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*"Deep Cleansing" of Houston homeless encampment underway by city*



Inside C5

# Southern DAILY

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Thursday, November 16, 2017 | [www.today-america.com](http://www.today-america.com) | Southern News Group

## UCLA players apologize for shoplifting in China, thank Trump



UCLA basketball players Cody Riley, LiAngelo Ball, and Jalen Hill speak at a press conference at UCLA after flying back from China where they were detained on suspicion of shoplifting, in Los Angeles

Rory Carroll

LOS ANGELES (Reuters) - Three UCLA basketball players who had been detained in China on suspicion of shoplifting admitted on Wednesday that they stole items from three stores, and they thanked U.S. President Donald Trump for his help in winning their release.  
The three players - LiAngelo Ball, Cody Riley and Jalen Hill -

remain suspended from the University of California, Los Angeles, basketball team indefinitely, coach Steve Alford told a news conference.  
All three apologized for their actions and thanked Trump for helping secure their release by raising the issue with Chinese President Xi Jinping during his visit, in their first public comments since being detained.

"I am embarrassed and ashamed for disappointing my family, teammates, coaches and the entire UCLA community," Riley told reporters. "To President Trump and the United States government, thank you for taking the time to intervene on our behalf. We really appreciate you helping us out."  
Trump on Wednesday morning said the players should be grate-

ful for his involvement. "Do you think the three UCLA Basketball Players will say thank you President Trump? They were headed for 10 years in jail!" he wrote on Twitter. The players landed at Los Angeles International Airport on a flight from Shanghai on Tuesday evening.

## GM challenges Tesla with promise of profitable electric

Paul Lienert, Nick Carey

(Reuters) - General Motors Co (GM.N) plans to launch a new family of electric vehicles in 2021 that will cost less to build and make a profit for the U.S. No. 1 automaker, Chief Executive Mary Barra told investors on Wednesday.  
Her plans represent a direct challenge to money-losing electric vehicle specialist Tesla Inc (TSLA.O), which is struggling to get its more affordable, high-volume Model 3 launched and recently reported its largest-ever quarterly loss.

"We are committed to a future electric vehicle portfolio that will be profitable," Barra said at the Barclays Global Automotive Conference in New York.  
Electric and autonomous vehicles - known in the industry as EVs and AVs - are widely seen as the keystones of future transport, but Tesla, Ford Motor Co (F.N) and other manufacturers are still working out how to make money on them.  
GM is looking to break out of that pattern by developing an all-new electric vehicle platform that will accommodate multiple sizes and segments, to be sold by different GM brands in the United States and Chi-



General Motors CEO Barra addresses the media ahead of the start of GM's annual shareholders meeting at the Renaissance Center in Detroit

na, Barra said, adding new details to GM's aggressive electrification strategy.  
In early October, GM said it planned to launch 20 new electric vehicles by 2023, but did not provide specifics.  
In comparison, rival Ford has said it plans to introduce 13 "elec-

trified" vehicles - mostly hybrid gasoline-electric models - by 2022.  
GM's shares were down 0.4 percent at \$42.84 in midday trade. Tesla and Ford shares were also down slightly in a broadly lower market.

### Local News

*License plates recently rejected by the Texas DMV*



Every day, a battle ensues between custom licence plate applicants and the Texas Department of Motor Vehicles. Hundreds of Texas drivers across the state try to sneak outrageous, obscene or clever messages into six or seven letters. Between July 1 and Aug. 31, the DMV rejected 327 custom plates. Here are some of the worst (or best, depending on your perspective).

*Houston among top global cities to raise a family*

Houston earned a spot on a global ranking of the best cities to raise a family, according to online real estate portal Homeday. It was one just nine U.S. cities -- and the only one in Texas -- to make the list of top 100 cities.  
Berlin-based Homeday examined 15 factors identified by parents as contributing to what makes a city great. They included infrastructure, maternity laws, healthcare quality, happiness levels, activities for children, and expert perception. Homeday ranked the cities after analyzing thousands.  
Copenhagen, Denmark, earned the top spot.

Thirteen out of the top 20 best cities for families are in Europe, with cities in Canada, Australia and New Zealand also earning spots.  
Houston, No. 35 on the overall list, ranks second highest for affordability, behind No. 1 Riyadh, Saudi Arabia, and ahead of No. 3 Hanover, Germany.

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SOUTHERN CHINESE DAILY NEWS



Amazon.com is exploring a technology first developed for the U.S. military to produce tasty prepared meals that do not need refrigeration, as it looks for new ways to muscle into the \$700 billion U.S. grocery business. The world's biggest online retailer has discussed selling ready-to-eat dishes such as beef stew and a vegetable frittata as soon as next year, officials at the startup firm marketing the technology told Reuters.

The dishes would be easy to stockpile and ship because they do not require refrigeration and could be offered quite cheaply compared with take-out from a restaurant.

If the cutting-edge food technology comes to fruition, and Amazon implements it on a large scale, it would be a major step forward for the company as it looks to grab hold of more grocery customers shifting toward quick and easy meal options at home.

Delivering meals would build on the company's AmazonFresh service, which has been delivering groceries to customers' homes for a decade. It could also complement Amazon's planned \$13.7 billion purchase of Whole Foods Market (WFM, +0.00%) and Amazon's checkout-free convenience store, which is in the test stage.



The pioneering food-prep tech, known as microwave assisted thermal sterilization, or MATS, was developed by researchers at Washington State University, and is being brought to market by a venture-backed startup called 915 Labs, based in Denver.

The method involves placing sealed packages of food in pressurized water and heating them with microwaves for several minutes, according to 915 Labs.

Unlike traditional processing methods, where packages are in pressure cookers for up to an hour until both bacteria and nutrients are largely gone, the dishes retain their natural flavor and texture, the company said.

**Company Is Experimenting With Tech First Developed For The U.S. Military**  
**Amazon's Ambitions For Food Tech Go Far Beyond Whole Foods**

They also can sit on a shelf for a year, which would make them suitable for Amazon's storage and delivery business model. "They obviously see that this is a potential disruptor and an ability to get to a private brand uniqueness that they're looking for," said Greg Spragg, a former Wal-Mart Stores (WMT, +0.58%) executive and now head of a startup working with MATS technology. "They will test these products with their consumers, and get a sense of where they would go."

Amazon declined to comment. Spragg's company, Solve for Food, plans to acquire a MATS machine from 915 Labs that can make 1,800 packages an hour. The company aims to use the machine at a new food innovation center in northwest Arkansas, near the headquarters of Wal-Mart.

915 Labs also has an Arkansas connection: it is designing the beef stew and other dishes with a chef at the Bentonville-based Brightwater Center for the Study of Food.

Wal-Mart did not comment on whether it is looking into the technology.

**HIRING FOOD PEOPLE 'LIKE CRAZY'**

MATS technology grew out of efforts by the U.S. Army's Natick laboratories more than a decade ago to improve food quality for soldiers in combat. Washington State University, a five-hour drive from Amazon's Seattle headquarters, received U.S. funding and became the research hub for MATS.

915 Labs said it formed in 2014 and acquired the assets of a business called Food Chain Safety, which previously was working on MATS before facing financial trouble in 2013.



915 Labs also licensed the original patents from the university, its chief executive Michael Locatis said, and its MATS dishes are now pending U.S. Food and Drug Administration approval.

In addition to ongoing work with the U.S. military, the company has sold machines to the Australian government and to food com-

panies in Asia.

"They have to leapfrog to MATS because they don't have the refrigerated supply chain like we have in the U.S.," said Locatis, who was an assistant secretary at the U.S. Department of Homeland Security until 2013.

Amazon invited the startup to Seattle after learning about MATS technology last year at the SIAL Paris food trade show, according to Locatis.

In February, Amazon (AMZN, -0.91%) sent a team to Washington State University that met with Juming Tang, chair of the school's biological systems engineering department and a key developer of the technology.

And in March, Amazon joined the university's researchers and other companies in Seattle for the inaugural meeting of the Industrial Microwave Alliance, according to a university news release. The group's mission is to "accelerate technology transfer of microwave-based food safety."



"Amazon just started this," Tang said in an interview. "They need to deliver meals to homes... They're hiring food people like crazy."

Not everyone sees why MATS would be worth pursuing. Some think packaged food would have little attraction to the generally high-income members of Amazon's Prime shopping club.

"I get why new food processing systems that increase shelf life may be good for Amazon," said Bentley Hall, CEO of fresh food delivery service Good Eggs. "I struggle to see how this solution addresses an actual consumer want or need better than fresh, prepared meals."

MATS represents just one way Amazon is searching for an edge in the grocery business, to distinguish itself from incumbents like Kroger Co.

The company has also filed for a trademark for cook-it-yourself meal-kits—a move that pushed down shares of Blue Apron Holdings (APRN, -0.59%)—but has not yet detailed its plans for ready-to-eat meal delivery.

(Courtesy fortune.com via Reuters)

**Related**

**Strategies For Food Tech Entrepreneurs Facing The Amazon Juggernaut**

Ever since Amazon's acquisition of Whole Foods became official in August, food tech entrepreneurs have been holding their collective breath in anticipation of what comes next. First prices dropped; now, apparently, they're on the rise.

Without knowing Bezos' ultimate vision for an Amazon-owned Whole Foods, food tech companies must decide whether and how to compete. I offer apprehensive entrepreneurs a cautiously optimistic message: Exhale, at least a bit. Despite the new market reality, there's enormous opportunity to thrive.

**Amazon's leap into the food industry challenges the "status quo" of all companies.**

As early investors in Starbucks, P.F. Chang's and Jamba Juice, we've seen food trends come and go. Every so often we come across something more fundamental and lasting than a trend: a seismic shift. Starbucks' visionary leader Howard Schultz helped create one such shift.

Inspired by Italy's rich coffeehouse tradition, he taught Americans to expect better quality products and an elevated customer experience, setting us on a path towards today's foodie frenzy.

We are currently experiencing another seismic shift, a deepened awareness that what we consume directly impacts our health and well-being and reflects our core values and aspirations.

Consumption of bottled water is now outpacing soda, and organic food sales totaled \$47 billion last year, accounting for more than 5 percent of total US food sales. Amazon's Whole Foods acquisition is a reflection of the shifting attitude towards food. The good news is that despite Amazon's looming presence, there's plenty of opportunity to be found.

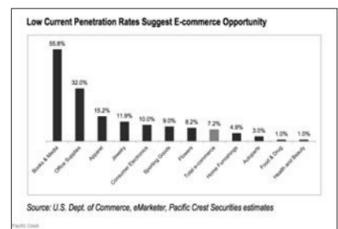
Each year Americans spend a colossal \$1.4 trillion on food. This breaks out to \$800M on restaurants (including delivery) and \$600M on grocery sales. Though Amazon dominates ecommerce with 43 percent of

all online sales in 2016 and even had an 18 percent share of online food sales before the Whole Foods acquisition closed, groceries have achieved only a measly 1% online penetration rate. That leaves tremendous opportunity for growth.



The grocery channel's low online penetration rate can be attributed to daunting logistics, from sourcing, prepping, and packaging to the distribution of perishable consumables. Despite the logistical challenges, food's massive market size and the online growth opportunity can enable companies capturing even a small piece of the pie (pun intended) to become huge successes.

More than any company in the world, Amazon has successfully brought new retail categories online and solved highly complex logistics challenges in the process. They will use the Whole Foods acquisition to drive more food sales online, using Whole Foods locations as distribution and delivery centers in order to mitigate many of the aforementioned challenges.



Operations and distribution are Amazon's core strengths; their acquisition of Whole Foods will fortify those competitive advantages as they move aggressively into grocery sales. Operations and distribution are also core competencies of numerous well-funded private food delivery companies, such as UberEATS, DoorDash, Instacart and Postmates. It's a daunting competitive landscape to say the least.

That said, operations and distribution form only two pieces of the food tech puzzle. While competing against Amazon and other well-funded companies in their areas of strength is generally ill-advised, companies can flourish by focusing on one or more dimensions outside their "sweet spot": (Courtesy techcrunch.com)

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Dr. Hwang is certified by the American Board of Obstetrics and Gynecology. He earned his undergraduate and medical degree from the National Taiwan University College of Medicine in Taipei. He completed residency programs at National Taiwan University Hospital and St. Luke's Hospital, Bethlehem, Penn. In addition, he earned a postgraduate degree of Master of Public Health in maternal and child health from the prestigious Johns Hopkins University School of Hygiene and Public Health in Baltimore, Md. He is a member of the American College of Obstetricians and Gynecologists, Texas Medical Association and Harris County Medical Society.

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# A Snapshot Of The World



Chief executive officer of SendGrid, Sameer Dholakia, reacts after ringing the opening bell to celebrate the company's IPO on the floor of the New York Stock Exchange in New York



Copies of tax legislation are seen during a markup on the "Tax Cuts and Jobs Act" on Capitol Hill in Washington



A member of a group supporting LGBT rights holds a sign that reads "TCP, fascist inquisitors" during a protest in La Paz



Big businesses from Apple to Walmart say train suppliers to stamp out slavery



House Minority Leader Nancy Pelosi speaks during a rally against the Republican tax bill on Capitol Hill in Washington



Forrest Lampe-Martin is pictured outside of his truck after making a UPS delivery as the international delivery service gears up for the upcoming peak delivery season prior to Christmas, in Seattle



Prince Harry at the Terrence Higgins Trust (THT) HIV testing pop-up shop in Hackney, London, November 15, 2017. Nathan Dainty/THT



The MSC logo is pictured on working helmet at the STX Les Chantiers de l'Atlantique shipyard site in Saint-Nazaire



Articles of impeachment being filed against President Donald Trump are seen on Capitol Hill in Washington

Houston's Highest-Paying Jobs In 2016



If you enjoy making money and helping people, the medical field is the best place for you if you live in the Houston area.

Managers; Mean annual wages in Houston-Woodlands-Sugar Land metro area in 2016: \$143,240 (in 2014, \$143,710); Internists, General; Mean annual wages in Houston-Woodlands-Sugar Land metro area in 2016: \$145,070 (in 2014, \$151,300);



Training and Development Managers; Mean annual wages in Houston-Woodlands-Sugar Land metro area in 2016: \$146,230 (in 2014, \$119,010); Economist; Mean annual wages in Houston-Woodlands-Sugar Land metro area in 2016: \$148,730; Human Resources Managers; Mean annual wages in Houston-Woodlands-Sugar Land metro area in 2016: \$148,940 (in 2014, \$119,030); Geoscientists, Except Hydrologists and Geographers;

Mean annual wages in Houston-Woodlands-Sugar Land metro area in 2016: \$151,940 (in 2014, \$149,640). (Go here for additional profession details: http://www.chron.com/news/houston-texas/houston/article/houston-highest-paying-jobs-careers-2016-12189354.php?ipid=hpctp#photo-7522518.

While nearly every profession in the top 25 had their salaries grow significantly since 2014, internists saw their average pay fall from \$151,000 to \$145,000. Psychiatrists saw one of the biggest drops during this time, from \$178,650 to \$166,010.

Energy CEOs Top List Of Highest Paid Houston Executives

Leaders at Houston-area energy companies made up the bulk of this year's list of highest paid executives in the city. Despite the high volatility in the oil market, energy company employees still topped this year's list of the highest paid Houston executives.

ates, has Phillips 66 chairman and CEO Greg Garland topping the list with \$25 million in total earnings in 2016. That number reflects a 9.3 percent increase in pay from the year before, despite average pay for Houston's top executives dropping by 9 percent.



The data, which was compiled by corporate consultants Longnecker & Associates, has Phillips 66 chairman and CEO Greg Garland topping the list with \$25 million in total earnings in 2016. That number reflects a 9.3 percent increase in pay from the year before, despite average pay for Houston's top executives dropping by 9 percent.

Related Houston Chronicle Top Workplaces For 2016

The Houston Chronicle has recognized 150 Companies and Organizations in Houston as Top Workplaces 2016. These companies have been recognized as Top Workplaces based solely on surveys about the workplace completed by their employees.



Clay Williams, National Oilwell Varco, Inc. Position: Chairman, president, and chief executive officer Total compensation: \$11.3 million Company position on Fortune 1000: 375

Advertisement for 百利中醫皮膚科 (Baili Chinese Medicine Dermatology) listing various skin conditions and treatments.

Advertisement for 泌尿專科何秀鈞醫師 (Urology Specialist Dr. David S.C. Ho) listing services and contact information.

Advertisement for 呂明中醫針灸師 (Ming Lu Acupuncture Clinic) listing services and contact information.

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Advertisement for 山水眼鏡 GLACIER OPTICAL listing services and contact information.

Advertisement for 余兆一眼科醫學博士 (Bernard C. Yu, M.D.) listing services and contact information.

Avoiding 'open enrollment' scams

by Andrew Johnson Consumer Education Specialist, FTC

Open enrollment is here. Whether you're eligible for Medicare, selecting a plan through the Affordable Care Act (ACA), or have private insurance, you have until December 15 to compare plans and make coverage changes.

Eligible for Medicare? Anyone that tries to sell you Medicare insurance while claiming to be an "official Medicare agent" is a scammer. There are no Medicare sales representatives. The Medicare prescription drug plan (also known as Part D) is voluntary. Ignore anyone who calls saying you must join their prescription plan or you will lose your Medicare coverage.

"Deep Cleansing" of Houston homeless encampment underway by city

By Alyson Ward

Sylvester Turner called a "deep cleansing" of the homeless encampment in Midtown under the Interstate 69 bridge.

People who live in the camp moved their tents, clothes and other belongings to make way for city workers to pick up trash and clean an area the city has declared a public health hazard because of the piles of debris and human waste that have collected under the bridge.

The camp will get a power washing later Wednesday morning, and the soil - which the Harris County health department says is contaminated - will be removed, said Marc Eichenbaum, special assistant to the mayor for homeless initiatives.

Eichenbaum, police and health department employees went from tent to tent, explaining what was about to happen and asking people to separate trash from the belongings they wanted to keep.

People can opt to have their personal items taken to a storage facility downtown, where they'll be kept for 90 days at no charge.

"We want to make it nice and clean for you," Eichenbaum told a man who was refusing to move his tent and collection of possessions, which included a treadmill, an office chair and a small cooler. "We can't tell what's trash and what's not trash, so will you tell me what's trash?"

People who live in the camp will be allowed to return later in the day, when the cleanup is completed, he said. They're being asked if they want to go to shelters.

This is the second major cleanup of the camp in three months; the last "deep clean" was in early August, when city workers removed several tons of waste.

The camp has been the site of controversy since last spring, when Turner tried to get rid of encampments with a city ordinance. The



ACLU of Texas filed suit, and now there's a temporary restraining order that prevents the city from enforcing the anti-encampment ordinance.

Notices were posted last week so camp residents would be aware of the cleanup. Still, a few holdouts refused to move their property, and a few residents protested loudly as the city workers came through.

Nicholas Hudson, 31, moved his tent and air mattress out of the way and then started helping others pick up their belongings. He's been sleeping at the camp since Harvey rains flooded his northside apartment.

The residents all come together as a team occasionally to neaten the place, he said, and the city comes out twice a week to pick up solid waste. But still, Hudson said, there are "mosquitoes and

flies from the human waste, because we don't have receptacles. That's the big problem."

Residents of the neighborhood have complained about the camp, which has seen a rash of violent crime in the past several weeks. The city health department last week warned that the human waste that piles up in corners and around columns could help spread disease, including Hepatitis A.

"Nobody should be living in this," Eichenbaum said. "This is about protecting the health of not only the residents around here, but especially the people who are living here."

A camp downtown near Minute Maid Park will get a deep clean Thursday morning, the mayor's office said.

Advertisement for CLAREWOOD CHIROPRACTIC CLINIC, featuring Dr. Eric S. Liu and services like chiropractic, acupuncture, and physical therapy.

Advertisement for 李娜療痛中心 (Li Na Pain Relief Center), featuring Dr. Li Na and services like chiropractic, acupuncture, and traditional Chinese medicine.

Advertisement for 李岳樺 (Dr. Bryan Lee), a podiatrist specializing in foot and ankle surgery, with a list of treatment options.

Advertisement for 潤元堂國醫館 (Galleria Oriental Medicine and Wellness Center), featuring Dr. Ma Jianpeng and services like acupuncture and traditional Chinese medicine.

Advertisement for 休士頓診所 (Houston Medical Clinic), offering family care, physical therapy, and various medical services.

Advertisement for 休士頓診所足科中心 (Houston Medical Clinic Foot & Ankle Center), specializing in foot and ankle treatments.

Advertisement for ATM (Health & Kinesiology) promoting colorectal cancer prevention with a list of conditions and a contact number.

Advertisement for 王鑫醫學博士 (Dr. Xin Wang) and 喬爾陳 (Joel Cheng), offering orthopedic, pain, and rehabilitation services.

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意大利一名28岁工厂工人，当地时间6日在“提拉米苏世界杯”中打败700名甜点大师，制作出最松软可口的提拉米苏夺魁。

据报道，此次比赛分成两组，一组根据原始食谱制作，材料包括手指饼干、马司卡福(mascarpone)芝士、鸡蛋、可可粉和糖；另一组则根据创意添加各种材料，从草莓到绿茶都有，但禁止加入酒精。

最终，冠军来自威尼托省的齐柯勒拉获得，虽然他在一家眼镜工厂工作，却梦想当一名甜点师、拥有自己的糕饼店，“我想做些传统、手工的点心。不花俏，但是可口、用心”。

在意大利文中，提拉米苏意指“带我走”。

# 印度马戏团雌象“挥笔”作画义卖

一头名叫“桑德拉”的雌性印度象挥笔创作的多幅画作，当地时间4日由匈牙利一个马戏团成功拍出。

据悉，其中一幅桑德拉的自画像，经当地画家协助完成后，以26万福林(约合人民币6447元)售出。

另外3幅呈现流水般彩色线条的抽象画，则分别叫价约4万福林。这些款项将捐给马来西亚的大象保护区。

报道称，今年42岁的桑德拉，在幼年时期就加入马戏团。它的主人兼训练师里克特说，有别于泰国许多大象是被强迫绘画，桑德拉本身就很喜欢绘画，且乐在其中。在训练过程中，桑德拉获提供彩笔后，很快就能用长鼻在画布上尽情创作。



# 日本川崎1876人同时制作寿司 刷新吉尼斯纪录

日本川崎市5日举行了挑战吉尼斯记录活动，挑战项目为“同时制作手卷寿司的最多人数”，成功以1876人的数量刷新了由三重县桑名市去年11月保持的1621人的记录。

据说“三角饭团”起源于江户时代在川崎向纪伊德川家藩主德川吉宗献上的手卷寿司，为了传承这一文化，川崎青年会议所主办了此次挑战吉尼斯活动。约2000名参赛者利用神奈川县小田原市的咸梅干和岩手县的大米在5分钟内一起制作手卷寿司。

因为最终是按照完成的手卷寿司的个数判定参赛者人数，因



此食材漏出来的和形状未完成的作品一律算作失败，最后判定人数为1876人。活动结束后，所有参赛者共同分享了制作的寿司。

# 运气真好！女彩民一天内中奖2次

根据美国北卡罗来纳州教育彩票网消息，该州一名女性彩民同一日内两次购买彩票，都中了大奖，奖金加起来超过100万美元，实在是运气超好。

报道称，近日，身为3个孩子的母亲的莫里斯先买了一张Diamond Dazzler彩票，并幸运赢得1万美元奖金。

她说：“我非常高兴能够中彩，但我其实一直想赢得100万美元。”当她从罗利市的彩票总部领奖回来当天，就又买了一张同一类型的彩票。

结果当日莫里斯梦想成真，中了100万美元大奖，并再次返回总部。她可以选择在20年间每年领取5万美元，或者一次性领



取60万美元。莫里斯选择一次性领取，在缴纳所有税款后净得近42万美元。她计划将部分奖金分给孩子，其余用于投资。9月份发售的Diamond Dazzler彩票最高奖金达400万美元，共设3个400万美元的最高奖金，还有6个100万美元的奖金。莫里斯是第一位中奖彩民。

**張玫 醫生** Mei Zhang, MD  
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# 美国留学花式吸金大法！史上最强大打工秘笈

各位留学小伙伴们，有没有想过打工挣点额外现金，用来补贴朋友聚会、外出大餐，或者其他个人支出？那么看这篇就对了！



### 说起打工，你必须要知道的就是CPT与OPT

CPT (Curricular Practical Training) 它是一种让外国学生校外工作的一种工作许可。CPT由学校批准并在学生的I-20表上注明，申请CPT之前必须有实习接受单位(Job Offer)，一般要求注册有一门相关的特殊课程并通过CPT获得学分，CPT只用于学生毕业之前与课程有关的工作，边工作边挣学分。所以很多美国大学的CPT是可以转换一到两门学科的学分的。

OPT(Optional Practical Training) 它是让外籍学生将所学专业知应用于实践的一种临时工作许可，分学习结束前的OPT和学习结束后的OPT两种。一般来说在上学期期间任何时候都可以用OPT工作。

移民条例规定下列三种情况下学生可以用OPT实习：第一是放年假期间和学校没有开学的其他时间，但学生必须还在登记注册，而且有条件或资格并有意在下学期进行注册上课。第二是学校正在开学期间，但学生实习不能超过一周20个小时。第三是完成课程之后的毕业实习。

### 校内打工注意事项

根据美国公民和移民服务局(USCIS)的规定，校内打工不需申办特别许可，但是必须持有有效的F1签证且需要知会USCIS。在学期中的每周工作时间一般限制在20小时；在节假日和假期时可全职工作(可达40小时/周)。

需要注意的是，在第一个学年，任何形式的打工都是不允许的。

### 那么校内打工可以做什么呢

图书馆 美国大学图书馆为学生提供的就业机会较多。图书馆环境单纯，工作任务也不重，顺便还可以饱览群书，是最名正言顺的半工半读的地方。由于此类工作比较热门，建议留学生到校后，尽早到图书馆询问有关信息。

电脑房 美国大学的电脑房通常会聘用很多学生担任电脑助理，为使用电脑的学生提供资讯和现场帮助。留学生如果精通电脑知识，可去学校电脑房申请当助理。

学校餐厅 美国大学一般都设有餐厅，除管理人员与厨师外，其他工作人员往往聘请学生担任。此类工作机会较多，工作轻松简单，除有一

定的经济收入外，还可解决吃饭问题。

学生宿舍 美国大学本科生的宿舍都设有宿舍管理助理员(RA)，一般都由研究生来承担。这种工作除可享受免费住宿的好处外，还可有一定的经济收入，也不会占用很多的私人时间。

其他 学校行政机构经常需要有人担任行政助理、秘书等，甚至需要司机、清洁工等。这些工作学生都可承担。学校书店、校警等机构也会雇佣学生，有兴趣的人可去申请。如有教中文的经验，则不妨到校内中文班去应聘助教工作。

### 校外打工注意事项

除了实习类工作，持F1签证在校外打工是违法的，且实习类工作需申办特别工作许可证。

具体规定是：持有合法学生身份，入学9个月以上，成绩达一般标准者，经学校国际学生顾问批准，即可到移民局或劳工部认可的公司去打工，打工有效期限为一年，但可申请延长。切记，打工的公司必须是移民局或劳工部认可的公司，而不是任何公司均可。

### 校外实习工作有什么类型呢

申请有学校补贴的实习工作 你所在大学的职业发展办公室可依据申请实习补助的情况而发放给你补助，有许多助学金和奖学金是为从事无偿实习的学生而专门设立的。不论是在美国还是在国外，都有其他补助来资助无偿的暑期实习，但是一定要早点查找那些机会，申请暑期补助常

常早在3月或者4月就截止了。

申请有研究补助的实验项目 得到一份研究补助并不意味着你必须得整天地在实验室不停地搅和试管中的各种试剂，在各领域的独立研究都可以得到补助。不论你的专业或者兴趣是什么，独立研究补助允许你深入到你选择的这个学科。

许多这样的研究补助是专给大三学生的，但是，也有许多这样的补助会开放给大二或者大一的学生。确保早些申请，并已经有一个思路清晰的研究计划——争取这些补助的竞争可是相当激烈的。

有的同学可能无法申请校外的实习希望在校外打工，但一定切记：

如果没有经过学校允许在外面工作被发现，学校是有可能把你开除的，移民局一经发现即遣送回国。

中餐馆打工、送外卖等等都是黑工。如果被发现后会影响到工作签证或者绿卡。

如果真的要打黑工，一定要清楚知道这是违法的。处处小心，要知道你送外卖被抢劫了也是没有办法报警的。另外，工资全部用支票或者现金结算，千万不能走正常渠道。

也有的小伙伴可能没有充足的时间或精力打工，这里还有一些创业小干货

中华小当家 虽然说现在中餐馆在国外遍地都是，但是高昂的价格和为了迁就外国人口味经历了时间洗礼的奇葩“中国菜”口味是没办法满足多数留学生的。

那么你有没有想过，你在家跟着父母学的一道家传口味菜，对于其他留学生来说，就是他们想吃的正宗中国菜，并且还可以提供送货上门服务，这是多大的诱惑？

不用什么祖传的技艺和复杂的原料。花椒，包菜，醋，干辣椒就是一味手撕包菜。买一个番薯，再买一块姜，就是正宗的番薯糖水。满足自己的胃同时，也可以给自己带来一笔外快。

特色洗剪吹 大家都知道在理发是一件多么恐怖的事情，要提前预约，价格还高昂。与发型师的沟通不畅分分钟会让你拥有一顶洗剪吹都鄙夷的发型。所以有些人索性大半年不理发，顶着惨不忍睹的发型坚持到回国。

这时候就可以上网搜索教程，虽说复杂的发型很难做得到，但学会理得干净清爽是完全可以做到的。学会把男生的头打理的蓬松立体，把女生的头发剪出层次，在不极大改动长短的情况下，尽量打得轻薄轻盈顺畅。

敬业老司机 对于一些有车的同学，可以选择接送送服务。鉴于打车的价格，很多同学是很有可能愿意接受的。空闲的时候，接几单新生往返机场，或者帮着同学出车搬家也是一个不错的选择。

聪明的你说不定会有更好的主意，想到就不妨去尝试一下吧！不过各位小伙伴一定要懂得，分配好自己的时间，不要影响到自己的学业。毕竟在国外花了这么多钱读书，不是为了兼职赚点小钱的，千万不要丢了芝麻丢了西瓜哦！

# 美国最受欢迎的10种食物

1、巧克力曲奇冰激凌 Chocolate Chip Cookie Dough Ice Cream 1937年，来自麻州的Ruth Grave在她做的黄油区奇中加入了切碎的巧克力。由此发明了世上最好吃的区奇饼干。在美国人民享受她的区奇的同时，他们总是设想如何能把这美味发展的更好。10多年后，有了让人惊讶的觉悟：因为有人太懒去烤这个区奇饼干，发现吃混好了的生面居然比烤完的成品更美味。在美国人民合力下终于想出了一个壮观的办法：把生面切成小块，拌在冰激凌里!Now that's American Cooking!

2、特大啃 Turducken 如此聪明并且简单的创造，让人不敢相信5000年的世界文明居然没先想到。拿一只火鸡，塞只鸭子在它肚子里，然后再在鸭子里塞只鸡。从这里开始你就可以自由发挥了。不过推荐是在鸡里再塞些香肠和熏肉，油炸2-3小时。特别加分，如果你能想出办法加入溶化的奶酪制品在这到“壮观”的菜里。有些美国人想把这道菜变成传统的感恩节大餐，有的已经开始在圣诞节吃上了。不过如此美国化的发明，还是最适合在4th of July享用。

3、水牛城辣鸡翅 Buffalo Wings 不要以为这道菜只有在水牛城才能吃到，甚至还有个美国快餐就以这个为名字呢。大部分美国人觉得鸡肉不

如猪肉油腻，不如牛肉有口感，只能凑合。但是把它放到600度的油中炸到焦脆，直到你不认识它是肉了。然后浇上辣酱，沾着融化了的Bluecheese一起吃? Thats more like it! 特别提到是加在盘底的蔬菜，吸收了鸡肉上掉下的油，普通的蔬菜也变美味了。

4、火焰冰激凌 Baked Alaska 美国的生活是很复杂的。当他们面对严肃的决定像“你想吃什么甜点啊，亲爱的?冰激凌还是苹果派?”他们不会知识简单的说“我们拿一勺冰淇淋，放到苹果派上如何?” No, no.他们能把一整盒的冰激凌，想办法把它烤在一个派里。怎么做到的?打死我也不明白。但是我知道这点：你可以在上面倒上朗姆酒，然后把它整个点燃，现在才像道菜。

5、考伯沙拉 Cobb Salad 吃了这么多油腻的东西，有的美国人开始说：“我今天就吃一碗色拉好了。”当然，他们说的色拉不是指那种无聊的欧洲人吃的绿青菜加红番茄。美国人做色拉时，先要有足够的肉类种类和重量，然后一定要有牛油果和奶酪。基本上你在一个Double Cheese Burger中找到的都可以放进去。最好的例子CobbSalad：熏肉，炸鸡肉，牛油果，鸡蛋粒，蓝奶酪和任何你在冰箱中找到的都可以放进

去。

6、鲁宾三明治 Reuben Sandwich 这种装满了东西的三明治现在在世界上都满多见的。不过Reuben是最美国的了。首先要用10多种香料烤的熏肉片，一口吃下去你都不知道吃了什么只知道是肉的那种，推荐每个三明治中要放入至少1磅。然后在每3片中藏一块“瑞士”奶酪，那种中间有洞的，真的瑞士人决不会去碰的。再在上面撒些“俄国色拉酱”，一种鲜艳的，橘红色奶酱。

7、巧克力棉花糖夹心饼 S'mores 一直不明白，为什么S'mores会在美国如此流行。饼干用的是英国人的Graham crackers，在美国一直没什么人吃的。中间夹的是软糖块，那是美国小孩野炊是穿在棍子上烤着玩的，烤好了一般就扔到一旁，没多少人爱吃的。反正和在一起，美国人就喜欢吃吃了。

8、美式中国菜“Chinese Food” 美国料理最棒的地方就是胡思乱想，有时候想出来的他们自己都无法承认，就找个接近的风格，跟着那个叫。举例：“Chinese Food”。横跨美国50州，所谓的中国快餐提供10多道漂亮的，油炸了的，酱油烤了的事物。鸡肉沾上甜辣酱和面包屑然后油炸后叫陈皮鸡(orangechicken)，春卷里面加酪

或奶油，炒饭炒面吃完后盘里的剩的油可以用来再炒2-3道小菜。这些菜都有一个共同点，他们都是美国人借着中国菜的模版想出来的。

9、费城牛肉芝士三明治 Philly Cheesesteak 只有在Philadelphia，美国里最美的城市，才能发明出如此象征性的三明治，而且强力坚持不需要任何人来尝试改善它。用最差的原料，Pennsylvania的市长Ed Rendell解释那些不是本洲的人尝试来做philly cheesesteak的问题：“第一，他们会用好的牛肉。你需要用最肥硬的肉才能得到合适的味道。第二个错误，当然，你只能用奶酪制造时的残渣，不能用真的奶酪。”Rendell坚持这样因为“真的奶酪不能渗透到肉里”。

无论如何，Philly cheesesteak还是很美味的。如果用上好的肉和奶酪会让你更好吃吗?当然。不过那样就不是美国原味的了。

10、美式炸热狗 Corn Dog 1942年，在一个德州美丽的乡村集市上，一个有商业头脑的年轻人叫做Neil Fletcher想出了一个可以让他的热狗热卖的办法：在热狗肠上涂厚厚一层便宜的玉米糖浆，用热油炸的5分钟，再在后面插根棍子。就这样一个美国传统诞生了。每年当天气转热，春暖花开时，美国人一边享用这简单可口的美食，一边问自己：我们还能油炸些什么呢?

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# 新时代、新发展、新机遇

## 李强民召开中美午餐会介绍十九大及特朗普总统访华



「美南报业传媒集团」董事长李蔚华（右二）与美方代表在大会上。



午餐会门口大厅陈列相关资讯的照片展。



李强民大使（左）与专程前来采访的美方媒体「International Focus Magazine」的国际事务主任Sonia Guimbellot（右）在大会上合影。



恒丰银行董事长吴文龙（左）也是座上贵宾，与总领事李强民（右）在大会上合影。



莱斯大学校长夫人孙月萍（中立者）提问。



休市社团名人徐华（右二）、徐利（左二）、齐三川（左一）与州议员Gene Wu（吴元之）（右三）总领馆副总领事刘红梅（左三）在大会上合影。



布希总统家族的Neil Bush（立者）提问。



中国驻休士顿总领事李强民以「新时代、新发展、新机遇」发表专题演讲。

本報記者秦鴻鈞攝

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