

Summer 2020 Edition
2020年暑期版



Chinatown
Community Press
华埠社区報刊



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Impressions of Chinatown

《唐人街的印象》

By/作者: Jia Hong Mei/姜洪梅



Lion Dance

群狮欢舞万家欢



Happy Chinese New Year

迎春纳福度新年



Chinese Independence Day 喜迎国庆



Parade and Festival 遊行

Red Envelopes

《紅包》

By/作者: Linda Chen/陈雅铃

No matter what country we are, the Asian tradition of giving out red envelopes (money) will always be part of Asian culture. Giving out red envelopes to youths during Chinese New Year, is a symbol of luck and prosperity to the year. As an Asian American, I am proud of this tradition as a way to show love and generosity.

無論我們身在何處，過年發紅包（錢）这个傳統將永遠是亞洲文化的一部分。在農曆新年期間，給年輕人發紅包象徵著吉祥和繁榮。作為亞裔，該傳統表達出的愛與慷慨使我感到自豪。



Chinatown's Landmarks

《唐人街的地标们》

By/作者: Jason Chen/ 陈仕淇

Although the frequency of my visits to Chinatown in the past few years have dwindled into nothingness, there are still certain landmarks in the area that awaken memories in me, even if just shown from a strange angle in a photo. At the forefront, this dragon statue, although not exactly one of the most amazing or famous additions to Chinatown's appeal, never fails to remind me of the Chinese school I attended many years ago (the reason for this being that upon being dismissed, it was impossible to not take notice of the statue while awaiting the arrival of my parents). To me, it is impressive that just one small statue can make me think of something I would never think of routinely and although nothing especially impactful took place during those times, it is still pleasant to recall the past, especially in a future so different. And it only takes a second of thought to realize that there must be other landmarks or even small details of scenery in Chinatown that may serve as catalysts of thought to other people, whether they are visitors or residents.

儘管過去幾年里我來唐人街的次數基本為零，但該地區仍然有一些地標能喚起我的記憶，雖然這張照片裡展示出來的角度有些奇怪。這座龍雕像並不是唐人街最吸引人的景點，但它總使我想起我多年前在這讀的中文學校（因為我下課等候父母時，不可能不注意到這座雕像）。真有意思啊，這麼一個小小的雕像就能讓我想起我一般不太會去回憶的過往。在那段時間沒有發生什麼特別重大的事情，但回顧過去，尤其是在如此不同的現在，仍然令人感到愉快。而且只需花一秒鐘的時間就可以意識到，唐人街別處的地標或細微的風景必定也能使其他人碰撞出有趣的思想火花。



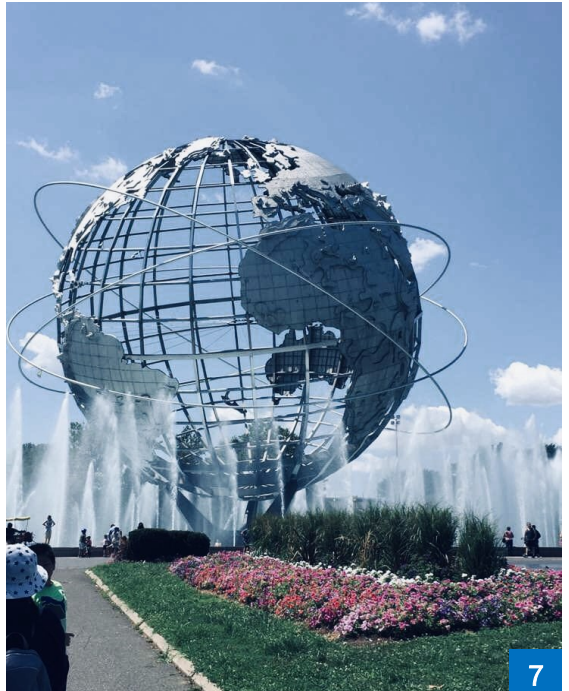
Unisphere

《地球儀》

By/作者: Willie Chen/陈锋

This picture was taken at Flushing Meadows Corona Park in New York. It is a globe and it relates to me because my parents are immigrants from China that came to America to pursue the American Dream. It represents how much and how far they have traveled across the world to pursue a better life while leaving their family members behind. This globe represents that my family took a huge chance on themselves and betted on themselves that they would come to America for a better life. This picture is very important to me because I view it as how much potential I have in my life and how much I can achieve and accomplish in the future. I have very high hopes and aspirations to help my family and give back to the city of Philadelphia.

這張照片是在法拉盛草原可樂娜公園拍攝的。圖中的地球儀對我來說意義非凡，因為我的父母是離開了中國，懷著夢想來到美國這塊土地的移民。地球儀代表他們為追求更好的生活而背井離鄉，走遍了世界多少地方，走了多少路。它意味著我的家人冒著很大的風險，為了更好的生活下了巨大的賭注。這張圖片對我來說非常重要因為它代表我生命中有多少潛力以及我將來可以取得多少成就。我對自己有很高的期待，希望將來能報答我的家人也能回饋給費城這座城市。



Immigration Reminiscences

《移民回想們》

By/作者: Joe Ni/李明杰

The Franklin Square was one of my first adventurous and playful experiences since returning to the US. Although I was born in the US, I was raised in China for the first few years of my life. I returned around the age of four with my aunt and met up with my parents and siblings. I was showered with toys and given my English name, Joe. Distinctly, the park was one of the places that molded my childhood. I loved going there to play on the swings and the intricate rope climbing mess. Most notable was when I went on the merry-go-round or carousel. It was like magic with its decor and function as it stood out from the rest of the park. I distinctly remember riding once with my siblings and felt a rush of excitement. I also remember the mini-golf section to some extent as it was a one-time experience. I had no idea what golf was at the time, so I was just randomly hitting the ball and listening to what my dad was saying. I didn't keep score but for all the holes I doubt I got even an eagle or par. I might have annoyed some of the other folks there who were trying but I at least got a kick out of it and the overall experience of the park resounds.

富蘭克林廣場是我從小玩耍的地方。儘管我出生於美國，但我小時候是在中國長大的。我四歲的時候與姑姑一起回到美國並與父母和兄弟姐妹相聚。他們送了我很多玩具並給我起了一個英文名字，Joe。顯然，富蘭克林廣場是塑造我童年回憶的地方。我喜歡去那裡玩蕩鞦韆與爬繩項目。我更喜歡旋轉木馬，它華麗的外形和旋轉的功能就像魔術一樣，在整個公園里脫穎而出。我清晰地記得，我和家人一起坐旋轉木馬時感到的那一陣陣興奮。我還記得在這個公園里玩過的迷你高爾夫球。我當時不知道怎麼打高爾夫球，所以我只是一邊聽我爸爸給的指示一邊瞎打。我都沒有算得分，但是我應該一顆球都沒打進。我當時可能打擾到其他玩家了，他們都很努力的嘗試呢！但我至少從中得到了樂趣，使我在公園的整體體驗更愉悅了。



An Asian's Look

《亞洲人的樣子》

By/作者: Dennis Lam/ 林子濠



This is an illustration of growing up as an Asian American with immigrant parents. I wanted to convey how Asian Americans have to balance traditional Asian culture and pop culture while living in America. The messy take is used to give it a feeling of the chaotic life of an Asian American while maintaining the traditional views of the generations before them. The yellow highlight on the eyes symbolizes the traditional way of life, where an Asian American sees the way that their immigrant parents lived and are trying to maintain that balance between making their parents proud and keeping generations of traditions alive and finding their place within mainstream society and pop culture.

這是一個亞裔在父母是移民的情況下成長的例子。亞裔在美國生活需要在接受傳統亞洲文化和流行文化之間保持一個平衡。圖中凌亂的畫面描繪亞裔困惑不安的情緒。眼睛上的黃色高光象征傳統的生活方式，亞裔青少年們被移民父母的傳統觀點所影響，而他們一直試圖地在找一個平衡，既能讓一代又一代的傳統延續下去使父母感到驕傲，同時也在主流社會和流行文化中找到自己的位置。

Before and After : From Imperial Inn to AsianFresh

《之前和之後：從瓊華酒家到家和超市》

By/作者: Bak Gim/白金

From 1979 to 2019, 142-144 N 10th St used to be Imperial Inn. After Imperial Inn was closed permanently on Jan 27, the site was vacant for almost 6 months, then the new owner started to undergo massive demolition and construction, and it took 3 months for the new Asian supermarket façade to emerge, and then another 2 months of set-up, AsianFresh opened on Dec 19, 2019. The supermarkets chose different names, for the English name, AsianFresh, clearly indicates it is an Asian supermarket, but the Chinese name is from the idiom “家和萬事興”, which emphasizes the basis of prosperity is a peaceful household, so the names can cater to patrons of different cultures and be understood in each acceptable way. The 7 photos are here to indicate the transformation of the site from Imperial Inn to AsianFresh.

北10街142-144號在1979年到2019年曾是馳名費城的瓊華酒家所在。2019年1月27日瓊華酒家關張後，原址關張差不多半年，之後新買家開始進行大規模拆卸裝修，歷時3個月終於露面，然後再經歷2個月的安裝裝置，最終在12月19日以家和超市的面目開張。這家新的華人超市取名中外有別，英文名當然是為了說明是亞洲超市，但中文名取自“家和萬事興”，兼顧中外顧客的文化和理解。現在就用7張圖片圖解從瓊華酒家到家和超市的蛻變。



(1) Imperial Inn 瓊華酒家

Two days before Imperial Inn's permanent closure on Jan 27, 2019.

2019年1月25日，瓊華酒家關張前兩天。



(2) Imperial Inn 瓊華酒家

Since late Jun 2019, the new owner gradually undertook the demolition and construction.

2019年6月下旬起，新買主開始陸續拆卸裝修。



(3) Imperial Inn 瓊華酒家

Former Imperial Inn's famous octagonal entrance appeared one last time (taken on Sep 6, 2019). 瓊華酒家八角形大門最後遺影。攝於2019年9月6日。



(4) Imperial Inn 瓊華酒家

All traces of Imperial Inn finally vanished into history (taken on Sep 10, 2019). 瓊華酒家的所有痕跡消失無蹤。攝於2019年9月10日。



(5) Imperial Inn 瓊華酒家

The new supermarket façade finally emerges after two weeks of decoration. 經過兩週外部裝潢後，超市初露真容。



(6) AsianFresh 家和超市

The new supermarket is called AsianFresh. Taken on Oct 10, 2019. 新名字叫家和超市。攝於2019年10月10日。



(7) AsianFresh 家和超市

AsianFresh finally opened on Dec 19, 2019, and the weather on that day was excellent. 家和超市終於在12月19日開張，當日天公作美。

The Lonely Girl

《孤独的女孩》

By/作者: Elena



“A girl gets bullied because she is different from others.”

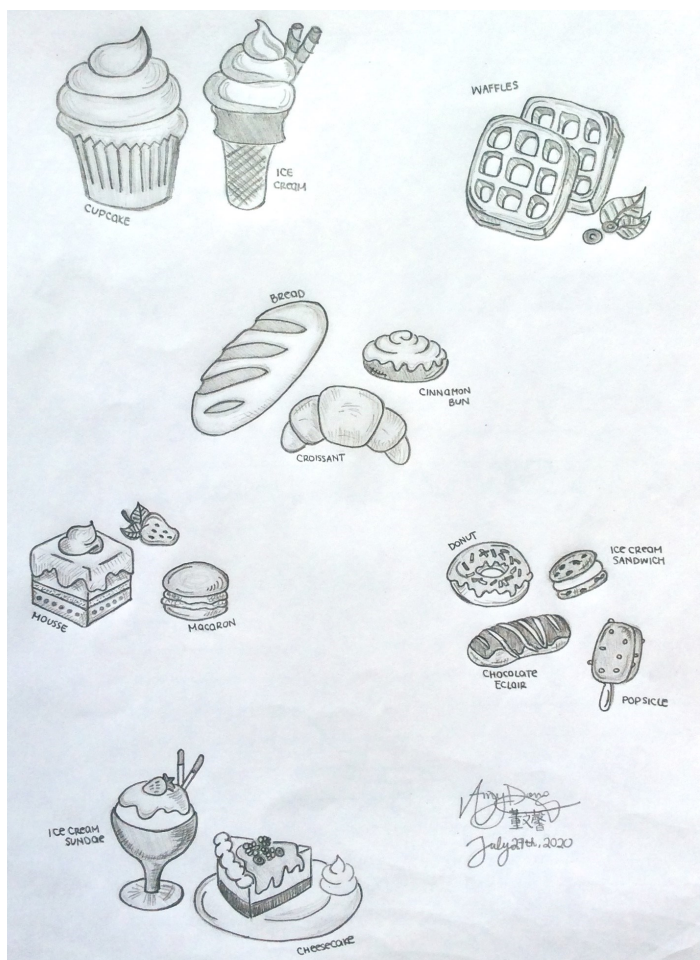
“一個女孩因為她與其他人不同被欺負。”

My Food Paradise 《我的食物乐园》

By/作者: Amy Dong/董文馨

My parents, who immigrated to America have brought new, life-changing experiences for me. A new place means more fun and learning opportunities, such as trying American foods; which is a new opportunity for me to learn about American food culture. Here are some of my favorite foods that I've tried before.

我的父母移民到美国后给我带来新的生活体验。对我来说，每个新的地方都有很多有趣的学习机会；就像尝试美国的美食也是一种学习美国饮食文化的方式。这里是我最喜欢的一些西方美食。



Mid-Autumn Festival

《中秋節》

By/作者: Jacky Chen/陈仕锦

The Mid-Autumn Festival is an annual event that is celebrated in many Asian communities. It is also called the Moon Festival or the Mooncake Festival. It traditionally falls on the 15th day of the eighth month in the Chinese lunar calendar, which is in September or early October in the Gregorian calendar.

The Mid-Autumn Festival is the second most important festival in China after Chinese New Year. Chinese people celebrate it by gathering for dinners and lighting paper lanterns. In Chinatown, there is a daylong celebration called the Mid-Autumn Festival, where families and friends gather to celebrate by eating, playing games and just spending time together. In China, a popular way to celebrate is letting lanterns into the sky. Throughout the ages, the Chinese have used lanterns not only as sources of light or simple paper decoration, they symbolize vitality, social status and good luck. This is a beautiful sign. Chinatown is important in preserving our culture.

中秋節是亞洲地區每年都會慶祝的節日。它也稱為月圓節或月餅節。傳統上，它是在農曆（農曆）的8月15日，即公曆的9月或10月初。

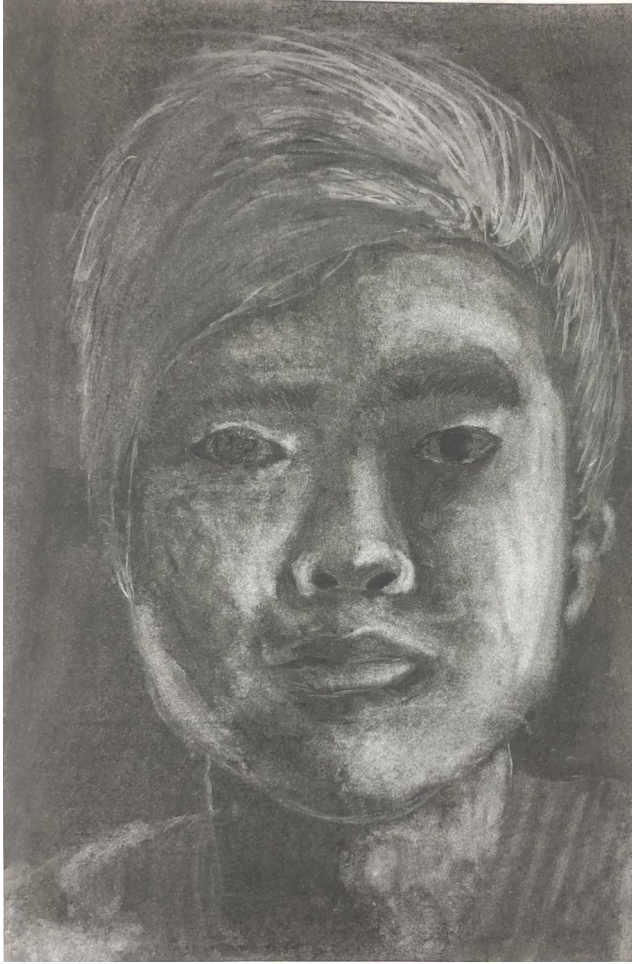
中秋節是中國第二大最重要的節日，僅次於春節。在這一天，中國人聚在一起吃飯與點孔明燈來慶祝中秋節。在費城唐人街也有中秋節慶祝活動，稱為中秋節晚會。家人和朋友會聚集在一起進餐，玩遊戲一起來慶祝。在中國，一種流行的慶祝方式是放孔明燈上天。自古以來，中國人不僅將燈籠當作光源或簡單的裝飾，它們還像徵著生命力，社會地位和好運，包含著美麗的跡象。唐人街對保存我們的文化很起到重要的作用。



Self-Portrait

《自畫像》

By/作者: Junhao Zhao/赵俊豪



This is a chalk/charcoal drawing of me. Although I was lucky to throughout my life to attend schools where Asians were aplenty and discrimination was not as prevalent. There were still some instances where I felt like race played a part in conflicts.

這是我的木炭自畫像。儘管我很幸運，我就讀的學校裏，亞裔學生很多，種族歧視也不那麼普遍。但有時候，我仍然覺得一些衝突是因為種族問題而引起的。

Soy Milk and Fried Dough Sticks

《豆漿和油條》

By/作者: Shenglan Qiu/邱聖嫻

When I was a child in China, I always like to buy the soy milk and fried dough sticks near my home for breakfast to school because they are very delicious and convenient. After I came to the United States, I was glad that I can still occasionally buy it from Chinatown for breakfast. Unfortunately, due to the epidemic, I have not been to Chinatown for a while. I really hope that the epidemic will be over soon, so life will return to normal.

小時候在中國上學的時候，早餐總喜歡買家裡附近的豆漿和油條因為它們特別的好吃和方便。後來來到美國之後，也很慶幸我還能時不時地能在唐人街買來當早餐吃。可惜最近因為疫情的原因，已經很久都沒有去唐人街了。希望疫情趕快過去，讓生活回歸正常。



Lanterns

《燈籠》

By/作者: Amanda Lee/李阿曼达



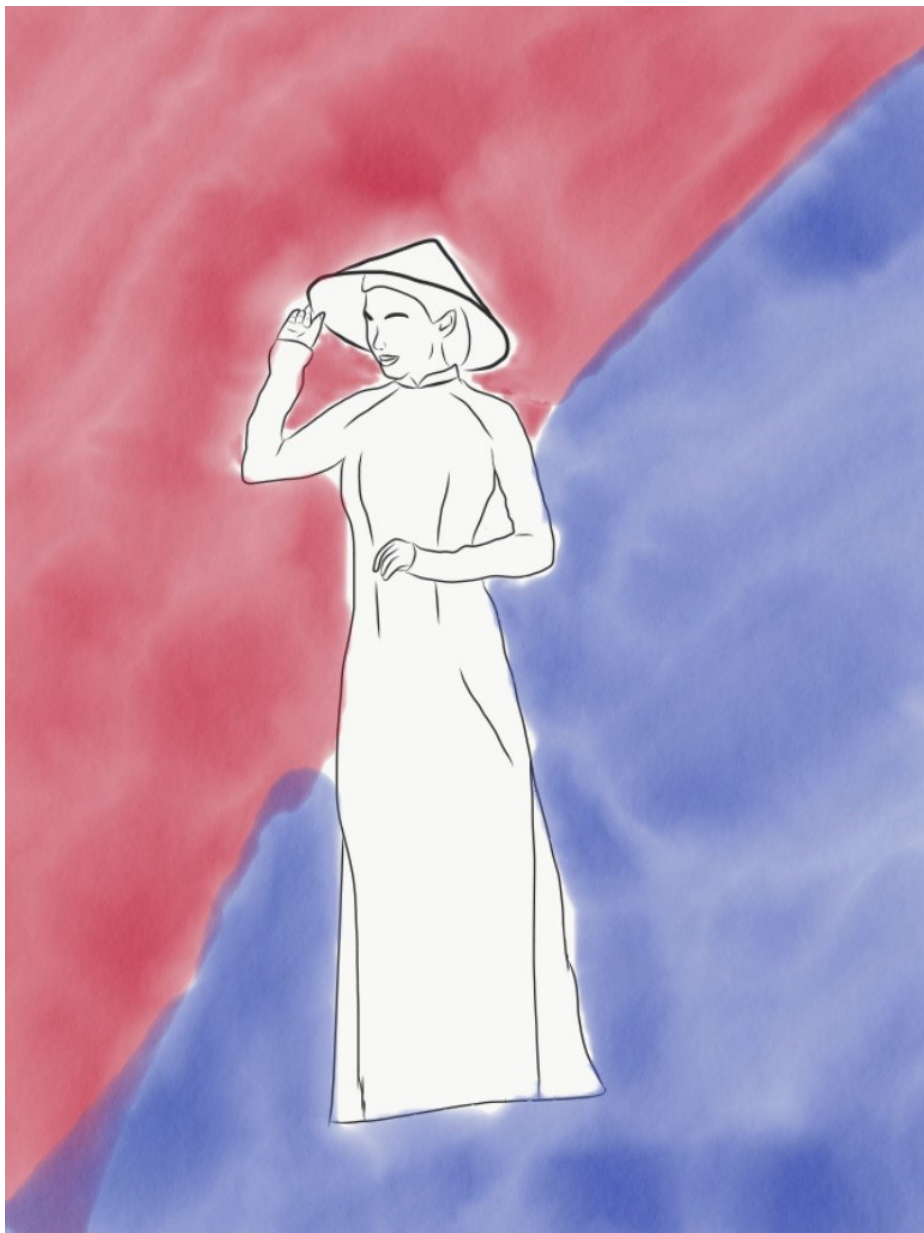
Chinatown has always been a place that celebrated my own culture, something very personal to me. Every year, Chinatown holds special events for Chinese holidays including Chinese New Year and the Lantern Festival. My drawing is something I made in tribute to the opportunities this place had given me to engage in my own culture and traditions.

唐人街是一個以亞裔文化為榮的地方，這對我來說非常有意義。唐人街每年都會為中國節日舉辦特別活動，包括中國新年和元宵節。這個地方給我機會去融入我的文化和傳統，作為感謝，我畫了這張畫。

The Color of Our Clothes

《我們衣服的颜色》

By/作者: Sandy Phuong/桑迪



Before my first International Day at Central High School, I asked my grandmother for traditional Vietnamese clothes called an “Ao Dai.” My grandmother laughed at me and asked what it was for. I told her it was to celebrate our culture at school. She told me that American people wouldn’t like what we wore and that wearing an “Ao Dai” was very “UNAmerican.” She continued to say that when she came to America as an immigrant she didn’t bring any traditional clothes because she was scared of the way people would treat her differently if she wore them. I was shocked and when I asked my mother she thought the same. My grandmother joked and said that if I got one that it should be the American colors blue, red, and white. I got sad at the fact that we were so Americanized to the point that we were ashamed to show pride in what our culture wore. I asked her, “Don’t you miss it?” She would say yes, but she also told me that her life was different as an immigrant and that she didn’t want it to be the same for her grandchildren. I told her that I would rather be proud of our culture than not have a culture at all. In the end, my mom went to Vietnam and got me an ao dai, but it was many different colors and designs that represented the aesthetics of Vietnamese culture that I could wear proudly.

我在Central高中的第一個國際日之前，我問我的祖母要了件傳統的越南服裝，“奧黛”。我的祖母笑了笑問我用要它來幹什麼。我告訴她，我想在學校慶祝我們的文化。她卻說，美國人不喜歡我們穿的衣服，而且穿著“奧黛”很“不像美國人”。她繼續說，當她作為移民來到美國時，她沒有帶任何傳統服裝因為她擔心人們會因為她的服裝而區別待遇她。我當時很震驚。而當我問我媽媽時，她也這麼想的。我的祖母開玩笑說的，如果我買了一件奧黛，那就應該買美國人的藍色，紅色和白色。我聽到后非常難過因為我們已經被如此地美國化，以至於我們對自己文化的傳統服裝感到羞恥。我問她，“你難道不想念穿著它的時候嗎？”她會說“會”，但她還說，作為一個移民，她不希望孫子孫女也和她一樣被區別對待。我告訴她，我寧願為我們的文化感到驕傲，也不願把它們拋在身後。最後，我媽媽去越南給我買了一件奧黛。而我可以驕傲地穿著這件代表越南美學，由許多不同的顏色設計而成的傳統服裝。

Art and Asian American Career Paths

《藝術和亞裔美國人的職業道路》

By/作者: Lidya Ang 洪莉達



As an Asian American art was akin to being a guilty pleasure. From a young age I loved to draw and create. I would doodle all over my school work and sew clothing for my dolls. I aspired to be an artist or a designer but those

dreams were immediately shot down. Like many of my peer I was told that I should pursue careers in medical field. Our parents who travel across the world spend their entire being here seeking stability and security. This is to ensure a

better life for us. I am exceedingly grateful for this as I am the one who benefits the most from these circumstances. Art is probably the field that least aligns with the stable and secure mindset that parents aspire for. So it no wonder they encourage us to avoid it.

For the longest time I thought that pursuing a career in art would be a betrayal towards my parents. All their efforts towards a better life would be put at risk. This is the choice that many young Asian-Americans face when choosing their career path. Many will chose to abandon a future in what they love to appease their parents. I started with that mindset entering college with a biology and psychology dual major in mind and planning on entering medical school. I found myself miserable and ultimately chose to switch into interior design. I had a friend who entered as a chemistry major and switched into interior design with me but in the end chose to switch into health science. Both of us had similar experience with the pressures of family pushing us towards that stable career path. Neither of us made the right choice. We simply made different choice. As Asian Americans we are sometimes placed in similar circumstances and share similar experiences but in the end we are unique individuals. We grow with our experiences and are not defined by our circumstances but the choices we make.

作为一个亚裔美国人，艺术就像是一种罪恶的快感。从小我就很喜欢画画和创作，我会在我的作业上乱涂乱画，也会为我的娃娃缝制衣服。我曾渴望成为一位艺术家或者

设计师，但这些梦很快就破灭了。就像很多我的朋友一样，我被告知我应该从事医学方面的职业。我们的父母跨越大平洋，把他们的一生都奉献在这里来寻求安稳就是为了保障我们能有一个更好的生活。我对此非常感激，因为我从中受益最多。艺术可能是最不符合父母所渴望的安稳领域，所以也难怪他们会建议我远离它。

在很长一段时间里，我都觉得从事艺术行业是对父母的背叛，他们为了能够过上更好生活而付出的努力都会化为乌有。这是很多年轻的美籍華人在选择职业道路上所面临的难题，许多人会为了安抚父母而放弃他们所喜爱的未来。我带着这种心态进入大学，选择生物和心理学双专业并计划进入医学院。后来我发现自己很痛苦，所以最终选择了转到室内设计专业。我有一个朋友像我一样从化学专业转到室内设计但最后还是转回健康科学专业。我们两个都有着因家庭压力而选择从事更稳定的专业的经历，但我们俩都没有做出正确的决定，我们只是做了不同的决定。作为一个亚裔美国人，我们有时会处于相似的环境，也会分享着同样的经历，但最终我们都是不同的个体。我们会随着我们的经历而长大，定义我们的不会是我们所处的环境，而是我们所做的决定。

My Story As an Adoptee

《我的被收養的故事》

By/作者: Kai Evans/凯埃文斯

I am a Chinese-American adoptee that came to the U.S. at 15 months old. I grew up in a small, rural town in Pennsylvania where next to no one looked like me, not even my own family. While I had a fairly normal upbringing, I endured copious amounts of microaggressions and the occasional bursts of outright racism being a minority in a majority white area.

In 2016, I graduated from high school and began my education at Temple University. Of the many things Temple has given me, the most important and invaluable is the City of Philadelphia where I've grown and learned more about other people, cultures, ways of thinking, and myself, which is more than I could have ever imagined.

Chinatown has always been a safe space for me. It's a good connection between what I know and what I want to know more about. I often feel more comfortable yet more unwelcome in white spaces and less comfortable but more welcome in any other space. Chinatown has given me a safe place that I now can call my home and has fostered a community where I feel safe and inspired to continue on my journey of identity and growth. I love Philly's Chinatown so much and I have so much respect and appreciation for all the local businesses that strive to serve the community each day. Thank you!

我是一个被收养的美籍华人，在15个月大时来到美国。我在賓州的一个小镇长大。那里没有人和我一样，甚至连我的家人也跟我不一

样。虽然我的成长经历还算正常，但作为一个亚裔，生活在基本上都是白人的社区裡，我仍需要忍受着大量很多种族歧视與區別對待。

2016年，我从高中毕业后在天普大學學習。天普给予我的许多东西，其中最重要和最无价的就是在费城这座城市，我自己成长了，還了解到了其他人的思维方式，文化，以及對自己有了更多認識。这里的一切都超乎了我的想象。

唐人街讓我感到舒適。它很好地把我所知道的和我想知道的鏈接在一起。我常常觉得我在白人堆裡更舒服但不受待見，在其他空间里更受歡迎但不太舒服。但唐人街給予了一个让我称之为“家”的地方，以及一个让我感到舒適并推動着我继续寻找身份認知和成长之旅的社区。我非常喜欢费城的唐人街，我也非常尊重及感谢所有努力为社区服务的当地企业。谢谢你们!



The Last Colonial

《最後的殖民地》

By/作者: Esther Hio-Tong Castillo/鄭曉彤

I was born and grew up in a place of no longer. A place that only exists in memory. None of what constitutes my homeland is anymore. Was colonialism real? Did I live it? Where is the evidence? Sometimes, I feel like I was just a dream. I am the last colonial.

European colonialism has erased my ancestors' truths, their pride, their humanity, their love. What was left was blame, and shame, and rage. Sometimes directed to our families; sometimes, to ourselves. We became afraid. Too afraid to find out the truth. Too afraid to face our feelings. Too afraid to connect with our deepest selves. We learned to be afraid of ourselves. We bury our pain.

Chinese nationalism couldn't allow for Western imperialism to be remembered. At the end of decades of anticipation, Chinese modernity came overnight. As a people, we couldn't wait to rid of our shame and our mental slavery. The humiliation that imperialism has brought us. The Party forced us to forget, like a parent's advice to his child, "Just get over it!" We pretend.

In the exercise between forgetting and remembering oppressions and fantasies, my mental world was shattered into many fragments. Torn between two nations and the dichotomy of the colonizer and the subaltern, my soul was split into three dimensions. Ones that are constructed by the colonizer's imperial lies; the emperor's nationalistic dreams; and my own insignificant aspirations. My upbringing taught me to understand my world as constrained by those multiple grids of class, status, language, color, gender, sexuality, and subordination. I couldn't bear the tensions, ambivalences, and anxieties any longer.

I escaped.

我是在一個不復存在的地方出生和長大的，一個只存在於記憶中的地方。構成我祖國的一切都不復存在。殖民主義是真的嗎？我活在了裡面嗎？證據在哪裡？有時候，我覺得自己只是一個夢。一個最後的殖民地。

歐洲殖民主義抹去了我祖先的真理，他們的驕傲，人性和愛意。剩下的就是責備，羞辱和憤怒，有時是針對我們的家庭，有時候，對我們自己。我們變得害怕。害怕找出真相，害怕面對我們的感情，害怕面對我們自己的內心。我們學會了害怕自己。我們埋葬了我們的痛苦。

中國民族主義不允許人們記住西方帝國主義。在預期幾十年的期末，中國的現代性一夜之間出現了。作為一個民族，我們迫不及待的想要擺脫我們的恥辱，我們的精神奴役。帝國主義給我們帶來的恥辱。黨迫使我們忘記了，就像父母對孩子的忠告一樣，“克服它！”我們偽裝著。

徘徊在忘記和記住壓迫與幻想之間，我的精神世界被粉碎成許多碎片。我的靈魂被分裂在兩個國家之間。我的靈魂被分割成三個維度。一個是由殖民者的帝國謊言所建構的，皇帝的民族主義，和我自己微不足道的願望。

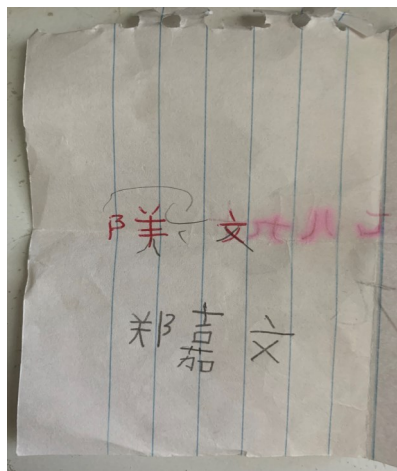
我的成長經歷使我理解了自己的世界，這些世界受到階級，地位，語言，膚色，性別，和從屬等多重網格的約束。我再也忍受不了緊張，矛盾和焦慮。

我逃走了。

I Am Who

《我是誰》

By/作者: Kevin Zheng 鄭嘉文



I have only been able to speak and write English my whole life. My native language is Fuzhounese, but speaking the words and phrases of my native tongue is quite difficult for me. To make matters worse, I cannot speak or write Chinese at all. I believed for a long time that I was unintellectual and not capable of learning more than one language. My mother enrolled me in a Chinese school for multiple years. I remember going to class and trying to learn the different characters and the numbers. But, when our teachers gave instructions to write down our Chinese names, I couldn't do it because I didn't know how to write my name. During the exams, I lost points for incorrectly writing my name. I didn't need anyone to tell me that I was a disgrace, because I already knew I was. Regardless, I have received backlash from my

mother and my classmates.

Years later, I gave up learning Chinese and stopped going to that forsaken school. I've been stuck with just one language my whole life, which motivated me to excel in English classes at my public high school. I overachieved on many English assignments. My letter of college recommendation was from an English teacher. My favorite teachers at school happen to be all English teachers from different years in high school. My favorite books were reading assignments such as the Odyssey and the Iliad. I've even written a prequel for the Wonder Woman, which was based on Achilles from The Iliad (this was out of pure boredom). None of it mattered since those around me were doing the same in the prestigious high school that attended, but it felt good to be decent at something. I could communicate on a basic level when I am speaking Fuzhounese, and it was easy to integrate English words into the phrases that I would speak if I didn't know a word. However, I could not do that at all with Chinese, and one of the only things I knew how to say was 你好 (Ni hao). Out of fear of forgetting my own culture and part of my identity, I took a piece of scrap paper and wrote my Chinese name on it. I failed the first

time and wrote it again on top of my mistake. I kept the paper in a box full of memories and stored it away. Now, years have passed with my memory of my Chinese name fading away. I no longer know how to write my Chinese name anymore, but I do know how to say it. If I were to try and write it, I would need to copy it from the paper. But, I also learned an important lesson. I am surrounded by people who are like me, and therefore my culture is never forgotten. Whenever go to Chinatown, I feel a part of me is where it belongs. I realized that I didn't need to be able to speak or write Chinese to feel apart. I didn't have to know how to write my Chinese name for my Chinese friends to appreciate me and communicate with me. I learned the importance of true identity and to appreciate who we are now.

我只能用英文來表達自己。我的母語是福州話，但我說得不好。更糟的是，我完全不會說國語。我一度認為我很笨，沒法學會多種語言。我媽媽讓我在一所中文學校就讀多年。上課時，我記得我們每個人都要學寫簡單的漢字。但是，當老師要求我們寫下自己的中文名字時，我做不到，因為我不知道怎麼寫自己的名字。考試的時候，我會因寫錯名字而丟分。我當時覺得自己是個恥辱。但我的媽媽和同學告訴我不要這麼想。

多年後，我放棄了學習中文的念頭，也不再去上那所學校了。由於英語是

我會的唯一一門語言，這促使我在我高中的英語課上取得優異的成績。我在許多英語作業上都超額完成。我的大學推薦信也是一位英語老師寫的。在我最喜歡的老師里，碰巧也都是教過我的英語老師。我最喜歡的功課是《奧德賽》和《伊利亞特》等閱讀作業。我甚至根據《伊利亞特》中的阿喀琉斯(Achilles)寫了一部《神奇女俠》的前傳(這純粹是出于无聊)。雖然這個創作在我就讀的名牌高中里不算什麼大事，但是能在一件事情做到極致的感覺很好。當我說福州話時，我可以進行最基本的交流，但如果遇到我不會說的詞，我常常將英語單詞融入到短語中。但是，我根本無法用國語進行溝通，我唯一知道怎麼說的短語就是你好。為了記住自己的文化和身份，我拿了一張便條紙，在上面寫瞎了我的中文名字。我第一次沒成功，所以我在下方又寫了一次。我把這張紙放在一個裝滿回憶的盒子裡並把它存放起來。現在，多年過去了，我已經不知道怎麼寫我的中文名字了，但是我知道怎麼說。如果我要試著寫它，則需要從紙上抄寫。但是，我也學到了重要的一課。我的周圍有許多和我一樣的人，因此我的文化永遠不會被忘記。每當去唐人街，我都覺得我身上的一部分是屬於那裡的。我意識到，就算不會說中文我也屬於這裡。就算不會說國語，我的中國朋友們還是能欣賞我並與我交流。我了解到了真實身份的重要性，懂得了珍惜現在的自己。

My Personal Story

《我的個人故事》

By/作者: Derek Lam/林子涛

Hello, my name is Derek Lam. Chinatown has impacted my life in many ways. Before, this pandemic I would go to Chinatown and Crane Center at least twice a week. Since Chinatown is really close to my school and it is like a four minute bus ride if I take the 57.

Chinatown has impacted me because it gave a chill and hangout place with my friends to go. There are so many food places to go and boba places, such as Teado, and Kung Fu Tea. Before, I would go straight home, but now I would go to Crane Center to attend PCDC's Teen Club activities, every Friday with my friends. I have made a lot of new friends and met new people ever since I started going there to play basketball. Crane has really nice courts and awesome lighting and there are free SAT classes which are really helpful. I like how all this is free and you can play your favorite sport because there is like 3 different sports being played at Crane.

Crane Center is a great addition to the Chinatown community, especially since we have very limited space to do sports and hangout. Chinatown has everything that you could need and want. This neighborhood has impacted my life.

我叫Derek Lam，唐人街對我的生活很重要。在新冠病毒發生之前，我每周至少要去唐人街和鼎華中心兩次。由於唐人街離我的學校很近，如果我坐57車，那就是4分鐘的車程。

唐人街對我來說很重要因為這裡是我與朋友們放鬆和聚會的地方。那裏有很多美食場所和奶茶店，比如茶道和功夫茶。以前，我會直接回家，但現在，我每個星期五都和我朋友一起去鼎華中心參加PCDC的青少年俱樂部活動。自從我去那裏打籃球以來，我結識了很多新朋友。鼎華中心的球場和燈光很棒，還有很有用且免費的SAT課。這些項目都是免費的所以特別棒，大家還可以選擇玩自己喜歡的運動項目，因為鼎華中心有3種不同的運動項目同時進行。

唐人街社區能有一個鼎華中心特別好，提供給老百姓公用的運動場所和聚會場所。這裡有你需要和想要的一切，所以這個社區對我的生活非常重要。

Being a “her” Immigrant

《作為一個“她”移民》

By/作者: Anonymous/匿名

Being a “her” immigrant, you are to be raised differently from your brother

作為一個“她的”移民，您的成長與兄弟不同

Being a “her” immigrant, you are to only be in the house

作為一個“她”的移民，您只能待在家裡

Being a “her” immigrant, you are body shamed, you are treated “less” than your brother

作為一個“她”的移民，您會感到羞恥，所受的待遇比兄弟差

Being a “her” immigrant, you are the disappointment in the family

作為一個“她”的移民，您讓家庭感到失望

Being a “her”, speaking about your rape story, will tear the family apart

成為一個“她”，談論您的強姦案，會使家人分崩離析

Being a “her” immigrant, you are to be quiet and not speak freely

作為一個“她”的移民，你要保持安靜，不要隨意說話

Being a “her”, you are to follow every rule, if not you are disowned

作為一個“她”，你要遵守每一個規矩，否則你將被拋棄

Being a “her” immigrant, you are to cry in your room and know that you will never be good enough for your parents

作為一個“她”的移民，你要在房間裡哭泣，知道你永遠做不到父母的好人

Being a “her” Immigrant

作為一個“她”的移民

Bring Your Heart

《帶上你的心》

By/作者: Dylan Luong/伦迪伦



Hello! My name is Dylan Luong and I am the author of “Bring Your Heart,” which is projected to be published in December, 2020. This book is inspired by my mother’s immigration story. She was born in Can Tho, which was at the time a small village located in South Vietnam. My mom and her family lived in the midst of the Vietnam War and for my mother, her entire life thus far had been occupied by violence and war. It was after the Fall of Saigon in 1975, that my mother’s family decided that it was time to leave Vietnam. Her parents did not want to live under a communist regime and desired a better life for their kids. After two years of saving up enough money, they were able to finally leave Vietnam legally on a boat.

“Boat People,” as they are referred to as today were Vietnamese refugees during the late 1970s and 80s, that fled Vietnam via boat in pursuit of a better life. For my mother, her family didn’t really have a set destination in mind. It was really just whichever country would take them in. What was expected to be a short 5-day trip to either Malaysia or Indonesia, quickly turned south for the 500 people on the small, cramped boat. The engine broke down multiple times, which left them stranded in the middle of the ocean with no food or water for 2 weeks. During this time, they encountered pirates that robbed them of everything they had. By the end, they were rescued by a Russian ship and tugged all the way to an Indonesian island called, Kuku Island.

They would survive on this island and hop over to a different island for two years, before finally being saved by American recruiters. The family would then fly their way to Lancaster, Pennsylvania where for the next decade, the 9-person family lived in a rugged apartment located in the rough side of Downtown Lancaster City. Adjusting to the new culture and learning a new language proved to be significantly difficult for the family, as well as, applying for citizenship. They also experienced racism and scrutiny for being Vietnamese immigrants, especially living in rural Pennsylvania.

Today, my family still lives in Lancaster, Pennsylvania. My mom is a long-standing supervisor for the USPS and truly represents the American Dream. As her son, I am grateful for her sacrifices and for her story-telling. I believe that these types of stories are crucial because they teach us so many valuable lessons about appreciating our loved ones and also acknowledging our past. This is the reason why I am writing this book. I want to be able to preserve my family’s story and to share it with the rest of the world.

Excerpt from Chapter 4 entitled, “April 30th, 1975”

The evening sun arrived as I made my trek back home. I open the door and to my surprise see Mom and Dad closing sitting at the kitchen table. My father holding on to my mother’s hands. I expected them to scold me for leaving without telling them, but nothing was

said. They just looked at me with this sorrowful look on their face. I step in closer and notice the old radio on the table, placed in between both of them. Static filled the quiet void in the room, then a roar erupted from the radio. I didn't recognize the voice, it has a weird, yet familiar accent. Then it occurred to me that this particular accent is that of a Northern Vietnamese man.

The man on the radio blared, "We are united! We are united! The rich will share with the poor! The war is over! Saigon has fallen!"

你好！我叫Dylan Luong，我是《Bring Your Heart》的作者，該書計劃於2020年12月出版。這本書的靈感來自我母親的移民故事。她出生在Can Tho，當時是越南南部的一個小村莊。我的母親和她的家人生活在越南戰爭中，對我的母親來說，到目前為止，她的一生都充滿了暴力和戰爭。在1975年西貢淪陷之後，我母親的家人決定是時候離開越南了。她的父母不想在共產主義政權下生活，並希望他們的孩子過上更好的生活。經過兩年的積蓄，他們終於可以合法乘船離開越南。

今天被稱為“船民”的是1970年代末和80年代後期的越南難民，他們乘船逃離越南以追求更好的生活。對於我的母親來說，她的家人並沒有確定目的地。實際上，這取決於哪個國家接收他們。原本預計是去往馬來西亞或印度尼西亞的短短5天旅行，但當時因為這艘狹窄的小船上承載500人迅速的轉向南。引擎多次失靈，使它們滯留在海洋中間長達兩週沒有食物或水。在這段時間裡，他們遇到了海盜，搶劫了他們所有的東西。最終，他們被一艘俄羅斯船營救出，並一直拖到印度尼西亞的庫庫島。

他們將在這個島上生存，並到另一個島

上兩年，然後才最終被美國招募人員救出。一家人隨後飛往賓夕法尼亞州的蘭開斯特，在接下來的十年中，這個9人的家庭住在蘭開斯特市市區一面粗糙的堅固公寓中。事實證明，適應新文化和學習新語言對於家庭以及申請公民身份而言都非常困難。他們還因為是越南移民而經歷了種族主義和審查，尤其是居住在賓夕法尼亞州鄉下。

今天，我的家人仍然住在賓夕法尼亞州的蘭開斯特。我媽媽是USPS的長期主管，真正代表了美國夢。作為她的兒子，我感謝她的犧牲和她的故事。我相信這些故事至關重要，因為它們為我們提供了許多寶貴的課程，幫助我們了解和親人，並認識到我們的過去。這就是我寫這本書的原因。我希望能夠保留我家人的故事，並與世界其他地方分享。

标题为“1975年4月30日”的第4章节录

當我跋涉回家時，傍晚的太陽到了。我打開門，令我驚訝的是，爸爸媽媽正坐在廚房的桌子旁。父親牽著媽媽的手。我以為他們會責罵我離開而不告訴他們，但是他們什麼也沒說。他們只是帶著悲傷的表情看著我。我走近一點，注意到桌子上的舊收音機放在兩者之間。靜態充滿了整個的安靜空間，然後收音機里傳出一陣轟鳴。我不認得聲音，它有一種奇怪卻又熟悉的口音。然後我想到這種特殊的口音是北方越南人的口音。

廣播中的那個人大叫：“我們團結了！我們是一體的！富人將與窮人分享！戰爭結束了！西貢倒下了！”

First Year in America

《在美國的第一年》

By/作者: Steven Wu/吳裕翔

My first year in America was full of encounters, getting into fights, falling in love, overcoming the language barrier, and making friends. The first day in my new school was nerve-wrecking, yet exciting at the same time. The structure was very different from the school I had attended in China, it was smaller, it did not have a track field and it was surrounded by fences. The class size was way smaller, 20 students instead of 50. The classroom is also more homely and decorated, the desks were not separated into rows and columns; all of it had given me quite a shock. The teacher introduced me to the class. She told the class that I did not speak English and asked a girl in the class who speaks Chinese and English to help me during the class. Her name was Ana. She translated all the schoolwork for me and helped me when I needed to communicate with the teacher. I later joined a program called ESOL in the school. Every day I would spend some time in the ESOL class to learn English. There were some other kids there, but I was the oldest out of them.

Fast forward several months, at this point, I could hold normal conversations with people and do all the schoolwork on my own now. Moreover, I established a great relationship with Ana. In school, she was the only person I had regular conversations with because others still seemed somewhat unapproachable to me. I found a spot in our schoolyard that allowed me to sit through all of recess. During the past several months I tried countless times to join the other kids in football because that was the only thing they played. I was completely new to football and did not know how to play. I eventually observed others playing and figured out the basics. It seemed like the person with the ball was 'it' and everyone on the enemy

team chases after him. He is to carry the ball to the goal on the enemy side. Every time he gets caught by the enemy team he must stop, and they start the game again at the point he was caught. I tried to join them once when I felt confident that I grasped the basics of the game. I joined them, but I quickly realized I was never getting the ball. All that I was did was run around on the field. It didn't matter to me at the start, but after a month or so of that, I had enough. I stopped playing with them, or should I say I was never playing with them.

Whether I was there didn't affect the game one bit. I was invisible, I didn't exist in their world. I was hurt, being ignored by everyone was pretty depressing for me. I was a lively kid back in China because I always played with my friends during the time between classes. After this incident, I stopped doing anything during recess and just sat at the spot I found. I might have looked depressed, I think I purposely exaggerated my facial expression to look even more depressed. I wanted someone to notice me, to comfort me, but that someone never came.

Due to the difference in the education we received, I was 3 years ahead in terms of the math curriculum. This made me breeze through the math work at school, everyone would ask me for answers. This allowed me to look down on others at the time. I knew others were just using me, but I didn't care. I looked down on others because I was better than them academically. Looking back this might have been a way for me to protect myself. Looking down on others so I wouldn't feel the urge to talk to them and become friends with them. I don't know when it started, but me and Ana started to meet up before school and go to a corner store together to get snacks for lunch. We would run back to school in laughter when

we were close to being late. I went to her house for an event organized by the class. We decided that I would go to the nearby corner store in my neighborhood and purchase chips using Ana's money, everyone was very hype. I went to Ana's home that day, she lives in a typical road-house. Her house was painted red, it stood out from its neighbors due to its bright colors. She went into the house and came out with a bag of pennies. I grabbed the bag and put it into my school bag and left. I never went into her house. As the year went on, I grew closer to Ana, we had lots of happy moments together. One day Ana told me she was moving and transferring to a different school and it was a big shock to me. I told her I would treasure the time that we spent together. The year went on and school ended. That concludes my first year in America .

我在美國的第一年充滿了邂逅，打架，戀愛，克服語言障礙，和交朋友。我在新學校的第一天是神經崩潰，但同時也令人興奮。學校的結構和我在中國讀過的學校大不相同，學校更小，沒有田徑場，四周都是柵欄。班級規模要小得多，只有20名學生，而不是50名學生。教室也更加樸素和裝飾，課桌沒有被分隔成行和列；所有這些都給了我很大的震撼。老師把我介紹給全班同學。她告訴全班同學我不會說英語，並請班上一個會說中英文的女孩在上課時幫助我。她叫安娜。她幫我翻譯了所有的作業，在我需要和老師交流的時候幫助我。後來我加入了學校的一個叫做ESOL的項目。每天我都會花一些時間在ESOL班學習英語。那裡還有其他一些孩子，但我是他們中年齡最大的。快進幾個月，在這節點上，我可以與人進行正常的對話，現在我可以獨自完成所有的功課。我還和安娜建立了很好的關係。在學校裡，她是我唯一經常和她交談的人，因為其他人對我來說還是有些難以接近的。我在我們的校

園裡找到了一個地方，可以讓我在課間休息時一直坐著。在過去的幾個月裡，我無數次地試圖和其他孩子一起踢足球，因為那是他們唯一玩的東西。我對足球完全陌生，不知道怎麼踢球。我是否在場絲毫沒有影響比賽。我是無形的，我不存在於他們的世界裡。我很受傷，被大家忽視讓我很沮喪。我在中國還是個活潑的孩子，因為我總是在課間和朋友們一起玩。在這件事之後，我在課間休息時停止了任何事情，只是坐在我找到的地方。我可能看起來很沮喪，我想我故意誇大我的面部表情，看起來更沮喪。我希望有人能注意到我，安慰我，但從來沒有人來過。由於我們所受教育的不同，我在數學課程方面領先了3年。這讓我輕鬆地完成了學校的數學作業，每個人都會問我答案。這讓我當時看不起別人。我知道別人只是在利用我，但我不在乎。我看不起別人，因為我在學業上比他們強。回頭看，這可能是我保護自己的一種方式。看不起別人，這樣我就不會有和他們交談和成為朋友的衝動。我不知道是什麼時候開始的，但我和安娜開始在放學前見面，一起去街角的一家商店買零食當午餐。快遲到的時候，我們會笑著跑回學校。我去她家參加班上組織的活動。我們決定去附近的街角店用安娜的錢買薯片，大家都很炒作。那天我去了安娜的家，她住在一個典型的排房裡。她的房子漆成了紅色，因為顏色鮮豔，所以在鄰居中顯得格外顯眼。她走進房子，拿著一袋硬幣出來。我抓起包放進書包就走了。我從沒進過她家。一年過去了，我和安娜越來越親近，我們在一起度過了很多快樂的時光。有一天安娜告訴我她要搬家並轉到另一所學校，這對我來說是個很大的打擊。我告訴她我會珍惜我們在一起的時光。一年過去了，學校結束了。我在美國的第一年就結束了。

C4 Basketball Court and Playground

《C4籃球場和操場》

By/作者: Darren Chen/黃鋸錡

Chinese Christian Church & Center, a Christian community located in Chinatown, contains two campuses. The first, located at Vine Street and 9th Street, holds the Sunday worship service for English Speaking Ministry (ESM) and the Cantonese Speaking Ministry (CSM). The Spring Campus, located at 10th and Spring Streets, is for the Mandarin Speaking Ministry (MSM). The spring campus, apart from holding Sunday service, also contains a playground and basketball court. These two areas are now being remodeled, but they reminisce of a simpler time.

I grew up on the playground, where children would tire themselves out playing simple games such as tag. I had many amazing moments on each and every part of that playground, whether it was jumping off the swings, going down the slides or simply running up the stairs to put as much distance as I can from the person being “it”. In addition to having fun, I made many of my friends through the various games played on that playground.

As I entered my teenage years, my place of recreation shifted from the playground to the basketball court. The basketball court was separated from the playground by a fence. It was also outdoors and its ground was covered with plastic tiles. Basketball hoops were situated on both ends of the court, each having a metal backboard and a thick double rim. This was where my love for basketball grew, and it also became a place for people to socialize and have fun.

Every Sunday after service, the courts would be populated by kids and adults alike sharing the courts. Even if the people weren't familiar with each other,

through basketball they were able to bond and become friends. This was the power of the court, taking two absolute strangers and creating a connection between them. This summer, the playground and the church's remodeling will replace the playground and change the courts. Although I miss the old structures of the playground and basketball court, especially the memories made on them, I am excited for the new renovations and changes.

中華基督教會中心，一個位於唐人街的基督教社區，有兩個區域。第一個位於Vine街和九街，舉行英語（ESM）和粵語（CSM）的周日儀式。第二區域位於十街和春天街，是為了講普通話的（MSM）。第二區域除了舉行週日儀式，還有操場和籃球場。這兩個地區現在正在重建，但它們使人想起小時候。我在操場上長大，在那裡，孩子們玩一些簡單的遊戲累得筋疲力盡，比如捉人。我在操場上的每一個地方都有許多令人驚嘆的時刻，無論是從鞦韆上跳下來，從滑梯上下來，還是跑上樓梯，我盡我所能與“捉的人”保持距離。除了玩得開心，我還通過在那個操場上玩的各種遊戲結識了許多朋友。當我進入青少年時代，我的娛樂場所從操場轉移到籃球場。籃球場和操場是用柵欄隔開。它也在戶外，地面鋪著塑料瓦。籃球圈位於球場的兩端，每一個都有一個金屬籃板 and 一個厚的雙環。這就是我對籃球的熱愛見長的地方，而且它也成為人們社交和娛樂的地方。每週日，場地上都會擠滿了孩子和成年人，他們都在共用場地。即使人們彼此並不熟悉，但通過籃球，他們也能結交朋友。這就是場地的力量，它可以帶兩個完全陌生的人，並在他們之間建立聯繫。今年夏天，操場和教堂的改建將取代操場，改變球場。雖然我懷念操場和籃球場的舊建築，尤其是在它們上面留下的記憶，但我對新的建設和變化感到興奮。

My Lunar New Year

《我的農曆新年》

By/作者: Ricky Ni/倪孔成

Lunar New Year serves as the equivalent to the U.S.'s New Year. In popular culture, people also know Lunar New Year as Chinese New Year. People celebrate this occasion to usher in the start of the new calendar year, based on cycles of the moon in the lunar calendar.

When I was younger, my mom and dad would always take me to Chinatown to celebrate by watching the lion dance. Even though it was loud and messy, it had a place in my heart because it marks a new year for my family and me. After enjoying the lion dance, we would always eat a mooncake. After eating food, we would have small fireworks to celebrate. But for me, I thought the red envelopes were the most exciting part. They contained money for me and became my allowance for the new year. However, most of the time, my mom takes it and holds on to them for my sake, so she can "use it for my future".

This is how food can transcend different cultures. To celebrate the holidays, no matter your race or ethnicity, you gather with family and friends around food. I love my culture and am proud to be an Asian American.

農曆新年相當於美國的新年。人們也把農曆新年稱為中國新年。人們慶祝這個節日以迎接新的一年的開始，這是根據月亮在農曆的周期。

我小的時候，爸爸媽媽總是帶我去唐人街通過看舞獅來慶祝。儘管它又吵又亂，但在我心中有一席之地，因為它標誌著我和家人的新的一年。在欣賞完舞獅之後，我們總是吃一個月餅。吃完了後，我們會有小煙火來慶祝。但對我來說，紅包是最令人興奮的部分。它們裝了給我的錢以及成了我過年的零用錢。然而，大多數時候，我媽媽都是為了我好的緣故而拿著它，這樣她就可以“為我的未來而使用它”。

這就是食物如何超越不同的文化。為了慶祝節日，不管你的種族或種族，你都會和家人朋友聚在一起吃東西。我熱愛我的文化，為自己是美籍華人而自豪。

Racial Disparities Across the Asian Diaspora and Covid-19 in Philadelphia

By/作者: Martina Thomas/托马斯马丁纳

“Of all the forms of inequality, injustice in health care is the most shocking and inhumane.” MLK

Philadelphia’s Chinatown is the place that I’ve called home for the past 4 years. As a first-generation South Asian, I immediately felt a strong sense of community after moving to Chinatown. One of the best parts of living in our diverse city is being able to have the small-town experience while still living in one of the largest cities in the United States, a city that is 65% people of color. I’ve had the privilege of sharing in many new traditions and celebrations and experiencing the finest cuisines our city has to offer in Chinatown. Despite the many amazing things that Chinatown and its community members have to offer, I have witnessed the gradual reduction in foot traffic since the start of the COVID-19 pandemic in January 2020. For a city that prides itself in “brotherly love”, the love for members of the Asian and Pacific Islander communities, in particular, was less apparent even before the official start of the lockdown. Once a bustling neighborhood filled with authentic markets, restaurants, and a thriving nightlife, the COVID-19 pandemic began to negatively impact Chinatown businesses faster than others. This can be attributed to several factors, fear and ignorance being the most evident. The gradual but dramatic change was a result of frequent racist and negative comments and misinformation made by certain US leaders inundating Americans daily through

the media. As a result, a sense of panic began to set in within our country. Unfortunately, during times of stress, people often search for someone to blame for misfortunes. In the case of COVID-19, the Asian and Pacific Islander communities became the victims, in more ways than one.

While treating patients on various COVID-19 units, what became increasingly apparent was the overrepresentation of ethnic minorities. This trend was not only unique to Philadelphia, but to cities across the US and around the world. There are numerous cultural, socioeconomic, and physiological risk factors that play major roles in these racial disparities; however, I was curious as to the unique risk factors for members of the Asian and Pacific Islander communities. One of these factors is the concept of multigenerational households. It is not uncommon in Asian and Pacific Islander households for adult children to live in the same home as their parents, and raise their own children alongside grandparents. While working in the hospital, I found myself treating multiple members of the same household, all COVID positive. Despite the many benefits of living with multiple generations in a household, this type of household also poses as an easy mode for COVID-19 to spread quickly. Those at the highest risk of experiencing more severe illness as a

result of COVID-19 are older adults, as well as adults with co-existing illnesses.

Many members of the Asian and Pacific Islander communities experience higher rates of hypertension, diabetes, and hyperlipidemia. These all increase the risk of serious complications as a result of COVID-19. Other risk factors like language barriers and legal status may limit access to medical care, resources, and testing. Socioeconomic factors also play a major part in increasing the risk of contracting COVID-19. Members of the Asian and Pacific Islander communities that come from low-income households may be living in more urban areas in close proximity with other people making it difficult to practice social distancing. Many members of these communities either lost their jobs during the lockdown or work jobs in public sectors and hospital settings that increase their risk of exposure to the virus.]

As of August 4, 2020, there have been 30,771 confirmed cases of COVID-19 and 1,695 deaths as a result of the virus in the city of Philadelphia. Of those cases, the African American community has been hit the hardest out of all of the ethnic minorities in the City, representing 45.1% of total cases. The latest data posted by the city shows that Asians account for approximately 3.4% (1,061) of total cases, at a rate of 94.2 per 10,000 residents. When cases were analyzed with both race and age however, the rate of cases for Asians over the age of 75 was 316.2 per 10,000 residents. The rate of deaths for Asians over the age of 75 was 82.2 per 10,000 residents. This data shows that the elders of the Asian community are the most vulnerable when it comes to

COVID-19 (data taken from the City of Philadelphia COVID-19 Overview Case Demographics).

The Philadelphia Department of Public Health recently released a Coronavirus Interim Racial Equity Plan to address the racial inequities created by the COVID-19 pandemic. The document highlights the city's areas of concern and the proposed plan to address these issues. The main problems they plan to address are "Access to COVID-19 Testing, Surveillance Data, Community Outreach, Chronic Health Conditions, Protecting Essential Workers, Community Spread, Spread in Congregate Settings, and Case Investigation and Contact Tracing". Many local organizations like SEAMAAC have been performing community outreach by providing free COVID testing sites, as well as free masks and hand sanitizer, in addition to educating the communities hit hardest by this pandemic. The City of Philadelphia's COVID-19 resource website now offers translations in Chinese, Vietnamese, Korean, Hindi, Indonesian, and Khmer in addition to several other languages commonly spoken in our city. Some of these things may seem small but are still significant steps in the right direction of addressing the racial disparities that affect our city. Despite the difficult times we have all faced since the start of the pandemic, over the past few weeks I have been inspired by the renewed sense of community not only in Chinatown but in the rest of the city as well, as people have been coming together to rebuild and heal from the trauma caused by the pandemic. Slowly but surely, I am beginning to feel the "brotherly love" once again.

《亞洲散居各地的種族差異和費城Covid-19的種族差異》

By/作者: **Martina Thomas**/托马斯马丁纳

“在所有形式的不平等中，醫療保健中的不公正是最令人震驚和不人道的。”

MLK

費城的唐人街是我過去4年來一直稱之為家的地方。作為第一代南亞人，搬到唐人街後，我立刻感到了強烈的社區意識。在我們多元化的城市中生活的一個最好的部分就是能夠在仍然生活在美國最大的城市之一，一個65%的有色人種的城市裡體驗小鎮的生活。我有幸分享了許多新的傳統和慶祝活動，並在唐人街體驗了我們城市提供的最好的美食。儘管唐人街和它的社區成員提供了許多令人驚奇的東西，但我親眼目睹了自2020年1月COVID-19大傳染開始以來，人流量逐漸減少。對於一個以“兄弟之愛”為傲的城市，對亞洲及太平洋島民社區成員的愛甚至在正式開始封鎖之前就不那麼明顯了。唐人街曾經是一個繁華的街區，到處都是正宗的市場、餐館和繁榮的夜生活，COVID-19對唐人街的商業產生負面影響，速度比其他地區快。這可以歸因於幾個因素，最明顯的是恐懼和無知。這一漸進但戲劇性的變化是某些美國領導人頻繁發表種族主義和負面評論以及錯誤信息的結果，這些言論和信息每天都在通過媒體淹沒美國人。結果，我國國內開始出現恐慌情緒。不幸

的是，在壓力大的時候，人們常常找人來為不幸負責。在COVID-19號事件中，亞洲和太平洋島民社區以多種方式成為受害者。

在用治療各種COVID-19病人時，越來越明顯的是少數民族的比例過高。這一趨勢不僅在費城是獨一無二的，而且在美國和世界各地的城市也是如此。在這些種族差異中，有許多文化、社會經濟和生理風險因素起主要作用；然而，我對亞洲及太平洋島民社區成員的獨特風險因素感到好奇。其中一個因素是多代家庭的觀念。在亞洲及太平洋島民家庭中，成年子女與父母同住，並與祖父母一起撫養自己的子女，這並不少見。在醫院工作時，我發現自己在治療同一個家庭的多個成員，都是COVID陽性。儘管多代同堂在一個家庭中生活有許多好處，但這種類型的家庭也構成了COVID-19迅速傳播的一種簡單模式。那些因COVID-19而經歷更嚴重疾病的風險最高的是老年人，以及同時存在疾病的成年人。

亞洲及太平洋島民社區的許多成員患高血壓、糖尿病和高脂血症

的比率較高。這些都增加了COVID-19導致嚴重並發症的風險。語言障礙和法律地位等其他風險因素可能會限制獲得醫療、資源和檢測的機會。社會經濟因素也在增加感染COVID-19的風險中起著重要作用。來自低收入家庭的亞洲及太平洋島民社區的成員可能生活在更靠近其他人的城市地區，因此很難實行社會距離。這些社區的許多成員要么在禁閉期間失業，要么在公共部門和醫院工作，這增加了他們接觸病毒的風險。

截至2020年8月4日，費城市共有30771例COVID-19確診病例，1695例因該病毒死亡。在這些病例中，非洲裔美國人社區是該市所有少數民族中受打擊最嚴重的，佔全部病例的45.1%。該市公佈的最新數據顯示，亞洲人約佔總病例數的3.4%（1061例），每萬名居民中有94.2名亞洲人。然而，當對病例進行種族和年齡分析時，75歲以上亞洲人的病例率為每萬居民316.2例。75歲以上亞洲人的死亡率為每萬居民82.2人。這一數據表明，亞裔社區的老年人在COVID-19時是最脆弱的。（數據來源於費城COVID-19的總體病例人口統計數據）

費城公共衛生部最近發布了一項冠狀病毒臨時種族平等計劃，以解決由COVID-19流行病造成的種族不平等。文件強調了該市關注的領域以及解決這些問題的擬議計劃。他們計劃解決的主要問題是“獲得COVID-19

檢測、監測數據、社區外展、慢性健康狀況、保護基本工作人員、社區傳播、聚集場所傳播、病例調查和接觸者追蹤”。許多地方組織，如SEAMAAC，一直在開展社區推廣活動，提供免費的COVID檢測點，以及免費的口罩和洗手液，此外還對受這一流行病影響最嚴重的社區進行教育。費城市的COVID-19資源網站現在提供中文、越南語、韓語、印地語、印尼語和高棉語的翻譯，以及我們城市中常用的幾種語言。其中有些事情看起來很小，但仍然是朝著解決影響我們城市的種族差異的正確方向邁出的重要一步。儘管自大流行開始以來，我們都面臨著艱難的時期，但在過去的幾周里，不僅在唐人街，而且在這座城市的其他地方，人們都聚集在一起重建和治愈大流行造成的創傷，這使我深受鼓舞。慢慢地，我又開始感覺到“兄弟之愛”。

Finding Chinatown

《尋找唐人街》

By/作者: Joanna Huang/黃鐸錡

After months of thoughts and
preparation,
It's finally time for me to leave,
I blinked back tears,
As I waved goodbye to my family

Scared about not fitting in,
Or if I would be successful,
The plane ride was swift,
Landing me on the U.S. soil
The loneliness consumed me,
As I walked through the crowds,
Dragging my luggage timidly,
Nobody similar to me could be found,
Until I saw a giant sign,
An arch with rainbow colors,
The Chinatown friendship gate,
Leading to my new home forever.

經過幾個月的思考和
準備，
我終於該離開了，
我回眨了眼淚，
當我向家人揮手告別時

擔心不適合，
或者如果我會成功，
飛機飛行很快
讓我登陸美國
寂寞把我吞噬了，
當我穿過人群時，
膽小地拖著我的行李，
找不到與我相似的人，
直到我看到一個巨大的跡象，
彩虹色的拱門，
費城華埠牌樓
永遠通往我的新家

Survivor

《生存者》

By/作者: Lilly Chhun/春礼来

They take my “broken English” as
Weakness.

My small eyes as

Blind.

My short stature as a Willing victim.

Yet,

I’ve walked beyond Water.

I’ve breathed in Fire. Dodged the
rains of Bullets.

Ran with a Corpse on my back.

Still, they

Take my English as weakness.

他們把我的“殘破英語”當作弱點。

把我的小眼睛當作

盲。

我矮小的身材被視為自願受害者。

然而，

我在水面上游走。

我在大火裡呼吸。躲開了子彈的雨。

背著屍體奔跑。

不過，他們

還是將我的英語視為弱點。

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Messages from the Team 來自貢獻者的信息

“The PCDC youth summer WorkReady program gave me something productive and stress free to do during the quarantine. The program is flexible and allowed me to fit it into my schedule with no troubles.”

“PCDC的青少年暑期工作使我在隔離期間可以做些富有成效且無壓力的工作。該程序非常靈活，使我可以毫無問題地將其放入日程安排中。”

- Jiahao Xu

“This summer I worked for PCDC, I feel like it was better than I expected because I thought it wouldn't be that good due to Covid-19. The staff and other WorkReady members were all helpful to each other. I recommend people to come to this program.”

“今年夏天，我為PCDC的青年暑期工作做出了貢獻，我感覺這比我預想的要好，因為我原以為由於Covid-19會不怎麼好。此外，全體員工和成員在彼此和日常會議中都互相幫助。我建議人們參與其中。”

- Andy Zheng

“Creative and communicative aspects are best to be expressed freely, especially during this pseudo-apocalypse.”

“创造性和交流方面最好自由表达，特别是在这种流行病期间。”

- Joe Ni

“This press is our wonder of the summer in the middle of such chaos.”

“這個報刊是這個 是在如此混亂的夏天中的奇妙。”

- Shenglan Qiu

“This program was really fun. I enjoyed doing projects and earning money.”

“這個程序真的很有趣。我享受做項目和賺錢。”

- Derek Lam

“It was an enjoyable experience to be able to work alongside such talented individuals! I liked how everything was a team effort, and everyone contributed in one way or another.”

“能與這些才華橫溢的人一起工作真是一種愉快的經歷！我喜歡一切都是團隊合作的方式，每個人都以一種或另一種方式做出了貢獻。”

- David Liu

“Eat a chicken nugget when you're sad, and you just might feel better... unless you don't like chicken nuggets.”

“傷心的時候吃一塊雞塊，你會感覺好些……除非你不喜歡吃雞塊。”

- Amanda Lee

“Chinatown was a big part of my upbringing and it holds a special place in my heart.”

“唐人街是我成長中很重要的部分，它在我心裡占有特殊的位置。”

- Sikai Zheng

“Stay safe and wear your masks.” :)

“保持安全并戴好口罩。” :)

- Joanna Huang

“Dedicated to all the people I met this 2020.”

“獻給2020年我遇到的所有人。”

- Sunnie Lin

Messages from the Team 來自貢獻者的信息

“Chinatown is a wonderful place full of amazing fun and exciting stores. You can go to one of the numerous stores for food and relax in a cafe with friends.”

“唐人街是一个很美好的地方。它有很多有趣和令人兴奋的商店。你还可以去很多餐馆买吃的而且还可以跟朋友去咖啡店休息。”

- Ricky Ni

“Thank you to PCDC for allowing me to have this opportunity to be able to work during quarantine. Special shoutout to Rosaline and Kevin for their fun icebreakers, new assignments, and de-stressing activities that allow us to work and grow together as a community. Being a team leader has allowed me to see that teamwork tests how each of us is going to handle our concerns, and work together to overcome challenges. PCDC has given me many unforgettable memories and you won't find a better group of people!”

“感謝PCDC，讓我有這個機會能夠在隔離期間工作。特別向Rosaline和Kevin致敬，感謝他們有趣的問題，新任務和減輕壓力的活動，這些活動使我們能夠作為社區共同努力並共同成長。身為團隊領導者使我看到團隊合作可以測試我們每個人如何處理我們的疑慮，並共同克服挑戰。PCDC給我留下了許多難忘的回憶，您找比這更好的人們了！”

- Amy Dong

“I'm extremely grateful for PCDC granting this valuable chance and opportunity for us students.”

“我非常感謝PCDC為我們的學生們提供這次寶貴的機會。”

- Junhao Zhao

“Trips to Chinatown are filled with memories of family and friends. It's truly a place that holds many traditions.”

“唐人街之旅充滿了很多家人和朋友美好的回憶。唐人街拥有许多传统。”

- Melodie Liu

“It's been fun and collaborative working with PCDC. I'm glad to be a part of this amazing community. Take care everyone.”

“與PCDC合作非常有趣。我很高興成為這個驚人社區的一員。大家保重。”

- Ashley Wang

“I enjoyed conversing and cooperating with my fellow teammates to make the flyer.”

“我非常喜歡與隊友交談並合作製作傳單。”

- Jason Chen

“This summer was a lot more memorable thanks to PCDC.”

感謝PCDC，今年夏天令人難忘。

- Jacky Chen

“Drum roll, I did not expect to get accepted into PCDC, however I loved every meeting and the friendly community. BEST WORKREADY experience!”

“鼓鼓，我沒想到會被PCDC接受，但是我喜歡每次會議和友好的社區。最佳工作經驗！”

- Rose Eh

“Go birds!” “飛吧鳥兒！”

- Kenny Chiu

"Chinatown has been a humble and safe environment for our fellow Asian Americans. I will always remember the times when I let my non-Asian friends try bubble tea. It was either a lot of choking or a huge smile of delight."

“對於我們美籍華人來說，唐人街一直是一個謙虛而安全的環境。我永遠記得我讓我的美國朋友嘗試珍珠奶茶的時候。要么是令人窒息，要么是燦爛的笑容。”

- Kevin Zheng

"They said to never give up, but my parents never let me. Eh same results"

“他們說永遠不會放棄，但是我的父母永遠不會讓我。同樣的結果。”

- Luke Xu

"Need some good food recommendations? Nothing can beat those juicy dim sums, slurpy noodles, and mouth watering hot pots in Chinatown."

“需要一些食物建議嗎？在唐人街，沒有什麼能比得上那些多汁的燒賣，稀薄的麵條和令人垂涎的火鍋了。”

-Linda Chen

"Working with PCDC has been great. Even though I'm at home, they remind me how lively and beautiful Chinatown could be because of the food and people."

“与PCDC合作真的很棒。虽然我在家里，但是他们依然提醒我唐人街是一个多么活泼和美丽的地方。”

- Sandy Phuong

"Thanks for making this summer special!"

“感謝您使這個夏天變得特別！”

- Meihua Li

"I had a great time participating in this program. Remember to wear a mask when you are outside!"

“我在这个项目中度过了一段美好的时光。当你在外面的时候记得戴上口罩！”

- Willie Chen

"Chinatown is not just a historical place in Philly. It is a home of culture, love, and family."

“唐人街不僅是費城歷史悠久的地方。這裡也是亞洲文化，愛和家庭的地方。”

- Lilly Chhun

"It's amazing how vintage Chinatown can look, you can imagine how Chinese immigrants lived many many years ago through these paintings on buildings."

“令人印象深刻的唐人街復古外觀，您可以通過這些建築上的繪畫想像很多年前中國移民如何生活的。”

- JiaHao Liu

"As an Asian American, Chinatown has always been a special place to me. Chinatown is not only rich in culture but also plays a crucial role in connecting with the Asian community."

“作为一个华裔華人，唐人街对我来说是一个很特别的地方。唐人街不仅文化丰富，它同时是我们华人的聚居点。”

- Senmi Li

"This year was fun and exciting I got to work with many enthusiastic people."

“今年充滿樂趣和激動，我和很多熱情的人一起工作。”

- Dennis Lam

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