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Southern DAILY

Make Today Different

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More than 150 National Guard in Washington for inauguration test positive for coronavirus

Inside C2

Monday, January 25 2021|

Chicago teachers vote on job action, claim schools not ready to reopen

CHICAGO (Reuters) - Chicago teachers will vote on Saturday on a resolution to not return to classrooms next week, claiming the third largest school system in the United States lacks an adequate plan to safely reopen schools amid the pandemic.

FILE PHOTO: People wearing protective face masks walk, as the global outbreak of the coronavirus disease (COVID-19) continues, along the shores of Lake Michigan in Chicago, Illinois, U.S., December 6, 2020. REUTERS/Shannon Stapleton/Files/ File Photo

The results of the vote, expected on Sunday, could jeopardize Chicago Public Schools' phased reopening as the district plans to offer in-person instruction for 70,000 elementary and middle school students.

Some 10,000 educators are scheduled to report to work at their schools on Monday to prepare for those classes. On Friday, Chicago Public Schools (CPS) CEO Janice Jackson said if those educators do not show up for work, it would constitute an illegal strike by the Chicago Teachers Union.

"We are continuing to meet every day with CTU leadership — just as we have more than 60 times in the past several months — and we are optimistic that an agreement is within reach," she said in a letter to parents Friday evening.

Jackson said public health officials agree schools can reopen safely with mitigation strategies in place. She added the district has invested $100 million and "countless hours of planning" to ensure our school communities are safe.

The vast majority of the Chicago's teachers have been teaching the system's 355,000 students remotely since last spring when the spread of the virus forced the district to close schools.

Since then, the Chicago Teachers Union has insisted that the Chicago schools lack proper ventilation, cleaning supplies, personal protective equipment to re-open.

It has also claimed CPS does not have adequate safety protocols in place while urging the district to "move swiftly' to vaccinate teachers, who are expected to begin to get shots in mid-February.

"Our commitment remains the same: to protect lives as we work to land an enforceable agreement to safely return to our school buildings," the union said in a statement on Friday.

Public school teachers across the nation have voiced similar concerns, urging their districts not to reopen until they have more thorough plans to protect them and students from the virus.

The possible work action in Chicago comes 15 months after the city's teachers went on strike for 11 days during a bitter labor dispute over overcrowded classrooms and support staff levels and pay.

"The rhetoric, the walkouts, the fighting. These are having a devastating effect on families across this city," a group of parents on the city's north side wrote in a letter to the district and union, according to the Chicago Tribune.

Earlier this month, CPS began implementing it's re-opening plan, allowing for 6,500 pre-kindergarten and special education students to attend in-person class.

A third of the 3,800 teachers and paraprofessionals initially did not show up for work. As of Jan. 15, 87 of those educators remained locked out of their virtual classrooms for failing to report, according to the district.

The next step in the district's reopening plan comes on Feb. 1, when some 70,000 elementary and middle school students are scheduled back in classrooms after they opted to take some of their classes in-person and the reminder online.

The district has yet to announce when high school students will have the option to return to school buildings.

Police clamp down on Russian protests against jailing of Kremlin foe Navalny

MOSCOW (Reuters) - Police detained over 2,500 people and used force to break up rallies across Russia on Saturday as tens of thousands of protesters ignored extreme cold and police warnings to demand the release of Kremlin critic Alexei Navalny.

Navalny had called on his supporters to protest after being arrested last weekend as he returned to Russia from Germany for the first time since being poisoned with a nerve agent he says was slipped to him by state security agents in August.

The authorities had warned people to stay away from Saturday's protests, saying they risked catching COVID-19 as well as prosecution and possible jail time for attending an unauthorised event.

But protesters defied the ban and, in at least one case in temperatures below -50 Celsius (-58 Fahrenheit), turned out in force. Leonid Volkov, a Navalny ally, called on them to do the same next weekend to try to free Navalny from what he called "the clutches of his killers".

In central Moscow, where Reuters reporters estimated at least 40,000 people had gathered in one of the biggest unauthorised rallies for years, police were seen roughly detaining people, bundling them into nearby vans.

The authorities said just some 4,000 people had shown up, while the foreign ministry questioned Reuters' crowd estimate.

"Why not just immediately say 4 million?," it suggested sarcastically on its official Telegram messenger channel.

Ivan Zhdanov, a Navalny ally, put turnout in the capital at 50,000, the Proekt media outlet reported.

Some protesters chanted "Putin is a thief", and "Disgrace" and "Freedom to Navalny!"

Navalny's wife Yulia was briefly detained at the rally before being released. Some of Navalny's political allies were detained in the days before the protest; others on the day itself.

At one point, protesters surrounded a sleek black car with a flashing light used by senior officials, throwing snowballs at it and kicking it. A group of policemen were also pelted with snowballs by a much bigger crowd.

The OVD-Info protest monitor group said that at least 2,509 people, including 952 in Moscow and 374 in St Petersburg, had been detained at rallies in around 100 towns and cities.

Navalny, a 44-year-old lawyer, is in a Moscow prison pending the outcome of four legal matters he describes as trumped up. He accuses President Vladimir Putin of ordering his attempted murder. Putin has dismissed that, alleging Navalny is part of a U.S.-backed dirty tricks campaign to discredit him.

Southern DAILY Make Today Different

LOCAL NEWS

More than 150 National Guard in Washington for inauguration test positive for coronavirus

WASHINGTON (Reuters) - Between 150 and 200 National Guard deployed to Washington, D.C., to provide security for President Joe Biden's inauguration have tested positive for the coronavirus, a U.S. official said on Friday.

The U.S. government imposed unprecedented security measures in the city following the deadly Jan. 6 attack on the Capitol by supporters of former President Donald Trump, including fences topped with razor wire and checkpoints manned by National Guard.

The official, speaking on the condition of anonymity, said the number of National Guard troops who tested positive could rise but was still a small fraction of the more than 25,000 troops deployed in city over the past few days.

The United States reported more than 4,000 daily deaths from COVID-19 for a second consecutive day on Thursday, according to a Reuters analysis of public health data, bringing the cumulative number of U.S. lives lost to almost 410,000.

The National Guard said in a statement that it would not discuss coronavirus cases, but personnel were following Centers for Disease Control and Prevention guidelines, including temperature checks when they left their home state and arrived in the city, along with a screening questionnaire.
The military has said arrangements are being made for thousands of troops to return home, and that about 15,000 are expected to leave Washington within the next five to 10 days.
Some 7,000 National Guard personnel are expected to stay at least through the end of the month, officials have said.

About 5,000 troops are expected to stay through mid-March, but that number and time period could change.

Taiwan reports large incursion by Chinese air force

TAIPEI (Reuters) - Eight Chinese bomber planes and four fighter jets entered the southwestern corner of Taiwan's air defence identification zone on Saturday, and Taiwan's air force deployed missiles to "monitor" the incursion, the island's Defence Ministry said.
China, which claims Taiwan as its own territory, has conducted almost daily flights over the waters between the southern part of Taiwan and the Taiwan-controlled Pratas Islands in the South China Sea in recent months.

However they have generally consisted of just one or two reconnaissance aircraft.
The presence of so many Chinese combat aircraft on this mission - Taiwan said it was made up of eight nuclear-capable H-6K bombers and four J-16 fighter jets - is unusual.
A map provided by Taiwan's Defence Ministry showed that the Chinese aircraft, which also included a Y-8 anti-submarine aircraft, flew over the same waters where the most recent Chinese missions have been taking place near the Pratas Islands, though still well away from mainland Taiwan.

Taiwan's air force warned away the Chinese aircraft and deployed missiles to monitor them, the ministry added, using standard wording for how it responds to such activities.

"Airborne alert sorties had been tasked, radio warnings issued and air defence missile systems deployed to monitor the activity," it said in a brief statement.

There was no immediate comment from China. In the past China has said it has been carrying out exercises to defend the country's sovereignty and security.
Beijing has watched with growing concern increasing U.S. support for democratic Taiwan, especially during Donald Trump's administration which left office on Wednesday.

Last year during visits by senior U.S. officials to Taipei Chinese aircraft briefly crossed the median line of the Taiwan Strait, which normally serves as an unofficial buffer.

The flight by the Chinese bombers and fighters on Saturday came just days after Joe Biden assumed the U.S. presidency.

Emily Horne, spokeswoman for

Stay Home! **BUSINESS** *Wear Mask!*

U.S. Records 400,000 Lives Lost To The Coronavirus As Death Rate Accelerates

Mary Estime-Irvin, a councilwoman in North Miami, Fla., writes the name of a friend lost to COVID-19 on a symbolic tombstone that is part of a pandemic memorial at Griffing Park in North Miami in October. (Photo/Joe Raedle/Getty Images)

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

While millions wait for a lifesaving shot, the U.S. death toll from the coronavirus continues to soar upward with horrifying speed. On Tuesday, the last full day of Donald Trump's presidency, the official death count reached 400,000 — a once-unthinkable number. More than 100,000 Americans have perished in the pandemic in just the past five weeks. In the U.S., someone now dies from COVID-19 every 26 seconds. And the disease is now claiming more American lives each week than any other condition, ahead of heart disease and cancer, according to the Institute for Health Metrics and Evaluation at the University of Washington.
Given its relatively large population, the U.S. death rate from COVID-19 remains lower than that of many other countries. But the cumulative death toll of 400,000 now exceeds any other country's overall mortality — close to double what Brazil has recorded, and four times the death count in the United Kingdom.
"It's very hard to wrap your mind around a number that is so large, particularly when we've had 10 months of large numbers assaulting our senses and really, really horrific images coming out of our hospitals and our morgues," says Dr. Kirsten Bibbins-Domingo, chair of epidemiology at the University of California, San Francisco.

Kristin Urquiza and her father, Mark, at a family celebration in Phoenix in 2016. After her father's death on June 30, Urquiza co-founded a group for grieving family members, Marked By COVID. (Photo/ Christine Keeves)

"It's important to understand virology. It's important to understand epidemiology. But ultimately, what we've learned is that human behavior and psychology is a major force in this pandemic," she says.
The U.S is now averaging more than 3,300 deaths a day — well above the most devastating days of the early spring surge when the daily average deaths hovered around 2,000.
"At this point, looking at the numbers, for me the question is: Is there any way we can avoid half a million deaths before the end of February?" says Dr. Ashish Jha, dean of the Brown University School of Public Health. "I think of how much suffering as a nation we seem to be willing to accept that we have this number of people getting infected and dying every day."
How did the U.S. go from 300,000 deaths to 400,000?
The path to 400,000 deaths was painfully familiar, with patterns of sickness and death repeating themselves from earlier in the pandemic. A shocking number of people in nursing homes and assisted living facilities continue to die each week — more than 6,000 of those residents died just in the first week of January. Deaths linked to long-term care now account for more than a third of all COVID-19 deaths in the U.S. since the beginning of the pandemic. In a handful of states, long-term care contributed to half of the total deaths. Certain parts of the country have a disproportionately high death rate. Alabama and Arizona, in particular, have experienced some of the highest death rates, given their populations. The virus continues to kill Black and Indigenous Americans at much higher rates than white Americans.

Artist Suzanne Brennan Firstenberg walks among thousands of white flags planted in remembrance of Americans who have died of COVID-19, near Robert F. Kennedy Memorial Stadium in Washington, October 27, 2020. (Photo/Patrick Semansky/AP File)

In rural America, the chance of dying from COVID-19 remains much higher than in the urban centers. People over 65 make up the overwhelming majority of deaths, but Jha says more young people are dying than earlier in the pandemic simply because the virus is so widespread. In this newest and grimmest chapter of the pandemic, the virus has preyed upon a public weary of restrictions and rules, and eager to mix socially with family and friends over the holiday season.
Like many health care workers, Dr. Panagis Galiatsatos at Johns Hopkins Hospital is now witnessing the tragic consequences in his daily rounds.
Galiatsatos still recalls a grandmother who was transported six hours from her home to his hospital — because there were no beds anywhere closer. On the phone, he heard her family's shock at her sudden passing.
"They said: 'But she was so healthy, she cooked us all Thanksgiving dinner and we had all the family over,' " he says. "They were saying it with sincerity, but that's probably where she got it."
Vaccine rollout has yet to catch up with an accelerating mortality rate
The enormous loss of life this winter has happened paradoxically at a time that many hope marks the start of the final chapter of the pandemic. A quarter of all COVID-19 deaths have happened during the five-week period since the Food and Drug Administration authorized the first vaccine on Dec. 14.

A health worker carries a special refrigerated box of Moderna's COVID-19 vaccines for use at the East Boston Neighborhood Health Center in Boston on December 24, 2020. (Photo/ by J. Prezioso/AFP via Getty Images)

"The trickle of vaccine is so tragically scant — what we need is more of a river of it," says Dr. Howard Markel, who directs the University of Michigan's Center for the History of Medicine. Markel, who has written about the 1918-19 flu pandemic, says it's estimated that killed upward of 700,000 Americans. Regarding the current coronavirus pandemic, Markel says, "I hope we're not talking ...600,000 or more."
The first COVID-19 vaccine in the U.S. was given on Dec. 14. A disjointed and often frustrating rollout followed as states, counties and even individual hospitals struggled to store the first refrigerated shipments of vaccine and arrange for busy health care workers to get it. So far, about 3 in every 100 people have gotten at least one dose of the vaccine, placing America ahead of many other countries, but behind the optimistic promises made in the early days of the rollout.
Given the current pace of vaccination, experts warn Americans cannot depend solely on the vaccine to prevent a crushing number of additional deaths in the coming months. Bibbins-Domingo of the University of California, San Francisco worries the relief of knowing that a vaccine will eventually be widely available — the so-called light at the end of the tunnel — may lull millions of more Americans into a false sense of safety.
"This tunnel is actually a very long tunnel, and the next few months, as the last few months have been, are going to be very dark times," she says.

The emergence of new, more contagious variants of SARS-CoV-2 only complicates the picture and makes it all the more imperative that Americans spend the coming months doubling down on the same tactics — face masks and physical distancing — that have kept many people safe from the virus so far. But Jha says the country now faces a different task compared with the fall when "big behavioral changes and large economic costs" were required to prevent deaths.
"Right now what is required is getting people vaccinated with vaccines we already have," he says. "The fact that's going super slow still is incredibly frustrating."
It is this polarity — the advent of a lifesaving vaccine and hospitals filled with more dying patients than ever before — that makes this particular moment in the pandemic so confounding.
"I can't help but feel this immense somberness," Urquiza says. "I know that a vaccine isn't going to make a difference for the people that are in the hospital right now, or who will be in the hospital next week, or even next month."
(Courtesy npr.org)

Southern DAILY Make Today Different

Editor's Choice

Busts of civil rights leader Rosa Parks and President Abraham Lincoln decorate the Oval Office. REUTERS/Jonathan Ernst

A bust of President Harry Truman, a portrait of Benjamin Franklin and a lunar sample from the moon share space in the Oval Office. REUTERS/Jonathan Ernst

President Joe Biden rests his hands on the Resolute Desk before signing multiple executive orders. A portrait of former President Andrew Jackson, who espoused a populist political style that has sometimes been compared with that of Trump, is...MORE

A bust of former first lady Eleanor Roosevelt sits on a shelf with The Works of Theodore Roosevelt. REUTERS/Jonathan Ernst

A lunar sample from the Apollo 17 moon mission shares space with written works by George Washington and Nathaniel Hawthorne. REUTERS/Jonathan Ernst

A bust of Mexican American labor leader Cesar Chavez joins family photos. REUTERS/Jonathan Ernst

A picture of President Joe Biden greeting Pope Francis joins family photos. REUTERS/Jonathan Ernst

The presidential seal decorates a doorknob in the Oval Office. REUTERS/Jonathan Ernst

Southern DAILY Make Today Different

COMMUNITY

A COVID-19 Recovery Tutorial

The Road To Recovery After COVID: How To Manage Your Long COVID Symptoms

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

Learning to manage your long COVID symptoms after recovery

Recovery from novel coronavirus can take a while, depending on your symptoms. For many, it can also span into weeks, often a months battle, leaving them vulnerable to other medical frailties. Known as long COVID, it has been estimated that 1 in 4 patients suffer from post COVID complications after recovery.

What does post COVID or long COVID mean?

With symptoms ranging from heart ailments, impaired lung functions, cognitive decline and compromised immunity, long COVID-19 tends to affect the ones who have severe COVID-related illness. Dealing with long COVID-19 can also be problematic. Post-COVID syndrome can go on to affect anywhere between 25-30% of people suffering from COVID. In cities across the world, special post COVID care clinics have also been thrown open.

What are the symptoms you can experience with long COVID?

Considering the nature of the virus, the infection strain can affect people differently. Expect a multitude of symptoms, which can be mild or moderate in nature. Headache, extreme and chronic exhaustion, backache, muscle pain, appetite loss, lingering cough can be experienced commonly in the first few weeks after recovery. It could be a persisting symptom or result of the remainder viral load in the body. Reports that have come out in the recent months suggest that the most common long-term complications are damage to the heart, respiratory system, nervous system.

Dealing with different symptoms post COVID

Since long COVID symptoms are varied, they are managed and treated, depending on the type and severity of the signs you have. While some may slowly recover over time, some symptoms of long COVID-19 can demand acute attention from day 1. If you suffer from respiratory problems such as chest pain, experience shortness or difficulty in breathing, you might have to prepare yourself to make some changes in your routine, and additions. Some respiratory symptoms can also induce stress on your body and take longer to recover. Since oxygen saturation is a common complication associated with COVID, many patients are often advised to use medical equipment like a nebulizer, oxygen concentrators and cylinders to make up for the deficiency.

Be prepared for long-term care

Heart problems, which can occur when there is sizeable damage to the heart valves or blood clotting can worsen over years. Hence, long-time care and prevention tactics may need to be adopted.

You may face fatigue and tiredness

Exhaustion and fatigue is also something that needs to be taken into concern. Remember, your body has just fought off a major infection. So, try and not exert yourself and take your time to recover, no matter how long or how arduous it may seem. What one also needs to know is that COVID-19 also impairs your immunity to an extent and makes you vulnerable to chronic diseases. To safeguard yourself, adopt all preventive strategies and stay safe from danger. Good hygiene habits and post-op plans may also cut down your risk of reinfection.

Keep up with the medications and devised treatment

Even though the viral load may have gone away, but it's doubly important to keep a track of your vitals when you are on the road to recovery. Follow up on doctor's appointments, keep taking medications on time and any precautionary measures you may have been advised. If you suffer from co-morbidities of any kind, you might be in need of altering or changing some of your medications. Diabetic patients report a major spike/ loss in blood sugar levels after recovery. BP levels may remain unstable too. Keep your doctor in the loop about any changes, or health prognosis. Lastly, remember to go for regular scans and checkups, which you may have been advised. Even if you feel well and healthy, the virus can often cause silent damage to the body which may create problems over time. Preventive checkups and tests may rule out problems before it gets too troublesome.

Diet/ Exercise moderations to follow

Now more than ever should be the time one needs to concentrate on getting health back to normal and strengthen immunity. Following a good diet can help you with that. Ensure that you consume a rich source of important nutrient groups- Vitamin C, D, B12, Zinc and Protein should be had in abundance. These will help your body recover faster, smoothen metabolism as well. If you have been following a diet or special eating plan before COVID-19, pause for a while before getting back. The only focus should be eating plenty of nutrient-rich foods right now. Extreme weight loss can also be a side-effect after fighting any viral infection so make sure you eat well during recovery. At the same time, do not pressure yourself to follow extreme workouts right after recovery. Slow down, adopt easy physical exercises which keep you brisk and get the heart rate up. Give your body the time it needs to heal first.

When should one approach a doctor?

While most of the symptoms can be managed well, it is also important to be aware of any unforeseen or major symptoms which could be a cause of worry during your days of recovery. Health problems like stroke, pulmonary distress can strike up out of nowhere, so consider seeking help or calling a doctor if you experience any of the symptoms:

-Extreme shortness of breath-Oxygen deprivation-Chest pain-Built-up pressure around the heart

-Appetite loss-Fever for more than 10 days-Losing sensation in any part of your body.

Remember to alert your doctor about any new or worsening symptom(s).

Devoting time for your mental well-being and seeking help

Lastly, fighting COVID-19- even after you have made a healthy recovery can be cumbersome. There's a lot of stress which patients may experience. A changed, or degraded quality of life can also be difficult to accept for some. Some may also require help in completing normal tasks or chores which they were once able to do easily. This can drain you mentally. Long haulers should consider seeking help or support to deal with physical as well as psychological symptoms of the virus. There are a lot of support groups online, as well as offline which help coronavirus survivors on their road to recovery and resume life. As you heal, also make space for mindful practices like yoga and meditation. Not only can these practices relieve stress and anxiety, it can also help heal faster. (Courtesy https://timesofindia.indiatimes.com/)

美国生活 Daily News

在美国生活的小窍门

所谓入乡随俗，刚到美国不久的华人，常常会因为生长的文化背景不同，和对美国社会生活、风俗习惯的了解不够，而”出洋相”闹笑话。下面就为大家介绍一些在美国生活应该掌握的小窍门，或应该了解的美国人的社会风俗习惯。

1、许多中国人刚到美国时完全没有付小费的概念，常常因此搞得大家很尴尬。其实，在美国很多地方都需要小费，例如餐厅、理发等通常占10%-15%的消费；旅馆、计程车等通常只需要1至3美元。此外，您还应该了解，美国的餐厅一般一桌只有一个服务生，一开始是谁帮你点菜的，待会有什么事情就找他，因为你的小费只付给他，所以其他服务生没有义务帮你。

2、Rebate和cash back都是在美国经常用到的促销方式。所谓rebate就是把东西买回家之后，填一份申请书，付上产品的电脑条码(UPC)，连同收据寄给制造商，他们回寄你支票；而cash back就是在结帐的时候直接退还现金给你。附记：良好的节俭习惯是留学生活的根本。

3、很多场合会要求出示身份证件，特别是附有照片的证件，如银行开户，餐厅酒吧点酒，使用支票购物，到邮局领包裹等。可用来证明身份的证件有驾照(可持护照、出生证明、居住地证明向各地汽车监理站申请)、学生证、信用卡等。附记：驾照于笔试后即可得到，但无法开车，需要另外考路试才可驾驶。

4、在美国念书，一定要强制保险，多数学校明文规定没有保险，就不能注册。学生保险的费用大约是五百至一千美元。整个家庭大约在二千至三千美元之间。选择保险要注意可能发生的疾病，是否在Cover的范围，还有Cover的比例是多少。美国保险是部分给付，而且要超过一定金额，称之(deductible)。一般保险Cover的范围是”医疗上必须”的。附记：如果学校没有一定要申请，另外治牙费用不在保险范围内；大病通常都需要自己购买保险。

5、美国社会现在几乎是持卡时代，随身不带太多现金，以免招来危险。有时在餐馆使用百元大钞，还会引来不便，不如随身携带提款卡及信用卡，使用方便。虽是如此，但随身不妨多带些quarter，一来可打电话，二来可付小费，或其他投币之用。附记：如提取大量现金(超过2000美元)需要提前电话预定。

6、各种帐单应准时支付，帐单上多会载明付费截止日期，最好能够提早一周左右支付。万一误时，不仅可能会遭罚款，同时也会使自己信用扫地。附记：在美国信用大于一切，信用不好今后买房、买车困难，甚至连工作都难以找到。

7、美国人喜欢养宠物，特别是狗和猫，但是在未经主人同意时，最好别随意逗主人家的狗。美国人带狗去住宅区散步时，会带著为狗清除粪便的工具与袋子。有责任心的美国人会将家中养的狗猫带去兽医那儿做节育手术的。在美国虐狗等同于虐人，不喜欢狗的朋友需要避让。

8、有人打喷嚏时，美国人就会异口同声地对他说"Bless you"，打喷嚏的人也都会说"Thank you"致谢；在公共场所避免打嗝，如果不小心打

了嗝，就得赶快说声\"Excuse me\"。切记，了解并遵从简单的生活习惯，有助于让你很好地融入美国社会。

9、在美国公共场合例如公交车、地铁不要大声喧哗，注意排队上车。

10、万圣节在北美有习俗，小孩子会挨家挨户敲门，你需要准备些糖果，否则你的窗户可能不保。附记：这是北美的习惯，警察不会管的，自己多准备些才是硬道理。

11、租房在美国很关键，学校里面比较贵但是安全系数比较高；外边自租相对自由也可以有更多选择，费用也会相对便宜，但要看清楚房费是否包含各种水电费。附记：自租尽量避免在犯罪率高的区域，那里相对便宜但是安全系数真的不高。

12、BOXING日是美国一年一度的打折日，也是华人采购的最好时机。如你需要购买心仪的商品，需要提早去排队，否则好东西都没有了。

想像不到的美国风俗

趣事一：美国最土的是什么？

满大街都是穿著印著州名的T恤还有卫衣。想像一下，如果中国人都在衣服上印上「河南、河北、湖南、江西.....」会是怎样一副情景？

除了穿印有州名的衣服，穿印著各个大学名字衣服的也不少。在机场候机的时候，都能看到机场的商店里在卖这种衣服。去过几个大学参观，大学里面的纪念品商店里也都是卖这些，此外还有印有学校名字的杯子、钥匙扣等生活用品。尽管只是高中，也到处都是学校的纪念物品，也是一种美国文化。

趣事二：冰箱贴

到了美国你难免会出去逛，去几个景点，景点里也都有纪念品商店，卖印有标志建筑、当地风光的周边产品。明信片自是不必说，另外一个哪儿都能看到的东西就是冰箱贴，无处不在。

除了最普通的冰箱贴，还有一些冰箱贴做成了开瓶器。有的学生去到当地的家里冰箱上就贴满了各地搜罗来的冰箱贴，很有意思。

趣事三：无处不在的冰块

想像一下如果是在热带，冷饮里都放冰块是能理解的，除了气候原因，也是因为加冰可以减少糖的摄入。但是美国这个四季分明的地方，冬天在餐厅要杯水，上来的都是冰水混合物。

这个让很多学生一开始就完全没法理解了。其实有的说法是因为在冰水的刺激下，人都会吃得比需要的多一些。

趣事四：为「糖」而狂

只要你看过美国人做饼干，不用多，看一次，估计就再也不敢吃那些饼干了。基本上一半都是糖。特别是chocolate chip cookies和peanut butter cups。

关于糖最明显的体现就是在万圣节。美国孩子万圣节要到的糖果能吃很久。真的是很多很多。2014年，美国人在万圣节花了22亿美元买各种糖果。

趣事五：结婚礼物

说到中西方的婚礼。大家对「份子钱」这件事情很好奇。

各大购物网站上都提供一个功能，叫做 gift registry 或者 wedding registry。如果你要结婚，你就可以在上面创建一个单子把你想要的礼物都加进去，发链接给你的朋友。更常见的是参加婚礼的朋友，可以在指定的大型购物网站上面搜你的名字，找到你的清单，从清单中选一个作为礼物，选了之后，这个选项就会从清单上消失。非常人性化的设计对不对？

清单上比较常见的包括厨具之类的，有贵的也有便宜的，朋友们就挑著买。大家也可以想想自己的礼物清单哟。

美国华裔：长大后 我终于明白家人坚持吃中餐的意义

8岁和家人出门度假时，我站在父母和祖父母面前，宣称我讨厌中国食物。当时我们全家正在圣地亚哥(San Diego)的Best Western酒店用早餐。母亲立即责备了我。她的声音很大，以至于酒店一名工作人员也听到了。

“你应该尊重你自己的文化。”这名工作人员应和道。

但那时的我毫不在意。我正因为终于能尽情享用美式早餐而高兴不已。

Best Western酒店的免费自助餐与五星级餐厅相差甚远，但当我看到培根、香肠、松饼等精致的菜品时，我的眼睛都亮了。我厌倦了家人每天让我吃的中式早餐。周一到周五，每天早晨母亲都会用微波炉热一个菠萝包给我，吃完后父亲会开车送我上学。周末父亲会一早起来蒸馒头给我们当做早餐，那之后我们一家会到大华超市(99 Ranch Market)——当地很受欢迎的华人超市——为下周的中式饭菜购置食材。

我在加州圣塔克拉拉(Santa Clara)长大，这座孕育了硅谷的城市有超过10万人口。圣塔克拉拉是一个多样化的地方，在这里白种人很少，移民占多数。我的父母出生于中国广东，他们于1990年代来到旧金山湾区。同其他许多亚裔移民一样，我的父母为当地的科技公司服务，他们也为硅谷崛起做出了贡献。

我们家一天三顿都吃中餐。早餐是菠萝包或馒头，去大华超市购物后我们会到库比蒂诺(Cupertino)吃茶点。如果说圣塔克拉拉十分多样化，那么库比蒂诺本身就像一座中国城，那儿三分之二都是亚裔。每条街、每个广场都挤满了亚裔商店，还有珍珠奶茶店。我们常去的点心店叫王朝海鲜酒楼(Dynasty Seafood Restaurant)，周末去那里吃饭最多需要等上一个小时。他们与那里的服务员关系很好，甚至在农历新年包红包时，父母也会将店里的服务员考虑在内。

在王朝酒楼，我的家人总是会点同样的菜品。他们会焦急地喝着花茶，等待装有那些菜品的手推车来到我们的桌前，里面有烧麦、虾饺、肠粉。

不过在家吃的晚餐才是最重要的，尤其是周六的晚餐。午觉后，祖母就会开始准备晚饭。她会将油菜洗干净切开，然后会开始蒸鲈鱼。

我永远理解不了为何中国人会如此喜欢吃鱼。为了能吃到那一丁点肉，需要将极细的鱼刺挑出来。母亲常会帮我把鱼刺挑好，然后再抱怨我们这一代出生于美国的华裔是多么懒惰。黄毛鸡和豉油鸡也是我们晚餐常有的菜。父亲有时会开上一瓶青岛啤酒，这是中国很主流的啤酒品牌。

还有米饭。

我们每顿饭都会吃米饭。每个月我们都会将一袋25磅重的金凤凰茉莉香米从大华超市带回家。蒸米饭要十分用心，水多了米吃起来黏糊糊的，水少了米又会粘在锅底。

这就是我们一家每一天要吃的饭菜，有时菜样可能会有些变动。在我很小的时候，我不会反抗，因为这是我所知道的唯一的食物。等到上了小学，我开始注意到还有其他的选择。在学校食堂的每顿午餐都透露给我一些新的东西。在食堂买饭的朋友们会吃汉堡、墨西哥卷和鸡块，但我只能吃母亲在保温餐盒里准备的食物，一般是面条云吞，还有西兰花。我甚至会羡慕那些买午餐便当吃的同学，因为夹在乐之饼干(Ritz)当中的冷餐火腿看起来很不同，更让人眼馋。

回家后，我开始向家人发问，问为何我不能吃巨无霸，为何不能用它取代鸡肉、米饭和蔬菜。我深爱着的家人或许太容易纵容他们唯一的儿子、唯一的孙子。我告诉母亲我再也不想吃她给我带的饭，于是她不得不给我订了学校的午餐计划。因为我威胁她，如果不这样做，我就什么也不吃。小学时每当过生日，我都会缠着家人带我去当地的牛排店，我会点上一份菲力牛排好好享用。我坚决不会到王朝酒楼庆祝生日。

周六的家庭茶点也被肯德基快餐所取代。那段时间我对肯德基十分着迷，它让我感觉自己很像个美国人，让我知道我身在美国，而每天吃烧麦或油菜心不会让我有同样的感觉。距我家几个街区远的Hometown Buffet自助餐则成为了周日必备。那里简直是我的天堂。土豆沙拉、牛排、火鸡、火腿、鱼肉、薯条和苹果派，等着我的全是经典的美国食物。在家吃饭时，我的祖母曾努力尝试，想做出我爱吃的鸡块，但未能成功。对我来说，它永远比不上麦乐鸡美味。

高中后我搬到300英里以外的洛杉矶，在南加大读大学。但那却像是到了另一个世界。我一个人在大都市的中心地带生活，这与圣塔克拉拉安静的郊区形成了鲜明对比。我有7个室友，我不再是那个被溺爱着的唯一的孩子。最重要的是，我不再受到限制，不需要只吃家里的饭了。但大一学年，我反对中餐的立场似乎有些松动。那时吃着父母给订好的餐食计划的我，自由到无法想象。我每天会去周边那家咖啡厅3次，吞下无数的美国食物。

大一开学几周后，学校餐厅开了特别的亚洲食品餐吧。我真的很兴奋。自搬家后我就没有吃过中餐，我一直在吃沙拉、三明治和汉堡。餐吧售卖有烧麦、饺子和叉烧包，但烧麦太咸了，饺子煮得有些过火，叉烧包吃起来又干又没味儿。我失望极了。王朝酒店永远不会做出这样低水准的中餐，我的家人也不会。她们会帮我把鱼刺挑出来，这样我就能享用到最好吃的鱼肉。

那是我第一次对一顿简单的家常饭心生怀念。我不再因为要去食堂兴奋不已，我的肚子开始对菠萝包、肠粉、油菜心生出渴望，但我却只能在早餐吃炒蛋，午餐吃生菜和面包丁，然后在晚餐吃蔬菜炖菜。可我想要的只是一碗热腾腾的白米饭。

和家人通电话时，他们总会问我吃得好不好。我总会笑着说，这里的食物很不错，一切都好。这是我人生中首次拥有这样大的自由，我不想让家人知道这其中有些部分存在些问题。

但我人生中经历的一些事正在快速地变化着。对于一个来自郊区的内向的孩子来说，上大学这件事责任重大。我需要一些能让我感受到家的存在的东西，让我能时不时地获得些安心，比如祖母熬的一碗热腾腾的汤、几盘点心，或者一盘热腾腾的炒河粉。我怀念被亚裔人口居多的城市围绕着的圣塔克拉拉，它是那样地友好和熟悉。

而最重要的是，我意识到为何中餐对家人来说如此重要。

即使在美国生活了几十年，将中国护照更换成美国护照之后，我的父母每天仍在吃传统的中国食物，这其中是有原因的。为了移民到一个新的国家，融入新的社区，他们舍弃了很多很多。我的父母讨厌模范少数族裔的刻板印象，而尽管如此，他们明白，无论牺牲了多少自尊心，都是为了事业、家庭，以及最终为他们唯一的孩子提供优质的教育。

但他们永远不会舍弃的就是他们的文化，他们大多时候通过食物表达这种坚持。

每周到华人超市购买食材，在厨房花上几个小时只为做出最完美的蒸鱼，这些都是因为这些年他们一直在思念着家乡。吃上一口多汁的豉油鸡，或是咬上一口酱油蘸得刚刚好的肠粉，那会让他们记起家乡的味道。

上大学后第一次回家，我高兴地吃下一盘盘家人最爱的中国食物。每次回到湾区，我都会拉着父母下馆子——不再去美国牛排店，而是到那些我儿时最讨厌的中餐馆去。

大三那年，因为要在NBC Sports实习，我在康涅狄格州的斯坦福德(Stamford)独居了4个月。那时我会开30分钟的车到最近的亚洲食品超市采买食物，将车子装满当年家人在大华超市购买的同样的食材。然后我会开车回到公寓，切油菜、确保蒸米饭的电饭煲里放了不多不少的水。

在许多个寒冷的冬夜，独自做饭时，我会感到舒心，因为我知道3000英里外，我的家人也在吃着同样的中国食物。他们也和我一样，在思念着故乡。

傅履仁：美国军衔中最高的中国人

在美国的现役部队中，大约有6000多名华人，他们之中有40%以上的人，都没有获得美国国籍，他们希望继续服役，得到美国的认可，真正意义上的加入美国。事实上，早在二战时期，美国的部队中便有了华人的存在，他们在战争时期，也曾为美国做出过一定的贡献。

在美军中，获得军衔荣誉最高的华人，名叫傅履仁，他出生于北京。属于正红旗，算是清朝的八旗子弟。1949年新中国成立，仅仅只有15岁的傅履仁，跟随父亲一起移民，到了美国成为了美籍华人。

后来，他进入华盛顿大学读书，1960年毕业成为了一个律师，在工作的过程中，解决了不少案件。在这之后，他去了美国的部队中服役，先后负责了一些重要工作。因为曾经做过法律相关的工作，他在1976年的时候，去了欧洲第三装甲师担任军法检察官。

1984年，他以准将军的军衔，成为了主力军法总监，1990年他又被美国晋升为。少将1993年，他以少将的身份选择退役，在这之后，他开始经商，还继续担任美国陆军军法总监。1995年，他又当上了美国麦道飞机公司的副总裁和美国波音公司中国有限公司的执行副总裁。

2010年时，这位被美国授予将军军衔的华人，因为心脏病发作，在美国因病去世，享年75岁。傅履仁这一生，可以说是相当传奇，他从军33年，屡次获得国际知名奖项，在美国部队中，取得了很多惊人的成就。正因如此，他最后得到美国高层认同，被授予军衔时，没有人提出反对意见。

在美国的部队中，华人经常遭到美国白人的歧视，身为外来人的傅履仁，能在美国的军队中如鱼得水，甚至成为将军，可以说是相当的不容易。在傅履仁之后，美国的部队中虽然也有很多华人存在，但是这些人并没有像傅履仁那样，在美国部队中发展顺利，如今被授予军衔的人屈指可数，几乎没有人打破其历史记录。

新年伊始，馬上行動，為學業和生涯重新啟航
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带孩子去旅行要准备什么呢?(下)

D. 提前check-in,选座位

有很多航空公司可以提前online check-in, 选座位。通常带孩子的话最好选飞机上有几个空间比较大的座位,现在有不少航空公司把这种类型的作为定义成Economy Plus收取一点额外的费用;如果孩子有独立的座位的话,普通的座位问题也不大,但是最好选进出方便的,这样孩子坐不住或者要上厕所的时候都会比较方便。提前在网上Check-in的好处是,登机当天在机场不用拖著孩子排长队。

E. 预订飞机上的摇篮

如果是带著小baby坐飞机,飞机上时间比较长的话,我会建议预订一个摇篮,这样孩子在飞机上可以平躺下来,大人也会比较舒服。但是飞机上的摇篮一般都很小,如果孩子超过6个月,就会不舒服了。而且在预订机票的时候,通常不会让你订摇篮,摇篮需要提前直接跟航空公司预订。

F. 飞机上注意孩子的耳压

我们大人坐飞机的时候都会在飞机起飞和降落的时候感觉到不舒服,小孩子就更要注意了。好几次我都听到婴儿在飞机起飞和降落的时候大哭,多半是因为耳压的问题。我们可以在飞机起飞和降落的时候让孩子喝水,或者给安抚奶嘴,如果都不行的话,可以给孩子按摩一下耳朵后面,也会有帮助的。

G. 鼻子太干的问题

机舱里通常很干燥,小孩子容易鼻子干甚至脱水,所以一定要让孩子多喝水,并且准备好棉花棒,随时可以蘸水帮孩子湿润鼻腔。

9. 坐火车或大巴旅行要注意的问题

A· 订票的时候可以多问一下有没有家庭折扣或者给小孩子的折扣

B· 在车上不要让孩子乱跑,以免找不到人

10. 自驾游要注意的问题

A. 一定要用安全座椅!不管你所在的地方法律规定有多松,我都会强烈建议一定要用安全座椅,这真的是为了孩子的安全著想!

B. 多装一个后视镜用以观察后座孩子的情况,尤其是在只有一个大人的情况下。

C. 一定要给孩子带一些他/她感兴趣的玩具,书或者是音乐。不能让孩子在车上觉得无聊,尤其是如果要开2个小时以上的车的时候;如果他们开始无聊了,司机就会很烦恼了!

D. 如果旅程超过1个小时,就要预备出中间停下来休息的时间,因为孩子很容易觉得无聊觉得累;如果是已经脱了尿布的孩子,还要随时准备他们需要停下来找地方上厕所。

目的地相关

1. 健康卫生相关的注意事项

A. 如果是去热带地区,一定要记得每天至少给孩子准备两身换洗衣服,而且要是容易吸汗的材质,例如全棉。去哪里玩都要注意防晒,带上帽子,涂上儿童防晒霜;孩子的眼睛也很敏感,所以如果要暴露在阳光下,一定要给孩子准备太阳眼镜。

B. 尽量不要让孩子喝直接从水龙头出来的水,虽然在美国很多地方这种水也是符合饮用标准的,但是去旅行还是小心为好,尽量喝瓶装水。

C. 带上一些儿童常用药: 退烧药,感冒药,过敏药。

D. 在外面吃饭的时候,尽量选择流动率比较高的餐馆,尤其是如果目的地的卫生条件不是很好就更要注意;尽量不要吃自助餐,就怕万一自助餐的食物放在那里被虫子叮过了。

E. 孩子比大人更容易脱水,出门在外,一定要让孩子多喝水;如果是小婴儿,要每天注意baby有没有足够的尿尿。

F. 不要说孩子了,大人在外面旅游都很容易出现便秘的问题。如果孩子出现这个问题,除了多喝水之外,还可以做的事有:按摩肚子,用一点凡士林按摩肛门,喝少量的植物油等等。

G. 如果是去热带地区或者卫生条件相对较差的地区,还要注意防蚊叮虫咬。除了儿童可以使用的防蚊水之外,还可以用一些比较安全的方法,比如自带蚊帐在Crib上使用;给孩子穿全棉或纱质的睡袋,在睡袋上稍微用一些防虫水。还可以带一些小蜜蜂紫草膏类的比较安全的药膏,万一孩子被咬了,可以涂抹。

2. 检查旅馆的房间

孩子的安全永远是旅行中最重要的一件事,所以在入住任何一个旅馆之后,都要检查一下旅馆的房间。门锁好不好啊,有阳台的话看看阳台是不是安全(会不会有小孩子不小心掉下楼的隐患),要带一些绝缘胶带把暴露在外面的插头或电线封起来。当然啦,一定要提醒孩子,不能自己随便开热水。

3. 合理安排徒步或者骑车的路程

千万要记得孩子是很容易累和觉得无聊的,所以如果行程中有徒步或者骑车,一定要考虑最小的那个孩子能够完成的量,或者是做好扛著孩子走的准备。时间的预算要做得比较宽裕,因为孩子不可能根据一个既定的速率去完成一个行程,他们很容易在途中被某个东西吸引就停下来看一看玩一玩。通常要带著孩子走的话,最好选择一些景色和活动多样化的路程,比如沿途有湖,有小池子,他们可以停下来玩玩水甚至游泳一小会儿之类的。

4. 给孩子穿衣要采用多层原则

出门在外给孩子穿衣服最好采用多层原则,这样冷了可以穿,热了可以脱,随时可以根据温度和孩子的情况改变策略。

5. 给孩子留下美好的记忆

我们带孩子一起去旅行,除了无奈非要带著外,总也想给孩子增长点见识,留下点旅途中美好的回忆。俗话说,读万卷书,不如行万里路。我们可以做一些事情,让孩子们的记忆一直延续到他们长大成人。

A. 每到一个地方,就买一张明信片,在背面让孩子自己写或者帮孩子写一句话,记录日期和孩子的年龄。

B. 也可以给孩子收集每个地方都有的纪念品,比如有一阵子我自己就收集各地的星巴克杯。

C. 如果孩子已经开始自己记日记了,那么要鼓励孩子在旅行途中也每天坚持记录。

D. 给孩子买当地的玩具,除了当作纪念品外,孩子通常也会比较喜欢玩当地孩子在玩的玩具,这样有时候还能帮他们交到当地的朋友呢!

带孩子去旅行要准备什么呢?(上)

【来 源:https://www.guruin.com/articles/10 豆豆妈咪】

旅行计划

1. 切记- 带著娃旅行计划一定要轻松再轻松

做旅行计划的时候,一定要放低期望值。如果你在没有孩子的情况下去这个地方,要cover的景点和玩乐项目是10的话,那么带著娃你就只能计划5,甚至3-4。会有很多意外情况让你不得不取消某个行程,或者放慢某个行程的脚步。孩子病了,累了,哪怕仅仅是情绪不好了,你都不会再有兴致走下去的。

2. 订酒店的时候要选适合家庭和孩子的

A. 如果酒店有包早餐就最好,如果没有的话,也可以问问酒店是不是愿意给孩子提供免费的早餐。有些酒店是愿意提供的,因为单独给孩子付早餐钱,如果早餐是Buffet形式的是很不划算的,他们可能只吃一点点。当然,很多buffet餐厅对于一定年龄以下的孩子是免费开放的。我自己的经验是,可以带一些简单的零食;或者看酒店走路距离有没有类似星巴克这样的连锁店,可以带孩子去那里吃简单的早餐。

B. 问清楚酒店有没有免费的Crib提供(大部分酒店应该都有);如果孩子已经比较大,或者孩子不喜欢自己睡Crib, 我自己的习惯是订两张床的房间或者有折扣的时候订套间。一般家里只有一个孩子的,出门会一家三口订一个king大床房,但根据我个人经验,这样很有可能大家睡不好

C. 最好找房间里有简单厨房的,最差也要带小冰箱。倒不是为了要省钱,而是有的时候你带著一个疲惫的孩子去一个餐厅吃饭,也会是很糟糕的体验。与其痛苦地吃完一顿饭,其实很可能是食不知味,还不如回酒店让孩子休息,然后妈妈可以煮一点简单的食物,一家人轻松地填饱肚子。

3. 长途旅行之前带孩子去见儿科医生

这一点很多家长都会忽略,我是非常建议在长途旅行,尤其是要去另一个国家的一两个月之前带孩子去见儿医的。除了医生可以给建议带哪些常备的药之外,还有疫苗的时间问题: 刚好赶上要打某种疫苗,是要提前还是推迟呢?目的地会不会正好有某种传染病在流行,有什么预防措施可以做呢?还有一些很多家长可能不会问的,但其实也是非常重要:孩子的血型细节;如果孩子有某种疾病,那么目的地有没有这方面的儿科专家可以以防万一的。

4. 签证准备

就算孩子才出生一个月,如果要去另外一个国家,很有可能也是需要护照和签证的。所以一定不要忘记在出行之前准备好目的地国家需要的入关文件,而且一定要留出比较富裕的时间提前去申请。不同的国家会有不同的要求,有的可以找旅行社代办,有的可能要申请者亲自去使馆/领馆。一定要研究清楚,提前办,不要等到临上飞机才发现证件不足。

5. 相关文件准备

还有很多其他可能会被要到的文件,尤其是跨国旅行会要的。例如:如果孩子是你收养的需要收养证明材料;如果是父母的一方带孩子出去,除了需要孩子的出生证明之外,可能还会需要另一方的书面同意书。

6. 给孩子做心理建设

如果孩子还很小,倒是不需要什么预先告知,反正说了孩子也不懂。但是我认为只要孩子超过2岁,基本可以听懂家长说话的时候,多多少少都可以做一些旅行前的铺垫沟通。例如告诉他们将要去哪里,会去做些什么,会很好玩啊之类的。对于大一点的学龄的孩子,还可以请他们参与到准备工作中来,例如可以让他们自己打包自己的物品啊之类的。

旅行途中

1. 童车是一定要带的

在我看来,童车是最重要的一样东西了!如果孩子还小不会走路,那自然是不用说的;就算孩子已经长大会走路了,带上童车也是很有必要的(当然如果10几岁了,很多童车也坐不下了吧)。一个三四岁的孩子,虽然会走路,但是能走多久呢?很有可能发生的情景是,孩子走了半个小时,告诉你他/她累了,这个时候你要怎么办? 后面的行程可能还要走两个小时,一想到要扛著一个30斤以上的孩子继续步行,我就哪里都不想去了。所以,强烈建议,只要你的孩子还能被塞进童车,就一定要带一辆童车。

2. 记得带一个儿童背带

如果带著还不太会走路的小小孩出门,那么儿童背带简直就可以被评为神器了!我女儿13个月的时候,我们带她坐长途飞机回中国,走之前我们做了很多研究,但是情况还是比我们想像得要糟糕。去的路上,她几乎对一切都不适应,非要爸爸抱著她一直在飞机的走廊里面晃悠。幸好我们带了一个儿童背带,缓解了一下压力,虽然还是很辛苦,但是比抱著还是强太多了!

3. 带几条多功能毯子

毯子无论是在旅行途中还是在目的地都会很有用,对于在爬行阶段的孩子,可以作为爬行毯,随时找一个地方铺下,让孩子在上面玩;孩子睡觉的时候,无论在哪里,都可以盖上一块毯子以防著凉;甚至可以带一块塑料毯子,在孩子吃东西的时候铺在地上。

4. 跟喝奶相关的物品一定要备足

如果孩子还是在奶娃娃阶段,那么去旅行一定要备足喝奶相关的物品,包括多个奶瓶,奶粉,液体奶,温奶器,奶瓶消毒器,备用的冲奶粉的温水等等。

5. 孩子的换洗衣服要备足

带小朋友出游一定要备足孩子的换洗衣服,一来可以应对孩子旅途中的各种意外情况,二来如果所住的酒店洗衣服不方便,也会有备无患。

6. 带上孩子最喜欢的小玩具或者毯子之类的物品

对于5岁以下的孩子来说,如果要在外面过夜,能带上他们平时喜欢的一样玩具或者是一条小毯子可以大大增加他们的安全感,同时也可以降低他们在外面入睡的难度。

7. 带上Ipad或者便携式DVD播放器

在一般情况下,我是不建议让孩子接触太多电子屏幕的,对视力发育和保持无益。但是如果是在外旅游,Ipad,DVD播放器或者是智能电话,可能都会派上大用场。孩子在飞机上吵闹,在餐厅里不配合,都可以使用一下我们平时不常拿出来的电子武器。

8. 坐飞机旅行要注意的问题

A. 孩子要不要单独买票,一般来说在美国,无论是国际还是国内航班,2岁以下的孩子是可以不单独买全票的,只需要一个所谓的lap seat, 意思是坐在父母腿上;Lap seat对于除了童车和安全座椅之外的行李有什么样的限制,一定要提前跟航空公司或者代理核对清楚。一般航空公司都会允许孩子带安全座椅和童车上飞机(免费或收取一定费用),但是不同的航空公司规定还是会有些不同,某些廉价航空公司可能会有特殊规定。

B. 如果你是某个航空公司的会员,一般的航空公司都有专门为VIP会员准备的休息室,带著孩子时如果能在休息室里面等待登机就最好了。

C. 大的行李自然是要托运的了;但是一定要特别注意要坐的飞机所属的航空公司对于手提行李的规定,临行之前要确定可以带几件手提行李,对大小和重量有什么样的限制。通常对于能带上飞机的液体和类似液体的物质会有限制,但是跟孩子相关的饮用水,液体牛奶,液态的婴儿食物,以及孩子在飞机上需要用到的护肤品,会有一些通融。比如,你如果带一个密封的袋子里面装有孩子在飞机上要喝的牛奶,可能安检人员确认之后就放行了。但是我会建议尽量带奶粉,或者是小包装的比如2oz装的液体奶,孩子要用的乳液之类的也尽量用小瓶子分装来避免在安检过程中可能会遇到的问题。(未完)

《武漢日夜》:不哭的武漢人

“《武漢日夜》把武漢人不服輸、不放棄的精神都體現出來了。”

“感謝身邊的人，有妳們真好，讓我渡過了那個至暗的時刻。”

“重生，又活過來了！”

致敬英雄的城市，致敬英雄的人民！武漢的日日夜夜，想忘卻又無法忘卻，每壹個畫面都歷歷在目，每壹個人都銘記在心。

今日，國內首部戰疫紀錄電影《武漢日夜》發布“武漢人看《武漢日夜》”特輯。影片日前在全國點映，武漢人民作爲抗疫期間的親歷者與見證者，在觀影時潸然淚下，這份淚水源於共同的回憶，源於以心照心，以情動情的人間大愛，更源於中國人面對艱難的堅韌與不屈。

武漢觀眾在映後說：“都是壹些很平凡的人，卻總是在關鍵時候挺身而出。”“我們流淚不是因爲害怕，而是《武漢日夜》讓我們感受到了溫暖與力量。”

《武漢日夜》搭建起電影的“心靈方艙”，點燃了“希望之燈”，武漢人民需要這樣的電影，中國人需要這樣的電影。

足夠真實、走近人心，《武漢日夜》讓我們更強烈地感受到生命的價值和愛的價值，這部電影將成爲我們每個人繼續前行的動力。在國內尚存疫情的當下，我們也定能築起疫情防控的“鋼鐵長城”，吹響疫情最終勝利的號角！

武漢人不僅是觀眾，也是鏡頭下的主角。點映現場，許多片中人物通過大銀幕，重溫了這段難以忘懷的抗疫時光。

在電影中，李晶晶收到媽媽遺物的場景催人淚下，她當天也特別前來觀看《武漢日夜》，還帶來兩束白色菊花放在座椅上，她說要帶因疫情離世的媽媽和姥姥觀看這部電影，她想在《武漢日夜》中再看看媽媽生前的樣子。

還有曾奮鬥在疫情壹線的白衣戰士蘇潔，她和姐姐蘇婧壹同透過影像，深切懷念生前與病魔頑強抵抗的父親，蘇潔說：“回想當時的畫面，很激動，看完《武漢日夜》，覺得很溫暖。”

片中，“在醫院把開水泡饃當滿漢全席”的孟憲明爺爺如今已經戰勝新冠肺炎，成功康復，他在治療期間始終保持樂觀與堅強，看完影片後，孟爺爺信心十足地說：“我從來沒有說我要死，沒有想到我會死。”

“他們就是我的親人啊！”孟爺爺感謝當時醫護人員對他無微不至的照顧與關懷，而武漢的抗疫戰士們也在《武漢日夜》的光影中重溫了他們攜手並肩、逆行而上的感動時刻。

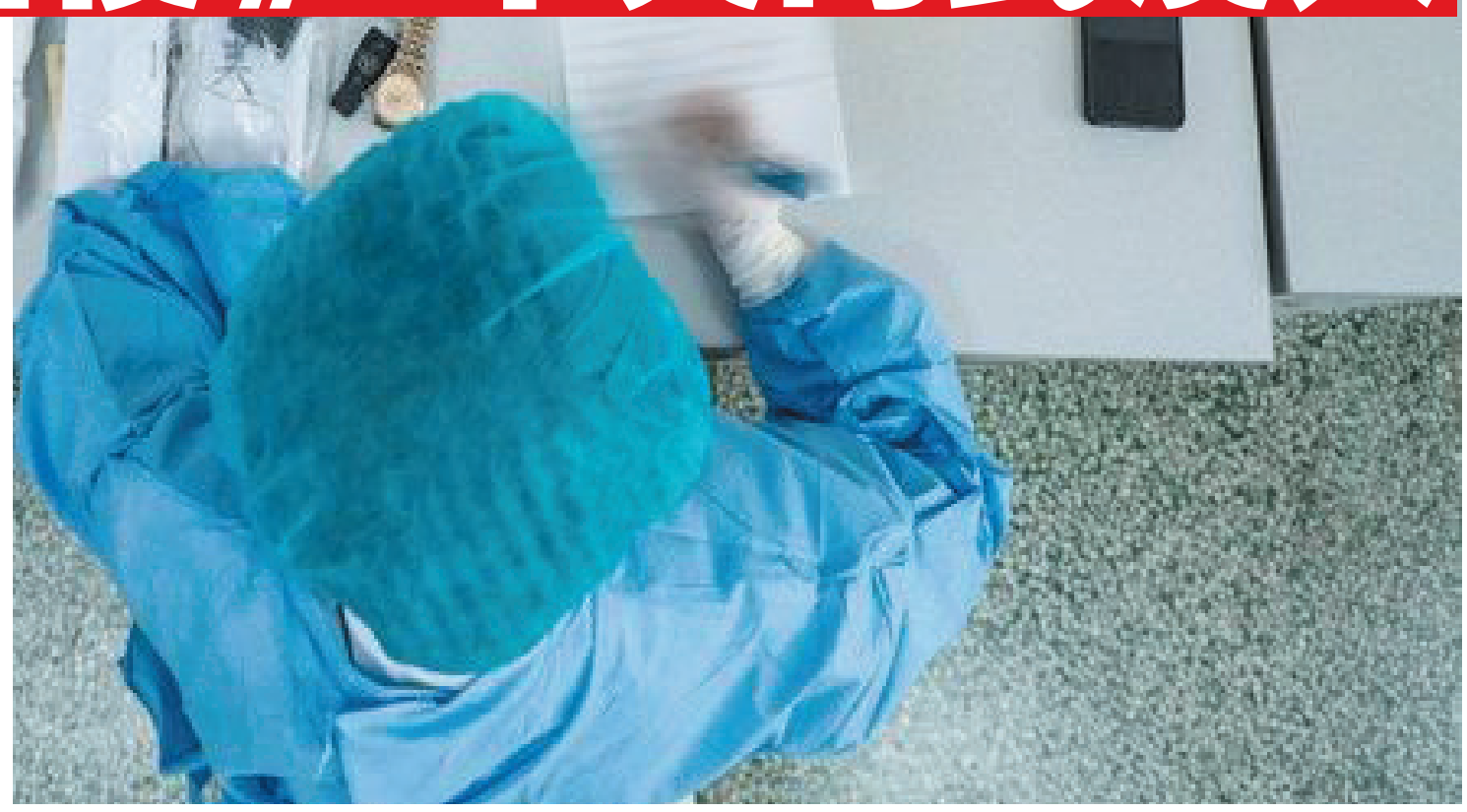
“全程是含著眼淚看下來的。”武漢市七醫院的醫生陳勝在接受采訪時說，《武漢日夜》讓他印象最深刻的鏡頭，是小寶寶在淩晨的第壹聲啼哭，壹下子就把他的心揪了起來。當時他的眼淚止不住往下流，因爲它代表的是新生，是希望，是生命的生生不息。

武漢市協和醫院的醫生姚尚龍是壹名感染新冠肺炎的康復者，他說《武漢日夜》這部電影展現了武漢是座英雄的城市，武漢人民是有擔當，有大愛精神的人民。

武漢的日日夜夜，也是中國人的日日夜夜。正如《武漢日夜》片尾曲《所有的所有》所唱：“去愛，得到所有的所有；去愛，舍得所有的所有”，面對疫情，妳我用愛的陪伴渡過難關，面對未來，妳我也將用愛的陪伴無畏前行。

英雄的城市武漢“破繭而出”，英雄的武漢人民繼續迎來壹個個清晨和黃昏。他們的面孔，模糊又清晰；他們的名字，普通又獨特；他們的生活，平凡又有分量。武漢人了不起，中國人了不起！

紀錄電影《武漢日夜》由電影頻道出品，湖北廣播電視臺、浙江橫店影業有限公司、杭州壹九零五文化傳媒有限公司、壹九零五影業（北京）有限公司、廈門金逸傳媒有限公司、杭州含笑傳媒有限公司、弓立（廈門）醫療用品有限公司、武漢廣播電視臺、情動影業（北京）有限責任公司聯合出品。



《斷橋》首發先導人物海報 馬思純王俊凱顛覆形象

昨日，由著名導演李玉執導、金牌制作人方勵監制的新片《斷橋》首次發布先導及主演人物海報，本片此前因各主演多次登榜微博熱搜而備受關註，此次發布的海報中，馬思純、王俊凱、範偉三位領銜主演終現真容，與以往形象極度顛覆；同時由曾美慧孜、李曉川、趙潤南主演，龔蓓苾、黃璐、莫西子詩、曾慕梅特別出演，萬茜、劉琳友情出演的豪華陣容也全面曝光。

電影《斷橋》講述的是壹幕由城市橋體垮塌引發的“真相與復仇”的故事。先導海報裏，水上水下的設計與眾角色朦朧的面部表情，似乎讓影片的真相更加撲朔迷離，而馬思純、王俊凱代表的少年世界，與範偉爲首的成人世界，也因爲壹水之隔凸顯出“隔絕與對抗”的強烈意味，使影片故事更具想象空間。

在先導海報強調影片主題意境的同時，隨之發布的人物海報則極致曝光了三位領銜主演的角色造型，令觀眾網友大呼“顛覆”。

馬思純（飾聞曉雨）不僅外形清秀憔悴，作爲追查真相、意欲復仇的女主人公更是目光堅毅、壹臉決絕，壹反此前“乖乖女”的形象；爲詮釋角色“末日邊緣”的滄桑感，王俊凱（飾孟超）留起長發，膚色黝黑，“蓬頭垢面”的造型壹反往常，突破出道以來的偶像桎梏，超強演員質感被廣大網友盛贊“脫胎換骨”並引發十足期待；老戲骨範偉（飾朱方正）滿面灰黑中透著壹股煞氣，陰冷表情耐人尋味，讓人不禁對這個印象深刻的“老好人”突然望而生畏。

據悉，三位主演爲塑造《斷橋》角色極其投入，拍攝過程中馬思純有大量長達十幾分鐘

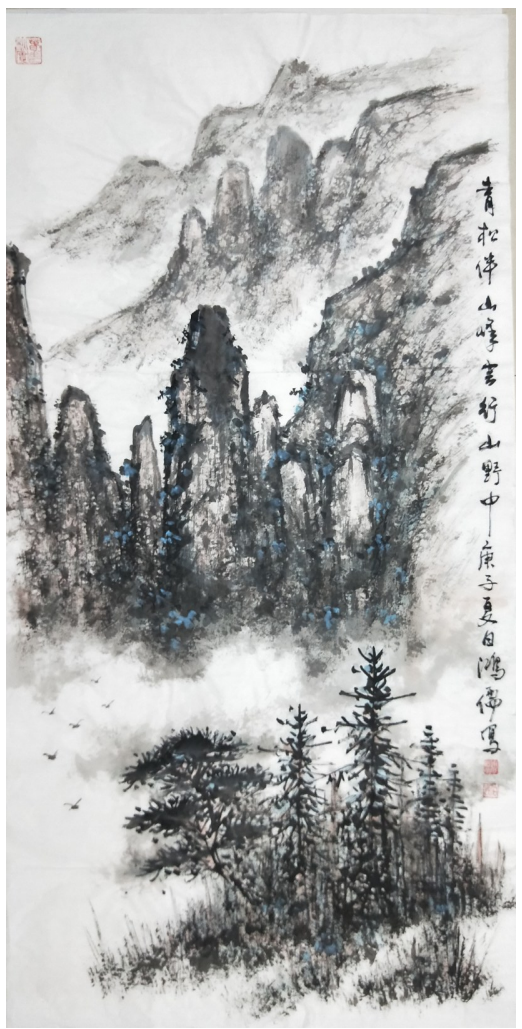
的長鏡頭哭戲，經常哭到幾近昏厥，爲感受角色真實痛感，動作戲不帶護具的她更將膝蓋磕出道道血痕；王俊凱爲了更貼近孟超的人物狀態，提前到達拍攝地體驗生活，不僅曬黑膚色、在原本清瘦的身材基礎上再度瘦身20斤，更壹改自己的生活方式和性格狀態，令同組的範偉直言“開始沒認出來”，稱贊這個“滿街遊蕩的野孩子特別地像、特別地對“；範偉則坦言朱方正是他表演生涯演過的最“狠”角色，因爲入戲太深，他在拍完壹場兇殺戲當晚淩晨三點還驚悸不已無法入睡。

作爲聯袂創作過《蘋果》《觀音山》《二次曝光》《萬物生長》等多部知名電影作品的黃金搭檔，導演李玉和監制方勵此次回歸現實題材，以壹如既往的寫實風格和紀錄片式的拍攝手法，欲將《斷橋》打造成壹部“既好看又值得深思”的影片。在整個拍攝過程中，李玉導演壹直強調故事和表演的真實感，不僅和方勵壹起反復打磨劇本，還通過各種獨特方式幫助演員們卸下表演包袱，甚至有時鼓勵演員放空自己“渾著來”，因爲她堅信“真實的力量最能打動觀眾”。監制方勵則表示，《斷橋》是壹部滿懷希望、關照人生的電影，善良和正義從不會缺席，斷裂的情感總會有人爲妳接上。

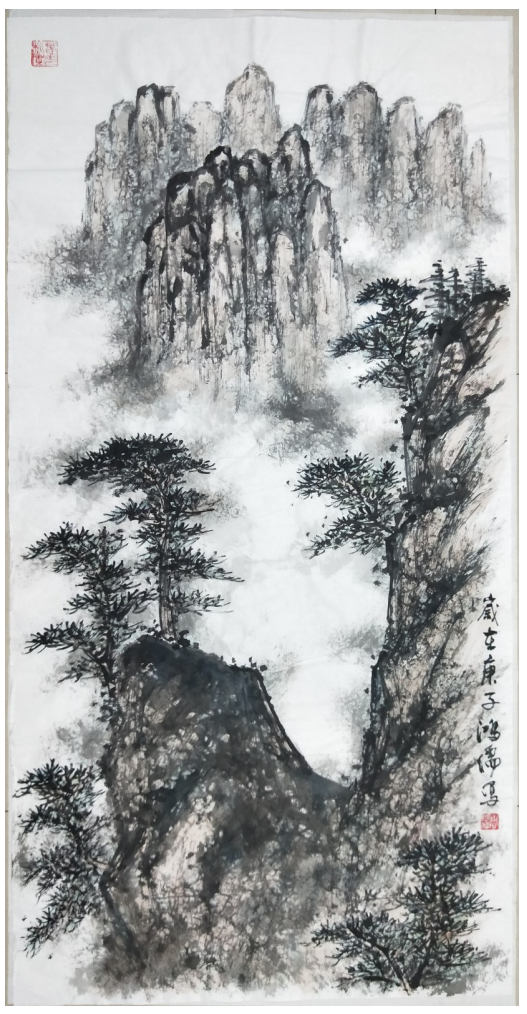
除了李玉+方勵這對黃金組合，《斷橋》的其他主創也是“壕”氣爆棚，在馬思純、王俊凱、範偉、曾美慧孜、李曉川、趙潤南、龔蓓苾、黃璐、莫西子詩、曾慕梅、萬茜、劉琳等十余位演員中，就有壹位金馬影後（馬思純）、壹位金馬影帝（範偉）和壹位金像影後（曾美慧孜）；而馬思純、範偉、萬茜、攝影指導曾劍四位金馬得主的加盟，更被劇組笑稱爲“駟馬難追”。

據悉，電影《斷橋》由北京勞雷影業有限公司、北京長弓文化傳媒有限公司、阿裏巴巴影業（北京）有限公司共同出品，影片預計今年與觀眾見面。

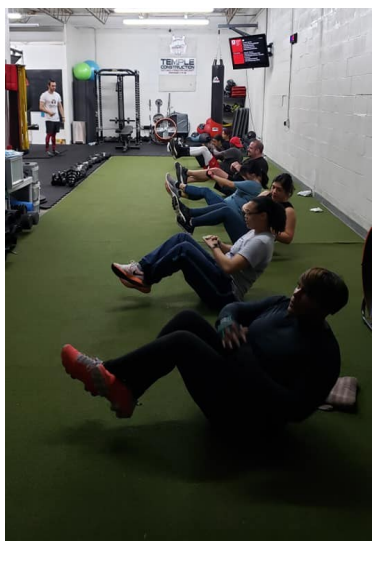
笑谈鸿儒 梦想成真(上) 冯宏章



他1951年生于北京，9岁开始习画。
他得王羽仪、王雪涛、秦仲文、谢诗尼等名家指导，踏上了艺术生涯。
他向钱容之先生学习中国画鉴赏，精心研究清新罗山人画法。
他将各名家精髓融汇贯通，形成自己独特的技术风格和画风。
他对中国传统艺术的研究，融入自己的现代意识。
他用锲而不舍、顽强拼搏的进取精神，在海内外艺术领域中开辟出中国画新路。
他独创的绘画风格，明快的画笔技艺，使他的作品刚柔相济、潇洒自如。
他的作品以实际生活为背景，笔墨独特、妙趣天成，雅俗共赏，自成壹家。
他的作品题材广泛，画法新颖，深受国内外大众喜爱和收藏。
他的作品获江坚先生题句，获唐涛先生 “鸿文画意传中外，儒学渊源贯古今”赞誉。
他的作品多次被选送到美国、加拿大、菲律宾、日本、港澳等国家和地区参展。
他的作品多次在国内外画展上展出获奖，其独特魅力受到社会的关注。
他的作品多被收藏于国家历史博物馆、故宫博物院及陕西博物馆中，成为馆藏之宝。
2001年初，六进六出，历经十年，完成了《美国大峡谷名山万里图》巨幅画作。
大峡谷长卷巨作，幅宽49厘米，长9000厘米，气势磅薄，境界超然。
大峡谷画卷，采用中国笔墨点染美国大峡谷的奇观美景，备受美国社会大众的关注。
大峡谷受到美国总统布什的祝贺和嘉勉函，轰动了美国社会。
周子勤博士为周鸿儒先生大峡谷中国巡展撰文，题写“河山万里图，中国万里行”。
他的美国大峡谷名山万里图宏大巨作立意深远，被中国艺术界同仁誉为“旷古幽山”。
他发挥中国画的优势，不拘于现实场景，按照山情水意作画。
他将大峡谷的山川照中国画的语汇和自己的想象腾挪组合，将大峡谷的性格尽情表现。
大峡谷的长卷山水，以中国笔墨特色为主，不受各家宗派所限，尽情展现了异国风光。
大峡谷在其笔墨渲染中展现奇观异彩，也让西方人士了解了中华文化之精萃。
他用传统经典的哲思和画技，给生活以热情，给自己以自信，表现出成熟的文化人格。
大峡谷万里江山图的问世，是壹件令人欣慰的事，它的意义，已经远超作品本身。
他将中国笔墨的精华，与西方山水溶为壹体，亲切感人的手法让异域风情更加精彩。
他用自己的感悟和画法，画出了自己的风格，自己的特点，自己的感受。
此画中山林浓郁，巨杉茂盛，笔法刚劲，质感倍增，体感增強。
此画在色彩和墨色的烘托下，填平了中西画技的鸿沟，增強了国家友谊。
此幅画以山树为主，画出了自己的风格，画出了中国画的特色。
题字选用毛主席诗句，层林尽染，更增強了此幅画的生命力！
他在国外多次举办个人画展，推动中国传统艺术在海外的发展。
他宣传中国传统文化，把中国绘画带到了世界艺术新壹轮黄金时代的巅峰。
他的中国绘画艺术逐渐被世界所接受，中国文化与国际大趋势不谋而合。
他在海外传播耕耘中国文化的精神，被海外华人举誉为“峡谷文化”。
他被誉为当之无愧的“中美文化大使”，用书加起了文化交流沟通的桥梁。
他的执著追求、奋斗不屈的故事，彰显了中国文化和精神。
他三十年如壹日，不懈的追求，不断的奋搏，不断地提升。
他是壹个远离故乡的游子，旅居海外，而故乡壹直在他的梦中，在他的怀抱里。
故乡就是美丽的中国，那里有他的梦想，有他的童年，有他的追求。
故乡就在他的怀抱里，在他的的思念里，在他的笔锋里，在他的线条里。
他用中国画的意象，中国画的技法，表达著自己的心意。
他用中国画的风采，中国画的渲染，彰显著自己的意志。
他用内心的向往和思念，编制著自己的梦想。
他用画笔的点缀和细腻，描绘著内心的世界。
作品就是他精神世界的展现，艺术就是他内心的感受。
线条、水墨、散点、透视，是浮雕的神采。
浓淡、远近、远山、近水，是变更的艺术。
祖国的山水，异国的风情，有著异曲同工的妙处。



离家千万里，故乡在心中，心中装著对故乡思念。
就是因为这些线条，让人们感觉到家的温暖。
就是因为这些山水，让人们感觉到心的跳动。
人生最不可以忘记的就是祖国和故乡。
人生最不可以丢弃的就是民族和故土
无论外边的世界多么精彩，也改变不了自己的中国心。
无论异国的风情多么儒雅，有撼动不了自己的中国情。
忘不了自己的黄皮肤和黑眼睛。
忘不了自己的黑头发和中国心。
他有中国人的眉眼，中国人的步履。
他有中国人的心胸，中国人的感受。
他有中国人的视野，中国人的眼光。
他有中国人的志向，中国人的抱负。
他让中国人堂堂正正地站立在世界东方。
他让中国人自強不息地行走在他国异域。
所有的鄙视和屈辱，都已化为春天的阳光。
所有的艰辛和苦涩，都已化作蜜糖的甘甜。
心怀故乡，虽远隔千山万水，也近在咫尺。
心揣梦想，虽经受风霜雨雪，也谈笑风生。
他付出了多少已不重要，重要的是他站在了艺术的巅峰。
他得到了多少已不重要，重要的是他为中国人争得荣光。
人生的目标是金钱吗？金钱买不来伟大的人格。
人生的梦想是地位吗？地位带不来情感的依托。
受人尊敬是用自己的才能造福社会。
流芳万年是用自己的品德铸就人格。
每个人都想为人类世界留下财富。
每个人都想为祖国民族留下不朽。
他用自己的笔锋留下了自己的崇高。
他用自己的浓墨画出了自己的梦想。
春夏的辛勤耕耘，收获的是秋天的丰硕。
伏案的精心描绘，获得的是世人的尊崇。
风雨兼程，浇不灭儿时的梦想。
坎坷万千，挡不住探索的脚步。
历尽磨难，才能使人更加坚強。
心胸高旷，才能使人高瞻远瞩。
时间长河，淘汰沦落与平庸。
斗转星移，改变思想与观念。
坚守信念，铸就专情与傲骨。
思维定势，正视现实与未来。
心怀梦想，放眼世界的是艺术抱负。
岁月蹉跎，追求人类的是未来希望。
对自然敬畏，使他产生全新的视角与理念。
对伟人崇敬，使他表现非凡的勇气和果敢。
孤独的观察，使他看到自然的伟大力量。
沈静的思考，使他萌发坚定的自信自強。
战胜寂寞，走向世界文化大融合的长征。
水墨宣纸，描绘异国他乡大峡谷的奇观。

Temple Construction 体能训练中心 年初师生成果报告

位于休斯顿西南区知名体能训练中心Temple Construction日前举行年度师生体能训练成果报告活动，包括健身项目，有氧项目，武术训练及重力训练等项目观摩。多位学员在老师们的指导下得到了佳绩。在健康标准及个人期许都有了成功的目标，新年新期许得到了实践，共同度过了欢乐的时光。