1:30pm Rotating Weekends)

HiPhlebotomy Certification (ASCP) preferred.gh School Diploma or GED  
 Completion of a NAACLS accredited phlebotomy program.  
 One year of Phlebotomy, and/or specimen processing experience required

Apply at [www.jobs.bmc.org](http://www.jobs.bmc.org)  
 Contact: Caroline Cafer, 617-414-7066, [caroline.cafer@bmc.org](mailto:caroline.cafer@bmc.org)

## Commonwealth of Massachusetts

- Position: Security Team Specialist I, FT**  
 Minimum Entrance Requirements: None.  
 Special Requirements: Possession of a current and valid Massachusetts Class D Motor Vehicle Operator's License.  
 Salary: 49,948.60 - 67,466.62 Yearly  
 Apply at: <https://massanf.taleo.net/careersection/>
- Position: EVS Hospital Cleaner , FT**  
 Day shift: 6:45am - 3:15pm  
 Evening shift: 2:45pm -

11:15pm

Night shift: 11:00pm - 7:00am

Minimum Entrance Requirements: None

Apply at: <https://massanf.taleo.net/careersection/>

- Position: Food Services and Preparation Lead, FT**

Applicants must have at least one year of full-time, or equivalent part-time experience in building custodial or institutional housekeeping work.

Salary: 41,332.98 - 53,374.62 Yearly

Apply at: <https://massanf.taleo.net/careersection/>

## Boston Public School

- Position: ,School Lunch Monitor, PT 3 hours/day**  
 City of Boston Residency Required  
 Website: <https://www.bostonpublicschools.org/>  
 Contact Info: [Recruitment@BostonPublicSchools.org](mailto:Recruitment@BostonPublicSchools.org)

- Position: Health Careers Staff Assistant, FT**

High school diploma or equivalent

Previous experience in a healthcare setting or educational environment.

Basic knowledge of healthcare practices and procedures.

Website: <https://www.bostonpublicschools.org/>

Contact Info: [Recruitment@BostonPublicSchools.org](mailto:Recruitment@BostonPublicSchools.org)

- Position: School Safety Specialist, FT**

High School Diploma or G.E.D.

Each employee shall be physically fit within contractual agreements.

Possess a valid Massachusetts Driver's license and acceptable driving record.

Have access to motor vehicles on all work days.

City of Boston Residency Required

Website: <https://www.bostonpublicschools.org/>

Contact Info: [Recruitment@BostonPublicSchools.org](mailto:Recruitment@BostonPublicSchools.org)



**GOLDEN:** Owner of the Golden Monkey Cafe in Lynn, Peter and Chenda Toeung, left.  
Courtesy photos.

# Golden Monkey Cafe Dishes Out History, Flavor and Family

By Christopher John Stephens and Ingrid Stendhal

The Golden Monkey Cafe is a small, cozy restaurant located at 468 Chestnut St. in Lynn. The restaurant speaks to the perseverance, resiliency, and history of the food it serves and the people that prepare and present it. Unpretentious, the cafe is decorated with soft pink pastel walls and white trim, and is neat and tidy in its simplicity. In addition to offering free parking, the place affords some seating both inside as well as outside on the veranda for those that enjoy eating al fresco. Besides a printed menu, the wall display shows a vibrant selection of starters, soups, vegetarian dishes, rice plates and noodles, including Boba beverages, fruit and milk teas and smoothies. The illustrations were so appealing with the promise of delectable, savory and scrumptious dishes to satisfy a hungry individual.

Though a few of the dishes were reminiscent of Thai and Vietnamese cuisine, this reviewer chose the round rice noodles “Lort Cha,” which are a popular Cambodian street food. The noodles were served on a stylish white plate with a side of crunchy peanuts and a light sweet sauce to drizzle on top. The stir fried “Tear drop” noodles were flavorful, with delicately seasoned chicken (or beef or seafood if you prefer) mixed with fresh chives and bean sprouts. You could also add

a fried egg. The sauces added to the authenticity of the dish and it wasn’t the least bit oily, which is often the case with many stir fried dishes. To compliment the meal the cool Lychee drink was not only thirst quenching but had enough sweetness to balance the savory flavors of the noodles. The Banana Fritters “Jake Chean” (bananas battered and fried then topped with black sesame seeds) and Beef Jerky “Sach Ko Nyet” (thinly sliced beef seasoned and dehydrated to a chip), are favorite in Singapore and worth having again.

Co-owner Peter Toeung, born in Minnesota, moved to Lynn in 1992 with his single mother. Peter was 10-years old at the time, and he always remembered his mother’s words: “She always told me she couldn’t give me anything other than the wisdom to work harder or to pursue education.”

Hearing the wisdom of your old school parent is one thing, but heeding it is another thing altogether. Peter graduated from Lynn Classical High school in 2001 and went on to earn an associates degree from North Shore Community College, a bachelors from Salem state, and studied for a Masters in Higher Education Student Affairs, also at Salem State University. After spending over a decade working for the TRIO/Upward Bound program at North Shore Community College, Peter and his wife Chenda took the plunge and started the business. Chen-

da was not interested in driving far distances for good Cambodian food and Peter was ready for a career change. They signed for the restaurant shortly before the Covid-19 lockdown in 2020. After a lengthy time to renovate, they opened the Golden Monkey Cafe on May 1, 2022.

Second only to Lowell, Lynn has a population of 3,338 Cambodian-Americans. Restaurants in Lynn specializing in the distinct nature of Cambodian, though, were few and far between. The Venn Diagram connecting Thai and Cambodian food can appear as if the two are indistinguishable from the other. Fans of the latter will argue that Cambodian food has less chili and sugar. What are other distinguishing characteristics about Cambodian food? What sets it apart from other Asian food and why is it important for the Cambodian food culture story to be told? Sampan spoke with Golden Monkey Cafe co-owner Peter Toeung about (among other things) the ups and downs of the local restaurant business and the unique nature of Cambodian food that sets it apart from the pantheon of dynamic Asian food in the Greater Boston area?

**SAMPAN: What are your first memories of Cambodian food?**

*As a child trying to assimilate into the dominant American culture, I remember asking my mother for sandwiches and chips to be packed for school lunch*

*and remember eating in the corner of the cafeteria hoping others didn’t smell the fish sauce or other fragrant scents from her cooking. I soon learned to cherish unique flavors that set us apart from what others had. I recall sneaking packages of ramen, and sharing them with non-Cambodians on a bus ride to school as if they were a bag of chips, dipping the crunchy dry uncooked ramen into the salty soup mix that came in the package. I learned then, that the foods I grew up on, others would enjoy. “Lok Lak,” was my first favorite dish that my mother used to prepare. “Cha Kanye” (Ginger beef Stir Fry), and a Ramen that we now call “Kay Madai” which means mothers’ legacy are dishes that are my childhood favorites and now popular to the business.*

**SAMPAN: Your restaurant is a three generation affair. Your mother-in-law works in the kitchen with your wife and your young children are also active in the restaurant. What have you all learned while on the job about the complexity of Cambodian cuisine and its profound influence on (among others) Vietnamese and Thai food?**

*You can drive by a central business area and find a few burger spots, or pizza shops but nobody expects each sandwich or pizza to taste the same. To assume that, Thai, Vietnamese, Laotian, or other Southeast Asian cuisine*  
*Continues on Page 12*

# Dr. Chen Discusses Her Groundbreaking Research on

Continued from Page 1

her work, her background, and the future of medicine. The interview has been edited for length and clarity.

## Sampan: What does a day in your life look like?

Chen: The great thing about being a scientist is that every day is different. As a postdoc, I have a wide range of responsibilities including hands-on experiments, mouse colony maintenance, data analysis, paper and grant writing, and mentorship. On a typical day, I come into the lab and spend the morning doing hands-on experiments and the afternoon doing data analysis or writing.

## Sampan: What projects are you currently working on?

Chen: I am working on several projects on a variety of different topics, but the common theme is developing and testing new or repurposed pharmacological compounds in mouse models of stress. The ultimate goal of these projects is to determine whether these compounds reduce stress-induced behaviors in male and female mice as well as investigate their neurobiological effects in the brain. Overall, these data will be important for: selecting new drugs for further preclinical and clinical study (with the hope that they will be developed into novel antidepressant or anxiolytic drugs) and determining the important mechanisms of action (which may help

to refine drug compounds, reduce side effects, and provide new potential biological targets for further study).

**Sampan: Your work is based on sex differences and how they impact the experience and treatment of psychiatric disorders. What role do sex differences play in these disorders? For example, why might women be more prone to anxiety, whereas men seem to be more prone to substance abuse?**

Chen: My research focuses heavily on what is called stress resilience. Exposure to stress is one of the greatest risk factors for developing a psychiatric disorder such as depression, anxiety, or PTSD. In fact, up to 80% of cases of depression are triggered by a major life stressor such as the death of a loved one, a natural disaster, or warfare.

Most of the population is what we call "resilient," and can adapt to these stressors without developing a psychiatric disorder. However, a portion of individuals are susceptible, and will develop a stress-induced psychiatric disorder after exposure to trauma. Critically, women are more likely than men to be susceptible to stress. Women are two times more likely to develop depression, and three times more likely than men to develop PTSD. There are also specific depressive disorders that only occur in women, such as premenstrual dysphoric disorder (PMDD) or postpartum depression (PPD). There is also data

suggesting that women are more likely to experience what we call "atypical" symptoms of depression, which include changes in weight, motivation, and sleep. Together, these data indicate that there may be biologically distinct mechanisms that contribute to stress resilience and stress-related psychiatric disorders in women. If we can identify, study, and target these unique biological mechanisms, then we could potentially design more specific and effective methods of treating and preventing depression, anxiety, and PTSD in women who comprise a uniquely vulnerable portion of the population.

That said, it is still unknown exactly why we see these sex differences. In reality, as with many other concepts in neuroscience, I think a lot of the understanding behind individual variations in stress resilience boils down to nature vs. nurture. That is, our biology – genetics – interacts with our environment – our upbringing – to dictate how vulnerable or resilient we are to stress. Most of the biological research I've seen investigating sex differences in vulnerability/resilience to stress focuses on neuroendocrine hormones, especially estrogen.

Estrogen is actually incredibly important for supporting the health and function of neurons, particularly in helping them form connections and communicate with neighboring neurons (a process called synaptic plasticity) as well as helping the birth and growth of new neurons in a region of the brain called

the hippocampus (a process called adult hippocampal neurogenesis). Impaired synaptic plasticity and impaired adult hippocampal neurogenesis have both been implicated in psychiatric disorders, and if we genetically knock out estrogen receptors in the brain, mice show impaired social behavior as well as increased depressive- and anxiety-like behaviors. Furthermore, female mice exhibit different fear, anxiety, and depressive-like behaviors during different parts of the estrous cycle (which is equivalent to the menstrual cycle in women) when systemic levels of estrogen fluctuate, suggesting that changing levels of estrogen contribute to vulnerability to stress. I'd also like to point out, however, that there has been some research with conflicting findings.

Outside of hormones, there hasn't been too much investigation, but I think there should be more. There was a fantastic perspective written by Dr. Becca Shansky about how sex-differences research has historically focused too much on hormones and how that has hurt health outcomes for women. I completely agree with this take. It is very likely that there are other fundamental biological processes that are different in males vs. females that may contribute to increased vulnerability in females, and we need to look outside the realm of ovarian-derived hormones to learn more.

For the environmental influences, it has been suggested that women report depression, PTSD, anxiety at higher

## Affordable Housing Lottery

185 Willow Street  
Waltham, MA

### Monthly Rent

One 2BR Apartment | \$2,775

\*Rent subject to change in future years. Tenants will pay for gas (which is used for heating, hot water, cooking) and electricity. Water and sewer charges are included in the unit. Free parking is available for residents. Cats are permitted (no additional fee; limit one cat per household).

### Maximum Household Income Limits

\$91,200 (1 person), \$104,200 (2 people), \$117,250 (3 people) \$130,250 (4 people)

185 Willow Street is a brand-new, nine (9) unit rental apartment community located in Waltham. Residents will enjoy a convenient location that is close to various shops, restaurants, and the Charles River. There will be one (1) affordable apartment made available through a lottery process to households with incomes at or below 80% of the area median income.

### Public Info Session: August 29, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 818 9317 7595, Passcode: 088159

### Application Deadline: September 30, 2024 at 2:00 pm

Completed applications must be delivered, or postmarked, by this date. Postmarked applications must be received within 5 business days of the deadline.

### Lottery: October 15, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

Attendance is not required at Info or Lottery sessions. To view the recorded sessions at a later date, please search for 185 Willow Street on the SEB Housing YouTube channel.

Applications are also available at the Waltham Public Library located at 735 Main Street, Waltham, MA.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to [www.sebhousing.com](http://www.sebhousing.com) or call (617) 782-6900 (x1) and leave a message or postal mail SEB Housing, LLC 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711. Free translation available. Traducción gratuita disponible.



## Affordable Housing Lottery

Johnson Woods  
156 Johnson Woods, Reading, MA

2 Bedroom Townhouses for \$281,400 (\$334/month condo fees)

Johnson Woods is a community of custom carriage homes providing thoughtful and architecturally significant living spaces. Residents will enjoy being just 20 minutes to Boston, and within just a few minutes of Routes 93 and 95. Our thoughtfully designed units in a quiet wooded setting feature 2 bedrooms, with 1 full bathroom, and 1/2 bath on the first floor, fire sprinkler system, 2 car outdoor surface parking, and full unfinished basement. Through this process, 6 units will be sold to eligible households making up to eighty percent (80%) of Area Median Income. The first two townhomes are expected to be ready for occupancy in the Fall of 2024, with the remainder of the units expected to be available between the Spring and Summer of 2025.

### Maximum Household Income Limits

\$91,200 (1 person), \$104,200 (2 people), \$117,250 (3 people), \$130,250 (4 people)

The Maximum Household Asset Limit is \$75,000.

### Public Info Session

September 10, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 818 9317 7595, Passcode: 088159

### Application Deadline

October 4, 2024 at 2:00 pm

Completed Applications and Mortgage Pre-Approvals must be delivered or postmarked by this date. Applications postmarked by the deadline must be received no later than 5 business days from the deadline.

### Lottery

October 21, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

Attendance is not required at Info or Lottery sessions. To view the recorded sessions at a later date, please search for Johnson Woods on the SEB Housing YouTube channel.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to [www.sebhousing.com](http://www.sebhousing.com) or call (617) 782-6900 x2 and leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711. Free translation available. Traducción gratuita disponible. Tradução livre disponível.



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# How Sex Differences Affect Meds; Her Life and Work

rates because of societal expectations that lead men to not look for help. I do not quite believe this theory, as epidemiological data show that these increased rates of psychiatric disorders in women occur globally, even in cultures where men's societal expectations are quite different, suggesting that the discrepancies we are seeing are not simply due to this. Instead, I believe that women are more likely around the globe to face an increased likelihood of trauma and higher burden of day-to-day stressors. For instance, women are almost two times more likely to experience sexual assault than men, and we know that sexual assault is more likely to result in PTSD than other types of trauma. Additionally, as women tend to shoulder the primary burden of caretaking and home chores, they often face higher rates of burnout and daily stressors. Therefore, I don't feel that we can completely discount environmental contributions when we ask why women are more vulnerable to developing depression/anxiety/PTSD than men.

**Sampan: Culturally, we appear to be moving toward a conception of sex differences as more fluid than previously or perhaps traditionally thought. How might trans, gender non-conforming, and intersex people fit into your work?**

*Chen: I'm so glad you brought this up. I think it is incredibly important for the research community to discuss this so*

*that we can be as inclusive as possible, particularly since some of these populations are at a high risk of stress-induced psychiatric disorders due to the adversity they have faced.*

*Because my work is primarily in mice, I often use the terms "male" and "female," but these terms are loaded when it comes to translating the future and societal potential of our work. I think an important thing to remember is that sex, just like gender, is not binary but rather bimodal; that is, the main biological factors we use to determine sex – chromosomes, hormones, and anatomy – are not binary but are actually on a scale. For example, while an individual with XY chromosomes is usually male, there are chromosomal differences that do occur, such as individuals with XXY chromosomes or XXX chromosomes. Another example might be if we look at hormones – individual variations in levels of testosterone, estradiol, and progesterone are quite common, and it is possible that someone assigned female at birth may naturally have similar testosterone levels than another individual assigned male at birth. Finally, if we look at anatomy, we know that there are a lot of individual differences there, so we can't simply say the presence of, say breasts or genital anatomy, are defining sexual features. Therefore, because all of these different factors are not binary, we cannot say that biological sex is binary. I believe the field is moving towards more specific language and variables in*

*scientific research – that is, rather than using "female" or "male" as a proxy label, we are moving towards specifically discussing, for instance, the effect of estradiol receptor levels on behavior or biological measures. In terms of how this fits into my own research, I think it is a reminder that we can't over-anthropomorphize our results (i.e., female mice are very different from female people) and that we have to be very careful of the language we use in our work.*

**Sampan: Some of your work discusses the importance of ovarian hormones for the efficacy of certain compounds like (R,S)-ketamine in treating stress-related disorders. What insights might this offer for the treatment of disorders for perior post-menopausal women? Does it suggest reasons for why antidepressant use is often less effective for these populations?**

*Chen: As you have pointed out, many current antidepressants can become significantly less effective during menopause. A likely contributing factor may be fluctuating levels of circulating hormones – for example estradiol, progesterone – which are known to influence the efficacy of antidepressant medications. To address these concerns, I believe it is important to invest in and conduct research that is specifically aimed at increasing the representation of female subjects in biomedical research and studying the effects of meno-*

*pause on the brain and behavior as well as how these changes may interact with different drugs.*

**Sampan: As you point out on your website, we have historically used predominantly male subjects in psychiatric research. How can we give incentives for researchers to be more inclusive?**

*Chen: In 2016, the National Institutes of Health implemented its Sex as a Biological Variable (SABV) policy, which mandated researchers to factor sex into the design, analysis, and reporting of research studies. This was an incredibly important policy that standardized what many (but not all) researchers had already been doing, which was to use both male and female test subjects, disaggregate research results by sex, and report these results in a transparent manner. By requiring these practices in all grant submissions, the NIH did a great job in placing priority on studies to address longstanding inequities in biomedical research. Since the implementation of this policy, there has been a lot of new research coming out on sex differences particularly in neuroscience research. I think the effects of this policy make it clear that financial investment is a driving factor in scientific research. Establishing more investments in research that benefit the health of women and individuals assigned female at birth (e.g., grant mechanisms that prioritize issues in women's health or require-*

## Affordable & Workforce Housing Lottery

Harmony  
1 Lilac Ave, Bellingham, MA

Harmony is a new community of 103 single family homes located in Bellingham. Through this lottery, 1 unit will be made available to households earning less than 50% of Area Median Income (AMI), 2 units will be made available to households earning between 50% and 80% of AMI (above 3 units are "Affordable" units), and 1 unit will be made available to households earning between 80% and 120% of AMI (above unit the "Workforce" unit). Homes will feature approximately 2,500 square feet, four bedrooms, two and a half bathrooms, quality kitchen appliances, washer/dryer hookups, all electric utilities, high speed internet, central air conditioning, and a garage. Sales Prices for these homes are as follows:

- One (1) 4BR Home @ \$203,900 will be Sold to Households **Earning 50% or Less** of the Area Median Income
- Two (2) 4BR Homes @ \$358,200 will be Sold to Households **Earning 50% to 80%** of the Area Median Income
- One (1) 4BR Home @ \$515,900 will be Sold to Households **Earning 80% to 120%** of the Area Median Income

### The Household Income Limits and Ranges are as follows:

Number of Household Members	50% AMI Maximum Income Limit	50%-80% AMI Income Range	80%-120% AMI Income Range
1	\$57,100	\$57,101-\$91,200	\$91,201-\$125,076
2	\$65,300	\$65,301-\$104,200	\$104,201-\$142,944
3	\$73,450	\$73,451-\$117,250	\$117,251-\$160,812
4	\$81,600	\$81,601-\$130,250	\$130,251-\$178,680
5	\$88,150	\$88,151-\$140,700	\$140,701-\$192,974
6	\$94,700	\$94,701-\$151,100	\$151,101-\$207,269
7	\$101,200	\$101,201-\$161,550	\$161,551-\$221,563
8	\$107,700	\$107,701-\$171,950	\$171,951-\$235,858

**Application Deadline:** October 15, 2024 at 2:00 pm

Completed Applications must be delivered or postmarked by this date. Applications postmarked by the deadline must be received no later than 5 business days from the deadline.

**Public Info Session:** September 16, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 818 9317 7595

**Lottery:** October 29, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

Attendance is not required at Info or Lottery sessions. To view the recorded sessions at a later date, please search for Harmony on the SEB Housing YouTube channel.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to [www.sebhousing.com](http://www.sebhousing.com) or call (617) 782-6900 x2 and leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711.

Free Translation Available. Traducción gratuita disponible. Tradução gratuita disponível.



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## Affordable Housing Lottery

71-73 Warren Avenue  
Milton, MA

- One (1) 3 Bedroom Condominium for \$335,600 (\$220/month condo fees)
- One (1) 4 Bedroom Condominium for \$362,400 (\$238/month condo fees)

**71-73 Warren Avenue** is a new homeownership opportunity in Milton. This is a lottery for two (2) affordable condominiums. Each unit within this bright and welcoming 2-family home features spacious rooms, a well-appointed remodeled kitchen and bathrooms, and beautiful hardwood floors. The units each have separate entrances, in-unit laundry, central air conditioning, a fireplace, and a sunroom. The backyard features a lovely common patio area to be shared by both unit owners. The basement is dry and features a secure storage unit for each owner. Unit 71 (3 Bedrooms), located on the first floor, will include two surface parking spaces. Unit 73 (4 Bedrooms), located on the second and third floors, will include two garage parking spaces. This home is conveniently located just one mile from both the trolley to River Street and the local bus stop on Blue Hill Ave. The MBTA Fairmount Station is two miles away. Through the lottery process, these units will be sold at affordable prices to households with incomes at or below 80% of the area median income. The units are expected to be ready for occupancy within 45 days of the conclusion of the lottery.

### Maximum Household Income Limits

\$91,200 (1 person), \$104,200 (2 people), \$117,250 (3 people), \$130,250 (4 people)  
\$140,700 (5 people) \$151,100 (6 people), \$161,550 (7 people), \$171,950 (8 people)

The Maximum Household Asset Limit is \$75,000.

### Public Info Session

September 18, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 818 9317 7595, Passcode: 088159

### Application Deadline

October 18, 2024 at 2:00 pm

Completed Applications and Mortgage Pre-Approvals must be delivered or postmarked by this date. Applications postmarked by the deadline must be received within 5 business days.

### Lottery

November 4, 2024 at 6:00 pm via Zoom

Go to [zoom.com/join](https://zoom.com/join) or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

Attendance is not required at Info or Lottery sessions. To view the recorded sessions at a later date, please search for 71-73 Warren Avenue on the SEB Housing YouTube channel.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to [www.sebhousing.com](http://www.sebhousing.com) or call (617) 782-6900 x2 and leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711.

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## Dr. Chen Discusses Her Groundbreaking Research

*Continued from previous page*

ments for SABV in grant applications or journal articles) are important for addressing inequities in healthcare related to sex and gender.

**Sampan:** Do you see a future in which individualized medicine responds to cultural differences as well as sex differences? How might psychiatric drugs and treatments change not only with regard to sex differences but also cultural differences, including cultural differences in gender and sex expression?

**Chen:** I absolutely think that psychiatry as a field is moving towards more personalized and individualized medicine. One of the larger goals of our research is to prevent psychiatric disorders before they occur by developing drugs to enhance resilience to stress. However, I do not see a future where we broadly administer these drugs to everyone. Rather, I envision the possibility of identifying vulnerable individuals and selectively intervening during or after a stressor to prevent psychiatric disease. I bring this up because while it is not the focus of our research, it will be important to develop screening tools to identify those most at risk, and I believe it will

be critical for those very screening tools to consider an individual holistically – that is, how that individual's sex, biology, family history, and cultural background may come together to influence how the person responds to stress. There are many labs currently that use clinical data and data science approaches to investigate and develop such screening tools, and I think it is important to acknowledge their hard work and expertise.

**SAMPAN:** You have talked about your parents, first-generation immigrants from China and Malaysia, in previous interviews. You point out that “there are lots of other immigrants who struggle. And it's very interesting to see what the combination of factors is behind that, how changes and different environments interact with intrinsic biological properties to do with resilience and adaptation.” Can you speak more to this? As we discover more about the biological properties underlying resilience and adaptation, what changes do you think we will see medically and perhaps socially?

**Chen:** Thank you so much for bringing this up – I'm incredibly grateful to my parents and their hard work, and so

many of the opportunities I've had in life have been due to their sacrifices.

When my parents came to the U.S., they struggled financially and because they were a long ways away from the life they knew. However, they were lucky to have an education, and they worked hard to use that education to develop a better life for themselves. I want to acknowledge that privilege, because a lot of immigrants do not have that.

Immigrating to a new country is a huge stressor that has the potential to impact future generations of a family. I think that any immigrant or a child of immigrants can attest to this fact. Dealing with the adversity of adjusting to a new life, a new culture, and a new language while also losing close contact with family and friends has an incredible impact on a person. Furthermore, especially in this day and age, many migrants have the added burden of potentially fleeing from conflict in their home country, being exposed to violence, and encountering adversity in their new country. This trauma is likely to influence current and future rates of depression, anxiety, and PTSD around the globe as well as affect generations to come; indeed, studies have shown that trauma is transmissible to future offspring through a variety

of mechanisms, including epigenetic changes. However, will these changes lead to higher resilience or more vulnerability to psychiatric disease in future generations? Could the same trauma that makes one individual vulnerable to PTSD or depression make another individual resilient and able to adapt to changing circumstances? What are the environmental and biological factors that empower some people to build a better life while others struggle? These are the types of questions that fascinate me and, I believe, speak so much to the immigrant experience.

While I do not have the answers to these questions, I hope that we can improve attitudes towards immigrants. Immigrants bring new perspectives, cultures, and customs that can improve society as a whole. Scientific research, in particular, is only made better by the hard work of immigrant scientists who sacrifice so much to contribute their expertise and hard work to improve the field. I would love to see more support from institutions to help immigrant scientists with visas and related immigration paperwork, more funding opportunities for immigrant scientists, and support for scientists who do not speak English as a first language.

## Golden Monkey: Cambodian Food, Family, History

*Continue From Page 9*

could fit into one box is not very open minded either. We truly believe your taste buds will be happier and satisfied by eating culturally diverse foods.

What makes Cambodian food in America complex may be due to many factors. One reason for immigrant communities in the food arena is also working with what you have. The spices and produce are imported so the availability of certain ingredients may be at a premium. This may make navigating the kitchen to cook up traditional dishes with some substitutions. For example, many have asked if we used fresh durian to make our durian smoothies. Though the strong, unique scented fruit is delicious it is not as easy to obtain here in America like an apple that you can find in any grocery market. A second factor is family recipes are different; recipes from different villages, to different regions in Cam-

bodia are different. We can not expect to be the same as others. Which makes every kitchen different. Americans may have had Thai or Vietnamese food, and adding Cambodia's flavors to mix adds to the rich diversity that America is made of.

**SAMPAN:** Do you feel a certain obligation to properly represent and honor the history of Cambodian food especially while competing with the more popular (by number of restaurants) Chinese, Japanese, and Thai food? What's the story you want to tell about the Cambodian people through the food and ambiance of your restaurant?

Staying true to who you are is a must. We can not claim to be something we are not and we should be prideful in who we are. By investing energy towards honoring our culture does not mean we are claiming to be



**GOLDEN MONKEY:** Staff and family of the Golden Monkey in Lynn.



better than. We are simply asking for a spot at the table to share what we can contribute. With the complexities of American Culture and pressure to fit in and assimilate, many communities may lose bits and pieces of their roots or identity. Our goal is to certainly add to what Cambodian Americans can add to American culture as a whole.

There are many narratives and stereotypes that are given to the Cambodian people as a community. If we choose to focus on the negatives, and say see Lynn as always the “city of sin” are we valuing ourselves. Many Cambodians relocated to America in the 80's, not knowing the language, the culture, what and where to eat. They have faced genocide, and impoverished living and continue to strive for better. We would be honored for folks to see the cafe as a representation of the resilience of the Cambodian com-

munity.

**SAMPAN:** What's next for the Golden Monkey Cafe? Do you see this business expanding? Do you have hopes of your children carrying on the tradition of good food and cultural preservation?

We are beyond grateful to be part of this community and currently only hope to continue to build on what we have established. We hope to inspire others to pursue their dreams and if it is aligned with creating positive space, and sharing your culture we are all for it. When the time comes for our children to find their calling, we hope they hold onto as much of their identity to share with the world. We are hopeful that more than just our children will pick up the torch to carry on the mission of preserving and reinvigorating Cambodian culture.

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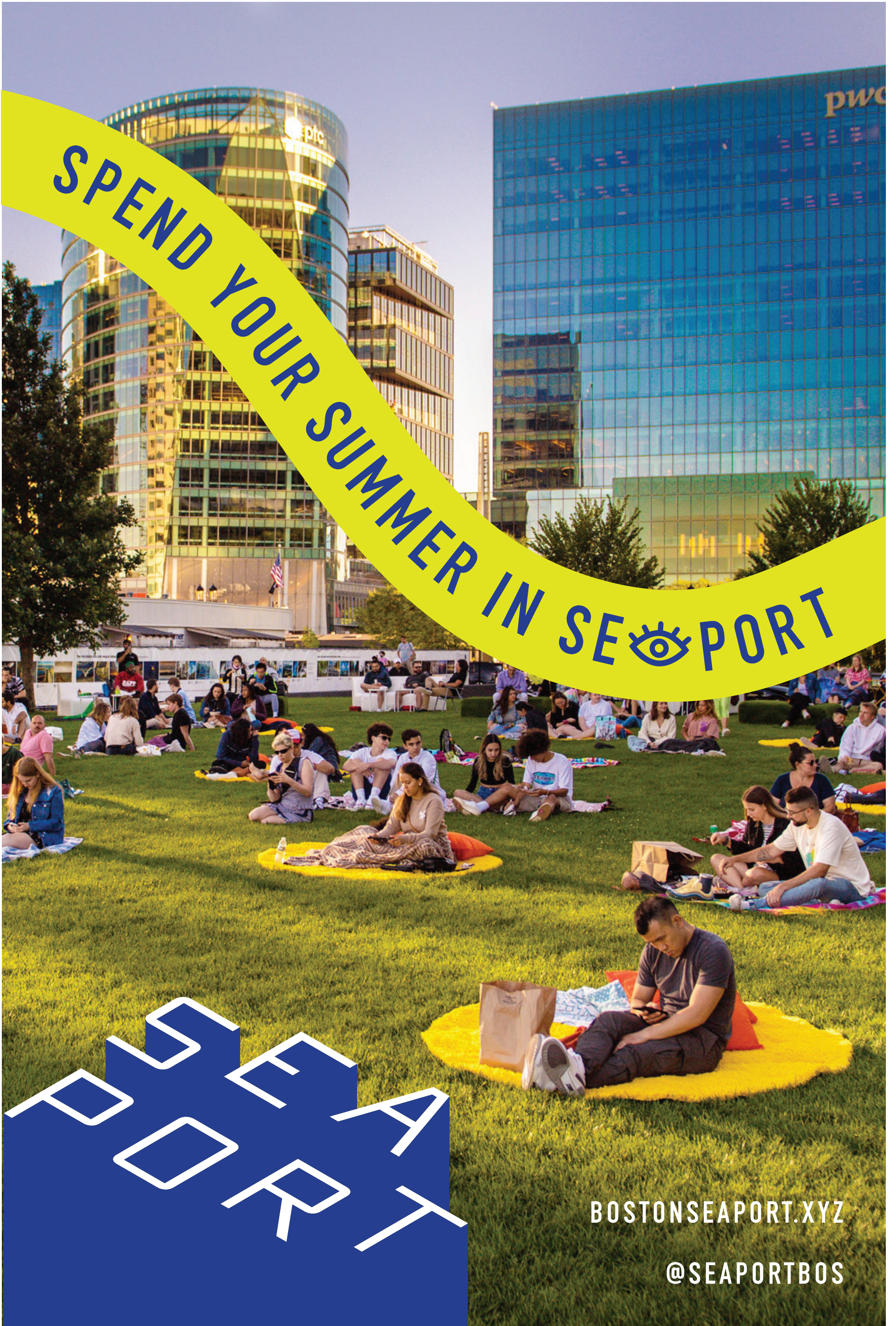
### City of Malden

The City of Malden extends warm wishes to the community for a delightful August Moon Festival!

**何建新**  
Gary Christenson  
Mayor of City of Malden

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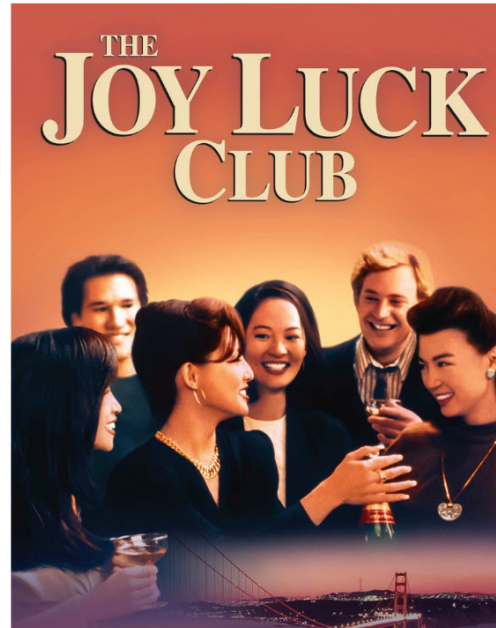


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## Asian Americans'

*History in Hollywood Was Anything But Golden*

# Now, It's Time to Shine

By DongDong Yang

It is no secret that for years Asian Americans had been sidelined in Hollywood, facing discrimination and disrespect. You might get a brief appearance of a short Asian nerd with the smell of "kimchi" in his lunchbox in school. And the typical Asian character in a Hollywood film was usually never played by an Asian actor, but by a white actor who played an Asian role. Famously, Mickey Rooney played an especially offensive Asian caricature in "Breakfast at Tiffany's." This is exactly what Hollywood used to do in the past: "yellow face": non-Asian white actors using makeup to play Asian characters, because most of the production team was unwilling to cast Asian actors, so they directly cast white actors to play Asians. Yet, that film is widely regarded as one of Hollywood's greatest. Asian American actresses are often portrayed as sex objects or spoils of war. The phrase "Me love you long time" in the film "Full Metal Jacket", later became a pick up line used by men to tease Asian women.

Depictions of Asian characters in Hollywood show how the entertainment industry has been fraught with racist caricatures and stereotypes. Characters like Charlie Chan, Fu Manchu, Mr. Moto, who were all Asian characters created and played by white men – and were for a very long time the standard for the depiction of Asian characters in Hollywood films. Though

characters like Charlie Chan and Mr. Moto, played by Warren Oland and Peter Lorre, respectively, were presented as kind, good-hearted citizens; it is impossible to look at them as anything but racist caricatures. A character like Fu Manchu, who is a direct product of the growing anti-Asian Yellow Peril sentiments of the 1930s and 1940s, presented to white Americans the embodiment of all their worst fears about the growing population of Asians in America. Despite the influence of these representations, Hollywood and independent filmmakers have been able to make films that present Asian characters that are fully-rounded human beings.

Let's look through the recent history of TV shows, films, and some modern ones, I recommend.

### "The Flower Drum Song"

"The Flower Drum Song," released by Universal Pictures in 1961, was the first major Hollywood feature film to have a majority Asian-American cast. It is based on the 1957 novel of the same name by the New York Times bestseller Chin Yang Lee, who immigrated to the United States from Hunan, China. Before being made into a movie, it was a sensational musical on Broadway. The movie won five awards, was nominated for an Academy Award, and received two Golden Globes, including Best Motion Picture Musical or Comedy.

"Flower Drum Song" tells the story of a Chinese woman who comes to the United States for an arranged marriage, only to discover that her fiancé is dating a showgirl in San Francisco's Chinatown. The leading actors are Chinese American Nancy Kwan and Japanese American Jack Soo.

### "The Joy Luck Club"

However, the success of "The Flower Drum Song" seemed to be short-lived, and there was no film in Hollywood with an all-Asian cast for about 32 years. It was not until 1993 that an American drama film blockbuster starring Asian actors, "The Joy Luck Club," was released. This film was adapted from the 1989 best-selling book of the same name by Chinese-American writer Amy Tan and directed by Hong Kong American director Wayne Wang. The film shares the story of four Chinese women who immigrated to San Francisco in the 1950s and their difficulties and conflicts with their American-born daughters. They get to know each other through playing Mahjong, and "The Joy Luck Club" is the name of their social club.

With a budget of \$10.5 million, the film was moderately successful at the box office, earning \$32.9 million in the United States. In 2020, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically sig-

nificant."

### "Crazy Rich Asians"

Asian American films went through a blank period in Hollywood for several decades. It was not easy for Asian actors to get any major roles. But you may have noticed a few familiar faces like Lucy Liu, Maggie Q, Sandra Oh, George Takei, James Hong or Justin Chon ... in some popular movies or TV series, but there are no stories that truly represent Asian American in Hollywood.

After 25 years, in 2018, "Crazy Rich Asians," produced by an all-Asian team, was finally released by Warner Bros. Pictures. An American romantic comedy film directed by Jon M. Chu, written by Peter Chiarelli and Adele Lim, and adapted from Kevin Kwan's 2013 novel of the same name. The film tells the story of Rachel, a Chinese-American professor, who travels to Singapore with her boyfriend Nick and is surprised to find that Nick's family is one of the richest families in Singapore. The film was a critical and commercial success, grossing over \$238 million at the box office against a budget of \$30 million, making it the highest-grossing romantic comedy of the 2010s. It was highly praised for its cast's performances, script, and production design.

The film received nominations for Best Motion Picture Musical or

*Continue Next Page*

# Asian Americans in Film in the U.S.

*Continue From Last Page*

Comedy and Best Actress - Comedy or Musical at the 76th Golden Globe Awards, Outstanding Motion Picture at the 50th NAACP Image Awards, four nominations at the 24th Critics' Choice Awards, winning one for Best Comedy, and won the Screen Actors Guild Award for Best Performance by an Actor in a Motion Picture at the 25th Screen Actors Guild Awards.

"Crazy Rich Asians" brought many Asian actors such as Constance Wu, Henry Golding, Gemma Chan, Lisa Lu, Awkwafina, Ken Jeong, and Michelle Yeoh into Hollywood and the worldwide spotlight.

## "Everything Everywhere All at Once"

"Everything Everywhere All at Once" swept the 2023 Oscars and won seven Academy Awards out of eleven nominations: Best Picture, Best Actress for Malaysian actress Michelle Yeoh, Best Supporting Actor for Vietnamese American actor Ke Huy Quan, Best Supporting Actress for Jamie Lee Curtis, Best Director and Best Original Screenplay for Kwan and Scheinert, and Best Film Editing. The film, written and directed by Daniel Kwan and Daniel Scheinert, incorporates elements from several genres and film media, including surreal comedy, science fiction, fantasy, martial arts films, immigrant narratives, and animation.

"Everything Everywhere All at Once" achieved huge success, grossing \$143.4 million worldwide and becoming A24's highest-grossing film. It is now streaming on Netflix, Hulu, Amazon Prime, and Apple TV.

Audiences who love Hong Kong's martial arts and action movies must be familiar with actress Michelle Yeoh. She made history by becoming the first Asian and the second person of color to win an Oscar. You can spot Michelle Yeoh in the 1997 James Bond movie "Tomorrow Never Dies"; "Crouching Tiger, Hidden Dragon," released in 2000; "Crazy Rich Asians" in 2018; "Shang-Chi and the Legend of the Ten Rings," made in 2021; and much more.

## "Fresh Off the Boat"

Some comments say the TV series "Fresh Off the Boat" is reverse racism, but it is an Asian American work that can't be overlooked, produced by 20th Century Fox Television for ABC with six seasons between 2015 and 2021. It became the first U.S. television sitcom starring an Asian American family to air on network primetime since Margaret Cho's "All-American Girl," which only had one season in 1994. It is also the first series featuring an all-Asian American main cast to broadcast over 100 episodes. "Fresh Off the Boat" is based on chef Eddie Huang's best-selling memoir. He, along with his parents and two brothers, moves to

suburban Orlando from the Chinatown section of Washington, D.C. The show takes a humorous look at the lives of immigrants in America. If you haven't watched it, you can find it on Hulu.

## "Beef"

Last year, a comedy-drama mini-series released by Netflix called "Beef" was worth watching. It was created by Korean-American director Lee Sung Jin and stars Korean-American actor Steven Yeun and Chinese American stand-up comedian and actress Ali Wong. The story is about two strangers whose involvement in a road rage incident escalates into a prolonged feud. They both have hilariously dark sides, even though they are so different. At the 75th Primetime Emmy Awards, it received eight wins, including Outstanding Limited or Anthology Series and acting wins for Yeun and Wong. It also won Best Limited Anthology Series and Television Film at the 81st Golden Globe Awards.

For Asian American artists, the success of movies and TV shows like "Everything Everywhere All at Once" and "Beef" has been a long time coming after facing decades of racism and closed doors in Hollywood.

There are many remaining Asian American stories yet to be told, voices longing to be heard, and creators ready to lead. The recent shift in the mainstream seems to be taking Asian artists seriously, and we hope that we won't have to wait decades for the next golden era embracing all races and cultures.

If you're like me and obsessed with Asian American-led movies and TV shows, you might want to check out a recent highly-discussed fiction TV series "3 Body Problem," which features a lead performance by the Chinese American actress Rosalind Chao, who also played one of the daughters in "The Joy Luck Club" and has appeared in other well-known movies like "Nanking," "Mulan," and more. There's also a Chinese version, also based on Liu Cixin's novel "The Three-Body Problem," with longer episodes (30), named "Three-Body" and available on Amazon Prime. Taipei triad action comedy "The Brothers Sun" and the live-action "Avatar: The Last Airbender" are also good choices. For fans of teen drama, "Never Have I Ever," follows the story of a first-generation Indian-American teenager, "XO Kitty," which explores international student life, and a crime drama based on martial arts superstar Bruce Lee "Warrior" are available on Netflix, and fantasy action "American Born Chinese" on Disney+. Movies recommended include "Joy Ride," "Quiz Lady," "Past Lives" and "The Farewell" on Hulu, as well as "Always Be My Maybe," "Shortcomings" and "Minari" on Netflix.

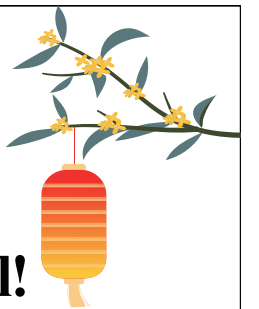
To be continued...



**ART SHOW:** Sampan reporter Harmony Witte presented a pop-up show of her art in Lynn in July, titled, "Visions of Harmony." For more information, see <https://www.instagram.com/dissarmonie/>.



# 中秋節快樂



## Happy Mid-Autumn Festival!

I'm so grateful to Sampan for serving and celebrating the Asian American community across New England for more than 50 years. Growing up, I couldn't wait for the Mid-Autumn Festival to arrive every year. My siblings and I would pile into the backseat as my parents drove for hours to the nearest grocery store to buy the foods and spices that reminded them of home. Of course, the mooncakes were always my favorite. The Mid-Autumn Festival is an invitation to come together as a community and make time for what matters: To reconnect with the constellation of people whose love and light reminds us that "home" is wherever we choose to build it. Wishing all of you health, luck, and happiness this season!

平安團圓, 中秋佳節!

Michelle Wu *Michelle Wu*  
Mayor of Boston





# CONGRATULATIONS

**Sharon Scott-Chandler** and the **ABCD family** congratulate the **AACA on their 55+ years of service** to Boston communities and dedication to helping immigrants start a new life.

Sharon Scott-Chandler 和 ABCD 大家庭祝賀  
AACA 在波士頓為社區服務超過 55 年，  
並且一直努力幫助移民展開新生活。

