



## WEA LEE'S GLOBAL NOTES

12/17/2020

## CORONAVIRUS DIARY

Wealee@scdaily.com

## Jansen' s Personal Story

Vice President of Pfizer Kathrin Jansen

who led the development of the company

's COVID-19 vaccine had a very touching story when she witnessed the death and economic disaster near her home in New York City.

Jansen was interviewed by CBS news and talked about her experience in the pandemic. She said that, "The most chilling thing for me was when we walked our dog and we'd go by the hospital complexes and you'd see one refrigerated truck after the other appearing in the parking lots in front of the hospitals. It was their morgue trucks. It became very personal, the virus. I took this very personally. I wanted to fight it, beat it and fight it down."

Jansen's story represents the feelings of so many medical teams and researchers working to fight in the front line and in their laboratories.

Today the Pfizer vaccine came to rescue for the people suffering in the pandemic. We all hope that in the coming months our society will get back to normal.

With the Biden administration soon taking over the White House, there are two fundamental policies that will change. One of them will be helping more community banks to serve their communities with more relaxed credit. The other is the



building of more affordable housing for low income people.

Housing is the backbone of our economy. We expect the new administration

will get back together with the international community to address all the new challenges we are facing in the current world.



Southern News Group Chairman / CEO  
Chairman of International Trade & Culture Center  
Chairman of International District Houston Texas



Publisher Southern Daily Wea H. Lee

Stay Home!

## BUSINESS

Wear Mask!

## The First COVID-19 Vaccine Is Heading Your Way - What You Need To Know



Pfizer-BioNTech's COVID-19 vaccine has been tested for safety and efficacy in more than 44,000 people. Still, stopping viral spread will take more than immunizations, says the CDC. The agency is calling for those who are vaccinated to continue wearing masks and practicing safe physical distancing. Frank Augstein/

AP

clinics and military facilities. Initially, states are likely to direct first supplies to larger distribution centers — such as hospitals and long-term care facilities. The drugstore chains CVS and Walgreens are responsible for delivering the vaccine to nursing homes, which are likely also to be among the first places for availability. States will be in control. You can check out what your state has been planning on Page 25 of this document on vaccine distribution from Duke University and the National Governors Association. **What side effects can I expect from the vaccines?** In the Pfizer and Moderna trials (which included an average of two months of follow-up), vaccine recipients have reported mild symptoms (such as sore arms, redness at the injection site, headache or fatigue) a little more frequently than with flu vaccines, says Dr. Paul Offit, a pediatrician at the Children's Hospital of Philadelphia and a member of the FDA's advisory committee evaluating the vaccines. Offit says mild to moderate symptoms — similar to the range of side effects seen with the shingles vaccine Shingrix — are to be expected, and people need to understand that.

Tech COVID-19 Vaccine." The agency noted in a press briefing Saturday that the warning does not extend to the 1.6% of people who have had a severe allergic reaction to foods or something in the environment. Both the Pfizer and Moderna vaccines are based on a new model — getting genetic material into people's cells so that the cells produce proteins that will trigger an immune reaction. "There's no particular reason based on the science to be concerned about long-term side effects," says Dr. Jesse Goodman, former FDA chief scientist and now at Georgetown University. "But that said, careful monitoring over time will be needed."

**I'm pregnant. What should I do about getting immunized?** Many vaccines are safe and effective and are recommended for pregnant women, but pregnant women were excluded from both the Moderna and Pfizer studies, so no one can say for sure how the vaccine will perform in this group. Several studies have shown that pregnant women who get COVID-19 are more likely to have a worse run of it, so it would be helpful to have more data. "We think and hope the vaccines will be useful and safe for pregnant women," says Goodman. "But we need the studies."



Vaccine recipients, especially under age 65, also "could have fever — including rarely high fever — fatigue, headaches, chills, muscle aches, joint pain, enough so that one could miss a day of work," Offit tells NPR.

"But that's just your immune system being vigorous and working for you," Offit says. "In many ways, it's a good thing. But you can't have people surprised by this because it is actually a fairly common problem." An FDA-posted fact sheet and prescribing instructions regarding the Pfizer vaccine reports that in one trial, 0.4% of people who'd gotten the vaccine had a serious adverse event compared with 0.3% of those who received a placebo. A New England Journal of Medicine report published this week described the incidence of serious adverse events as "low, and similar in both groups." In the U.K., which began vaccinating with the Pfizer vaccine earlier this week, there have been two or three cases of strong allergic reactions in people who have a significant enough history of severe allergies that at least two routinely carry EpiPens. The reaction was safely quashed with a shot of epinephrine. The fact sheet the FDA posted advises health workers to not give the Pfizer vaccine to "individuals with known history of a severe allergic reaction (e.g., anaphylaxis) to any component of the Pfizer-BioNTech

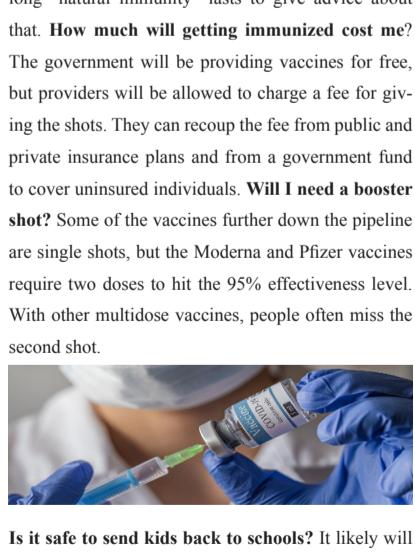
issue came up during the advisory meeting Thursday, and Pfizer said it would be releasing results on toxicity studies in rats in the next few days. The FDA's



guidance did not preclude offering the vaccine to pregnant women, but experts say there isn't enough information to assess the risks versus benefits in a way that would merit blanket advice. **What about kids?** Participants in Pfizer's vaccine studies were mostly adults, and the FDA's authorization is for people 16 and older. But, so far, only 163 people in Pfizer's 44,000-person trial were as young as 16 or 17, notes Dr. Cody Meissner in an interview with NPR. He is chief of pediatrics at Tufts University Medical Center and one of the FDA advisory committee members. Half of that group got the placebo, and none of the participants in the research trial was younger than 16, Meissner notes. The American Academy of Pediatrics is calling for adding younger people to the vaccine clinical trials. The FDA's Dr. Peter Marks, director of the Center for Biologics Evaluation and Research, notes that many 16- and 17-year-olds are working as checkout workers or are otherwise active in their communities, so their risk of contracting the coronavirus can be elevated. "We think the known and potential benefits outweigh the known and potential risks" of immunizing this age group, he says.

The issue came up during the advisory meeting Thursday, and Pfizer said it would be releasing results on toxicity studies in rats in the next few days. The FDA's

guidance did not preclude offering the vaccine to pregnant women, but experts say there isn't enough information to assess the risks versus benefits in a way that would merit blanket advice. **How much will getting immunized cost me?** The government will be providing vaccines for free, but providers will be allowed to charge a fee for giving the shots. They can recoup the fee from public and private insurance plans and from a government fund to cover uninsured individuals. **Will I need a booster shot?** Some of the vaccines further down the pipeline are single shots, but the Moderna and Pfizer vaccines require two doses to hit the 95% effectiveness level. With other multidose vaccines, people often miss the second shot.



Is it safe to send kids back to schools? It likely will be awhile before any of the COVID-19 vaccines are authorized for use in children — the early vaccines have not been tested in kids under age 16. And it's going to take a long time for vaccination to lower the overall rate of infection in the community and thus lower the likelihood of the coronavirus coming into the schools from outside. Infectious disease experts say that for now, the safety of the youngest students has much more to do with whether their school makes sure that students, faculty and staff keep properly distanced and wear masks where appropriate; provides washing-up areas; and ensures good ventilation. (Courtesy www.npr.org)

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

## Who specifically is eligible for the vaccine now?

With more than 2,300 deaths now routinely linked to the coronavirus in the U.S. each day, getting a safe vaccine into people's arms has been an urgent priority. The FDA late Friday issued an emergency use authorization for the vaccine made by Pfizer and German biotech firm BioNTech to be given to people ages 16 and over.

**Is the vaccine safe?** Pfizer has run tests that include more than 44,000 people. An FDA analysis of the vaccine's safety and effectiveness on people aged 16 and older found "no specific safety concerns" that would preclude the vaccine's use. Some mild to moderate side effects are common — mostly swelling, pain, redness at the injection site, fatigue and sometimes including fever that resolves within about 24 hours.

**I'm not high risk or an essential worker, so how soon can I get vaccinated?** Not for a while. The Department of Health and Human Services expects to send about 2.9 million doses out in the first push this week. Those doses are to be divided up among states based on their population. Last week, Secretary of Health and Human Services Alex Azar promised that the government would provide enough vaccine for 20 million Americans before the end of the year and says there should be enough for everyone in the U.S. in the spring — likely not just the Pfizer vaccine but also others that are still in the research pipeline.



Trucks are being loaded with much needed coronavirus vaccine.

If there are a few different vaccines coming, which one is best for me? Right now, you don't have much choice.

Only the Pfizer vaccine has been granted emergency authorization for use. A vaccine that works in similar ways made by Moderna is expected to get that authorization, too — perhaps as soon as next week. Measures of the safety and effectiveness of the two vaccines seem roughly comparable. Other vaccines under development use different approaches to the same end. One relies on a harmless virus loaded with a coronavirus gene for a protein that will induce an immune response, and several companies are working on more traditional, weakened-virus vaccines. Some of the candidate vaccines are single-dose, while others (including Pfizer's and Moderna's) require two shots, spaced three to four weeks apart for full protection. Some of the vaccines must be kept extremely cold. **Where will I be able to get the vaccine?** Many doses of Pfizer's vaccine have already been deployed to the company's hubs in the U.S. and will now be shipped across the U.S. According to Operation Warp Speed, the vaccines will be picked up from manufacturers by UPS, FedEx and medical supply company McKesson for delivery to pharmacies, nursing homes, public clinics, hospitals, doctors' offices, mobile

Friday, December 04, 2020

**Southern**  
**DAILY** Make  
Today  
Different

## 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 Zvulun



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



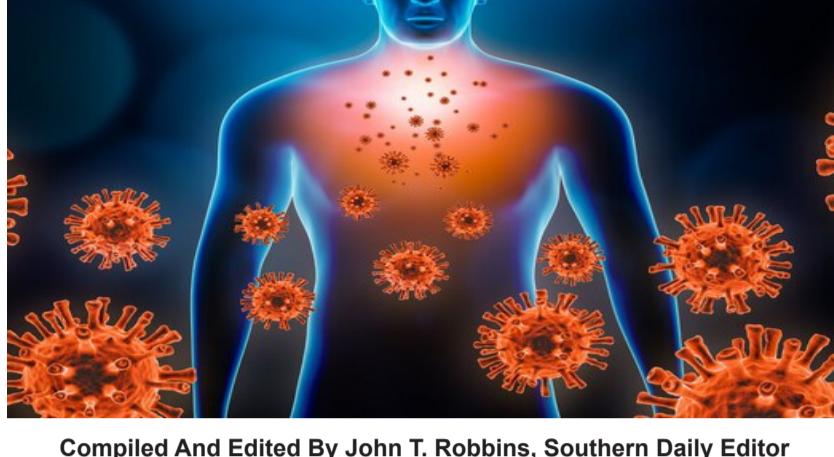
A person gives a swab sample during a mass coronavirus testing to allow students home for Christmas, at the Sports Hall of Keele University, in Keele, Staffordshire, Britain. REUTERS/Carl Recine

Friday, December 18, 2020

**Southern**  
**DAILY**

Make  
Today  
Different

## COVID-19 Passes Heart Disease As U.S. #1 Killer



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

December 7, 2020 -- COVID-19 passed heart disease as the leading cause of death during the past week, according to the latest report from the Institute for Health Metrics and Evaluation. More than 11,800 COVID-19 deaths were reported, passing heart disease at 10,700 deaths, lung and tracheal cancer at nearly 4,000 deaths, chronic obstructive pulmonary disease at more than 3,700 deaths, and stroke at more than 3,600 deaths. The daily death rate is greater than 4 per million in 34 states, according to the report. More than 281,000 people have died from COVID-19 as of Sunday morning, according to data from Johns Hopkins University. The total could reach more than 500,000 by April, the IHME model forecasts, which could peak at around 3,000 deaths per day in mid-January.

"By April 1, 2021, we project that 9,000 lives will be saved by the projected vaccine rollout," according to the report. "If rapid rollout of vaccine is achieved, a further 11,000 lives will be saved."

Until then, nearly every state will see an overwhelming increase in COVID-19 hospitalizations, and 46 will face "high or extreme stress" with hospital beds and ICU capacity between December and February, IHME said. "It's one giant ball of anxiety trying to figure out where the next patient's going to go," Donovan Boetcher, a respiratory therapist in Wisconsin, told CBS News.

**From late January to early October 2020, the U.S. had 299,000 more deaths than the typical number during the same period in previous years (excess deaths)**

**At least 2 out of 3**

of these excess deaths were from COVID-19

The largest percentage increases were among people who were Hispanic or Latino and adults aged 25-44

CDC.gov

"I feel like on social media, there's a lot of talk of health

care heroes and all that," Boetcher said. "Well, if you really want to respect people in health care or anyone that has to work right now, stay home. Wear a mask."

The U.S. also hit a record seven-day average in COVID-19 cases, logging more than 1 million new cases during the first five days of December to reach 14.5 million, according to CNN. The U.S. reported nearly 228,000 cases on Friday, which marked the highest one-day total during the pandemic, and averaged about 183,000 new cases per day, breaking yet another record during the past week.

"Every single day, thousands more people are getting this virus, and we know that means that in a few days, in a week, hundreds of people are going to be coming to the hospital and hundreds of people are going to die," Shirlee Xie, MD, the associate director of hospital medicine for Hennepin Healthcare in Minneapolis, told CNN. (Courtesy /www.webmd.com)

**Related**

**Mortality in the United States, 2018**

(Editor's Note: Review this information from the CDC keeping in mind that COVID-19 has surpassed heart disease as the #1 killer in the U.S. Please refer to information in above article.)

**Number of deaths for leading causes of death**

• Heart disease: 655,381 (see article above)

• Cancer: 599,274

• Accidents (unintentional injuries): 167,127

• Chronic lower respiratory diseases: 159,486

• Stroke (cerebrovascular diseases): 147,810

• Alzheimer's disease: 122,019

• Diabetes: 84,946

炒饭，也许是美食江湖中，最深藏不露的扫地僧。

对厨子来说，炒饭是考教功力的试卷，选择食材、打磨棍骨，掌控火候、一气呵成。看似简单，但每一步都是庖厨生涯的修为见证。

对食客来说，炒饭则是证明见识和阅历的字典，虽然配料和做法千变万化。但有经验的食客，总会去芜存菁、拨开繁复的表象，洞见炒饭制作者的幽微用心和炒饭滋味的高下。

而对食物本身来说，炒饭则符合中国饮食因地制宜，丰俭由人的传统：在鸡蛋、米饭、葱花所构成的朴素根基上，搭载了由肉禽、河鲜、海味、蔬菜、块根所组成的无比宏伟的味觉殿堂。

如果要选出一种最能代表中国的食物，非炒饭莫属。炒，表现了中国先进的冶金史与油料作物贫瘠的矛盾；而米饭，则彰显了华夏先民驯化水稻的智慧，和全世界最大的米食国家的餐桌底蕴。

成书于南北朝的《齐民要术》中，记载了一味很有意思的菜肴：炒蛋。

“打破，著铜铛中，搅令黄白相杂。细擗葱白，下盐米、浑豉、麻油炒之。”在中国饮食史中，这是一段里程碑式的记载：油与炒，第一次关联起来。

从时间线上来看，这是汉代张骞、班固们积极通西域，带回芝麻、核桃之后，让植物油价格降低之后的长尾红利。当然，这种饮食的进步也见证了中国治金技术的发展。南北朝的黄铜在物理强度和温差耐受上已经做得很好，打造的器皿也远比青铜轻而薄。

技术和材料上的迭代，让鸡蛋这种本来很容易粘锅的蛋白质为主的食物也有了下锅炒制的可能性。南北朝统一后，担任隋炀帝御用主厨“尚食直长”的谢训，在他的《食经》里记载了一种将米饭、鸡蛋和油放一起炒的“碎金饭”。

炒完后的米饭裹上蛋液，粒粒如金，模样好看、寓意讨巧，从当时的技术条件来说，制作也相当考究。可以想见，这种食物在贵族中多么流行。

一般认为，这是中国，也是全球第一份有记载的炒饭。

唐宋两朝，进一步从技术上和材料上给予炒饭成长的空间。开疆拓土进程空前的唐朝，引入了大量来自中亚、南亚的香料，它们被用到了百搭的炒饭中，成就了千变万化的滋味。尤其是一种名为安息茴香的植物种子，磨成粉后加入炒饭，能有效祛除鱼虾肉类辅料中的腥膻气味，还能赋予炒饭无与伦比的烟熏香味。

今天，我们把它称为“孜然”。

而宋代铁器冶炼成熟并普及，锻打技术的提高，让炒锅的应用场景飞速发展。真正现代意义上的炒饭终于在民间广泛出现。作为饭菜一锅，操作简便，还能有效消耗剩菜剩饭的食品，炒饭的平民性被无限放大。

这种情况的好处是，炒饭和中餐，有了千丝万缕的连接，再难割断。而坏处是，炒饭被贴上了市井江湖的标签，与文人审美中细致的饮食产生了隔膜，宋代以后，掌握舆论力量的士大夫们，在诗词文章中，再也不会称赞“碎金饭”之美味。

比如，记载了300多种南北饭肴的《随园食单》，居然对炒饭只字未提。在袁枚生活的清中叶，绝不可能没有炒饭。但《随园》不收录炒饭的做法，却暴露了作者对于炒饭这种食物幽微的心思。

不上台面。

失之东隅，收之桑榆。

明清之后，虽然中国精英阶层的饮食审美逐渐抛弃了炒饭。但这种伟大的食物，却以另一种形式获得重生。

在闽南、在广东，在中国南方最具海洋性的地区，随着明清封关禁海政策的推行，原本被破碎丘陵地形阻隔的南方，失去了与中原王朝密切联系的纽带。

但好处是，当地遭受文化迭代的冲击较小，像时间胶囊一样，保存了许多宋以前的古韵古风。当其他地区饮食中炒饭地位急转直下的时候，岭南人却越来越多地提升了炒饭江湖的味觉天花板。

南方特产的咸鱼、鸡粒、凤梨、大虾、火腿、叉烧、瑶柱……万物都可入炒饭。包括著名的扬州炒饭、福建炒饭，最早都见于20世纪初的广东老照片中。

在岭南，正餐、点心、夜宵桌上都可见炒饭身影。

在茶餐厅里，总能听到食客说换“炒底”，就是把白米饭换成炒饭的意思。

最值得一提的是，近代炒饭流行的地区，恰恰是最早吹来西学东渐之风、最早大规模下南洋出海的地区。作为一种现象级饮食，炒饭被华人华侨们带到了香港、泰国、印尼、马来西亚、新加坡。最后飘洋过海来到了大洋彼岸的美国。

日式蛋包饭，就是那个年代基于中国炒饭诞生的日本改良料理。

华人们还习惯于用那个年代，老外们熟悉的中国名词对炒饭进行包装，扬州炒饭、李鸿章炒饭的声名日显。同时，他们还因地制宜地在炒饭中加入了番茄酱、黑椒、牛排、蟹柳等食材，创制出了更适合西方人口味的西式炒饭。

到今天，炒饭已经成为海外中餐馆真正的扛鼎之作，也是区别于日料、韩餐、越南菜等同为东方饮食的重要标签。

！扬州炒饭！

关于扬州炒饭的起源，究竟在广东还是扬州，两地美食家们争论不休。扬州人搬出了越国公杨素与隋炀帝的典故，广州人则拿出了解放前广州街头的“扬州炒饭”的老照片来说事。

但在做法上，两地却是大抵统一的：扬州炒饭的标准就是干、香、松、脆。作为家常风味，扬州炒饭不拘食材，最简易的版本便是鸡蛋+小葱，油光热闹，金黄碧绿的炒一大锅，方便、美味又耐饥。

淮扬菜的大厨们，在多年钻研扬州炒饭后，还创制出了炉火纯青的技术：蛋液以丝状下入油中，炒出一种类肉松的口感，非常值得一试。

葱是扬州炒饭的灵魂，整个烹饪过程中，要放三次葱：第一次叫闷头葱，使油香；第二次是放米饭的时候放葱，使饭香；最后一次是半生的葱，使菜香。这样做的扬州炒饭香气四溢，口感奇佳。

扬州炒饭的配料丰俭由人，如若手边食材丰富，火腿、叉烧、鸡丁、虾仁、海参、青豆、玉米等皆可

# COMMUNITY

- Influenza and pneumonia: 59,120
- Nephritis, nephrotic syndrome, and nephrosis: 51,386
- Intentional self-harm (suicide): 48,344

#### Data from the National Vital Statistics System

- Life expectancy for the U.S. population in 2018 was 78.7 years, an increase of 0.1 year from 2017.
- The age-adjusted death rate decreased by 1.1% from 731.9 deaths per 100,000 standard population in 2017 to 723.6 in 2018.
- The 10 leading causes of death in 2018 remained the same as in 2017. From 2017 to 2018, age-adjusted death rates decreased for 6 of 10 leading causes of death and increased for 2.
- Age-specific death rates decreased from 2017 to 2018 for age groups 15-24, 25-34, 45-54, 65-74, 75-84, and 85 and over.
- The infant mortality rate decreased 2.3% from 579.3 infant deaths per 100,000 live births in 2017 to 566.2 in 2018.
- The 10 leading causes of infant death in 2018 remained the same as in 2017.

The age-adjusted death rate for the total population decreased 1.1% from 731.9 deaths per 100,000 standard population in 2017 to 723.6 in 2018 (Figure 2). In 2018, the 10 leading causes of death (heart disease, cancer, unintentional injuries, chronic lower respiratory diseases, stroke, Alzheimer disease, diabetes, influenza and pneumonia, kidney disease, and suicide) remained the same as in 2017. Causes of death are ranked according to number of deaths (1). The 10 leading causes accounted for 73.8% of all deaths in the United States in 2018. From 2017 to 2018, age-adjusted death rates decreased for 6 of 10 leading causes of death and increased for 2. The rate decreased 0.8% for heart disease (from 165.0 in 2017 to 163.6 in 2018), 2.2% for cancer (152.5 to 149.1), 2.8% for unintentional injuries (49.4 to 48.0), 2.9% for chronic lower respiratory diseases (40.9 to 39.7), 1.3% for stroke (37.6 to 37.1), and 1.6% for Alzheimer disease (31.0 to 30.5). The rate increased 4.2% for influenza and pneumonia (14.3 to 14.9) and 1.4% for suicide (14.0 to 14.2). Rates for diabetes and kidney disease did not change significantly.

#### infant death?

The infant mortality rate (IMR)—the ratio of infant deaths to live births in a given year—is generally regarded as a good indicator of the overall health of a population. The IMR decreased 2.3% from 579.3 infant deaths per 100,000 live births in 2017 to 566.2 in 2018. Causes of infant death are ranked according to the number of infant deaths (1). The 10 leading causes of infant death in 2018 accounted for 67.6% of all infant deaths in the United States. The leading causes remained the same as in 2017 (Figure 4). The IMR decreased 9.9% from 34.2 in 2017 to 30.8 in 2018 for unintentional injuries and 12.8% from 21.9 in 2017 to 19.1 in 2018 for cord and placental complications. Mortality rates for other leading causes of infant death did not change significantly.

#### In Summary

In 2018, a total of 2,839,205 resident deaths were registered in the United States—25,702 more deaths than in 2017. From 2017 to 2018, the age-adjusted death rate for the total population decreased 1.1%, and life expectancy at birth increased 0.1 year. Age-specific death rates between 2017 and 2018 decreased for age groups 15-24, 25-34, 45-54, 65-74, 75-84, and 85 and over. The 10 leading causes of death in 2018 remained the same as in 2017 with the leading cause now in 2020 being the COVID-19 pandemic. Age-adjusted death rates decreased for six leading causes and increased for two. Life expectancy at birth increased 0.1 year from 78.6 years in 2017 to 78.7 in 2018, largely because of decreases in mortality from cancer, unintentional injuries, chronic lower respiratory diseases, and heart disease. After increasing 0.2 year between 2010 and 2014, life expectancy decreased 0.3 year between 2014 and 2018 (2).

Between 2017 and 2018, death rates decreased 5.1% for age group 15-24 (from 74.0 deaths per 100,000 population in 2017 to 70.2 in 2018), 3.0% for age group 25-34 (132.8 to 128.8), 1.4% for age group 45-54 (401.5 to 395.9), 0.4% for age group 65-74 (1,790.9 to 1,783.3), 1.9% for age group 75-84 (4,472.6 to 4,386.1), and 0.9% for age group 85 and over (13,573.6 to 13,450.7) (Figure 3).

Rates for age groups 35-44 and 55-64 did not change significantly between 2017 and 2018.

**Figure 2. Age-adjusted death rates for all causes and the 10 leading causes of death in 2018: United States, 2017 and 2018**

Did age-specific death rates in 2018 change from 2017 among those aged 15 years and over?

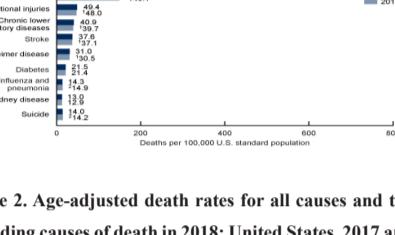
Between 2017 and 2018, death rates decreased 5.1% for age group 15-24 (from 74.0 deaths per 100,000 population in 2017 to 70.2 in 2018), 3.0% for age group 25-34 (132.8 to 128.8), 1.4% for age group 45-54 (401.5 to 395.9), 0.4% for age group 65-74 (1,790.9 to 1,783.3), 1.9% for age group 75-84 (4,472.6 to 4,386.1), and 0.9% for age group 85 and over (13,573.6 to 13,450.7) (Figure 3).

Rates for age groups 35-44 and 55-64 did not change significantly between 2017 and 2018.

**Figure 3. Age-specific death rates for ages 15 years and over: United States, 2017 and 2018**

What are the death rates for the 10 leading causes of death?

What are the mortality rates for the 10 leading causes of death?



What are the mortality rates for the 10 leading causes of infant death?

What are the mortality rates for the 10 leading causes of infant death?

What are the mortality rates for the 10 leading causes of infant death?

# 古老文化在綜藝節目中花樣呈現

中華五千年悠久燦爛的歷史，給我們留下了數量眾多、異彩紛呈的寶貴文化遺產。如何讓收藏在博物館裏的文物陳列在廣闊大地上的遺產、書寫在古籍裏的文字都活起來，成為當前一項重要任務。作為傳承、傳播和弘揚中華優秀傳統文化的重要載體，近年來影視作品圍繞故宮、天壇、長城、頤和園等世界文化遺產做文章，創作了《國家寶藏》《上新了·故宮》《遇見天壇》《了不起的長城》《我在頤和園等你》等壹系列文化類綜藝節目，產生了強烈的社會反響。這些節目深度開掘我國歷史文化遺產中的感人故事和價值內涵，有機融合綜藝、真人秀、文創、旅遊等形態元素，運用大眾化、年輕化、時尚化的表達、傳播形式，讓觀眾特別是年輕觀眾在觀看、參與、體驗、互動中真切感受文化遺產的深厚內涵和無窮魅力，成為當下的新“國潮”。

## 以傳統文化為節目鑄魂

相較於以往影視作品中慣常採用紀錄片的形式來表現文化遺產，《上新了·故宮》《遇見天壇》《了不起的長城》《我在頤和園等你》等系列節目秉持以文化為魂，以綜藝為形的創作理念，聚焦世界文化遺產，對古代建築、歷史文物、非遗工藝等寶貴文化資源進行深度開發，通過戶外真人秀的形式，以故事化、時尚化、儀式化策略實現了對文化遺產的創新性表達和大眾化傳播。比如，《上新了·故宮》（第三季）以“懸念+探秘+體驗”的復合式線索來講述紫禁城600年丹宸永固的滄桑故事。鄧倫、聶遠等“故宮文創新品開發員”和專家學者們帶領觀眾揭開故宮未開放區域的神秘面紗，體驗故宮文化的博大精深。小劇場情景再現、禦貓“魯班”的萌解說、CG特效片段和Vlog元素等生動時尚的表現手法，也進壹步提升了節目的可看性與趣味性。《我在頤和園等你》深度融合自然人文景觀和歷史文化故事，精心開發了八條“頤”式主題遊覽路線。明星嘉賓們徜徉於頤和園的湖光山色、樓閣殿宇之間，通過遊戲闖關的形式，探尋景觀背後的歷史人文，解碼園



林之美中的匠心傳承，傳遞“頤”式生活的美學主張。值得壹提的是，明年年初將要推出的《萬裏走單騎——遺產裏的中國》召集明星嘉賓團，探訪散落在中華大地上的世界文化遺產地，並與當地的人文學者、申遺專家、挖掘者、保護者、研究者、居住者等相遇、同行、對談，挖掘世界文化遺產中的隱秘信息，呈現世界文化遺產的偉大之處，並為每壹處世界遺產地定制壹場“文化後援企劃”，在互動體驗中揭示世界文化遺產的豐富內涵。

這些以文化遺產為主題的綜藝節目還靈活運用多種新媒體技術，通過電視大屏、網站中屏、移動小屏的跨屏聯動，以及長綜藝、短視頻等多種形態向社會廣泛傳播，建構了觀眾“文化習得者+文化參與者+文化消費者”的多重身份，達成了與觀眾的共識、共情、共鳴與共

享，使古老的的文化遺產以更加生動鮮活的方式，參與到中華文明故事的講述中來。

## 用文創設計融入百姓生活

同步開展相關的文化創意項目是《上新了·故宮》《國家寶藏》《我在頤和園等你》等文化類綜藝的壹大亮點。這些節目通過融合、聯動文創設計，助力文化遺產向文化資源轉變，讓傳統融入現代，讓經典走進生活。節目推出的文創產品不僅具有傳統文化氣質，體現中式美學，也兼具日常實用價值。歷史文物因此突破了時空的限制，得以真正飛入尋常百姓家。

《上新了·故宮》圍繞故宮IP進行文創開發，從藝術價值、實用價值、商業合作三個層面探索歷史文化與大眾消費市場的結合點。第三季中，來自清華美

院、中央美院、中國傳媒大學等20所高校的大學生設計團隊通過文創設計比拼競爭“上新”名額，為故宮注入了源源不斷的青年新生力量。這些鐘情於傳統文化的大學生團隊所設計的服飾、潮玩，為古老厚重的故宮帶來了青春時尚的氣息，也更能吸引、感染年輕觀眾。

《國家寶藏》開設的“妳好歷史旗艦店”以節目中亮相的國寶為設計靈感，讓國寶在年輕化的創意設計中獲得新生。各類文創產品進入日常生活，切實拉近了廣大觀眾與國寶之間的距離，也使國寶真正“活”起來、“潮”起來。而《我在頤和園等你》則在延續“內容創新生+文創”的基礎上，更加註重文化創意的外延拓展。節目並未將單件文創產品作為重點，而是進壹步延伸到蘇州街八家主題店鋪的設計和升級改造。通過打造潮力十足的“文化網紅體驗店”

和“青年文化新地標”，輻射帶動整個頤和園園林文化的文創IP開發。

## 為壹座博物館赴壹座城

這些聚焦文化遺產的綜藝節目積極追求與相關產業的協同效應，探索專業化、縱深化、融合化路線。它們在聯動文創設計的同時，還為大眾提供了富有文化底蘊和魅力的旅遊目的地選擇。有文化學者曾經提出，通過發展文化遺產旅遊讓人人都能方便地接觸到文化遺產，有利於宣傳文化遺產保護的重要性和必要性，使人們深入理解文化發展的重要意義。在當前文旅融合的大背景下，這類綜藝節目不但能夠激發觀眾對中華優秀傳統文化的知識興趣、情感共鳴和價值認同，同時對文化遺產地旅遊產業的帶動、助推作用也日漸凸顯，走出了壹條以綜藝節目促進文化遺產地深度旅遊的新路子。很多觀眾因為收看了節目，從而產生到實地旅遊的興趣和熱情。據統計，2017年以來，通過“博物館”搜索國內旅遊產品的數據持續上升，

“為壹座博物館赴壹座城”成為新興熱門旅遊項目，相關旅遊線路更是多達千條。當前，旅遊者尤其是年輕人更青睞於在旅行中進行個性化的文化探知和藝術體驗。有不少觀眾根據節目中提供的知識信息、遊覽路線，制作了自己的遊覽攻略，多次到故宮、天壇、頤和園等地實地“復習”、體驗。大眾旅遊行為正在從過去走馬觀花、到此壹遊式的拍照打卡轉向更具文化意味和深度的體驗型旅遊。

歷史文化遺產應該在被觀賞、被分享中得到保護、詮釋和延續，進而激發旺盛的生命力。這些聚焦於文化遺產的綜藝節目，正在探索運用大眾易於接受和樂於接受的傳播方式，生動講述文化遺產的過去、現在和未來，致力於帶動更多人關注、參與到文化遺產的保護、傳承和弘揚中來。我們期盼看到更多這類綜藝節目的出現，通過不斷創新節目的表現形式，打造精品化的文創產品，運用融媒體的傳播手段，對中華優秀傳統文化進行創造性轉化和創新生性發展，在建設社會主義文化強國過程中發揮積極作用。



## 電影《晴雅集》發布“終極壹戰”版海報

由郭敬明執導，趙又廷、鄧倫、王子文、春夏、汪鐸主演的電影《晴雅集》，今日曝光“終極壹戰”版海報。

整組海報畫面，流露出東方古典的美感，尤其宮殿建築，是影片具有代表性的元素。據導演郭敬明透露，電影的美術設計主要參照了唐代風貌，無論是建築風格，還是服裝配飾，全部有據可循。但《晴雅集》並沒有選擇壹味地還原歷史，而是在其中加入了很多獨創性的設計，“東方奇幻世界，需要展示出更多富有想象力的元素”。影片美術指導屠楠，此前為《妖貓傳》構建了大唐盛世的景象，此次操刀《晴雅集》，他也對導演的理念表示贊同：“《妖貓傳》更多的是還原，《晴雅集》更多的是創造，相信能給觀眾帶來不壹樣的視覺體驗。”

電影《晴雅集》改編自日本作家夢枕貘的世界級IP《陰陽師》，影片講述了陰陽師晴明，在探尋天都城怪象的過程中，與武士博雅、法師瀧夜相識，三人聯手展開調查的故事。晴明等人察覺到，公主與鶴守月是謎局的關鍵人物，卻未曾料到，壹場更大的危機悄然來臨。在緊急關頭，大家為了守護心中所愛，拼死壹戰。

據悉，電影將於12月25日全國公映，並在12月24日開啟點映場。

## 《巡回檢察組》開播 於和偉還原新時代檢察官鮮活形象

法治題材現實主義力作《巡回檢察組》在湖南衛視開播。該劇首度聚焦巡回檢察制度，真實且不失藝術感地展現了政法系統工作者積極實踐巡回檢察制度，堅定自信信念、維護公平正義的動人事跡，以匠心譜寫全面依法治國的時代旋律。

該劇主要講述“身經百戰”的巡回檢察組組長馮森(於和偉飾)，在省政法委書記張友成(韓童生飾)的指揮下前往燈州重啟調查“930殺人案”，聯手駐監檢察室主任羅欣然(韓雪飾)抽絲剝繭剖析案情證據，明察暗訪揭開層層迷霧，最終挖出幕後潛藏勢力，成功維護法律的神聖和威嚴的故事。劇中通過展示公檢法官忠誠履職、匡扶正義的鬥爭過程，向社會公眾呈現善與惡、是與非、法與情之間的衝突，力求在熒屏上真實還原新時代檢察官的鮮活形象，詮釋人民檢察官堅持“以事實為依據，以法律為準繩”，維護司法權威、捍衛公平正義的初心與決心。

為了讓觀眾真實地了解壹線檢察官的辦公狀態與辦案模式，主創團隊還壹比壹復刻檢察院、公安機關等場景，為大眾揭開政法系統的神秘面紗。劇中不僅生動呈現了監獄派駐檢察、巡回檢察工作，體現了新時代檢察官忠實履行職責使命、維護社會公平正義的堅定決心，同時也塑造了公安幹警、監獄民警等高素質法治專門隊伍的良好形象。相關法律知識、司法程序的融入，引導觀眾在追劇同時收獲法律知識，向觀眾宣傳法治精神和文化。

# 敦煌地板

百種款色 包工包料  
Design & Remodel

地毯	\$1.99 /呎 & up
複合地板(8mm)	\$2.49 /呎 & up
複合地板(12.3mm)	\$2.99 /呎 & up
塑膠地板	\$3.99 /呎 & up
實木複合地板	\$5.99 /呎 & up
花崗石	\$14.99 /呎 & up

承接商業、住宅工程、地板、瓷磚、地磚、實木樓梯、精細木工、浴室、廚房更新、櫥櫃、花崗石、大理石、屋頂翻新、內外油漆...

832-353-6900  
9889 Bellaire Blvd #B-24C (大中華超市旁邊)  
832-877-3777

C08\_DESIGN REMODEL敦煌地板3567C\_16

# 又福地板

Tel: 281-501.8330 / 832-978.6440  
9630 Clarewood Dr.,#B-3 ,Houston TX 77036  
www.yulfgroup.com  
Mon-Sat:9:00Am-6:00Pm  
Sun:電話預約

又福地板以其在休斯頓地板行業十多年的專業經驗，主營各類(CARBIII)環保認證的Hardwood, Laminate, WPC, SPC防水耐磨)地板、地磚及地磚的零售和批發服務，並能為客人量身訂做個性化的檯面和浴室裝修，提供從專業設計到精品施工的一條龍服務。萬尺倉庫現貨，歡迎批發零售。

追求極致完美 綠色環保健康

最佳品質  
最優質服務



C08-YULF REMODELING 又福地板56C\_16

# 桂綸鎂最怕情侶閉口不談 楊祐寧分享愛情9字箴言

桂綸鎂與楊祐寧主演的愛情喜劇將在聖誕節上映，兩人首次合作就化身銀幕夫妻，在片中從佳偶變怨偶，“夫妻倆”始終沒把話講開，成了感情導火線。他們兩人出道近20年，各自的感情路愛得低調，楊祐寧在今年與圈外女友情定終身，本月初又喜獲愛女，人生往下個階段邁進。

問起在壹段親密關係中，怎樣才是好的溝通藝術，桂綸鎂說：“我覺得就是要坦白，開誠布公地說，當然要懂得用對方聽得進去的方式講，我認為那不是說服，而是把自己的感受分享給對方，是個互相的過程。”

桂綸鎂坦言跟長輩溝通起來最棘手：“家人都是通過八卦認識演藝圈，印象很負面”。她形容情侶關係也是

如此：“有時候很多情緒來自於不了解，也不能怕傷了對方而選擇不講，不講的話，心裏更壓抑會扭曲自己，會越來越變得不像當初對方喜歡的自己，兩人關係的張力也越來越大，造成惡性循環。”

楊祐寧和另壹半相處有9字箴言：“快快地聽，慢慢地動怒”，他說：“我覺得壹段關係中，在愛裏是沒有懼怕的，不能有‘我不敢跟你講’、‘我怕你會…’這類怕觸碰到對方底線的事，這樣會在壹兩次不講後，關係會不健康。”他說，反而是能在對方面前卸下武裝，坦白脆弱，當真的碰到事情時，另壹半才不會錯愕：

“我也有把自己比較軟弱的壹面讓我太太看到，她很接受我這壹面，也因為這樣的接受，我就會感覺被保護，很有安全感。”

至於感情上的“地雷”，桂綸鎂坦言遇到“爭吵不回應”最難解：“當這個人完全關門的話，我會不知所措，當下會很焦慮，不過後來想想或許這樣的留白蠻好的，讓雙方都能冷靜一下”。楊祐寧則笑道：“果然摩羯座，跟我姐很像！我跟她吵架時就會關門，結果她整個炸掉。”

不過時間也換來他們兩人的成熟和智慧，桂綸鎂坦言現在若吵架，先低頭的會是自己：“年輕時我可能會據理力爭，但現在我覺得兩人關係勝過一切，低頭沒那麼嚴重”。楊祐寧苦笑說：“因為我是男生，所以壹定都是我先道歉！”



## 跟着《孤味》去旅行！ 追劇打卡品嘗臺南味電影場景



跟着電影《孤味》遊臺南！今年入圍金馬獎的《孤味》是導演依據自身的生活經歷所改編，而導演為了如實呈現故事中的每個細節，堅持在故鄉臺南取景，呈現獨有的日照色調。臺南市觀旅局也趁著電影熱潮，推出電影中的景點導覽，讓影迷除了回味劇中場景也能壹嚐臺南蝦捲的美味！

電影中七成場景在臺南取景，除了來到安平必嚐的臺南特色小吃「蝦捲」，這次更在電影中擔任女主角林秀英養家維生的功夫菜。片尾林秀英搭計程車遠眺臺灣海峽的「四草大

橋」，是假日賞夕陽、談戀愛、看海的熱門景點；緊鄰安平漁港的「漁光島」，則是劇中林秀英大女兒與前男友初戀地，也是許多新人拍攝婚紗的首選地之一。

「橋頭海灘公園」位於「安平觀夕平臺」和「四草大橋」之間，是傍晚時分是浪漫觀夕的好地點，也是林秀英大女兒陳宛青與前男友關鎮重逢後漫步談心之地；位於安南的「鹿耳門天后宮」是來臺南旅遊必訪的聖殿，更是劇中的關鍵場景，林秀英於此處遇見陪伴自己丈夫走完最後壹程的蔡阿姨，從其得知丈夫生前對她的歉意，進而放下對丈夫的怨懟。

電影在市區取景的場景也不少，如國定古蹟「臺南車站」，是林秀英接送孫女小澄及搭乘火車前往臺北時的站點；在地人習以為常的「臺南公園」、「湯德章紀念公園」及「圓環」，是林秀英搭計程車接送孫女小澄時窗外出現的景緻；林秀英舉辦七十大壽壽宴的臺菜餐廳內景，便是在全臺唯壹匯集臺南在地百年飲食料理的「府城食府」拍攝，外景則取自原為日治時代西門國小校長宿舍的「安平鄉土文化館」。

## 殺青酒玩交換禮物 柯震東「大禮」送李心潔全場驚呼

三金組合李心潔、李康生及柯震東主演的愛情電影《鱷魚》，經過1個多月的下鄉拍攝後喜迎殺青，除了李康生不克出席，在壹片歡呼聲中，陳大樸導演、李心潔及柯震東開心在殺青酒上玩起交換禮物，尤其柯震東送給李心潔的禮物份量巨大，引起眾人壹陣驚呼。而陳大樸導演也在殺青酒上感動表示，非常感謝眾位演員的大力相挺讓自己追夢成功。

女主角李心潔脫離農婦身

分回歸氣質造型出席殺青酒，以粉紅色雪紡長裙亮麗登場，如此大的造型反差讓她收到壹系列的讚美，整場笑得合不攏嘴。疫情期间難得來臺拍攝電影，她感謝陳大樸導演及柯震東拍攝期間的照顧，片中她飾演青農，為2人挑選適合的「農村味」禮物，分別送上幸運草及事事順心的盆栽，特別提醒2人千萬要好好照顧盆栽，等《鱷魚》上映她再次來臺時可是要檢查的。

柯震東抱著有些沈的盆栽

開心表示：「人生滿需要幸運的，剛剛摸了壹下葉子還滿堅硬的，希望有了這個盆栽後可以壹直維持幸運。」他不忘回送李心潔「大禮」，禮物壹登場便引起現場壹陣驚呼，是個跟李心潔等高的Q版鱷魚娃娃，柯震東送出時自己也爆笑：「我的角色就是《鱷魚》裡的『鱷魚』，送娃娃給李心潔是希望她回馬來西亞不但要記得我，還要時時回憶我們曾經壹起合作拍攝《鱷魚》這件事情，而且娃娃大到有點不可

理喻，她應該很難忘記。」正式開席後，導演不忙著用餐，反而偷偷摸到李心潔旁邊，認真表示自己私底下真有練唱李心潔的出道主打歌，還特別帶上當年購買的「李心潔裙襬搖搖專輯初版」，臉皮薄的導演壹開始說要把光碟送給李心潔，李心潔笑答自己也有，讓導演帶回去做紀念，導演才害羞問：「那妳可以幫我簽名嗎？」讓李心潔大笑導演要簽名的方式也太迂迴了吧。



# 中美酒樓

CHINESE AMERICAN RESTAURANT

281-498-1280 超值套餐

**新推出超值特價菜**

(全天供應) \$5.50

清蒸京菜	椒鹽蘆筍	薑汁花枝	\$119.95
蒸都膽	鹽油遠	燒火	\$35.95
海排北	蝦霸滑	果全霸	
上骨	雙海	霸滑例	
鮮	鮮	魚王骨牛湯	

**八人份**

送干蔥京蘭老水燒油都遠火

**六人份**

送精蔥京蘭老水蒸油鹽都遠火

**特別推薦**

- 干逼軟殼蟹
- 金針雲耳蒸雞
- 釀三寶
- 西汁蝦球
- 羊腩煲

**十人份**

送清北蔥海京蘭白薑海

水蒸姑油鮮都遠灼

水果海扒霸大排滑

或上菜王會骨牛

甜鮮贊雞

地址 : 11317 Bissonnet, Houston, TX 77099

**FOTILE**  
A BREATH OF FRESH ENGINEERING™

**方太 全美唯一官方旗艦店**  
**落户休斯頓啦！**

**老店翻新大酬賓**

最惠價格! 最全產品! 最優服務! 最高科技!

281-201-8186  
3510 Hwy 6, Sugar Land, TX 77478  
www.fotileglobal.com

全美最低價

## 超殺女《致命天際線》

# 一萬英呎高空 單挑飛行魔獸



由「超殺女」克蘿伊摩蕾茲(Chloë Grace Moretz)及《親愛的初戀》「同志天菜」尼克羅賓森領銜主演，《艾莉塔：戰鬥天使》《復仇者聯盟：終局之戰》特效團隊操刀逼真空戰場面的二戰軍事驚悚電影《致命天際線》(英文片名: *Shadow in the Cloud*)將於12月31日跨年檔和台灣觀眾見面。

《致命天際線》今年九月於多倫多國際影展「午夜瘋狂」單元(*Midnight Madness*)首映後，怪物題材結合二戰背景的超狂創意，帶給觀眾和影評宛如雲霄飛車般的刺激觀影體驗，一舉拿下「午夜瘋狂」單元觀眾票選獎，同時也在國際知名爛番茄影評網上獲得超過七成的正片好評推薦，更有媒體盛讚《致命天際線》是「準備好迎接2021年第一部令人心情愉悅的娛樂佳作！」。克蘿伊摩蕾茲飾演的飛官為進行一項秘密任務搭上一輛滿是男性機組員的B-17轟炸機，卻在高空遭遇不明生物襲擊，其中一幕克蘿伊摩蕾茲掉下飛機後，被下方另一台飛機的爆炸衝擊力給噴回機艙內，瘋狂的橋段設計實在令人拍案叫絕！《致命天際線》將於12月31日搶先全美在台上映。

《致命天際線》由《死侍2》《玩命關頭：特別行動》製片團隊打造，找來紐西蘭華裔女導演梁文欣(Roseanne Liang)執導，梁文欣在2011年以首部編導長片電影《我的婚禮和其他祕密》(*My Wedding and Other Secrets*)打響名號，該片也成為該年度紐西蘭最賣座的電影，梁文欣接受專訪時也表示：「這部電影讓我思考人們在面對逆境時，能產生多大的力量和勇氣，但不是以一種做作的方式，而是透過不完美的方式呈現。我們要如何在種情況下去處理、適應及生存，甚至讓自己進化，這對我來說十分有吸引力。」克蘿伊摩蕾茲對於能和梁文欣合作也表示：「我想我有點虐待狂性格，我很享受參與一些拍攝時會很辛苦的電影，導演也讓我可以完全投入在演出之中，並嘗試運用身邊的小東西去作出最大的戲劇效果，也造就一場瘋狂的冒險故事。」《致命天際線》故事敘述二戰期間，一名帶著機密貨物的女飛行員慕德(克蘿伊摩蕾茲 飾)登上一台B-17轟炸機，面對不請自來的慕德，男性機組人員對她的不滿與鄙視逐漸高漲，眼看雙方衝突越演越烈之際，他們目擊雲層中出現了神祕暗影，究竟這個暗影本體是來襲的日本空軍，還是潛藏在雲端的未知恐怖？由《死侍2》《玩命關頭：特別行動》製片超狂打造的《致命天際線》將於12月31日搶先全美在台上映。

## 惠妮休斯頓傳記片女主角找到了



天后再現！惠妮休斯頓傳記片《I Wanna Dance With Somebody》的女主角，確定由演過《星際大戰9 天行者的崛起》英國女星娜歐蜜艾基擔綱。

美國影視媒體「The Hollywood Reporter」報導：「索尼」旗下「TriStar」製片公司宣布將拍惠妮休斯頓傳記片《I Wanna Dance With Somebody》，由《照片》(暫名)女導演史黛拉美琪執導，她和《波希米亞狂想曲》的安東尼麥卡登共同編劇，最令人矚目的女主角竟是很新的新秀娜歐蜜艾基。

今年28歲的娜歐蜜艾基生於英國，有拉丁美洲格瑞納達等血統，2012年畢業於英國「皇家中央演講與戲劇學校」(和泰勒絲男友喬艾爾文同校)，2016年以電影《馬克

白夫人》踏入演藝界，曾演出去年《星際大戰9 天行者的崛起》，不料如今竟能擊敗眾多角逐者飾演惠妮休斯頓。

惠妮休斯頓生前的財產與音樂製作人克萊夫戴維斯是傳記片的製片之一，他表示：「我第一眼看到娜歐蜜試鏡，眼睛一亮，心想『就是她了』，我期待她能完美詮釋惠妮的聰慧可愛，明星魅力，與個人毅力。」

導演史黛拉美琪表示：「希望拍出惠妮不僅身為全球偶像在舞台上的閃耀風華，更要展現她內心世界的人性光輝。」

由於克萊夫戴維斯是製片，所以惠妮休斯頓生前歌曲都被授權可以在傳記片中使用；片中娜歐蜜艾基是否親自重唱？備受矚目。

全球樂迷念念不忘的惠妮休斯頓，生於1963年8月9日，1985年以同名專輯《惠妮休斯頓》揚名國際；1992年與凱文寇斯納合演電影《終極保鑼》締造全球4.1億美元高票房；榮獲6座葛萊美獎；專輯銷量全球超過2億張；可惜於2012年2月11日猝逝，得年僅48歲。

天生金嗓的惠妮休斯頓，生前褒(傲人成就)、貶(嗑藥惡習)兩極，如今她的傳記片選用她第2張專輯《惠妮》中的金曲「I Wanna Dance With Somebody」(直譯：我想與某人共舞)當片名，傳記片將拍得如何？娜歐蜜艾基演得怎樣？全球樂迷熱切期盼「與惠妮在片中翩翩共舞」，該片預定2022年感恩節檔期在美上映。

## Netflix將拍真人版 《幽遊白書》劇集



Netflix宣布改編拍攝真人版系列劇集《幽遊白書》，富堅義博原著的這本漫畫連載於《少年Jump》1990年51號到1994年32號，曾改編成電視動畫、電影、完全版漫畫、電子遊戲等。

Netflix日本真人作品企畫部負責人阪本和隆表示，“我是伴隨著《幽遊白書》長大的。當年《幽遊白書》給我的衝擊，我至今記憶猶新。20多年過去了，《幽遊白書》的人氣依舊不減，在海外也獲得了非常大的關注。”

“我想最大限度發揮Netflix的自由創作理念，集結全球精英制作團隊，盡最大可能還原《幽遊白書》宏大的世界觀。”

《幽遊白書》講述14歲的不良少年浦飯幽助為了救一名小孩而被汽車撞死了，由於靈界並沒有預計到他的死亡，並沒有他的容身之所，所以他得到了一個重生的機會。經過了靈界的考驗，幽助終於重回自己的身體，並成為靈界偵探。

在首次任務中，幽助結識了藏馬

和飛影，他們三個加上桑原(幽助的死黨)一起替靈界解決了不少的案子。接著在“暗黑武術大會”中擊敗實力強勁的對手們，他們的實力和友誼與日俱增……

《幽遊白書》在連載不久後就受到讀者歡迎，與《七龍珠》和《灌籃高手》並列為1990年代《周刊少年Jump》的三大代表漫畫。《幽遊白書》壹開始以具神秘學要素的短篇喜劇開始，不久即轉換為熱血格鬥漫畫路線。

魔界統一淘汰賽中極重要的

“幽助對黃泉戰”中的戰鬥畫面完全不繪出，大幅度省略內容，而以小故事結束。結局突然回到最初設定的神秘學喜劇，經過數回的判載連載結束，讓許多讀者以外的結局壹時間成為話題。

Netflix在日本不僅開發多部動畫作品，漫改真人劇集上也投入了不少精力，近日上線的《彌留之國的愛麗絲》就獲得了好評，IMDb上評分達到8.0。

## SOUTHWEST WOMANCARE OBGYN

7789 Southwest Freeway #400, Houston TX 77074.  
Phone: 832-649-4273

- 年度婦科檢查 • 月經疼痛
- 孕期保健 • STD檢測與治療
- 自然產和剖腹產 • 子宮肌瘤
- 避孕 • 子宮內膜異位症
- 月經不調 • 多囊卵巢綜合症狀

Dr. Debra Lin



Dr. Cindy Bui

接受所有私人保險，包括Medicare, Tricare, BCBS, United Health Care, Cigna, Aetna, 社區健康選擇市場, Ambetter等。  
請看我們的網站以獲取完整列表。

我們說國語/越南語和西語

[www.swwobgyn.com](http://www.swwobgyn.com)



## 華美中醫學院

American College of Acupuncture & Oriental Medicine

- 美國高等教育院校評鑑會認准
- 美國中醫院校評鑑會認准
- 德州高等教育局認准頒授碩士學位
- 中醫專業碩士學位
- 綜合保健管理碩士學位

詢問有關本校\$10,000的獎學金的詳情

電話: 713-780-9777 網站: [www.acaom.edu](http://www.acaom.edu)

請今天就申請！

- 中外中醫名流授課
- 中西醫學多元化教學
- 學科及臨床並重
- 全時或半時上課
- 日班或夜班課程

9100 Park West Drive, Houston, TX 77063

SO2\_ACUPUNCTURE\_COLLEGE華美中醫學院6C\_16



## RANCH MARKET

請上網瀏覽 www.99ranch.com  
或馬上加入我們各社群媒體訊息訂閱微信  
在公眾號搜尋欄輸入  
tawa99ranch(五)(六)(日)  
週末特價  
驚喜不斷  
WEEKEND SALE

數量有限 售完為止 Fri. Sat. Sun. ONLY

Limited time offer. Limited quantity, while supplies last.

2LB(10EA)/PK

7.99

盒裝黃金奇異果

GOLD KIWI (CLAMSHELL PACK)



韓國有機迷你蠟菇

ORGANIC MINI OYSTER MUSHROOM

## WEEKEND SALE Dec 18th - Dec 20th 2020

休士頓 HOUSTON Sun-Thu 9:00AM~9:30PM 713.932.8899  
Fri-Sat 8:00AM~10:00PM 1005 Blalock Road Houston, TX 77055布蘭諾 PLANO Sun-Thu 9:00AM~9:30PM 972.943.8899  
Fri-Sat 8:00AM~10:00PM 131 W Spring Creek Parkway Plano, TX 75023糖城 SUGARLAND Sun-Thu 9:00AM~9:00PM 281.980.6699  
Fri-Sat 8:00AM~10:00PM 3430 Hwy 6, Sugar Land, TX 77478卡羅頓 CARRICKTON Sun-Thu 9:00AM~9:30PM 972.242.8899  
Fri-Sat 8:00AM~10:00PM 2532 Old Denton Road, Carrollton, Texas 75006凱蒂 KATY Sun-Thu 9:00AM~9:00PM 832.321.9899  
Fri-Sat 8:00AM~10:00PM 569 S Mason Rd, Katy, TX 77450奧斯汀 AUSTIN Sun-Thu 9:00AM~9:00PM 512.381.8899  
Fri-Sat 9:00AM~9:00PM 6929 Airport Blvd, Austin, TX 78752膳食均衡，營養豐富，助力全民健康  
A balanced meal is a natural way to health

Boxed Gold Kiwi (Clamshell Pack) 2LB(10EA)/PK \$7.99

Organic Mini Oyster Mushroom 300G/PK \$1.99

温室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99 PK

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓國有機迷你蠟菇 ORGANIC MINI OYSTER MUSHROOM 1.99

溫室蕃茄 TOMATO ON THE VINE 1.29 LB

小藍莓 BLUEBERRIES 1.29 EA

富友甜柿 FUYU PERSIMMON 9.99 CS

白肉柚子 MELOGOLD PUMMELLO 1.49 EA

石榴 POMEGRANATE 2.39 EA

牛油果 AVOCADO HASS 2EA FOR 1.00

台灣菠菜 TAIWAN SPINACH 99¢ LB

四季豆 GREEN BEAN 99¢ LB

大豆苗 SNOW PEA LEAF 1.99 LB

中茄 CHINESE EGGPLANT 1.29 LB

雪豆 SNOW PEA 1.49 LB

筍蒿 TONG HO 1.99 LB

青江菜 BABY BOK CHOY 59¢ LB

芥蘭苗 GAI LAN MUI 1.29 LB

油菜 YOU-CHOY 59¢ LB

盒裝黃金奇異果 GOLD KIWI (CLAMSHELL PACK) 7.99

韓