



The Chinese Historical Society of New England celebrated 25 years on Sept. 29 at Hei La Moon. Members of the American Legion Boston Chinatown Post 328 received the Sojourner Award. (Image courtesy of William Ge.)

## Chinese Historical Society celebrates 25 years of achievement

BY WILLIAM GE

This year marks the 25th anniversary of the Chinese Historical Society of New England (CHSNE). To commemorate this historic achievement and recollect the accomplishments of the society since its founding in 1992, members and their guests gathered for dinner in Boston Chinatown's Hei La Moon on Sept. 29.

There were numerous occasions for celebration at this gathering. First, the Old Quincy School, located at 90 Tyler Street, was officially recognized this year on the U.S. National Register of Historic Places. According to CHSNE, Old Quincy School is "the first building on the East Coast and thirteenth nationwide attributed to Chinese immigrant history." Initially a boy's school serving primarily Irish, Jewish, Italian and Syrian students, the school's population was more than 90 percent Chinese American by 1976 due to a rapid and continuous influx of Chinese students following World War II. The school relocated to 885 Washington Street in 1976, and the building became home of the Chinese Consolidated Benevolent Association of New England (CCBA) in 1983. Many Boston Chinatown residents were educated at the Old Quincy School, and it is for its deep-seated historic ties to the history of Boston Chinatown and greater Boston that it was nominated to the National Register.

The CHSNE Sojourner Award, dedicated each year to a member or group who has made significant contributions to the Chinese American community, honored both Caroline Chang and the American Legion Boston Chinatown Post 328. Chang, a founding member of CHSNE, leads a distinguished career as a former service representative of the Boston Mayor's Office of Public Services, former regional manager of the Office of Civil Rights, co-founder of the Asian Community Development Corporation, and dedicated community leader and advocate. Her award was presented by fellow CHSNE co-founder Peter Chan, who in his introductory speech dedicated a poem to her in Cantonese and English.

Boston Chinatown Post 328 was established in 1945 for Chinese-American veterans by Wesley Moy, Henry Oi, Joe Ngit Chin, Alfred Yee, and others. A post of the American Legion, the nation's largest veterans organization, Post 328 has served the Boston Chinatown community for more than 70 years and will construct a veteran's memorial in Chinatown.

Looking forward, CHSNE will be co-sponsoring the Boston Asian American Film Festival, where videos created for the Boston Chinatown Heritage Project will premiere on Oct. 22.

## 生活特刊 | LIFESTYLE ISSUE

### 台灣歡慶106年國慶

黃靈美 報導



駐波士頓台北經濟文化辦事處10月4日在Fairmont Copley酒店舉辦雙十國慶酒會。(左起) 麻州眾議員Paul Schmid、眾議員陳德基、陳仕維、台北經濟文化辦事處處長賴銘棋、處長夫人、及華僑文教服務中心主任歐宏偉。(圖片由黃靈美攝。)

駐波士頓台北經濟文化辦事處10月4日在Fairmont Copley酒店舉辦雙十國慶酒會。

台北經濟文化辦事處處長賴銘棋祝賀來賓在他最後一次主持酒會，他2018年將完成三年任期。賴處長說：「106年前，孫中山先生建立中華民國為民主至首。願中華民國和美國的友誼源源不絕。」

州代表從麻州、新罕布夏及羅德島出席酒會。波士頓幾個領事館也參與。

美國是台灣第二大貿易國家，2016年達到600億美元，也是第二大外資國家。在賴處長帶領下，麻州和台灣簽駕照合同，讓900名台胞可以順利換麻州駕照。



駐波士頓台北經濟文化辦事處10月4日在Fairmont Copley酒店舉辦雙十國慶酒會。(左起) 麻州眾議員Paul Schmid、眾議員陳德基、陳仕維、台北經濟文化辦事處處長賴銘棋、處長夫人、及華僑文教服務中心主任歐宏偉。(圖片由黃靈美攝。)

## Malden Schools candidates engage Asian community

BY THE SAMPAN EDITORIAL TEAM



Former Fitchburg Mayor Lisa Wong, deputy director of the Asian American Civic Association (left), hosted the forum, while Malden Mayor Gary Christenson welcomed residents. (Image courtesy of Diana Jeong.)

More than 150 residents attended a school committee candidate forum at the Malden Senior Center on Sept. 28. The event was sponsored by the Greater Malden Asian American Community Coalition (GMAACC), along with Mass Senior Action Council, Chinese Cultural Connection, Chinese Progressive Association and Massachusetts Asian and Pacific Islanders Civic Action Network (APIs CAN!). These organizations worked together on civic engagement and language access issues.

The Malden School Committee consists of the mayor and eight members elected from each of the City's eight wards. For this year's municipal elections, three of those seats are being contested. All school committee candidates were invited to attend, eight of whom

were able to participate. Lisa Wong, former mayor of the City of Fitchburg and current deputy director of the Asian American Civic Association, served as moderator.

The forum began with greetings from Malden Mayor Gary Christenson, followed by introductions by two students from Malden High School.

Mass Senior Action Council presented on bilingual ballots, as this election will mark the first time the City of Malden will have ballots in both English and Chinese.

The candidates present spoke about themselves and issues of concern. Topics included:

- Teaching about drug and alcohol abuse, wellness and bullying
- Culturally sensitive teaching

### HIGHLIGHTS

**Young Leaders Symposium engages future Asian Americans leaders**  
PAGE 4

**A food aficionado: Sumiao Hunan Kitchen**  
PAGE 7

### 頭條新聞

**年輕領導人研討會希望更多亞裔加入領導角色**  
中文第四版

**美食迷：素描湘菜**  
中文第八版

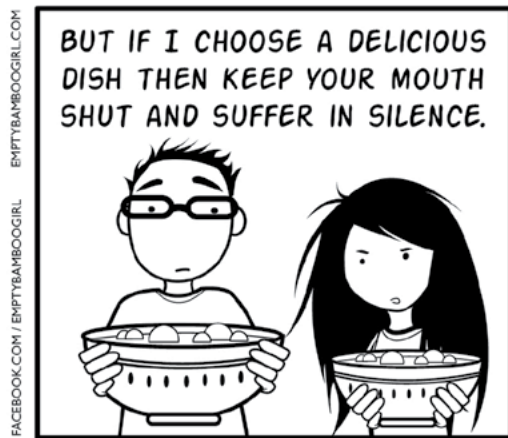


## COMIC

## EMPTYBAMBOOGIRL

THE MUNDANE &amp; SUBLIME ADVENTURES OF AN AWKWARD, GOOD, AND SOMETIMES-EVIL WOMAN-CHILD BY LILLIAN LEE.

10.04.2017



## Event Calendar

**Mulan Society classes**

*Saturday, Oct. 7*  
1 p.m. to 4 p.m.  
87 Tyler Street  
Boston, MA 02111  
Mulan Society Center for Women's Empowerment classes will take place at the Asian American Civic Association, 4F. Refreshments provided. Register with Sherry Xue at (617) 426-9492 x 228 or [sxue@aaca-boston.org](mailto:sxue@aaca-boston.org).

**The Chinatown Coalition meeting**

*Thursday, Oct. 12*  
9:30 a.m.  
38 Ash Street  
Boston, MA 02111  
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit [tccboston.org](http://tccboston.org).

**Boston service open house**

*Thursday, Oct. 12*  
6 p.m. to 8 p.m.  
6 Norfolk Street  
Dorchester, MA 02124  
The nonprofit human services agency JRI will host an open house about its Boston-based human services programs to individuals and families sat the Codman Square Health Center. RSVP to James Wilson at [jwilson@jri.org](mailto:jwilson@jri.org) or (857) 399-1905 x 2502

**Mid-Autumn Moon Festival**

*Saturday, Oct. 14*  
Noon to 6 p.m.  
200 Park Street  
Boston, MA 02124  
The VietAID 2017 Mid-Autumn Moon Festival will take place at the Town Field.

**Chinatown/South Cove Neighborhood Committee meeting**

*Monday, Oct. 16*  
6 p.m.  
90 Tyler Street  
Boston, MA 02111  
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association.

**Boston Asian American Film Festival**

*Oct. 19 to Oct. 22*  
The Boston Asian American Film Festival brings to light stories about the Asian American community. For more information, visit [www.baaff.org](http://www.baaff.org).

**First-time homebuyer classes**

*Oct. 19, Oct. 21*  
6 p.m. to 9 p.m., 9 a.m. to 3 p.m.  
1509 Hancock Street, 4F  
Quincy MA 02169  
QARI and Quincy Community Action Programs offer first-time homebuyer classes in Mandarin. Each session is a 9-hour class over the course of two days. Tuition is \$30. Registration required, by calling Daphne Chen at (617) 637-5386 or visiting [www.qcap.org](http://www.qcap.org).

**South Cove Manor breakfast seminar**

*Thursday, Oct. 26*  
9:30 a.m. to 10:30 a.m.  
120 Shawmut Street  
Boston, MA 02118  
All are welcome to attend at the BCEC auditorium, the former South Cove Manor location.

**Arlington International Film Festival**

*Oct. 26 to 29*  
204 Mass Avenue  
Arlington, MA 02474  
The Arlington International Film Festival will take place at the Capitol Theatre. For more information, visit [AIFFest.org](http://AIFFest.org).

**AAPI civil rights forum**

*Friday, Oct. 27*  
8 a.m. to 4 p.m.  
600 Atlantic Avenue  
Boston, MA 02210  
The 2nd annual AAPI Civil Rights Forum will take place at the Federal Reserve Plaza. Register at <http://bostoncivilrights.aapi.us/>.

**CelebrAsians**

*Friday, Oct. 27*  
7 p.m. to 9 p.m.  
725 Albany Street  
Boston, MA 02118  
The CelebrAsians benefit fashion show will take place at Boston Medical Center's Shapiro Auditorium. Tickets \$85 in advance, \$100 at the door, to benefit Asian Women for Health. Register at <https://2017celebrasians.eventbrite.com>.

**Health screening**

*Saturday, Oct. 28*  
10 a.m.  
38 Oak Street  
Boston, MA 02111  
Health screenings for head and neck cancer, blood pressure and nutrition will take place at the Metropolitan community room. Refreshments provided.

**Children's****book authors event**

*Saturday, Oct. 28*  
11 a.m. to 12:30 p.m.  
99 Albany Street  
Boston, MA 02111  
Children's book authors Susan Tan and Debbi Michiko Florence speak about their books at the Pao Arts Center.

**Silk Road Gala**

*Saturday, Oct. 28*  
6:30 p.m. to 8:30 p.m.  
Columbia Point  
Boston, MA 02125  
The 25th Silk Road Gala hosted by the Asian Task Force Against Domestic Violence will take place at the John F. Kennedy Presidential Library & Museum. RSVP at [www.atask.org](http://www.atask.org).

BLUE LEDGE CO-OP & FRANKLIN PARK VILLA CO-OP  
SENIOR LIVING AT ITS BEST!Affordable senior apartments located in  
Roslindale and Jamaica Plain.

These active senior co-ops are within walking distance to shopping, banks, and parks, and are located near MBTA bus lines.

## Features such as...

- One bedroom apartments
- Scenic views of the Boston skyline
- Plenty of space for outdoor relaxation
- Emergency Response Person living on site, on call
- On site laundry facilities and air conditioning
- Large community room with many social events

**Social events include: Luncheons, Holiday Parties, Day Trips & More!!**



**Rent is based on 30% of income (income limits apply) to qualified seniors 62 and older**

**CALL 1-800-225-3151 WWW.CSI.COOP**



Providing high quality affordable housing for seniors.



## We Welcome You to Visit One of Our Seven Worship Services

**English Worship Services**

- 9:15am (Boston)  
Quincy Elementary School Auditorium  
885 Washington Street, Boston
- 11:00am (Newton)  
218 Walnut Street, Newton

**Mandarin Worship Services**

- 9:15am (Boston)  
249 Harrison Avenue, Boston
- 11:15am (Newton)  
218 Walnut Street, Newton

**Boston Campus**

249 Harrison Avenue  
Boston, MA 02111  
(617) 426-5711

波士頓華人佈道會  
BOSTON CHINESE EVANGELICAL CHURCH



[www.bcec.net](http://www.bcec.net)

**Newton Campus**

218 Walnut Street  
Newton, MA 02460  
(617) 243-0100

**Cantonese Worship Services**

- 9:15am (Newton)  
218 Walnut Street, Newton
- 11:00am (Boston)  
249 Harrison Avenue, Boston
- 11:15am (Boston)  
Quincy Elementary School Auditorium  
885 Washington Street, Boston



# Councilors Wu and O’Malley discuss environmental sustainability

BY RUOBING SU



District 6 Councilor and chairman of the Environment and Sustainability Committee Matt O’Malley talked about his green efforts on Sept. 29 at Boston City Hall. (Image courtesy of Ruobing Su.)

Boston City Council President Michelle Wu and District 6 Councilor Matt O’Malley discussed environmental and sustainability policies, along with ongoing projects throughout the city on Sept. 29 at Boston City Hall. O’Malley is chairman of the council’s Environment and Sustainability Committee.

O’Malley discussed his green Community Choice Energy plan in Boston for its potential to increase demand for renewable energy as well as strengthening consumer protection, transparency in energy consumption, and stability in the energy market.

Instead of using power from an investor-owned utility, the city would have authority to decide where energy comes

from and aggregate the electricity load of residents and businesses by contracting with providers such as Eversource. With the decision from the government, it would decrease electricity bills but buy more renewable electricity, which is important for green efforts.

“We have a president, a cabinet, especially those in the EPA [Environmental Protection Agency] who are hostile to efforts to address issues of climate change, that are building the shallowest plans on this extremely accelerated climate situation. Now it’s the time for cities and towns, also the state, to lead on some issues related to the environment under the age of Trump,” O’Malley said.

Wu said it is not only good for the environment, but also will bring more local jobs in wind and solar industry. “It will still take a while, from hearings to the official implementation – the soonest will be nine months,” Wu said.

O’Malley and Wu discussed the proposed ordinance to reduce plastic bags, which is still pending, as other cities nationally and internationally have already adopted such measures. It proposes stores must provide shopping bags more than 3 millimeters thick and charge five cents for each plastic bag, which goes to the store owner. Boston will also encourage retail owners to offer a five-cent refund if customers use reusable bags.

Regarding recent extreme weather events in the United States, Boston has shown support for relief efforts. Boston sent aid to Puerto Rico for the devastating aftermath of Hurricanes Irma and Maria, as it is one of the cities with the largest Caribbean population. At the same time, O’Malley will file a proposal for cold weather in October or November to prepare Bostonians for a safe winter.



Boston City Council President Michelle Wu held her media meet-up with her son Cass. (Image courtesy of Ruobing Su.)



The Taipei Economic and Cultural Office in Boston held its Double 10 celebration on Oct. 4 at the Fairmont Copley Hotel. Director-general Scott Lai cut cake with representatives from Massachusetts, Rhode Island and New Hampshire. (Image courtesy of Ling-Mei Wong.)

# Taiwan celebrates 106 years

BY LING-MEI WONG

The Taipei Economic and Cultural Office in Boston (TECO) rang in 106 years of independence at its Double 10 celebration on Oct. 4 at the Fairmont Copley Hotel.

TECO Director-general Scott Lai welcomed guests for his final independence day celebration in Boston, as his three-year tenure ends in 2018. “A hundred and six years ago, Dr. Sun Yat-sen made a resolution for Taiwan, the mother of democracy for all people ... May the friendship between the Republic of Chi-

na and the United States last forever.”

State officials from Massachusetts, New Hampshire and Rhode Island attended the dinner, along with representatives from several nations.

America is the second-largest trading partner of Taiwan, reaching \$60 billion in 2016. It is also the second largest foreign investor. Under Lai’s leadership, Massachusetts signed a driver’s license agreement, allowing 900 Taiwanese drivers to get Mass. licenses.

# Watermelon eating, music and fun bring hundreds to Oak Street Fair

BY WILLIAM GE



The Oak Street Fair took place at the Josiah Quincy Elementary School on Sept. 23. Kids got ready for the watermelon eating competition. (Image courtesy of William Ge.)

Hundreds of youth and families gathered at the Josiah Quincy Elementary School for the 32nd Annual Oak Street Fair on Sept. 23. This annual event, hosted by the Boston Chinatown Neighborhood Center (BCNC), brings together residents of Chinatown and greater Boston for a day of family fun.

Dozens of sponsors and community organizations set up stations with activities for kids and information on events and resources in the Boston area. Organizations represented at the Fair include

Pao Arts Center, South Cove Community Health Center, Buds & Blossoms Early Education and Care Center and other agencies from the Boston Chinatown community. As in past years, BCNC hosted a watermelon eating contest, which was a hit among children and BCNC volunteers. The first place winners received a gift card for dim sum at Hei La Moon, while the second place winners went home with more watermelon.

**ASHLAND AFFORDABLE HOUSING**  
*Village of the Americas*  
**John Hancock Drive**  
**Four 2 Bedroom Townhomes**  
**Price: \$201,700**

**Two Bedrooms**  
**1 1/2 Baths**  
**One Car Garage/Tandem Parking**  
**Approx. 1,770 sq. ft.**

**Maximum Household Income**

- 1—\$54,750
- 2—\$62,550
- 3—\$70,350
- 4—\$78,150

**For Application and Information**  
**Email:**  
lotteryinfo@mcohousingservices.com

**Call MCO Housing Services:**  
(978) 456-8388

**Pick Up:**  
Ashland Town Hall, Town Clerk’s Office  
Ashland Public Library

**Public Information Meeting**  
6:00 p.m., Monday, October 30, 2017  
Ashland Town Hall—101 Main Street  
Lower Level

**Application Deadline**  
November 27, 2017

**1st Time Homebuyers/Assets to \$75,000/Units by lottery**

**APPLICATION AVAILABLE ONLINE AT: [www.mcohousingservices.com](http://www.mcohousingservices.com)**



**Oct. 2, 10:06 p.m.:** The officers responded to Oxford Street on a report of a fight. Upon arrival the officers met and spoke with the victim. He stated he was assaulted by the suspect. The victim transported to hospital for facial injuries.



‘Little Soldiers’ explores Chinese grit, American individualism in education

BY SHIRA LACHAROEN



Author Lenora Chu gave a talk on her book “Little Soldiers” at the Boston Public Library on Sept. 23. (Image courtesy of Lenora Chu.)

Author and journalist Lenora Chu gave a talk on her book “Little Soldiers: An American Boy, a Chinese School, and the Global Race to Achieve” at the Boston Public Library’s central branch on Sept. 23. As an American of Chinese descent with a bilingual young son attending one of Shanghai’s most elite state-run schools, Chu lifts the veil on China’s elaborate education system from a unique perspective, as a “person of two worlds.”

Chu noted the key differences between American and Chinese school models, emphasizing the authoritarian, top down teaching methods found in Chinese classrooms. The Chinese education program focuses on the advancement of the group rather than the individual, which can sometimes be at the cost of creative expression. In one instance, this ideology was demonstrated by an art

project where students were encouraged to draw identical images, rather than envision their own designs. A positive tendency in Chinese culture is to attribute achievement to hard labor, or “eating bitter,” while Americans favor the idea of innate talent.

“You’ll never hear a teacher say, ‘Oh, you’re so smart,’ or ‘You’re so intelligent,’” Chu said. “It’s always about working harder.”

In spite of these contrasts, Chu indicted there is much Americans and Chinese can learn from each other’s philosophies. The Chinese maintain a high level of reverence for teachers, and Chu explained that if “we give our teachers more respect and autonomy, that can go a long way.” Likewise, the Chinese have observed in American schools, teachers help children develop critical thinking skills and stimulate their curiosity.

“My message is let’s just be a little bit more open to some of the other options out there, because our kids are more resilient than we think,” Chu said.

Chinese education is taking steps towards transformation. Schools in Beijing are giving students choices of electives to take, from Frisbee to rock climbing. In some programs, children rotate from classroom to classroom, with the intention that varying faces encourages sociability. In Shanghai, students are allowed to take the college entrance exam twice.

“I have hope, especially in the urban areas, that things will change, especially as ideas go back and forth across borders,” Chu said. “I think change will be messy and slow, but it’s moving in the right direction.”



On the first day of Acton Chinese Language School, three teachers organized a Zumbathon to raise funds for Harvey victims, with more than 70 participants. (Image courtesy of ACLS.)

Acton Chinese Language School raises funds for Harvey relief

BY ACTON CHINESE LANGUAGE SCHOOL

Hurricane Harvey impacted Texas and caused significant damage to the state. People around the United States are donating money and goods to help the affected area. On the first day of Acton Chinese Language School, three Zumba and Aerobics teachers, Ally Lee, Marilyn Li and Ginger Chen organized a Zumbathon to raise funds for Harvey victims. More than 70 participants and volunteers joined the event.

The Chinese community from the metro west area stepped up and gave \$4,000.

All donations were given to Acton Boxborough United Way Harvey fund for the relief effort.

The event was cosponsored by Acton Chinese Language School, Asian American Civic Engagement Alliance and Acton Boxborough United Way.

AACA celebrates new alumni association



Two friends enjoyed spending time and socializing at the Asian American Civic Association Alumni Barbecue on Oct. 1 at Larz Anderson Park. (Image courtesy of AACA.)

NOTICE OF COMMUNITY MEETING

Tufts University and Tufts Medical Center’s Institutional Biosafety Committee will hold an Open Meeting on **Thursday, October 12, 2017 at 5:30pm**. The meeting will be held at 150 Harrison Avenue, Behrakis Auditorium, Room 130 in Boston. The Institutional Biosafety Committee is responsible for ensuring that all research involving potentially biohazardous agents done at or sponsored by Tufts University or Tufts Medical Center is conducted in compliance with National Institutes of Health Guidelines and with proper concern for the safety of research personnel, the environment, and the surrounding communities.

The Tufts University Institutional Biosafety Committee is based in Boston and regulates this research for the Tufts University Health Sciences Campus, Tufts University Medford/Somerville Campus, Human Nutrition Research Center on Aging, and Tufts Medical Center. Members of the community are encouraged to attend the open meeting to learn more about the Institutional Biosafety Committee and its regulatory functions and biosafety risk management. Meeting attendees must have a form of photo identification to enter the building.

社區會議通知

塔芙茨大學 (Tufts University) 和塔芙茨醫療中心生物安全委員會 (Tufts Medical Center’s Institutional Biosafety Committee) 將於**2017年10月12日(星期四)下午5時30分**舉行公開會議，地點是波士頓哈里森大街150號Behrakis禮堂130室 (Room 130, Behrakis Auditorium, 150 Harrison Avenue, Boston)。該生物安全委員會負責確保，在塔芙茨大學或塔芙茨醫療中心進行或由它們資助進行帶有潛在生物危害物品的研究符合國家健康局的指引，並適當關注對研究人員、環境和社區的安全。

該生物安全委員會的總部設在波士頓，為塔芙茨大學健康科學系校園、塔芙茨大學的Medford/Somerville分校、老化與人類營養研究中心及塔芙茨醫療中心監管這些研究。我們邀請社區人士出席是次會議，以了解更多有關本會及其監管職能和生物安全風險管理。與會者必須出示有照片的身份證件才可進入大樓。

Valor Income Restricted Rental Opportunity 1467 Tremont Street Boston, MA 02120

2 Income Restricted Units

# of Units	Bedrooms	Price
1	Studio	\$1,068
1	1 Bedroom	\$1,246

Maximum Income per Household Size (2017 limits, provided by BRA)

HH Size	70%
1	\$50,700
2	\$57,950
3	\$65,200

Applications are available during the application period from 10/21/17 – 10/30/17.

To request an application by email, please contact ValorBoston@WingateCompanies.com.

\*Applications may be picked up in person at 1575 Tremont Street, Boston, MA 02120 for the following (5) days:

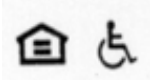
Saturday, October 21st	10:00 am – 2:00 pm
Monday, October 23rd	9:00 am – 4:00 pm
Tuesday, October 24th	9:00 am – 4:00 pm
Wednesday, October 25th	9:00 am – 4:00 pm
Thursday, October 26th	9:00 am – 7:00 pm

\*Deadline to submit: 11/4/17 all paper versions must be postmarked no later than 11/4/17

Mailed to: 1575 Tremont Street Boston, MA 02120

\*Selection by lottery. Preferences apply.

For more information or reasonable accommodations for persons with disabilities please call 617.734.3450





# Understanding your breast cancer risk

BY DR. ABHISHEK CHATTERJEE, TUFTS MEDICAL CENTER

## 1. What are some major risk factors for breast cancer?

There are many risk factors for breast cancer. Major risk factors include a personal history of having breast cancer, previous high-risk breast lesions that include atypical cells, and ductal carcinoma in situ (DCIS), first-degree relatives who have had breast cancer, especially at an age less than 50, or a personal history of having chest wall radiation at an age younger than 40. Additionally, having a hereditary genetic mutation such as BRCA 1 or BRCA 2 puts a woman at high risk for developing breast cancer in either breast, according to 2015 research from the American Cancer Society.

## 2. What should a woman do if she has one or more of these risk factors?

It is important for woman with one or more risk factors to have a discussion with her primary care doctor. The doctor in turn will decide whether or not this woman should see a high-risk breast cancer specialist, who is often either a surgi-

cal or medical oncologist specializing in breast disease. Additionally, this woman may need early breast screening using technology such as mammography, ultrasound, magnetic resonance imaging (MRI), or a combination of these.

## 3. What are hereditary genetic mutations for breast cancer? When does a woman qualify for genetic testing?

Approximately 10 percent of all breast cancers are caused by genetic mutations that can be inherited from family members. Breast cancer tends to be common in the family tree and may even occur in males.

## 4. What are examples of hereditary genetic mutations in breast cancer?

The two most common and well-studied hereditary genetic mutations in breast are the BRCA 1 and BRCA 2 mutations.



Gambling addiction is the uncontrollable urge to keep gambling despite the toll it takes. (Image courtesy of Flickr.)

# Recognizing gambling addiction

BY SARA BROWN

For some people, gambling can be an occasional fun activity to do with friends. However, for others, the high-risk games can become too alluring and take over their lives. As online casinos and daily fantasy sports sites like FanDuel and DraftKings make it possible to play anywhere, gaming can quickly drain a player’s finances.

According to the Mayo Clinic, a gambling addiction or compulsive gambling is the uncontrollable urge to keep gambling despite the toll it takes on one’s life. Gambling means that someone is willing to risk something they value in the hopes of getting something of even greater value.

According to experts, gambling can

raise the levels of the brain’s reward system much like alcohol or other drugs, which is what leads to addiction. Research found that lottery products given to minors as holiday gifts may be a gateway to problem gambling, according to the National Council on Problem Gambling.

The National Gambling Impact Study Commission Act says that the percentage of pathological gamblers was 0.6 percent in 2008.

Only individuals will know if their problem is severe enough to seek treatment. For treatment to be truly successful, one must want to get better for oneself instead of trying to please others.

# Identifying, treating and preventing heart failure

BY JEREMY LECHAN, TUFTS MEDICAL CENTER

According to the American Heart Association, during the remainder of their lifetime, American adults ages 40 and older have a one in five chance of developing heart failure — a condition in which the heart is unable to supply the amount of blood that the body requires.

“Most recent data show that hospitalizations for heart failure have plateaued at approximately 1 million admissions per year in the United States, but the total number of Americans suffering from heart failure is still increasing,” said Amanda Vest, associate medical director of the Cardiac Transplantation Program at Tufts Medical Center.

## Types of heart failure

There are two types of heart failure – systolic heart failure and diastolic heart failure (also known as heart failure with preserved ejection fraction). People with systolic heart failure have reduced pumping function in their hearts. Those with diastolic heart failure have abnormal stiffness of the main pumping chamber of the heart.

“More than five million people in the United States are currently living with heart failure,” said Dr. Vest. “About half of these people have systolic heart failure, while the other half have diastolic heart failure, which is particularly common in older people.”

## Risk factors

Obesity, diabetes and high blood pressure are the most common risk factors

for heart failure. For people with systolic heart failure, some will have a history of coronary artery disease and heart attack, while others have a heart muscle disease (called cardiomyopathy) or abnormalities of the valves. The prevalence of diastolic heart failure increases with age and is particular seen in older women with a history of high blood pressure.

## Symptoms

Heart failure symptoms may include shortness of breath with exertion (such as walking up a flight of stairs), fluid retention (typically around the waist or ankles), difficulty breathing when lying flat or general fatigue.

## Treatment

Several medications are available to help treat heart failure. Patients with systolic heart failure are usually prescribed medications to block the hormones that promote salt and water retention and worsen heart muscle weakness. People with systolic or diastolic heart failure commonly require diuretic medications to promote their kidneys to expel fluids.

## Prevention

To reduce your risk of heart failure, Dr. Vest recommends seeing your primary care physician at least annually, seeking early treatment of high blood pressure, diabetes and obesity and living a healthy lifestyle with regular exercise and a salt-controlled diet.

## Affordable Rental Housing 9 Williams Street Rental Housing 9 WILLIAMS STREET, ROXBURY, MA 02119

9 Williams Street Rental Housing will accept applications for 21 units:

TYPE	Studio	1 BR	2 BR	3 BR
Section 8-PBV from BHA 30% AMI	0	3*	3	0
	See below*	See below*	See below*	See below*
60% AMI	0	1	7*	2
Gross Rent**	N/A	\$1,164	\$1,396	\$1,613
70%AMI	0	0	4	1
Gross Rent**	N/A	N/A	\$1,448	\$1,630
UNIT TOTALS	0	4	14	3

\*Preference for persons with mobility impairment 1- (1br PBV-BHA unit) 1- (2br 60% AMI unit)

\*Rents are based upon adjusted gross income. Section 8 available through the Boston Housing Authority (BHA). To apply, households should contact the BHA, 52 Chauncy Street, Boston, MA 02111

\*\* Gross Rent includes utility allowance with tenant payment for heat, hot water, and electricity.

### Use and Occupancy Restrictions Apply

Applications may be requested by email at [9williams@winnco.com](mailto:9williams@winnco.com) or picked up during the following dates and times at:

207 Dudley Street Roxbury MA 02119 (Management Office)

Reasonable accommodations made

Applications available: **Monday-Friday 10/16/17 – 10/27/17 & Monday 10/30/17**  
**Hours: 9 a.m. – 4 p.m.**  
**Saturday 10/21/17**  
**Hours: 10 a.m. – 1 p.m.**

AN INFORMATION SESSION WILL BE HELD AT 464 TREMONT STREET BOSTON MA  
(Castle Square Apartments Community Room)  
THURSDAY OCTOBER 19, 2017 6PM-8PM

Applications will be available at the information session.

For more information or an application to be sent by mail or alternate means, call Madison Park Management Office during the application period of 10/16/17 to 10/30/17.  
Phone: 617-445-8338

**Deadline** for completed applications to be in the **Lottery** is:

In person at the Management Office by 4:00pm 11/10/17 or mail postmarked by 11/10/17.

### SELECTION BY LOTTERY

Two units have a preference for persons with mobility impairment.

Preference for households of at least one person per bedroom.

Maximum Income Limits by Household:

HH Size	60%	70%
1 Person	\$43,440	\$50,700
2 Persons	\$49,680	\$57,950
3 Persons	\$55,860	\$65,200
4 Persons	\$62,040	\$72,400
5 Persons	\$67,020	\$78,200
6 Persons	\$72,000	\$84,000

\*\*Voucher Holders not subject to minimum income requirements or rent at payment standard\*\*

Contact (617) 445-8338 or TDD: 1-800-439-2370 for

Reasonable accommodations regarding the application process or to request an application by mail  
Translation assistance is available.

9 Williams Street Rental Housing is an equal housing opportunity



Managed by WinnResidential



## Complete the Sampan health survey and WIN prizes!

[www.sampan.org/2017/08/17/augustmoonsurvey/](http://www.sampan.org/2017/08/17/augustmoonsurvey/)



Travel: Qingdao serves up beer, seafood and historical flavor

BY RUOBING SU



The Qingdao International Beer Festival. (Image courtesy of Ruobing Su.)

My first visit to Qingdao was in August 2016 with my parents for the famous Qingdao International Beer Festival and beautiful cultural locations.

Qingdao (Tsingdao), originally Jiaozhou Bay, is the largest city in Shandong Province, located on north of China’s coastline. In 1897, the Germans seized and occupied Jiaozhou Bay until 1922, when the Republic of China gained power. Under German influence, there are many European buildings in the old city area of Qingdao, with Badaguan being one of the most famous sites. “Badaguan,” which literally means “the eight great passes” in Chinese, is a historical mansion area the Germans built for residential use. “Huashi lou,” which combines Greek and Gothic styles, is the most famous building of the all — it was constructed with marble and stones, facing the No. 2 beach. Founder of the Chinese republic Chiang Kai-Shek lived in the home when he was in Qingdao, which adds to its historical value.

We were traveling during the famous Qingdao International Beer Festival. Budweiser, Heineken, Vitalsberg — you name it, the brewery had venues and performances on Golden Sands Beach in Huangdao District. Both foreigners and Chinese locals enjoyed icy cold beers, as well as the beautiful night scenery in Qingdao.

As a city famous for beer, we paid a visit to the beer museum. It lies on the old site of the Tsingtao Brewery Company, which is a world-famous manufacturing enterprise specialized in beer brewing. It was established in 1903 as a Chinese branch of a German brewery. We used two vouchers for draft beer and fruit puree beer.

Qingdao is renowned for seafood: fish, crab, shrimp, seastars, clams, sea urchins and so on.

If you want to enjoy the history of China, Qingdao has a perfect view of the sea, culture, as well as tasty food and beer.



Sumiao Hunan Kitchen’s garlic calamari. (Image courtesy of Ling-Mei Wong.)

A food aficionado:  
Sumiao Hunan Kitchen

BY ANNA ING

Sumiao Hunan Kitchen joined the Kendall Square dining scene in July, adding Hunan cuisine with a contemporary atmosphere. Sumiao means “sketch” in Chinese and is the name of owner Sumiao Chen. She successfully marries modern and classic concepts, updating the image of cheap Chinese fare in American culture. Chen is a restaurant owner with a scientist background.

For starters, we got the Spicy Crunchy Cucumbers for \$8. Its subtle spice from the sesame chili oil seasoning gave a lovely refreshing crunch and flavor, whetting our appetites.

The meal’s highlight — and what dreams are made of — was the Red Braised Pork Belly (\$25). This secret family recipe delivered amazingly delicate, melt-in-your-mouth pork belly, packed with sweet, savory and spice in every bite.

The Shaoshan Cabbage (\$15) was simply cooked with garlic, aged vinegar and chili oil, but was anything but boring. Its aged vinegar heightened its flavors, making it addictive.

The Mala Duck (\$9) features aged mala soy rub and was served cold. Being a fan of duck, the moist and tender duck meat was enveloped with crispy skin. It was delightful with subtle spices and savory flavor in every bite. Do be aware there are some pieces with bones as well.

The Garlic Calamari (\$8) with minced garlic plus green and red pepper packed a punch of flavor of subtle heat and garlic goodness. There was no heavy breading on the perfectly cooked squid, which was not overdone.

The delicious modern twist to Hunan cuisine is a welcome addition to Boston’s dining scene.

Sumiao Hunan Kitchen  
270 Third Street  
Cambridge, MA 02142  
(617) 945-0907  
www.sumiaohunan.com

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY  
100 SUMMER ST., SUITE 1200  
BOSTON, MA 02110  
NOTICE TO BIDDERS

· Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on [www.bidx.com](http://www.bidx.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 projects.

· Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

· Contract No. G70CN01, COMMUTER RAIL TRACK, TIES AND SWITCHES ON-CALL CONSTRUCTION SERVICES, VARIOUS LOCATIONS THROUGHOUT MASSACHUSETTS (CLASS 1 – GENERAL TRANSIT CONSTRUCTION (\$15,000,000.00) and CLASS 3 – TRACKAGE (\$15,000,000.00), PROJECT VALUE - \$29,998,654.00), .

· Submitted at [www.bidx.com](http://www.bidx.com) until two o'clock (2:00 p.m.) on **October 31, 2017.**


· Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of providing construction-related services on an on-call basis to support state of good repair repair/reconstruction needs of the Authority. Work is anticipated to be performed throughout the MBTA Commuter Rail service area in Massachusetts and will primarily consist of track repair and reconstruction work.

Bidders attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. While there is no DBE goal associated with this contract, the Authority strongly encourages the use of Minority, Women and Disadvantaged Business Enterprises as prime contractors, subcontractors and suppliers in all of its contracting opportunities.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Additional information and instructions on how to submit a bid are available at [http://www.mbta.com/business\\_center/bidding\\_solicitations/current\\_solicitations/](http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/)



Massachusetts Bay Transportation Authority

# Primary Care 全科醫療 at Tufts Medical Center

Dedicated to the health needs of Boston's Asian community.  
致力於波士頓亞裔社區的健康需求。



**Yee Chuan Ang, MD** 洪于荃醫生  
*Geriatrician; Primary Care Physician*  
老人科服務部主治醫生；主治醫生  
**Fluent in:** Chinese-Mandarin, Malay  
掌握語言：中文-普通話，馬來語

**Elaine S. Choi, MD** 蔡少娟醫生  
*Primary Care Physician* 主治醫生  
**Fluent in:** Chinese-Cantonese  
掌握語言：中文-廣東話



**Michelle Dorrell, MD** 杜美雪醫生  
*Pediatrician* 小兒科醫生  
**Fluent in:** Chinese-Cantonese  
掌握語言：中文-廣東話



**Jenny Hong Gao, MD** 高紅醫生  
*Primary Care Physician* 主治醫生  
**Fluent in:** Chinese-Mandarin  
掌握語言：中文-普通話



**Kristin Huang, MD** 黃天慧醫生  
*Primary Care Physician* 主治醫生  
**Fluent in:** Chinese-Cantonese  
掌握語言：中文-廣東話

**Francis Lam, MD** 林樹熙醫生  
*Primary Care Physician* 主治醫生  
**Fluent in:** Chinese-Cantonese,  
Chinese-Mandarin  
掌握語言：中文-廣東話，中文-普通話



**Sandra Lau, MD**  
*Primary Care Physician* 主治醫生



**Yueling Guo Moran, MD** 郭月玲醫生  
*Primary Care Physician* 主治醫生  
**Fluent in:** Chinese-Mandarin  
掌握語言：中文-普通話



**Myron Siu, MD** 蕭偉倫醫生  
*Primary Care Physician, Geriatric Services*  
主治醫生，老人科服務部主治醫生  
**Fluent in:** Chinese-Cantonese,  
掌握語言：中文-廣東話



**Wei Wang, MD**  
*Primary Care Physician, Geriatrician*  
老年醫科主治醫生  
**Fluent in:** Chinese-Mandarin  
掌握語言：中文-普通話



**Haiyun Gong, MD** 龚海云醫生  
*Primary Care Physician* 主治醫生  
**Fluent in:** Chinese-Cantonese,  
Chinese-Mandarin  
掌握語言：中文-廣東話，中文-普通話



**Sue Ann Ponte, MD** 陳新燕，診症護士  
*Pediatric Nurse Practitioner; Director, Asian General Pediatric and Adolescent Health Services* 兒科診症護士；主任，亞裔兒科和青少年健康服務  
**Fluent in:** Chinese-Cantonese, Toisanese  
掌握語言：中文-廣東話，台山話

Call **617-636-8833** to book an appointment in Chinese. Call **617-636-5331** to receive bilingual assistance for all other hospital services. 請致電 **617-636-8833** 可用中文與您的醫師預約。請致電 **617-636-5331** 獲得其他醫院服務的雙語幫助。

**Tufts** Medical Center

Floating Hospital  
for Children  
at **Tufts** Medical Center

Learn more at: 請前往: [www.tuftsmedicalcenter.org/asiancommunity](http://www.tuftsmedicalcenter.org/asiancommunity)





青島的小魚山。（圖片由蘇若冰攝。）

## 魅力之都——山東青島

蘇若冰 報道

每年的暑假，青島就成了國內的旅遊勝地——不僅僅因為它擁有夏天專屬的海浪和沙灘，更是因為其世界聞名的『青島國際啤酒節』就在八月舉行。有幸，我與父母及幾家好友終於來到了這個充滿魅力的城市，體驗了一把真正的海濱城市的味道。

青島（原『膠州灣』）是中國山東省最大的城市。1897年，德國佔領了膠州灣，並在城市裏建造了許多具有德式風格的建築——這也是為什麼在青島老城區的街頭，經常能見到有歐式風格的老建築。其中，八大關是最有名的歐洲風情建築聚集區域，也是到青島遊覽必去的景點之一——部分建築建於德意志統治時代，大部分則興建於上世紀三十年代。『花石樓』是其中一個最有名的建築——它結合了希臘以及哥特式的建築風格。更重要的

是，不少名人曾在這裏短住過，如蔣介石；它的歷史價值和精美的外觀吸引了眾多遊客慕名參觀。

除了觀賞歷史遺蹟，我們也去了青島國際啤酒節。今年的主會場在青島市的新開放的黃島區的金沙灘上。

我們也去了青島啤酒博物館，參觀了青啤的制作工藝以及歷史。該博物館建於青啤一廠的舊址，部分建築已經被作為博物館使用。鮮啤口感鮮美清爽。

到了青島，海鮮是必不可少的：黃海的魚、蝦、蟹、青口、甚至是海星和海腸，都可以在青島街頭的美食街和夜排擋中找到。

喜歡歷史、喜歡美食、喜歡啤酒的您，絕對不能錯過青島——看海、賞景、吃魚、喝酒，在青島，您能真正的放鬆，享受生活的美好。

## 美食迷：素描湘菜館

吳家儀 報道



素描湘菜的毛氏紅燒肉（圖片由黃靈美攝。）

今年七月，在Kendall Square新開了一家湘菜館『素描』。這個名字的由來，說起來也是簡單：因為店主叫做陳素描，所以就決定把名字融入了餐廳。店內裝修很現代，同時也不缺中國元素；整體來說，非常特別。

湘菜又稱湖南菜，在用料上比較廣泛，色澤油重色濃，口感香辣軟嫩。我們點了麻香嫩脆黃瓜（8美元）條作為涼菜：黃瓜口感爽脆，而辣椒油又為它添加辛辣爽口的味道，讓我們胃口大開。

今天的重點——毛氏紅燒肉（25美元）是我們一直垂涎已久的。使用了祖傳的紅燒肉秘方，入口即化的口感伴隨著又甜又辣的醬料，讓人根本停不下來。

家常手撕包菜（15美元）算是一道比較常見的蔬菜。只用了大蒜、陳醋和辣椒油烹製而成，看似簡單，卻回味無窮。

另一道涼菜是麻辣鴨（9美元）也非常好吃。酥脆的鴨皮下鮮嫩多汁的鴨肉——微微有點辣的口感，加上鴨肉的鮮美，讓我深深對這個味道上癮。

蒜香魷魚卷（8美元）由蒜末以及彩椒捲製而成，非常好吃。

店裏的裝修很特別，充滿了店主陳素描作為中國著名畫家陳培華的女兒獨特的審美愛好。而這家純正湘菜的餐館，也為波士頓的美食地圖增加了一個全新的獨特風味。

一文章由蘇若冰翻譯

### 素描湘菜館

270 Third Street  
Cambridge, MA 02142  
(617) 945-0907  
[www.sumiaohunan.com](http://www.sumiaohunan.com)

## Sotheby's | 蘇富比 EST. 1744

拓視野 薈珍藏



紐約蘇富比中國書畫部  
誠邀2018年春季拍賣委託

徵集範圍：中國書畫、  
名人信札、古籍碑帖等

波士頓 布魯克萊恩  
10月14號（星期六）  
上午10時至下午5時  
地址  
布魯克萊恩萬豪萬怡酒店

Address  
Courtyard by Marriott Boston  
Brookline 40 Webster St  
Brookline, MA 02446

紐約蘇富比中國書畫部於每年春、秋兩季紐約亞洲藝術周期間均會推出中國書畫專場拍賣。本部門專家會定期前往美國、加拿大各城市為您珍藏的中國書畫提供鑒定及拍賣估價服務。如未成功上拍，我們不會收取任何費用。

如需預約或垂詢詳情，請致電紐約辦公室 +1 212 894 1177或 +1 312 513 1966（國語、粵語、英語均可），或發送電郵至 [CPTGNY@SOTHEBYS.COM](mailto:CPTGNY@SOTHEBYS.COM)。

陳佩秋 臨宋人花鳥紈扇 設色絹本 十開冊  
估價 150,000 – 200,000 美金  
成交價 396,500 美金

DOWNLOAD SOTHEBY'S APP  
FOLLOW US @SOTHEBYS





2017年9月移民排期表

親屬移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	2010年5月1日	2010年5月1日	2010年5月1日	1996年2月1日	2007年1月1日	第一優先：美國公民的成年未婚子女
第二優先2A	2015年10月1日	2015年10月1日	2015年10月1日	2015年9月22日	2015年10月1日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2010年11月1日	2010年11月1日	2010年11月1日	1996年7月1日	2007年1月1日	第二優先2B：永久居民的成年未婚子女
第三優先	2005年7月8日	2005年7月8日	2005年7月8日	1995年4月8日	1995年2月15日	第三優先：公民的已婚子女
第四優先	2002年1月1日	2002年1月1日	2002年1月1日	1997年9月15日	1994年6月1日	第四優先：成年公民的兄弟姊妹

職業移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	薩爾瓦多 瓜地馬拉 洪都拉斯	印度	墨西哥	菲律賓	備註
第一優先	有名額	2012年1月1日	有名額	2012年1月1日	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	2016年1月1日	2013年5月15日	2016年1月1日	2008年8月22日	2016年1月1日	2016年1月1日	第二優先：跨國公司主管
第三優先	有名額	2012年1月1日	有名額	2006年10月15日	有名額	2015年11月1日	第三優先：技術勞工及專業人士
非技術勞工	有名額	2004年1月1日	有名額	2006年10月15日	有名額	2015年11月1日	
第四優先	有名額	有名額	2015年10月15日	2015年10月22日	2015年10月22日	有名額	第四優先：特殊移民
宗教工作者	有名額	有名額	2015年10月15日	2015年10月22日	2015年10月22日	有名額	
第五優先	有名額	2014年6月15日	有名額	有名額	有名額	有名額	第五優先：投資移民

..... 活動信息 .....

**木蘭資訊中心課程**  
10月7日（週六）  
下午1時至4時  
泰勒街87號  
Boston, MA 02111  
木蘭資訊中心在華美福利會四樓舉辦課程。提供茶點。需報名，請聯薛小姐：617-426-9492分機228或機216或sxue@aaca-boston.org。

**免費禪修課程**  
10月8日（週日）  
上午10時至下午4時半  
101 Mystic Avenue  
Medford, MA 02155  
免費禪修課程逢週日及週四（上午7時至8時半，上午10時半至12時半）在波士頓菩提禪修舉行。歡迎殘疾人士來參加。

**職業培訓編班面試**  
10月10日（週二）  
下午2時  
泰勒街87號  
Boston, MA 02111  
華美福利會提供兩個職業培訓項目：大樓維修及銀行出納。下季課程前有編班面試，請準時到場並預留兩小時時間。必須滿18歲，有中學文憑。詳情請遊覽www.aaca-boston.org/workforce-education/。

**晚餐供應**  
每週二至週五  
晚上5時半至6時半  
54 Eastern Avenue  
Malden, MA 02148  
Bread of Life提供晚餐供應給低收入家庭和人士在摩頓市及北部地區。晚餐地點週二在Bread of Life，週三至週四在368 Pleasant Street及週五在493 Main Street。

**免費醫療診所**  
每週二  
晚上6時至8時  
First Church in Malden  
184 Pleasant Street  
Malden, MA 02148  
Sharewood Project提供免費醫療服務。沒有健康保險可以由醫師和醫學院的實習醫師看診。請致電781-324-8991或發送電子郵件至sharewood.director@gmail.com。

**華埠社區聯盟會議**  
10月12日（週四）  
上午9時半  
雅樹街38號  
Boston, MA 02111  
華埠社區聯盟會議將在波士頓華埠社區中心4樓舉行。歡迎公眾參加。想了解更多信息，請瀏覽網站tccboston.org。

**中秋節聯歡會**  
10月14日（週六）  
中午至下午6時  
200 Park Street  
Boston, MA 02124  
越助中心舉辦中秋節聯歡會在Town Field公園。

**免費信息轉介服務**  
10月16日（週一）  
上午10時至下午3時  
275 Hancock Street  
Quincy, MA 02170  
權益會目前跟亞協服務中心合作提供信息轉介服務。服務範圍包括：信件翻譯，申請政府福利，醫療保險，托兒入學，投票選舉資訊等。

**免費入籍輔導**  
10月16日（週一）  
下午1時至4時半  
泰勒街87號5樓  
Boston, MA 02111  
華美福利會入籍輔導包括填寫入籍表格、中英對照入籍題目及默寫列句。可協助合資格的低收入人士申請豁免入籍申請費用。歡迎預先登記，請致電曾小姐617-426-9492分機0或發電郵melody@aaca-boston.org。

**華埠南灣社區議會會議**  
10月16日（週一）  
晚上6時

泰勒街90號  
Boston, MA 02111  
華埠南灣社區議會的例會將在中華公所舉行，歡迎公眾參加。詳情請電郵BostonCSCNC@gmail.com。

**免費移民諮詢**  
10月18日（週三）[每月第一和第三個週三]  
中午12時至下午2時  
1 City Hall Square  
Boston, MA 02201  
波士頓市政府提供免費一對一移民諮詢。地點在市政府大樓806房。如需西班牙文以外的翻譯幫助，請提前至少一週致電617-635-2980預約。

**波士頓亞裔電影節**  
10月19日至10月22日  
波士頓亞裔電影節將在地區戲院舉辦。詳情請遊覽www.baaff.org。

**首次購房講座**  
10月19日、10月21日  
晚上6時至9時，上午9時至下午3時  
1509 Hancock Street, 4F  
Quincy MA 02169  
亞協服務中心及Quincy Community Action Programs提供普通話首次購房講座。講座一共9時，必須全程參

加兩天課程。學費30美元。需報名，請致電Daphne陳小姐617-637-5386或遊覽www.qcap.org。

**中華頤養院免費早餐講座**  
10月26日（週四）  
上午9時半至10時半  
120 Shawmut Street  
Boston, MA 02118  
歡迎各位耆英及家人參加，茶點招待在華人佈道會禮堂，前中華頤養院。專業講師用中文講解議題。詳情請致電203-893-7963與殷先生聯繫。

**健康檢查日**  
10月28日（週六）  
上午10時  
屋街38號  
Boston, MA 02111  
信義大廈社區室將有頭頸部癌症、血壓、營養基本檢查。提供茶點。

**SAMPAN 舢舨**

華美福利會發行  
波士頓泰勒街八十七號  
電話：(617) 426-9492  
傳真：(617) 482-2316

編輯：黃靈美  
editor@sampan.org

健康編輯：Sara Brown

記者：齊妮妮、鄺思哲、王安怡

翻譯：馮喬羽、蘇若冰

廣告企劃行銷：  
馮喬羽  
ads@sampan.org

電話：(617) 426-9492  
分機226

排版：黃靈美、Sara Brown

《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。



# 艾克頓中文學校老師為 颶風哈維災民籌款 4000美元

李強 報導



颶風哈維慈善舞會活動在艾克頓中學校舉辦，艾克頓中文學校參三位健身舞老師合影。  
(圖片來自北美亞裔聯盟。)

颶風哈維衝擊德克薩斯州，造成嚴重災害，美國各地各界紛紛捐資捐物，愛心參與支持災區重建。位於波士頓西郊的艾克頓（Acton）中文學校秋季開學第一天，學校三位健身舞老師，李愛麗（Ally Li）、李漫和陳挺共同舉辦了幫助哈維颶風募捐善款的慈善舞會活動 Zumbathon，得到70多位愛心人士和義工們的積極參與。

這次慈善活動得到了社區的大力支持，新朋老友從各地紛紛趕來，大健身房熱鬧非凡。不少青年學生也來到現場做義工，為颶風哈維的災民們獻愛心。

學校體育館內大家勁歌熱舞揮汗如雨，場邊義工不斷傳來捐款額持續刷新的好消息，可以說是健身與愛心同行。

本次舞會活動最終籌款總額

為4000美元。所有善款已經正式交給當地的聯合勸募會（Acton Boxborough United Way）颶風哈維賑災基金，該基金負責人表示每一分善款都將用於救助災民。

發起本次活動的三位艾克頓中文學校的老師感謝社區的支持，感謝大家的參與和愛心奉獻，感謝大量義工們的默默付出，和現場四位高中小義工的認真服務。

本次活動得到艾克頓中文學校（ACLS）、北美亞裔聯盟（AACEA）和聯合勸募會（ABUW）等團體的幫助。三位老師為大家的公益心和社區精神點贊。她們表示華人同胞積極參與主流社會的公益活動，有利於提高華人的地位，對於培養下一代華人回饋社會、幫助弱勢群體的意識，也能夠起到很大的積極推動作用。

## 紐英倫昭倫公所慶祝姜太公誕辰

舢舨編輯部 報導



紐英倫昭倫公所9月22日在會址慶祝祖先姜太公誕辰。（圖片由z昭倫公所提供。）

紐英崙昭倫公所，於9月22日即農曆八月初三，慶祝姜太公3228歲誕辰，於拜祭後，公所職員與僑

教中心主任歐宏偉，攝影於太公像前。

### 學習英文成語

Under the weather

意思：覺得不適



華美福利會10月1日在Larz Anderson公園舉辦校友會烤肉餐會。前校友和老師享用美食。  
(圖片來自華美福利會。)

## 華美福利會舉辦 首次校友會活動

舢舨編輯部 報導

華美福利會10月1日在Larz Anderson公園舉辦校友會烤肉餐會。校友與學生一同和老師們享用美食。華美提供10級英文班及職業培訓，教導上千名學生。

### 收入限制購房機會

275 Old Colony Avenue Condominiums  
275 Old Colony Avenue  
South Boston, MA 02127

2套收入限制住房可得

數量	房型	價格	收入限制	預估平方英尺	預估公寓費
1	2房	\$214,300	Up to 80%	920	\$50.69
1	2房	\$277,100	80% -100%	1024	\$64.14

### 基於住戶人數的最高收入

住戶人數	最高至80%	80%-100%
1	\$57,900	\$57,901-\$72,400
2	\$66,200	\$66,201-\$82,750
3	\$74,450	\$74,451-\$93,100
4	\$82,700	\$82,701-\$103,400

申請表可以電郵獲得或者前往以下地址領取：

South Boston Neighborhood Development Corporation  
273 “D” Street, South Boston, MA 02127

電郵：275oldcolonyave@sbndc.org（申請表不能在2017年10月14日前寄出）

請注意申請表發放期間只持續10天（6個工作日）  
從2017年10月14日至2017年10月23日

住戶必須提供完整姓名和郵寄地址來獲得申請表。

\*2017年10月14日週六上午10點至下午2點在275 Old Colony Avenue —注意— 只有這一天在這裡\*

2017年10月16日週一上午10點至下午6點  
2017年10月17日週二上午10點至下午6點  
2017年10月18日週三上午10點至下午6點  
2017年10月19日週四上午10點至下午7點  
2017年10月20日週五上午10點至下午6點  
2017年10月23日週一上午10點至下午6點

完成的申請表寄送至以下地址：

South Boston NDC - 273 “D” Street- South Boston, MA 02127

親自提交截止時間為2017年10月30日下午6點，  
或者信件憑郵戳在同一天截止。

抽籤進行選擇。

財產，使用和重新出售限制適用。最低收入限制適用。

優先波士頓居民。

優先每房至少一人居住的住戶。

優先首次購房者。

需要合理幫助或者更多信息，致電Michelle Zenga, South Boston NDC, 617-268-9610





# 了解賭博上癮的症狀

Sara Brown 報導

對於一些人來說，賭博可以是一種與朋友一起的娛樂方式。但是，對另一些人來說，高風險賭博可以非常吸引人，然後完全佔據他們的生活。隨著網絡賭場和每天的幻想體育場所，比如FanDuel和DraftKings讓賭博可以隨處進行，賭博可以很快花光一個人所有的錢。

根據Mayo診所，賭博上癮或強制賭博是一種不受控制的衝動，想要賭博，即使它對自己的生活造成很大的影響。賭博意味著一個人願意拿自己重視的東西去冒風險，希望換回更有價值的東西。

根據專家的意見，賭博可以提高大腦回饋系統的水平，就像酒精和其他毒品，這也是導致上癮的原因。根據全國問題性賭博委員會的研究，作為假日禮物分發給少數族裔群體的抽獎產品可以是導致問題性賭博的原因。

全國賭博影響研究委員行動會說在2008年上癮賭博者的比例是0.6%。

對於一個人是否可以賭博上癮，大家還有爭議。美國精神病學協會認為這是一種衝動控制障礙，而不是一種上癮。然而，其他人不贊同。

根據賭博者匿名協會，強制性

賭博的症狀包括：

- 當一個人嘗試風險越來越高的賭博
- 他們忙於賭博
- 他們花費所有空餘時間賭博
- 他們從身邊家人朋友借錢賭博
- 想要戒賭的努力失敗

想要治療真的成功，一個人必須自己想要變得更好。

研究已經顯示不尋求或者不接受幫助的上癮者可能會有自殺的念頭。在美國，一份由全國問題性賭博協會的報告顯示將近1/5的賭博上癮者嘗試自殺。

目前有多種不同的專業治療可得。首先，一個人可以找一名治療師。

另外一種治療方式是藥物。抗抑鬱藥通常可以幫助有抑鬱症的上癮者。抑鬱和上癮經常會同時出現。雖然像這樣的藥物不一定治療上癮，但這會有幫助。專家說藥物最好搭配其他心理治療。

然而，要真的獲得治療效果，個人必須完成生活方式的轉變，包括不再與賭友相處或者前往賭博場所。

一文章由馮喬羽翻譯

## 填舢舨健康問卷，得獎品！

[www.sampan.org/2017/08/17/augustmoonsurvey/](http://www.sampan.org/2017/08/17/augustmoonsurvey/)

## Sudoku 數讀解密

填滿空格，讓每一直行和橫列都有 1 到 9 的數字。每個小九宮格裡也有 1 到 9 的數字，但一個數字在每行每列及小九宮格裡都只能出現一次。（數讀題在中文第三版。）

2	6	9	8	1	3	7	4	5
7	3	1	5	4	9	2	8	6
5	4	8	6	7	2	9	3	1
6	2	3	7	9	4	1	5	8
8	7	5	3	6	1	4	2	9
1	9	4	2	8	5	3	6	7
9	1	2	4	5	8	6	7	3
3	8	7	9	2	6	5	1	4
4	5	6	1	3	7	8	9	2

This is the answer for the Oct. 6 Sudoku. The puzzle is on Chinese page 3.



塔芙茨醫療中心醫師Abhishek Chatterjee。（圖片由塔芙茨醫療中心提供。）

## 了解乳腺癌的風險

塔芙茨醫療中心Abhishek Chatterjee醫師 供稿

### 1. 乳腺癌有哪些主要的風險因素？

乳腺癌有很多風險因素。主要的風險因素包括乳腺癌病史；曾經出現高風險的乳腺病變，包括出現非典型細胞和原位導管癌（DCIS）；直系親屬患有乳腺癌，特別是50歲以下的；或者在40歲以下時有過胸壁輻射的個人病史。除此之外，根據美國癌症協會2015年的研究，有遺傳性基因變異比如BRCA1或BRCA2會讓女性有更高的風險患上乳腺癌。

### 2. 如果一個女性有這些風險因素，應該怎麼辦？

有這些風險因素的女性應該與她的家庭醫生進行討論。醫生會決定是否她需要見一個高風險乳癌專家，這些專家應該是專注乳腺疾病的外科醫師或者腫瘤專科醫師。除此之外，她還應該儘早接受早期乳腺檢查，比如進行乳腺攝影，超聲，磁共振成像（MRI）或這些的組合。

### 3. 什麼是乳癌的遺傳性基因病變？女性什麼時候可以進行基因檢查？

大約10%的乳癌是由於可以從家人遺傳得來的基因病變導致。乳癌通常在家族中會常見，可能還會發生在男性身上。

某些基因在預防乳癌方面非常重要。當病變導致功能有問題的基因，乳癌就可能會出現，這些病變就會從上一代遺傳到下一代。

### 4. 乳癌中遺傳性基因病變的例子有哪些？

兩種最常見也是被研究最多的乳腺中的遺傳性基因變異是BRCA1和BRCA2變異。這兩個變異會增加40%-80%患上乳癌的風險，以及30%-70%患上卵巢癌的風險。從這個角度來看，沒有乳癌風險因素的女性在一生中出現乳癌的風險是13%。還有其他很多遺傳性基因變異，但是其中很多造成的風險和影響還未知。

一文章由馮喬羽翻譯

## 確認、治療和預防心臟衰竭

塔芙茨醫療中心 Jeremy Lechan 供稿

根據美國心臟協會，美國40歲及以上的成人在剩下的生命中有20%的機會出現心臟衰竭——這種症狀是指心臟無法為身體提供足夠所需的血液。

塔芙茨醫療中心心血管移植項目副主任Amanda Vest醫師說：「最新的數據顯示在美國因為心臟衰竭住院的案例每年有將近1百萬，但是美國人出現心臟衰竭的人數一直在不斷上升。」

### 心臟衰竭的類型

有兩種心臟衰竭的類型——收縮性心臟衰竭和舒張性心臟衰竭（也稱為保留泵血部分的心臟衰竭）。患有收縮性心臟衰竭的患者的心臟沒有足夠的泵血功能。患有舒張性心臟衰竭的患者的心臟主泵室異常僵硬。

Vest醫師說：「目前美國有500多萬人患有心臟衰竭。其中大約一半有收縮性心臟衰竭，另外一半有舒張性心臟衰竭，這在年齡較長的人群中。」

### 風險因素

肥胖、糖尿病和高血壓是心臟衰竭最常見的風險因素。對於有收縮性心臟衰竭的人來說，一些人將會有冠狀動脈疾病和心髒病發作的病史，而還有一些人則有心肌病或瓣膜異常。舒張性心臟衰竭的患病率隨著年齡增長而增加，在具有高血壓史的老年女性中尤其明顯。

### 症狀

冰淇淋是兒童很好的零食，特別在心臟衰竭症狀包括呼吸急促（如走樓梯），液體積累（通常在腰部或腳踝周圍），平躺或平常疲勞時呼吸困難。

Vest醫師說：「如果你出現任何這些症狀，你應該盡快聯繫你的醫生。」

### 治療

有幾種藥物可以幫助治療心臟衰竭。收縮性心臟衰竭患者通常需要藥物減少會促使鹽分和水積累從而進一步使心肌弱化的荷爾蒙。有收縮性或舒張性心臟衰竭的患者通常需要利尿藥物促使腎臟排出液體。對於更嚴重的心臟衰竭案例，額外的干預可能是必須的。

Vest醫師說：「如果心臟衰竭是由於阻塞的冠狀動脈，我們可能需要放入一個支架來打開心臟導管室中的動脈或者考慮旁路移植手術。在最嚴重的心臟衰竭案例中，左心室輔助裝置或者心臟移植可能最終會是必須的。」

### 預防

要減少你出現心臟衰竭的風險，Vest醫師建議至少每年見一次你的家庭醫生，對高血壓、糖尿病和肥胖進行早期治療，採取健康的生活，定期運動和控製鹽分攝入。

一文章由馮喬羽翻譯





# 年輕領導人研討會希望 更多亞裔加入領導角色

酈思哲 報導

第六屆青年領袖研討會於9月23日在多切斯特的越助中心舉行。該活動由麻州亞裔委員會和越助中心主辦。

年度研討會旨在促進年輕人在公共和私營領域的領導和服務，舉辦研討會和小組討論，議題有衝突和談判戰略等不同方向。

昆士市議員及年輕領導人研討會聯合主席梁秀婷說道：「委員會的目標是認識到亞裔在美國的重要貢獻。同樣也突出亞裔社區的社會，經濟，文化和政治多樣性。」

她還強調，研討會的目標是吸引年輕領導人，激發參與性。梁秀婷補充道：「我們希望鼓勵市民參與社區建設，為青少年提供機會，互相聯絡，並與亞裔領袖進行社交。」

新任第一位華裔波士頓教師公會主席Jessica Tang在研討會上發表了令人振奮的主旨演講。她強烈鼓勵年輕的亞裔『不要害怕採取行動』。

Jessica Tang在演講中說道：「一旦你進入這些領導人職位，一切都會變得不容易。而且常常你會發現，這是違反直覺的。例如，一旦你成為領導者，獨裁就比合作來得容易。當你受到挑戰或有人不同意您的時候，不聽別人的意見往往比傾聽來得容易；當你犯錯誤的時

候，否認比承認來得容易。這是我們作為領導者的挑戰。面對挑戰的時候我們不應該規避責任，而是要挑戰自己做正確的事情。」

亞裔委員會主席Elisa Choi  
醫師為Suffolk University學生  
Salina Sang頒發今年的亞裔委員會  
獎學金，嘉獎她在過去做出的出色  
的移民權利和種族正義工作。

Choi 醫師說道：「有時我們亞裔被認為是模範少數族裔。我們可能是美國和麻州增長最快的少數族裔社區，但我們在各級領導層面的代表性都不足。無論是公司的行政人員還是學術機構的院長，儘管我們有著各種教育和財政方面的成就。」

一天的活動聚集了80多位與會者，其中許多是大學生，準備做老師。

卡洛尼卡·布朗（Karonika Brown）以前是Lowell的Middlesex社區學院的學生，當她還是學生時，創辦了學校的亞裔學生社團。她表示了自己對做領導人的熱情：「在我的學校，過去沒有亞裔學生組織，所以去年我們開始了一個具有包容所有亞裔學生的組織。Lowell擁有很高的柬埔寨移民，但我們希望鼓勵所有的亞裔都加入我們。」

華埠治安報告：  
9月23日至10月6日

波士頓警察局 提供

所有報告均有波士頓警察局提供。

時間：9月23日至10月6日  
地域：A1區域，包括華埠。

如需報告治安案件或可疑  
請立即致電911。警察局提供

文口譯員。

## 喧嘩派對

9月22日，晚上6點18分：因為在必珠街的公寓內舉辦喧嘩派對，嫌疑犯將被傳召去法庭。

## 惡意破壞

9月23日，凌晨1點1分：受害人報告一名陌生人打碎了她位於必珠街商舖的前門。

## 搶劫

10月1日，上午7點52分：受害人報告一名陌生人打碎了她位於必珠街商舖的前門。

# 東岸華埠商戶面臨地產發展

黃靈美 報道

麻省理工學院公共規劃研究員 Karmen Cheung就房地產發展對紐約、費城以及波士頓的33個華埠商戶進行採訪，並且整合了相關的市政報告、社區組織、人口信息以及新聞報道，發佈了一份針對東部華埠商戶的研究報告。

Cheung說：「我的重點放在繁忙而多彩的華埠上——因為有很多一部分華裔或者華人在那裏居住、購物或者工作。這三個城市的華埠都有一些別種族的亞裔的身影，為傳統的華埠核心帶來了更多的文化，同時也帶來了競爭。」

毋庸置疑，這三個城市的華埠正以高速發展著。自2006至今，波士頓華埠新增地產18個，其中包括12個新建的居民樓項目、5家酒店以及1家寫字樓。而費城共增加17個地產項目，紐約則有38個。同時，Chuang以一樓商戶作為研究對象，發現其數量的增減和整體華埠小型商戶的數量有直接的關係；同時。波士頓和費城的小型商戶（包括零售商）都在逐日增加，而紐約由於高漲不跌的租金等經濟問題，已經出現越來越多的商戶空位。

三個城市的華埠都位於城市的中心或者商業區。而Cheung發現近年來，非亞裔的居民正在逐漸往華埠搬移——新造的居民住宅和新湧入的非亞裔居民對華埠的文化核心造成了一定的競爭性，使得華埠向民族飛地（指在一塊某個民族占主要成分的地區上，聚居的卻是另一個民族）不斷靠近。最終，華埠很可能成為像摩頓、昆士一樣擁有各種族亞裔居民的城市聚居區。

華埠的居民數量也隨時間而改變。波士頓的非亞裔居民近年來正快速增長；費城的華埠居民總體都呈增長趨勢；而紐約的居民數量總體下降，但是和波士頓類似，非亞裔居民的數量卻在上升。另外，華埠整體的房屋稅也在上漲——波士頓的漲幅中等，而紐約則大幅度上升。費城澤因為稅款系統的轉移問題也有上漲。

在社區的搬遷概率中，當地的零售商貨庫、居民數量、佔有成本、物主所有權以及當地商戶情況都被考慮在內。高搬遷率意味著地面零售商的流失，長期居住人口不穩定、佔有成本過高等問題，總而造成一個不穩定、破碎的社區。在此計算下，波士頓華埠面臨中等的搬遷危險。

Cheung之所以會選擇這三個城市的華埠作為研究對象，是因為它們由許多共同點——歷史上，它們都與家庭有著緊密的聯繫；都擁有社區非盈利機構為當地的經濟住房以及員工福利工作。在研究波士頓華埠的過程中，Cheung對華埠工商會、紐英倫中華公所、華埠主街、社區發展商亞美社區發展協會以及部分姓氏公所、商戶等進行了交談和採訪。

該研究同時也針對華埠現狀給出了部分政策建議，如對於部分商戶降低住房稅收、發展故意空餘商戶的懲罰機制，以及對於小型商戶的監管和倡導的專門組織，為他們的現狀和擔憂發聲。

—文章由蘇若冰翻譯

# Make a CORCORAN Community Your New Home

## MASSACHUSETTS

### BOSTON

Allston  
McNamara House  
(617)783-5490  
210 Everett Street

South Boston  
50 West Broadway  
(617)269-9300  
50 West Broadway

### NORTH SHORE

Andover  
Andover Commons  
(978)470-2611  
30 Railroad Street

Saugus  
Saugus Commons  
(781)233-8477  
63 Newhall Avenue

North Andover  
Stevens Corner  
(978)794-1800  
75 Park Street

Chelsea  
Parkside Commons  
(617)884-2400  
100 Stockton Street

Lynnfield  
Lynnfield Commons  
(781)592-6800  
375 Broadway

Woburn  
Kimball Court  
(781)933-9900  
7 Kimball Court

Lowell  
Massachusetts Mills  
(978)970-2200  
150 Mass Mills Drive

Amesbury  
The Heights Amesbury  
(978)388-0671  
36 Haverhill Road

### SOUTH SHORE

Weymouth  
The Ledges  
(781)335-2626  
1 Avalon Drive

Taunton  
Mill Pond Apartments  
(508)824-1407  
30 Washington Street

Hanover  
Hanover Legion  
(781)871-3049  
Legion Drive

Hingham  
Lincoln School Apts  
(781)749-8677  
86 Central Street

Brockton  
Brockton Commons  
(508)584-2373  
55 City Hall Plaza

The Commons at SouthField  
(781)340-0200  
200 Trotter Road

School Street Apts  
(508)823-1299  
31 School Street

Fall River  
The Academy  
(508)674-1111  
102 South Main Street

Scituate  
Kent Village  
(781)545-2233  
65 North River Road

### METRO WEST

Framingham  
Pelham Apartments  
(508)872-9393  
75 Second Street

Holliston  
Cutler Heights  
(508)429-0099  
79 Hollis Street

Ashland  
Ashland Woods  
(508)861-3052  
30A Ashland Woods Ln.

### CENTRAL MASS.

Worcester  
Canterbury Towers  
(508)757-1133  
6 Wachusett Street

## NEW HAMPSHIRE

Nashua  
Amherst Park  
(603)882-0331  
525 Amherst Street

## RHODE ISLAND

W. Warwick  
Westcott Terrace  
(401)828-1490  
319 Providence Street

For more information or reasonable accommodation, please call the property that interests you. We provide free language assistance by phone, just state your language and hold for an interpreter



# 吃西瓜比賽、音樂和社區娛樂 讓上百人來到屋街園遊會

葛昊 報導



屋街園遊會於9月23日在昆士小學舉行。一名年輕藝術家從彩色牛奶在餅乾上畫畫。（圖片由葛昊攝。）

上百名小孩和家人於9月23日聚集在昆士小學參加第32屆屋街園遊會。這個年度活動由波士頓華埠社區中心舉辦，讓華埠和泛波士頓地區的居民聚在一起，享受家庭樂趣。

數十名贊助商和社區機構設立了攤位，提供小孩遊戲，以及波士頓地區的活動信息和資源。參加園遊會的機構包括包氏文藝中心、華

人醫務中心、啟萌幼兒教育中心和其  
他來自波士頓華埠社區的機構。在過去幾年裡，華埠社區中心舉辦了吃西瓜比賽，這在小孩和志願者中都非常受歡迎。第一名會獲得來自喜臨門飯店的早茶禮品卡，第二名可以拿到更多的西瓜。

一文章由馮喬羽翻譯

## Sudoku 數讀

填滿空格，讓每一直行和橫列都有 1 到 9 的數字。每個小九宮格裡也有 1 到 9 的數字，但一個數字在每行每列及小九宮格裡都只能出現一次。  
答案在中文特刊第五版。  
Answers on Chinese page 5.

	6						4	
			5			2	8	6
5						9	3	
			7	9			5	8
			3		1			
1	9			8	5			
	1	2						3
3	8	7			6			
	5						9	

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



美籍華裔作家朱賁蘭于9月23日在波士頓公共圖書館發佈新書《小戰士》，講述中國教育的理念以及現狀。（圖片由Shira Lacharoen攝。）

## 華裔作家解開中國教育面紗

Shira Lacharoen 報道

美籍華裔作家兼記者朱賁蘭於9月23日在波士頓公共圖書館舉行了她的新書交流會。該書名為《Little Soldiers: An American Boy, a Chinese school, and the Global Race to Achieve》（《小戰士：一個美國男孩、一所中國學校和一場全球競賽》），根據作為在上海最好的小學裡學習的兒子的母親的所見所聞，講述和對比了中美兩國的教育差異，揭露了中國教育的神秘面紗。

朱賁蘭在新書中提到了中美教育模式的不同，尤其是中國課堂上老師自上而下的教學方式；這樣的教育模式強調了團隊整體的進步，而不僅僅只限於個人的發展。舉例來說，在老師要求學生們做一個藝術作品的時候，不像美國的老師們會讓學生們按照自己的喜好、想象去完成，中國老師們則喜歡讓學生們都畫一樣的作品。中國不少成功人士都在成功的因素中加入了『學會吃苦受累』的標籤，這也成為了中國教育中必須讓孩子們知道並且做到的一點；而美國在這個點上，卻更加強調了個人的天分和進步的聯繫。朱賁蘭說：「在中國，老師一般都不會對學生說：『你很聰明』；更多的則是『你非常努力』等這種鼓勵的話。」

除了這些教育觀念上的差異，朱賁蘭認為兩國之間的教育方式有很多值得借鑑的地方。在中國，學生們對老師更多的是敬畏，而美國更傾向於朋友一般的存在；相反，中國的教育學家們也發現，在美國，老師在教授知識之外，更注重激發學生們的判斷性思維和對知識的自發性好奇心。

朱賁蘭說：「我希望通過這些可以讓兩國的老師們、教育學者能看到中美兩國值得學習的教育觀念和方法，並且用於教育孩子們——學生們比我們想的還要會適應新環境。」

中國的教育模式正在轉型——一部分北京的學校給學生們提供例如飛盤和攀岩之類的選修課；有些學校也讓學生們在不同的班級上課，為了培養他們日後在社會上面對不同陌生人的適應以及交往；在上海，學生們可以參加兩次英語高考。

朱賁蘭說：「我希望新的教育理念能慢慢地植入真實的教學中，至少先從城市裡的學校開始實行。這個過程會是複雜而漫長的，但是我相信中國的教育正在向這個方向發展，並且發展的很快。」

一文章由蘇若冰翻譯

## 華埠會議綜合報導： 中華公所、華埠治安會

黃靈美和Sara Brown報導



華埠居民會於9月29日在昆士學校慶祝中秋節。（圖片由居民會提供。）

中華公所於9月26日在總部舉行了雙月會議。  
華埠居民會沒有在這個月的第一個週三舉行會議，而是在9月29日在昆士學校慶祝中秋節。

中華公所前主席劉啟祥報告華埠街道中英雙語計劃。  
泰勒街90號的入口將會進行修復，包括階梯、殘障通道和孔子像。根據物業組的數據，修復預計花費4萬美元。

下一次中華公所選舉將在今年舉行，日期定在12月。

### 華埠治安會

華埠治安會於10月4日在中華公所舉行會議。

波士頓波士頓警察局A-1區警

監梅志強說在過去30天，有四起搶劫、10起盜竊、2起汽車盜竊和10起汽車內盜竊。然而，他說犯罪情況相對較低。

他說：「過去一個月沒有大的犯罪情況。」

律師Ka Yung Wong報告了必珠街25號，前醉瓊樓位置的酒店計劃。他之前已經報告過一次，但是原始計劃因為花費太高被修改。

目前，規劃師建設一個14層的酒店，大概有100至105個房間。原始計劃是建設84至85個房間。

Wong說：「我們希望讓設計與社區利益相符。」

一文章由馮喬羽翻譯





摩登市於9月28日在摩頓市長者中心舉辦學校委員會候選人論壇。前費奇堡市市長、現任華美福利會行政副主任黃素芬主持，與摩頓市長柯廷森合影。（圖片由張仲荷攝。）

## 摩頓市學校委員會候選人論壇

舢舨編輯部 報導

150多名居民於9月28日參加了在摩頓市長者中心舉行的學校委員會候選人論壇。泛摩頓亞裔社區聯盟（GMAACC）和麻州長者行動會、華人文化連接會、華人前進會以及麻州Massachusetts Asian and Pacific Islanders Civic Action Network (APIs CAN!)一起贊助了這個活動。這些機構曾在公民參與和語言障礙問題有過合作。

摩頓市學校委員會有市長和8名從摩頓8個區選出的成員組成。今年的市政選舉中，有三個席位被爭取。所有的學校委員會候選人獲邀參加，其中有8人出席。前費奇堡市市長、現任華美福利會行政副主任黃素芬擔任主持人。

在論壇開始，摩頓市長柯廷森（Gary Christenson）向大家問好，接著兩名摩頓市高中的學生進行了介紹和致謝。其他就讀摩頓市高中的學生也在論壇中扮演了重要的角色。

在候選人講話前，麻州長者行動會進行了一個關於雙語投票的報告。今年的選舉將是摩頓市第一次使用英文和中文雙語投票。這是因為1975投票權利法案中規定當5%以上符合投票年齡的居民說一種少數語言，所有的選舉材料必須加上那

一種語言。

參加論壇的候選人介紹了自己，並且談論自己認為最重要的問題。他們回答了一系列問題。其中一些問題來自泛摩頓亞裔社區聯盟做的一份調查問卷，一些來自出席的觀眾。這些問題涵蓋眾多主題，包括：

- 學校在教育毒品和酒精濫用、健康以及霸凌方面應該扮演的角色
- 使用一種文化敏感的態度進行教學
- 支持設立一名監察員，學生可以向他們報告歧視事件
- 雙語教學
- 家庭參與
- 別具天賦的學生的教育需求
- 交通問題
- 聘用少數族裔職員

論壇組織者向需要的人提供了翻譯服務。本地有線電視台MATV錄製了整個過程，在未來將播出。泛摩頓亞裔社區聯盟的目標是向盡可能多的人提供盡可能詳盡的材料，這樣投票者可以有信心和獲得充足信息後在11月7日的選舉中投票。

—文章由馮喬羽翻譯

## 市議長吳弭與市議員奧馬利跟進城市綠化經濟計劃

蘇若冰 報道



市議長吳弭於9月29日在市政廳進行了一月一次的媒體見面會。（圖片由蘇若冰攝。）

9月29日，市議長吳弭與第六區市議員奧馬利於市政廳進行了一月一次的媒體見面會，共同討論了近期市議會已經通過的議案，以及正在籌備中的工作內容。

奧馬利是波士頓環境與可持續發展委員會的主席，除了所負責的選區的日常政務，他還負責參與波士頓環保可持續的相關政策的制定。奧馬利提到了他所負責的社區選擇能源計劃——該計劃鼓勵相關部門放棄使用傳統燃料發電，而轉型使用綠能、可再生能源，同時將城市能源使用過程透明化，穩固能源市場。若該計劃執行，市政府將有絕對權力決定居民以及相關服務行業公司的電力來源，為人們減少電費支出，促進綠化經濟共同發展。

奧馬利說：「我們現在的總統以及他的團隊在環境方面的計劃是非常不理智的。現在作為獨立的城

市、政府、以及州政府，我們應該站起來為我們自己的生活狀態做些什麼；在特朗普時代下，我們更要出台一些有效可行的環保政策。」

吳弭補充說道此項政策不僅僅是推動綠色經濟的重要一步，也為人們在可再生能源（如風力、太陽能）產業，提供了不少工作機會，一定程度上緩解了工作問題。吳弭說：「到具體的實行，還需要比較久的時間——至少要九個月。」

奧馬利和吳弭在上半年提出了塑膠袋收費議案現也緊鑼密鼓的展開工作中。奧馬利提到，波士頓已經算是一個比較晚引入塑膠袋收費的城市了——不少大城市早就已經開始實行塑膠袋收費制。此項塑膠袋收費提案建議波士頓的商家提供厚度至少為3毫米的可重複利用的塑膠袋，並且每只收費5美分；得來的收益將用於補償商家；政府同時鼓勵商家為帶來可重複使用的環保袋的顧客一定的金額獎勵。

近期幾場接踵而來的颶風對美國以及周邊國家不可估量的損失。應對極端天氣的產生，波士頓政府對需要援助的城市以及國家提供了資金以及人員上的幫助。市政府已對波多黎各受到颶風「艾爾瑪」「瑪麗亞」吹襲去贈災，因波士頓是加勒比海居民最多的城市之一。以及同時，奧馬利也將在近日提交應對今年冬天的具體防災應急計劃，確保波士頓居民能夠安全地度過冬天。

## 紐英倫華人歷史協會慶祝25週年

葛昊 報導



紐英倫華人歷史協會於9月29日在喜臨門慶祝25週年。華人歷史協會董事會成員慶祝協會25週年。（圖片由葛昊攝。）

今年是紐英倫華人歷史協會的25週年。為了慶祝這個歷史時刻以及回顧從1992年建立以來，協會的成就，成員和他們的客人於9月29日聚集在波士頓華埠的喜臨門。

這次晚宴有很多需要的慶祝的。首先，位於泰勒街90號，前昆士小學，被正式列入美國國家史蹟名錄。根據紐英倫華人歷史協會，前昆士學校是東岸首座，全國範圍內地13座紀念華人移民歷史的建築。這裡最初是一個主要服務愛爾蘭、猶太、意大利和敘利亞學生的男子學校，隨著二戰之後急劇增加的華人學生，這裡在1976年有90%的學生是華人。在1976年，學校搬至華盛頓街885號，這裡在1983年成為紐英倫中華公所的總部。

用於表彰對華人社區做出巨大貢獻的個人或團體的遊子獎今年頒發給了張黃玉鶯和波士頓華裔退伍軍人會。張黃玉鶯是華人歷史協會

的始創人之一，曾擔任波士頓公共服務市長辦公室的服務代表、公民權利辦公室區域經理，是亞美社區發展協會聯合創始人，是致力於社區的領袖和宣傳者。她的獎由華人歷史協會另一名聯合創始人陳建立頒發，在他的介紹致辭中，陳建立用粵語和英語為她作了一首詩。

波士頓美國華裔退伍軍人會在1945年由Wesley Moy, Henry Oi, Joe Ngit Chin, Alfred Yee和其他人為了華裔軍人建立。波士頓美國華裔退伍軍人會已經服務波士頓華埠社區超過70年，希望在華埠建立一個退伍軍人紀念碑。

之後，華人歷史協會將贊助波士頓亞裔電影節，在10月22日為波士頓華埠紀念項目拍攝的影片將首映。

—文章由馮喬羽翻譯

## 舢舨廣告 華埠首選

廣告熱線  
(617) 426-9492 x 226

今日是農曆八月十七日

宜：冠笄、會友、拆卸、起基、除服、成服、啟鑽、安葬、沐浴、捕捉、開光、塑繪

不宜：作灶、祭祀、入宅、嫁娶





**south cove**  
community health center  
華人醫務中心

# 華人醫務中心

**South Cove Community Health Center**  
The Premier Asian Community Health Center of Massachusetts  
麻州首屈一指亞裔社區醫療中心

我們的醫生現在正接受新病人，請即日致電任何一個診所預約！  
**Our providers are accepting new patients, call today to schedule for an appointment!**

華人醫務中心漢考克街診所的內部藥房可為所有的華醫病人提供負擔得起的處方藥。  
**South Cove's Quincy pharmacy is serving new and existing patients with affordable prescription medications.**

華人醫務中心悉心協助有需要人士申請醫療福利及聯邦（可負擔健保法案）或麻州全民保險計劃。  
**We provide assistance with MassHealth, Affordable Care Act Plan & Health Safety Net applications.**

**我們要來摩頓了！華人醫務中心摩頓診所將於 2017 年 12 月開放，為大摩頓社區服務！**  
**We are coming to Malden!! South Cove Malden Clinic to open December 2017 to serve the greater Malden Community!**

Boston 波士頓	<b>Washington St. Clinic</b> 華盛頓街診所 <b>885 Washington St.</b> 617-482-7555	成人科、小兒科、足科及社會服務部 Adult Medicine, Pediatrics, Podiatry and Social Services	SUN 星期日 8:30AM - 2:00PM MON-FRI 星期一至五 8:30AM - 5:30PM SAT 星期六 8:30AM - 3:00PM
	<b>South St. Clinic</b> 南街診所 <b>145 South St.</b> 617-521-6730	婦科、牙科、眼科、X光乳房攝影篩檢、骨質篩檢、家庭計劃、心理科、營養科/奶卷、幼兒培育組及課餘活動中心 OB/GYN, Dentistry, Optometry, Mammography, Bone Density, Family Planning, Behavioral Health, WIC, Early Intervention and BASE	MON-FRI 星期一至五 9:00AM - 5:30PM SAT 星期六 9:00AM - 3:00PM
Quincy 昆士	<b>Hancock St. Clinic</b> 漢考克街診所 <b>435 Hancock St.</b> 617-318-3300	成人科、340B 藥房及社會服務部 Adult Medicine, 340B Pharmacy and SOCIAL SERVICES	SUN 星期日 8:30AM - 2:00PM MON & TUE 星期一至二 8:30AM - 6:30PM WED - FRI 星期三至五 8:30AM - 5:30PM SAT 星期六 8:30AM - 3:00PM
	<b>Holmes St. Clinic</b> 霍姆斯街診所 <b>88 Holmes St.</b> 617-318-3200	婦科、小兒科、牙科、眼科、心理科、家庭計劃及社會服務部 OB/GYN, Pediatrics, Dentistry, Optometry, Behavioral Health, Family Planning and Social Services	SUN 星期日 8:30AM - 12:30PM MON-FRI 星期一至五 8:30AM - 5:30PM SAT 星期六 8:30AM - 3:00PM (Optometry: 1st Sat)(眼科：每月第一個星期六)
Malden 摩頓	<b>Commercial St. Clinic</b> 商業街診所 <b>277 Commercial St.</b> <b>Opening December 2017!</b>	成人科、婦科、小兒科、眼科及社會服務部 Adult Medicine, OB/GYN, Pediatrics, Optometry, and Social Services	MON-FRI 星期一至五 9:00AM - 5:30PM SAT 星期六 9:00AM - 3:00PM

<http://www.scchc.org>