



Forty-two years ago, Master Cheng Yen established the Tzu Chi Foundation when she inspired thirty housewives to start a movement. Every day, they would save two pennies of their grocery money to help those in greater need. Tzu Chi has since blossomed into an organization of over five million members worldwide. In addition to the four missions of charity, medicine, education, and humanitarianism, Master Cheng Yen also inspired us to leave our children a cleaner planet. Thus, Tzu Chi has long been devoting its efforts to environmental protection and recycling. We welcome you to join us at the following events:

Date: April 20th (Sunday) -- Earth Day
Location: Tzu Chi USA Cleveland Service Center (1541 East 38th Street, Cleveland)
Contact: 216-431-1212

Please join us to help clean our community's parks. Let's work together to leave a clean and unpolluted planet for generations to come.

Date: May 11th (Sunday) -- Mother's Day / Buddha's Birthday / Tzu Chi Global Day
Location: Cleveland Service Center (1541 East 38th Street, Cleveland)
Contact: 216-431-1212

You and your family are cordially invited to take part in the celebration with us!

地球,並呼籲大家響應“克己復禮”、“與地球共生息”遠東,以克勤克儉、返璞歸真的生活來減少空氣污染、緩和溫室效應。因此,慈濟長年以來對環抱與資源回收一直不遺餘力,誠摯的邀請您一同投入保護地球行列。

日期:4 月 20 日(星期日) – 地球日
地點:慈濟克里夫蘭聯絡處
電話:216-431-1212
歡迎您一起來打掃公園,保護環境,留給孩子一個乾淨的地球。

日期:5 月 11 日(星期日) – 母親節/浴佛節/慈濟日
地點:慈濟克里夫蘭聯絡處
電話:216-431-1212
歡迎您闔家一起來參與莊嚴的浴佛典禮,並以行善與行孝來感念親恩。

佛教慈濟基金會克里夫蘭聯絡處
Tzu Chi Foundation U.S.A. Cleveland Service Center
1541 East 38th Street, Cleveland, OH 44114
Tel/Fax: 216-431-1212
<http://www.tzuchi.org>



中年男人的危機 -- 男性更年期 男性更年期何時開始?持續多久?

藥師開講 – 健康生活系列

有鑑於中醫藥理在北美日漸受到華人及西方主流世界的重視,許氏參業集團美國註冊藥劑師郭振益先生特別利用本專欄,詳細說明及剖析有關健康養生的訊息,希望藉此幫助社會大眾對保健有更深而正確的了解。



男性更年期通常從四十到五十五歲之間開始。有些人可能在三十歲就發生,也有人會到了六十多歲才有症狀。如果發生男性更年期,一般的過程可能會延續五到十五年。由於男性不存在有女性「停經」開始的信號,症狀也不若女性明顯,因此臨床上,可能不易確定其發生及過程。

一般來說,男性更年期的發生比女性晚 10 年左右。不同的男性在更年期時也有不一樣的表現。有些男性發生荷爾蒙下降的現象,但是卻沒有明顯的更年期症狀;也有人出現了惱人的男性更年期困擾,但是仍然保有正常分泌的雄性激素。大約有 30% 的 40 至 70 歲的男性會出現更年期的臨床症狀。

如何認定「男性更年期」的發生?

與女性不同的是,男性性腺與睪固酮的衰退是逐漸且緩慢的,而且個體間有較大的差異。通常三十歲過後,男性荷爾蒙每十年間會下降 10%。老年男性除了睪固酮分泌的總量降低之外,它分泌的節律也會消失,而且血清性的性激素結合蛋白(Sex Hormone Binding Globulin,SHBG)的增加會使具有生物活性(bioavailable)的游離睪固酮(Free Testosterone)相對減少,最後造成身體可以有效利用的睪固酮減少。

有些更年期的症狀,例如疲倦、性慾減低、失眠、易怒、注意力及記憶力不佳等,也有可能是憂鬱症的症狀。糖尿病、高血壓或高血脂也會造成勃起困難,肝功能不佳則會引起疲倦。因此對於判定男性更年期,必須先找出是否有其他生理或是心理疾病所造成的相關或是類似症狀。

如何改善男性更年期的症狀?

1.如果心情不好,抑鬱寡歡,可以尋求精神科醫生診療是否有可能患憂鬱症。家人要多關心,要經常溝通,互相諒解,滿足中年人的心理需求。

2.三十五歲以後骨質流失的速度約 1%~2%,五十歲以後骨質流失的速度約 2%~5%,故要重視營養均衡,要補充鈣質、維生素,並杜絕不良生活習慣。宜多運動,多曬太陽,一週至少三次運動,每次三十分鐘以上。據報導,靜止不動的人,骨質流失速度高於普通人二十倍;不能酗酒、抽菸,不要大量喝可樂、茶水。

3.中年人可能越來越肥胖,要防患心血管疾病。為了降低膽固醇,飲食要清淡,以白色肉(雞、鴨、鵝)取代紅色肉(豬、牛、羊),要少吃培根、香腸、熟狗等肉類加工食品。多吃魚類,因魚脂肪中含有 EPA、DHA,可防止動脈硬化,減少血液中的三酸甘油脂,預防血栓。還有,要飲食均衡,不要吃太多糖,避免口味太重,現代人營養

過剩,糖份吃過多,會變成脂肪造成肥胖,且中年人身體的代謝,已經不如年輕人。

4.睡眠很重要,尤其現代人因打拼工作,壓力極大,不易有好的睡眠品質。要養成好的睡眠習慣,先營造好的睡眠環境,不宜太晚睡,不要吃飽立刻睡,不要將工作帶到床上。

許氏「蟲草皇」助你對抗中年危機

1.調節荷爾蒙分泌及新陳代謝,改善老年人及體質虛弱者的固有體質。

2.抗疲勞、抵抗慢性疲勞、增強體能、強化性功能、預防陽痿。

3.能美化肌膚、促進造血,保持身體健康,對產前產後或病後之補養,減少疲勞感。

4.保護呼吸器官,免於感染、減輕氣喘及改善咳嗽。

5.改善運動員的體能及耐力,增加

心肺功能指數及體內的帶氧量,並使疲勞迅速恢復

免費產品諮詢及保健手冊,請

電:

1-800-826-1577 許氏參業集團

或上網:

www.hsuginseng.com



This program is funded by
Ohio Department of Job & Family Services

CIVIL SERVICE ANNOUNCEMENT

APPROVED C.S.C. MINUTES 3/14/08 Im ANNOUNCEMENT NO. 9

POLICE RADIO DISPATCHER (OPEN)

Public notice is hereby given by the Civil Service Commission of Cleveland, Ohio of an Open examination for the above mentioned classification.

SALARY

The prevailing salary range for this position as established by Ordinance of the Council of the City of Cleveland is \$11.00 – \$18.71 per Hour.

FILING OF APPLICATION

Application must be made on the regular application form available at the Office of the Civil Service Commission, 601 Lakeside Avenue, Room 119. No other form will be accepted. APPLICATIONS WILL BE AVAILABLE FOR DISTRIBUTION FOR ENTRANCE TO THE EXAMINATION FROM 8:30 A.M. ON FRIDAY, MARCH 28, 2008 UNTIL 4:30 P.M. ON THURSDAY, APRIL 3, 2008.

NOTE: APPLICATIONS WILL NOT BE ACCEPTED AFTER 4:30 P.M. ON THURSDAY, APRIL 3, 2008.

THE CIVIL SERVICE COMMISSION'S POLICY IS THAT NO LATE FILING WILL BE ALLOWED.

EXAMINATION INFORMATION

TYPE: WRITTEN/TYPING

NOTE: EACH PORTION OF THIS TEST IS WORTH 50% OF THE FINAL GRADE, HOWEVER, CANDIDATES MUST OBTAIN A MINIMUM OF 30 WPM IN ORDER TO HAVE THEIR EXAM GRADED. FAILURE TO OBTAIN 30 WPM ON THE TYPING PORTION OF THE EXAM WILL RESULT IN AN AUTOMATIC FINAL SCORE OF ZERO.

NOTE: THE CIVIL SERVICE COMMISSION RESERVES THE RIGHT TO REVIEW AND EVALUATE ANY AND ALL INFORMATION CONTAINED IN THE APPLICATION OR RESUME. LACK OF HONESTY WILL RESULT IN IMMEDIATE REMOVAL FROM THE ELIGIBLE LIST.

DUTIES OF THE POSITION

Operates the police radio equipment and dispatch police units as directed. Maintains familiarity with the streets of the City and the various social agencies available to assist those in need. Answers telephone calls from citizens, elicits pertinent information, analyzes situations and makes decisions as to the appropriate response. Writes out dispatch tickets and assigns the proper priority code. Contacts other agencies when needed, that is, Fire, EMS, Utilities, Dog Warden, etc. Maintains the bank alarm board and follows proper procedures in handling bank alarms. Performs any other duty as directed by proper authority. Follows all operations and safety policies and safe work practices. Attends and participates in operations and safety training classes and demonstrates competence (demonstration of competence may be determined by exam). Wears and properly utilizes safety equipment in accordance with Divisional policy at all times.

MINIMUM QUALIFICATIONS FOR ENTRANCE TO THIS EXAMINATION AS ESTABLISHED BY THE CIVIL SERVICE COMMISSION OF THE CITY OF CLEVELAND ARE AS FOLLOWS:

A High School Diploma or GED is required. A valid State of Ohio Driver's License or State ID is required. Must be able to type at least 30 words per minute, less than 30 wpm is not acceptable. Must pass a criminal background check, drug test, and physical.

NOTE: Applicants will be required to pay a \$10.00 (TEN DOLLARS) filing fee. Applicants who are currently employed in this position with the City of Cleveland are exempt. However, that when an applicant is disqualified from taking an examination on the basis of age, education or failure to meet other minimum entrance requirements, the fee paid by such applicant shall be refunded to such applicant upon the applicant's request in writing made within ten (10) days after the date of examination. Any applicant who can provide proof of unemployment, public assistance, or indigence is exempt from the filing fee.

NOTE: All copies of diplomas, licenses, certificates, and resumes must be presented at the time of filing. Civil Service Commission will make copies for a standard fee.

NOTE: Any applicant who resigns or is dismissed from employment with the City of Cleveland will have his/her name removed from the eligible list.

NOTE: Those persons who are residents of the City of Cleveland and who received passing Scores shall have ten (10) additional points added to their grades. See accompanying list of acceptable forms of proof of residency applicants need to present at the time of filing.

AN EQUAL OPPORTUNITY EMPLOYER

誠請全職愛心保姆
CLEVELAND 家庭誠請照顧嬰兒全職愛心
保姆簡單家務有意者電 216-548-2332

季節性水、煤氣及電費、家居電話費補助
HEAP, PIPP, Summer Sprinkling Program, and Lifeline

申請低收入季節性煤氣及電費補助者,請提供以下文件

- 申請人的身份證明副本(如:綠卡、美國護照)
- 全家人最近 30 日的收入證明副本(如:糧單)
- 全家人的姓名、出生日期及工卡號碼
- 最近期的煤氣及電費單副本
- 其它收入和補助證明副本(如:私人生意、失業金證明、退休金、養老金、殘疾援助、兒童補助等)
- 如申請人是租戶,請提供屋主姓名、地址和電話號碼

申請低收入家居電話費補助者,請自備以下文件

- 申請人的身份證明副本(如:綠卡、美國護照)
- 申請人的工人卡號碼
- 全家人最近 3 個月的收入證明副本(如:糧單)
- 最近期的家居電話費單副本

申請季節性水費補助者,請自備以下文件

- 只須親身到來填寫申請表。
- 最近期的水費單副本

亞洲民眾服務協會將在 4/12
上午 10 時至下午 2 時於百佳超市協助民眾申請
季節性水、煤氣及電費、家居電話費補助。
有興趣的民眾請親臨本協會或是致電詢問。

地址: 3631 Perkins Ave, 2A-W
Cleveland, OH 44114

電話: 216-881-0330

如沒有攜帶副本者,可攜同正本,
本協會將提供影印服務

特別鳴謝: 百佳超市