

有些事情發生就像在做夢一樣。8月30日我在Life Time Fitness 健身館里認識兩位很有故事的女人。當時是因為健身館里的蒸氣房壞了,我們三人不約而同在桑拿房相遇。一位非裔 Aziza Nicholson, 自己在美容美髮行業做了25年, 現在她自己創新開發新的有機健康系列護膚產品 Raw Beauty。

Aziza Nicholson 2009年獨自去中國找工廠, 了不起的女人, 培養兒子講一口流利的中文, 兒子剛上大學, 10年前她選擇了單身, 因為她想做自己。她看著母親在家帶孩子, 聽著軍人父親在家發號施令, 母親才華出眾, 她今天做的有機產品就是因為她母親一直在研究有機食物, 她在游移默化中成長, 未來自己一定要做一個獨立自信的人。

還有一位18歲從俄羅斯來的 Natalia Tiunova, 8月31日, 我約她倆一起合影, 因為我要寫她們的故事, 說拍一張照片, 同時我也更想瞭解她們, 沒想到我們做了 Aziza 新產品的模特。

真是三個女人一台戲呀, 拍完照片的我們, 好像還沒有聊完, Natalia 說她離 Aziza 公司就5分鐘, 她做了牛肉, 只要我們能帶酒, 我買了二瓶酒, 我們三人在一起聊開了。Natalia Tiunova 熱情奔放, 40歲, 能喝能聊, 她從她的失敗婚姻聊到她成功培養女兒, 和女人的堅強。我告訴她們: 女人就是一個國家的風向標。當女人追求知識時, 這個

## 生活造就成功女人



國家就能進步; 當女人崇尚自由時, 這個國家就體現文明, 當女人崇拜金錢時, 這個國家就是腐化, 當女人攀附權貴時, 這個國家開始墮落。女人的價值取決於一個家庭的價值取向, 從女性身上, 可以看出一個家庭整體的模樣。

Natalia Tiunova 說我講的太深奧了, 她的先生出軌別戀, 是因為男人不尊重女人。她很了不起, 一人帶女兒, 女兒現在打職業網球並在一個私立大學讀書, 而她自己也太棒了, 她還當過飛行員(整個美國不超過10個女士), 開450人的大飛機, 她熱情坦誠, 她說現在她也想找一個真正懂得愛她尊重她的人。

我們像是認識很久的朋友, 這是緣分, 今天的當下我們所遇到的一切是由昨天決定的。明天是好的, 壞, 取決於你今天的所作所為, 我們學會智慧地認識自己, 就會跳出固有的思維和境界。人的生命里或晴空萬里, 或陰雲密布, 無論身處何時, 只要你做好自己, 外界的世界自然會隨著內因而改變。我想這也許是上天給我在美國生活30年另外一個開啓的機會。我到家就收到 Aziza Nicholson 給我的介紹她25年來成功的經歷。



## 在美國改造自己 浦瑛開講

## 時間積累人生財富



我每一次與兒子交流他總是給我講一些新的知識: 今天我們倆談金錢: 他告訴我也許過幾年全世界只用一個貨幣, 他還告訴我: 科技的迅速發展, 也許以後一個人的呼吸都需要購買, 我聽他說是懂非懂, 關於錢我告訴他: 在政治上, 一個人參與選舉要花掉10-20 million dollars, 我曾帶我兒子參加活動見過楊安澤, 楊的總統選舉40million, 沒選上錢也沒有了。我告訴兒子: 錢就是你要的時候它就在你那里, 兒子笑着說: 我要的時候錢不在那里。

慾望讓人貧乏, 年輕人朝氣, 但人要找到對的舞臺, 要有能力, 今天的世界人發明瞭機器人, 機器人代替了人, 另外一面人又在講長壽, 時間會告訴我們一切, 宇宙已經給我們一個提醒: 疫情, 空氣污染, 情緒感染, 有句話說: 所有財富的源泉都來自于科技創新, 所有經濟的發展也來自于科技創新。那么人又在科技發展中站在那一個高度。

**華裔參政融入主流**  
發展歷史, 一方面是紙質的保存; 另一方面是互聯網的搜索結果。近年來發現, 有些一年前在社交媒體上的文章或者新聞, 在搜索引擎中已經消失了。但是傳統的網站新聞, 仍然可以搜索出來。  
在數字時代追求所謂融媒體和流量的時代, 從新聞角度來看, 特別是新聞內容的多樣性, 新聞觀點的特殊性來看, 很多流量可以稱之為“無效流量”。舉例來說, 非常區域性的新聞和信息, 跨區域的讀者再多, 似乎無任何的效果和影響力的產生。  
當今人人都是媒體, 如何吸引讀者的眼球, 要讓讀者理解瞭解美國的政治, 看來 ABC 在美國出生成長並且對政治有興趣才行, 因為在美

2016年, 在美國的中國人開始對政治產生極大的興趣, 這種舉動是我做伊利華報關注政界從來沒有看到過的。就是說共和黨和民主黨就像敵我矛盾, 甚至有的家庭出現兩黨導致離婚。  
從不問政治到熱衷政治這種變化是因為中美經濟問題, 人文問題, 以及美國華人在經濟上取得一定成績, 同時政治又是一個掛帥方向, 而我這幾天對美國的政治選舉和人文社會有了新的認知。  
8月26日, 我參加了克利夫蘭 Seven Hall 市政廳為俄州參議員 Matt Dolan 籌備競選 US 參議員, 競選資金 12-14 million, Matt 家族擁有球隊, Matt 非常低調, 他說家族榮耀是父輩們的, 他只是一個美國公民, 一個熱心服務民衆的人, 他要當美國參議員是想要更好幫助俄州, 他本人搞經濟, 他要爭取更多的錢來幫助俄州的教育和醫療等。



我認識 Matt 是 2018 年, 我非常好奇, 他是共和黨他太太是民主黨, 當時他告訴我, 他們在家里不談政治, Matt 有二個兒子, 他是好丈夫也是好父親。做政治不容易。  
我每天在學習瞭解各個領域的人和事, 我明白, 所有的事情只有發生了才知道真正原因, 也許也不一定。  
美國華人公共外交研究院、全美中華青年聯合會等機構, 日前在洛杉磯聯合主辦主題為“數字融媒體時代下華文媒體的功能定位”的“名家論壇”, 主辦單位也邀請我還有英文《洛杉磯郵報》董事任向東作為主講嘉賓, 就新媒體時代傳統華文媒體的角色和功能定位表述各自的見解。

國留學的人, 基本上都是做自己的專業, 而我們許多華人社團, 也就是逢年過節吃個飯聚聚餐, 看看節目而已。另外對華文媒體的位置與角色有較大的局限性。  
一個國家, 政治是統帥, 它引領一個民族、社會思想、文化、道德、意識形態最直覺、最直觀、具有階級性、與時代性; 它帶給人們的是精神面貌。  
我也非常好奇, 當然自己也沒有在美國上過學, 也沒有任何政治背景。就是眼睛看政治世界, 沒想到搞政治要花這么多錢, 楊安澤一個總統選舉花了 40 million, 紐約市長選舉花了 12 million, 這就是在美國的自由選舉。如果成功了, 花的錢也有價值, 沒有選上錢就沒了。在美國籌資競選是合理合法的, 我還要繼續學習這方面的知識。



最近我認識在紐約當了 27 年的牧師熊焱先生, 他 9 月從軍中退休, 他已經開始參加競選美國參議員, 與 Matt Dolan 一樣, 一個代表俄州, 熊焱代表紐約。熊先生告訴我: 天地大愛, 浩瀚無垠。相信中美和世界各國人民的勤勞和智慧, 必定獲得國際社會各界人士廣泛的信賴。唯有用愛的力量, 團結與合作, 才是戰勝一切危機的人間正道, 熊焱是牧師, 與政治家不用, 他願意和志同道合者一起幫助發展中國美國友好關係, 積極響應聯合國可持續性發展目標。  
熊焱表示:

克利夫蘭陳建平先生打電話給我, 說他大女兒結婚想請中國的舞獅, 這樣有中國傳統文化的氣氛。女兒的婚禮在克利夫蘭藝術館舉辦, 陳先生告訴我: 他女兒小的時候, 他帶她參觀藝術館, 當時正好看到有人在那里辦婚慶, 女兒告訴爸爸, 以後我長大了, 我也一定要到這里來辦婚禮, 女兒實現了她的願望。

好優秀的新婚燕爾 Nancy 和 Naren, 他們在 MIT 認識, 都是優秀學生, 後來女婿去了哈佛繼續深造, 女兒去了耶魯深知, 所以當晚他們的同學來自哈佛, MIT, 成功的年輕人會享受生活, 好在克利夫蘭私人飛機場離藝術館不太遠。新娘父親陳先生好感動: 女兒的婚禮是她一手策劃, 從鮮花到餐桌擺設, 有鋼琴音樂陪襯, 氣氛溫馨。女兒的成功有父母的愛。陳先生非常感謝舞獅隊的精彩表演。

在世界一流的藝術館舉辦婚禮, 是一件終身難忘的禮物, 陳先生告訴我: 女兒為了策劃婚禮, 把工作都辭掉了, 辦完婚禮他們就去非洲度假, 回來她就去 Google 工作, 年輕人自信有能力。

祝他們永遠相愛, 攜手共渡美麗人生, 同時借用舞獅表演隊給他們送去的祝福: 祝康年年, 百年好合。

“Global Studies and Languages has equipped me with the tools necessary to work in a global company. [GSL] taught me how to view various situations through a multicultural lens, as well as the value of diversity.”

A first-generation Chinese American, Nancy Chen '13 received only tantalizing hints while growing up of her parents' challenging lives in China.

“They selectively shared things they felt might benefit me,” she recalls. “For instance, to stop my picky eating, they told me they only ate meat once a month in China, and to make me less wasteful, my dad told me paper was so scarce when he was young that he reused a single sheet three times, first with pencil, then with pen, and a third time with a calligraphy brush.”

While she spoke Mandarin with her parents at home and attended a Chinese school on the weekends, Chen was focused on academics

and, she says, “fitting in” as one of the few Asian students at her school in a Cleveland suburb. Although curious about her parents' past and more broadly, the Chinese immigrant experience, she did not find opportunities for pursuing the subjects.

That changed after she came to MIT. Chen decided to educate herself, by taking a series of Global Studies and Language (GSL) courses on the history and culture of Chinese and other Asian immigrants.

“As a result of my GSL experiences, I’ve become much more interested and knowledgeable about the Asian and Chinese diasporas,” she says. “I’ve gotten to learn more about myself, family, and community.”

A double major in management science and political science, Chen initially intended to minor in Chinese, to keep her language skills fresh, but because she placed into the most advanced Chinese language class during freshman year, she effectively placed out of the minor. So she leaned into an Asian and Asian Diaspora Studies minor track, first enrolling in 21G.194 China in the News: The Untold Stories, taught by Jing Wang, S.C. Fang Professor of Chinese Language & Culture.

“The course focused on the era my parents grew up in, 1950s to the present day,” she says. “We looked at posters and videos and read histories of the era, and all this information was entirely new to me.”

As much as she savored getting a sense of the world her parents knew in China, Chen also relished the experience of taking a GSL course. “I really liked the small class size and style of the department,” she says. “It was very intimate especially compared to my required core lecture classes with a couple hundred students.”

Spurred by friends' recommendations, Chen next enrolled in 21G.043 Introduction to Asian American Studies: Historical and Contemporary Issues taught by Emma J. Teng, the T.T. and Wei Fong Chao Professor of Asian Civilizations. It was a class that provoked “reflection and introspection,” says Chen. The

very first assignment was to write about what the term “Asian American” means, its connotations and the stereotypes associated with the label. Most valuable to Chen were the stories, opinions and insights shared by classmates, who represented a range of Asian and non-Asian backgrounds.  
“We talked about the racism many Asians faced and continue to face even now,” recalls Chen. “While I was shielded from this growing up in the Midwest, I learned how diverse the Asian American experience can be.” It was the kind of class in which students feel comfortable enough to reveal things about themselves they might nowhere else, and form long-lasting bonds with each other, says Chen.  
Springboarding from this class, Chen took another GSL course, 21G.075 The Global Chinese: Chinese Migration, 1567 - Present. “What I really loved were the amazing immigration stories,” says Chen. “Before taking the class, when I thought of Chinese migration, I used to focus on the U.S. and Canada, but I learned that the Chinese have migrated to every country in the world for hundreds of years.” There was, to her surprise and



delight, “a universe of other Chinese immigration stories,” says Chen. One of them drew her attention in particular, and served as the basis for her class research project.

Chen had traveled to Melbourne, Australia in 2009 with her family. On a monument to Chinese Australians who had fought in World War II, her father spied a name, Tankey, that he suspected might be a version of Tan, the Fujian pronunciation of the name “Chen.” He speculated there might be a connection to their own family, which had originally migrated from the southern Chinese coastal province of Fujian.

So for her GSL course, Chen decided to write a report on the history and journey of the Tankey family. She learned that they had lived on the same island where her mother grew up, and an hour from her father's home village. “I was so impressed by the thought of someone getting on a boat more than 100 years ago, with no English, heading to some unknown land,” says Chen. “I also had a sense of pride in my own parents' journey.”

Sparked by her GSL experiences, Chen brought her heightened awareness and curiosity about Asian diasporas to her own family. While at MIT, she worked as an intern in the office of then-Senator Scott Brown, helping process family reunification and student visas for immigrant constituents. And while at Brown Brothers Harriman, the Boston investment bank where she worked for four years after graduation, Chen tutored recent immigrants from Haiti and Sudan in high school in Cambridge. “I felt like I needed to do something after work that was not about me,” says Chen.

Today, as she pursues an MBA from the Yale University School of Management, Chen finds that her desire to learn about people's backgrounds helps her forge personal and professional connections. “I have a lot of international classmates, and they come here at the same age my parents came to the U.S., so I'm more aware of the challenges they face,” she says. “With friends and colleagues, I've discovered that you can develop trust and build bridges when you get a sense of their personal narratives.”

Chen's empathy and respect for immigrants extends beyond

