Happy Year of the Monkey!

猴年快乐

Artwork drawn by Xiaotong Zhang
猴圖由張曉彤提供

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威爾斯理銀行祝大家新年快樂
Lisa Yuen stars at Wheelock production of ’Mary Poppins’

BY LING-MEI WONG

The Wheelock Family Theatre (WFT) production of musical “Mary Poppins” features one of the first Chinese-American actresses in the titular role. Lisa Yuen stars as the “practically perfect” British nanny, immortalized by Julie Andrews in the 1964 film.

“I grew up singing the songs and never dreamed about being Mary,” Yuen said.

Yuen is a Broadway veteran, having performed 7.5 years in “Miss Saigon” and “Spelling Bee.” The fifth-generation Chinese-American has been cast locally as Glinda in “The Wizard of Oz,” the Baker’s Wife in “Into the Woods” and the Beggar Woman in “Sweeney Todd,” roles which are not traditionally portrayed by Asian performers. Her TV and film credits include “All My Children” and “World Trade Center.”

“It’s an honor to see an Asian Mary Poppins, to tell this story,” Yuen said. “It’s not because of my ethnicity but because I can tell the story well.”

Linda Chin, WFT executive director, said she “is thrilled that Yuen is in the leading role. For 35 years, Wheelock has been the model for colorful casting, and having a Broadway veteran like Lisa is inspirational for the younger actors in the cast and our diverse, multigenerational audiences. She is one of the most talented professional actors in the area and we are so lucky to have her back on the WFT stage.”

As most roles are not written for Asians, Yuen felt lucky for any opportunity to perform.

“It takes years for people to know you and see what you can do. You can open your own avenues,” she said. “For as many doors have closed for me, other doors have opened.”

Yuen saw “Annie” staged live as a child and fell in love with musical theater. Her family supported her stage dreams — her mother practices lines with Yuen by phone and flies from California to watch her shows. While Yuen doubted her career prospects in college, she was cast in “Miss Saigon” nine months after she graduated from UCLA.

“If anybody was discouraging, it was probably me. I didn’t want to be poor all my life and be a waitress full-time,” Yuen said. “When I graduated from school, I thought about what I did best.”

Yuen encourages aspiring actors to keep learning. Her magical performance as Mary Poppins kept school children enthralled, as she sang, danced and even flew through the air.

“Stretch yourself to see what you can be a master of. Be a jack of all trades,” she said.

Off-stage, Yuen is the mother of four-year-old twins. She genuinely adores children and her Mary Poppins conveys that warmth.

“What an honor to have children of my own and for them to see this show,” she said. “They don’t have to be in the background. This is the new reality.”

“Mary Poppins” will play at the Wheelock Family Theatre until Feb. 28. For tickets, visit www.wheelockfamilytheatre.org.

Lisa Yuen as “Mary Poppins” at the Wheelock Family Theatre. (Front row from left) Dan Reardon (Bert), Lisa Yuen (Mary); Ensemble (back row from left): Shannon Lee Jones, Will Christmann, Caroline Workman, Maria LaRossa. (Image courtesy of Gary Ng.)
2016 is the Year of the Monkey. In Zodiac mythology, the Monkey is tied to character traits of independence, enthusiasm and an unscrupulous childlike personality.

Rat

General
2016 will be a better year than 2015 for those born in the Year of the Rat with significant improvements in terms of career and wealth. Most of the problems that can threaten your progress will be those that are severe, but not immediately obvious to you. For instance, there will be many ill-intentioned people who will cheat, betray, backstab and accuse you. They will try to get you into trouble such causing you to make mistakes that have legal implications. While you will accumulate more wealth than before in 2016, you can only keep your wealth if you do not get cheated or dragged into legal matters. Your health and safety will be below average. In the area of romance, you will be experiencing a mixture of enjoyable times and bitter fights. 2016 will be an appropriate year to implement plans, attain more wealth and have better health.

Career
Although your career luck will be good, there will be strong undercurrents. There are signs of receiving good news such as your efforts being recognized, a promotion, having more job opportunities, situations working in your favor and your plans going through. This will indeed be a good year to implement your plans and turn your dreams into reality. You will gain support from management and the relevant authoritative figures without spending too much time on building rapport with them. There will be some corporate events. You will enjoy this and you will enjoy what you are doing. While this will be a better year than 2015, there will be many hidden treats that can hinder progress in your career. For instance, there will be some delays and hiccups in the process of your work. You may want to give more time to buffer between your tasks to reduce impact from the obstacles. There will be intense office politics. As you will be seen as a rising star, this will deter others to have direct confrontations with you. However, this does not stop others to resort to underhanded means against you. You will be seen as a threat to their career progress. They will defame, betray, backstab and accuse you. You may not be able to control what others do or talk about you, but you can at least protect yourself from being betrayed and accused. Avoid sharing confidential and sensitive information especially those related to opportunities that you have received. Avoid sharing personal opinions in case they will be repeated out of context. You will be accused of violating policies and the law. Adhere to policies and the law diligently. If you need to handle contracts and agreements, give yourself adequate time to go through the details. Do not make assumptions. Keep communication records as you might be forgetful, careless and get distracted easily. This will put you in a disadvantage. You may come up with some techniques that can help you remember and keep track of matters. If you are able to manage the office politics and protect yourself well from these ill-intentioned people, you will be able to bring your career to greater heights in 2016.

Wealth
This will be a mixed year for your finances. Winnings from games of luck and earnings from investments will be higher than in other years. You should not have problems earning money. However, it will be challenging to keep it. Your expenses will be high. If you get into any legal problems, the consequences can be costly. Staying out of trouble can save you a fair bit of money. There will be a possibility of others trying to cheat you of your money. Do not lend people money. Do not be a guarantor. If you need to purchase high-valued items, do some research before committing to avoid being overcharged or short-changed. Do not be lured into investments that sounds too good to be true.

Relationship
If you are single, the chance of falling in love will be slim. However, this will be a good year to make more friends. Some of these friendships will develop into romance in the future. If you are single and are interested in someone, do not rush into getting into a relationship for the time being. Instead, enjoy the person’s company and give more time to get to know each other better.

If you are already seeing someone or in a relationship, there will be enjoyable time spent together as well as intense fights. Most of the fights will be related to you having doubts about your partner, both parties having unstable emotions, or other people’s comments and behavior affecting the dynamics between the both of you. Although it will be unlikely that the relationship will end up in a separation in this year, bear in mind that every fight will strain the relationship. Be patient with each other. Keep your emotions in check. If there is any unhealthiness, keep communication channels open. Do not let other people influence your relationship.

Health
Your health will be below average.
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General
2016 will be a turbulent year for those born in the Year of the Tiger. Various aspects of your life such as career, relationships and health may present unexpected twists. You will be facing frequent travels, house moving and migration. You may not have adequate time and support to manage situations and complete what you want. Hence, you will need to rely on yourself to stay afloat. You will likely be quick tempered, which will certainly not help you maintain your temper in check.

To survive in 2016, it will be necessary that you embrace changes, look for breakthroughs and transform accordingly to circumstances. Agility and resilience will be two important factors that can spur you to success. Although you will feel that going through this year can be tormenting, it will be one of the best years that allow maximum growth and development. Pull yourself together and be ready to fight a tough and worthwhile battle.

Career
This will be a year filled with uncertainties and chaos. You will need to have a strong heart to survive through. In one moment, your efforts will be recognized and promotion will seem to be within reach. In another moment, you will find yourself stuck in a rut. Similarly, you will find yourself in situations where you will be one of the favorite candidates to be part of the game, be it as flexible as you can and adopt soft approach towards matters. Be resilient.

Health
You will likely have very high expenses. You will be spending a lot on medical and legal matters. You may have to spend a lot of money to bail yourself out of trouble. Not only will you have great difficulties in saving money, there will be a high risk of getting into financial troubles. Keeping your expenses in check may not be good enough. You may consider starting saving as much money as possible to have a high safety net to reduce risk of having financial crisis. Do not invest or gamble. Adopt a conserva-
tive approach to your finances.

Relationship
There will be instabilities in matters concerning your relationship. If you are single, there will be a possibility of you getting into a new relationship. However, if you are already seeing someone or in a relationship, there will be many intense fights which can strain the relationship, or even lead to separation. Many fights will be related to uncontrollable anger. In 2016, you will be going through a lot which will cause frustration. It will be inevitable to experience many emotional outbreaks such as flaring up and outbursts. This will affect your judgement and behavior. It may not be easy to manage your emotions, but try your best to do so. Do not take it out on partner. Do not let moments of anger cause permanent damage to your relationship.

Health
Your health will be poor. Your immune system will be weaker than usual. Hence, you will likely catch many common illnesses such as cold and flu. Besides this, you may suffer from hormonal imbalance and illnesses related to nervous system. There will be strong indications that you may need surgeries. You will be accident prone which can be serious and life-threatening. Avoid engaging in all types of high risk activities such as hugging and mountain climbing. Even if you engage in high risk activities, do pay attention to your safety.

People
Although the magnitude of problems caused by ill-intentioned people will be similar in as other years, the problems will be much more difficult to manage with and you will find it more difficult to manage with various types of challenges occurring at the same time. The ill-intentioned people will resort to underhanded means against you such as betraying, backstabbing, misleading, sabotaging and accusing you. You will have to be too trusting. Verify information before using it.

As the year progresses you will meet many who will not hesitate to have direct conflict with you. As you would already be frustrated with many matters, you will have an uncontrol-
trollable and furious temper. This will re-
sult in you getting into head-on conflicts with others frequently. This will likely happen in your career and personal life. It may reach a point that you will take it out on people who are concerned about you and you may not express your anger in an appropriate manner to your work and personal life. You may have to tame your anger and not have high risk of having direct conflicts with others. If you do so, the next step will be to resolve conflicts amicably.

You can consider engaging in activities that allow you to channel your frustra-
tion in a positive manner such as taking up a hobby or participating in sports. When you are able to take a step back and take it easy on yourself and others, you will be able to pull through 2016.

Tiger

Rabbit

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HOROSCOPE
February 12, 2016
February 12, 2016

Sudoku 数独

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.


General
2016 will not be a pleasant year. There will be opportunities for you, but there will be too many unfavorable circumstances that will present you with business opportunities. Support from others will be inadequate as well. You will find it very difficult to get along peacefully with others. There will be so much backstabbing, gossiping and betrayal. There will be frequent direct confrontations as well. That will not be in your career and personal life. Events like this will cause you to have bad mood and in turn, affect the way you perceive matters and how you behave. This will have a spiral effect on your life. You focus will be weak, whatever you will do will not have any advantage when handling situations, or get you into bigger troubles. You will have difficulties getting along with others.

Relationship
If you are single, you will be keen to get into a relationship. However, when you get into one, you will feel lonely at the same time. In the Year of the Monkey, you will have an equivalent risk of falling in love with the right person as much as someone who just wants to have temporary fun, or to take advantage of you. Your judgment of relationships may be distorted from reality and you might be unable to differentiate a sincere suitor from someone who just wants to have fun, or even just to make you feel good. You will be indifferent about your partner no matter how hard your partner tries, or how much you feel for your partner. You will feel disappointed. You will even feel disappointed that your partner is unable to love you the way you want to be loved. There will be a lot of unpleasantness that the relationship may come to an end. There are indications that your partner may have a life-threatening situation.

Health
Your health will be below average. Most of the health conditions that you will be prone to will be related to heart diseases and respiratory problems. You may have problems related to the spinal cord. Apart from this, you will have high risk of injuries. The type of accidents that you will be prone to will not be restricted to those that related traffic and commuting. It can include having cuts due to machines and using sharp tools. Do pay extra attention to what you are doing, especially when you are driving, operating machinery or using knives. Do not use tools. If you are already married, there will be signs that your spouse may encounter life-threatening situations.

People
In the Year of the Monkey, there will be many ill-intentioned people who will resort to underhanded means against you. You will face with direct confrontation as well. There will be many unreasonable people who will try to make things difficult for you. There will be many people gossipping about you. Although you will gain some support from others, the support may not be strong enough to reduce or help you avoid problems relating to getting along with others. You will have difficulties focusing, which will put you at a disadvantage. For example, when others talk to you, you may not be able to understand them, others will perceive you as being intentionally aloof. This will leave a bad impression on others and might even cause other to develop animosity towards you. Although you cannot control what others choose to think and do, you can certainly do something to reduce the damage others can cause you.

The overall situation in 2016 will cause you to be in low spirits. You will have the tendency of isolating yourself as you will have many problems getting along with others. However, you will still need to have basic interaction with others just enough to maintain cordial relations. Even though you may not be in a position to be hopeful to improve relationships, deteriorating relationships will certainly not be what you want.
cial standing in this year.

**Relationship**

This will be a good year for relationship matters, but with some potential problems. If you are single and there is someone who you are interested to know better, you can approach the person directly instead of trying to gather information about the person from others. There will be a high risk that others will mislead you. The other scenario will be that others will badmouth you in front of the person who you are interested with. This will hinder any budding relationship's growth.

If you are already in a relationship, there will be arguments which can cause you and your partner to drift further apart. If there is any unsmoothness, try to talk things out in a calm manner.

**Health**

Your health and safety will be average in 2016. Most of your potential health issues will be related to digestive problems. There may be gastric problems and irritable bowel syndrome. You may want to avoid eating too much, or having irregular meals. Try not to rush your meals or have heavy meals when having irregular meals. Try not to rush your meals or have heavy meals when you are too tired.

Elderly health and safety will be in danger. If they do not feel well, it will be best that they visit a doctor soon. They can consider avoiding travels, or reducing traveling frequency in 2016. They should avoid going out unaccompanied or staying at home alone.

**People**

There will not be many ill-intentioned people, but it seems that you will have some troubles getting along with others peacefully. Others will seem to talk back to you more often than usual and you will do the same. This will lead to arguments. Even though this may not necessarily result in a yelling match, others will prefer to distant themselves away from you. They will no longer watch your back and give you the type of convenience you once have. This will certainly put you at a disadvantage. Although you do not need to change to accommodate others, we can have our approach towards matters while others are entitled to have their own opinions. Try not to get involved in matters that do not impact you directly. This will be a year to learn about communicating celebrity and embracing individual qualities.

**Horse**


**General**

2016 will be an unusually bad year for those born in the Year of the Horse. There will be an overwhelming series of obstacles and challenges. Almost all aspects of your life will be badly affected. You will be pulled in all different directions. Although you will be willing to put in effort to improve or salvage situations, the positive effects will be ineffective. There will be possibilities of backtracking. Initially, others will be supportive, but relationships will turn sour as the time passes. There will be gossips, disputes and possible violence. Usually, even when all aspects of your life turn bad, your love life will still be doing well. However, it will not be the case in 2016. There may be tensions and possible separation. Not only will you be involved in legal complications, there may even be imprisonment. Adhere to policy and the law diligently. Keep a low profile in 2016. Even if you are not looking for a huge leap in life, you can consider focusing on maintaining your current position in life.

**Career**

Your career luck will be below average. Although there will be opportunities along the year, there will be many situations leading to opportunities slipping away. You will face so many obstacles that there will be difficulties in carrying out tasks that you are familiar with. You will be putting in so much effort, but your progress will be insignificant. There will be risk of taking a few steps backwards. There will be fierce competition between you and your colleagues or business associates to get a job, a promotion or a tender. It seems that everybody will not rule out using unscrupulous means.

You will be accused of violating policy and the law. Adhere to policy and the law diligently. If you need to handle contracts and agreements, do give adequate time to go through details before you endorse them. Keep communication records. For important matters, you need to have written documents. If you are being asked to do something that you are uncomfortable with, you will need to request for written instructions. If you are not careful, your colleagues and business associates will hesitate to blow the whistle and put you behind bars. Verbal confrontations will be common with high risk of them leading to violence. No matter if you attack others or you being attacked will certainly not bring any glamour to your career. Hence, it will be important to manage your own anger.

Support from management and peers will be weak. You can still implement your plans, but do not adopt any aggressive approach to matters. Try to take it easy on yourself and others. Stay out of trouble and you will likely be able to do fine.

**Health**

You should not have problems in earning from a steady income. The chance of having pay increments will be low. Earnings through investments and winnings from gambling will be weak. You will likely to have high expenses. You may have to save for legal and medical expenses. You will also need to pay a huge sum to get yourself out of trouble. Keep your expenses in check. Do not invest or gamble. Most importantly, be safe and stay out of trouble, and adhere to the law and policies.

**Relationship**

If you are single, you will not feel excited even though there will be a possibility of meeting someone special. Your potential suitor or the person whom you are interested in will be feeling confused about the mixed signals that you send. It will seem to them that you are interested and yet not interested enough. This can cause your potential partner to walk away thinking that you are not ready to be in a relationship.

You can be already in a relationship and yet feel distant from your partner. You will be indifferent about what is going on in your partner’s life or about how your relationship is progressing. There will be a likelihood of severe tensions. Not only will there be a possibility that your relationship will end up in a stalemate, there will be a possibility of a separation.

**Health**

Your health will be weak. Most of the health issues that you will have will be related to internal organs, especially your intestines and stomach. There will be possibilities of having skin allergies. Apart from this, you will likely to suffer from cuts which can be as minor as paper cuts to something as serious as amputa-
You will be a good year for you. You will progress in many aspects of your life such as career and finances. It is not all about hard work and having material success. There will be good news from your personal life. You may get married, have a baby or wel- come a new family member. There will be many joyous events populating the year. Your worst enemy of the year will be your emotions. Instead of being thrilled and indulging yourself in happiness, you will feel dejected. You will have great difficulties in explaining to yourself why you feel this way. There may not be any logic to this but it can certainly be- come a major hindrance to your goals in this year. Not only that, people who are supportive towards you will also begin to leave. Your personal life will also be af- fected. Your good friends and family will feel that you have changed. You will be- gin to lose many advantages that you use to have over others. You will feel poor. It may not be easy, but this will be one of those years to it is vital to control your emotions and to be positive. Suc- cess will be within your reach if you can manage the negative thoughts and emo- tional vulnerability.

Career

This will be a good year for your ca- reer. You will gain strong support from many easily. Everybody will want to work with you. Even when there are ob- stacles along the way, you will not have a lack of people watching your back and putting out fire for you. Hence, this will be a good year to implement your plans. You will be likely to progress well. How- ever, instead of being excited and happy about your progress, you will be lethar- gic and gloomy. It seems that no matter how hard you try, you will not be pleased with people around you and things will not happen. When others notice that you are per- petually upset about almost everything and do not give support, many will give up having good terms with you. This will potentially hin- der your success. If you are not careful, your poor health will make things worse. Managing your emotions and being ener- gized will play an important role as they will have direct impact towards your ca- reer progress. Be positive. Control your inner self. Huge career developments will be within your reach in this year.

Health

Your health luck will be above aver- age. There will be pay increments if you were to earn through a steady income. You will be able to benefit from investments and play the game of luck. However, your expenses will also be increasing exponentially. It will be unlikely that you will have financ- ial stability. This may have some difficulties saving. Most of the expenses will be on social activities and medical bills. Try to manage your expenses. If you are not feeling well, visit a doctor soon. Not only will it be easier to treat an illness earlier, it will also prevent you from high risk of verbal confrontations which can escalate to separa- tion or permanent damage to your re- lationship. Do communicate with your partner about how you feel so that your partner will understand what you are going through. This will prevent specu- lations and misunderstandings.

Health

Your health will be poor. You will tend to fall ill easily and for a longer period of time. Most of your health con- cerns will be related to the nose, lungs and nerves. Examples of problems are sinus problems, asthma attack and nasal congestion. Due to many social activi- ties, you will likely put on weight. However, by having a healthy lifestyle, you will be able to take care of your health. Your wealth luck will be likely to change the course of your life and life goals. These changes will either be unfavorable for you, or you will be forced into them. Although you will be alert and may get some support from others, these fa- vorable conditions will not be signifi- cant enough to reduce problems that you will face. It will be inevitable for you to develop pent-up frustration within you.

You will be a like walking time bomb and might explode frequently. To make things worse, you will seem to provoke others unknowingly. There will be a high risk of verbal confrontations which will likely to turn into violence. Keep a low profile. Avoid scheduling important plans and do not get involved in matters that do not impact you directly. Hang on to any lifeline available and stay safe.

Career

You will be alert and focused. This will help you to learn and process infor- mation fast. If you study, you will be likely to do well. If you work, this will give you an advantage over others when handling details and coping with hectic schedules. 2016 will be a busy year for you and there will be frequent business trips.

Although you will have an advan- tage, there will be too many unfavorable situations going against you. Many will gossip about you and find fault with you. It seems that no matter what you do or not do, others will perceive you in a bad light. As you are well aware of the hostil- ity, it will be difficult for you to get along with others cordially. Frequent argu- ments will become vivid display of an- ger such as banging on tables, slamming of doors and throwing folders. There will be a high risk of anger escalating to violence like fights and being ambushed. Anger management will be important. Not only will you need to manage your own anger, you will need to manage oth- ers’ anger as well.

There may be some support from others but the support will definitely not be enough to alleviate the situation. You can still implement your career plans in 2016, but you may need to lower your expectations. It seems that even trivial matters can only be accomplished after a yelling match. Your career progress will

FEBRUARY  
Chinese New Year issue
February 12

JUNE
June 10

June 24
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AUGUST
August 5

August Moon issue

September 9
Education & Parenting issue

September 23

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be badly impeded so much so that not moving backwards can already be considered good news in 2016.

Wealth
Your financial situation will be below average. The chances of having pay increments and profiting from sales and investments will be slim. However, if you can travel frequently or keep your expenses low, you may be able to increase sales and improve investment luck. Even if you manage to increase your pay and profits, there will be great difficulties in keeping your money. There will be many incidents that will require you to spend money. It may not be easy, but try your best to reduce expenses. Avoid investing and gambling. If you do not manage your finances well, there will be a risk of getting into financial troubles.

Relationship
2016 will not be a good year for relationship matters. If you are single, you will be perceived as defensive and moody. You will probably be snapping at anybody and everybody. Hence, this will certainly frighten potential suitors away. If you are already in a relationship, arguments will be frequent. It seems that anything that your partner says or does will agitate you terribly. Even if your partner decides to keep quiet and not do anything, you will be annoyed. There will be too many things going on in your life that cause such explosive temper. Do not take it out on your loved ones. Be patient with other. Avoid letting anger influence your relationship. If you are going through a difficult time, let your partner know so that they can give you the appropriate support.

Health
You will have poor health which will lead to surgeries and receiving invasive treatments. You will be likely to have cuts and injuries such as sprains and fractures. Be very careful if you were to drive or handle sharp tools. Avoid engaging in high risk activities such as hiking, mountain climbing and racing. There will be a high risk of you being physically attacked by others. Do not stray into dark alleys or unfamiliar places. Always stay alert of your surroundings.

People
There will be severe problems in getting along with people in 2016. You will face difficulties in getting support from others. There will be gossips, finger pointing and direct confrontations. The verbal arguments that will happen can escalate to physical violence. There are signs of others attacking or ambushing you. You will not be able to control what others say or think about you. However, you will play a big role in reducing these potential problems or easing the situation. Do not get involved in matters that do not impact you directly. Think carefully before you talk. If you do not have anything good to say, it will be better not to talk. Avoid getting into direct conflicts with others especially those heated ones. When you are talking to others in a calm manner, you are talking to getting very agitated, try your best to alleviate situations and consider continuing the conversation only after all parties have calmed down. Your ability to handle angry situations will be important in this year since it will affect your safety.

Career
You are supposed to progress very well in your career this year, with signs of receiving job offers and opportunities to showcase your talents. You will gain strong support from the management and your peers. Many are sin- cerely interested in your growth and want to see you do well. However, there will be high pressure on you to deliver. When you are aware that the person you are talking to is getting very agitated, try your best to alleviate situations and consider continuing the conversation only after all parties have calmed down. Your ability to handle angry situations will be important in this year since it will affect your safety.

General
2016 will be a good year for those born in the year of the Rooster. Generally, you will be given the opportunities to progress well in various aspects of your life such as career, relationship and health. Even so, this does not promise a problem-free year. There will still be some unfortunate incidents occurring in your career, but they will be unlikely to lead you into any serious trouble. While you can improve your love life, it can de- velop into something complicated such as causing you to lose your heart and fin- ances. Your main wealth will be good, but your wealth from other sources will be very bad. However, you will be able to depend on friends who will allow you to progress well. By being tolerant and not taking things for granted, you will be able to enjoy your lessons and appreciate 2016 better.

Wealth
2016 will be filled with obstacles and delays for those born in the Year of the Dog. Not only will your career progress be affected, but your personal finances will also be affected. Money will slip through your fingers no matter how hard you try to grab hold of it. Due to intense frustra- tion, you will be likely to take it out on your health and safety by having very irregular meals and inadequate rest. You will have very bad mood swings and tend to flare up frequently. Support from others will already be inadequate. Your quick temper will further repel others away, which will put you in a worse state. You will discover that people who you trust the most will let you down. You will face setbacks. Money will slip through your fingers no matter how hard you try to grab hold of it. Due to intense frustra- tion, you will be likely to take it out on your health and safety by having very irregular meals and inadequate rest. You will have very bad mood swings and tend to flare up frequently. Support from others will already be inadequate. Your quick temper will further repel others away, which will put you in a worse state. You will discover that people who you trust the most will let you down. You will face setbacks. Money will slip through your fingers no matter how hard you try to grab hold of it. Due to intense frustra- tion, you will be likely to take it out on your health and safety by having very irregular meals and inadequate rest. You will have very bad mood swings and tend to flare up frequently. Support from others will already be inadequate. Your quick temper will further repel others away, which will put you in a worse state. You will discover that people who you trust the most will let you down. You will face setbacks. Money will slip through your fingers no matter how hard you try to grab hold of it. Due to intense frustra-
February 12, 2016

Sampan

horoscope

February 12, 2016

As 2016 can be a hectic year, you will need to take good care of yourself. Your concentration will be weak, which will make it difficult for you to express your ideas. Another main organ which will be affected by stress is your liver. Your liver may not be able to function properly. Another common disease is that you will have many health problems, as well. Thus, you should give yourself more time to know each other better before committing to a relationship. If you are already in a relationship, there will be signs of you having affairs. Do not risk long-term happiness to moments of excitement and weaknesses.

Health

February 12, 2016

You will develop persistent common illnesses such as cold and flu. This may cause you to feel tired and your concentration to weaken. However, it will be unlikely that these illnesses will escalate to something major. You may want to improve your immune system by having a balanced diet, regular exercise and adequate rest. You will be slightly accident-prone. If you notice that you are feeling tired or under the influence of drugs, do not drive, operate machines or handle sharp tools. Family members’ health and safety will be poor. They may encounter life-threatening situations.

People

February 12, 2016

You may have some difficulties in differentiating between people who will truly care for you and those who will only take advantage of you. This may not put you at a disadvantage, but will get you into financial troubles. This will not be an appropriate year for investment and gambling. Adopt conservative approaches to finances.

Relationship

February 12, 2016

If you are single, you will be keen to get into a relationship due to fear of being alone. You will be at risk of being led on by people who sweet talk or show some interest in you. They may just want to have temporary fun or take advantage of you. You can start the ball rolling by loving yourself and having inner peace. When they decide to move on to another person or when you have lost your value, you will be able to do fine in 2016 by being wary of the better aspects in your life in 2016. Be emotionally strong and try to befriend you. Instead of being sharp tools. Family members’ health and safety as they may have life-threatening situations.

Career

February 12, 2016

Your career will be considered as one of the better aspects in your life in 2016. Although there will be some potential problems, many of them will be manageable and avoidable by simply being careful. Most of the problems will be related to ill-intentioned people who will betray, backstab, misleading and sabotage you. You will have to learn to be on your guard. It will be important to adapt to new situations. Be especially careful if you have temporary fun or take advantage of you. You can start the ball rolling by loving yourself. You do not need to exchange any conditions for others to love you back. You will be able to do fine in your career. Your health, safety and money matters will be below average. Affairs of the heart will be bad. You will be worried over family members’ health and safety as they may have life-threatening situations. Be emotionally strong and try to befriend you. Instead of being sharp tools. Family members’ health and safety as they may have life-threatening situations.

Learn Chinese

Happy year of the monkey

猴年快樂 hou nian kuai le

2016

Sheriff Steven W. Tompkins and the staff of the Suffolk County Sheriff’s Department wish everyone a Happy New Year
February 12, 2016

**Our Community's 2015 Year in Review**

BY LING-MEI WONG

The Year of the Sheep heralded record snowfall of more than 100 inches. As we look back at 2015, there were many lessons we’ve learned that we will take to heart, so that we can help the people of this city, and it is those qualities that we hope to magnify in this Year of the Monkey.

**January**

The Kwong Kow Chinese School celebrated 99 years on Jan. 23 at its “Dare to Dream” gala. The Chinatown Community Land Trust held its first meeting for community control of land for development and to preserve affordable housing.

**February**

Blizzards and winter storms drop more than 110 inches of snow on Boston, disrupting transit. Over 8 feet of snow in a month cost roughly $1 billion in lost profits for Massachusetts.

“Fresh off the Boat” premiers on Feb. 10, the first primetime TV show starring an Asian American family since 1994.

**March**

The “Dreams of Freedom: Boston’s Immigration Experience” exhibition re-opened on March 10 at the Prudential Center. It was the only educational exhibit on immigration history in Boston.

**April**

Hundreds showed solidarity at the Statehouse for Immigrants Day on April 14.

**May**

Cathay Pacific began nonstop service from Boston Logan International Airport to Hong Kong on May 2, operating the flight four times a week.

**June**

The 36th Annual Boston Hong Kong Dragon Festival was held on June 14 on the banks of the Charles River.

**July**

Boston Public Schools superintendent Tommy Chang met Asian American community members at a welcome party on July 22 at the China Pearl. Taiwan President Ma Ying-jeou visited Boston on July 11.

**August**

Josiah Quincy Elementary School principal Cynthia Soo Hoo introduced herself to the community on Sept. 11 at the school. She was the first native-born Chinese alumna to lead the school, after working there for 15 years.

**September**

A fire broke out on Oct. 23 at 84 and 86 Harrison Avenue in Chinatown, displacing more than 40 tenants.

**November**

Nina Liang is elected as Quincy’s first Chinese-American city councilor on Nov. 3.

**December**

Chinatown welcomed affordable housing at 66 Hudson, part of One Greenway, with a ribbon-cutting ceremony.

**Our Community's 2016 Year in Review**

BY U.S. REPRESENTATIVE MICHAEL CAPUANO, 7TH DISTRICT

2016 was an eventful year in Congress, filled with challenges and opportunities. The atmosphere was hyper-partisan making it almost impossible to work cooperatively. The influence of the Tea Party was felt by both Republicans and Democrats — and not in a productive way. The House did complete work on a few important matters once former Speaker John Boehner announced his resignation. His pledge to “clean the barn out” for his successor, Speaker Paul Ryan, proved both accurate and helpful as the year came to an end.

At the end of the year Congress completed work on legislation funding the federal government for the remainder of fiscal year 2016 and authorized $305 billion for surface transportation programs over five years. That will support vital investments in highways, transit, Amtrak and intercity passenger rail across the country. Massachusetts is expected to receive more than $5 billion, an increase of more than $447 million or 9.7 percent over current funding levels.

With those actions, Speaker Ryan is now free to set the tone and agenda for the House in 2016. I hold out hope that Republican leadership will not ruin the record of the last week in session when the House passed bipartisan, important bills after long and difficult negotiations. The back and forth left everyone a little satisfied and a little frustrated — which is exactly how a legislative body is supposed to work. No one gets 100 percent of what they want. The goal is to try and find common ground on some matters and seek compromise on the rest. It’s still too early to tell how Speaker Ryan will lead the House.

I am grateful for the opportunity to serve in Congress and am energized as a new legislative session gets underway. This is an exciting time for the City of Boston and I am looking forward to seeing many of you during the upcoming celebrations for the New Year. In this Year of the Monkey, I wish everyone health and happiness.
Lunar New Year greetings from AG Maura Healey

BY ATTORNEY GENERAL MAURA HEALEY

Gung Hay Fat Choy! Happy Year of the Monkey to all!

I recently celebrated the completion of my first year serving as your attorney general.

As your Attorney General, I am the chief lawyer and law enforcement officer of Massachusetts. That means that my office is a resource for the state and all of its residents in many areas including consumer protection, combating fraud, protecting civil rights and workers’ rights, and ensuring access to quality and affordable health care. I see my role as Attorney General as the People’s Lawyer, running the largest public law firm in the state. The Attorney General’s Office is here to serve and advocate for you.

One of my top priorities when I took office a little over a year ago was to make sure I was running an office that was accessible to everyone in this state regardless of where they lived. That’s why in May of 2015, we launched the Community Engagement Division. The mission of this division is to bring the resources of the Attorney General’s Office directly into communities at times that are convenient for working people and their families. Over the past year, this division has organized 126 events and trainings and engaged directly more than 9,000 people across this state. Much of this outreach has centered around Community Action Hour events that bring attorneys, mediators and investigators from our office into neighborhoods across Massachusetts to answer questions and provide trainings.

In our first year in office, we played a key role in implementing the state’s new Earned Sick Time law, which has provided 1 million more people in the state with paid sick leave. We also fought for and will continue to fight for students and families harmed by deceptive debt relief companies. And we’ve been committed to tackling the opiate and prescription drug abuse crisis. This year, we will continue to combat the opioid epidemic in this state, but we are also working tirelessly to end gun violence and update the state’s equal pay law.

In the coming year, we will continue the important work that we began in 2015 and we count on your partnership. I wish you and your families good health and prosperity in the Year of the Monkey!

Massachusetts Attorney General Maura Healey. (Image courtesy of the AG office.)

Lunar New Year greetings from Treasurer Deborah Goldberg

BY TREASURER DEBORAH B. GOLDBERG

On behalf of myself and the entire team at Treasury, I would like to wish all of Sampan’s readers: Chúc Mừng Năm Mới; Happy New Year!

The Lunar New Year days are celebrated together with family and loved ones, and are a time of reunion and thanksgiving. The beginning of a new year also marks the start of a clean slate. In business, this often means taking the time to balance the books, pay off debts and plan investments wisely for the upcoming year.

During my first year as Treasurer, I have focused on improving our financial literacy programs so that the people of Massachusetts are better equipped to manage these tasks. As part of my state-wide Economic Empowerment tour last year, I visited the Boston Chinatown Neighborhood Center. I met with preschool students and staff to discuss ways that we could work together to develop sound money management skills that would serve the community in the New Year and in the many years to come.

The Asian American community has a long and rich history with the City of Boston. Places like Chinatown and Dorchester are full of small businesses that make our economy thrive and our city culturally vibrant. Engagement from your communities is incredibly valuable to me and my office, and I look forward to fostering this relationship with all of you.

And so, in this Year of the Monkey, I wish everyone in your communities’ prosperity in their business ventures, success in their careers and a happy family life.

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波士頓市議員林乃肯和他的家人祝大家在猴年身體健康，富貴吉祥！
Lunar New Year greetings from Sen. Elizabeth Warren

BY U.S. SENATOR FOR MASSACHUSETTS ELIZABETH WARREN

Happy New Year! This is a special time: a chance for friends and family to come together to enjoy favorite traditions and to share hopes for the year ahead. This also is an opportunity for Massachusetts to celebrate the many significant contributions the Chinese-American community makes here in our Commonwealth and across the country each day. Greater Boston is fortunate to have a vibrant Chinese-American community that is a strong part of the fabric of our city. In January, I was very happy to watch as my good friend and former student Michelle Wu was sworn in to serve as Boston City Council President. Michelle not only is a woman with good ideas and a passionate heart, but is someone who gets out and does the hard work that needs to be done to make a difference. As we ring in the Year of the Monkey, I look forward to continuing my fight in the United States Senate to level the playing field for hardworking families in Massachusetts. I’m committed to doing my part to make sure we are making the kinds of investments — in things like education, infrastructure and innovative research — that help build a future for all our kids. I’m also focused on working closely with state, local and community leaders to support efforts to revitalize our neighborhoods and grow our economy. It’s an honor to represent you in Washington, and I hope to hear from you if you have thoughts or concerns about a federal issue, or if you need assistance with a federal agency. You can email me by visiting www.warren.senate.gov, or call my Boston office at (617) 565-3170. I hope you and your family have a happy and healthy New Year.

Perfect for Lunar New Year is “The Year of the Monkey” by Oliver Chin, the 11th story in his “Tales from the Chinese Zodiac” series. In time for the Lunar New Year, the lively tale is the first bilingual book of the series, featuring a Chinese translation alongside the English narrative. The series highlights the 12 zodiac animals that represent each lunar year. Illustrated by professional animator Kenji Ono, the dynamic artwork makes the zodiac animals jump off the pages. It’s great fun to look for all 12 animals appearing throughout the book. Each creature symbolizes a distinct personality and, as the son of the Monkey King and his lovely Queen, it’s no surprise that Max, the titular monkey, is fun-loving and mischievous. With help from his parents and best friend, Max learns about the magic of friendship. With help from his parents and best friend, Max learns about the magic of friendship. With help from his parents and best friend, Max learns about the magic of friendship. With help from his parents and best friend, Max learns about the magic of friendship. With help from his parents and best friend, Max learns about the magic of friendship. With help from his parents and best friend, Max learns about the magic of friendship. With help from his parents and best friend, Max learns about the magic of friendship.

The Chinese translation is solid, but almost too faithful to the English content — it lacks Chin’s playfulness. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide. The simplified characters have no pinyin for pronunciation hints or a traditional Chinese phonetic guide.

Max sails through the air to spike the shuttlecock, showing much vigor and drive. Max exudes energy and determination, two wonderful traits to carry into the Year of the Monkey to achieve your dreams.
The dearth of Asian stars in Hollywood

BY SYLVANA CHAN

Asian Americans currently make up 5.6 percent of the total U.S. population and have surpassed Hispanics as the fastest-growing demographic in the country. With this in mind, try to name as many Asian Hollywood stars as you can.

“It’s not easy, is it?”

According to a study conducted in 2013 by the Media, Diversity, & Social Change Initiative at the University of Southern California’s Annenberg School for Communication and Journalism, Asians made up just 4.4 percent of the top-grossing films that year. Although this percentage is only slightly lower than the total percentage of Asians in the U.S., “the numbers belie the difficulty of becoming an Asian-American Hollywood star,” states freelance writer Justin Chan in an article for “Complex Media.”

Audiences may cite a few exceptions to the rule, such as Keanu Reeves from the highly successful “Matrix” trilogy, whose paternal grandmother is Chinese and Hawaiian. Or Dwayne “The Rock” Johnson, who is half-Samoan, for his part in “The Fast and the Furious” franchise films and in his more recent leading roles in “Hercules” (2014) and “San Andreas” (2015). There is no doubt that these actors have helped pave the way for Asians on the big screen, but they are also Asian actors of “safely ambiguous ethnicity,” as blogger Em Liu points out. It is still a rarity to see a non-mixed Asian entertainer in a leading role.

In those instances when an Asian actor or actress is cast in a more prominent role, the characters they play abound with racial stereotypes. Female stars such as Maggie Q or Zhang Ziyi are almost always fetishized onscreen as the exotic sexual conquests of their male costars. On the other hand, Asian actors like Bobby Lee or Ken Jeong are frequentlyemasculated and portrayed as sexually undesirable. And when Asians aren’t being hyper- or hypo-sexualized, they are portrayed as the asexualized martial arts warriors: Bruce Lee, Jackie Chan, Jet Li and Michelle Yeoh are all devoid of profound emotion — more fighting machine than human being.

Television networks have been better about recruiting more Asian American leads. Shows such as “Fresh Off the Boat,” a series based on Taiwanese-American restaurateur Eddie Huang’s memoir, and “The Mindy Project” starring Mindy Kaling, who got her big break writing for and acting in “The Office,” have been positively received on network prime time. A number of other TV shows also feature dynamic Asian Americans in the cast: Daniel Wu from “Into the Badlands,” Lucy Liu from “Elementary,” Aziz Ansari from “Parks and Recreation” and Steven Yeun from “The Walking Dead,” to name a few. Hollywood needs to take a page out of TV’s book and follow suit.

Unfortunately, the lack of diversity on the big screen is a plight that affects more than just the Asian American community. For the second year in a row, not a single actor of color was nominated for an Academy Award. The all-white roster sparked international outrage and caused actress Jada Pinkett Smith to publicly call upon the black community to boycott the 2016 Oscars.

The problem starts at the top. According to a study conducted in 2015 by the Ralph J. Bunche Center for African American Studies at the University of California, Los Angeles, 92 percent of senior management in the film industry are white.

In response to this study, Lilly Wronkiew of the “Huffington Post” had this to say: “If these executives don’t start making an active effort to recruit and hire people of color, Hollywood will remain saturated with white performers in films. And that’s not only terrible because it robs the opportunity from talented and deserving actors of color, but because it is a poor representation of the diverse audiences who view them.”

If films are reflections of the societal and cultural times in which they are produced, then it is clear that Hollywood needs to get with the times and diversify.

Make Chinese New Year an American holiday

BY ADAM CHEUNG

Lion dance is a festive Chinese New Year tradition. (Image courtesy of Adam Cheung.)

Why celebrate Chinese New Year?

China and Chinese culture are a big deal now and Americans want to learn as much as they can. Chinese New Year has the benefit of being a wonderful holiday with lion and dragon dance. The Lunar New Year is focused on family reunion and has fewer religious connotations, so people don’t find it threatening to their own culture.

What can I do to promote Chinese New Year?

One thing you can do is encourage your non-Chinese friends to come into Chinese communities to celebrate. Boston Chinatown’s celebration will be on Feb. 14, the same day as Valentine’s Day. Another thing you can do is celebrate in your own neighborhood or school. If you know lion dance or how to make a special type of food, you can do so at your child’s school or with neighbors. Last year, I performed at my son’s school and also paraded around to a few houses in the neighborhood with the lion head, drums and some friends.

If you don’t have a lion head at home, you can just make a flat-faced mask and buy some cloth for a tail. Buckets can be drums.

Should I stay home from work or school?

You can certainly stay home with your family if that is part of your tradition. But it’s worth thinking about bringing the holiday out to the workplace and school, to make others aware of it as well.

Adam Cheung blogs at bostonchinatelevision.org and kungfuлад.blogspot.com.
Streaming services vie for Chinese attention

BY BETH ANNE

All across the world, television and video streaming is an increasingly sought-after service. Now the biggest names in the streaming business are looking to tempt new subscribers with a wider selection of entertainment options than ever before. Earlier this year, for example, Netflix went live with its streaming services in almost every country on Earth. Despite its near-global ubiquity, however, there is one nation that remains off its map: China.

China, despite being home to the world’s largest online population, is still relatively new to the video on demand (VOD) and streaming services game. And for Netflix, this golden opportunity has unfortunately passed into the hands of a London-based streaming firm. As a “curated online cinema” that features 30 independent films for streaming, one new film added every day as another drops out, MUBI successfully beat Netflix to the Chinese market at the beginning of this year with a strategic partnership with Huanxi Media Group, an entertainment company that focuses on financing independent films for the Chinese market.

Impressed by MUBI’s success thus far by focusing primarily on streaming in China, Huanxi invested $50 million - a relatively new to the video on demand world’s largest online population, is still relatively new to the video on demand (VOD) and streaming services game. And for Netflix, this golden opportunity has unfortunately passed into the hands of a London-based streaming firm. As a “curated online cinema” that features 30 independent films for streaming, one new film added every day as another drops out, MUBI successfully beat Netflix to the Chinese market at the beginning of this year with a strategic partnership with Huanxi Media Group, an entertainment company that focuses on financing independent films for the Chinese market.

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Students are excelling at the Asian American Civic Association’s (AACA) banking program.

The job training program, Careers in Banking and Finance, launched in 2011. In 13 weeks, AACA trains adults for jobs in retail banking and financial services. The entry-level program includes training in sales and customer service skills, basic accounting, computer skills, as well as job readiness skills. English as a Second Language work will be offered for English language learners in conjunction with the training.

Students learn about banking regulations, customer service and sales, business English for banking, resume writing and interviewing techniques.

Almost 100 percent of students find a job after completing the program. During one of the classes, students met a representative from Rockland Trust and got advice on how to get a job at a bank. Employment officer Colleen Balboni discussed interviewing tips, how to dress and how to create a great LinkedIn profile.

Balboni asked students to split into pairs to practice interviewing techniques and when they were finished, she asked if it was helpful.

“This has been very helpful. This whole program has been amazing,” student Jonida Bracaj said.

AACA director of training programs Saraugh Fitah said one of the best features about the program is the relationships the agency has with a dozen or so local banks.

“They are highly involved in the program. They meet with the students. They help us determine what we need to screen for in students and who would be successful in this industry. They are always impressed with our students, which is why most of them are placed with jobs,” she said.

During her visit, Balboni said she was impressed.

“It’s a really great program,” she said. Fitah said students with no banking experience are also encouraged to apply to the program.

“People who have worked in the restaurant business often translate well into banking,” she said. “It’s a great industry to get a start in. You can move up to manager in a decent amount of time.”

She says the students that do the best in the program are “outgoing and friendly” and people who like working with other people.

English, math and writing tests are required for admission, as well as an interview. Testing sessions are held every Tuesday at 2 p.m.

For more information, please call (617) 426-9492 x 214.
BY SARA BROWN

New Orleans is known for everything from jazz to Bourbon Street. The city has so much to offer, making it overwhelming to know where to start. Here is a quick guide on how to explore this unique city.

Food

New Orleans is known for its Creole cuisine. If you go to New Orleans, you will not leave hungry. Prepare yourself for fine seafood and delicious seasoning. While almost every restaurant will leave you delightfully full, there are several that should be on top of your list. Drago's by the Hilton New Orleans Riverside is known for seafood, particularly lobsters and to-die-for charbroiled oysters. While many would not expect much from a hotel restaurant, this is fine dining at its best.

If brunch is more your style, Court of Two Sisters is perfect. It offers a buffet brunch at a reasonable price. The buffet offers brunch staples such as omelets and pancakes. It also has Creole dishes such as jambalaya and turtle soup. The wait staff is particularly friendly.

Bourbon Street

If you know anything about New Orleans, it's probably Bourbon Street. The world-famous street is located in the heart of the city, or the French Quarter, and lives up to its crazy reputation. On a weekend night, you can expect huge crowds and most likely several people who have had too much to drink. The street is filled with one bar after another. New Orleans has an open container law so one can drink on the street, as long as the alcohol is in a plastic cup. You can also expect to hear live bands bursting from the walls of every bar. If drunk crowds aren't your thing but you still want to check out this infamous street, a weeknight would be your best bet.

Tours

New Orleans is known for its history. If you are interested in a particular segment of New Orleans' history, there is most likely a tour for it.

For wildlife lovers, swamp tours let you explore Louisiana's luscious swamps and get personal with alligators. If you are interested in spooky things, there are several haunted tours where you can learn about New Orleans' ghost stories and the history of voodoo.

If you are looking to get out of the city, plantation tours include bus transportation to the state's plantations. While some of the plantations are beautiful structures, it's alarming to learn about the nation's painful history of slavery. The history can be uncomfortable, but is eye-opening and necessary.

Shopping

Who doesn't want to come back from a vacation with a cool souvenir? If you like local art, look no further than the Frenchmen Art Market. The street is lit up with Christmas lights.
Start off the Year of the Monkey strong
BY KA HEI KAREN LAU, DIETITIAN AND DIABETES EDUCATOR

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Lunar New Year turnip cake

Ingredients
- 4 dried shiitake mushrooms
- 2 dried scallops
- ½ cup dried shrimp
- 2 pounds Chinese turnip
- 1 cup rice flour
- ¼ cup wheat starch
- ¼ cup corn starch
- 2 teaspoons canola oil
- ½ cup shallot, chopped
- 2 lean Chinese sausage, diced (about ½ cup)
- 1/16 teaspoon salt
- ½ teaspoon ground white pepper
- ¼ cup scallions, chopped

Directions
1. Soak the mushrooms, scallops and shrimp in cold water overnight. Drain the ingredients. Save the broth to use later.
2. Coarsely grate the turnip in a large bowl, about ¾ cups. Save the turnip juice to use later.
3. Remove the mushroom stems. Dice the mushrooms into small pieces, about ½ cup. Set aside.
5. In a large bowl, mix together the rice flour, wheat starch and corn starch. Set aside.
6. Heat the oil over medium-high heat. Add the shallots. Stir-fry for about 1-2 minutes until fragrant.
8. Add the turnip and the turnip juice into a large pot. Over medium-high heat, cook until the turnip is soft. About 5 minutes. Remove from heat.
9. Add ½ cup of the broth, mushroom, scallops and shrimp to the pot. Add the salt and pepper. Mix well.
10. Add the flour. Mix well.
11. Spray an 8-inch round pan with canola oil. Pour the turnip mixture into the pan. Flatten the top with a spatula. Cover the pan with aluminum foil with dull side out.
12. Bring water to a boil in a large covered steamer. Place the pan in the steamer for 45-60 minutes, or until it is cooked thoroughly. Check on the water level while steaming. Add hot water as needed.
13. Once cooked, let it cool and set for about 20-30 minutes. Garnish with the scallions. Slice into rectangular pieces and serve.
14. Refrigerate the remaining turnip cake for up to 5 days. Before serving, reheat by re-steaming, microwaving, or pan-frying with ½ teaspoon of canola oil in a nonstick pan.

Cooking tips
Choose a juicier Chinese turnip by selecting one that is heavy for its size.

Try a new ingredient or food item
Simply swapping an ingredient will make a difference to the overall nutrition of the dish. For example, when you prepare dumplings, using a leaner cut of pork will help in reducing the fat and calorie content.

Lunar New Year is one of the most important festivals in Chinese culture. Family and friends will gather together, and enjoy New Year feasts with one another, which may span throughout the first month of the lunar calendar. In addition, many will enjoy festive foods that have different meanings of well-wishing. Some may celebrate with having dumplings (jiaozi), suggesting wealth. Some may celebrate with having Tangyuan, symbolizing having advancement and self-sufficiency. Some may celebrate with having taro cakes and water chestnut cakes, which signifies having advancement and good fortune. Some may celebrate with turnip cakes, dumplings (jiaozi), suggesting wealth.

Try a different cooking method
Try steaming for some dishes, such as fish, or scallop and dried oyster. When serving the turnip cake or other kinds of cake, try steaming or microwaving them.

Enjoy smaller portions
Certain ingredients are essential to the New Year dishes, and may not be easily swapped away. For example, pork feet, symbolizing wealth, will be hard to substitute. If this is one of your favorites, enjoy it but in smaller portions. Limit it to one to two small pieces at the meal.

May you enjoy this recipe, and have a fruitful and healthy new year!
身體健康，
財源滾滾來。
送上兩大祝福
迎接快樂新年。

哈佛格林健保