

7月25日星期六早上,在Hudson小鎮上,夏天農貿市場吸引無數人。天空青天白雲,雖然大家都戴着口罩,還是能和家人朋友在一起輕鬆的生活。

競選市議員的 Sarah

一年一度的夏季農貿市場從六月份開始,人們從附近 60mile 的農場帶來新鮮蔬菜水果鮮花等來出售,雖然有點貴,但農場主是開車一個小時過來的,有的還帶一家人參與,我看到一個2個月的小寶寶在母親的懷里。一家人出售自家農場的蔬菜,當日我也買了不少新鮮的蔬菜,回家煮了,好吃。

在農貿市場,我看到了一位名叫 Sarah G. Norman 女士,她手里拿着她的宣傳單在發給每一個路人,我走到她的身邊與她打了招呼,她說這次她要競選 Hudson 市議員,她告訴我,她在 Hudson 已經生活了 20 多年,自己是律師,做過許多不同行業的工作,她說她願意服務大家,她也相信她能更好地為大家服務,她要讓她自己住的城市變得更好,這是普通的人做不普通的事情,我很感動並告訴她我要採訪她,我們相約 7 月 28 日在 Panera bread 咖啡店採訪她。

Sarah 開門見山問我:是想知道她為什麼參與政治的長故事還是短故事?我說長故事:Sarah 的父母都是教育工作者,她從小學習優秀,上大學前就對白宮政治有濃厚的興趣,第一年她就主修政治,第一年讓她就看到政治的黑暗,第二年她就轉法律專業主修藝術和歷史,最後一年認識他的同校的比他高年級的他現在的先生。



他們都畢業於凱斯大學,現已結婚 27 年,有 4 個孩子,二個在部隊服役,有一個十分健康幸福的家庭。

Sarah 做過不少工作都與她的專業對口,她從 2004 年義務服務社區到至今,從學校到縣政府到銀行都有她的工作經歷,讓她再次對政治感興趣是當年因為她兒子的學校要修改數學教科書,從幼兒園到 12 年級數學教科書,這是要重新開始所有的數學理念的改變,這給孩子壓力很大,她說美國教科書每年都有改變,只要是接受的改變都可以。不過這次數學教科書的改變讓孩子重新認知,她參與教育部和大家一致努力,成功不修改數學教科書,讓她感到參與社區活動原來那麼重要。還告訴我一件事情,就是 Ravenna 馬路修路,當時那條路上的居民有不少意見,是 Sarah 幫助他們解決問題的,Sarah 知道做一個社區負責人能幫助更多人。

從疫情開始到反歧視遊行中有人趁機上街打砸搶,再加上現在中美關係緊張,Sarah 就像一道光,她讓我再次看到學到美國百姓的精神,奉獻與平凡,Sarah 的行動和精神感動我,她自己可以享受生活卻要出來幾乎免費花時間花金錢為大家服務,這就是美國百姓參與社會的精神。我告訴 Sarah, Hudson 有許多華人居民,我會幫助她實現願望,我還對她說,她的行為感動我,我要向她學習,我看到她都流了眼淚,我很受鼓舞,因為自己的行為感動他人是自己最有福報的事情。



SARAH G. NORMAN SEEKS ELECTION TO VACANT AT-LARGE COUNCIL SEAT

HUDSON - Twenty-year resident Sarah G. Norman announced today her intention to seek election to the vacant at-large city council seat in the November 3 general election. The seat was vacated by Councilman Dan Williams' s retirement.

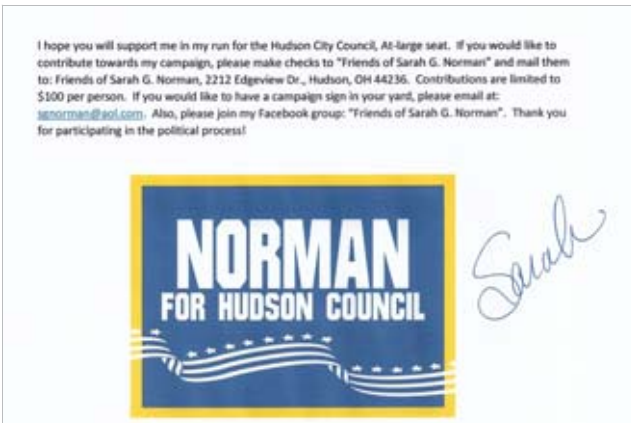
"Last year's municipal election showed that voters are eager for leadership at City Hall that will focus on investing in infrastructure like repaving roads and improving the connectivity plan, rather than spending taxpayer dollars on the new City Hall or Phase II," Norman said. "The citizens called for it at the ballot box and we can see palpable, positive differences in Hudson since then. I am eager to work with Council on these initiatives"

Mrs. Norman said she would focus on several issues as a member of Council, including the fallout of the now-cancelled Downtown Phase II development, future plans for the Youth Development Center property, and infrastructure equity for all residents. Norman sees that the new wave of Council representatives has ushered in a better exchange of communication that has benefited Hudsonites; she

hopes to bring that enhanced accountability to the at-large seat for a change. Norman kicked off the campaign with a socially distanced petition-signing and fund-raising drive-by event recently. "In less than a month, we have been able to raise nearly \$2,500, and collect all of our needed petition signatures. We are excited to be running a campaign with such strong financial and grassroots support."

"I am, at my core, a problem solver," Norman said. "I believe that people have a right to expect their local leaders to approach problems with sincere intellectual curiosity and not deliver the politically expedient solution." Norman has served on the Cemetery Board since 2016 and was an applicant for the Charter Review Commission, as well as the open seat created by Dr. Williams. City Council was unable to reach a consensus on any of the at-large applicants so the decision falls to the voters this November.

Norman and her husband, Forrest III, moved to Hudson from Shaker Heights in 2000. They raised their 4 children through the Hudson public schools. Norman has run the registration at the annual Twins Days Festival for the last 11 years. Besides serving on the Cemetery Board, Norman was actively involved in many sports and school groups and is the handbell choir director at Hudson Presbyterian Church.



人健康活着比什么都强。认识一位 Sharon Arjoy. Johnson. 我喜欢人们叫她 Arjoy,我认识 Arjoy 是一个偶然。有时候说是偶然,就像命中注定一样。才认识她,就像是熟识的朋友,没有秘密,就像知心的闺蜜,我也十分高兴叫她一声姐姐,而她就好像她说得那样:很年轻的时候就喜欢收藏中国东西,她现在最大

愿望就是去中国看看,她说,她喜欢中国的哲学家老子孔子,还有她在学针灸。我说她前世也许就是中国人。

认识 Arjoy 是因为我在 7 月 25 日去一个新的小商城,在啫记车行附近,这个小商城很有特色,很醒目,叫 BOXSPOT (小巧玲珑),整个建筑是货车改装,两层楼,小小的一个空间,有做服装,美甲美发,首饰,小卖饭店,还有一个糖果店,主要是这个小商城很有创意,它们设立一个室外小电影院,不放电影可以举行小小演唱会,租金 \$200-\$500,不仅给人提供就业机会,而且也繁荣和热闹了左右邻居,也让环境焕然一新。我要找负责管理的人,一位员工告诉我 Larchmere Blvd, Cleveland, OH 去找我要找的人,没有想到我找的人刚离开。



Larchmere Blvd,这条街有 20 家店铺,还有非裔博物馆和一家开了 25 年的书店,更好看的是那些昂贵的街花。我走进一家 MA MA FASH'S,这家店出售传统非洲衣物和首饰,店不小,后面还提供给孩子们上乐器"鼓"课程,店主

Queen 非常热情,知道我是做中文报纸的,她说 4 点有教小孩练"鼓",因为我等不到 4 点,她马上说:明天她的店有重要活动,12 点开始,都是非裔社区很重要的女人,我马上答应店主说明天一定来,这个活动让我认识 Arjoy。

这是命中安排,如果我星期六留下看上课,那么星期天一定错过认识 Arjoy。我第一眼 Arjoy 就感受到了她有与众不同的魅力,讲话的语调和节奏散发着她独特气质,她是一位我能听懂她讲能量与磁场的人。我把握了机会,说明天下午有时间我可以采访她同时让她为我做一个按摩,她答应了,我按时去了她家。

这是她家。有一个 Touch day Spa - "Home Of Diva Brows",她给我做了灵气加指压按摩,她懂得真多,好学不倦,我被她的灵感震到了。当我躺下在按摩床的时候,滚烫的床,她说她知道我喜欢热,这是她的神告诉她的,她按摩的手艺轻重很标准,让人惬意,安宁,我很快就熟睡了...是雷雨声把我吵



看人要看她的靈魂 Arjoy

伊利華報

的人。就在这时候,我的一位非裔朋友 Dr. Woods 写了 message. 他告诉我:Arjoy 是一位非常善良的人,我拿着手机给 Arjoy 看:世界真小,我的朋友认识你。Arjoy 说不认识 Dr. Woods,不过她谢谢我的朋友说她善良。

Arjoy 出生在克利夫兰,她的父亲是工程师。母亲在克利夫兰开了 55 年理发店,如果她不告诉我她的年龄 67 岁,我绝对想不到她的年龄,她保养真好,人还那么挺拔,她说她高中毕业就到纽约当模特,走了许多大城市,她告诉我:40 多年前。非裔地位很低,她在纽约参加模特大赛,有一天她去

浦瑛開講

中國人夢

在美國改造自己

調心即修身養性

一个人要学会调节心理。调心是非常重要的。如果一个开悟的人,他要有一颗清凉的心,清凉是脑子很清醒,人很冷静,清凉心就是说这个心永远是很安定的、很平稳的。

道 — The Way of Life (二) 和諧伴隨 靈身心健

楊東芳

生活在世界著名的五大湖之一的伊利湖畔的克利夫蘭的人們最喜歡和享受的就是它的夏季。因為其經緯位置在:北緯 41° 30'14.5"N——西經 81° 42'03.7"W。雖說是地處北方,但是在夏日里,當烈日高照的時候,我們還是感受到炎炎灼熱。當然,克利夫蘭的清晨還是涼爽習習,帶著伊利湖所特有的清爽氣息沁入心脾。

巧合與浦瑛在我倆居住的城市公園相見並在一起健身走路,聊的最多就是健康,浦瑛社長,聊她的報紙及健康養生,也因為她的追求,伊利華報做了 18 年,她的勤奮耕耘和現在想做健康養生課題,我要加入我要參與,這也是我向往和追求的。

八月氣功禪老師,浦瑛和我一起為您推出新養生講座活動。浦瑛說養生最重要養心,期待我們第一堂課與您一起共享養心的喜悅。



Elaine Yuen, who was born and grew up in an international city combined both eastern and western cultures, Hong Kong. She is also surrounded and affected by plenty of Japanese cultures since she was young. She is currently pursuing a dual degree of MFA in Theater Studies with a major in costume design and Master of Fashion Industry Studies at Kent State University.

學習戲服設計的 Elaine

Having a mother who always urges her travels for further improvement and a husband who loves exploring history and culture, Elaine was lucky enough to be supported by them to envision her dream to study abroad since high school.

Elaine quitted her fashion design career, which she has worked for ten years in Hong Kong and readapt to academy life in the United States with all the unknowns in Fall 2017. Her husband joined her journey four months later in Spring 2018, and the couple continues their knowledge exploration and life adventure in the United States.

The study of costume design is a new experience for Elaine, in which she enjoys the historical part of the costume a lot. After working as a fashion designer for years, she knew that fashion trends were based on the modification of authentic costume. To add a story for a meaningful fashion collection, you must understand the evolution of fashion history. She keeps recalling an idiom in her mind that "review the old and learn the new." The fondness in fashion history is one of the main reasons that she looks for a degree in costume instead of fashion.

This study experience also develops her interest in teaching. While being a graduate student and an instructor, Elaine often considers her students' learning process in her priority. She treats the instructing, not as a job, but as a knowledge succession that allows history and culture to continue. As an Asian, she loves to share funny cultural stories with local students, especially the difference in costume use.

She appreciates the dual degree that she is seeking allows her to review and merge the antique with technology through her research and innovative design. In the left pictures, she used the digital knitting machine in Fashion School to program a knitted bustle dress based on her research on the Japanese evolution of costume from Kimono to Bustle dress in the late 19th century.

Elaine was lucky to meet several fabulous professors in the United States. They not only inspire her thoughts and study but also assists her in different levels of challenges. She would like to special thanks to Cynthia Lunden, who guides her in different unique millinery techniques. She appreciates the sup-

port and encouragement from Cynthia on her fashion thesis, Exploring the Essence of Headwear in the 21st Century Fashion Outfit: Inspiration from East to West, which is preparing for her final year.

During the time in the United States, Elaine and her husband haven't stopped their interest in exploration. Internationally, they joined professors in the theater department and visited Greece in the Spring 2019 for cultural on-site research. Locally, they enjoy watching the NBA game of Cleveland Cavaliers.

Elaine 出身及成長在一個混合中西文化的國際城市,香港。她從小受日本文化的薰陶,加上工作的關係,她對日本的歷史及文化產生濃厚的興趣。她現在在肯特州立大學攻讀碩士課程,主修戲服設計及時裝企業。

Elaine 從小受母親的影響很喜歡時裝。'讀萬卷書不如行萬里路'一直是 Elaine 母親的口頭禪。加上一位喜愛歷史及文化的丈夫,很幸運地 Elaine 可以實現她從小的夢想到外國留學。

在 2017 年的夏天,Elaine 辭去了她從事了近十年的時裝設計工作,重新拾起書包到美國留學。隻身在他鄉四個月後,她的丈夫也加入了這個留學旅程,準備迎接他們的另一個人生挑戰。

戲服設計對 Elaine 來說是一個新嘗試。在眾多的課程中她特別喜歡鑽研有關歷史的戲服或民族服裝。Elaine 時常將'溫故知新'這句成語掛在口邊,這也是她選擇挑戰這個對她來說嶄新的學系而不選擇跟時裝有關的學系的主要原因。她明白時裝潮流大多都建基於歷史,如果想設計一系列有意思的時裝,設計師應該熟讀時裝的演變過程。

在戲劇學院的學習經驗中,她發掘了他的另一個興趣,教學。作為一位碩士生及指導老師的這個雙重身份,Elaine 會將編制學生的學習過程放在首位。她覺得教學不單只是工作的一部份而且是知識的盛傳。在教學的過程中,她最喜歡與學生分享中西文化的不同之處,特別是戲服的運用。

在肯特州立大學的第四年,她很高興這個雙碩士課程讓她可以學習服飾歷史的同時,可以利用嶄新的科技,透過研究創造出獨特而新穎的設計。左圖中的針織設計是 Elaine 利用時裝學系的電腦針織機加上她在日本文化歷史的研究,重新編寫電腦程式織出的一件代表日本女性在十九世紀末從和服到西方套裙的演變過程。

Elaine 覺得自己很幸運在美國遇到不少資深的教授,她們不但啟發 Elaine 的學習和思考模式,還不是幫助他渡過學習上的不同挑戰。Elaine 特別感謝 Cynthia 用心指導她不同造帽的技巧和她對自己在準備畢業論文過程中的鼓勵及支持。

在美國的時間,Elaine 和她的丈夫沒有停止他們的探索。在 2019 年的春天,他們聯同戲劇學院的教授到訪希臘作實地的文化研究。在平常的週末,他們最愛觀看克利夫蘭騎士的籃球比賽。



醒,她给我做完按摩,倾盆大雨我也离不开她家,我说我好累又好饿,她马上说家有新鲜沙拉,还有刚邮寄来的健康食品,我饿得慌,也想与她聊,我们就坐在一起共享晚餐,我看着在帮我到饮料的 Arjoy,这哪里像是我刚认识

Mac'y 逛店,一位店员对着她说:请你出去。这里不欢迎你,她说非裔地位至今变化不大,虽然奥巴马当上总统,非裔地位也没有变多少,就几天前,她在超市买东西,有人还是给她看脸色。因为我不是她,我没有发言权,我告诉她:我儿子最好的朋友就是非裔,我也告诉我的儿女,只要自己不歧视自己就好了。

Arjoy 结过 2 次婚,第一次因为怀孕流产 2 次,先生认为是她责任,她不想委屈离婚了,第二位先生是性格不和走不到一起。她记忆最深就是她的母亲,吃苦耐劳。母亲在克利夫兰开了 55 年的美发店,现在非裔喜欢把一颗颗小圆圈放在头发上,这就是她母亲的创意。Arjoy 提起她的父母,又震住了我,她说:一个父亲的优秀是因为有父亲的爱护,父亲的能干是因为母亲的温柔,她的父母再吵再打也不散,父母再有矛盾也不分开,为的就是这一家人,她们兄弟姐妹四人,都接受高等教育,兄弟姐妹相互帮助。这就是父母愿望。

今年 67 岁的 Arjoy 还在学习,她做梦都没有想到:策划投资准备整整 2

