





# 凱蒂地產開發餐敘 業界人士雲集

(記者黃相慈／休士頓報導)為加強凱蒂市(Katy)市政有效規劃，協助促進該市房產經濟發展，有效開發更多土地，由凱蒂市政府、全美亞裔地產協會(Asian American Real Estate Association, AAREAA)與美南國際貿易中心(ITC)聯合主辦，「A Place of Opportunity」餐敘說明會在凱蒂市政府舉行，吸引政界、商界和地產界人士踴躍出席參與。

隨著休士頓地區不斷擴張，凱蒂市商業貿易、基礎建設和居民移入也越來越蓬勃發展，順著10號公路以南不斷建設，大凱蒂區(Greater Katy Area)範圍擴大到橫跨哈里斯縣(Harris County)、福爾頓縣(Fort Bend county)和沃勒縣(Waller County)。該活動主要形成一個商業地產平台，讓對凱蒂市房產開發有興趣的業界人士，都可以有交流互動，並進一步與市政有效合作。

凱蒂市經濟發展議會董事長 Lance LaCour 先是簡介該組織成立背景及職責所在，主要除協助凱蒂市土地開發運用外，也促進區域內經濟、商業和教育發展，該組織也在2014年榮獲 TEDC CEDA 雙項殊榮。

凱蒂市長 Fabi Hughes 也介紹市政結構和運作，說明市政



現場開會情形。(記者黃相慈／攝影)

府歷史背景，凱蒂市中心區域建設，以及正在規劃的海濱步道與會議中心，未來將提供凱蒂市無論是居民或商業便利性，讓各項商業建設、娛樂設施和教育設備，都能讓在地居民充分使用。

休士頓中華總商會會長孫鐵漢代表美南國際貿易中心主席李蔚華出席，他說，美南國際貿易中心在華人社區扮演重要角色，幫助孕育出眾多企業，可說是促進經濟發展重要的部分之一。

孫鐵漢也說，商業發展是國際區內很重要的元素，尤其休士頓發展講求多族裔合作，希望有機會可與凱蒂市合作。

活動上，不少業界人士和商界代表出席，大家互動交流，交換名片和資訊，成為一個良好的聯誼平台。休士頓地產經紀劉軒表示，這樣的活動對休士頓區域房地產，不管是商業、住宅是很好的交流平台，Katy 地區有很多開發的空間，令人期待。



亞裔地產協會合影。(AAREAA 提供)



中華總商會與美南國際貿易中心與專業地產經紀 Jeanette Kway 等合影。(劉軒提供)



中韓地產協會與美南國際貿易中心與專業地產經紀 Jeanette Kway 等合影。(劉軒提供)

## 【心理諮詢與健康生活】

### 心理學大師如何戰勝他的社交恐怖症？

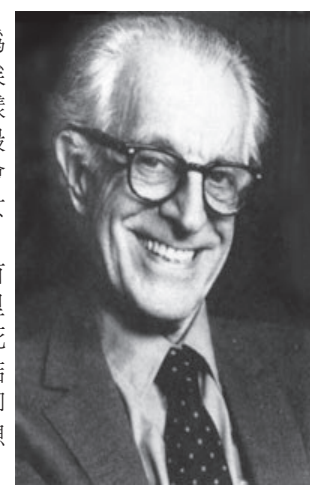
在校讀書的時候，有門<<心理治療學>>的必修課，其中「認知行為療法」章節中提到阿爾伯特·埃利斯(1913-2007)的一段趣事令我印象非常深刻。埃利斯19歲時，為戰勝自己的社交恐怖症，他給自己布置一項任務：在整個八月中，每天去公園，強迫自己主動跟任何一個單獨坐在公園椅上的女性搭讪約會，時長一分鐘。結果如何呢？一個月裡他遇到了130個人選，可惜的埃利斯只得到了一個邀約的答覆，而這位女性最後還放了他的鴿子！他人事後卻深不以為然，認為沒有一個女性因為他主動搭讪而逃跑，或者報警，就是令人滿意的結果。當然，從此他的社交恐怖症大得到改善。

根據1982年一份針對美國及加拿大心理學家的專業調查顯示，阿爾伯特·埃利斯(Albert Ellis)因前述「認知行為療法」被認為心理學歷史上第二有影響力的人物(排第一位的是「人本中心療法」的卡爾·羅傑斯，第三位是「精神分析療法」的西蒙·佛洛伊德)。《今日心理學》(Psychology Today)指出，沒有人，包括心理治療的開山鼻祖——佛洛伊德，對當今的心理治療領域比埃利斯的影響力更大！

埃利斯1913年出生於賓夕法尼亞州，是家裡三個孩子中的老大。父親因為常年出差，很少關注到孩子的情感需要，母親是一自戀的躁鬱症患者，根據埃利斯的自傳介紹，「她是一個聽不進任何話的巨匠，從不會傾聽別人」。母親同樣在情感上疏離孩子。埃利斯從小體弱多病，五歲到七歲期間先後八次住院，最長時間達一年。這期間他的父母去醫院探望甚少，而面對種種厄運，他漸漸學會以冷漠的態度來應對生活。到了青少年時期，埃利斯極其恐懼當眾講話，在女性面前更加嚴重，這就是文章前面提到故事的由來。

那時候的埃利斯正在大學裏讀商科，此番經歷使他與認知及行為關係的首次過招。談到主動坐在公園長椅上的女性身邊，並且要跟她們交談，對於埃利斯而言是件相當恐怖的事情。為戰勝恐怖感，他必須默念叨：「如果我會死，那就死吧。開始行動。然後死去。」任務完成了，最後他沒有死。由此總結出來，擊垮我們的不是失敗或者被拒絕本身，而是我們自己建立的假象，即失敗是恐怖的，被拒絕是恐怖的。當被恐怖包圍，我們當然無暇也無力去完成做或者該做的事情。讀者朋友，您有沒有被這位心理學大師的故事所觸動？

熊雅麗 實習心理諮詢師  
Family Enrichment Clinic



# 世界體操名將西蒙·拜爾斯 凱旋返回休斯頓 受到英雄般的歡迎

(本報訊)備受關注的世界體操名將西蒙·拜爾斯(Simone Biles)昨天從巴西奧運賽場凱旋返回休斯頓，並受到英雄般的熱烈歡迎。當天下午，當西蒙剛剛抵達休斯頓，數百人的歡迎人群包括她的粉絲，許多年輕的體操運動員，德州人隊的地啦啦隊員，市政官員紛紛到場這位來自Spring包攬四塊奧運冠軍金牌和一塊銅牌的19歲世界冠軍表示祝賀。

在布什國際機場，西蒙頻頻向現場的人群致意，並且發表了簡短的講話。她說：「我無法向每一位歡迎我，關心我的休斯頓人表示感謝，我愛你們。」

36城市Kellogg's Tour 體操冠軍賽9月30日將在休斯頓主場舉辦，屆時休斯頓人也將再次一睹西蒙的風采。

休斯頓市長特納也在機場向西蒙表示祝賀並且把當天冠名為「西蒙·拜爾斯日」。市長賀揚西蒙的成就鼓舞了全世界的青少年，當天西蒙還接受了休斯頓國會議員西拉傑克遜季贈送的獎狀和國旗。

西蒙的媽媽Neille Biles稱，女兒的成就是全家人的努力和社區大力支持的結果。位於Spring的占地5200平方英尺的運動體操中心最近已經公開使用。

她的媽媽表示，我們作為家長就是要讓孩子們健康成長，成就他們的夢想，這是一個漫長的旅程，感謝大家的支持。



在現場，身高只有149公分的西蒙回答了粉絲們提出的各式各樣的問題。

成長艱辛坎坷 世界冠軍創造勵志故事

美國女子體操隊在裡約奧運會上奪得團體金牌，被評為美國歷來最佳女子體操組合，而隊員之一的西蒙·拜爾斯(Simone Biles)則被認為是有史以來最有天分，最傑出的體操運動員。備受推崇的拜爾斯事實上有一段艱辛的成長過程。

西蒙·拜爾斯在體操比賽場上很容易博得注目。今年19歲，身高只有149公分的拜爾斯有不可思議的平衡技巧和高度爆發力，表現令人驚歎。這位奧運風雲人物有段坎坷的成長過程。

西蒙·拜爾斯的生父有毒癮問題，置自己孩子不顧，生母因為吸海洛因成癮沒有能力照顧孩子，於是西蒙和她的妹妹以及兩個弟弟只好被送到寄養家庭，這個孩子來回寄住在幾個不同的寄養家庭長達6年之久。

西蒙·拜爾斯的生父Ron不忍看到自己的親外孫寄人籬下，於是和孫子Neille正式收養了西蒙和她的妹妹，那年西蒙6歲。Neille和西蒙並沒有血緣關係。

但是Ron和Neille的兩個兒子已經成年，兩人正準備享受空巢之樂，收養2個小孩打亂了他們的人生計劃。外公和繼外婆一下子變成了西蒙的爸爸媽媽。

新家成立了，但是每個成員都不習慣自己的新角色，彼此沒有感情聯繫，還要適應新的生活狀態。為此，新爸媽和兩個小孩一起接受了長達兩年的心理諮詢。Neille告訴小兩姐妹，她會愛她們已出。

和新爸媽生活了兩年後，一天，西蒙覺得自己已經準備好了，她想改口，不再稱呼他們外公、外婆。她在自己房裡面對鏡子練習如何叫出「媽媽，爸爸」這兩個她這輩子幾乎沒有叫過的親密稱呼。

幾番練習後，她發現原來叫出「媽媽，爸爸」是那麼的自然。這時她知道她真正的爸爸媽媽就在自己身邊。

Neille是全職護士，盡心盡力的照顧西蒙和她的妹妹，但是沉重的工作負擔和照顧兩個幼童，經常讓她感到心力交瘁。西蒙來到新家後展現了體操潛力，得到新爸媽的栽培。爸爸Ron是航空交通管訓員，媽媽Neille這時是一個連鎖餐館的合夥擁有人。家庭經濟不錯。

為了有更多時間練習體操，西蒙決定放棄進入一般高中，放



棄一般高中生多彩多姿的各項課程和活動。這時Neille的任務又多了：指導和安排西蒙在家上高中課程。新爸媽全力支持協助西蒙的體操夢想，還為她蓋了一座私人體操館，每週練習時間長達20-32小時不等。

在有愛和關懷的家庭裡成長對西蒙的心理和個性養成有很大影響。美國體操隊總教練Marth Karolyi說，西蒙個性活潑，她把這樣的特質帶到運動場上，大大幫助緩解了她在賽場上的緊張和壓力。

隨著西蒙在體操界嶄露頭角，她贏得了無數粉絲，享受眾人的讚美追捧。對此Ron和Neille一直提醒西蒙做真正的自己，在家裡西蒙只是親愛的家人，父母兄長妹妹不是她的追星粉絲，西蒙在家裡仍然要刷碗、洗衣服、做家務。

當年Ron和Neille完成領養手續時，Ron告訴女兒Shannon也就是西蒙的生母，此後不准她和這兩個女兒有任何聯繫，接觸，探視甚至打電話。長達6年的時間裡Shannon無法見到孩子，這讓她感到痛苦。在接受採訪時她忍不住抱怨爸爸過於嚴厲，但也承認，當自己有毒癮問題時只能接受對孩子最好的安排。Shannon說，自2007年起她已經戒除酒癮。現在西蒙跟她的恢復聯繫，母女偶爾見面。她為女兒的成就感到無比驕傲。

取得高中同等學力文憑的西蒙·拜爾斯將在裡約奧運之後，進入加州大學洛杉磯分校就讀。那時的她將是帶著奧運光環，開始真正享受校園生活的新鮮人。

比去年增加百分之6，更比2014年提高百分之18。

富達投資公司說，退休者醫療負擔增加的主要因素，是處方藥費用，尤其是一些特別藥物。由於經濟復甦，退休老人使用醫療資源也有增加趨勢，亦是因素之一。

富達投資公司的住，亦是因素之一。調查數據的趨勢，退休者必須支付Medicare保險的自付款，及其他Medicare不包括的醫療費用，譬如物理與感覺檢驗等。但是，該公司作出的估算只是一個平均數，而實際上會因各人的健康條件，及對醫療的要求而不同。

# “Today's News – Tomorrow's History” NEWS & REVIEW



News & Review is a Division of Southern News Group – Founded June 16, 1979 | August 25, 2016 | John T. Robbins, Editor

## China's President Xi Jinping Underscores Importance Of Public Health In Policies

Compiled And Edited By John T. Robbins, News&Review Editor



Chinese President Xi Jinping speaks at a national meeting on health held from Aug. 19 to 20 in Beijing, capital of China. (Photo/Xinhua)

Authorities first proposed the Healthy China strategy earlier in 2015. However, details are being discussed. Premier Li Keqiang also gave a speech at the meeting. Other senior leaders including Zhang Dejiang, Yu Zhengsheng, Liu Yunshan, Wang Qishan and Zhang Gaoli attended the meeting.

Xi said health is a prerequisite for people's all-round development and a precondition for economic and social development. It is also a common aspiration of all people.

Since its founding, the CPC has paid great attention to the correlation between people's health and medicine systems has entered a difficult stage, calling for breakthroughs in modern hospital management, medical insurance, medicine supply, comprehensive supervision, and a diagnosis and treatment mechanism based on the severity of illnesses.

The president stressed the role of traditional Chinese medicine (TCM) in promoting people's health, underlining innovation as well as coordinated and complementary development of TCM and Western medicine.

He noted that the reform of the county's health and medicine systems has entered a difficult stage, calling for breakthroughs in modern hospital management, medical insurance, medicine supply, comprehensive supervision, and a diagnosis and treatment mechanism based on the severity of illnesses.

Xi stressed that work to ensure people's health should focus on the grassroots and use reform and innovation to create momentum.

He urged the inclusion of health in government policies, to ensure that all people enjoy the health benefits of policies.

Xi called for an improved system and quality of basic medical services so that the public can enjoy accessible and continuous health services which cover prevention, treatment and rehabilitation.

The government should perform its duty in basic medical services, and the market should be vitalized in the fields of non-basic services.

Xi stressed prevention work in the health sector as well as efforts to provide relevant services for people through their entire lives.

Health for young children and young students in the country's less-developed areas should be emphasized.



Alibaba founder Jack Ma wants to establish a new online free trade platform for small businesses. (Photo: Getty Images)

Free trade has found a surprising ally in Alibaba founder Jack Ma, who expressed his support for the establishment of an online global trading platform free from bureaucratic interference.

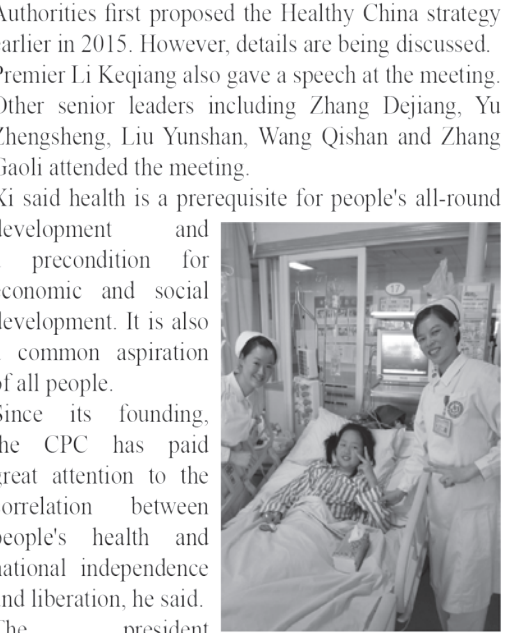
Ma made his position known in a new video released for the upcoming G20 summit in Hangzhou, Zhejiang in September. In the video, the business tycoon detailed what he called the Electronic World Trade Platform or e-WTP. Fortune reported.

"What if we can use a new technology to let 1-2-3 billion people to do trade," Ma opened in the video. He then proceeded to elaborate on the idea.

Ma envisioned the e-WTP as a venue where small businesses will be able to do trade without having to deal with tedious and cumbersome customs procedures and where raw trade serves as a primary driving force. The e-commerce magnate has been proposing the establishment of the online exchange platform since early this year, championing it as a more effective alternative to trade blocs in fostering free trade.

In March, Ma heavily criticized trade agreements, including the World Trade Organization, for siding more with large multinationals instead of small and medium-sized businesses.

While Ma's proposal is seen by some as advancing Alibaba's own push to expand overseas, it has also



country's work mechanism to offer assistance in major international public health emergencies," Xi said.

Key groups such as pregnant women, infants and senior citizens

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country's work mechanism to offer assistance in major international public health emergencies," Xi said.

Key groups such as pregnant women, infants and senior citizens

Xi said a sound environment is the cornerstone of the people's lives and health, stressing that green development must be implemented and the "strictest system of environmental protection" should be adopted.

He noted that the reform of the county's health and medicine systems has entered a difficult stage, calling for breakthroughs in modern hospital management, medical insurance, medicine supply, comprehensive supervision, and a diagnosis and treatment mechanism based on the severity of illnesses.

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推進中美相互理解合作 促進海峽兩岸和平統一 倡導和諧平等多元世界

# 烏鴉落在豬背上 評洪素珠事件

◎尹紀穎

最近朋友寄來一段視頻，之後電視新聞亦大事報導，成為兩岸熱議的話題。就是洪素珠事件。影片記錄臺灣街頭，一位元國民黨老兵，被他連番痛罵「為何要留在臺灣，不回中國?不回自己的家鄉?」只見女士炮火隆隆，老兵竭力辯解，聽說洪素珠父親出生於廣東，她自稱為公民記者，多錄製侮辱辱罵影片，曾有多數人受害。

美國何嘗沒有歧視? 層次低下的人常罵「回你自己的國家去!」其實大家都是移民，只是有先來有後到，時間不同而已。以北美大地為例，原本主人為印地安人，遠古時期先民由東亞跨越白令海峽遷徙至美洲，所以亞洲的蒙古人種與美洲印地安人有共同的祖先。

臺灣古稱夷州或琉球，三國時代屬於東吳。真正的臺灣人是高山族，其他如：皆為大陸移民。講閩南語者為明鄭政權遷移移民，講普通話者為蔣氏政權遷移移民，全是外來政權，全是中國難民、全屬外省人。而所移之民皆屬中華民族，受黃子孫。如果願意認同日本，或是日本人，何如自身是外來種的何李正夫和民衆呢?為何不搬去日本，回歸大陸和民衆呢?

烏鴉落在豬背上，只見別人黑，不見自己黑! 罵罵者吼叫老兵滾回大陸，自己更應該離開中國大陸。因她忘了自己祖先來自閩粵，自己血液純屬大陸妹。她應該以身作則，把現在所佔用的土地歸還給臺灣人-臺灣的原住民。

真正的臺灣人是原住民，其他講閩南語者為明鄭外省人，普通話者為民國外省人，只有原住民才有資格稱自己是臺灣人。真正的臺灣人並沒有要求獨立，明鄭外省人有何資格假冒原住民，要求獨立?

最後，那位女士問老先生「為台灣做過什麼?」「為什麼要台灣養我?」

前臺北市長郝龍斌為那位老兵回答道：所有39年來台的大陸各省份的前輩，幾乎都曾經為捍衛台灣、建設台灣而貢獻過。為了準備反攻，當時兵士一律不許結婚，許多人

深山種果樹謀生。他們離鄉背井，孤苦一生，最終老死臺灣。斷腸人在天涯!內心的淒涼、悲傷、無奈，有誰知曉?

他們參與八二三砲戰、中橫公路、曾文水庫、翡翠水庫、中高山高速公路、北迴鐵路等國家重大建設。有些人是在開山築路中犧牲性命。這些前輩當初來台灣的時候，大多20、30歲的青年人，然後就把自己這一生最精華的40年、50年，都奉獻給台灣的這片土地。而洪姓女子那時尚未出生，享受別人犧牲的成果，卻毫無感恩之心，所以忘恩負義，就是李登輝等一連串人士賣台，媚日對臺灣明鄭人洗腦的結果。

以當年死傷人數占半的二二八事件為例，為何至今沒有還原歷史真相，只追悼死亡的閩南語人士?那時凡是不會講閩南語或日本話就遭殺戮，連嬰兒也不放過。這批最早來辦理接收臺灣的人，大多支身來台，他們在武士刀下首屈處，成為孤魂野鬼，親人都留在大陸，有誰能來替他們伸冤呢?馬英九為何不同時向他們鞠躬致敬?難道他們也不是悲劇中的犧牲者?他們就應該被日本浪人或親日派屠殺?他們不該被後人祭奠嗎?

儒家忠恕之道，佛家慈悲之心，基督犧牲之愛，三者為金科玉律的人生哲學。內心常保從容與淡定，就不必在乎層次低下，粗鄙人的言論。孔子「己所不欲，勿施於人」，孟子「養浩然之氣，為了維護正義，雖千萬人，吾往矣」。法律面前，人人平等。老兵在台奉獻一生，理應活得理直氣壯，自尊自敬。

何況人生如寄旅，每人皆為遊客。生命有限，最多活至100歲為極限，誰也無法超越永恒。天賦人權，人類在地球上共同享受免費的陽光、空氣、雨水，相互之間，應該以自由、平等、博愛對待。每人每天以感恩、愛心，喜樂去面對生活才對。

attribute the real strength of economy lies in the real world of corporations and industries that actually create growth and wealth. Then they venture to characterize the differences between Chinese and US corporations and industries and claim that the U.S. is leading in design and R&D as well as 'capital goods' and high-tech manufacturing. ('capital goods are goods used to produce other goods')

The above paper sounded more like a morale boosting article for U.S. businesses and industries than an objective economics thesis analyzing two economic models, the U.S. vs-a-vis China. It seems to me some of the observations and deductions are little out-dated and confined in a nationalistic view rather than a global view. Since the US-China economic confrontation (or any global competition) is not avoidable, perhaps, it makes sense for economists to examine the business models in the global context. It is true under free capitalism the U.S. (and Western) corporations and industries (claimed in the above article) are leading in the global economy. However, the transformation of global business models does not guarantee that the US corporations remain to be US owned forever nor US industries can remain their leadership as seen in auto and solar industries. The U.S. must cultivate her business environment to entice the corporations and industries to remain in the U.S. and yet be competitive enough globally.

Conversely, China's growth has been accelerated by state planning and propelled largely by state-owned corporations. As China engages more into the global markets and opening her domestic market for competitors from multi-national corporations, she also faces a challenge to transform her business environment to enable her state-owned corporation to evolve into a free enterprise to compete in the free markets without government subsidies or strings attached. Observing recent business activities, it shows that China is eager but gingerly in executing her economic transformation, internally through upgrading industries to higher technology content and externally through investment abroad to gain leverage to expand globally. Contrasting the two economies, it appears that the U.S. and China have a lot to be gained if they collaborate in their economic development to find win-win cooperation rather than scheming to exclude each other in trade, investment and technology development.

In US-China Relations, if both countries can realize that military confrontation bears no good fruit and economic confrontation is natural and unavoidable, then it would make good sense that two countries channel their energy to a business transformation process and develop a collaborative relationship to cultivate win-win projects and supplement each other with the other's unique strength.

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# 令人憂心的南海情勢 歷史文化之差異可能造成戰略誤判

最近南海局勢巨變，令人心憂，在最壞的情況，可能由擦槍走火造成局部衝突，互相報復，當一方領面盡失時，甚而迅速升級成為大戰而導致世界末日，亦非決無可能，為當政者始料所不及。

筆者不代表任何政府或利益團體，也沒有內部消息。因從小受中華文化之薰陶，來美四十年受美式教育，然後工作，對中美思維之差異略有瞭解，茲申述如下。

意識形態之差異

由於過去幾十年冷戰時期的對立，中美的意識形態大不相同。以前的美國比較敬畏上帝，講究公義，扶助弱者。但是美國現在已經遠離上帝的公平正義了。美國現在是世界獨強，認為它的制度優於其它國家，難免心高氣傲，自以為是。

二、對生命重視的程度不同

中國人有「士可殺，不可辱」，「寧為玉碎，不為瓦全」，「不成功，便成仁」的精神。為著國家民族的榮譽，可以犧牲小我，完成大我。類似的這種精神連恐怖分子都有，所以有許多自殺炸彈的攻擊。而美國人特別重視個人的生命，他們盡可能的要保全生命，不能理解那種拼命。

三、對敵我關係的看法不同

中國人很重視關係，這也體現在國家關係上，這種敵我關係的概念比較分明。而西方國家則非常現實，敵我關係可以時常轉變，端視國家利益而定。它可以一面跟你做生意，好像朋友一樣，一面又跟你競爭，甚至打壓，毫無友情因素在內。

四、對世界大同觀念之差異

中國人有歷往世界大同的觀念，所以相對和平一些。而西方國家則有擴張國強的思想，似乎沒有世界大同的觀念。

就是這原因，再加上外力因素對政治人物的影響，而又在少數從多數及不能自主的民主制度下，很多在台灣的省外人因少，話語權被壓垮了，以至被侮辱而鮮有作為，就慢慢的變成了臺灣的二等公民。但那個辱罵一波強過一波，以後會有比洪素珠更激烈的行為。更令人擔心的是她的行為只是冰山的角。如果我們不同意馬英九被蔣小霖殺後仍堅持溫良恭儉讓及他的婦孺傾向。我們就要及時個個站出來，為爭取自己在台灣的平等地位，抗戰到底。

台灣光復七十年後，時過境遷，信懷南在該最後外省人中的最基本原因，已不正確! 中國大陸今天的成就，有目共睹，所以「最後」二字，已過時了。外省人在台灣省，

信懷南在他的「最後一代外省人」中說：「在政治認同上，我們對臺灣早年「白色恐怖」沒好感，因而對紅一黨專政的共產主義不可能認同。」

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聯合以平等待我的本省人

◎韓祖武

仍是外省人，如果是湖南籍，回到湖南，就是本省人了，只要認同台灣。

括大陸各省的中國人，就可以中國人的角度看臺灣，氣勢上，心理上，實質上，就變成多數，也擺脫了日本人登陸凍省的框架，道理就這樣簡單。請記住，一旦被外國人忽視，那就是自毀長城! 請記住，苦海無邊，回頭是岸。

全中國到處都是本、外省人。我們要聯合以平等待我的本省人，共同奮鬥來完成不再被外國欺騙的中國夢。

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