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Year of the sheep


SUBMITTED BY HAN TEE SEE
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2015 is the Year of the Sheep or Goat.

Rat

General

Although 2015 is a year of recovery from a challenging 2014, and will be much better compared to 2014, your general luck will still be considered as below average for those born in the Year of the Rat. Minor but recurring problems that are unexplainable and not within anyone’s control might frustrate you along the year. You will however, gain support from others and that will reduce the impacts from these challenges. As 2015 is generally better than 2014, you can begin to implement unhindered plans in 2015, but do it slowly and steadily. Do not rush into making major plans and be more conservative in your decisions instead.

Although your confidence will be shaken along the year, do not self-evaluate or blame yourself. It will be unfair to do so. Instead, focus on pulling yourself together and be resilient. Leverage on this year to stabilize various aspects of your life such as career, relationship, family and wealth.

Career

Many minor issues that are not caused by anyone intentionally will arise in your career. These problems, though resolvable, will inevitably cause you a lot of frustration. For example, when you are rushing to complete a project, a power failure has to happen at this critical moment. Another example would be that you are assigned to monitor and maintain a group of servers which has never been down for years, and once you take charge of them, they suddenly decide to stop functioning. Fortunately, you will be able to gain support and help from the relevant people. The problems can be resolved but the questions “Why me?” will ring repeatedly in your mind. Often, you will be so near and yet so far from your goals. For example, the deal that you have been following for a long time has suddenly been called off just before signing of the contract. You may receive a job offer from your dream company and they have to put it on hold due to a sudden headcount freeze. With frequent misfortunes, your confidence will be affected. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. What will transpire in your career has nothing to do with your ability and effort. 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rescue, or, if you find yourself stuck in the middle of some trouble, ask for help and it will be on the way. However, it will be unbearable to discover deception from family members which will be more frequent in this year. You will find it difficult to get along with family members. They may be going through a difficult phase in their lives that will lead them to overreact towards other people’s comments and behaviors. Avoid getting involved in matters that do not affect you directly and be tactful when communicating with them.

General
This can be one of the toughest years that you can have. Comparing the degree of severity, 2015 will be either equivalent or worse than 2013. There will be many problems affecting vital aspects of your life all the time, which can be overwhelming and unbearable. While any support will be appreciated, the ugly side of humanity will send chills down your back instead. This will be an unfavorable year to implement any major plans. Focus on localizing any problems and stabilizing situations. Take things easy and have more rest. You can evaluate your directions and consider making new long term plans. Connect with your inner child and ask yourself what you really want in life. Spend more time with family and friends. Whatever is going to happen in this year is not a true reflection of how your life will be or should be. The more humble and more flexible you can be, the easier you will be able to pull through this year. Hope that you will still have sanity left for 2016.

Career
This will be an extremely challenging year and your resilience will be put to the test because there will be many obstacles that will not only hinder your progress, but also potentially stop you from achieving your goals. Even tasks that you are familiar with will suddenly be plagued with teething problems. Many of you, a times, you will almost clinch deals or secure opportunities, but they can suddenly be sabotaged, intercepted or called off. When support is greatly in need, others will be indifferent to your plight, or might instead, attempt to get you into serious trouble. Support from peers will be weak as well. You will have a lot of difficulties getting along with the management or your boss and they can become one of your worst nightmares. You may be accused of violating company’s policy and the law. Due to the magnitude of problems faced, there will be a possibility of losing your job. Thus, avoid implementing major career plans. It may also be quite difficult to keep a low profile because you will have high tendency of being in the limelight for all the wrong reasons. You will become an easy target if others were to frame you. Thus, try your very best to protect yourself and stay away from troubles and keep communication records. If you need to handle contracts and agreements, pay extra attention to the content before endorsing on them. If you are unsure about the content, feel free to seek help from the professionals. The most important and yet fundamental goal of this year will be to keep your job. Take it easy on yourself. No matter how frustrated you are or how badly you feel wronged, do not have direct confrontation with others or behave impulsively. Be as humble as you can and adopt a conservative approach with regard to your career.

Health
There will be huge expenses in this year which can strain your finance or put you in financial troubles. It will be challenging to keep your expenses in check because there will be never ending events that will require you to spend money. Such events will be beyond your control. If you are receiving a steady income, there will be possibility of having pay cuts. However, you will be slightly better off than those who are living on irregular income. Your judgment may not be as good as in other years which will cause a loss of money. Avoid making investments or engaging in gambling related activities. It will be difficult for you to save money and thus, you should try staying away from financial troubles at the very least.

Relationship
If you are in a relationship, there will be a lot of fights due to stress from the other aspects of your life. You will also have quick temper because of that, and before you know it, harsh words will gush out. Be patient with yourself and your partner. It may not be easy, but try not to take it out on your partner. This will not be a good year to make any major decisions or judgment about your relationship. Try to let matters remain as it is for the time being. If you are single, you will often be seen as preoccupied or having a bad mood. This will cause interested party to change their mind. Relationship matters may not be top priority in this year.

In the year of the Sheep, we wish our neighbors a peaceful and prosperous Chinese New Year!

在羊年到來之際，塔芙茨大學祝愿華埠鄰居擁有一個平安、繁榮的中國新年！
to engage in highly interactive activities. You will meet people who can help you progress or receive opportunities through such connections. However, while this can be a fantastic and joyous year, it does not guarantee you a problem free one. The nature of problems that will occur are those that strike fast and deadly. Hence, do not take your good fortune for granted. Do not let your guard down against ill-intentioned people. You will still need to have contingency plans in place. Be humble and stay out of trouble. Even if you feel good about your health, continue to maintain a healthy lifestyle. Avoid all high-risk activities. You will be prone to become arrogant. Your enemies will become jealous of your success and cloud your judgment or lead you to make rash decisions. Support from your loved ones. Since this will be a good year for you, it will be easier to improve your life tremendously by simply being careful.

Career
You will be doing very well in your career. There will be strong support from your management and the relevant authorities. You will be bestowed with greater authoritative power. This will be an appropriate year to implement your career plans. There will also be signs of promotion and recognition. Naturally, this will come with a wider job scope and heavier responsibilities. Support from your peers will be easily available. There will be many job and business opportunities along the year as well. Keep a look out for them. Although you will be doing very well, do not take this for granted. Do not let success cloud your judgment or lead you to become arrogant. Your enemies will only strike if they can get you into serious trouble or cost you your job. If they can get you blacklisted in the industry, they will not hesitate to do so. Hence, serious problems and major troubles will occur fast and suddenly. Do not trust others easily, especially when dealing with matters that are to important matters and opportunities that you have discovered. Even though you will be busier, you will still need to handle the more important matters by yourself. Verify important information before using it. If there are differences in opinions, handle them amicably. You can be riding the waves and touching the sky in one moment and falling deep into the sea in the next if you are not careful. Leverage on this year to bring your career into greater heights while threading with care.

Wealth
Your main wealth will be strong and you are likely to receive a pay increment or other monetary rewards. If you are doing sales and receive commission, your commissions will be likely to be more than what you receive in other years. Your side wealth, which refers to earning from investment and winnings from gambling, will also be strong. However, the difference between this and your main wealth will be that the risk of losing earnings and winnings from such avenues will be very high too. If you were to earn from investment or win from gambling, take a break and avoid investing in succession. Do not let greed cloud your judgment. If you carry on indulging in aggressive investments or gambling, you may not only lose what you earn and win, you may even get into financial troubles.

Relationship
This will be one of the important years to improve your relationship matters. If you are single, you are likely to meet the love of your life. You may be faced with the sweet bitter agony where you may have more than one suitor. Give yourself adequate time to get to know them before making your choice and commitment. You may even be tempted to delay making any decisions or try holding on to multiple relationships at the same time, but do not do so. Be honest with yourself and others instead. If you are already seeing someone, you will get married. If you are already married, you will welcome a family member. You will have tendency of falling for seduction of third parties. Do not risk your long term happiness for short term excitement.

Health
Generally, your health will seem to be average and manageable. However, there will be a risk of having fatal health conditions that strike fast and suddenly. Do not take your health for granted. Even if you feel good about your health, focus on improving your immune system by having a balanced diet, regular exercise and adequate rest. You will be accident prone as well. Avoid all types of high-risk sports and activities. Also, pay attention when you drive, operate machines and handle sharp tools. There are indications that you may become a victim of natural disasters. Do take the necessary safety precautions accordingly.

People
Everybody will seem to be friendly and supportive towards you. This is mainly because you will be perceived as the rising star and the popular person in town. Opposing you openly will be considered inappropriate. However, this does not mean that everybody treats you sincerely or is happy for you. In reality, there will be more ill-intentioned people than in other years. Instead of adopting any petty underhanded means, they will wait patiently for any opportunity to give you a fatal blow. Hence, you can be friendly towards everybody, but do not let your guard down. Do not trust people with confidential and sensitive information, especially relating to opportunities that you have discovered. For important matters, it will be best that you handle them personally. Although it can be tiring handling most of the matters yourself, you simply cannot take any risk of being sabotaged. Even though you will be likely to do very well, any carelessness can be the mistake of a lifetime.

Rabbit

General
You will have many opportunities to do well in various aspects of your life. However, there will be a high possibility of losing them or getting into more serious trouble than you have expected. There will be huge expenses that may get you into financial troubles. You may even lose your job. Your relationships will be in jeopardy and your reputation may be at stake. Your health will be below average and you will be accident prone. Having more ill-intentioned people around you certainly does not help as well. It will not be difficult to classify the types of troubles that you will get into. The troubles will be those that are mainly related to vices. These will snowball in every aspects of your life and become uncontrollable. No matter what excuse or reasons that you may have, the price that you will need to pay will be too high. Hence, it will be critical to exercise self-discipline and stay out of trouble. Staying out of trouble successfully will be an achievement by itself. Catching opportunities and materializing rewards will be a bonus for you.
Career
You will be doing very well in your career will seem that you are doing well. There will be pay increments, recognition and other forms of rewards. However, such good times may not be sustainable. There will be many various potential problems that will cause you to lose them. For example, you may be involved in office affairs which will come to the attention of your company. Your professionalism and integrity will be put to scrutiny. In order to protect your company's interest, you will likely be let go. Another example is that that you are being rewarded for delivering excellent sales result, but you may get carried away and behave arrogantly. Your clients and business associates will find it difficult to get along with you and will bring your business somewhere else. There will be many ill-intentioned people who will use unhandy means against you. They will betray you, instigate you to do things that will harmful to yourself, or tarnish your reputation. Many will be gossiping about you or you may get yourself in the headlines of tabloids for the wrong reason. Not only there will be high risk of losing many opportunities, you are likely to get into trouble and you may even lose your job. Many potential problems that you face in this year can be reduced or avoided if you can stay away from ill-intentioned people and trouble. Do not be too trusting and do not let others manipulate you into traps with poisoned sweets.

Health
Although you may have the possibility of having pay increments and other monetary rewards, your expenses will be exceptionally high. If you are not careful, not only will your savings be depleted, you may even get into financial trouble. You may have to spend a lot of money to bail yourself out from trouble such as silencing scandals and paying for serious misjudgment in investments. There will be huge legal expenses and medical expenses. In the course of this year, there will be possibility of losing your job while the high expenses continue to rise, which will land you in debt in no time. It will be important to stay out of trouble. Do not invest or engage in gambling related activities. Take good care of your health and safety. Last but not least, stay employed.

Money
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People
You will meet with many ill-intentioned people. They will betray, backstab, mislead and sabotage you. You are likely to be the topic of the gossips another aspects of your life. You will also have quick temper because of that, and before you know it, harsh words will gush out. Be patient with yourself and your partner. It may not be easy, but try not to take it out on your partner. This will not be a good year to make any major decisions or judgment about your relationship. Try to let matters remain as it is for the time being. If you are single, you will often be seen as preoccupied or having a bad mood. This will cause interested party to change their mind. Relationship matters may not be your top priority in this year.

Health
Your health will be slightly below average. Your lethargy will be closely related to the negative emotions that you will be experiencing instead of major physical health issues. Try to pull yourself together and cheer up. Being positive will help you to feel more lively and energetic. A good health will be a strong foundation for you to overcome the challenges. Improve your immune system and take good care of your health so fight a good battle. There will be risk of minor injuries, especially those that related to falling.

People
There will be problems of all kinds, especially those that caused by people. Some of them will resort to underhanded means against you such as betraying, backstabbing, sabotaging and accusing you. Others will directly confront you, be aggressive, or even treat you mercilessly. They will intercept your opportunities and pounce on every means to harm you. Although you are aware that you are not responsible for how others treat you, you will still be disheartened and shocked by how terrible people can be towards one and another. You may even begin to doubt humanity. However, take heart — as long as we are living in a community, we will not be able to avoid mean people. They are simply everywhere. However, you can decide how you want to react. Focus on protecting yourself by not trusting people easily. Do not get involved in matters that do not impact you directly. Walk away even if others were to dare you into a fight. By choosing a conservative approach does not mean that you agree to what others are trying to do to you. You can refute it at a later but much more favorable time.

General
Many opportunities and good news will populate this year. You will be doing very well in many aspects of your life. You will bring your career to greater heights. Strong support from others will be easily available. You will fall madly in love, get married or welcome a new family member. It will be to your advantage to engage in highly interactive activities. You will meet people who can help personalized
to your unique needs.
you progress or to receive opportunities through such connections. However, while this can be a fantastic and joyful year, it does not guarantee you a problem free one. The nature of problems that will occur are those that strike fast and dead-
ly. Hence, do not take your good fortune
for granted. Do not let your guard down against ill-intentioned people. You will still need to have contingency plans in place. Be humble and stay out of trouble. Even if you feel good about your health, continue to maintain a healthy lifestyle. Avoid any high-risk activities. You will be prone to become victim of natural disas-

ters. Thus, have safety measures in place accordingly. Treasure your relationships with your loved ones. Since this will be a good year for you, it will be easier to im-
prove your life tremendously by simply being careful.

Career
You will be doing very well in your career. There will be strong support from your management and the relevant authorities. You will be bestowed with greater authoritative power. This will be an appropriate year to implement your career plans. There will also be signs of aggressive investments or gambling, you earn from investment or win from gam-

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General
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ity of losing them or getting into more serious trouble than you have expected. There will be huge expenses that may get you into financial troubles. You may even lose your job. Your relationships will be better as you will gain in love and safety precautions accordingly.

However, there are indications that you may be a victim of third parties. Do not risk your long term happiness for short term excitement.

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indications that you may be a victim of natural disasters. Do take the necessary safety precautions accordingly.

People
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volved in disagreements that could lead to the attention of your company. Your professionalism and integrity will be put to scrutiny. In order to protect your company image and avoid unwanted attention, you be let go. Another example is that you are being rewarded for delivering excel-

lent results, but you may get carried away and behave arrogantly. Your clients and business associates will find it diffi-
cult to get along with you and stopping their business somewhere else. There will be many ill-intentioned people who will use unhandy methods against you. They will betray, exploit about you or you may get yourself in the headlines of tabloids for the wrong reason. Not only there will be high risk of losing your job, you may even lose your job. Many potential problems that you face in this year can be reduced or avoided if you can stay away from ill-intentioned people and trouble. Do not be too trusting and do not let people manipulate you into traps with poisoned sweets.

Rabbit

General
You will have many opportunities to do well in various aspects of your life. However, there will be a high possibil-
ity of losing them or getting into more serious trouble than you have expected. There will be huge expenses that may get you into financial troubles. You may even lose your job. Your relationships will be better as you will gain in love and safety precautions accordingly.

However, there are indications that you may be a victim of third parties. Do not risk your long term happiness for short term excitement.

Wealth
Although you may have the possibil-
ity of having pay increments and other do-

Not only there will be many various

Check your blood and other health re-
diculous that you may be in-

against ill-intentioned people. You will

avoid all high-risk activities. You will be

ensures. Your health, focus on improving your immune system by having a balanced diet, regular exercise and adequate rest. You will be accident prone as well. Avoid all types of high-risk sports and activities. Also, pay attention when you are operating ma-

chines and handle sharp tools. There are

indications that you may be a victim of natural disasters. Do take the necessary safety precautions accordingly.

People
Everybody will seem to be friendly and supportive towards you. This is mainly because you will be perceived as a rising star in the popular person in town. Opposing you openly will be considered inappropriate. However, this does not mean that everybody treats you sincerely or is happy for you. In reality, there will be more ill-intentioned people than in other years. Instead of adopting a guarded approach, you need to keep wait patiently for any opportunity to give you a fatal blow. hence, you can be friendly towards everybody, but do not let your guard down. Do not trust people with confidential and sensitive informa-
tion, especially relating to opportunities that you have discovered. For important matters, it will be best that you handle them personally. Although it can be tir-

ing handling most of the matters your-

self, you simply cannot take any risk of being sabotaged. Even though you will be likely to do very well, any careless-

ness can be the mistake of a lifetime. There will be pay increments, recogni-
tion and other forms of rewards. How-

ever, such good times may not be sus-
tainable. There will be possibility of potential problems that will cause you to lose them. For example, you may be in-

volved in disagreements that could lead to the attention of your company. Your professionalism and integrity will be put to scrutiny. In order to protect your company image and avoid unwanted attention, you be let go. Another example is that you are being rewarded for delivering excel-

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activities and inadequate rest as well. Among different forms of accidents, you will be prone to serious injuries that re-
lated to mountains, volcanoes or high-
lands. Avoid activities that involve such landscape. Also, avoid mountain climb-
ning and rock climbing activities.

People
You will meet with many ill-inten-
tioned people. They will betray, back-
stab, mislead and sabotage you. You are likely to be the topic of the gossips in
town. Some of them will take advantage of you or exploit you. Others may insti-
gate you to do something that is harmful for you. They may be saying things that you want to hear, but you will need to
consider objectively whether the advice or suggestion is genuinely in your best interest. There will be many people try-
ning to get you addicted to alcohol, affairs and gambling. Be firm and exercise self-
discipline. Support from others will be rather weak and may not be enough to
keep you out of trouble. It will be much
close to inaccurate information provided by
others. Your health will be slightly below
average. In the area of romance, it will be
poor if things are not well managed;
there may be a threat of separation. Al-
though the problems in this year should
be manageable and avoidable, it can be
frustrating and annoying; putting your
patience to a major test. You may want
to engage in activities that help you
to channel the frustration out in healthy
ways. You can do sports, meditation or
any activities that can help to release
the frustration. Take things easy and fo-
cus on progressing slowly and steadily.
Health and safety for the elderly will be
in danger.

Career
Despite being generally fine in your
career, you might still feel that you have
many obstacles in your way. Generally,
there should not be major technical is-
sues or problems with the work itself.
However, you will be frustrated most of
the time, largely due to interpersonal re-
lationships. Not only they will have diffi-
culties in cooperating with you, they will
argue and even get into direct confronta-
tion. They will mess up your plans de-
spite that you have given specific instruc-
tions. Instead of pursuing your goals and
accomplishing your objectives, you will
be busy fighting with others and cleaning
up the mess thereafter.

You will also discover that some of
your colleagues and business associates
who you have treated them like friends
and family are responsible for caus-
ing harm to you, which in turn, will be
a great blow to you. The situation can
be so bad that you cannot help wonder-
ning whether there is a major conspiracy
against you and you will keep asking
yourself what is wrong with these peo-
ple. You will be annoyed and disgusted
with many around you. You may choose
to keep to yourself, hoping that this will
help to alleviate frustration. Unfortu-
nately, most of the jobs cannot be done
alone. No matter how hard you try to iso-
late yourself, you will need to liaise with
someone. Be reminded that you are not
responsible for how others do their work
and correspond with you. If they fail to
listen or read, their competency should
be questioned. You will need to escalate
or implement disciplinary actions. Be
patient but do not hesitate to exercise
your right or your authoritative power.

Wealth
You will be laden with many ill-inten-
tions in this year. You will lose money in
investments due to inaccurate information provided by
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February 20, 2015

Sampan

HOROSCOPE

February 20, 2015

Sampan

Februa


General

This will be a trying year for those born in the Year of the Snake, largely infected with troubles and problems. Al- most all the major aspects of life such as career, wealth, relationship, health and family, will be badly affected. On top of that, when you are going through a rough patch, others will be unsympa- thetic towards you. They will have direct confrontation with you, snarl at you, or yell at you instead. Apart from the verbal attacks, you will have a high risk of be- ing a victim of violence. There will be a possibility of being attacked by people, such as robbers, and animals.

Take note of your safety. While there will be many challenges along the year, there will be frequent traveling you do not have the luxury of time to take. There will be many opportunities along the year, such as robbers, and animals. You will be a victim of violence. There will be a possibility of being attacked by people, such as robbers, and animals.

Your wealth situation will be poor. There will be high expenses that can get you into financial difficulties. This will not be a good year for making invest- ments or engaging in gambling related activities. Instead, there is a more conser- vative approach towards finances. There are indications of you being robbed. Not only there will be loss of wealth and valuables but there will be a high risk of being badly injured. Do not flash your wealth or valuables.

Relationship

If you are single, the chances of falling in love will be slim. You will seem to be in a confrontational mood. This will lead to potential suitors shying away. If you are in a relationship, there will be a lot of arguments. On top of this, your partner’s health and safety will be in danger. In particular, you should remind your partner to pay attention to his or her safety when travelling or in daily activi- ties. It may not be realistic for your part- ner to avoid traveling but he or she can consider reducing traveling frequency. Try to convince your partner to improve his or her immune system to prevent the impending danger of an ailing health.

Health

Your health will be weak. Although this should not be life threatening, it can still be frustrating since it will affect your ability to focus, and you will feel tired easily. There will be more chances of having accidents, especially those that are occurring in the street and commuting. There will even be a possibility of you being attacked by animals like dogs, cats and reptiles.

If you keep pets or are often around animals, pay attention to your own safe- ty. If you are married, your spouse’s health may be weak. It will be advis- able for them to improve their immune system with regular exercise, and have adequate rest. You will receive bad news from family and relatives that are likely to relate them to being in life threat- ening situations.

People

People can be very nasty towards you. They may not even bother to use underhanded means against you. In- stead, they will try to rouse you to have direct confrontation with you. They are likely to yell at you and be completely unreasonable. You will be shocked and upset with how you are being treated. Although you will be tempted to rea- son things out with them, it may not be worthwhile. How you treat you may not have anything to do with who is right or wrong about matters. They just simply want to find fault with you or take it out on you. It will not be easy, but try to not have direct confrontation with them or let them affect your emotions too much.

You may want to consider participating in some activities that can help you chan- nel such frustration out in a healthy way. Keeping it within you may have adverse effects on your health.

Horse


General

The Year of the Goat will be an above average year for you where you will be showered with opportunities along the way. This will be a suitable year to im- prove your financial aspects of your life such as career, wealth and relationship. You will also gain support from others. However, instead of feeling good about how you perceive you will fall into the next level, you may easily feel subjugated and forgetful. This will cause opportuni- ties slipping away and problems creep- ing up.

Unknowingly, you will distance away from others as you rise in your career. You will be perceived as a changed per- son and others will no longer be as sup- portive towards you. Relationship luck will also be only average. You will see the stall the progress. There will be high expenses. Although it will be so much easier for you to do very well, everything will fall apart if you are unable to focus on your objectives and ignite the fire in you to pursue your goals. Show the world what you want and you will succeed.

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to like you but not telling you explicit- ly about it. This can be frustrating. If the person likes you they would let you know. It will be better not to speculate. If you are in a relationship, your relationship will likely to stabilize or improve.

Health

Other health conditions will range from something minor to something life-threatening. The potential health risks will be higher this year. There may be some problems with the limbs as well, which can refer to a sprain or ailments related to the bones. Cholesterol levels may soar to an unhealthy level. Your weak health will cause you to feel tired and you will in turn, get distracted easily. A result, your performance at work will be compromised, and your judgment will be affected.

Improve your immune system by having a balanced diet, regular exercise and adequate rest. Even when you feel fine, do not take your health for granted. Remember to go for regular health check-ups. Most importantly, have a healthy lifestyle. There will be risks of accidents, but the risk will be high if you are having serious health problems.

People

There should not be many ill-inten- tioned people and unreasonable people this year. You will be able to gain strong support from others easily. As you will likely do well in your career, you will be inclined to distance yourself from others unintentionally due to your tight schedule or your preoccupa- tion with many other matters. Many will perceive you as aloof. They will be unlikely to have direct confrontations with you, but will not be as cooperative and supportive as you as before. This will certainly cause a lot of inconveniences. For example, you will notice that your needs to get things done will not be as smooth as before. You will need to attend to details personally. You do not need to spend too much time on social ac- tivities, but can spend that time to catch up or interact with others just to maintain friendly relationships. In this regard, you should not forget not them as you make progress. Getting continuous support from others will enable you to focus on more critical matters and progress smoothly and quickly.

Goat


General

You are a determined person with a gentle nature. However, it seems that you will become a changed person in 2015 the Year of the Goat. There will be a mysterious temper that can explode in you and can also manifest unexpectedly. Ev- erything will seem to anger you easily. Even matters that you usually laugh off will become extremely annoying to you. Your expenses will increase and you may need to borrow money as your in- come will not be able to cover the ex- penses and the internal troubles. How- ever, if you are in business or if your in- come is commission based, you will run a high risk of financial difficulties. It will be challenging to clinch deals or collect payment. This will have direct impact on your business and sales.

Endure

Your luck with wealth will be be- low average. If you are earning from a steady income, there will be many sud- den events that will require you to spend money. Fortunately, you will be unlikely to get into any financial turmoil. How- ever, if you are in business or if your in- come is commission based, you will run a high risk of financial difficulties. It will be challenging to clinch deals or collect payment. This will have direct impact on your business and sales.

Wealth

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Relationship

Your relationship matters can be quite dramatic in the Year of the Goat. If you are single, your fiery temper will frighten off those who are interested in you. Try to keep your temper in check. The other possibility will be that you will be competing with another person to get the attention of someone you are interested in. This competition can be- come frustrating when the person you are interested in cannot make the deci- sion and your competitor resists to back off. In such a situation you will need to look for alternatives. If you are in a relationship, disagreements can escalate to exchange of harsh words frequently.

Monkey


General

2015 will be a good year for those who are born in the year of the Monkey. You will be vibrant and full of drive. Many opportunities will occur along the year. You will gain strong and sincere sup- port from others. Therefore, it will be an appropriate year to focus on interacting with others as you will be extremely pop- ular. The more you interact with others, the better you will be. This will be one of those rare years where there will not be many ill-intentioned people around you. This will be an appropriate year to put your plans in place. You will likely to im- prove various aspects of your life such as career, money and relationship matters.

There are indications of you receiving good news that will warrant celebration. This can refer to a promotion, an unex- pected sum of money falling onto your lap or welcoming new family members. However, although you will be doing well, you may not be as lucky as you hope to be. When you are almost reach- ing your goals, sudden events will knock you off your course. Hence, this will be a year to test how positive and determined you can be. Do not make any assump- tions, as the unexpected will happen to compen- sate for the lack of luck. You can literally charm your way to success.

Career

You will be filled with enthusiasm in what you will be doing. You will have clarity in terms of your career directions. Not only your goals will be identified, you will know how to achieve what you want. There will be great support from management, the authority figures and peers. Most significantly, there will be fewer ill-intentioned people, and many will be genuinely supportive towards you and unlikely to resort to any underhanded means.

There will be a suitable year for you to be in the limelight and engage in highly interactive activities such as presenta- tions, negotiations, dealing sales, and asking for what you want. You will be persuasive and convincing. However, while you will be dealing with people, keep on guard. This can help you to do well, luck does not seem to be on your side. Most of the problems that happen will be those that are beyond anybody’s control. For ex-
You will be lucky enough to get away from infidelity. Be particular about who you offend, but do not get carried away. Believe in Murphy’s Law. Do not make assumptions that everything will run according to plan. While you will be given the opportunities and will have strong support from others, you will need luck to give you that extra boost to reach your objectives. Be positive and you will attract more good luck into your life.

Wealth
Your main wealth, that is earnings from a steady income, will be slightly above average. If your earnings are commission based or sales related, you will be laughing your way to the bank. Your luck in investment and gambling will be strong. This does not mean that you will earn through such avenues regardless of how you invest or gamble. Doing research and taking calculated risks are applicable. Do not park yourself in the casino, or engage in aggressive investments. When you begin to lose after a series of earnings and winnings, stop the activity and wait till the next lunar month to try your luck again. Do not persist because there will be a high risk of losing more money than you have earned previously. This will be a good year to improve your finances. Do not let greed stand in your way.

Relationship
This will be a great year for your relationship matters. If you are single, you will be likely to fall in love. This special person can be someone whom you have known for quite some time, or someone you only just meet this year. This will be one of the suitable years to get married if you are seeing someone. If you are married, this will be a fantastic year to strengthen and improve your relationship. You will be likely to welcome a new family member. You will be instead more loveable this year that you will attract many no matter what your marital status is. Do not sabotage your long term happiness for a moment of thrill. If you were to submit to such temptations, the risk of being caught will be high. Even though you will have a good year, it does not mean that you will be lucky enough to get away from infidelity. Treasure your relationship.

Health
Your health will be average. Most of the health problems will be related to food poisoning and having infection. There will be a lot of social activities which will involve eating. While you take great care of your taste buds, be selective in terms of what you eat and where you eat. Do take note of how your food is being processed and the cleanliness of the eating environment. Because you will be interacting with many people along the year, you may not know who will be carrying viruses. Improving your immune system and paying attention to your personal hygiene will help your body reduce the risk of being infected. There will be some injuries and surgeries which will be minor and avoidable.

People
Good news! There will be very few ill-intentioned people around you. Hence, there will be lesser gossip, betrayals and backstabbing. If you are the talk of the town, many will have good things to say about you. Many will be genuinely supportive towards you. You will be charming and have unexplainable magnetism. Many will like to be involved in what you are doing and will also like you to be part of their lives. This will be an appropriate year to enjoy your popularity and focus on establishing relationships. You will meet people who can help you progress and you will receive opportunities from these connections. Not only will you benefit from the relationships now, you will be able to enjoy long term benefits from the relationships you establish and improve. Do not take your popularity for granted. Do not gossip about others or bully others. Avoid creating any enemies just because you have an upper hand. Even if others will be unlikely to retaliate in the Goat year, this may come back to haunt you in the next lunar year. Do not abuse your popularity. Instead, use it to improve your life and enjoy being in the limelight.

Rooster

General
This will be a rough year populated with various types of problems affecting your career, money, relationship, health and family for those born in the Year of the Rooster. You will be able to manage and cope with many issues, but will require a lot of effort. Generally, you will be easily misinterpreted by others, especially authoritative figures and the elderly. Although it can be difficult for you to control, do not want to offend the wrong people. They can become your greatest enemies. Therefore, be clear and tactful when communicating with others and avoid getting involved in matters that do not impact you directly.

Career
There will be many obstacles in your career in the Year of the Goat. Apart from meeting many uncooperative people, there will be many technical and procedural problems. On top of that, support from others will be weak. Although you will be willing to put in a lot of efforts, the progress will be insignificant. The situation will be equivalent to getting stuck in quicksand – the more you struggle, the faster you will sink. To make things worse, you may offend your boss, somebody in the management or some authoritative figure. Not only you will not be able to gain their support, they will make things difficult for you by finding fault or pulling out your resources. They will try to make every task impossible for you. Usually, you will not be particular about who you offend, but it will certainly matter in this year. While there will be many issues arising in your

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Help improve the Sampan’s health coverage and you could win a $20 Starbucks gift card! We strive to cover relevant health issues for the Asian American community in New England. Gifts are limited. Fill out the survey and send it to: Sampan, 87 Tyler Street, 3F, Boston, MA 02111. Or complete the survey online at www.sampan.org.

Name: ___________________________
Address: ______________________________________________________________________
Telephone: ______________________ Email: ______________________________________
Gender: □ Female □ Male
1. Where do you usually pick up the Sampan?
□ Boston, Chinatown □ Malden and metro north □ Quincy and metro south □ Subscription □ Online
□ Other _______________________

2. How many health articles would you like to see in each issue of the Sampan?
□ More than three health articles □ Three health articles □ Two health articles □ One health article □ Other _______________________

3. What health topics interest you the most? (Can check more than one)
□ Diabetes □ Heart disease □ Depression □ Heart disease □ Cancer □ Oral health □ Depression □ Family violence □ Other _______________________

4. What action have you taken after reading Sampan health content? (Can check more than one)
□ Exercise more □ Cook with less oil □ See the doctor □ Drink less alcohol □ Other _______________________
□ See the doctor □ Drink less alcohol □ Other _______________________

5. What do you want to know about expert authors? (Can check more than one)
□ Contact information for appointments □ What languages they speak □ Their specialty □ Other _______________________

Suggestions or comments:

It will be best to keep a low profile. Also, adopt a conservative approach to finances. Do not invest and engage in gambling related activities. Your health and safety will be below average. The type of problem that may give you the biggest blow will be those that relates to the family. This will include family members having serious tensions among themselves, getting into serious trouble, having poor health or passing of family members. Your family will require your attention and support at this time. Consider maintaining other aspects of your life as stable as possible. While taking care of your family, do not forget to take good care of your own health and safety. In the Goat Year of 2015, you may not be able to improve your life tremendously but it will be good enough to glide through this year without any major damage or crisis. Clinch your teeth and hang in there.

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career, you will be distracted by problems at home. This will have an adverse effect on your judgment.

However, mistakes at this time will put you in a much more vulnerable state than in other years. You will be likely to get into serious trouble and others will be unlikely to pardon your mistakes on what you are doing. By the end of the year, you may be emotionally and physically drained by this difficulty.

This will not be an appropriate year for implementing any major plans or expansion. Keep everything status quo. Be conservative in your approach. Think before you speak. Even if it may sound alright in your thoughts, it may not be appropriate under the circumstances. Understand what you expect, which can get you into bigger trouble than you have bargained for. Take care of each situation that do not impact you directly. Endurance and patience will be your golden words for the year. Keep a low profile. Stay employed.

Wealth
If you are earning through a steady income, you should not have major problems in maintaining the income. However, you might have to bear some financial burdens caused by sales, commissions, or businesses, it can be quite challenging to have a reasonable income. Minimizing any expenses should be your first concern. You will not be able to afford any risks. You may not be able to earn as much or as fast as your expenses. There are indications of you being cheated by others. If not careful, you will get into financial troubles. Keep expenses in check. Adopt a very conservative approach to finances. No matter how enticing an investment opportunity is, conduct your own research and review each option before making a decision. By the end of the year, you will earn through this opportunity, it will be an amount saved will be an amount earned. You will have high expenses. There will be huge windfalls. However, there will be huge expenses which make saving difficult. You will tend to lose money and valuables due to forgetfulness or being pick-pocketed. You may have to pay penalties for forgetting to make payments on time. You may need to pay for damage or fines related to traffic matters. No matter how huge the expenses are, it will be unlikely that you will be in financial trouble. Even so, do not spend more than you have to. Watch your valuable and do not to flaunt them. You will be likely to reduce your risk of being victim of crimes or catching the undesirable attention of people who may cheat you.

Relationship
If you are single, you will have one or more secret admirers, but you will be so preoccupied by your own thoughts or whatever that is going on in other aspects of your life that you will be unaware of the secret admirer. If you admire any-body who is born in the Year of the Dog, any subtle approach to express your interest will not be able to capture his or her attention. You will need to express your interest clearly and probably, many times. If you are already in a relationship, there will be third parties involved. You may be tempted to be a two-timer or a Casanova. This may seem to be exciting at first, but the fun will not last. You may manage to get away with it and the damage caused to your relationship will be permanent, which can lead to separation. If you feel that your relationship has become stale, consider working on it. For example, you can resolve conflicts that have caused both of you to push each other away. Alternatively, look for ways to rekindle those initial sparks. Communication will play a critical role in revising your relationship. Tying with other people’s emotions will not only hurt everybody involved, you will also get burnt. If you strongly feel
that your relationship is beyond salvag-
ing, give the relationship proper closure before beginning another one.

Health
You will have poor health in the year of the Goat. Most of the health condi-
tions will be related to digestive and intestinal problems. There may be gas-
tric problems, feeling bloated, stomach flu, diarrhea and constipation. You may have migraine and food poisoning. Your health conditions are not likely to be life threatening, but will cause you to feel tired easily. You may feel suffocated or breathless at times, which has a lot to do with the tremendous stress that you will face. You can consider engaging in activ-
ities that you enjoy and can release stress in a healthy ways, such as doing suitable exercises. Your focus will become weak, which will affect your work performance and safety. You will be prone to injuries such as having cuts, bruises or traffic ac-
cidents. It will not be advisable to engage in any high risk sports.

People
Many will be supportive towards you in terms of what you want to do, and render other forms of help that you will need. However, the resistance and oppo-
sition against you will either be equiva-
 lent or stronger than the support. There will some who will talk bad about you. They will tarnish your reputation and put you in a bad light. Their intention is not to just make life difficult for you, but will want to drive you to the corner and make you lose opportunities or hijack your op-
portunities. Some will accuse you of vi-
olating corporate policy and the law. The allegations will be made to drag you into legal problems, make everybody dislike you or cost you or your job. Usually, you will not be bothered about what other people say about you and their intentions are. However, their enmity will not only cause ruckus to your otherwise peaceful life, but will have direct threat to your progress and future.

Adhere to policies and the law dili-
gently. Do not engage in any activi-
ties that can be used against you. Even though you are not advised to have direct confrontations with them, it will not be a good idea to turn a blind eye or suffer in silence. Instead, adopt any means to show them that you are not a pushover or someone they can mess with. When opportunities come along, there will be someone trying to sway your mind from accepting them. You will need to be firm and clear about what you want. Consider your options from your best interests. You should only pass opportunities if you really do not want them. Do not sub-
mit to any peer pressure. There will be a strong likelihood that you will be thrown off your feet to discover that the same person who convinced you to let the op-
portunity go is the one who accepted it eventually.

General
This will be a good year for those born in the Year of the Pig. There will be strong progress in terms of career, and your wealth luck will be exceptionally strong. You will gain strong support from the relevant people without spending too much time on building rapport. Howev-
er, the challenges that you will face will be major. There are indications of defa-
vation and resulting legal implications. You will also be busy, or there will be frequent traveling. Although you will be putting in effort to smoothen matters out, others do not seem to let you off.

Relationship matters will be weak and your partner may be in life-threaten-
ing situations. Your health and safety will be below average. You will be frustrated and emotionally affected, which will af-
fec your behavior and judgment. What you will experience in this year will be equivalent to that of growing pain. It will be a very challenging year, but you will get stronger. It will be important to manage your tem-
perm and impulse. Focus on the positive side of matters. This year may bring a fruitful year where you will have huge material gains and precious experiences.

Career
This will be a mixed year for your career. There will be a promotion, or you will be bestowed with greater auton-
omic power. Your job scope will expand, and that comes with heavier responsibili-
ties. This may or may not be accompanied by pay increments or other forms of benefits. You will be busy and may have frequent business trips. While this will be a year that you can bring your ca-
reer to greater heights, you will be thrown in a new ball game where the office poli-
tics will be more severe than before. You will meet more difficult and manipulous people than in other years. There will be lots of gossip and backbiting. You will have to learn a lot in terms of how to manage or subdue your enemies. Focus on the positive side of matters. This can be a painful for you, but you will be able to
learn a lot in terms of how to manage manipulac people in the corporate world.

Wealth
Your main wealth, that is earnings from a fixed salary, will be average. How-
ever, your earnings from investments and winnings from gambling will be exceptionshly strong. While this will be a good year to invest or engage in gam-
bling activities, your huge earnings and winnings will cause you to attract a lot of undesirable attention. There will be someone who will get so jealous of your im-
proved financial status that they will try to get you into trouble by indicating that

Congratulations,
Mike Capuano
7th District
Congressman
February 20, 2015

Happy New Year
恭賀新禧

Relationship
If you are single, relationship may not come your way in this year. You are ap-
pointed with how nasty people can be that you will believe that there may not be any reliable person around. Hence, it is better to imagine yourself
self falling in love.

If you are in a relationship, there will be someone trying to sway your mind from being your partner. For example, the fights will be caused by other people such as your friend or someone their partner, which will lead to your partner confrent-
being you. Other example will be that you may not like how your partner’s fam-
ily behave and bring it up, which will escalate into heated arguments. If there is any unhappiness, try to keep commu-
nication channels open and talk things over amicably. Another possibility will be that your partner may be in danger. In this case, your partner will need a lot of your support.

Health
You will be prone to having acci-
dents, especially those that related to traffic and commuting. If you were to drive, pay extra attention to road condi-
tions. Even if you do not drive, watch where you are going. You will have high risk of having cuts and surgeries. The surgeries can be related to injuries that you have or some health conditions. The health conditions that you will have can be that you can be life threatening. It will help to do periodic health check-
ups to prevent any serious health conditions. You will feel unwell so that you can discover illnesses early and the necessary treatments can be carried out sooner. This will improve your chance of recovery.

People
You will meet many ill-intentioned and unreasonable people. Not only will they gossip about you, they will accuse, betray, backtrack, mislead and sabotage you. They will not hesitate to drag you into serious trouble which can include disciplinary problems and legal implica-
tions. They may want to drain you out financially and they may want to face severe consequences such as being expelled from school, fired from the company, or be faced with legal stand-
ing. Some will cheat you of your money, take over your assets, and try to get your property. Many will be uncooperative and treat you harshly. Fortunately, you will gain support from the authoritative figures such as government representatives, management, teachers and the elderly. If you need help, you can always ask for it.

However, being aware of the exis-
tence of the ill-intentioned people and unreasonable people alone will already put a strain on you emotionally and men-
 tally. Being indifferent or upset will only aggravate matters. Protecting yourself against their attacks constantly can be tir-
ing. You do not need to retaliate or resort to any extreme measures. If you have to do something, adopt clever and subtle ways. Keep a low profile. Try to be in a physical environment that is clean, tidy and naturally bright.

Also, surround yourself with posi-
tive people. Positive people will refer to people who are sincere and able to help you. Instead of doing things on their own, in such an environment, you will be able to stay positive easily. By conditioning your mindset and mood, you will be able to survive and do well in the Year of the Goat.
The Year of the Horse was marked by the passing of Boston Mayor Tom Menino, along with more affordable housing projects. As we welcome the Year of the Sheep, we look back at 2014.

January
Marty Walsh was inaugurated as Mayor on Jan. 6 at Boston College. Michelle Wu was also inaugurated as the first Chinese-American city councilor in Boston.

February
Chinatown rang in the Year of the Horse on Feb. 9 at Phillips Square. The foundation for One Greenway was laid.

March
Doctors Express, an urgent care facility, opened at 219 Centre Street in Mal- den on March 21.

April
Dr. Michael Wagner was named permanent CEO and president of Tufts Medical Center on April 3, after serv- ing as the interim head since September 2013.

- Documentary “9-Man” premiered in Boston on April 27. Director Ursula Li - ang's film celebrates Chinese-American volleyball.

- The foundation for One Greenway was laid.

- Action film “13” starring Michelle Wu was released.

- Mayor of Boston on Jan. 6 at Boston College. Michelle Wu was also inaugurated as the first Chinese-American city councilor in Boston.

- Mormon Church celebrates Chinese-American nine-man volleyball.

- South Cove Manor Nursing and Re- habilitation Center opened its Quincy facility in May. The Quincy facility has capacity for 141 residents, up from 100 in Chinatown.

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- Quincy Mayor Thomas Koch. (Image courtesy of Koch’s State of the City address.

- The fact that we’ve been able to ac- complish this and to maintain a total debt burden well below state averages and to have property taxes stand at nearly $20 million under the state limit is a great in- dicator of our financial strength.

- This content was condensed from Koch’s State of the City address.

Lunar New Year greetings from Quincy Mayor Thomas Koch

BY QUINCY MAYOR THOMAS KOCH

Lunar New Year festivities usually include celebration with friends, fam- ily and of course the lion dance! From the movements of two people taking the head and tail, to the beating of the drums, it has become essential to Chinese cul- ture.

Lion dance is not merely about bob- bing up and down. A deeper understand- ing is involved, as it brings good luck, happiness and prosperity. These perfor- mances are available in my YouTube channel at YouTube.com/Brian.Anime.

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One of the channel subscribers is Ken Morin, a drummer from the Gun Kwok Women and Lion Dance Troupe. He told me “It really is a historic record of Boston's Chinatown for this very specific form of art.”

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Lunar New Year greetings from Rep. Michael Capuano

BY REP. MICHAEL CAPUANO, 7TH DISTRICT

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Continued on Page 16
DVD review: ‘Neigong: Martial Qigong for Internal Power’

BY MAI DU

YMAA Publication Center’s release of “NeiGong: Martial Qigong for Internal Power” 2-DVD set by Dr. Yang, Jwing-Ming is a must-have for any martial artist in any style and system (2014, English narration with English subtitles). This extensive lecture-based and instructional DVD set is full of rarely shared martial theories and excellent exercises that can help a layperson build general health and fitness. Experienced martial artists or any athletes can improve upon their understanding and practices of their respective physical and theoretical training. Most importantly, one will gain insight to increase internal power.

This DVD set is broken into four parts with meaningful chapters to learn the concepts and examples. Dr. Yang is most insightful in explaining as well as clarifying the definition of NeiGong (internal practice elixir), Waigong (external practice elixir), and Qigong (energy practice elixir). Better yet, Dr. Yang shares openly the secrets of many martial theories that have been kept secret for thousands of years or often, not easily found in books by various masters. I appreciate the additional insights to these martial theories by further incorporating physics and biomedical engineering as well as biomedical theories.

Some valuable topics discussed in this DVD set include: Ohm’s Law in martial arts, the different breathing and applications of NeiGong. Dr. Yang and his disciplines featured in this DVD set are talented and impressive. Though long in length (340 minutes), I thoroughly enjoyed and appreciated every detail thoughtfully included in this set. This $49.95 DVD set by YMAA Publication Center is worth every penny!

Mai Du is founder and chief instructor of the Wah Lum Kung Fu and Tai Chi Academy in Malden.

Lunar New Year greetings from Malden Mayor Gary Christenson

BY MALDEN MAYOR GARY CHRISTENSON

I believe 2014 was a productive year for the City of Malden. We have made significant progress in many areas. In public safety, crime continues to trend downward, we are nearing completion of the installation and upgrade of a school security system and fire prevention is being prioritized at all levels. In addition, Malden High School and Mystic Valley Regional Charter School once again appeared among the top best high schools in the U.S. News and World Report 2014 ranking. Moreover, I believe communication is at an all-time high with a 311 Call Center up and running and with Malden now on Facebook, Twitter and Instagram. We are also connecting with residents through Podcasts, YouTube, Flickr, MyMalden and monthly electronic newsletters.

One of our biggest accomplishments this past year was the significant steps taken to move forward with the redevelopment of the City Hall site and relocation of the Police Station. The work and determination of my staff and the City Council has brought us steps closer to making this long time goal a reality. I also think that our foresight to negotiate the first surrounding community agreement with Wynn Resorts was another achievement. That strategy will result in mitigation payments, jobs for our residents, and opportunities for our business community.

As far as memories of the past year, my best are the times spent with our youth. Whether it was at a school activity, play, concert, fundraiser, athletic event, visiting a classroom or at the Teen Center, I am more convinced than ever that our future is in good hands.

We have accomplished much and I am hoping we can build on those successes. As we head into 2015, a priority will be to begin the construction and substantial completion of the Police Station. I believe that with the help and input of our residents we will continue to enhance all that Malden has to offer.
FEATURES

Oliver Chin’s “Tales of the Chinese Zodiac” delight the eyes and heart. His tenth tale, “The Year of the Sheep,” is no exception, with beautiful artwork and an inspirational message.

The titular sheep Sydney is a plucky lamb who breaks away from the flock. This vexes the shepherd’s daughter Zhi, who needs to keep an eye on Sydney. An ever-curious lamb, Sydney gets stuck in a tree and grazes on the shepherd’s flow- -ers. Just as Papa Sheep despairs of his naughty daughter, a storm forces all the animals indoors.

When the storm is over, the sheep find their favorite pasture has not survived. Sydney’s inquisitiveness leads her to find out why the grasses have dried up and unites all the animals in restoring their land. The little lamb is brave and helpful, a true inspiration to those born in the Year of the Sheep.

Illustrator Alina Chau’s watercolor paintings are lush, incorporating traditional elements with a whimsical twist. All 12 zodiac animals appear throughout the book, allowing young readers to find their very own zodiac animal within the pages. Sydney the sheep is shown draping a sweater over a tiger and riding a friendly dragon, showing fantastical animal friendship in vibrant color.

Chin showcases Asian culture in an inviting and sweet way. Chau’s delicate brushwork complements his ethos, with a zany look. “The Year of the Sheep” will certainly induce giggles for its joyful message of friendship.

Book review: ‘The Year of the Sheep’

BY LING-MEI WONG

For too many of our neighbors quality schools, affordable housing, and a living wage remain out of reach. As Boston approaches its 400th birthday, our goal is a thriving, healthy, and innovative city for all, one community that is a global leader for the 21st century. My job as Mayor is not just to govern for the year or the moment, but to mark the way forward, and build for decades to come.

I’m still that same son of immigrants from Dorchester: blessed with a loving family and second chances. But every day brings some experience like this one: a new person or place that leaves me with an even deeper belief in what Boston is, and what Bostonians can do.

I’m pleased to report that the state of our city is strong and getting stronger. Our economy is flourishing, and many more people are working. We are protecting the taxpayers’ hard-earned dollars; while delivering the best results ever in city services. City Hall is more representative of the people it serves than ever before.

The strength of this city comes from the people who live and work here: from Allston-Brighton to Hyde Park, and from Roslindale up to Beacon Hill. They are parents with big dreams for their children, and children whose dreams are even bigger. Young people just starting their careers. Seniors, celebrating the past and hoping for a secure future. I’m also here to recognize our challenges and offer a plan to meet them.

The Year of the Sheep

Oliver Chin’s “Tales of the Chinese Zodiac” delight the eyes and heart. His tenth tale, “The Year of the Sheep,” is no exception, with beautiful artwork and an inspirational message.

The titular sheep Sydney is a plucky lamb who breaks away from the flock. This vexes the shepherd’s daughter Zhi, who needs to keep an eye on Sydney. An ever-curious lamb, Sydney gets stuck in a tree and grazes on the shepherd’s flow- -ers. Just as Papa Sheep despairs of his naughty daughter, a storm forces all the animals indoors.

When the storm is over, the sheep find their favorite pasture has not survived. Sydney’s inquisitiveness leads her to find out why the grasses have dried up and unites all the animals in restoring their land. The little lamb is brave and helpful, a true inspiration to those born in the Year of the Sheep.

Illustrator Alina Chau’s watercolor paintings are lush, incorporating traditional elements with a whimsical twist. All 12 zodiac animals appear throughout the book, allowing young readers to find their very own zodiac animal within the pages. Sydney the sheep is shown draping a sweater over a tiger and riding a friendly dragon, showing fantastical animal friendship in vibrant color.

Chin showcases Asian culture in an inviting and sweet way. Chau’s delicate brushwork complements his ethos, with a zany look. “The Year of the Sheep” will certainly induce giggles for its joyful message of friendship.
Brighten your mood with five winter recipes

BY JENNIFER LI

With ferocious winds and plunging temperatures, what had appeared as a mild winter has sadly become frightful. Why not stay at home and cook your family a big winter meal? Below are five recipes to help brighten your winter mood without taking too much time.

1. Sautéed beef with black pepper
   In Chinese, the word “beef” (niu) also stands for “excellent.” Therefore, this dish is also a sign for good luck in the new year.

   Preparation: Cut 1.5 pounds of cleaned beef fillet into slices, about 2 cm long and 1 cm wide, and cover them with light cornstarch. To serve about three people, cut a green pepper and a red one vertically into elongated pieces. Warm up a wok over high heat, pour five teaspoons of olive oil and stir-fry the peppers for a minute. Make sure the oil covers the bottom of the wok. Next, cook the beef slices until their surfaces turn dark red. Remove the peppers for later use. Pour some soy sauce, salt, ground black pepper and hot water into the wok and cover it. Cook the beef over medium heat for five minutes. Then stir-fry it with peppers at high heat for 2 minutes.

![Sautéed beef with black pepper makes for a tasty home-cooked winter meal.](image)

2. Slippery chicken with mushroom
   With high protein, chicken is easy to digest and can improve immune system function.

   Preparation: Cut the cleaned chicken thighs (1.5 pounds) and mushrooms into slices. Cut one cleaned green onion into small pieces and separate the green part from the white part. Pour three teaspoons of olive oil into the heated wok and stir-fry the onion-white for 30 seconds. Pour in the chicken and mushroom slices and stir-fry for two minutes. Then, pour some soy sauce and half a cup of hot water, cover the wok and cook for 10 minutes. Add more water if the food starts to stick to the bottom of the wok. Put in the onion-green and ¼ teaspoon of salt, and stir-fry everything for 30 seconds.

3. Fried celery with tofu slices
   Preparation: Remove the stalks and leaves, and cut 500 mg celery into slices 2 cm long. Cut five slices of tofu into pieces of 1 cm wide.

   Pour olive oil into a heated wok. Stir-fry tofu slices for 2 minutes and remove them. Stir-fry the celery slices and add half a teaspoon of salt. After 2 minutes, pour the tofu back in and continue to stir-fry for 30 seconds.

4. Baked sweet potato
   Sweet potato is a good choice as a staple food all year long. Simply cut the cleaned potato into slices of 1 to 2 cm wide, cover them with foil paper and bake at 400 degrees for 30 minutes.

5. Black Rice Porridge
   Winter dishes are not complete without porridge. Immersing the black rice in water for three hours before cooking will improve the taste of the porridge. Add two teaspoons of red sugar to sweeten it up.

With these recipes, you and your family can sit together and enjoy a healthy, warm meal for the winter.
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送上兩大祝福，迎接快樂新年。

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