The Ivy League Spring Festival Gala took place on Feb. 7 at the John Hancock Event Center. (Image courtesy of Kawala Xie.)

Ivy League schools host Spring Festival Gala

BY KAWALA XIE

Students and guests celebrated Chinese Spring Festival during the Ivy League Spring Festival Gala hosted by Harvard University Chinese Students and Scholars Association (CSSA) on Feb. 7. More than 1,300 attendees gathered at the John Hancock Event Center in Back Bay.

The severe winter storm did not dampen the attendees’ spirits, who came from different regions of the States. Harvard University prepared 16 performances.

“It’s a good mix of classical Chinese and international elements,” said Venni Gao, a Boston University Chinese student.

The performances included dances ranging from modern hip hop by the Harvard School of Public Health Student Dance Club to the classical Chinese dance by the Harvard CSSA Mulan Arts Troupe, dialogue, martial arts, magic, and more.

Harvard received support from other Ivy League schools: Brown, Columbia, Cornell, Dartmouth, Pennsylvania, Princeton and Yale. They sent performers for creative programs such as MIT Syncopasion East Asian A Capella’s performances, Cornell Amber Dance Troupe’s modern dance, and Dartmouth and Princeton’s alumni Chenzi’s song, “I Love You, China.”

“We especially like MIT’s A Capella. It’s really interesting when they sing two Chinese pop songs in such a western singing style,” said former Emerson students.

Harvard CSSA president Sicong Shan said, “It’s our pleasure to have such a cohesive group of Ivy League members, working together to build a platform for Chinese students who study abroad to gather together for the Spring Festival.”

Sponsor Mei He, president of Wailian Overseas Consulting Group, said, “Chairman Jinping Xi has always encouraged overseas students to spread Chinese spirit abroad. Harvard’s been doing this very well. That’s also why we are here to help those talented students take a larger part in American society.”

Greater Boston buried under record snowfall

BY THE CITY OF BOSTON

Boston’s snowfall for the past winter is approaching the seasonal record, as seen at the Chinatown Gate on Feb. 12. (Image courtesy of Ling-Mei Wong.)

Mayor Marty Walsh announced on Feb. 17 that Boston’s snow emergency parking ban will lift at 6 p.m. on Feb. 18. The parking ban, which prohibits parking on major arteries, will allow Public Works crews to continue full-scale snow removal operations along key routes of travel overnight.

PWD is proactively surveying for potholes and damage to our streets, especially in crosswalks. The City of Boston is building a plan to address the potholes resulting from continuous snow operations.

Information on the storm and cleanup will continued to be updated on boston.gov/snow.

College assistance program celebrates 20th anniversary

BY RICHARD GOLDBERG

The American Student Assistance College Planning Center (ASAP) celebrated 20 years at a reception on Feb. 18 at the Asian American Civic Association (AAACA).

The ASA Chinatown satellite office opened on Feb. 14, 1995. Since then, it has served 6,978 people over 20 years.

A ribbon-cutting ceremony was held February 1995 to celebrate the opening of the office and to honor Sheila Cook, who gave $1,500 to support its resource library. Cook had long been interested in Chinese culture and had previously traveled to China.

The center chose to open the satellite office at AAACA because of the city’s growing Asian population. Adult immigrants recently and wanted to attend college were the center’s primary clients.

Annie Zhang, a bilingual senior education advisor at ASA, has staffed the satellite office since its inception. She has helped many adult immigrant students apply for financial aid and go to college. She has also done numerous financial aid presentations in classes at AAACA, the Boston Chinatown Neighborhood Center and Boston Asian Youth Essential Service. Zhang has also served many parents of high school students who needed help navigating the financial aid and college application system.

Anyone interested in using the free services offered by the ASA Chinatown satellite office can make an appointment by calling (617) 426-9492 x 0. Office hours are Wednesdays 9 a.m. to noon and 1 p.m. to 3:30 p.m. at AAACA.
Event Calendar

CCBA gala
Friday, Feb. 6
6 p.m.
690 Washington Street
Boston, MA 02111
The Chinese Consolidated Benevolent Association will hold its annual gala at Empyre Garden. To RSVP, call (617) 542-2574.

MFA Lunar New Year celebration
Saturday, Feb. 21
10 a.m. to 4:45 p.m.
MFA Boston
465 Huntington Avenue
Boston, MA 02115
Free admission for all! Visit the Museum of Fine Arts, Boston, to ring in the Year of the Goat. Check for updates at www.mfa.org/lunar.

Spring Festival
Saturday, Feb. 21
7:30 p.m.
180 Berkeley Street
Boston, MA 02116
WE-Contact presents Spring Festival, an evening of traditional Chinese New Year dance and music, featuring 100 performers from the Boston area, with special guests from China. Tickets start $20 online: www.we-contact.org.

Free legal clinic
Monday, Feb. 23, every fourth Monday
6:30 to 8:30 p.m.
1509 Hancock Street, Suite 209
Quincy, MA 02169
Quincy Asian Resources, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury, and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quincyasianresources.org.

Free health care service
Every Tuesday
6 to 8 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148
The Sharewood Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area. For more information please call (617) 324-8091 or e-mail sharewood.director@gmail.com.

Asian American voting patterns
Wednesday, Feb. 25
5:30 to 7 p.m.
38 Oak Street
Boston, MA 02111
Please join for an interesting presentation on Mass. Asian American Voter Preferences & Patterns, presented by the Asian American Legal Defense and Education Fund. Light dinner will be served. RSVP with Leverett Wing, Leverett.L.Wing@gmail.com.

Business legal clinic
Wednesday, Feb. 25
6:30 to 8:30 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association launched Advancing Entrepreneurship, a partnership with the Lawyers’ Committee for Civil Rights and Economic Justice. This business legal clinic provides confidential consultation to established and new business owners and employers, free of charge. Please make an appointment with Scarlett Wu at (617) 426-4929 x 206 or scarlettwu@aaaca-boston.org.

Tai Tung Park community meeting
Wednesday, Feb. 25
6:30 p.m.
885 Washington Street
Boston, MA 02111
The Boston Parks and Recreation Department will hold a community meeting on Tai Tung Park renovations at the Josiah Quincy School. In the event of inclement weather, the meeting will take place Feb. 25 at the same time and place. For more information, please contact Cathy Baker-Eclipse at (617) 961-3058 or cathy.baker-eclipse@boston.gov.

PEM Lunar New Year celebration
Saturday, Feb. 28
10 a.m. to 4 p.m.
Peabody Essex Museum East India Square
Salam, MA 01970
The Peabody Essex Museum (PEM) presents a full day of festivities, including traditional lion dances, music and drumming and art making. New Year programs are free with museum admission. Visit pem.org.

Chinatown Chinese New Year parade
Sunday, March 8
10 a.m.
The Boston Chinatown Chinese New Year parade will feature lion dances, cultural performances and traditional music. In the event of snow, the celebration will be postponed to March 8.

Chinatown Safety Committee meeting
Wednesday, March 4
10:30 a.m.
821 Washington Street
Boston, MA 02116
The Chinatown Safety Committee meeting will take place at the DoubleTree by Hilton. The public is welcome to attend.

Chinatown Resident Association meeting
Wednesday, March 4
6:30 p.m.
885 Washington Street
Boston, MA 02111
The Chinatown Resident Association meeting will take place at the Josiah Quincy Elementary School cafeteria. The public is welcome to attend.

MIT Asia Business Conference
Saturday, March 7
8 a.m. to 7 p.m.
MIT Media Lab
75 Amherst Street
Cambridge, MA 02139
Hear about Asian business today from renowned executives from Alibaba, Paypal, Rocket Internet, Kebue Ventures, A.T. Kearney, Yamaha Motors, SparkLabs Global, LIXIL Group, NTT Data and many more. For more information, visit www.mitasiaconference.com.

Quincy Chinese New Year parade
Sunday, March 8
10 a.m.
The Quincy Chinese New Year celebration will feature lion dances, cultural performances and traditional music. In the event of snow, the celebration will be postponed to March 15.

Chinatown Committee meeting
Tuesday, March 10
10 a.m.
87 Tyler Street
Boston, MA 02111
The Chinatown Committee meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit tccboston.org.

Amrita food and wine tasting
Sunday, March 15
6 to 9 p.m.
9 Tyler Street
Boston, MA 02111
The Asian Civic Association will have a food and wine tasting at the China Pearl. To RSVP, contact Scarlett Wu at (617) 426-4929 x 206 or scarlettwu@aaaca-boston.org.

Chew Lun Association gala
Sunday, March 15
6 p.m.
88 Beach Street
Boston, MA 02111
The New England Chew Lun Association will hold its Chinese New Year gala at Hi Lin Moon. Tables are $330, while tickets are $33 each.

To RSVP, call (617) 451-3688.

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Boston hosts Olympic bid community meeting

BY ELLEN DUONG

The City of Boston held the first of nine public meetings to discuss its bid for the 2024 Olympic Games on Feb. 5 at Suffolk University. Hundreds braved bitterly cold temperatures to attend the roughly three-hour meeting.

John Fitzgerald, acting as Mayor Walsh’s liaison, welcomed guests and introduced the panel of speakers, which included key representatives of Boston 2024, namely Chairman John Fish, President Richard Davey, architect David Manfredi, and Paralympian Cheri Blauwert.

The speakers described how the Olympics fit into Boston’s vision for the future, as well as the current planning and preparation for the games.

Fish focused on the benefits of the Olympics, namely greater international recognition and legacy. “We are No. 1 in health care, life science, and education,” he said, “but the world doesn’t know these analytics. It is an opportunity to explain our value proposition on an international stage.”

Fish also described the social and economic impact of hosting the Olympics in terms of promoting education and peace and improving the city’s infrastructure. “Even if we don’t win after a 2.5 year journey, I argue that we have already won,” Fish said. “Having the opportunity to bring this many people together for a common cause. Everybody is united to doing what’s best for our city.”

Manfredi and Blauwert discussed the logistics of hosting the games, emphasizing it was only in the concept phase.

In planning the Olympic park, they had met with several Olympians and Paralympians from Boston to get their input. They proposed two major areas, the Waterfront Cluster and University Cluster, where 28 of the 33 venues would be held within a 10-kilometer radius, marketing it as a highly walkable and transit-oriented Olympics.

Following the hour-long presentation, there was a question-and-answer session where members of the community could voice their concerns and questions to the panel, as well as to Walsh, who was present for part of the meeting.

The majority of speaker seemed to oppose the Olympic bid. People criticized the lack of transparency in the process and pointed out that the presentation was one-sided, with all speakers being in favor of the bid. Others voiced their concerns as to how the games would be financed.

Cathay Bank Foundation awards grant for Chinatown youth program

BY THE BOSTON CHINATOWN NEIGHBORHOOD CENTER

On Feb. 4, Cathay Bank Foundation awarded a $6,000 grant to the Boston Chinatown Neighborhood Center (BCNC) at Cathay Bank, Boston Chinatown, on Feb. 4. From left to right: Carmen Chan, BCNC director of development; Grant Pattison, Cathay Bank; Giles Li, BCNC Executive Director, and Dong Mai, Cathay Bank. (Image courtesy of BCNC.)

Cathay Bank awarded $6,000 to Boston Chinatown Neighborhood Center (BCNC) at Cathay Bank, Boston Chinatown, on Feb. 4. From left to right: Carmen Chan, BCNC director of development; Grant Pattison, Cathay Bank; Giles Li, BCNC Executive Director, and Dong Mai, Cathay Bank. (Image courtesy of BCNC.)

Chinatown Main Street celebrates 20 years

BY CHINATOWN MAIN STREET

Chinatown Main Street celebrated its 20th anniversary at its annual fundraising gala on Feb. 7 at Hei La Moon. (Left to right) Debbie Ho, Daniel Manning and Courtney Ho, executive director of Chinatown Main Street. (Image courtesy of Chinatown Main Street.)

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The “What’s Your Question” truck parked at the Chinatown Gate on Feb. 6 to collect questions from the public about transportation in the future. (Image courtesy of Ling-Mei Wong.)

‘What’s Your Question?’ truck stops in Chinatown for public transit

BY LING-MEI WONG

The “What’s Your Question” truck stopped at the Chinatown Gate on Feb. 6 to collect questions from the public about transportation in the future. The truck’s glass sides allowed people to write questions directly on the truck, while inside the truck was hot chocolate and tea to beat the cold.

“It’s part of our campaign to reach people who might not otherwise comment,” said Alice Brown, project manager for the Boston Transportation Department’s Citywide Mobility Plan.

The glass truck visited nine other neighborhoods so far, with a goal of 5,000 questions by today. “The Go Boston 2030 initiative is using the latest technology and real grass roots activity to achieve an unprecedented level of community engagement. We’re hearing directly from a broad group of people about what their needs and hopes are for Boston’s transportation future,” said Boston Mayor Marty Walsh in a prepared statement.

The Go Boston 2030 campaign combined in-person outreach with online outreach to get as much input as possible to inform the City’s transportation vision process. Questions will be incorporated into a citywide vision and early action steps in spring. To submit questions, visit GotBoston2030.org, tweet your question using the #GoBoston2030 hashtag or text questions to (617) 925-6914.

The “What’s Your Question” truck parked at the Chinatown Gate on Feb. 6 to collect ques-
tions from the public about transportation in the future. (Image courtesy of Ling-Mei Wong.)

Author Ha Jin: Good detail makes good fiction

BY JENNIFER LI

Award-winning American writer Ha Jin (Xuefei Jin) read his new book and shared thoughts on fiction writing at a book-signing at Boston Chinatown Neighborhood Center on Feb. 7. According to Jin, elaborating details based on facts is required for a fiction writer.

Jin’s new book, “A Map of Betrayal,” is based on a real story of Larry Wu-Tai Chin, a Chinese spy who worked for the CIA before 1985. The lack of detailed facts in Chin’s story is a double-edged sword for Jin.

“The vagueness is a good thing to me as a fiction writer because it gave me more space to develop my own details,” Jin said. “I have to work hard…I have to find the best way to run the story.”

Originally from Harbin, Jin came to the United States as a doctoral student at Brandeis University. He chose to write his novel in English to make sure his original content was published and was accessible to a larger readership.

About 30 people attended the event. Readers said Jin’s books were accomplishments language-wise and content-wise.

“I think his writing is unique. He defined a new field for himself and this field is recognized by the mainstream English writers. It’s a miracle. His English writing, if native speakers read it, they will think it’s not very native, but speaking of grammar and word choice, his writing is perfect,” said reader Yan Dong.

Born in 1956, Jin received his associate’s degree in English study from Hei-longjiang University. He came to the United States in 1985 for his doctorate in English from Brandeis University. Jin was the winner of the National Book Award and the Pen/Faulkner Award for his novel “Waiting” in 1999. “A Map of Betrayal” is Jin’s seventh novel.

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At The Pines in Dighton, MA, 9 homes will be sold at affordable prices to households with incomes at or below 80% of the area median income. The first affordable homes will be ready in May 2015.

The Maximum Income Limits for Households are as follows: $44,750 (1 person), $51,150 (2 people), $57,350 (3 people), $63,000 (4 people), $68,550 (5 people) and $74,150 (6 people).

Households cannot have more than $75,000 in assets.

For more information on the Development, the Homes or the Lottery and Application Process or for reasonable accommodations for persons with disabilities, please visit: www.s-e-b.com/lottery or call 617.782.4802.

Applications due March 31st, 2015

A Public Info Session will be on March 3rd, 2015 at 6 pm at the Dighton Public Library (385 Main Street, Dighton, MA). The lottery will be on April 14th, 2015 in the same location.

Applications and Info Packets also available in the Dighton Public Library (385 Main St, Dighton, MA)

Hours: M 10-4, Tu-Th noon-8, F 10-4, Sa 10-2
**Asian American community organizations pool resources to build health**

**BY LING-MEI WONG**

The annual Asian Health Initiative (AHi) meeting on Feb. 6 gathered representatives from seven community organizations at Tufts Medical Center. Each organization presented program updates, which are funded through AHi at Tufts Medical Center for three years. 2014 was the first year of the three-year grant cycle.

Asian Spectrum is working on diabetes and breast cancer awareness through two broadcast series and DVDs, said Diana Jeong. She showed a clip of a nutritionist preparing a healthy salmon dish in Mandarin. The video and future production will be subtitled in English and Chinese.

South Cove Manor Nursing and Rehabilitation Center hosted monthly breakfast seminars to provide seniors in the greater Boston with health and health care information to support their good health and continued independent living. The seminars introduced additional activities to promote improved balance and reduce the risk of falls, as well as painting classes to support cognitive skills.

In 2014, breakfast seminars were conducted at the Quincy Point site for about 100 participants, said Terry Yin. A tai chi class offered at Mass Pike Towers attracted about 15 seniors who felt stronger and experienced less pain after completing the class. The art class will start in spring, once the weather is warmer.

The Wang YMCA Senior Strength and Movement Program (SSAM) provided a more structured exercise program to seniors and introduced resistance training to help improve bone density and combating the risk for falls when seniors lose muscle, strength, balance and self-confidence in walking and other activities as they age.

A total of 94 senior participants completed two SSAM sessions in 2014, said Ryan Kelly, director of health and wellness at the Wang YMCA. The program had a combined total of 98 individuals who attended most of the sessions but did not finish, due to inclement weather or travel. No one got hurt using the fitness equipment and boosted their self-esteem, said Richard Chin, director of community development at the Y.

The Boston Chinatown Neighborhood Center’s (BCNCC) Family Connector provided three sets of services to community members who are experiencing stress related to their immigration to the United States, as “stress” is more culturally acceptable compared to “mental illness,” said Yoyo Yau, director of family services at BCNCC. These services include workshops, small support groups and individual case management services for individuals or families.

The Greater Boston Chinese Golden Age Center (GBCGAC) had a Better Management of Chronic Disease for Asian Elders program published a Chinese booklet on heart disease, which it will translate, said Victoria Chou of GBCGAC. It also had six sessions with expert presenters, attended by 63 seniors.

Boston Asian: Youth Essential Service’s Teens for Healthy Living program engaged youth and young adults to promote healthy food choices, encourage regular physical activities and promote a better understanding of safe ways to lose or gain weight, said Trinh Britton.

**AFFORDABLE HOUSING LOTTERY**

**Modera Natick Center**

A Public Info Session will be held on March 11th, 2015 at 6:00 pm at the Selectman’s Room in 82 North Main Street, Natick, MA.

**Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on April 22nd, 2015**

The Lottery for eligible households will be held on May 9th at 6 pm in the same location as the Info Session.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900 and leave a message.

Applications and Information also available at the Morse Institute Library (Natick’s Community Library) on 14 East Central Street in Natick (Library hours: M-Th 10-9, Fri-Sat 10-5, Sun 2-5).

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**AARP Foundation provides free tax relief for low- and middle-income families**

**BY THE AARP FOUNDATION**

AARP Foundation provides free tax assistance and preparation for taxpayers with low to moderate income through its Tax-Aide program. AARP Foundation Tax-Aide, now in its 46th year, is the nation’s largest free tax assistance and preparation service, giving special attention to those 60 and older. This free service is available to AARP members and non-members.

For more information or to locate an AARP Foundation Tax-Aide site, visit www.aarp.org/findtaxhelp or call 1-888-AARPNOW (1-888-227-7669). An appointment may be required.

In 2014, AARP Foundation Tax-Aide’s 36,000 volunteers at more than 5,000 sites provided 2.6 million people with free tax help. AARP Foundation Tax-Aide volunteers are trained and IRS-certified each year to ensure their knowledge of revisions to the U.S. tax code. Taxpayers who used AARP Foundation Tax-Aide received $1.3 billion in income tax refunds and more than $257 million in Earned Income Tax Credits (EITCs).

“AAARP Tax-Aide helps those who can least afford to pay the costly fees that are charged to file taxes,” said Daphne Kwok, AARP vice president of multicultural markets and engagement, Asian American and Pacific Islander audience.

“Our volunteers are trained and IRS-certified each year to ensure individuals don’t end up overpaying their taxes. When you have a fixed or low income, every dollar is important.”

**BY THE AARP FOUNDATION**

AARP Foundation provides free tax relief for low- and middle-income families.

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Parasites and us

BY DR. JOEL WEINSTOCK

Volunteers age 50+ needed for Shift work study!
Brigham and Women’s Hospital seeks healthy, non-smoking men and women ages 50-65 to participate in a research study about how sleep timing and workplace lighting impact alertness during work and sleep. Participants will first pass a series of screening tests. Participants will spend 10 consecutive days in the study on a strict schedule, including several overnights. Receive up to $2,575. Contact us at 617-525-8904 or email at ShiftWork@research.bwh.harvard.edu if interested.

Sleep deprivation is a national epidemic. According to the Centers for Disease Control and Prevention’s 2012 work and sleep report, roughly 41 million American workers averaged less than six hours of sleep each day and the number of those who have only increased in recent years. While short sleep duration is associated with decreased workplace safety and various adverse health effects, researchers are only beginning to understand the range of metabolic, immunological and cardiovascular consequences.

“We mostly know about what sleep does for health by studying what happens when people don’t get enough sleep,” said Dr. Jeanne Duffy, neuroscientist at Brigham and Women’s Hospital and associate professor of medicine at Harvard Medical School. “If you don’t get enough sleep, you’re more likely to gain weight and have trouble with aspects of your metabolism such as your body’s ability to properly digest the foods that you eat. When you don’t get enough sleep on a long-term basis, you’re more likely to develop diabetes.”

In laboratory studies of healthy people, sleep restriction also affects our body’s response to vaccines. If healthy participants do not get a good night’s sleep after a vaccination, their bodies take a longer time to build up antibodies. Furthermore, sleep restriction is shown to decrease heart rate variability, suggesting that short sleep duration is associated with a heightened risk of cardiovascular disease and mortality.

“The amount of sleep we need changes with age,” said Dr. Kirsi-Maria Zitting, post-doctoral fellow at Brigham and Women’s Hospital and Harvard Medical School’s Division of Sleep Medicine. “Children need more [sleep] than adults, but adults on average need seven to nine hours of sleep. Eight hours is the average. However, that depends on the individual. Some may need seven hours, while others may need nine hours.”

Recently, the National Sleep Foundation (NSF) revised its sleep recommendations:

- Newborns (0-3 months): 14-17 hours each day
- Infants (4-11 months): 12-15 hours
- Toddlers (1-2 years): 11-14 hours
- Preschoolers (3-5): 10-13 hours
- School-age children (6-13): 9-11 hours
- Teenagers (14-17): 8-10 hours
- Younger adults (18-25): 7-9 hours
- Adults (26-64): 7-9 hours
- Older adults (65+): 7-8 hours

Despite getting the recommended hours of sleep, 35 percent of Americans report their sleep as “poor” or “only fair” in a 2014 NSF poll. Some recommendations for improved sleep quality include keeping a consistent bedtime and wake time on weekdays and weekends, limiting the use of caffeine in the near evening, hours, maintaining an ideal sleeping environment by wearing eye masks for sleep, avoiding darkening blackout curtains for light; and also eliminating the use of screens (tablets, phones, computers) one hour before bedtime.

There is still much to be explored about the health benefits of sleep, and researchers at Brigham and Women’s Hospital always look for participants for research studies.

“Most of our studies fall into two age ranges, either young adults (typically people in their 20s) or older adults (50s to 70s).”

About the author
Dr. Joel Weinstock is a professor and chief of the division of gastroenterology at Tufts Medical Center. He specializes in inflammatory bowel diseases. To make an appointment, please call (617) 636-4593.
What is pancreatitis?

BY DR. ZEID KARADSHEH AND DR. JOHN LEUNG

Pancreatitis is an inflammation of the pancreas that can be divided into acute or chronic pancreatitis. The pancreas is a large gland that is located behind the stomach and has two main functions: secreting enzymes into the digestive tract to help digest and break down food and releasing hormones such as insulin and glucagon that help the body maintain adequate glucose level and energy metabolism.

Inflammation of the pancreas is thought to be related to pancreatic enzymes activation. In normal individuals, this happens mainly in the small intestines, but in patients with acute pancreatitis, it usually happens early on in the pancreas.

What can cause inflammation of the pancreas?

The two most common causes of acute pancreatitis are alcohol abuse and gall bladder stones, both of which account for 75 percent of cases in the United States. Typically, acute pancreatitis requires a large amount of alcohol intake over an extended period of time. In gall bladder pancreatitis, the stone travels from the gall bladder into the bile duct, where they block the opening that drains the common bile duct and pancreatic duct. This leads to reflux of the enzymes back into the pancreas, which directly damages the pancreas. Other less common causes include infections, medication, high levels of calcium or triglycerides and pancreatic cancer. Another common cause is post-ERCP pancreatitis, which occurs in about five percent of patients undergoing a procedure called ERCP, which treats and removes biliary tree stones or strictures. In many patients no cause is found.

What are the symptoms of pancreatitis?

The main symptoms of acute pancreatitis include abdominal pain, nausea and vomiting. The pain is usually severe in the upper side of the abdomen, and many patients report that the pain feels as if it were going through to the back. Other symptoms that may occur with pancreatitis include clay-colored stool and yellowish discoloration of the skin (jaundice). The latter two symptoms occur primarily in gall stone pancreatitis.

What kind of tests should I expect for pancreatitis?

To test for acute pancreatitis, your attending physician at Tufts Medical Center. (Image courtesy of Tufts Medical Center.)

What are the main symptoms of acute pancreatitis?

To test for acute pancreatitis, your doctors will order multiple blood tests to check for the enzymes that are secreted by the pancreas. Those include amylase and lipase, which are elevated in most patients with acute pancreatitis. Other tests that also help diagnose acute pancreatitis and help identify the underlying cause include an abdominal ultrasound and a CT scan of the abdomen. Additional tests may include checking triglyceride and calcium levels, depending on your medical history.

How can doctors treat pancreatitis?

The treatment of pancreatitis generally involves NPO (nothing by mouth) to rest the pancreas, intravenous fluids and medications for vomiting and pain. Most patients improve, however depending on certain criteria; high-risk patients may develop complications. Some of those complications can be life threatening include respiratory failure, kidney failure and infections. Other complications can be local around the pancreas and include abscesses or pseudocysts. Pseudocysts often times are asymptomatic and can regress on their own.

What is chronic pancreatitis?

Chronic pancreatitis develops after multiple attacks of acute pancreatitis. Most patients are alcoholics. The hallmark of chronic pancreatitis is pain. The pancreas is no longer able to secrete enzymes that digest food and the body is unable to digest fat. Diabetes is a complication of chronic pancreatitis due to the scarring and loss of cells that produce insulin. Treatment of chronic pancreatitis is usually with pain medications and pancreatic enzyme supplements. Enzymes are usually taken right before meals and help digest fat. A small, frequent low-fat diet is usually advised for patients.

About the authors

Dr. Zeid Karadsheh and Dr. John Leung work at Tufts Medical Center’s division of gastroenterology and hepatology. Dr. Leung is an attending physician specializing in gastroenterology and allergy medicine. Dr. Karadsheh is a gastroenterology fellow.

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BY ANNA ING

Recently on a trip to Los Angeles, I got to try out some new places.

Korea Town
I had to visit LA’s famous Korea Town. We stopped at School Food Blooming Mari in Madang Courtyard (third level), which has been there since 2010. It is an international chain from South Korea, which I sampled on a trip to Korea. It serves Korean street food with a twist. We started off with the $13.99 Combo Tok-Su-nee — fried dumpling, boiled egg, topokki (Sweet spicy rice cakes), soondae (Korean style sausage), and other international chain from South Korea, which I sampled on a trip to Korea. It serves Korean street food with a twist. The soondae was delicious and I could not stop eating it. The topokki was overly spicy for me. The pan-fried dumplings were filled with meat. Unlike my love for the one in Seoul, this was expensive.

In the same Madang Courtyard, we visited another franchise originally from South Korea that opened last fall, Sul & Beans. We shared a pat bing soo (aka red bean shaved ice), which was more of green tea bing soo, for under $10. The fluffy shaved ice is wonderful. It had great texture with, dduck (rice cake), red bean, dried jujube, nuts and green tea powder. It was not overly bitter from the green tea or sweet from the condensed milk. It struck the right balance for me.

King Chop
My love for “pai gu fan” (pork chop rice) came from my close Taiwanese friend. King Chop, a famous Taiwanese place, opened a new location in Irvine’s Little Taiwan. The Pork Chop bento ($9.15) is way overpriced for what you get. The pork chop is small, with crispy light breading that is juicy and flavorful. The boiled broccoli and tofu gan were OK, but I would have preferred the traditional pickled vegetables. There was a small serving of pickled cucumbers. The tofu and preserved egg ($4.50) is delicious and simple. The dark-colored preserved eggs can be off-putting to first-timers, but it is delicious. The soft and custardy silken tofu is plain but contrasts well with the hoisin-like sauce.

During a Monday lunch hour, it was packed with people.

LA has an enviable variety of ethnic food. I enjoyed a few fun days tasting many new things.

School Food Blooming Mari: 621 South Western Avenue, LA. (213) 380-3663
Sul and Bean: 621 South Western Avenue, Madang, LA
King Chop: 15455 Jeffrey Road #117, Irvine, (949) 303-5344

A food aficionado: Orange County
常春藤盟校為慶祝羊年新春於2月7日於波士頓市中心的John Hancock Hall舉辦春節聯歡晚會。超過1300名人士齊聚一堂，享受了一場精彩絕倫的晚會。

常春藤校聯合舉辦的這場二月七日於波士頓市中心的John Hancock Hall舉辦春節聯歡晚會。超過1300名人士齊聚一堂，享受了一場精彩絕倫的晚會。這場演出很好地融合了中國古典和現代元素。

華埠主街於2月7日舉辦二十週年籌款晚會在喜臨門。何陳素珍、Daniel Manning 跟華埠主街主任何藹因合影。(圖片由華埠主街提供。)

華埠主街於2月7日舉辦二十週年籌款晚會在喜臨門。何陳素珍、Daniel Manning 跟華埠主街主任何藹因合影。(圖片由華埠主街提供。)

華埠主街二十週年

華埠主街於2月7日舉辦二十週年籌款晚會在喜臨門。何陳素珍、Daniel Manning 跟華埠主街主任何藹因合影。(圖片由華埠主街提供。)

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2015年2月移民排期表

### 職業移民排期表

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### 親屬移民排期表

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### 活動信息

#### 中華公所晚會
- 2月25日 (週三)
- 波士頓，MA 02111
- 華美福利會邀您慶祝羊年。全天活動免年會費$2。請於2月15日前致電617-426-9492或發送電子郵件至scarlettwu@aaca.com。詳細資料請致電華美福利會617-426-9492查詢。

#### 波士頓華美商務聯誼會
- 2月25日 (週三)
- 波士頓，MA 02111
- 繼續舉辦商界法律諮詢服務。活動需要預約，請致電華美福利會617-426-9492或發送電子郵件至ads@sampan.org。詳情請瀏覽華美福利會網站www.quincyboston.org或www.sampan.org。
您的睡眠充足嗎？
了解睡眠的各種好處和睡眠不足的危害

翁天訂報導

睡眠不足是全國性的流行病，據疾病預防中心2012年的每年報告顯示，大約有4千100萬勞工每天睡眠不足六小時。並且，這個數字在近年來並沒有下降，雖然較短的睡眠時間與工作環境安全質量的下降和各種對健康不利的影響有關，研究才初步了解睡眠不足對新陳代謝、免疫和心血管的影響。

布萊漢婦科醫院（Brigham and Women's Hospital）神經學家和哈佛大學神經學副教授Jeanne Duffy博士說：「我們通常通過研究人體在睡眠不足的情況下發生的改變來研究睡眠對健康的作用。如果得不到充分的睡眠，您可能會體重增加或新陳代謝紊亂，比如，消化不良。如果您長期睡眠不足，就有可能得糖尿病。」

Duffy博士說：「我們通常通過研究人在睡眠不足的情況下發生的改變來研究睡眠對健康的作用。如果得不到充分的睡眠，您可能會體重增加或新陳代謝紊亂，比如，消化不良。如果您長期睡眠不足，就有可能得糖尿病。」

布萊漢婦科醫院博士Kirsir-Marja Zitting說：「人體所需的睡眠時間隨着年齡而變化。兒童比成人需要更多的睡眠，成人根據個體差異，需要九至九小時的睡眠，以八小時為標準值。一些人需要九小時，另一些則需要九小時。」

最近，美國國家睡眠協會修改了其對每日睡眠的建議：
• 新生兒（0 - 3個月）14 - 17小時
• 兒童（4 - 11個月）12 - 15小時
• 幼兒（1 - 2歲）11 - 14小時
• 學齡前兒童（3 - 5歲）10 - 13小時
• 學齡兒童（6 - 13歲）9 - 11小時
• 少年（14 - 17歲）8 - 10小時
• 青年（18 - 25歲）7 - 9小時
• 成人（26 - 64歲）7 - 9小時
• 老年人（65歲以上）7 - 8小時

美國國家睡眠協會2014年的一份關於提升睡眠質量（包括保證每晚7至8小時）的調查顯示，雖然人們可以得到足夠時間的睡眠，但有35%的美國人反應他們的睡眠質量很差或只是過得去。

睡眠對健康產生的益處還有很

大人和兒童都需要足夠的睡眠。睡眠不足會影響新陳代謝、免疫力、消化和血液循環。（圖片由Flickr用戶Susana Fernandez攝。）

上表數據源於疾病防治中心2012年報告。如果你想了解更多的資料，請訪問www.s-e-b.com

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寄生蟲小常識

Joel Weinstock醫師撰寫

寄生蟲是寄生在我們體內的微型生物。寄生蟲生活在我們體內的某個部位，如腸道、肌肉、組織、血液等。寄生蟲的大小可以從微米到數公分不等。寄生蟲的形態有單細胞或多細胞，其中包括線蟲、吸血寄生蟲、營養寄生蟲等。

寄生蟲的傳播途徑有許多，包括食物、水、空氣、接觸、性行為等。寄生蟲的生命周期不同，有些寄生蟲在宿主體內繁殖，有些則在其他生物體內繁殖。

寄生蟲的治療方式包括藥物治療、手術治療、物理治療等。藥物治療是最常見的治療方式，但對於某些寄生蟲，如阿米巴病，可能需要手術治療。

寄生蟲的預防方式包括避免接觸傳播途徑，例如洗淨食物、勤洗手、使用衛生的飲用水等。對於某些寄生蟲，如阿米巴病，可能需要使用抗生素治療。

寄生蟲的傳播途徑

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胰腺炎小常識

Zeid Karadsheh醫師和梁爾尊醫師撰寫

胰腺炎就是胰腺發生炎症，有急、慢性兩種。胰腺位於腹腔內胃器官後部，主要有兩個功能：分泌胰腺酶，及分解食物並產生胰島素、葡萄糖等使肌體保持正常血糖量、維持基本新陳代謝等。 胰腺炎通常被認為是與胰腺酶的自身消化有關。

胰腺炎誘因

酗酒與膀胱結石是急性胰腺炎發生的兩大誘因，占美國急性胰腺炎發生率的75%。酗酒是指長時間內不斷飲入大量酒精飲料；膀胱結石就是結石堵塞膽管導致胰腺酶無法正常運行而被迫返回胰腺，並開始對胰腺進行消化。其它誘因還包括：感染，藥物副作用，鈣含量過高，三酸酐油脂失衡，及胰腺癌等。另有的一些，是內鏡逆行性胰膽管造影術的實施有可能造成胰腺發炎。

急性胰腺炎治療

治療主要通過靜脈注射來緩解嘔吐腹痛症狀。有的病患可能會發生併發症，有的併發症可能會有生命危險，例如呼吸衰竭、脾臟衰竭或發炎等。有的併發症只發生在胰腺局部，例如潰瘍、假性囊腫等。假性囊腫通常可自行消退。

慢性胰腺炎

急性胰腺炎發生若干次後可轉成慢性胰腺炎。慢性胰腺炎的治療主要是服藥治療，治療包括：服用止痛片及胰腺消化酶藥劑。服藥治療有幫助消化脂肪，少食多餐及低脂飲食也有助於改善慢性胰腺炎症狀。

關於作者

Zeid Karadsheh及梁爾尊兩位醫師是來自塔芙茨醫療中心的腸胃病和肝髒病專家。梁爾尊也專攻過敏症。

二月二十三日前記得申請醫療保險！

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學習英文成語

Burn the midnight oil
意思：挑燈夜戰，開夜車

填數遊戲

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.
2月6日，塔芙茨醫療中心的華裔健康組織在塔芙茨醫療中心召開了年度會議，來自七個社區的代表與會討論、交流心得。華裔健康組織自2011年起，每年為本地的華裔健康項目進行年會。2月6日的年會是自2011年起的第三年。

華裔健康組織在塔芙茨醫療中心召開了年度會議。年會由華裔健康組織的成員代表及社區代表參加，旨在為華裔社區提供一個交流和分享的平臺，討論華裔社區的健康問題和需求。華裔健康組織的成員代表在年會上分享了他們在社區工作中的經驗和挑戰，同時也展示了他們在華裔社區健康項目上的合作和成果。

華裔健康組織還與塔芙茨大學的其他組織建立了合作關係，共同為華裔社區提供健康教育和健康服務。華裔健康組織的成員代表在年會上介紹了他們在華裔社區健康項目上的合作和成果。華裔健康組織的成員代表還分享了他們在社區工作中的經驗和挑戰，展示了他們在華裔社區健康項目上的合作和成果。

在2月6日起，一輛名為「你的問題是甚麼」車停放在華埠訪問市民，以收集市民對未來交通問題的意見。由於貨車的兩邊車身以玻璃製成，因此市民可以直接把問題寫在貨車上，貨車上另有兩名駐點的警察，彼ら的市民可以直接把問題寫在貨車上。貨車內更有朱古力熱飲供應，讓參與的市民可以抵禦寒冷天氣。

波士頓交通局「全市交通流動計劃」的項目經理Alice Brown說：「我們用來接觸未必會主動給予意見的市民的其中一個方法。」

貨車車頭是由一名中國華人在2月3日設計完成，貨車內有1000個問題，而活動目標是收集5000個問題在2月20日前。

波士頓市長華殊在新聞稿說：「邁向2030波士頓運動分別使用了親身推廣及在互聯網上推廣的方法，以獲得最多市民提出意見，並把資料交給波士頓交通局審視。預計在春季時，市民所提出的問題可以綜合為全市願景及初步計劃。」

若要提出意見，可瀏灠網址：GoBoston2030.org，或使用推特(Twitter)推文：#GoBoston2030，也可以把問題短訊至617-925-6914。

─文章由威凱茵翻譯

黃靈美報導

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Ida Koo
to schedule a tour or register
Phone: (617)426-9492 ext.259
Email: idayeekoo@aaca-boston.org

87 Tyler Street, Ground Floor, Boston, MA 02111
Website: http://aacabudsandblossoms.org

報導

英國波士頓華埠社區中心發展部主管Carmen Chan，國泰銀行的白勝德，波士頓華埠社區中心執行董事李隆華及國泰銀行的麥冬玲。(圖片由波士頓華埠社區中心提供。)

國泰銀行基金捐款
支持青年學習服務

舢舨
二零一五年二月二十日

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摩頓市歡慶
農曆新年

摩頓市政府供稿

華夏文化協會與摩頓市高中的學生文化俱樂部於2月7日一同慶祝農曆新年在摩頓高中。左起為市議員Barbara Murphy、市議員Steve Uhlman、摩頓市長柯廷森、余翠梅師傅、不分區市議員Debbie DeMaria跟華美功夫太極館成員合影。（圖片由Paul Hammersley攝。）