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#MaskUpHOU #BetterTogether

MASK UP!

MAYOR SYLVESTER TURNER

- Wear a mask in public.
- Practice social distancing by staying 6 feet from other people.
- Stay home if you have underlying health conditions or are over age 65.
- Wash your hands often.
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WEA LEE'S GLOBAL NOTES

12/03/2020

CORONAVIRUS DIARY

Wealee@scdaily.com

The dark winter is coming

Dr Redfield Director of The Center of Disease Control warned that this winter may be the most difficult time in U.S. public health history. He said the nation is facing a devastating winter by the end of February total death could reach 450,000 unless a large percentage of Americans take more precaution. Dr Redfield said the death toll could be held down if the public embraced practices like mask wearing. Masks might be as protective as a vaccine

C.D.C. Officials also warned strongly against travel over the holidays. Travel is a door to door experience that can spread the virus during the journey and

into communities where travelers visit or live.

When the pandemic enter its serious time in Washington we don't see Government taking any measure come to rescue. President Trump is said to have consulted his advisors about possibility of granting pre-emptive pardon to his relatives and to his allies. It is an executive power that acts as a check and balance on the federal criminal justice system, enabling a president to bestow mercy upon offenders.

Coronavirus vaccine will be here to give



shot to those medics. Personnel on the front line, we hope this will be giving

more people as soon as possible. National darkest days soon be over



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Stay Home!

BUSINESS

Wear Mask!

Governors Will Determine Who Gets Priority, Health Secretary Says

Who Will Be First In Line For The Coronavirus Vaccine?



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

Moderna Inc. said it will apply to the Food and Drug Administration for emergency use authorization for its COVID-19 vaccine, as the latest study results confirm the shots offer strong protection. This comes a week after Pfizer asked for FDA authorization for its vaccine (developed with its German partner BioNTech). On Monday's "CBS This Morning," Health and Human Services Secretary Alex Azar said, if approved, vaccines could be available in the United States before Christmas, and that it would be governors who decide which segments of the population would be first in line to receive them. Azar said that, after Pfizer applied for its Emergency Use Authorization, the FDA announced an advisory committee meeting for December 10. "If everything is on track, everything proves out what it appears to be, we could be looking at approval within days after that," he said. "Moderna is basically one week behind that. And General Perna [the chief operating officer of Operation Warp Speed] said that we'll ship within 24 hours of FDA authorization. "So, we could be seeing both of these vaccines out and getting into people's arms before Christmas."

Azar told "CBS This Morning" co-host Tony Dokoupil that the Centers for Disease Control and Prevention will create recommendations to prioritize vaccine distribution.



Health and Human Services Secretary Alex Azar.

"We have at the CDC something called the Advisory Committee on Immunization Practices (ACIP), and they have been meeting with us to give us advice on whom — based on the data that we've got on these vaccines and the state of the case, the epidemiology around the country — should we vaccinate first," Azar said. "That's ongoing still. I hope this week we'll get greater clarity from them in terms of their recommendations and our CDC director's views. But be thinking people in nursing homes, the most vulnerable; be thinking healthcare workers who are on the frontlines of most interacting with suspected COVID cases, as the first tranches of people that we'll

try to get vaccinated."

"The federal government will ship to the states, and then you said governors will have ultimate authority about who gets the vaccine first," Dokoupil said. "If you see at the federal level certain states where people are jumping the line either because they have money or they have connections, is there something that is going to happen to stop that?"

"Well, again, we're not going to be shipping vaccines to the states. I do want to be clear about that: We're shipping it through the normal vaccine distribution system," Azar replied. "Our governors are really like air traffic controllers. They're going to tell us which hospital, which pharmacies, where they would like it to go. And they will be determining which groups to be prioritized."

"I would hope that the science and the evidence will be clear enough that our governors will follow the recommendations that we will make to them, and we'll certainly call out any inequities or injustices that we see in approach, and we'll assess all of our options as we go. I'll be talking to all the nation's governors this afternoon with the vice president," Azar said. "I have a lot of confidence in our governors to do the right thing here."



Azar also discussed the government's strategy for messaging, given that polls suggest many Americans are wary of taking a vaccine they believe isn't sufficiently tested.

"We have got a very large public affairs campaign in the works. I hope we'll be on radio this week and getting on TV soon thereafter to help educate people about these vaccines," Azar said. "One interesting thing: we actually had to go back to the, as we call it, white-boarding on these

campaigns, because the Moderna and Pfizer vaccines are so highly effective in these clinical trials, we've actually had to make some edits to our campaign materials to take account of that. And then, the most important thing we're doing is we're keeping politics out of the process, and we're making sure that everything is done through those independent checks in the system that you and I have talked about so often."

Dokoupil asked, "Are they targeted in particular to populations — thinking Black and Brown populations, more vulnerable populations — who are particularly skeptical about something coming through a federal process?"

"Yeah, there is a targeting there, because as you know there is a very sad and sorry history in connection with some aspects of clinical trial research that have happened in the past," he replied. "That's why we have been so focused, so very focused to ensure significant minority community enrollment in these clinical trials, and the latest Moderna data out today from the full clinical trial demonstrates, I think, 30% of those in the trials were from underserved communities, especially our African-American and Latino communities. So, we have a very robust population that participated in the studies, and I want to say, as secretary, thank you to everybody who participated in these clinical trials. You really give us hope for the future because of these credible vaccines that now are going to be coming."



30% of those in the vaccine clinical trials were from underserved communities, especially in the African-American and Latino communities.

Dokoupil said, "You say you're working on a messaging campaign; wouldn't the time for the messaging campaign have been prior, while you're working on logistics, while you're developing [vaccines]?"

"Actually, Tony, not," Azar said. "First off, we want to be very sensitive. The other side was complaining if we were to put campaigns out to educate people about the vaccine before the election, there was a lot of concern expressed about that. We held those campaigns back."

"But also, you want to time it just right. You can't condition a market a month, two months before general vaccine availability. You just won't have the effect, so you want to time it really right in sequence with vaccine availability so that you really have that call to action that will have the maximum effect."

"The timing," he said, "is right on."

As of Monday, the U.S. has had more than 13 million reported cases of the virus. More than 266,000 people have died, with at least one American dying of coronavirus every minute. There have been 4.2 million cases diagnosed in November — double the number last month. COVID-related hospitalizations in the U.S. are also at their highest point ever — nearly 100,000 — and officials warn it could soon get even worse, with what they're calling a "surge upon a surge" after Thanksgiving

Joe Biden announces additional members to Covid-19 advisory board

Joe Biden announced three additional members to his Covid-19 advisory board, adding experts on mental health and health disparities among American Indians, both which are issues the president-elect has listed as priorities in the fight against the pandemic.



Jane Hopkins trained as a nurse in England and specializes in mental health, according to the transition's release. Jill Jim is an enrolled member of the Navajo Nation and the executive director at Navajo Nation Department of Health. David Michaels has experience as an epidemiologist and professor of Environmental and Occupational Health at George Washington University, where his research focuses on "protecting the integrity of the science underpinning public health, safety, and environmental protections," per the release. (Courtesy cnn.com)

Editor’s Choice



An Ethiopian girl stands at the window of a temporary shelter, at the Village 8 refugees transit camp, which houses Ethiopian refugees fleeing the fighting in the Tigray region, near the Sudan-Ethiopia border, Sudan. REUTERS/Baz Ratner



The Christmas tree is lit at Rockefeller Center in Manhattan, New York City. REUTERS/Eduardo Munoz



Attendees listen as attorney L. Lin Wood speaks during a press conference on election results in Alpharetta, Georgia. REUTERS/Elijah Nouvelage



Pallbearers, wearing personal protective equipment, carry the coffin of a patient who died from the coronavirus inside a church in Athens, Greece. REUTERS/Giorgos Moutafis



A health care worker collects a swab sample from a man during a rapid antigen test for army members and volunteers before the start of a mass test of Vienna’s population in Austria. REUTERS/Leonhard Foeger



Israeli sailors, including some standing on the Saar-6 corvette, a warship dubbed “Shield” (seen in background), take part in a welcoming ceremony by the Israeli navy to mark the arrival of the warship, in the Mediterranean Sea off the coast of Haifa, northern Israel. REUTERS/Ronen Zvulu



Carlos, a 22-months old boy, reaches for a plate with a tortilla with salt and a cooked tomato, at his home, in La Palmilla, Guatemala. REUTERS/Josue Decavele



A person gives a swab sample during a mass coronavirus testing to allow students home for Christmas, at the Sports Hall of Keele University, in Keele, Staffordshire, Britain. REUTERS/Carl Recine

More Americans Pay Rent On Credit Cards
As Lawmakers Fail To Pass Relief Bill



Housing activists gather in Swampscott, Mass., in October to call on the state’s governor to support more robust protections against evictions and foreclosures during the pandemic. (Photo/Michael Dwyer/AP)

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

With their savings running out, many Americans are being forced to use credit cards to pay for bills they can’t afford — even their rent. Housing experts and economists say this is a blinking-red warning light that without more relief from Congress, the economy is headed for even more serious trouble. There’s been as much as a 70% percent increase from last year in people paying rent on a credit card, according to an analysis by the Federal Reserve Bank of Philadelphia. “If you’re putting your rent payments on to a credit card, that shows you’re really at risk of eviction,” says Shamus Roller, executive director of the nonprofit National Housing Law Project. “That means you’ve run out of savings; you’ve probably run out of calls to family members to get them to loan you money.”



Marine Madesclaire could be faced with the choice of paying her rent on credit, too. Marine Madesclaire at a low-wage job she’s taken to try to survive. She’s faced long delays in getting unemployment benefits and is sinking deeper into credit card debt. (Photo/Marine Madesclaire)

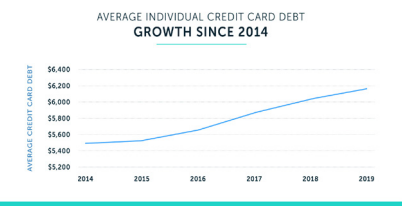
Before the pandemic hit, she felt like she was hitting her stride. The 29-year-old Los Angeles actor was doing lots of auditions and managing to land at least some quick appearances in Hollywood films.

To pay the bills, she had a gig doing modeling

work at Las Vegas trade shows. “You go to the conventions, and you stand and look pretty next to, insert product,” she says. “And it paid very, very well. I had been traveling.”

But all that stopped in March. Since then, Madesclaire has been among millions of unlucky people who’ve faced long delays getting unemployment benefits. It appears she should qualify. But it’s been more than six months, and she still hasn’t received any unemployment money. “It’s been so long that I don’t cry about it anymore,” she says. “I used to, like, have full-blown meltdowns about it.” She depleted her savings just to eat and pay bills. She’s run up more than \$10,000 in credit card debt.

More People Are Using Their Credit Cards To Pay Rent



Madesclaire has asked her card issuer Chase for help. But she says except for waiving some late fees, the bank hasn’t done much to help her. She says the 16% interest is sinking her even deeper into debt.

“They’re charging me interest and late fees,” she says. “And up until like a week ago, they also were calling me like five times a day until I told them to please stop.”

Chase said in a statement to NPR that it has enrolled many customer accounts in “payment assistance” plans. The bank says it doesn’t charge them late fees, but it does keep charging interest. Madesclaire was finally able to find a low-wage job at a computer repair store. But while that just barely covers her monthly bills, she’s still four months behind on her rent.

A state eviction moratorium in California will protect her until the end of January, or she says she would have paid her rent on a credit card, too.



Despite A New Federal Ban, Many Renters Are Still Getting Evicted

“If the choice is debt or homelessness,” she says, “I’m going to go in as much debt as I can.”

Some people just pay that way for convenience. But for many others it’s an act of desperation.

The National Housing Law Project’s Roller notes that there’s a federal order from the Centers for Disease Control and Prevention aimed at preventing evictions. But it’s not an outright ban, and many people don’t know the order exists or how it can protect them. So he says it’s not working very well. There have already been thousands of evictions in Houston, Memphis, Tenn., Richmond, Va., Columbus, Ohio, and other areas, Roller says.

“It’s bad for public health, it’s bad for the families that are involved,” he says. “It’s bad for all of us as a country.” (Courtesy

<https://www.npr.org/>)

Related

New \$908 Billion Bipartisan Stimulus Proposal Released

A bipartisan group of lawmakers announced a new stimulus proposal Tuesday in an attempt to resuscitate failed coronavirus aid talks in Washington before the end of the year, but the effort won’t make it far without buy-in from House Speaker Nancy Pelosi (D-Calif.), who wants a broad, multitrillion-dollar package, and Senate Majority Leader Mitch McConnell (R-Ky.), who wants a narrowly targeted \$500 billion bill. The lawmakers involved include Sen. Joe Manchin (D-W.Va.), Sen. Mitt Romney (R-Utah), Sen. Rob Portman (R-Ohio), Sen. Mark Warner (D-Va.), among others, along with members of the bipartisan Problem Solvers Caucus. Right now, the plan—which is not finalized and could change—includes \$300 weekly enhanced federal unemployment benefits for four more months, \$160 billion in state and local aid, and liability protections for businesses in the short term, but it will likely exclude a second round of stimulus checks to keep the cost of the bill down, the Washington Post reported. (Courtesy www.forbes.com)



贵州人不光嗜酸嗜辣
吃得还很野

黔味，是辣中带酸，也是野趣本真，这都是贵州深山造就的。在这个质朴的本色之上，又沉积了历史上各个移民潮带来的口味交汇，让广义的黔菜有了最鲜明的特征—融合。

“贵州人怕不辣”
俗话说得好“四川人不怕辣，湖南人辣不怕，贵州人怕不辣”。

贵州虽然多高原山地，但土壤却恰好适宜辣椒生长，全省内北有虾子、南有关岭、中有花溪、西有毕节、东有天柱，皆为著名的辣椒产地。贵阳小河辣椒、遵义牛角椒、虾子朝天椒、绥阳小米辣等地方名椒，俯拾皆是。贵州气候潮湿，多阴雨，正需要辣椒的刚猛热烈。因为辣椒中含有的辣椒素，可以散寒除湿，也是缺油少盐时，最容易送饭入口的调料之一。

贵州栽培的辣椒品种和食用辣椒的方法不计其数，民间家常菜几乎无菜不辣。再加上制辣方式的不同，加工成不同的“辣味”—烧辣椒、擂辣椒、焐辣椒、油辣椒、糟辣椒、泡辣椒、阴辣椒、面辣椒、鲜辣椒、香辣脆等，有的辣得令人张口咽舌，大汗淋漓；有的辣而香；有的香而不辣；有的辣得干香浓郁；有的辣得回味无穷……辣的口味也因此变得更加丰满。

爽快的辣味也似贵州人的性格，率真泼辣，风风火火。

-02- “三天不吃酸，走路打蹓蹓”

贵州的酸是主角，不是醋的酸味，而是食物自然发酵出来的味道。

在盐尚未惠及贵州的深山之前，除了辣椒，食物发酵出来的酸也能帮助减缓钠离子的流失。黔东南俗语“三天不吃酸，走路打蹓蹓”就说明了这个道理。

黔东南的各个寨子里，家家户户都备有酸汤坛子。摄影_夏功文

贵州家家腌制酸菜，人人喜食。黔南独山县特产盐酸菜就是其一，它属青菜渍品，又可细分为原味盐酸菜、冰糖盐酸菜和白糖盐酸菜三大类。以青菜为主料，加甜酒、大蒜、辣椒、冰糖等调料，腌渍而成。作为调味料，可配荤食，亦能搭素菜。甜、酸、辣味齐俱，开胃健脾助消化。

腌菜的取料更广泛，除了萝卜、青菜

之外，茄子也可做原料，洗净、晒干、搓盐，再次晾干后装入土坛中密封，坛盖沿上注满清水，以隔绝空气。酸坛要放在干燥通风处，只要保存得当，经年不坏，越陈越香。

-03- 野味和野趣

贵州食物“野”，不光在于取材大多来自山野，还在于它的味道“狂野”。

黔东南侗族地区有种被认为是“暗黑料理”的食物—牛瘪，当地称“百草汤”，又被称为“侗香”。当地人将牛宰杀后，把牛胃及小肠里未完全消化的食料取出来，挤出其中的液体，加入牛胆汁及佐料放入锅内文火慢熬，煮沸后，再过滤掉液体表面的泡沫，方可食用。可做成干锅或汤锅，也可用作调料，食之苦涩、回甘又带有草香。牛瘪如今已是黔东南的特色名菜，甚至被视为待客上品，猎奇游客尤爱一尝。

深居大山中的民族，如苗族、侗族、布依族、毛南族还喜食各种虫类。蚂蚱、稻蝗虫、草蝗虫、米蝗虫、马蜂蛹、九香虫、竹虫、柴虫等大多油炸并根据当地特色调味后，口感香脆，令人难忘。

-04- 香糯和软滑

水稻是南方最主要的主食，可分成糯性和非糯性两类，在贵州都很常见。

糯米在贵州是粽子、糍粑、米酒、油茶等食物的基础食材，也是腌制鱼、肉

的辅助材料。糯米制品可用蒸、煎、炸、煮等不同烹制方式加工，其香不同，回味各异。

把糯米饭染成五种颜色的“多彩姊妹饭”是姊妹节中年轻人互道好感的媒介。

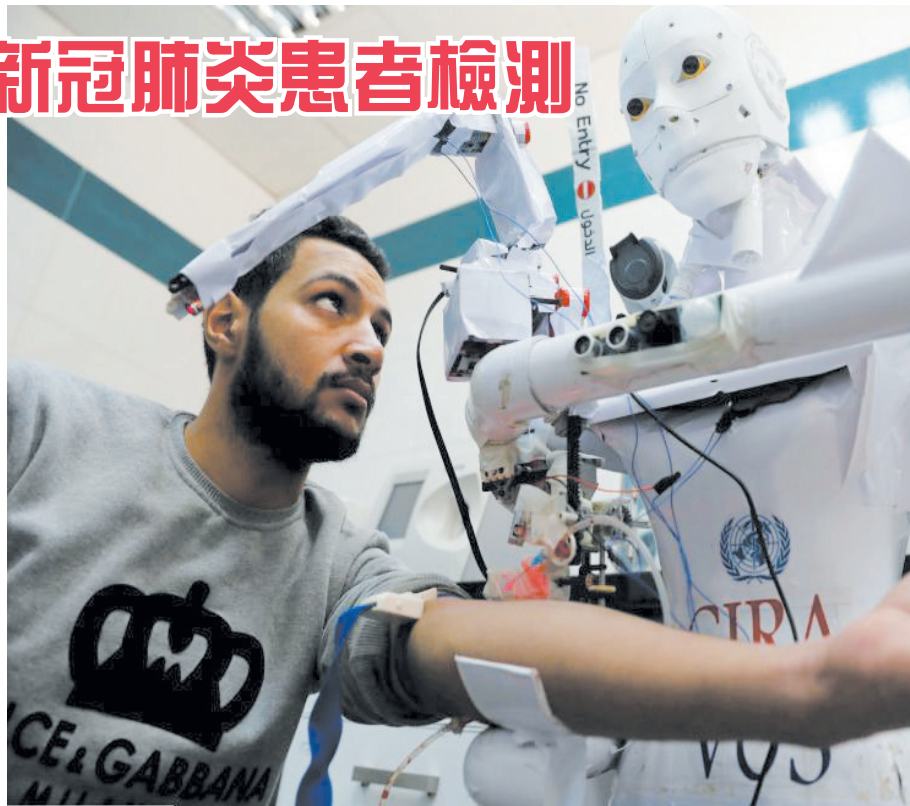
摄影_杨秀勇

香醇软糯的糍粑、饵块粑、土豆糍粑、糯玉米糍粑、糯高粱糍粑、糯小米糍粑等，都是在最基础的糯饭中加入其他主食调和味道。黄糕粑、泡粑、炸糕粑、粽粑、搭箍粑、棉菜粑、清明粑等，则是在糍粑制品上再做创意发挥。

辣、酸、野的味觉刺激和以糯米、大米为主食，只是贵州味道最基础的底色，那是久居深山，自然馈赠的最原初的味道。



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Metazoa Studio 發布了壹張史前鯊魚巨齒鯊的圖像。巨齒鯊將幼崽放入有淺水溫暖的苗圃中，讓它們在食物豐富、掠食性動物較少的環境中壹直成長為下壹個王者。但研究表明，巨齒鯊對苗圃的依賴可能是導致了它們長達2000萬年的統治的終結。

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羅誌祥受分手影響少賺1.3億 談何時復出這樣回應



據臺媒報道，羅誌祥與周揚青分手後首度接受專訪。停工7個月，小豬失去了4個代言、3個節目主持，預估少賺約新臺幣6億元（約1.38億人民幣），他的下臺步，外界都在看，何時復出更是個關鍵點。小豬認為，自己從沒退出，所以也就沒有復出的說法，這段期間仍有許多工作找上門，只是他都暫時擱置在旁，連緊

接而來的跨年場，也推掉了多場邀約，小豬逗趣以唇語說：“推掉太多了。”

出道多年的小豬，算是生財有道，不管是演藝事業、房地產或投資潮牌，眼光都相當精準，因此暫不缺錢。只是這回跌跤，小豬看盡了人情冷暖，聊到最後，他忍不住啟動碎碎念模式：“很多新聞壹直猛打我、瞎打，

我會記得。”

或許是發現自己說多了，小豬再三強調：“我沒有要講什麼，現在，只要能看到媽媽的笑，我就很開心。”言外之意，似乎是羅媽媽這壹段期間，相當擔心兒子的心情與處境，但母子倆的互動依舊如常親暱，小豬還為媽媽舉辦了乒乓球大賽，看到媽媽滿足的神情，身為兒子的他也很開心。

桂綸鎂國標舞練到吐 老師等級架勢嚇到楊祐寧



台灣電影《腿》獲本屆金馬獎最佳女主角、男配角、原著劇本與造型設計4項大獎提名，電影由鍾孟宏監製、《陽光普照》編劇張耀升首度執導，集結金馬影后桂綸鎂與楊祐寧首度化身銀幕情侶檔，發布《腿》正式海報，桂綸鎂與楊祐寧甜蜜燦笑並肩而坐，兩人也因此為戲勤練國標舞，楊祐寧表示當他結束上一份工作投入練習時，桂綸鎂已經練到接近老師等級的架勢，他說：「她的態度和整個人的線條都非常修長展開，我有被嚇到。」而導演張耀升更透露：「有次舞蹈老師打電話來說小鎂練舞練到吐，我們趕緊過去探望，但她一直說沒事，

她會做好充足的準備，所有的辛苦都不會讓你知知道，她真的是非常努力的演員！」

愛情喜劇《腿》集結桂綸鎂與楊祐寧首度攜手飆戲，戲中他們因為跳國標舞結緣而萌生愛情，兩人戲外也因練習華爾滋讓默契迅速增溫，但浪漫的華爾滋卻是國標舞中難度最高的，桂綸鎂坦言：「我對國標舞完全沒有任何基礎和概念，要在極短的時間內掌握它的美和架式，還要帶入情緒真的不是三兩三就能辦到，我花了很多時間在練習。」而楊祐寧則表示：「國標舞真的是一項非常難的運動，除了每天到舞蹈教室報到之外，回家後還得

看影片記舞步。」

楊祐寧提到，與桂綸鎂一起練習時必須讓兩人變成一個軸心旋轉，他說：「一開始非常不順利，我往左邊走，小鎂可能往右走，我們跳一跳就會越分越開，跳起來就不漂亮，所以我們兩個的默契也因為練華爾滋很快地變好。」桂綸鎂更表示：「我很謝謝舞蹈老師們，有他們的幫忙才能化腐朽為神奇。」

《腿》是《陽光普照》金馬獎編劇入圍張耀升首部執導的劇情長片，電影由鏡文學、華文創、甜蜜生活出品，由導演鍾孟宏導演監製部，楊祐寧、桂綸鎂主演，於12月24日聖誕檔上映。

爆小哥癌末病危立遺囑 網紅「公開母親對話」惹毛恆述



65歲「小哥」費玉清封麥後過著夢想中的恬淡生活，豈料近日卻無事生波，遭大陸網紅「帝師」亂爆料稱他癌癥擴散命危，律師還進入病房記錄遺囑。在小哥經紀人、張菲及恆述法師接連出面闢謠後，該網紅昨（30）日公開自己和母親的對話截圖還原真相，同時向大眾致歉。大陸網紅帝師28日開直播時，突然自爆媽媽傳訊息給他，稱「費玉清癌癥已經擴散，危在旦夕，律師進入病房正在記錄他的遺囑，他剛64歲，我在旁邊。」針對網友詢問「真的假的？」帝師表示「我也不知道，我媽給我發的。」消息傳開後，包括小哥經紀人、張菲及恆述法師都發聲痛批網紅造謠，指費玉清壹切安好、身體健康。

對此，帝師昨公開多張和母親的對話截圖，原來媽媽是在網路上看到亂傳費玉清病危的影片才會誤以為真，帝師向大眾道歉，稱「我在自己完全沒有核實也沒有多做思考的情況下，就在直播的時候說了這事（雖然在直播中我也說了這件事情不知道真假，不能確定，但是畢竟當時是在直播，所以確實是我考慮不周），為此，在這裡再和大家說聲非常抱歉，也要向費玉清先生說壹聲：對不起。」

儘管帝師未多解釋為何直播時會說媽媽就在費玉清旁邊，但他強調「錯了就是錯了，說再多也彌補改變不了什麼」，稱以後壹定會加倍注意自己的言論，不會再犯類似錯誤。

然而此事讓恆述法師相當火大，據報導，恆述法師痛批有人靠點閱率、流量賺錢，真是不得好報，她也透露自己昨天壹早就接到許多電話和簡訊關心，指前兩天姪子張少清才和叔叔（費玉清）開心吃飯，怎麼可能會得癌癥。

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《戒指流浪記》由宥勝、林予晞主演，劇中林予晞糾結在前男友黃柏鈞與現任男友宥勝的情感，若以她的角度看待角色處理這三角關係，她透露：「不管跟前任或現任分手了，我不會跟任何前任有互動，就算跟一群朋友聚會也不會出現。」就算被指責無情，她擔心這樣關係變得複雜，或是有任何節外生枝，因此若前任出現在朋友聚會，或是會一起工作對象，她都會先跟相關人士說抱歉。

提到林予晞在劇中與前男友黃柏鈞有所互動，如何看待這樣三角糾葛，宥勝直喊：「不要問我，我只有火大！」他坦言：「當自己真正愛上一個人時，所有條件都變得不重要了，不然奕之（指宥勝飾演角色）根本拼不過前男友呀！」談及宥勝、黃柏鈞兩人，林予晞認為黃柏鈞戲裡戲外，因在國外長大，是相處大方，給人很有安全感，尤其心思細膩是他最大魅力，「只要有困難，他都在」，黃柏鈞則說，由於自己有投資餐飲副業，很習慣性地會去仔細觀察每一個人，因此時常會留意身邊朋友，現在需要幫什麼忙，比如朋友聚會，發現朋友的水杯水量不夠，會幫忙倒水等，他都會留心。

林予晞指出，宥勝飾演的角色黃奕之則恰恰相反，行事作風非常小心翼翼，「但我飾演的角色裡，麗莎則非常喜歡看他這樣子，隨著劇情演變，觀眾可以看到背景相同的兩人為未來目標一起打拚過程」。《戒指流浪記》（ADVENTURE OF THE RING）共8集，將在12月13日晚間9點HBO頻道首播，首播當天一次播出2集，之後每星期同一時間播出最新1集。

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倪虹潔：《武林外傳》成名後並未把演員當成主業

21歲拍的婷美內衣廣告，連續幾年在各大電視臺刷屏；隨後，情景喜劇《武林外傳》中的“祝無雙”又讓她收獲了大批觀眾。

今年，42歲的倪虹潔參加了《演員請就位2》，沒有年齡優勢，沒有流量加持，在殘酷的遊戲中不斷廝殺，卻也受到演技上的肯定。

11月21日播出的節目中，倪虹潔在大鵬執導的影視化作品《花木蘭》裏飾演花木蘭，這位征戰沙場12年的將軍，扔掉了“替父從軍”的枷鎖，卻也對戰爭倍感疲憊，更像壹個活生生的人。陳凱歌評價她：“用眼睛演戲，非常有說服力，不再是那麼用力地去做，但是收到的效果卻非常好。”最終，倪虹潔獲得151票，成功復活並進入爾冬升劇組。

《花木蘭》結尾，花木蘭看著水中的月亮，輕輕拍了下馬，她笑得像個孩子。這是屬於倪虹潔的時刻。

1 演花木蘭，可長臉了

凌晨五點的休息間，倪虹潔和小夥伴啃著螃蟹，剝著龍蝦，喝著啤酒，想著以最後的放縱結束《演員請就位2》的錄制，“我覺得要滾蛋了”。導演給倪虹潔戴麥，倪虹潔說，不用戴，他（大鵬）不會找我的。

幾分鐘後，大鵬站在了門口，倪虹潔笑著打了聲招呼。休息間裏有個隔板，隔壁是另壹位年輕演員，她以為大鵬是去那邊的，沒想到他停在門口壹直對著自己笑。倪虹潔激動得熱淚盈眶，不敢相信，“我還怕他，是真的嗎？”

大鵬想拍《花木蘭》，故事現寫。倪虹潔心裏想，那肯定是同組的年輕演員黃夢瑩演花木蘭，但軍營裏好像也沒有別的女性角色了，我演誰呢？估計也不是什麼重要的角色。

收到微信，大鵬說，妳演從軍12年行將退役的花木蘭，先寫個人物小傳吧。倪虹潔寫了好長壹篇，又躲在衣帽間錄了好幾遍音頻發給對方。接著，她收到了大鵬發來的劇本，讓她看完劇本再重新寫個人物小傳。

“我原來想錯了。之前各種版本的《花木蘭》都是滿滿的壯志雄心，保衛家園，但人是會疲憊的，而且壹個女人在軍營那麼多年，已經不能再打殺殺了，她只是想走，”倪虹潔又重寫了壹版人物小傳。

拍攝時，大鵬試了兩個版本，壹個正常版，壹個搞笑版，花木蘭有點痞痞的，最後大鵬明確了自己的風格，完成了現在觀眾看到的版本。盡管熬了49個小時，但倪虹潔卻感覺渾身都是力量，不管文戲還是打戲，有無限可能。

《花木蘭》播出後，受到壹片贊揚，倪虹潔覺得“自己可長臉了”，前兩次演的都是媽媽，沒想到自己還能演壹個將軍。

2 無人談及的那則內衣廣告

1997年，還在讀書的倪虹潔被同學拉去拍了壹支礦泉水廣告，做群演，報酬二百。拍完後，群頭對倪虹潔說，“小姑娘，今天我給你加二百，四百塊，以後別人找你千萬不要去，我給你打電話妳就來”。

後來，上影廠的壹位化妝師推薦倪虹潔拍了朵而膠囊廣告，報酬2000元。化妝師建議倪虹潔將來考上上海戲劇學院。但家人卻瞧不上這個行業，用奶奶的話說是“戲子”，女孩子還是要找份正經工作。

兩年後，婷美內衣的廣告商找到倪虹潔，和她說拍攝的是保健內衣廣告，到了公司，她才發現很多女生都穿著內衣，倪虹潔心想，不會叫我穿這個吧。工作人員讓她去試壹下，倪虹潔卻壹直坐在更衣室門口哭，旁人安慰她，沒事的，妳先去試壹下，導演也不查定會用妳，明天會有替身的。結果，第二天正式拍，並沒有替身，“好多模特都穿著內衣走來走去，我壹個人站那兒就顯得有點兒奇怪”，倪虹潔只好換上內衣，扭扭地出來拍完了廣告。

後來，倪虹潔回家翻合同，才發現上面寫的就是內衣，她後悔簽的時候沒仔細看。但後悔也沒用，如果違約，要按報酬的幾倍賠償。

2001年，倪虹潔因為婷美內衣被評為“全國十大廣告明星”之壹。但快二十年過去了，倪虹潔的父母從來沒有跟她提起過這則廣告。因為成長在傳統家庭，沒有人會把這件事情攤開了說，也沒有人

找她談心。有時候，家人壹起吃飯，電視上會出現婷美內衣的廣告，“那30秒鐘極其難熬，度日如年，大家都默不作聲，也不看電視，特意回避，壹直吃飯”，等廣告結束後，每個人都好像松了壹口氣。

3 演員、客棧老板娘

2000年，壹位制片人去上海找倪虹潔拍戲，演壹個模特，並開出壹集7000元的片酬。雖然沒演過戲，但這對倪虹潔來說，很有誘惑力，她決定頭壹次出遠門。

那兩個月的拍攝，倪虹潔很開心，劇組大部分都是山東人，沒有壞心眼，還很保護女生。這麼多年來，她還壹直和那位制片人有關聯。至於表演，倪虹潔說，談不上任何演技，就是楞演，把臺詞背出來，“我背臺詞可快了，沒有壓力，反正沒怎麼被導演罵過，就很順利地通過了。”

唯壹壹次是被丁黑導演罵。倪虹潔在劇中演壹個搞氣氛的群頭，演得正忘我時，丁黑罵道，不知道鏡頭在哪裏嗎？倪虹潔壹回頭，看到壹條長長的軌道，機器架在上面，原來她剛才壹直背對著鏡頭。

雖然誤打誤撞進入了這個行業，但倪虹潔起初不喜歡做演員，也沒有將此作為自己的長期飯碗。不喜歡被人關注，喜歡素顏，對於合影之類也比較抵觸的倪虹潔，就想過正常人的生活。

《武林外傳》中的“祝無雙”打開了她的知名度後，各種煩惱紛至沓來。她是個很饒的人，吃東西不喜歡去高檔的飯店，“太嚴肅了”，更鍾愛路邊的小吃攤。有壹次，她去壹家面館吃面，搬個小板凳坐在外邊。這時，對面有個女生認出了她，就壹直盯著她看，感覺像發現新大陸壹樣，最後實在憋不住了，大聲說了句，我好喜歡妳，連飯都不吃了，就盯著倪虹潔看。倪虹潔渾身開始冒汗，當時戴了頂帽子，恨不能把帽檐兒放到碗裏，沒吃完就走了。

這樣的情況多了後，倪虹潔覺得好不自在，她沒法接受這樣的生活。做演員只是維持生活基本開銷的壹個手段，對外界，她從來不說自己是演員，覺得那只是她的副業，很想找個主業幹幹。

那時候她喜歡旅遊，經常壹個人跑去四川，找個鎮子，攆個羊腿，搭著帳篷，和壹幫不認識的人騎馬、爬山、烤羊腿，在山上過夜。“那是我看到的星星最多的時候，滿天都是，密密麻麻的，城市是看不到的”，這是她向往的生活。

倪虹潔去過雲南很多次，大理、麗江、西雙版納，每次去都不壹樣。“穿著布鞋，在青石板路上走的時候，我覺得心裏特別幹淨”。她覺得自己適合那裏，想當個客棧老板娘，養壹匹馬，每天下午四五點，騎著馬踏過青石板橋，去菜場買菜。

她很快就將夢想照進了現實，在麗江東河古鎮盤了個客棧，取名“後花園”，當起了老板娘。可現實完全不是倪虹潔想象得那般美好，她每天被各種瑣碎的小事煩惱著，碰到最多的就是合影，“要不就是馬桶壞了讓我看看，電視為什麼不開，空調怎麼不能用……”倪虹潔覺得，夢想還是挺遙遠的，就把客棧承包出去了，不掙錢，她強維持著。

當客棧老板娘的計劃破產後，倪虹潔還想過開寵物店。但這個夢想也幾近渺茫，倪虹潔喜歡小動物，如果開寵物店，店門口肯定每天會有很多被遺棄的小貓小狗，寵物店會變成收容站。現在她家裏養了三只貓，都是撿的，其中壹只花狸貓是在重慶拍戲的時候帶回來的，“拍戲的時候，它老跟著我，長得好可愛，現在壹群毀所有”。

而且，她對貓狗嚴重過敏，0.35IU/ml是過敏的臨界點，倪虹潔查完過敏原濃度數值為大於100IU/ml，直接爆表。

但為了養貓，她在家裏都戴著口罩，因為摘下來會不停地打噴嚏。

4 缺席的榮耀感

今年年初，倪虹潔在青島拍戲，疫情來了後，她被關在了賓館壹個多月。有時候她會和助理偷偷溜出去，到海邊挖蛤蜊、釣蠔子。還曾在賓館底下堆雪人，半小時後雪人被人鏟掉，她就蹲在那裏哭。大家都不理解，為什麼要哭。在她看來，雪人也

是有生命的，“我給它插了兩朵小茶花，那麼好看

的眼睛，怎麼就不讓它多看壹會兒？”對於外界的人或物，倪虹潔容易受感動。和她演戲，只要對手演員投入，倪虹潔就能壹直哭。在電視劇《穿越烽火線》（2013年）中，倪虹潔飾演壹名保育員，有場戲她帶著壹群小朋友去打仗，犧牲後，孩子們就抱著她哭。拍了壹會兒，導演喊卡：“倪虹潔，妳能不能不要哭了？”“壹個死人，不停在那兒流眼淚”，倪虹潔就是抑制不住，她心裏難受。

雖然這種感性過於外露，但在表演上也更容易讓她進入角色。電影《藍色骨頭》（2014年）選女主角時，導演崔健因為看過倪虹潔早年拍攝的廣告，短發造型和他腦海中的女主角施壓很像，於是決定見壹見。

見面後，崔健什麼都沒說，就放了壹首電影中的插曲《迷失的季節》，“太可惜，也太可氣，我剛剛見到妳……”聽著聽著，倪虹潔就哭了，崔健遠遠地看著她，最終定下了這個角色。

然而，包括選角副導演在內的工作人員都建議導演慎重，因為倪虹潔是演情景喜劇出來的。事後，倪虹潔問崔健，看過《武林外傳》嗎？他說，沒看過。

《藍色骨頭》算是倪虹潔表演上的壹個分水嶺，也是她開始轉變工作態度的壹個重要節點。那幾個月，她過得特別充實。崔健是個很單純的人，每天就是聊電影，聊角色，整個劇組也都在為壹件事情努力著，沒有雜念。倪虹潔每演完壹場戲，都會得到無數鼓勵，她突然發現，原來演好每壹場戲，過好每壹天才是最重要的。

因為《藍色骨頭》，她找到了自己作為演員壹直缺席的榮耀感。之前，她覺得自己只是個打工仔，就想著快點結束，但慢慢地，她再也沒想過要幹別的，就想著用心把戲演好，自我介紹時，名字前也會加個定語“演員”。回想以前，倪虹潔覺得自己挺二的，跟傻子似的，“對面站壹男（演員）的，壹會兒側面45度角，壹會兒哭了，我覺得好傻，特別瞧不上”。但現在，再看對手演員，如果演得好，倪虹潔也會由衷地敬佩，“怎麼那麼牛，”喜歡這壹行的時候看人看事的立場都不壹樣了。

5 停下來，喘口氣

然而，倪虹潔的感性，蔓延到表演之外，就會變成不理智。別人找她拍戲，劇本好不好？沒關系，不看劇本，看人情，錢不錢的也不重要。她覺得，別人壹再找她幫忙，等到第三次的時候，有好的角色也能給自己留壹個。事實證明，好像沒有用。

憑借多年經驗，她基本摸清了別人找她的套路：這是新銳導演，劇本寫了很多年，現在找到了投資，想把它當作壹個作品來完成，希望老師能夠加入我們團隊，這個片子壹定是黑馬。

起初，倪虹潔也會覺得熱血沸騰，劇本和角色也都是自己喜歡的，導演壹腔熱血，自己也不能落後，跟著年輕團隊壹起拼，覺得是在做壹件偉大的事情。

但因為資金局限，很多技術上的條件達不到，本來拍五天的景，壓縮到37個小時拍完，表演狀態都不盡如人意。最重要的是，片子拍完後，沒有錢做後期、發行。倪虹潔很現實地發現，拍完好幾部後，浪費了挺久時間，最後連個水花都沒看見。唯壹讓她欣慰的是，演戲的熱情壹直保持著，如果老是不去拍戲或者接觸年輕團隊，表演會越來越套路，就像做行活兒，時間久了會被掉，只為了糊口也

挺沒意思。

不過，也不是所有付出都化為雲煙，“拍十部小成本片子，總有壹兩部可能會出來”。《過春天



》（2019年）算是其中的黑馬，新導演、新演員，主創們都滿腔熱情。倪虹潔在片中飾演母親阿蘭，壹個愛打麻將，靠男人生活的女人。倪虹潔看到劇本後特喜歡，壹口答應了。影片上映後入圍了國內外很多電影獎項，倪虹潔的表演也獲得不少贊譽。這幾年，拍了不少戲，倪虹潔也挺累的。《演員請就位2》開播時，陸續有劇本遞過來，但她不著急，可以等壹等，還壹選，最近都沒接戲，“反正我買了房子，貸款我也還得起”，她不想過度消耗自己，可能和壹個有激情的團隊合作，能充點電，但大多數還是程序化的，總這樣循環下去挺沒意思的，不如稍微停下來，喘口氣，再好好去演下壹部戲。

矛盾體

這些年，倪虹潔演了不少媽媽，包括婁藝瀟、楊穎、迪麗熱巴的媽媽。她倒是不太介意。她記得最初演媽媽是從電視劇《第二次人生》（2014年）開始的，她演王媛可的媽媽，只比對方大6歲，和飾演女婿的蘆芳生同歲，更有意思的是，劇中王媛可生了兩個孩子，36歲的倪虹潔因此當上了外婆。

自從演了外婆後，倪虹潔感覺壹發不可收，很多制片人恍然大悟，原來倪虹潔演外婆也不介意，什麼年輕貌美、有坎坷經歷的媽媽，都會跳出倪虹潔的形象。當時她還勸慰自己，不是每壹個年齡階段都可以駕馭有著心酸歷程的媽媽，二十歲的演員，根本演不出《摩天大樓》（2020年）裏的那種媽媽。

有人說，倪虹潔是個矛盾體，既有當媽媽的感覺，又是個小女生，在經歷了很多不如意後，又不知道怎麼去保護自己的孩子，因為她自己還是個孩子。倪虹潔承認，自己是比較滯後的人，成長比較慢，30歲的時候心智才20歲，每天就是想貓狗狗狗，去哪兒騎個馬，心思完全不在幹這行上面。現在四十多歲，長大了壹點，卻依然像個孩子。

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EATUP!
AT 99



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