



快訊：伊利華報浦瑛社長講身心靈

7月29日上午，地處東13街的聖·克萊爾公寓，清潔明亮的活動大廳傳來陣陣掌聲。個別好奇的人，透過大玻璃窗看到百忙之中的伊利華報浦瑛社長在為老人們演講精神健康的重要性。老人們聽後大有茅塞頓開、受益匪淺之感。

她強調，健康概念往往被人們容易忽視的是精神上的健康。人，真正的健康，不僅僅要有物質上提供的健康，更應有精神上的健康。並用她20多年來自己在生活和工作中碰到的很多的事例和切身體驗來。

——論證，是從實踐中體驗的，令人信服。

更值得一提的是，她傳授給老人們在碰到任何問題和處事前一句口頭禪：“我為什麼不快樂地對待？”真是妙計妙語！浦瑛社長還教大家：當你不高興的時候，你就跟自己說：我怎么把快樂的鑰匙遞給了別人呢？當日大家一起互動，大家都需要這樣的正能量。

精彩的演講是在老人們一片歡樂、滿足和“謝謝浦瑛社長”的氣氛中結束。（劉軍報道）



Mayor Justin Bibb, project partners to host Lakefront Future Forum on August 5 on Mall C

Monday, July 29, 2024 — Cleveland — Mayor Justin M. Bibb and his team are pleased to invite the community to the Lakefront Future Forum on Monday, August 5, 2024, from 4 to 7 p.m. on Mall C, located next to City Hall on Lakeside Avenue in Downtown Cleveland.

This free and family-friendly gathering will feature interactive stations where attendees can provide input on the North Coast Connector and North Coast Master Plan, a live band, food truck offerings and free ice cream.

“Community engagement is the driving force of this project, and we look forward to continuing the conversation with residents and

stakeholders,” said Mayor Bibb. “This event is about coming together, celebrating our progress and further refining our collective vision for a more accessible, vibrant and sustainable lakefront.”

Starting at 4:30 p.m. Mayor Bibb will convene a panel to present updates, including the city’s recommendation for the North Coast Connector — an iconic pedestrian land bridge that will connect Mall C to the lakefront.

Debbie Berry, Deputy Chief of Integrated Development, Cuyahoga County, will give introductory remarks.

Panelists include: Joyce Pan Huang, Director of City Planning, City of Cleveland

Keshia Johnson Chambers, Assistant Director, Mayor’s Office of Capital Projects, City of Cleveland Scott Skinner, Executive Director, North Coast Waterfront Development Authority Mordecai Cargill, Co-Founder and Creative Director, ThirdSpace Action Lab “Cleveland’s lakefront has been inaccessible to Clevelanders for decades,” Chambers noted. “The North Coast Connector — a reimagining of OH-2, a pedestrian bridge, and a new transit station — is a critical piece of enabling infrastructure that will unlock Cleveland’s lakefront for both public access and economic development opportunities.”

As a City and as a region, the lakefront has been underutilized and inaccessible for years. The North Coast Connector and the North Coast Master Plan represent a comprehensive and actionable strategy to fundamentally change how Cleveland interacts with our great lake. The planning process for these projects has been, and will continue to be, developed through community input from every neighborhood in the city.

Learn more and register for the forum at ClevelandNorthCoast.com.

We encourage residents to carpool, bike, walk or take GCRTA to the event.

Lakefront Future Forum August 5, 2024, from 4 to 7 p.m.

Mall C (map) Next to City Hall on Lakeside Avenue in Downtown Cleveland

Members of the media are asked to RSVP to Marie Zickefoose by 5 p.m. on Friday August 2 at mzickefoose@clevelandohio.gov.



美國的強大是因為人們的強大



【本報訊】2024年7月18日星期四在Memphis Ave Brooklyn教堂的Party Center舉行了一年一度的American Nationalities Movement。協會創建1959年建立。這個團體相信自由主義價值觀，為美國感到自豪，各個族裔團結一起，讓美國這個各國族裔在這片土地工作生活學習，同時協會在每一年為美國各界人提供年度表彰，鼓勵人們更好服務社區。

目前已經退休的拉爾夫·珀克法官是現任協會美國民族運動主席。他的父親是已故市長Ralph Perk也是創辦這協會的重要人物，第二任是現年93歲的艾琳·莫羅緊，他們3人都因對該地區種族多樣



性和遺產的重大貢獻而入選克利夫蘭國際名人堂。

當日給了Independent市長Antony Biasiotta和克利夫蘭意大利裔美國人博物館館長Pamela Dorazio Dean獲得了ANM自由獎。本月年滿93歲的艾琳·莫羅獲得了一項特別榮譽——這是她數十年服務有史以來第一個ANM終身成就獎。佩克法官稱艾琳為“運動的核心”。

感謝C.A.M.E.O邀請我參加American Nationalities Movement活動，當日看的許多克利夫蘭政界和社區領袖參加這個年會。 — 浦瑛



CHINATOWN CLEANUP

SAT AUG 17 9 A.M. TO NOON

JOIN THE CHINESE CHAMBER OF COMMERCE OF HAWAII IN CLEANING UP CHINATOWN.

For more information or to register, email info@chinesechamber.com (Please write 'Chinatown Cleanup' in the subject line, and include your name and the number of people participating in your email.)

*Check in and pick up supplies between 9-11 a.m. at 8 South King St. (Chinese Chamber of Commerce of Hawaii office)

SPECIAL THANKS TO:

AMERICAN Savings Bank, COLDWELL BANKER, CITY MILL, FINANCE FACTORS, HomeStreet Bank, MURPHY'S, pepsi, Fane's

加入華商會參加中國城清掃活動