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# Southern DAILY

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## As U.S. starts deportations, asylum-seekers face perils in Mexico

REYNOSA, Mexico (Reuters) - Central Americans who fled violence for refuge in the United States risk kidnapping or death under a new U.S. plan to deport them to murderous and cartel-wracked Mexican border cities while their asylum cases are processed.

A sign welcoming visitors to Reynosa is pictured at the McAllen-Hidalgo international bridge, in Reynosa, Mexico January 10, 2019. Picture taken January 10, 2019. REUTERS/Tomas Bravo

The city of Reynosa, and a nearby stretch of the Rio Grande that divides Texas from the Mexican state of Tamaulipas, is by far the busiest crossing point along the northern Mexican border for migrants seeking asylum in the United States.

But Reynosa is a wasteland of vandalized and abandoned homes in a state that is a key battlefield in Mexico's bloody drug wars. With cartel factions fighting for lucrative drug trafficking routes, civilians are often caught in the crossfire.

On Tuesday, the administration of U.S. President Donald Trump launched a plan to return Central American asylum-seekers to Mexico rather than have them wait in the United States - dubbed the Migration Protection Protocols. The first return of an asylum-seeker took place in Mexico's west coast city of Tijuana, at the opposite end of the border from Reynosa.

U.S. authorities plan to gradually widen the program to other legal ports of entry, including Tamaulipas, according to the Department of Homeland Security (DHS).

"We're returning them to where they came in," said DHS spokeswoman Katie Waldman.

Last year, 32,521 people asked for asylum in the Rio Grande Valley sector that skirts the river in southern Texas, after being caught by border agents on river banks and in fields, or after walking up to ports of entry - more than half the cases for the entire 2000-mile U.S.-Mexico border.

Asked to comment on the risks of returning migrants to a country afflicted with disappearances and violent crime, Waldman said: "That's no more dangerous than some of these violent parts of the United States, like Chicago."

In 2017, FBI data indicates that Chicago, one of the most violent cities in the United States, had a homicide rate of about 24 murders per 100,000 residents, similar to the level in Tamaulipas cited by the interior ministry.

In Mexico, however, around 90 percent of crimes went unreported last year, the national statistics office estimated, while the data does not include unresolved disappearances, reckoned by Geovanni Barrios, president of Justicia Tamaulipas, at over 34,000 in Tamaulipas alone.

The border zone has become a central theater of conflict since the Mexican government launched a militarized effort against the cartels in 2006 and they began fragmenting. According to information from the defense ministry, 130 soldiers have since died in Tamaulipas, more than in any other Mexican state.

Now, splinter groups of the Gulf and Zeta drug cartels fight pitched battles for territory in armored vehicles emblazoned with their emblems. Hundreds of unidentified bodies lie in unmarked graves.

The U.S. State Department has a "Level 4: Do Not Travel" warning for five Mexican states including Tamaulipas, more frequently leveled in active war zones.

The project of securely hosting Central Americans while U.S. immigration judges adjudicate their cases seems a pipe dream, according to Reynosa's mayor, Maki Ortiz.

"We don't have the capacity. We don't have the resources, the infrastructure or the budget for them," Ortiz said, adding that no one had earmarked the extra funds for a city that barely has the means to combat its criminals.



A sign welcoming visitors to Reynosa is pictured at the McAllen-Hidalgo international bridge, in Reynosa, Mexico January 10, 2019. Picture taken January 10, 2019. REUTERS/Tomas Bravo

## UAE's Noor Capital says it bought 3 tonnes of gold from Venezuela

CARACAS (Reuters) - Abu Dhabi investment firm Noor Capital said on Friday that it bought 3 tonnes of gold on Jan. 21 from Venezuela's central bank, at a time when President Nicolas Maduro is seeking to keep his crisis-stricken government solvent.

FILE PHOTO: Venezuela's President Nicolas Maduro holds a gold bar during a meeting with representatives of the mining sector in Puerto Ordaz, Venezuela, December 5, 2017. Miraflores Palace/Handout via REUTERS

Noor Capital said in a statement it would refrain from further transactions until Venezuela's situation stabilizes and its purchase was in accordance with "international standards and laws in place" as of Jan. 21

Reuters reported on Thursday that Venezuela had shipped 3 tonnes of gold to the United Arab Emirates on Jan. 26 and would sell 15 tonnes more to the country in the coming days.

Venezuela's plan was to sell 29 tonnes of gold held in Caracas to the UAE by February in order to provide liquidity for imports of basic goods, a senior official said.

Two high-level Venezuelan central bank officials were made to resign on Thursday and Friday because they did not want to authorize the sale of gold, three sources familiar with the situation said, declining to be named because the situation was sensitive.

The bank did not immediately respond to a request to comment.

The United States, which is backing an attempt by the opposition to oust Maduro and call new elections, warned bankers and traders on Wednesday not to deal in Venezuelan gold.

Maduro says Trump out to kill him; seeks Russian talks

U.S. Republican Senator Marco Rubio tweeted on Thursday that a "French national" working for Noor Capital was in Caracas "to arrange the theft of more gold from #venezuela."

Maduro's government resorted to selling off gold about a year ago after falling oil production, economic collapse and mounting U.S. sanctions hit public income and made it hard for the country to access credit.

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## China buys U.S. soybeans a day after trade talks - trader

Chinese state-owned firms bought at least 1 million tonnes of U.S. soybeans on Friday, a day after high-level bilateral talks yielded progress toward a trade deal and a Chinese commitment to buy more U.S. soybeans.

Acres of soybeans seen at the Pioneer-DuPont Seed facility in Addieville, Illinois U.S., September 19, 2018. Picture taken September 19, 2018. REUTERS/Lawrence Bryant  
The purchases are slated for shipment between April and July, with a large share expected from U.S. Gulf Coast export terminals, three traders with knowledge of the deals said.

One trader with direct knowledge of the deals said total purchases were around 2.2 million tonnes. The other two traders said the sales were similar to three recent waves of buying in which state-owned firms booked 1 million to 1.5 million tonnes of soybeans.

U.S. soybean futures Sv1 rallied to multi-month highs on Friday on news of renewed demand from the world's top importer.

But the market's gains were restrained by worries that Chinese purchases will hardly dent massive soybean stockpiles in the United States and around the world. The looming harvest of a large soy crop in Brazil, the world's top supplier, further capped prices.

"It certainly is good to see some concessions and more buying interest from China, but this is a concession in terms of a larger trade agreement. Brazilian offers are cheaper than we are so it's just part of the negotiation," said Terry Linn, analyst with Chicago-based brokerage Linn & Associates.

Friday's purchases by state-owned firms were believed to be destined for China's state reserves, and thus immune from high import tariffs on U.S. beans. The 25 percent tariffs, imposed last summer in retaliation for U.S. tariffs on Chinese goods, remain in place for U.S. soy imports by commercial crushers in China.

Exports to China have plummeted this season during a bitter trade dispute, with swelling supplies sending prices to near decade lows last autumn and U.S. farmers struggling to turn a profit.

China has been buying most of its soybeans from Brazil, which is in pace to harvest a bumper crop in the coming

months.

Friday's sales bring China's total purchases of the 2018 U.S. soybean harvest to at least 6.5 million tonnes, a fraction of its traditional annual haul from the United States of more than 30 million tonnes.

Trump hails progress in trade talks with China

Through January of 2017, more than 29.4 million tonnes of that season's harvest had already been shipped to China, with another 4 million tonnes sold and awaiting shipment, according to U.S. Department of Agriculture data.

Benchmark Chicago Board of Trade March futures climbed to \$9.31-1/4 a bushel on Friday, the highest point for a most actively traded soy contract Sv1 since mid-June. Beijing slapped steep tariffs on U.S. soybeans on July 6, effectively halting all U.S. shipments to their top customer.

Before Friday's sales, China had previously booked an estimated 5 million tonnes of U.S. soybeans in three waves of purchases since U.S. President Donald Trump and his Chinese counterpart Xi Jinping agreed to a trade war detente on Dec. 1.

After high-level trade talks in Washington this week, Chinese Vice Premier Liu He announced on Thursday China would buy an additional 5 million tonnes.



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# Editor's Choice



People attend a rally in support of actor Jussie Smollett in the Manhattan borough of New York City, New York, U.S., February 1, 2019. REUTERS/Carlo Allegri



FILE PHOTO: Anti-abortion marchers rally at the Supreme Court during the 46th annual March for Life in Washington, U.S., January 18, 2019. REUTERS/Joshua Roberts/File Photo



A woman lights a candle during a service in memory for victims of a collapsed tailings dam owned by Brazilian mining company Vale SA, in Brumadinho, Brazil February 1, 2019. REUTERS/Washington Alves



Nun holds a sign reading "It was not an accident, it was a crime" during a protest against the Brazilian mining company Vale SA, in front of the Se Cathedral in Sao Paulo



An activist covered in mud, holds a sign reading "VALE SA, Killer!" next to Brazilian flag during a protest against the Brazilian mining company Vale SA, in front of the Se Cathedral in Sao Paulo,



Dr. Ben Carson, Secretary of Housing and Urban Development, makes an announcement regarding the New York City Housing Authority



Vistors enjoy Super Bowl festivities at Centennial Olympic Park in Atlanta



U.S. President Donald Trump, first lady Melania Trump and their son Barron Trump, arrive to board Air Force One as they depart for West Palm Beach, Florida, from Joint Base Andrews

There's No Sense Of Urgency About Preparing For The Threat, Gates Said

Bill Gates Thinks A Coming Disease Could Kill 30 Million People Within 6 Months



Compiled And Edited By John T. Robbins, Southern Daily Editor

The next deadly disease that will cause a global pandemic is coming, Bill Gates said last Friday at a discussion of epidemics. We're not ready. An illness like the pandemic 1918 influenza could kill 30 million people within six months, Gates said, adding that the next disease might not even be a flu, but something we've never seen. The world should prepare as it does for war, Gates said. If there's one thing that we know from history, it's that a deadly new disease will arise and spread around the globe.

That could happen easily within the next decade. And as Bill Gates told listeners on Friday at a discussion about epidemics hosted by the Massachusetts Medical Society and the New England Journal of Medicine, we're not ready. Gates acknowledged that he's usually the optimist in the room, reminding people that we're lifting children out of poverty around the globe and getting better at eliminating diseases like polio and malaria. But "there's one area though where the world isn't making much progress,"

Gates said, "and that's pandemic preparedness."



Red Cross volunteers fight the flu pandemic, 1918.

If you were to tell the world's governments that weapons that could kill 30

million people were under construction right now, there'd be a sense of urgency about preparing for the threat, Gates said.

"In the case of biological threats, that sense of urgency is lacking," he said. "The world needs to prepare for pandemics in the same serious way it prepares for war."

Stopping the next pandemic

The one time the military tried a sort of simulated war game against a smallpox pandemic, the final score was "smallpox one, humanity zero," Gates said.

But he reiterated that he's an optimist, saying he thinks we could better prepare for the next viral or bacterial threat.

In some ways, we're better prepared now than we were for previous pandemics. We have antiviral drugs that can in many cases do at least something to improve survival rates. We have antibiotics that can treat secondary infections like pneumonia associated with the flu.

home pregnancy test.

But we're not yet good enough at rapidly identifying the threat from a disease and coordinating a response, as the global reaction to the latest Ebola epidemic showed.

There needs to be better communication between militaries and governments to help coordinate responses, Gates said. And he thinks governments need ways to quickly enlist the help of the private sector when it comes to developing technology and tools to fight an emerging deadly disease.

Melinda Gates recently said that the threat of a global pandemic, whether it emerges naturally or is engineered, was perhaps the biggest risk to humanity.

"Think of the number of people who leave New York City every day and go all over the world — we're an interconnected world," she said.

The likelihood that such a disease will appear continues to rise. New pathogens emerge all the time as the world population increases and humanity encroaches on wild environments. It's becoming easier and easier for individual people or small groups to create weaponized diseases that could spread like wildfire around the globe.

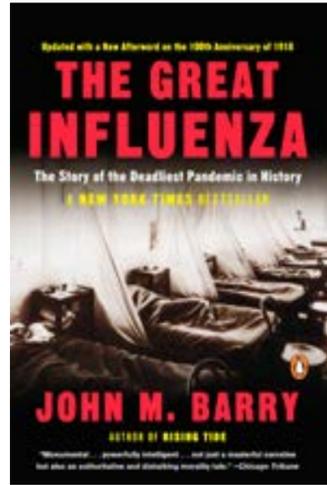
According to Gates, a small non-state actor could build an even deadlier form of smallpox in a lab.



And in our interconnected world, people are always hopping on planes, crossing from cities on one continent to those on another in a matter of hours.

Gates presented a simulation by the Institute for Disease Modeling that found that a new flu like the one that killed 50 million people in the 1918 pandemic would now most likely kill 30 million people within six months.

And the disease that next takes us by surprise is likely to be one we see for the first time at the start of an outbreak, like what happened recently with SARS and MERS viruses. (Courtesy tsknowledge.com)



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WASHINGTON — Are health insurance policies creating nightmares for physicians and hazards for their patients? A new study finds that nearly nine in ten doctors believe barriers set by insurance plans have led to worsened conditions for patients in need of care.

Researchers with Aimed Alliance, a non-profit that seeks to protect and enhance the rights of health care consumers and providers, say that doctors are so fed up with the constant headaches caused by insurers, two-thirds would recommend against pursuing a career in medicine, and nearly half (48%) are considering a career change altogether.

For the study, the organization polled 600 physicians in the U.S. practicing either family medicine, internal medicine, pediatrics, or obstetrics/gynecology. The group sought to understand the extent to which insurance policies impact primary care physicians, their practices, and their patients on a day-to-day basis. They also wanted to get a better understanding of mental health issues among providers, as well as the causes behind the national provider shortage.

Researchers found that physicians don't think very highly of health insurance companies, and believe they're putting patients at risk with policies such as prior authorizations ahead of filling prescriptions. In fact, 87% of doctors say patients' conditions have grown worse because of such red-tape regulations, and 83% worry the patients will suffer prolonged pain as a result.

Prior authorizations are especially bothersome for doctors. More than nine in ten (91%) of those surveyed think the policy delays necessary care for patients. Similarly, the same number of doctors agree insurers engage in "non-medical switching," which forces patients to take less costly — but potentially less effective — medicines. Such policies are stressing many physicians out. Thirty-seven percent say half or more of their daily stress is caused by insurance issues, and 65% feel they're facing greater legal risks because of decisions made by insurers. The vast majority (85%) are left frustrated by such issues, and many admit to taking their anger and emotions out on their staff and even family members.

"I can understand why many of the respondents reported that they would not recommend this career to anyone else," Dr. Shannon Ginnan, medical director of Aimed Alliance, tells StudyFinds. "As practitioners, much of our time is spent on burdensome paperwork required from health



**The Association Of American Medical Colleges Projects A Shortage Of 42,600 To 121,300 Physicians By 2030**

**New Survey: Half Of Doctors Considering Leaving Medicine — Because Of Health Insurance Headaches**



**OVERVIEW**

**A Poll of 600 physicians shows frustration over insurer policies and delays that doctors say could be leaving patients in prolonged pain.**

Compiled And Edited By John T. Robbins, Southern Daily Editor

insurers for our services to be paid for. This prevents us from spending as much time on patient care as we would like, and it doesn't take much for all this paperwork to interfere with the services that we provide."

To Ginnan's point, the survey showed that 77% of doctors have had to hire more staffers to handle the heavier administrative load from insurance work. Ninety-percent say they have less time to spend with patients because of the burden.

As for the aspect of insurers' policies that doctors would like to see changed most, the majority (55%) agreed on an insurers' ability to override the professional judgment of physicians. About nine out of ten (87%) respondents felt that insurer personnel interfere with their ability to provide individualized treatments for each patient.

Beyond the harm that doctors say insurance policies cause patients in need of care, they also agree that patients are taking a hit in their bank accounts too. Doctors believe that insurers are contributing to the rising cost of healthcare more than anything else, including pharmaceutical companies, government policies, lawsuits, or hospitals.

The organization hope their study will provide lawmakers solid data when attempting to reform health care laws and regulations related to utilization management and provider shortages.

The survey was conducted on behalf of Aimed Alliance by David Binder Research.

(Courtesy studyfinds.org.)

**Related**

Why physicians are leaving their practices to pursue other careers



"After 20 years, I quit medicine and none of my colleagues were surprised. In fact, they all said they wish they could do the same," said one doctor.

The news that New York University will offer free tuition to all its medical school students, in the hope of encouraging more doctors to choose lower-paying specialties, offered hope to those wishing to pursue a career in the field.

However, becoming a doctor remains one of the most challenging career paths you can embark upon. It requires extensive (and expensive) schooling followed by intensive residencies before you're fully on your feet. The idea, generally, is that all the hard work will pay off not only financially, but also in terms of job satisfaction and work-life balance; then there's the immeasurable personal benefits of helping people, and possibly even saving lives. In terms of both nobility

physician? A recent report from the Association of American Medical Colleges projected a shortage of 42,600 to 121,300 physicians by 2030, up from its 2017 projected shortage of 40,800 to 104,900 doctors.

There appear to be two main factors driving this anticipated doctor drought: First, young people are becoming less interested in pursuing medical careers with the rise of STEM jobs, a shift that Craig Fowler, regional VP of The Medicus Firm, a national physician search and consulting agency based in Dallas, has noticed.

"There are definitely fewer people going to [med school] and more going into careers like engineering," Fowler told NBC News.

Fowler also speaks to the desire among millennials to be in hip, urban locations — a luxury you likely won't get when you're fresh out of medical school and in need of a residency.

"This is why places in middle America hire firms like ours," Fowler said. "They're having a harder time attracting people." But perhaps the more interesting story lies not with those deciding to eschew medical degrees; it's with the people who went through all that training, who became doctors — and then decided to opt for another path.

This drastic career change can be a result of new med school grads being unable to find a residency within a reasonable period of time.

"Graduating med school doesn't mean you'll get into a residency," said Fowler. "There aren't enough residency slots for medical grads. So you have that population of people who have an MD but didn't practice for that reason. There is this bottleneck effect."

**THE MOUNTING BUREAUCRACY**

This "bottleneck effect" doesn't usually sour grads on staying the course, Fowler finds, but he does see plenty of doctors in the later stages of their careers hang up their stethoscopes earlier than expected. Some cite electronic health records (EHRs) as part of the reason — especially old school doctors who don't pride themselves on their computer skills. New research by Stanford Medicine, conducted by The Harris Poll, found that 59 percent think EHRs "need a complete overhaul," while 40 percent see "more challenges with EHRs than benefits."

And then there are those doctors who left medicine because the cons of the job started to far outweigh the pros.

"After 20 years, I quit medicine and none of my colleagues were surprised. In fact, they all said they wish they could do the same," Dr. Amy Baxter told NBC News.

"I began to feel like an easily replaceable cog in the health care machine. With the [enforcement] of EHRs, I had to spend more time as a scribe. One night a child I was treating had a seizure and I couldn't get the medicine to enable them to breathe because their chart wasn't in the system yet. This kid was fixing to die and I, the doctor, couldn't get the medicine. It was demoralizing."

Baxter left pediatric emergency medicine to head a company that develops physiological products for personal pain management. Dr. Ha-Neul Seo, director of global recruitment at EF Education First in London, was a general practitioner in the U.K. for several years before heading to the U.S. to study health care management and policy. She wound up leaving medicine to focus on education because she felt, to some extent, she'd defaulted into a career that turned out to be more tedious than expected.

"As a patient you want your doctor to love and be passionate about their work — and I realized that wasn't me," Seo said. "Some parts were incredible, but the moments when I felt I was making a true difference were too few and far between. And then there was the issue of work-life balance. I had my first child and was barely seeing him. The schedule was relentless."

Dr. Nicole Swiner, a physician and author, has stuck with being a doctor because she loves it so much, but she deeply empathizes with those who decide to leave.

"It has gotten worse for all of us, unfortunately — whether you work in the hospital or in the outpatient setting," she told NBC News. "We are burdened more by nonmedical business or insurance professionals without any medical training. It's disheartening. I have transitioned to more part-time clinical work [so as to focus more on] speaking, writing and consulting."

"Become a full-time consultant, author, speaker, entrepreneur, baker, cheerleader — whatever. Just be happy. Life's too short," Swiner said. (Courtesy nbcnews.com)



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# 拍《苦力》皆苦盡甘來 白家綺、蔡昌憲紛紛宣布喜訊

公視全新台語大戲《苦力》31日於猴硐片場公開主場景，金鐘導演李岳峰率領主要演員傅子純、蔡昌憲、黃文星、白家綺、陳怡嘉、林政諳、謝瓊煖、蔡阿炮、廖錦德、董季鑫分享開拍5個多月來「不怕艱苦，打拚骨力」的拍戲過程。

互相比賽誰的劇本被改的紅字最多，蔡昌憲在劇中有趣味的叫賣戲，導演一次改了一整頁，讓蔡昌憲當場傻眼，雖然他熟悉台語，但全部重背的難度還是頗高，陳怡嘉一度在旁取笑，結果隔兩天導演要她也照著演一次，馬上體會「風水輪流轉」的感覺。但黃文星的煩惱就不同了，他的角

色多是內心戲，他笑說：「『沒有台詞』是我最開心也最痛苦的事情，情緒戲又沒有台詞，很不好詮釋。」演員們談到拍攝期這5個月來有辛苦，但更多的是相聚的快樂，由於正逢冬天，劇中苦力們都衣料單薄，時常寒風刺骨，導演在現場備了煤油暖爐，白家綺

笑說：「我們大家都在打那個暖爐的主意。」除了湧上去取暖，大夥意外發現煤油暖爐的高溫可以烤東西吃，曾經烤過地瓜、柳葉魚、香蕉、花生，白家綺還烤起了花枝丸，大家開心的笑著，空檔一起嘻嘻笑笑，也就忘記了辛苦，似乎每個人都感染到劇中角色「逆境中正面思考」的精神。

《苦力》拍攝5個多月來，劇組喜事多多，充滿著幸福氣息，從白家綺宣布登記結婚、懷孕，蔡昌憲也接棒，在去年底結婚抱得美人歸、近期也分享老婆懷孕喜訊。選在拍攝期完成終身大事，演員們仍專注在拍攝上，相信能帶旺劇組，讓《苦力》苦盡甘來。



## 羅莎認證陳意涵當「台版艾莉塔」

科幻大片「艾莉塔：戰鬥天使」女主角羅莎薩拉查、導演羅勃羅里葛茲及製片強藍道日前現身南韓首爾宣傳，在當地掀起一股熱潮，羅莎所飾演的「艾莉塔」有雙靈動的大眼睛，又有矯健的好身手，相當引人注目，做為「艾莉塔」的完美人選，她也選出陳意涵擔任台灣版的「艾莉塔」。

當記者拿及竹竹、邵雨薇、瑤瑤以及陳意涵的照片給羅莎過目時，羅莎認為陳意涵有一種無辜甜美的氣質，也有一點嗆辣，望著對方時像是在「你想幹嘛」，才讓她特別喜愛，台灣影迷普遍喜愛的知名網紅「竹竹」，臉型小，也有雙大眼睛，被認為就是真人版「艾莉塔」，羅莎當然也很喜愛，但相比之下更愛陳意涵。

羅莎為「艾莉塔」苦練多項武術，包括泰拳、鷹爪功以及各項特技動作，每天加上排戲及化妝，過程時常長達17小時，讓她苦不堪言，但一想到能與這麼厲害的製作團隊合作，一切就不算什麼了，她也透露如果自己像「艾莉塔」一樣強大，會想要貢獻出自己強大的機械心臟，分享能量給一些缺乏物資、電力及水力的偏遠村莊內使用，讓他們的生活可以過得更好。

導演勞勃羅里葛茲坦言第一次看到「艾莉塔」的漫畫原作「銃夢」時，感到非常不可思議，「無論是故事劇情或是在藝術畫工上都是登峰造極，打造出一個全新的世界」，能夠將他的漫畫完全視覺化呈現，對他來說相當榮幸。

「艾莉塔」原始應由「鐵達尼號」、「阿凡達」導演詹姆斯卡麥隆執導，但他因為無暇拍攝，只好交出執導簡請勞勃幫忙，製片強藍道也在旁看著詹姆斯與勞勃的緊密合作，在這十年內從無到有打造出一個壯闊的未來科幻世界，也讓「艾莉塔」這個史上最強的合成人英雄完全重生，讓他直呼「真的很神奇」。

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而今天有許多資深藝人出席觀影，協會執行長紀寶如、向娃以及會員文夏、文香被問文化部長鄭麗君遭打巴掌事件，文香和文夏雖然人在現場，但當時不清楚狀況，向娃出面代表資深藝人再度譴責暴力行為，更肯定鄭麗君對資深藝人的照顧，文香在一旁點頭附和。

此外，今藝人湘瑩突現身，被疑是否和紀寶如兒子復合有望，她表示因為過去交往時就常在該協會做公益，會內長輩也如家人般親切，不排除復合可能性，「以後的事很難說。」但表示現階段各自衝刺事業。

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# 冬遊雲南昆明

# 人鷗同享四季春 流連網紅打卡地

早前，中國大地“雪線”一路南移，全國進入冰天雪地的“冰凍期”，而地處中國西南的雲南昆明，陽光依舊燦爛，藍天白雲一如既往，屢次“入冬失敗”。在這個暖洋洋的冬日，選擇來這座四季如春的城市遊玩，有陽光、有色彩、有“精靈”、有你意想不到的美麗。這一次就為你推薦一條冬遊昆明的線路，與遠道而來的西伯利亞紅嘴鷗共同嬉戲，去網紅打卡地、在冬日與藍天白雲自拍刷屏朋友圈。

文、圖：香港文匯報記者 譚旻煦

## 人鷗同樂 昆明獨享



■春城昆明四季如春，即使是冬季也適合旅遊。

冬日的昆明一定少不了紅嘴鷗的身影。自從1985年紅嘴鷗首次到昆明過冬以來，2018年已是紅嘴鷗連續34年來到昆明過冬。每年10月底至11月初，這些白色的小精靈都會不遠萬里飛來，成為昆明一道人與自然和諧相處的景觀。

翠湖公園、大觀樓公園、海埂大壩、滇池海埂公園都是冬季觀鷗的好地方。當中特別要推薦大觀樓，大觀樓是與黃鶴樓、岳陽樓、鶴雀樓齊名的四大名樓之一，被譽為“萬里雲山一水樓”，舉世聞名的大觀樓長聯是公認的古今第一長聯，180字對仗工整，上聯寫景，下聯論史，眼前美景與歷史滄桑交匯，情景相生，渾然一體，必是值得一讀的長聯。

冬天裡的大觀樓，滇池水在陽光的



■海鷗和人已經比較熟悉，近距離和他拍照沒有問題。



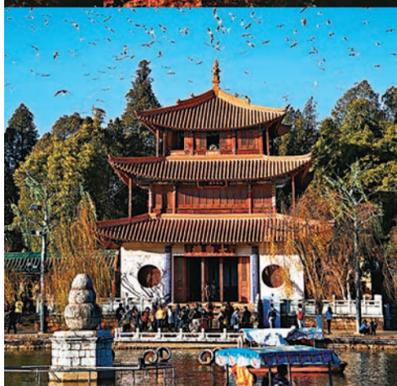
■西伯利亞紅嘴鷗已是連續34年不遠萬里來到昆明過冬

照耀下波光粼粼，碧水藍天下，白色的海鷗在水面上嬉戲玩鬧；在空中上下翻飛，搶奪遊人投餵的食物；在涼亭、石橋上休憩漫步。來到這裡，買上一袋鷗糧，走到水邊，把鷗糧掰成小塊，隨手往天空一扔，海鷗們爭相奔來，機靈迅速地搶到食物，然後飛速掠過而去。哪有食物你就會發現哪裡有成群的海鷗。

由於海鷗與人已經非常熟悉，所以牠們並不怕人，岸邊、橋上，海鷗在人的腳邊悠閒走動，和牠們合張影，牠們是不會拒絕的。每年冬季，樂此不疲的昆明人，聞名而來的遊客，都會到海鷗聚集地與牠們共戲一番，海埂大壩，地方寬敞，不需門票。翠湖公園，距市中心很方便，也不需門票，這些地方都值得一去。



■海埂大壩是市民和遊客最喜歡的觀賞海鷗之地。



■大觀樓為三重簷琉璃瓦構造，金色的樓閣在藍天的掩映下，倒映在碧波中，甚為好看。

## 繽紛色彩 視覺體驗

現在選擇自遊行的旅遊者越來越多，在昆明，你的自助遊可以選擇去一些新近的網紅打卡地，在這裡，能看到昆明冬日最繽紛的色彩。

三家村水庫和小河甸尾村作為昆明的飲用水水源保護區，原本並沒有多少人知道，但一夕之間成為了網紅打卡地後，越來越多遊客來到這裡打卡看景，其美景刷爆了朋友圈。

為了保護水源地，周圍的濕地種植了水杉等樹木，從秋天開始，水杉的樹葉慢慢變紅，到冬季已是一片火紅。來到這裡，映入眼簾的是水天一色的藍。斑斕的色彩染透整個樹林，宛若仙境一般。火紅的水杉扎根在水裡，倒映在清澈的水面上，配上黃色的水草、綠色的草地、湛藍的天空、潔白的雲朵，無論從哪個角度看都是一幅色彩絢爛的油畫，身處其中，宛若畫中人。

暖陽下，一排排水杉用紅色的葉子點綴了冬日的單調，熱烈的顏色，強烈的視覺體驗，如夢如幻，讓人在冬日激起一股炙熱的情感。人們三五成群，或在水邊賞景，或拿着手機、相機，各種角度拍攝這冬日裡的絢爛美景。明媚的陽光下，人與景共融，一起組成了一幅濃墨重彩的畫卷，不經意間，也許你也正成為別人鏡頭裡的風景。

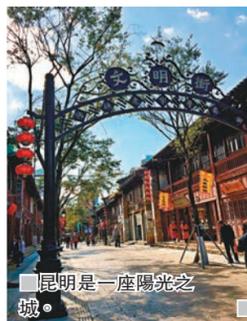


■翠湖旁邊的陸軍講武堂舊址，也值得逛一逛。

■網紅打卡地最受年輕人喜愛。



■小河甸尾村展現出冬日昆明的繽紛色彩



■昆明是一座陽光之城。



■公園1903受文青鍾愛。

## 文青打卡點 看多樣昆明

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公園1903以法式建築、法式風情和中法文化而著稱。第一個打開點必然是按照一比一復刻的巴黎凱旋門“水晶”版凱旋門，站在高大的凱旋門下，兩種文化在這裡碰撞出火花。第二個打卡點是福音教堂，哥特式的教堂非常吸睛，特別是夜晚來臨，整座教堂在

燈光的映襯下，流光溢彩。不僅是遊客喜歡到教堂自拍，許多本地市民也鍾愛到這裡拍攝婚紗照。

作為一名文藝青年，必到言幾又書店。書店坐落在雲湖之畔，堪稱雲南乃至中國最美湖畔書店。書店構造新穎，超大的玻璃框架結構為日本著名建築設計師青山周平設計。設計師設計了超大的外擺區域，透過玻璃框架，勾勒出一幅絕美的“雲湖書室”風景畫。遊客可以靜坐湖邊，捧一本書，品一壺茶，在湖光山色之間享受閱讀與自然相融的美好體驗。

## 不止“過橋米線”的千變米線

這裡，要給大家說說雲南人必不可少的米線。來到雲南，過橋米線肯定是大家第一想到的美食，可是如果你認為只有過橋米線這一種米線，那就大錯特錯。雲南米線種類繁多，雲南人將米線的吃法發揮到了極致，煮、炒、涼、燙，各種烹飪手法變化出風味不一的米線，每家米線店的菜單上可

以羅列一溜的米線種類。涼拌米線、豆花米線、小鍋米線、罐罐米線、砂鍋米線、口缸米線、炒米線等，如果以米線的帽子劃分，又可以分為雞醬米線、牛肉米線、羊肉米線、葉子米線、鱈魚米線等。

不管你喜歡哪種口味的米線，來到昆明一定要吃吃這種類繁多的米線，這才不枉你來到昆明。

## 閒遊香港

文、圖：秦江月

坐落於香港西北面的米埔自然保護區，在很多人的心目中是一個“雀鳥天堂”，人們可以找到超過400種的雀鳥，已經佔到全香港可以找到的品種數目75%以上，原因是它位於東亞—澳大利亞飛行航道上的中心點，每年冬季，大約六萬隻水鳥來此度冬，場面十分壯觀。

作為米埔的管理者，世界自然基金會香港分會對保護區內的相關設備

進行升級，以便肢體傷殘、視障、聽障及智力障礙人士，也可以在專業生態講解員的帶領下，近距離認識保護區內超過兩千種物種。時至今日，已接待超過4,500位傷健人士來此體驗鳥趣。“無障礙”成了這裡的新標籤。

水上木棧道兩側架設了小護欄，水上木棧道可謂是米埔的取景勝地，不僅因為它蜿蜒曲折，別具一格，同時還貫穿了全港最大的蘆葦叢和保護

最好的紅樹林，以及淡水塘等不同濕地生境。為了打破輪椅人士的心理障礙，使他們能更加安心地使用，工作人員專門在棧道兩側架設了安全護欄。

感受鳥趣千萬不能錯過觀鳥屋！經過重新修整，屋內觀鳥窗下方的小桌板較普通觀鳥屋的低一些，輪椅人士會覺得更舒服。同時，只要打開手機或平板電腦的相關APP，就能及時

觀賞到工作人員用望遠鏡找到的雀鳥。為了讓視障、聽障人士對雀鳥有更多的了解，工作人員還準備了3D雀鳥模型、點字指示板以及助聽設備。對於有智力障礙的朋友，貼心的工作人員還準備了雀鳥公仔，以輕鬆易懂的方式傳遞知識。

置身冬季的米埔，不僅能聽鳥叫蟲鳴、賞飛禽走獸，細心體貼之處，更是讓人心頭一暖。



■水上木棧道兩側架設了小護欄。

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