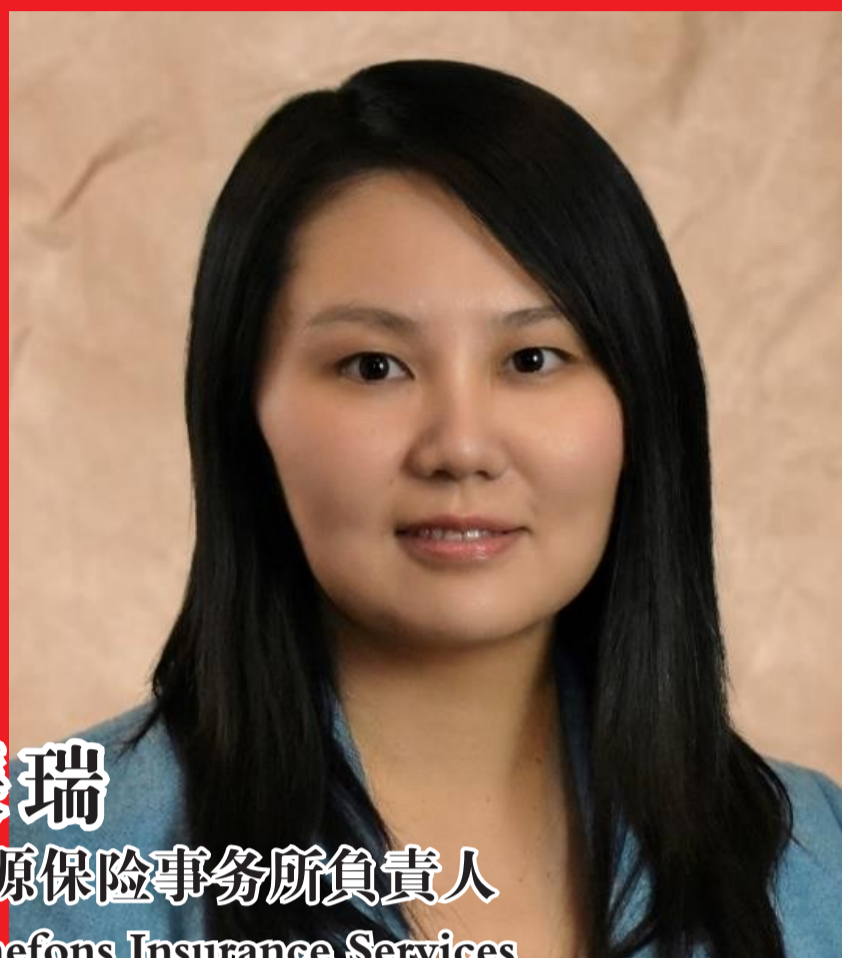


## 人物風采



### 張瑞

#### 瑞源保險事務所負責人

#### Benefons Insurance Services

#### 近20年行業經驗,前美國保險行業副總

#### 代理80+家A級保險公司

#### 高口碑高性價比,免費比價專業諮詢

#### 汽車/房屋/醫療/紅藍卡/商業/人壽年金

#### 聯繫電話: 214-937-4287 中文直線: 214-971-8026

#### 微信: 12149718026 電郵: info@benefons.com

**糯米地產團隊 Realtor**  
**KNOWME REALTY TEAM**

誠信高效 專業可靠 眼光卓越 團隊一流

281-919-7286  
281-919-6528

MICHELLE LEE  
KnowMe.Realty@outlook.com

**FOCUS 中心保險理財事務所**  
Benefits Solutions

【華人最全年度保險計劃】還在發愁明年保險怎麼辦？

業務範圍：  
車輛 / 房屋 / 洪水  
商業保險 / 人壽保險  
退休年金 / 奧巴馬健保  
聯邦長者醫保  
團體醫療保險等

曼迪 曉雪  
info@focusbenefits.com  
832-818-5118  
地址：7001 Corporate Dr, ste 222, Houston TX 77036

專業 + 熱誠 + 耐心

**菁英地產**  
World Elite Realty

www.werlty.com

專業精準 誠信可靠  
歡迎地產經紀人加盟  
賣房優惠 再買房更多優惠

281-529-5588  
Kevin@werlty.com

Kevin Jiang

**黃永瑞**  
Sean Wong  
Agent

1227 Grand West Blvd  
Suite B213  
Katy, TX 77449  
Bus: 281-550-0555  
Cell: 832-259-0122  
Fax: 281-550-0100  
sean.wong.pymw@statefarm.com

省下平均\$480!\*  
讓我幫您獲得所有該得的折扣,  
還有適合的保障!  
**向更好邁進™**  
現在就打電話給我!

**State Farm™**

\*每戶平均年度節省金額是以2010年全國性問卷調查中報稱在轉用State Farm後獲得節省的新投保人為根據。State Farm™保險的保單、申請表格,以及必要通知均以英文書寫。  
1205004 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL

**免費申請2023奧巴馬保險**  
nancysang@jiabaoinurance.com

時間: 11月1日-1月15日

- 免費幫您選最適合的計劃
- 免費幫您找醫生、申請禮品卡
- 免費幫助申請: 牙科/聽力/視力/大病
- 免費看醫療賬單看信件

832-282-7782 713-258-0800

地址: 3903 Bellaire Blvd, Ste E Houston TX 77025

**SUNET GROUP 陽光地產**

Christine Chen 陳霞  
手機: 832-945-0237  
763-442-0278  
xiachen@msn.com

經驗豐富·誠信敬業  
國、粵、英文  
多年服務於華人社區  
專職民宅及商業  
(各類店鋪、生意、寫字樓等)  
買賣 & 出租  
(持物業管理專業證書)

**Helen Go**  
helen@helengo.com  
www.helengo.com  
713-981-6888

買賣促銷 專業管理  
二十多年豐富地產、  
買賣、管理及租賃經  
驗竭誠助您投資致富

新舊房屋·購物商場  
土地投資·商業大樓  
工業倉庫·公寓餐館

**MIDLAND REALTY GROUP** 地美產聯

**許宏婷**  
Winnie Hui  
CPA CLU ChFC CPCU FLMI

9889 Bellaire Blvd., #A132.  
Houston, TX 77036  
(敦煌廣場 A 棟二樓 132 室)  
713-729-2323  
(電話, 短信皆可)  
Fax: 713-729-2327  
winnie.hui.pwmr@statefarm.com

房子+車子=省了銀子

當您把汽車和房屋一起投  
State Farm™開始, 就可平  
均節省\$763 保費!\* 更可享  
受 State Farm 代理人的個  
人化服務, 適合的保障, 迅  
速公平的理賠!

**向更好邁進™**  
現在就打電話給我

\*幫忙註冊歐巴馬健康保險, 歡迎來電諮詢。  
statefarm9889

現誠聘說中文辦公職員

**State Farm™**

\*每戶平均年度節省金額是以2010年全國性問卷調查中報稱在使用State Farm後獲得節省的新投保人為根據。State Farm 保險的保單、申請表格, 以及必要通知均以英文書寫。  
1205075 State Farm-Bloomington, IL

**\$120,000 WINTER SNOWFLAKES OF CASH**

冬季現金大放送

## 12月10日, 星期六

### 6pm - 11pm

加入我們, 您就有機會贏取 120,000 美元現金!  
每小時都有大量現金抽獎和一名 75,000 美元現金的  
幸運大獎老虎機贏家!



Louisiana's Best Bet!

必須在每次抽獎時使用您的免費 Advantage Club 卡玩老虎機或桌面遊戲(如所示), 您才有機會獲獎。不包括撲克室遊戲。每人限領一(1)份獎品。Coushatta Advantage Center 提供官方規則。管理層保留隨時更改或取消促銷活動的權利, 恕不另行通知。促銷不適用於被排除在外的客人。Coushatta 支持負責任的遊戲。致電 877.770.7867。

**ECF 東方貸款**  
EAST CAPITAL FUNDING

免費提供當日利率查詢 貸款資格預審 預批信  
貸款種類多樣、手續簡便迅速! 費用低、利率好!

自住 投資 商業

查收入、不查收入、新移民、各類簽證, 皆可幫您貸到款!  
自住、度假、投資、Cash-out、無費用重新貸款 (refinance)

公司: (214)509-8038 Company NMLS 1645977  
傳真: (469)298-8805 www.eastcapitalfunding.com  
1784 W McDermott Dr Ste 110 Allen, TX 75013

吳衛民 William Wu  
Mortgage Broker  
NMLS1491974  
469-389-0136  
www.eastcapitalfunding.com

吳麗麗 Lili Wu  
Loan Originator  
NMLS1707794  
281-686-7973  
lwu@eastcapitalfunding.com

**敦煌地板** 百種款色 包工包料  
Design & Remodel

承接商業、住宅工程、地板、瓷磚、地毯、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  
832-877-3777

9889 Bellaire Blvd #B-24C (大中華超市旁邊)

**金冠 CROWN SEAFOOD RESTAURANT**

**\$ 特價海鮮套餐 \$**  
帝皇餐(限堂吃)

瑤柱鮑魚海參羹  
蒜蒸皇帝蟹身腳  
皇帝蟹蓋炒飯  
酸子炒雙花龍蝦  
清蒸游水荀殼魚  
海參扒菜膽  
蒜蓉蒸原隻帶子(5只)  
野菌炒牛柳絲  
蒜蓉豆苗

8-10(蟹7磅) \$799.99  
(套餐皇帝蟹7磅計算, 多了每磅\$59.99)

**特價午餐 (Lunch specials)**  
(週一至週五) 11am-3pm(假日除外)  
限堂吃

**特價海鮮**  
德州生蠔  
\$11.99(6只)  
\$21.99(12只)

www.crownseafoodrestaurant.com

10796 Bellaire Blvd., Suite C  
Houston, TX 77072(at Wilcrest)  
Tel: 281-575-1768 Fax: 281-575-1763



If you would like to share news or information with our readers, please send the unique stories, business

news organization events, and school news to us including your name and phone number in case more information is needed.

For news and information consideration, please send to News@scdaily.com or contact

John Robbins 281-965-6390  
Jun Gai 281-498-4310

Publisher: Wea H. Lee  
President: Catherine Lee  
Editor: John Robbins

Address: 11122 Bellaire Blvd.,  
Houston, TX 77072  
E-mail: News@scdaily.com



Inside C2

# Southern DAILY

Make Today Different

Southern Daily News is published by Southern News Group Daily

Saturday, December 09 2022

## Brittney Griner released from Russian custody in prisoner swap with Viktor Bout

WASHINGTON, Dec 8 (Reuters) - U.S. basketball star Brittney Griner has been released in a prisoner swap with Russia in exchange for former arms dealer Viktor Bout and was heading back to the United States on Thursday, ending what President Joe Biden called months of "hell" for her and her wife.

The swap was arranged after talks spanning months during a time of high tensions between the two countries in the wake of Russia's February invasion of Ukraine. Griner, held since a week before the invasion, traveled from a Russian penal colony to Moscow, then to Abu Dhabi's airport in the United Arab Emirates where the exchange took place, with the two walking past each other on a tarmac, U.S. officials said.

"She's safe, she's on a plane, she's on her way home after months of being unjustly detained in Russia, held under intolerable circumstances," Biden told reporters at the White House, adding she would arrive within the next 24 hours. "This is a day we've worked toward for a long time. We never stopped pushing for her release."

Biden said the United States will continue to work to free Paul Whelan, a former Marine also held in Russia, after being unable to convince Russia to release him as part of the negotiations.

COVID spread fears grow as China unwinds zero-tolerance curbs  
Russia attacks in east Ukraine, appears to scale back war aims  
Saudi Arabia signs Huawei deal, deepening China ties on Xi visit  
Germany expects more arrests after coup plot swoop  
Griner, 32, a two-time Olympic gold medalist and star of the Women's National Basketball Association's Phoenix Mercury, was arrested on Feb. 17 at a Moscow airport in February after vape cartridges containing cannabis oil, which is banned in Russia, were found in her luggage. She was sentenced on Aug. 4 to nine years in a penal colony on charges of possessing and smuggling drugs.

The Russian foreign ministry said it traded Griner for Bout, 55, a Russian citizen who in 2012 was given a 25-year prison sentence by a U.S. court on charges related to his arms-dealing career. For almost two decades, Bout had been the world's most notorious arms dealer, selling weapons to rogue states, rebel groups and warlords in Africa, Asia and South America.

The swap was a high-profile and rare example of cooperation between Washington and Moscow since the invasion. The two countries also swapped prisoners in April when Russia released former U.S. Marine Trevor Reed and the United States released Russian pilot Konstantin Yaroshenko.

The Griner arrangements came together within the past 48 hours after Biden made the decision to exchange Bout in recent weeks, the White House said. A conditional grant of clemency for Bout was not completed until Thursday, Jean-Pierre said, after U.S. officials in the UAE verified Griner had arrived there.



Biden and Vice President Kamala Harris spoke by phone with Griner from the Oval Office, along with Griner's wife, Cherelle. The White House released a photo of the telephone call and Biden said Griner was "in good spirits" and had displayed "grit and incredible dignity" throughout the ordeal.

"These past few months have been hell for Brittney," and for her wife, family and teammates, Biden said.

The UAE president and Saudi crown prince led mediation efforts that secured Griner's release, a UAE-Saudi joint statement said.

White House spokesperson Karine Jean-Pierre expressed gratitude that Saudi Arabia and other countries had raised the issue, but said the talks were between Russia and the United States. "There was no mediation involved," Jean-Pierre said.

'UNPATRIOTIC EMBARRASSMENT'  
Some Republicans criticized the Democratic president for making the swap.

Former President Donald Trump derided the exchange of a basketball player for a man in Bout who was "responsible for tens of thousands of deaths and horrific injuries" without including Whelan. "What a 'stupid' and unpatriotic embarrassment for the USA!!!" Trump wrote on social media.

"This is a gift to Vladimir Putin, and it endangers American lives," House of Representatives Republican leader Kevin McCarthy wrote on social media, referring to Russia's president.

Biden said, "It's my job as president of the United States to make the hard calls and protect American citizens everywhere in the world."

Griner was one of a number of American women's basketball stars who had played for professional teams in Russia in recent years. Griner's teammates and other WNBA players cheered her release.

She had pleaded guilty, but said she had made an "honest mistake" and had not meant to break the law. Last month she was taken to a penal colony in the Russian region of Mordovia to serve her prison sentence.

Cherelle Griner, who said she was "overwhelmed with emotions," thanked Biden and members of his administration for their work to free her wife.

"Today my family is whole. BG and I will remain committed to the work of getting every American home," she added, referring to her wife's initials.

Griner's flight is expected to arrive in San Antonio, Texas.

Biden lamented that the United States was unable to win Whelan's release.

"Sadly, for totally illegitimate reasons, Russia is treating Paul's case differently than Brittney's. And while we have not yet succeeded in securing Paul's release, we are not giving up. We will never give up," Biden said.

"This was not a choice of which American to bring home," U.S. Secretary of State Antony Blinken said. "The choice was one or none."

## WEA LEE'S GLOBAL NOTES

### 休斯敦市長選舉開跑



曾經擔任德州參議員的資深政治約翰.惠邁上週在休斯敦最豪華的布斯奧大酒店正式宣布角逐下任休斯敦市長，並且組成了數百位由社區工商文化界組成之龐大助



選團，為他募款打氣。助選委員會主席由休斯敦商業鉅子火箭隊老闆提爾曼佛塔擔任，當天捐款就有數百萬美元。

惠邁在競選大會上宣佈，他的政見除了促進本市之經濟繼續繁榮之外，還將極力改善治安及清理市容，在他過去數十年之從政經驗之中，他最能瞭解市民之需要。當天我們幾位華裔人士也參加了助選之行。老實說，市長選舉和我們是息息相關，他是我們的父母官，在他的職權內可以左右市政之大權。現任市長特納因任期所限將於今年底退職，在他過去七年任期，和我們社會之關係也十分良好。市長選舉今年十一月舉行，已有近十位候選人正在躍躍欲試。

## Senator Whitmire Announces For Houston Mayor Race

Just last week, hundreds of supporters and friends got together at the Houston Post Oak Hotel to witness Texas Senator John Whitmire make his announcement that he will run for mayor of the City of Houston.

A group of Asian Americans, including Glen Gondo, Kevin Yang and Hasu Patel were among the supporters of Whitmire in attendance.

The position of mayor is such an important position for all of us. The mayor is the one who can make many things happen in the city. We believe with the experience that Senator Whitmire has, he will fully understand the needs of our city, especially the crime and safety issue.

The current Mayor Turner, because of term limitations, will step down at the end of this year. He has been such a great mayor and we have had a very good relationship with him in our community.

We are urging more Asians to participate in the political process, not just for our community today, but also as well as for our future generations.



美國休斯敦國際區區長  
Chairman of International District Houston Texas

Publisher Southern Daily Wea H. Lee  
美南報業 發行人：李蔚華

美南集團董事會主席  
Southern News Group Chairman / CEO

美國國際貿易文化交流中心 理事會主席  
Chairman of International Trade & Culture Center

幾內亞共和國駐休斯敦名譽總領事  
Republic of Guinea Honorary consul at Houston Texas



新聞每日社評  
Wealee@scdaily.com

12/07/2022





A man is pictured in an electric shop watching the Poland and Argentina FIFA World Cup match. REUTERS/Lee Smith



Local resident Zlata, 6, pets a dog as she stands at a gate with holes created by shrapnel near her house, as Russia's attack on Ukraine continues, in the village of Posad-Pokrovske, Kherson region, Ukraine December 7, 2022. REUTERS/Anna Voitenko



A view of the Palace of Westminster seen from the London Eye, in London, Britain. REUTERS/Maja Smiejkowska



Participants from the Newar community, dressed in traditional attire, take part in the parade to mark Jyapu Day and Yamari Puni festival in Kathmandu, Nepal. REUTERS/Monika Malla



People hold signs while protesting against Peru's President Pedro Castillo after Congress approved his removal from office, in Lima, Peru. The sign reads "Corrupt Castillo out". REUTERS/Alessandro Cinque

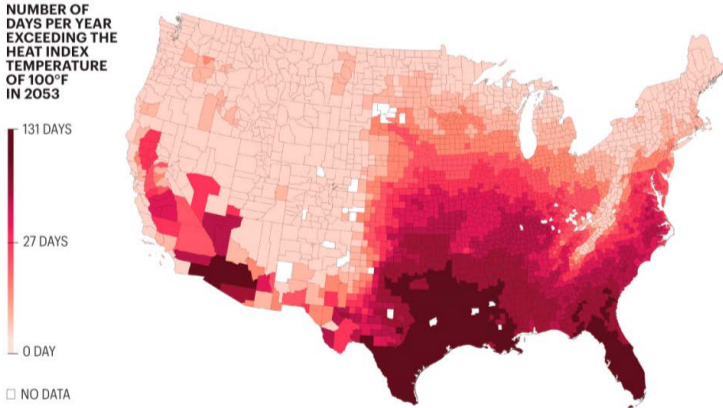


Relatives of Tareq Al-Damej a Palestinian militant who was killed by Israeli forces during clashes in a raid, attend his funeral, in Jenin, in the Israeli-occupied West Bank. REUTERS/Raneen Sawafita

**"We Need To Be Prepared For The Inevitable, That A Quarter Of The Country Will Soon Fall Inside The Extreme Heat Belt With Temperatures Exceeding 125 Degrees Fahrenheit And The Results Will Be Dire."**

## Study: 'Extreme Heat Belt' Will Soon Impact Over 100 Million Americans

AMERICA'S "EXTREME HEAT BELT"



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

### Key Points

A heat model released Monday by researchers from the non-profit group First Street Foundation estimates heat risks at the property level across the U.S. Researchers found the local hottest seven days of any particular area are expected to become the hottest 18 days over the next 30 years. By 2053, 1,023 counties could experience heat index temperatures above 125 degrees.

As record-high temperatures recently swept across several parts of the U.S. this summer, new data on heat risks forecast an "extreme heat belt" will emerge in large parts of the country by 2053. The heat model released Monday by researchers from the nonprofit group First Street Foundation estimates heat risks at the property level across the U.S. and how the intensity of hot days will change over the next three decades. The model identified the seven hottest days for any property this year and used that metric to determine how many of those days would occur in 30 years. Researchers found the local hottest seven days of any particular area are expected to become the hottest 18 days over the next 30 years. Miami-Dade County may experience the most dramatic shift in temperature, where the region's seven hottest days, which include heat index temperatures at 103 Fahrenheit degrees, could increase to 34 days a year at that temperature by 2053. The states expected to see the largest increase in dangerous temperatures are Texas, Arkansas, Louisiana, Missouri and Florida.

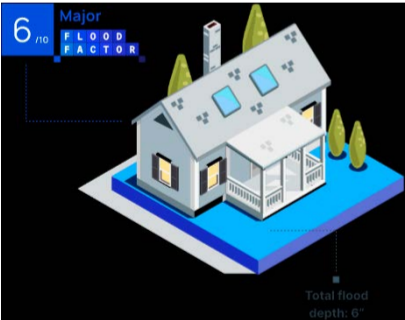


According to the model, an "extreme heat belt" will encompass an area stretching from Texas and Louisiana to Illinois, Indiana and even parts of Wisconsin. By 2053, 1,023 counties could experience heat index temperatures above 125 degrees, an area home to more than 107 million that covers a quarter of U.S. land area. The model also estimates that just next year, 50 counties are expected to see temperatures beyond that figure. "Increasing temperatures are broadly discussed as averages, but the focus should be on the extension of the extreme tail events expected in a given year," Matthew Eby, founder and CEO of First Street Foundation, said in a statement. (see below.) "We need to be prepared for the inevitable, that a quarter of the country will soon fall inside the Extreme Heat Belt with temperatures exceeding 125 degrees Fahrenheit and the results will be dire," Eby said. Along with the report, the nonprofit has made an on-line tool available for users to search U.S. addresses and see their estimated heat risk. (<https://riskfactor.com/>)

com/)

### Learn How Risks Are Calculated

A property's Flood Factor, Fire Factor, and Heat Factor indicate its comprehensive risk from flooding, wildfire, or extreme heat ranging from 1 (minimal) to 10 (extreme).



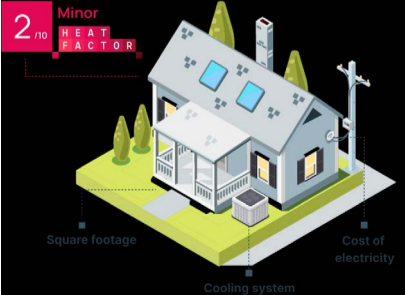
#### Flood Factor

Flood Factor® considers flooding from rain, rivers, tidal, and storm surge to determine the risk of water reaching the building over a 30 year period.



#### Fire Factor

Fire Factor® considers the property's building materials, and distance to fire risk areas, and burnable materials, such as vegetation, to determine the risk of being impacted by wildfire.



#### Heat Factor

Heat Factor™ considers the property's distance to water, land use, and relative elevation to determine the severity of extreme heat at the property and calculate the cost of staying cool.

Risk Factors Across The United States As featured in the New York Times "For too long, we have let people live in communities, and even attracted them to join a community, while keeping them in a state of

ignorance about the risk that they're under."

Source: "Here is the first-ever map showing wildfire risk to American homes."

National Association of Realtors®

"Flood Factor enables our members to become the source of the resource. It increases transparency. It's really about giving them accurate information so they can make a great decision. It builds trust and confidence with clients. It's a valuable tool to access information."



#### From the Wall Street Journal

"The model from the nonprofit First Street Foundation represents the first attempt to make property-level wildfire-risk scores freely available."

Source: "Tens of millions of U.S. properties face wildfire risk, new study says."

#### Risk Factor

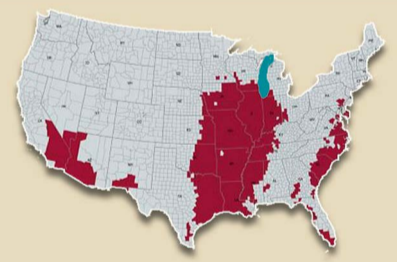
Risk Factor is a free tool created by the nonprofit First Street Foundation to make it easy to understand risks from a changing environment. The online tool available for users to search U.S. addresses and see their estimated heat risk. (Go here: <https://riskfactor.com/>)

Statement From The First Street Foundation

First Street Foundation Finds an emerging "Extreme Heat Belt" will Impact Over 107 Million Americans by 2053

FOR IMMEDIATE RELEASE Brooklyn (NY) – (August 15, 2022) - First Street Foundation today released their peer-reviewed extreme heat model along with the implications highlighted in The Sixth National Risk Assessment: Hazardous Heat. The report identifies the impact of increasing temperatures at a property level, and how the frequency, duration, and intensity of extremely hot days will change over the next 30 years from a changing climate. The Foundation's analysis combines high-resolution measurements of land surface temperatures, canopy cover, impervious surfaces, land cover, and proximity to water to calculate the current heat exposure, and then adjusts for future forecasted emissions scenarios. This allows for the determination of the number of days any property would be expected to experience dangerous levels of heat. The model highlights the local impacts of climate change by identifying the seven hottest days expected for any property this year, and using that metric to calculate how many of those days would be experienced in 30 years.

### 2053 AT LEAST ONE 125 DEGREE DAY



The most severe shift in local temperatures is found in Miami-Dade County where the 7 hottest days, currently at 103°F, will increase to 34 days at that same temperature by 2053. Across the country, on average, the local hottest 7 days are expected to become the hottest 18 days by 2053. In the case of extreme heat, the model finds 50 counties, home to 8.1 million residents, that are expected to experience temperatures above 125°F in 2023, the highest level of the National Weather Services' heat index. By 2053, 1,023 counties are expected to exceed this temperature, an area that is home to 107.6 million Americans and covers a quarter of the US land area. This emerging area, concentrated in a geographic region the Foundation calls the "Extreme Heat Belt," stretches from the Northern Texas and Louisiana borders to Illinois, Indiana, and even into Wisconsin.



"Increasing temperatures are broadly discussed as averages, but the focus should be on the extension of the extreme tail events expected in a given year," said Matthew Eby, founder and CEO of First Street Foundation. "We need to be prepared for the inevitable, that a quarter of the country will soon fall inside the Extreme Heat Belt with temperatures exceeding 125°F and the results will be dire." The peer-reviewed First Street Foundation Extreme Heat Model will now be incorporated with Risk Factor for every property in the contiguous United States. Visitors to Risk Factor will find their Heat Factor alongside their Flood Factor and Fire Factor and can learn the specific risks to their property, today and up to 30 years into the future. ### First Street Foundation First Street Foundation is a nonprofit 501(c)(3) research and technology group working to define America's growing climate risk. (Courtesys<https://thehill.com/>)

Southern

DAILY

Make  
Today  
Different

COMMUNITY

**Triple-Digit Highs On Friday Set Records In Major Population Centers Across The Southwest, Including Houston, San Antonio, Austin, Albuquerque, Las Vegas And Phoenix**

## Extreme Heat Sets New Records Across Texas, California And The Southwest

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



**The Texas power grid will likely hit all-time energy demands in the course of the next several days as temperatures rise across the state. (Photo/chuchart duangdaw/Getty Images)**

Scores of high-temperature records were established Friday from Texas to California's Central Valley as a relentless heat wave continued to build. The heat is poised to expand into the Midwest and Southeast over the coming days. On Friday, triple-digit highs set records in major population centers across the Southwest, including Houston, San Antonio, Austin, Albuquerque, Las Vegas and Phoenix. The National Weather Service in Phoenix described the heat as "extreme and deadly."

Many of these areas are forecast to be equally hot on Saturday, as the heat begins to expand eastward. Nearly 60 million Americans are under heat advisories or excessive heat warnings. A heat advisory covers almost the entirety of the states of Texas and Oklahoma and even extends into northwest Louisiana and parts of western Arkansas. Heat advisories and excessive heat warnings also cover parts of New Mexico, Arizona, Utah, Nevada and California. By Sunday, the core of the heat is forecast to shift from California and the Southwest toward the Southern Plains. By Monday, it will ooze into the Central Plains and Midwest before reaching the Ohio Valley and Southeast on Tuesday and Wednesday.

What has been a dry heat in the Southwest will evolve into a more sultry nature east of the Rockies, as moist air is drawn north from the Gulf of Mexico. This will increase the risk of heat-related illnesses.

Early next week, cities from St. Louis to Charlotte will endure punishing heat with highs from 95 to 100 that will feel like 100 to 110 when factoring in oppressive humidity. Death Valley - home to highest temperatures

ever observed worldwide - soared to a simmering 123 degrees Friday. That mark set a June 10 record and was the fourth earliest the mercury has climbed that high on record in the United States, according to Maximiliano Herrera, a climatologist who tracks world weather extremes.



In addition to all of these record highs, numerous locations in the region have set records for warm overnight lows. In Phoenix, it was still 100 degrees at midnight Saturday.

"With heat waves, the overnight temperatures are the most dangerous, as your body relies on cooler temperatures while its sleeping to recover," wrote the National Weather Service office in Las Vegas in a forecast discussion. "Without this cooling, your body is less equipped to handle the scorching daytime heat, leading to increased incidences of heat exhaustion or heat stroke."

The worst of the heat on Saturday will concentrate from Texas to the Desert Southwest.

"The heat the past few days has already proven to be a major societal impact, and possibly even deadly, and it is not done yet," the Weather Service office in Phoenix wrote.

Phoenix is forecast to hit 114, a record for the date; Las Vegas is predicted to reach 110, also a record. Death Valley may match Friday's high of 123, setting a record for a second straight day. While it will be more of a dry heat in interior parts of Texas, humidity will increase nearer the Gulf Coast, making the heat even more dangerous.

"Heat safety will be critical this weekend- remaining hydrated, applying sunscreen, checking in on elderly or ill family and friends, and avoiding strenuous activity during the hottest parts of the day can all combat preventable heat-related illnesses," wrote the Weather Service office in Houston.

It will also remain hot in California's Central Valley, but several degrees cooler than Friday. Sacramento hit 104 on Friday; Saturday's forecast high is 101. By Sunday, it's a much more tolerable 85. While the heat gradually eases over

California and the Southwest on Sunday and beyond, it will persist in Texas and the Southern Plains and expand eastward: Sunday's hottest weather will focus from Texas to Kansas with widespread triple-digit highs. Phoenix could top 110 degrees one more day, while eastern New Mexico and eastern Colorado will also swelter. Highs well into the 90s will expand across the Midwest, including St. Louis and Kansas City, and the Southeast.



Monday's hottest weather will focus in the Plains and Midwest. Highs over 100 will expand from Texas to Kansas, while highs from at least 95 to 100 sprawl over much of the Midwest and Southeast. St. Louis could hit 100 with upper 90s in Kansas City, Springfield, Ill., Charlotte, and Columbia, S.C. Factoring in the humidity, it will feel 5 to 10 degrees hotter. Tuesday's hottest weather will focus from the Midwest to the Ohio Valley and Southeast with widespread mid-to-upper 90s - including Minneapolis, Des Moines, Chicago, St. Louis, Nashville, Cincinnati, Roanoke and Raleigh. Again, oppressive humidity levels will make it feel up to 10 degrees hotter. Wednesday's hottest weather will focus from the Midwest to the Ohio Valley, even expanding into the Great Lakes. Highs in the mid-to-upper 90s could reach Detroit, Ann Arbor, Mich., and Cleveland. While some relief from the heat will arrive in parts of the Midwest and Ohio Valley later in the week, the responsible zone of high pressure or heat dome will return to the Southern and Central United States into the weekend. In other words, there is no end in sight to anomalously high temperatures occupying considerable parts of the country.

Human-caused climate change is supercharging heat waves like this one, making them more intense and long-lived. (Courtesy chron.com)

**Related**  
**Power Demand Breaks Record During June Heat Wave In Texas**  
*The state's grid operator was able to maintain supply without needing to call for any conservation*



A lifeguard watches people at a public pool

**in Austin in summer 2020. (Photo/Allie Goulding/The Texas Tribune)**

A heat wave caused electricity use in Texas to reach an all-time high on Sunday, but the state's power grid appeared to hold up without major disruption. Power demand surpassed 75 megawatts at around 5:15 p.m., surpassing the previous record of 74.8 megawatts in August 2019. Still, the state's capacity remained well above that, according to the Electric Reliability Council of Texas. The massive demand was unusual for two reasons. First, it came in June, which tends to be slightly less hot than the state's warmest late-summer months. It also came on the weekend, when electricity demand tends to be slightly lower as many office buildings are empty. But the weekend has been extremely hot even by Texas standards, with much of the state over 100 degrees. On Sunday afternoon, the National Weather Service had issued a heat advisory for all but eight of the state's 254 counties. Many counties were under an excessive heat warning, which means the heat index was expected to be over 105 degrees for at least two hours. Texans have anxiously watched the state's ability to ensure power supply ever since a winter storm incited massive and prolonged blackouts in the state caused more than 200 deaths.

In May, ERCOT asked Texans to conserve power in May during a heat wave that coincided with some power plant outages. No such conservation request has been necessary this weekend. (Courtesy chron.com)

**Related**  
**June 1 Marked The Official Start Of The Atlantic Hurricane Season, Which Is Predicted To Be Yet Another Overactive One**  
**How Bad Will The 2022 Hurricane Season Be? Intense, Experts Say**



**This NOAA satellite image shows Hurricane Laura moving Northwestern in the Gulf of Mexico towards Louisiana on Aug. 26, 2020. (Photo / RAMMB/NOAA/NESDIS/AFP via Getty Images)**

With a warm and humid start to June, the 2022 hurricane season is now in full swing. While we can't know how many storms will spin up from the tropics this year, experts from several institutions are all in agreement: This season will likely produce an above-average number of hurricanes, and those that do form will probably be more intense. If their predictions hold, this will

mark the seventh overactive Atlantic hurricane season in a row.

The National Oceanic and Atmospheric Administration, which oversees the National Hurricane Center (NHC), predicts between 14 and 21 named systems this year, both tropical storms and hurricanes. Forecasters predict six to 10 of those named storms will likely be hurricanes, including three to six major hurricanes with sustained winds of 111 mph or higher. AccuWeather, a private weather forecasting company, predicts between 16 and 20 named storms, six to eight hurricanes and three to five major hurricanes. And forecasters inside a hurricane prediction lab at Colorado State University believe there will be 19 storms, nine hurricanes and four major hurricanes.

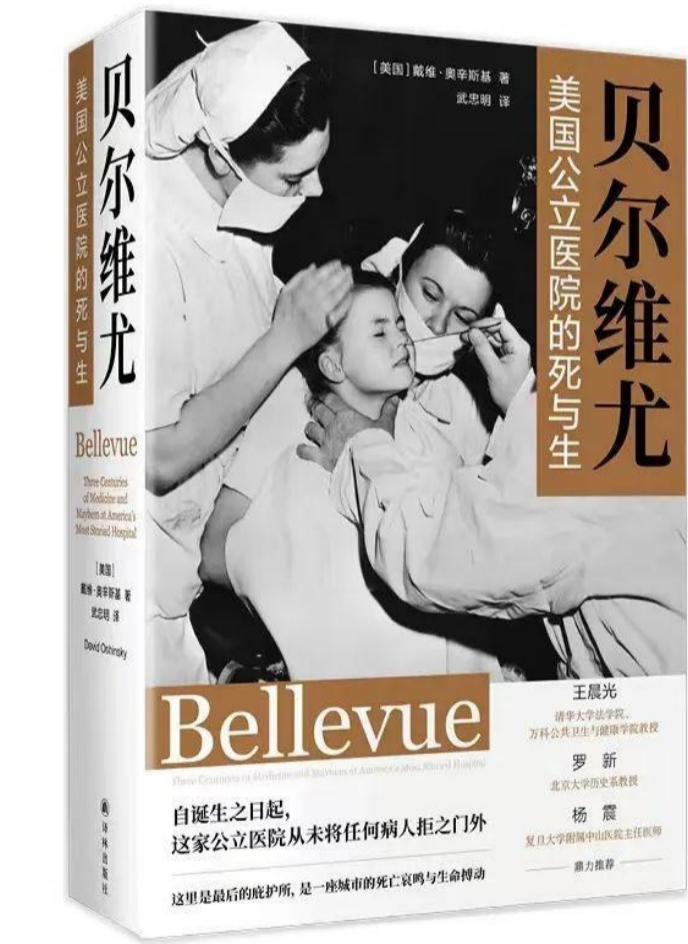
Each meteorological institution pointed to a heavy period of La Niña in the Pacific Ocean, characterized by cooler waters there, as one of many reasons this season could be more intense. The weather phenomenon decreases winds in the Atlantic, which makes atmospheric conditions more conducive to a storm's formation. Warmer-than-average waters in the Atlantic Ocean and Gulf of Mexico will also allow storms to develop more easily.



**June brings the start of the 2022 hurricane season in the Atlantic basin.**

"Sea-surface temperatures are above normal over much of the Gulf of Mexico and the Caribbean and even off the East Coast of the United States, especially the southeast coast of the United States," said Dan Kottlowski, head of AccuWeather's team of tropical weather forecasters, in a press release detailing their findings. "These are critical areas for early season development." Already by Wednesday, the NHC is monitoring two disturbances in the Atlantic Basin. The first is located in the southern Gulf of Mexico near the Yucatán Peninsula, comprised of the remnants from Hurricane Agatha which slammed into Mexico from the Pacific Ocean and left at least 11 people dead. It has an 80 percent chance of development into an organized system, although NHC meteorologists predict it will move out of the Gulf in the coming days and poses no threat to Southeast Texas. The second disturbance is located east of the West Indies and has a 10 percent chance of development. Forecasters predict it will move further out into the Atlantic and doesn't appear to pose a threat to land. (Courtesy chron.com)

## 这家古老的医院，为何是科波拉《教父》的灵感源泉



2022年宣布迎来最终季的美剧《医院革命》让许多剧迷依依不舍。剧中的故事发生在一家名为新阿姆斯特丹医院的虚构公立医院中。与以往的医疗题材剧作不同，该剧视角宏大，情节不仅围绕医患，还涉及医疗体制改革等，让观众耳目一新。

剧中，新阿姆斯特丹医院设定为美国历史最悠久的医院，这个设定并非编剧凭空想象，它的原型就是纽约市的贝尔维尤医院。

这不是贝尔维尤第一次出现在影视作品中，它一直是艺术家和好莱坞的灵感源泉。

例如，比利·怀尔德执导的《失去的周末》于1945年获得奥斯卡金像奖最佳影片奖，这部电影的大部分情节就发生贝尔维尤的酗酒者病房中。拍摄《教父》时，为寻找最令人生畏的医院，弗朗西斯·福特·科波拉很自然地选择了贝尔维尤，它的停尸房在后面的剧情中被用作片中角色博纳塞拉的殡仪馆。

提到贝尔维尤，人们脑海中会浮现出以下画面：危险的传染病患者，发狂的精

神病人，遍体鳞伤的案件受害者，无家可归的流浪汉。作为美国最大城市中的旗舰医院，同时也是美国最古老的公立医院，贝尔维尤早已成为美国历史中不容忽视的一部分。

纽约大学历史系教授、医学院医学人文部主任，普利策奖得主戴维·奥辛斯基耗费数年研究与采访，收集此前鲜见历史档案，辑录亲历者珍贵口述，撰写了《贝尔维尤：美国公立医院的死与生》。

这部横跨三百年的权威历史著作，记录了一家公立医院的演变史，一座巨变城市的发展史，以及一个新生国家的医学进步史。看顾关怀众人之地，最后的医疗庇护所

“送往贝尔维尤”，这个短语几乎和纽约市一样古老，如今连报纸都懒得在头条加上“医院”二字。

18世纪黄热病肆虐纽约时，贝尔维尤是当时唯一收治患者的隔离病院。自此，贝尔维尤成为纽约人乃至美国人心中医疗救助的代名词。无论是警察在曼哈顿遭枪击，投资银行家突发心脏病，还是消防员受伤，囚犯生病，工人从脚手架上摔下，无家可归者在大街上昏倒，他们的目的地很可能都是贝尔维尤。

统计该医院胸科的肺炎患者人数，可跟踪纽约冬天的寒冷程度；统计停尸房中毒尸体的总数，可评估禁酒令的危害。结核病在城中肆虐时，贝尔维尤就诊治结核病。艾滋病来袭，暴力犯罪激增，瘾君子吸食可卡因，出狱的精神病患者无家可归，通常都是由贝尔维尤第一时间发现。

贝尔维尤救助声名狼藉之人，照护最弱势群体。在这里，医治穷苦之人，既是传统，也是法律。纽约市相关法律规定：“医院管理局应主要负责对贫困病人的护理和治疗。”贝尔维尤希望有经济能力者支付“全部或部分费用”，但很少做硬性要求。那些无力支付的人也受到同等欢迎，其中包括数量庞大的移民。

在贝尔维尤，人们会说100多种语言。在训练有素、熟悉各方言的译员帮助下，医生和病人通过双线电话沟通。贝尔维尤的病人来自世界各地，其中很多人没有医保或根本无力支付医疗费用，但贝尔维尤从未拒绝过任何一位病人。

改写美国医学史，多领域内的时代先锋

数个世纪以来，贝尔维尤经受了未知疾病、经济动荡、政治变局与自然灾难的考验，也见证了现代医学史上的重要创新与持续存在的争议。

更令人惊奇的是，奥辛斯基在书中详细描述了贝尔维尤在三次关涉美国总统的重大医疗危机中，扮演了何等重要的角色。身处生死线的总统们，其最后的结局各不相同，实际上印证了医学领域的重大变革。

在贝尔维尤，新一代临床医生和研究人員应运而升，他们力图运用现代科学方法，彻底改变过去的陈规陋习。美国现代病理学之父威廉·韦奇、结核病防治先驱赫尔曼·比格斯、脊髓灰质炎疫苗发明者阿尔伯特·萨宾和乔纳斯·索尔克、诺奖得主安德烈·库爾南和迪金森·理查兹……他们都在贝尔维尤任职或任教。

不仅如此，贝尔维尤在各个方面都改写了美国医学史。它是美国第一家拥有产房、急诊室和附属医学院的医院；它成立了美国历史上第一支平民救护队、第一个医学影像科，开设了第一所女护士学校，促使纽约市成立全美第一个公共卫生部门；它在法医学、精神病学和传染病学等方面总是走在时代前列。

穷人的医疗困境，公立医院的困局

自建院以来，贝尔维尤的历史从来不是一帆风顺的。它经历了黄热病、霍乱、流感、结核病等疫病来袭，常年饱受资金不足、安保缺失、管理混乱等问题困扰，归根到底，贝尔维尤的困境正是源于它身

为公立医院的职责。

自二战以来，职工团体保险计划和联邦政府推出的医疗保险计划使更多普通美国人得以进入条件更好的私立医院，公立医院的规模因此进一步缩小。在纽约市，免费的医院护理正岌岌可危。在白人迁徙、税基下降和市政面临破产威胁的背景下，犯罪和吸毒成瘾现象猖獗。对贝尔维尤来说，这意味着员工短缺和预算削减，急诊室人满为患，精神病患者入院人数激增。

1989年，一桩震惊全美的恶性案件令贝尔维尤的名声跌落谷底：一个无家可归的精神病患者，在贝尔维尤的医生办公室里强奸并杀害了一名怀孕的医生。该凶手不但穿上了偷来的手术服，还带着身份识别卡和听诊器。他明目张胆地在医院里蹲伏数周，却完全被人忽视了。

直到此时，人们才开始关注以贝尔维尤为代表的公立院所面临的困局：它们承担了社会对穷人的责任，得到的回报却近乎微薄。

如今的贝尔维尤医院

随后在纽约出现的艾滋病疫情、“9·11”事件和埃博拉病例，再次证实公立医院对城市具有不可替代的重要意义，只有在像贝尔维尤这样的机构中，普通人才可能安心获得一流的医疗服务。

在奥辛斯基笔下，贝尔维尤不仅是一家公立医院，它是穷人的医疗安全网，是传统与创新的交汇之地，它的故事至今仍在继续。



由董姝、趙燕平擔任出品人，王傑昌擔任總策劃，張嘉佑擔任總制片人，曹國莉任總導演，蘇光琦、和諧聯合導演，匹夫編劇，著名演員來喜、張璇、高戈領銜主演，佟小虎、張豪歌、王鷹、騰文昊、宦普凡、陳昊男、曾晨、於霞、杜蔚然、草原等主演的短劇《木匠奇事》在浙江橫店影視城廣州街舉行了開機儀式。

據悉，《木匠奇事》聚焦傳統木工工藝文化和垂直領域。以懸疑、密室等元素調動觀眾視覺體驗，通過環環相扣的單元故事，將門派紛爭和匠藝內涵娓娓道來，借此弘揚中國傳統工藝文化，打造壹部極具沖擊力和文化價值的民俗懸疑劇集。

**“老木匠”熱血組團破多重謎局 滿格影業攜績優主創展工藝之風**  
《木匠奇事》以木匠為中心，將其分為“魯班派”與“斧山派”兩大門派，主要講述了性格耿直的魯班派傳人黃沙鼓，因對斧山派中個別利用封建迷信騙取東家錢財的勾當極為不齒，開始揭穿大宅“壓陣術”等騙子行為，自動走進迷局。在尋求真相的解謎之路上，黃沙鼓遇到了在《春秋報》任職記者的外甥楊開道，不按牌理出牌的他屢次與黃沙鼓產生理念沖突。兩人層層過招，最終在壹個個善惡糾纏的迷局中，深論人性，也通過壹段塵封已久的往事表達對木工工藝和匠人精神的敬佩和贊嘆。

《木匠奇事》不僅在故事上耐人尋味，層次感十足。在制作班底上，出品方山東滿格影業是短劇賽道的績優股。該公司的《雌雄神探》和《墊底之王》兩部短劇已拍攝完成，均以市場稀有題材為基點，跳脫通俗套路，融合當前流行框架，創作不同尋常的故事。如《木匠奇事》便是從木匠行業入手，跟隨徐家大宅的種種奇事推進主線，同時以單元故事將壹件件詭異事件和線索環環相扣，層層遞進。

而在演員陣容上，來喜、張璇、高戈等演員出演過不少正劇，角色表達深入人心，口碑成績也有目共睹。兩大績優股將攜手為《木匠奇事》的內容和質量提供有力保證，並展工藝之風。

**創新內容賦能經典類型 傳統工藝助力短劇賽道進階**  
從類型上看，《木匠奇事》屬於近代懸疑類作品，但其在懸疑這壹經典類型中不斷創新，即保留了傳統中式懸疑片的外在，同時又在創作上融入東方民間傳說、傳統故事、民俗風俗和傳統文化等多元類型元素。填補了國內網劇稀缺題材空白，提升整體故事節奏，拔高制作水準，讓該劇以更為直接、輕量的形式帶給觀眾視覺與情緒上的共鳴，賦能短劇創作新表達。  
此外，《木匠奇事》也是壹部具有文化價值的劇集作品。劇中的老木匠並非職業噱頭，滿格影業深入研習了木工工種和具體工作內容，深耕細節創作，致力打造出更符合網生受眾的、更有新意的項目作品。  
目前該劇正在如火如荼拍攝中，《木匠奇事》希望用中式懸疑新題材，通過木工手工藝文化的傳承表達，找回深層記憶，讓正能量直抵人心。從而助力短劇賽道進階，弘揚和傳遞東方文化自信。相信其定會帶來壹場真實與震撼的視覺盛宴。

## 滿格影業《木匠奇事》橫店開機 以傳統工藝賦能短劇賽道進階



## 張譯、張頌文、李壹桐、張誌堅《狂飆》強推！ 年底刑偵大戲



《狂飆》是由愛奇藝、留白影視出品，由中央政法委宣傳教育局，中央政法委政法綜治信息中心指導，徐紀周執導，張譯、張頌文、李壹桐、張誌堅領銜主演，韓童生特邀主演，吳健、郝平友情出演，高葉、賈冰、李健主演的刑偵劇。

該劇是壹部黑惡勢力崛起的編年史，細數黑惡毒瘤非法生長的升級路，壹部掃黑除惡堅決鬥爭的回憶錄，橫跨20年的群像敘事全景式展現時代變遷下的黑白較量與復雜人性。

作為中央政法委指導的刑偵局，自然是備受期待，而且近些年來，刑偵劇都壹直是熱門的類型，如優酷的懸疑劇場和愛奇藝的迷霧劇場。

終於到年尾了還有壹部像樣的刑偵劇，真的是太難得了。

接下來就壹起看看這部劇的劇情簡介吧。

自2000年起，意氣風發的刑警安欣（張譯飾）與倍受欺負的魚販子高啟強（張頌文飾）相識，而後隨著高啟強逐漸偏離正途，安欣意識到在京海市社會發展的背後正是以高家兄弟為首的黑惡勢力暗流洶湧，兩人分道揚鑣並展開了長達20年的正邪較量。

2021年，在全國開展掃黑除惡常態化的背景下，中央督導組雷霆出擊，安欣協同專案組徹查強盛集團有組織犯罪團夥及其背後的保護傘，最終京海市得以撥雲見日清風正氣。

**優秀的原創劇本**  
在近些年的刑偵劇當中，大部分都是小說改編劇，比如有秦明的小說改編的，也有壹些其他作者改編的，原創較少。  
現在這部劇由中央政法委指導，相信會給原創劇本的內容帶

來豐富且專業的建議，夯實了劇本，才是壹部劇好看的關鍵。

這部劇的編劇和導演是同壹個人，所以整部劇的壹體性是很強的，不會出現不協調的情況，這個是穩住觀眾的壹顆定心丸。

**優秀的選角和強大的陣容**  
這部劇的演員陣容也是非常強大的，張譯、張頌文、李壹桐、張誌堅，隨便拿出壹個，都是影帝的實力，除了李壹桐，但是李壹桐的演技還是不錯的，且看她這次在刑偵劇當中的表現如何了，開播之後自會知道了。

而且配角和特別出演都是壹些老戲骨，這也是壹個看點，大家敬請期待吧。

**服化道和場景布置**  
在這部劇當中，刑偵劇必備的道具都是很齊全的，還有服裝都很講究看起來就是很用心的劇組，據了解：《狂飆》劇組光演出服裝就用了6500件來拍攝橫跨20年的故事劇情。動用演職人員超600人，群演10000余人，超100個取景地，置景面積超80000平方米。

大面積的取景和搭棚就足以認可這部劇的大制作了，大家壹起期待吧。

總的來說，這部劇是愛奇藝投資的又壹部刑偵劇，愛奇藝在自制劇方面，真的是很舍得投資，帶來的效果當然也是非常的好，這就很成功的例子，希望其他視頻網站也可以好好學學，多上線壹些好看的類型劇。

## 《紙騎兵》 入圍華沙東歐國際電影節 獲六項提名

近日，由範小天、陳聚之執導，範小天、焦歡編劇，郭俊辰、李凱馨領銜主演，謝承澤特別出演的印象·南方作家電影《紙騎兵》，入圍第4屆華沙東歐國際電影節（2022），獲得最佳外語長片導演（範小天、陳聚之）、最佳外語長片、最佳外語長片編劇（範小天、焦歡）、最佳外語長片女主角（李凱馨）、最佳外語片剪輯（肩上鳥剪輯組）、最佳外語片攝影（安德列·巴柯維亞）六項提名；同時入圍第6屆戛納地中海電影節（2022）、第1屆荷蘭阿姆斯特丹自由獨立電影節（2022）。

截至目前，《紙騎兵》已榮獲和入圍了26個國際電影節的51個獎項。影片此前已獲得第55屆美國休斯頓國際電影節（2022）最高獎評審團特別獎；第13屆澳門國際電影節（2021）最佳編劇獎（範小天、焦歡）；提名第9屆意大利羅馬國際電影節（2022）最佳外語片、最佳外語片導演（範小天、陳聚之）、最佳外語片男配角（謝承澤）；提名第2屆英國布羅德斯泰斯國際電影節（2022）提名最佳導演（範小天、陳聚之）、最佳男主角（郭俊辰）、最佳女主角（李凱馨）、最佳剪輯；提名第9屆阿姆斯特丹ARFF環球國際電影節（2022）全球獎；並入圍第11屆西班牙馬德里國際電影節（2022）；第4屆阿根廷布宜諾斯艾利斯國際電影節（2022）和第18屆英國倫敦世界電影節（2023）……

《紙騎兵》是印象·南方作家電影的第壹次嘗試，在多個電影節評委和觀眾中都贏得了極佳的口碑。上影集團原副總裁汪天雲評價：“《紙騎兵》將會成為幾十年壹見的現象級電影，特別好。它是壹種優質能源，會在社會

上引發廣泛討論，產生強烈共鳴，會成為壹部標桿性作品。”《收穫》主編程永新認為：“《紙騎兵》賦予青春壹種堂吉訶德式的憂傷”。



# 敬請關注我們的新媒體帳號

## Follow us on social media



Southern News  
美南新聞



美南微信  
公眾號



今日頭條  
美國美南網



抖音  
美國美南網



西瓜视频  
美國美南網



Facebook Page  
Southern News  
美南新聞



Tik Tok ID:  
Southern News Group



Instagram ID:  
Southern News

## 周湯豪〈愛上你算我賤〉再傳捷報 擠下周杰倫、周興哲登Youtube冠軍



周湯豪小巨蛋演唱會上月完美落幕，近日傳來好消息，周湯豪以〈愛上你算我賤〉登上Youtube台灣區熱門音樂影片冠軍，有趣的是排行前3名皆為「周」氏歌手，他一舉打敗周杰倫、周興哲等強敵拿下冠軍，他開心地說：「謝謝大家的支持。」而他在MV裡帥氣的黑白造型、招牌搖滾情歌，甚至在美國音樂網上奪下3月份最佳音樂錄影帶冠軍，以導演身分獲獎備受肯定更令周湯豪感到無比開心。

今年2022網路票選「最期

待哪位歌手攻蛋開萬人演唱會？」周湯豪不負眾望拿下近4成票數備受矚目。他上月完成小巨蛋演唱會，許多歌迷還忘不了其中的亢奮情緒，紛紛在社群上分享許多精華片段，讓他一一轉發保存留念。年末他也帶來好消息，他以自導自演的〈愛上你算我賤〉MV登上Youtube熱門音樂影片冠軍，在這意義非凡的一年，周湯豪年初推出新專輯《REAL LIFE》叫好又叫座，而首度攻蛋演唱會也創下發燒話題，此外還幫媽媽比莉量身打造戲劇主題曲

〈比莉卡厲害〉，母子合作再掀起一波話題，〈什麼都不必說〉的經典舞步更是傳到家喻戶曉，帶動IG模仿熱潮。

而最近周湯豪也透露年底跨年，將相比莉在台東再度同台壓軸演出，目前正緊鑼密鼓排練中，勢必再讓觀眾嗨翻東海岸。而周湯豪也宣布要暫時卸下表演者身分，回到導演、製作人的角度，著手開始製作台北小巨蛋演唱會的影音商品。屆時將帶給觀眾更噪更炸的強大新作品，請歌迷朋友拭目以待。

## 年過半百不認老 梁赫群約小鐘PK「下盤」

自稱「台灣孔劉」的梁赫群，常在社群上模仿韓星孔劉的照片，不止自拍模仿，還把許多演藝圈的女性好友們拖下水共組CP，拍攝搞笑版對照圖，連柯佳嬿、梁文音也被找來配合演出，每次發文都引起網友熱烈迴響；近日，他找好友「客家一哥」小鐘PK下盤，看看年過半百的2人，誰才是老當益壯。

梁赫群、小鐘挑戰三項最熱門的台灣全民運動，並邀請旅遊主持天后Janet擔任大會司儀；2人第一個比賽項目，顛覆大家的想像，是台灣街頭獨有的全民運動——深蹲移機車，看誰能先把機車從停車格中牽出來，引發台灣機車族群的共鳴。

哨音一吹，2人就奮力將機車向後牽出，梁赫群拉到手冒青筋但下盤穩定，小鐘雖然微微顫抖顯得吃力，但也不甘示弱，2人賽後受訪，表示平常都有運動的習慣，比賽前也很有默契的偷練，特別是透過深蹲來加強下半身的肌力。醫師建議運動前要確實做好暖身動作，像是跳躍、跨步、站立前彎、深蹲等，幫助伸展肌肉、活躍關節，讓行動更穩健。



# 直擊安心亞等戲都在做這件事！ 「老公」驚呆：嚇死寶寶了！

由安心亞、蔡昌憲、楊烈、游安順、米可白、楊子儀等人主演、金鐘導演李岳峰執導的公視時代生活劇《牛車來去》，7日釋出主預告和主視覺海報，安心亞飾演「阿春」與蕭景鴻飾演的農家子弟「蔡日生」青梅竹馬兩情相悅，小夫妻日子艱苦但幸福知足。兩人首度合作，收工後常約吃飯聊天培養默契，蕭景鴻笑說，其實合作前後對安心亞的印象落差滿大的，以前看新聞覺得她是性感美麗的宅男女神，這次拍戲發現她個性滿保守的，而且很注重心靈上的健康，「我常看到她休息等戲時居然是在打坐念經，真是嚇死寶寶了。」

安心亞表示，她拍這部戲徹底體驗到農婦的婚後生活：「每天雞啼就要起床做家務和農活，懷孕也要挺著大肚子操勞農事。日常非常辛勞卻又甜蜜，像是劇中丈夫拿到很少機會可以吃到的雞蛋，他剝下蛋殼後第一口就是送到我嘴邊餵我吃，讓我覺得阿春過日子雖清苦但與相愛的人在一起，光是兩人對視時就感到幸福。」現實中她對於幸福婚姻的想像：「我希望遇到能夠生活一輩子的人，是相處起來自在的人，我們能互相理解能一起成長。」

米可白劇中飾演醫院千金「林千佳」，與楊子儀飾演的富家少爺「陳博文」是夫妻，兩人私下相識多年，相處就像兄妹，這次要演恩

愛夫妻，展現好默契的同時也挑戰米可白的單門：拍感情戲；米可白自招：「其實我對於演哭戲都OK，我的單門是在拍感情戲。尤其我和子儀私下太熟了，一開始要演夫妻時，看到對方就想笑。有場吻戲我和子儀要抱著擁吻，我緊張得要命，很怕被導演說感情不夠投入。」拍吻戲前米可白對楊子儀求救：「我真的不太會親，你等下盡量主動點。」楊子儀說：「好，你就親上來，剩下的交給我。」一喊開拍，米可白就上前獻吻，兩人順利拍完激情吻戲，楊子儀笑說：「原來妳這麼緊張啊，我臉上和手上都感覺到妳出汗了。」米可白則給出評價：「跟子儀拍吻戲一次到位，很安心。」她說兩人都會互相討論，順利逐漸進入狀況，她也很放心讓自己完全投入角色中。

楊烈與游安順分別飾演心地寬厚的地主角色「陳進丁」及佃農「蔡土水」，游安順說：「我每次跟烈哥演戲後都很累，因為我的腰一直都是彎著的，劇中角色心態是見到烈哥是永遠抬不起頭來，我特別尊敬且不敢違背他。每次與烈哥對戲時就是一個非常自卑的佃農見到大地主，他是尊貴的主人我是僕人的心情，因為烈哥對我家的恩情是比天還要大的，所以謙卑地彎著腰就構成我身體上反映出角色的呈現。」

楊烈表示，多年前與游安順合

作過，這次再合作的感受很不一樣：「當年我演反派，順子飾演警察，我們的對比非常強烈，他把警察角色維妙維肖地呈現出來，順子的演技很讓人折服。」兩人劇中不僅是主雇關係，隨著劇情發展，像家人般的情誼也延續一生，「順子掌握角色的能力很驚人，他演佃農的謙卑甚至到有些卑微的心態，是對角色很忠實的表現。順子外表看似比較粗曠的人，但在我眼裡的內心很細緻，很有質感。這次拍戲我們也變成好朋友，彼此之間這份默契我會一直保留著，很期待有機會下次再與順子合作。」

《牛車來去》將於明年1月14日首播，劇情描述1943年日治時代到台灣光復後，大時代裡的小人物奮力扭轉命運，台南農村的佃農、地主等各階層人們，在動盪的台灣社會中的人情義理故事。安心亞飾演的貧農「阿春」為了豐收農作、改善家人生活，答應地主以換取一頭牛的代價借腹生子，為他們傳宗接代，也希望藉此翻轉命運。阿春與牛相依為命，不畏艱難地打拼30個年頭，這段牛車走過的歲月，見證了臺灣經濟奇蹟的發展。劇情充滿對土地、小人物的愛與關懷，展現臺灣特有的人情味。演員陣容還包括高欣欣、黃婕菲、蕭景鴻、孫鵬、臧芮軒、江國賓、吳鈴山、何豪傑、荒山亮、廖錦德等。



## 休士頓黃頁 SOUTHERN CHINESE DAILY NEWS

走進歷史 • 策劃將來



美南報業電視傳媒集團  
SOUTHERN NEWS GROUP



休斯頓最具影響力的中文黃頁

T 281-498-4310  
F 281-498-2728

11122 Bellaire Blvd Houston, TX 77072

ad@scdaily.com  
www.scdaily.com

誇讚朱敏瀚身形好

# 朱晨麗：僅遜

# 湯告魯斯 C 朗



◆對於能否在台慶頒獎禮奪獎，朱晨麗與朱敏瀚都看得好開。

◆朱敏瀚真材實料一身肌肉。網上圖片



◆新劇《輕·功》一眾藝人7日到商場進行宣傳活動。



◆朱晨麗坐上“人肉座椅”顯得有點緊張。

朱敏瀚劇中因要做裸模有脫衣場面，他表示因疫情期間拍攝，沒有機會到健身房訓練，所以對身形不太滿意，不過拍攝朱晨麗就大讚他身形屬Top 3之列，僅次湯告魯斯和C朗拿度。提到朱敏瀚已連續兩屆台慶頒獎禮奪獎而回，今年再得獎就連下三城，有份提名最喜愛角色和男主角的他未敢多想，反而希望他有份的《痞子殿下》能贏到組合獎，因為演戲不是單靠個人，要靠團隊去合作。

朱晨麗就自嘲只是為湊夠數才入圍去爭獎，她說：“只要有角色給我，我就會努力去做，其他有沒有獎都是次要，今次很高興角色與《美麗戰場》的是截然不同。”月初生日的朱晨麗笑言由上月起已開始吃生日蛋糕，生日願望是不要再長胖，因為減肥實在太辛苦，她說：“多謝一班朋友在我開心或不開心時都陪伴我，最搞笑是陳庭欣，我們見有甜品都問誰最

近生日，結果是我就拿甜品當生日蛋糕吃。”

## 蔣祖曼憂演得太暴躁

劇集雖然只播出兩集，但蔣祖曼表示收到不錯的反應，稱不少年長觀眾都對劇情有共鳴，她說：“其實我都擔心演得太暴躁，但原來很多香港人都只顧自己生活，用錯了方法去關心父母。”蔣祖曼稱以往少機會演出像《輕·功》的生活小品劇集，一直擔心自己處理得不好，更擔心劇集出街後她要“息影”，幸好監製給她信心，她說：“而且劇中有很多好對手，我有問過哥哥（黎耀祥）和龔慈恩，我真的要咁惡？因為拍攝初時他們嫌我不夠惡。”笑問現實中的媽媽對她演技有何評價，她笑道：“我有問過媽咪，好彩沒有話我做回自己，但她讚我做得很自然都可圈可點。”蔣祖曼稱拍攝期間也有反思自己如何對待父母，有時也沒察覺對雙親態度不好。

## 《輕·功》探討生死與放下

另外，在《輕·功》劇中飾演恩愛夫妻的哥哥與龔慈恩，在6日晚一集連環大派洋葱。劇情講到十一（黎耀祥飾）聯合老友千方百計為

病重的愛妻繆妙（龔慈恩飾）一圓再“飛”夢吊威她，可惜天公不作美兼遭女兒翊嵐（蔣祖曼飾）因安危問題極力阻止，繆妙為此與女兒吵了罕有一架，孝順的翊嵐最終想出另類方法幫媽媽圓夢，開着車讓繆妙企出天窗乘風感受“飛”的感覺。惟繆妙回家後病情加重，最後在好友於天台特製的鞦韆上，死在十一懷中，十一則抱着愛妻，沒有呼天搶天，但眼神盡是不捨，畫面催淚。

提到這場天台戲，龔慈恩說：“祥哥好好咁畀咗好多交流，死嚟自己最愛嘅人懷中，加上有咁多人愛惜，真係好欣慰。”劇集探討“生死”和“放下”等問題，龔慈恩坦言對此有很大感觸：“遇到任何遭遇都好，只要豁達啲去諗，總係會有出路，同理生命嘅質同量同樣重要，大家要珍惜身邊所有嘢。”

其實劇情上安排相當巧妙，其中一點是十一的一位好友寶螢（寶珮如飾）原來也曾經歷喪偶之痛，雖然事隔多年，但寶螢一直未能放下，以英文詩表達內心痛楚的螢安慰十一之餘，同時也彷彿在安慰自己：“做人好苦，愈記性好就仲苦……呢啲日子過吓過吓 Hea 吓 Hea 吓就好啲。”

## 獲薩蘭托電影節頒發演員獎



◆毛舜筠從影40年，成就獲表揚。

香港文匯報訊（記者 子棠）毛舜筠（毛姐）7日獲薩蘭托電影節（SIFF）頒發《Salento Cinema Actor Award - City of Tricase》，並由意大利駐香港總領事費文浩親自頒發獎項，以表揚毛姐從影40年以來的卓越成就，成為毛姐首個國際獎項；亦是繼一眾影星劉德華、古天樂、郭富城、梁家輝之後，獲得這項殊榮。

毛姐領獎時表示很榮幸、很開心、亦很突然，因為沒想過能得到國際獎項，稱讚電影節的電影是經過挑選，亦代表着不同地方的文化，很值得觀摩，因此最近的亞洲電影節的電影她差不多全部有觀賞；而得獎後，她希望為香港電影出多一分力，特別是在傳承方面，更希望香港電影繼續蓬勃，最重要是人人有工開。

受訪時，毛姐透露是一個月前收到經理人通知得獎消息，當時還驚訝反問：“點解有獎？我有電影去到意大利咩？繼而再問是什麼獎，得知是最佳演員獎，我即揪住個電話狂笑了一輪，真的很開心！而身在外地的兩個女兒都很興奮，傳了很大篇恭喜短信給我，會待兩個女兒回港後一家四口和獎狀合照留念，以及食餐飯慶祝，但希望不用我煮。至於老公（區丁平）就透過業界朋友得知，有說‘你好威呀！’我的目標只有一個，就是香港有更多好劇本及人人有工作，這樣才是最開心。”

毛姐今次首奪國際殊榮，正好成為上月62歲的最佳生日禮物。“應說是今年最好的一份禮物，因2022年過得幾辛苦，還曾於加拿大滯留了一段時間，而年底獲得這個獎立即覺得今年精彩晒！”

## 當選《時代雜誌》年度偶像人物 楊紫瓊全力爭奧斯卡影后



◆楊紫瓊成為《時代雜誌》封面人物。

香港文匯報訊（記者 文芬）《時代雜誌》（TIME）繼公布了韓國女團BLACKPINK 2022 成為年度藝人後，國際動作巨星楊紫瓊（Michelle）近日更成為了《時代雜誌》封面人物，並當選為2022年度偶像人物（Icon of the Year），成為亞裔女星第一人，亦是華人之光！今年她主演的電影《奇異女俠玩救宇宙》（Everything Everywhere All at Once）大受歡迎，電影全球票房突破1億美元，成為各頒獎禮的影后大熱門人選，也是奧斯卡最佳女主角呼聲最高的演員之一。

現年60歲的Michelle早在占士邦電影系列《新鐵金剛之明日帝國》（Tomorrow Never Dies）擔任邦女郎進軍荷里活，其後以李安導演的《臥虎藏龍》的“俞秀蓮”而大受關注，之後參演《尚氣與十環傳奇》、《我的超豪男友》，以及《奇異女俠玩救宇宙》等的演出，均讓影迷留下深刻印象，在國際影圈

贏得讚譽。本月中上映的《阿凡達：水之道》，楊紫瓊亦有份參演。

在接受《時代雜誌》的訪問中，Michelle特別談到“代表”的力量，她指出至今仍未有一位亞洲女性獲頒奧斯卡金像獎最佳女主角，Michelle表示：“不僅是我，我感覺我的整個亞裔社群都在思考這件事……當你難得遇到這樣的機會時，你必須全身心地投入其中，因為你不知道下一次機會是什麼時候……我認為這是我最大的恐懼，更不要讓這個（機會或獎項）成為唯一。”

Michelle亦有於社交平台上載雜誌封面及留言：“我好有福氣！多謝《時代雜誌》！”而奧斯卡金像影后查理絲花朗（Charlize Theron）都有留言恭喜，表示讚賞。《尚氣》劉思慕亦留言說：“太過值得！”

## BTS 連續三年膺美國人民選擇年度組合獎

香港文匯報訊（記者 文芬）美國年度娛樂界盛事《People's Choice》頒獎禮當地時間6日晚在加州舉行，韓國人氣男團防彈少年團（BTS）連續三年榮膺年度組合獎，還獲得年度巡迴演唱會獎，而成員Jungkook亦憑與男歌手Charlie Puth合唱的歌曲《Left And Right》拿下今年最受歡迎合唱歌曲獎，繼續揚威海外。

在電影方面，漫威超英片《奇異博士2：失控多元宇宙》（Doctor Strange in the Mul-

tiverse of Madness）“紅女巫”伊莉莎白奧遜（Elizabeth Olsen）除了拿下最受歡迎動作明星獎，還勇奪最受歡迎電影女星獎。《奇異博士2》亦榮獲年度最受歡迎電影。至於《雷神奇俠4：愛與雷霆》（Thor: Love and Thunder）的“雷神”基斯漢斯禾夫（Chris Hemsworth）則奪得最受歡迎電影男星。男星賴恩雷諾士（Ryan Reynolds）就獲大頒2022年人民偶像獎。



◆BTS雖然已宣告休團，但人氣依然旺盛。

**恆益門窗**

休士頓專業製造塑鋼門窗

www.ValueWindowsDoorsHouston.com



Tel: 281.261.8900  
Fax: 281.261.6660

13715 Murphy Road, #D, Stafford, Texas 77477

**華美中醫學院**

American College of Acupuncture & Oriental Medicine

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

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

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

9100 Park West Drive, Houston, TX 77063

# 99 RANCH MARKET

## Deal of the Week

|   |  |  |
|---|--|--|
| <p>2002852<br/>2002853<br/>2002854<br/>454g</p> <p><b>\$5.99</b><br/>/EA</p> <p>2 <b>\$5.98</b><br/>FOR</p> <p>SYNEAR AUTHENTIC RICE BALL - BLACK GLUTINOUS / REDBEAN / SESAME 黑糯米黑芝麻/綠豆沙/黑芝麻</p> | <p>1661266<br/>1661267<br/>1661268<br/>1500ml</p> <p><b>\$4.99</b><br/>/EA</p> <p>4 <b>\$9.00</b><br/>FOR</p> <p>GUDAO - GREEN TEA (PASSION FRUIT / PLUM / ORIGINAL) 古道綠茶 - 百香/梅子/原味</p> | <p>1661231<br/>1661233<br/>1661235<br/>3662926<br/>6x250ml</p> <p><b>\$5.99</b><br/>/PK</p> <p>3 <b>\$9.99</b><br/>FOR</p> <p>VITASOY / VITA - SOYDRINK PACK (MALT / MELON / BLACKBEAN) / LEMON TEA / BLACKCURRANT JUICE 維他奶/維他-麥精/蜜瓜/檸檬茶/黑加侖子汁/黑豆豆奶</p> |
| <p>1607422<br/>25kg</p> <p><b>\$5.99</b><br/>/EA</p> <p><b>\$3.98</b><br/>/EA</p> <p>DAEHAH WHEAT FLOUR 中筋麵粉</p>  | <p>2071401<br/>11.46oz</p> <p><b>\$8.99</b><br/>/EA</p> <p>2 <b>\$9.98</b><br/>FOR</p> <p>WHITE RABBIT ICE CREAM BAR 大白兔雪糕 五隻裝</p>   | <p>1692594<br/>500g</p> <p><b>\$8.49</b><br/>/EA</p> <p>2 <b>\$8.88</b><br/>FOR</p> <p>KIMBO FROZEN SHRIMP DUMPLING HAUKAU 金寶鮮蝦餃</p>   |
| <p>3.5lb/pk</p> <p><b>\$6.99</b><br/>/PK</p> <p>SWEET EMERALD APPLE 青龍蘋果</p>  | <p>3.5lb/pk</p> <p><b>\$6.99</b><br/>/PK</p> <p>SEA BASS COLLAR 智利鱈魚下巴</p>   | <p>3.5lb/pk</p> <p><b>\$6.99</b><br/>/PK</p> <p>BEEF TENDON 牛筋</p>   |
| <p>5.74lb/cs</p> <p><b>\$16.99</b><br/>/CS</p> <p>KOREAN BROWN/SHINKO PEAR (GIFT BOX) 韓國新高梨(禮盒裝)</p>  | <p>1.5lb/pk</p> <p><b>\$4.99</b><br/>/LB</p> <p>41/50 HEADLESS SHRIMP 去頭中蝦</p>   | <p>1.5lb/pk</p> <p><b>\$6.49</b><br/>/PK</p> <p>WHOLE CHICKEN - TAIWAN CHICKEN 台灣土雞</p>  |

FOLLOW US FOR SPECIAL!  
WWW.99RANCH.COM  
數量有限 售完為止  
Limited time offer. Limited quantity, while supplies last.

TX STORES ONLY  
FRIDAY - THURSDAY  
12.09 - 12.15  
Customer Service: 1(800)600-TAWA(8292)



## 2022 聖誕饗宴 Holiday Party Meal

Available NOW  
Promotional Period: 12/09/2022 to 12/30/2022  
現接受預訂  
特賣期間: 12/09 to 12/30

For 8-10 People 約 8-10 人份套餐  
\$288 (Regular Price \$401)  
Must please order minimum 3 days in advanced.  
For Pickup on Christmas Day, must order by Thursday 12/22

|                                     |        |
|-------------------------------------|--------|
| Whole Roast Duck 脆皮鴨                | 2.5 LB |
| Honey Bbq Pork Char Siu 蜜汁叉燒皇       | 2.5 LB |
| Garlic Bbq Pork Baby Back Rib 蒜香金沙骨 | 5 LB   |
| Sweet and Sour Fish Fillet 糖醋魚片     | 5 LB   |
| Black Pepper Pork Chop 椒鹽豬扒         | 5 LB   |
| Braised Tofu with Mushroom 紅燒豆腐     | 5 LB   |
| Garlic Baby Bok Choy Stir Fry 蒜蓉青江菜 | 5 LB   |
| Fried Rice 炒飯                       | 5 LB   |
| Deep Fried Mochi Dumpling 酥脆鹹水球     | 12 PCS |

## Weekend Special 3-Day Sale Friday, Saturday, Sunday ONLY

|  |   |  |
|--|---|--|
| <p>1lb/pk</p> <p><b>\$3.99</b><br/>/PK</p> <p>RED KIWI (CLAMSHELL) 盒裝紅心奇異果</p> | <p>1lb</p> <p><b>\$1.39</b><br/>/LB</p> <p>HACHIYA PERSIMMON 尖柿子</p>        | <p>1lb</p> <p><b>\$5.99</b><br/>/LB</p> <p>CHERRY (PREMIUM GRADE) 櫻桃(特級)</p> |
| <p>1lb</p> <p><b>\$3.99</b><br/>/LB</p> <p>SNOW PEA LEAF 大豆苗</p>               | <p>1lb</p> <p><b>\$1.29</b><br/>/LB</p> <p>GREEN BEAN 四季豆</p>               | <p>1lb</p> <p><b>\$2.99</b><br/>/LB</p> <p>SNOW PEA 雪豆</p>                   |
| <p>1lb</p> <p><b>\$1.69</b><br/>/LB</p> <p>BITTER MELON 苦瓜</p>                 | <p>1lb</p> <p><b>\$7.99</b><br/>/LB</p> <p>FRESH SALMON STEAK 新鮮三文魚排</p>    | <p>1lb</p> <p><b>\$10.99</b><br/>/LB</p> <p>LIVE MAINE LOBSTER-S 游水龍蝦</p>    |
| <p>1lb</p> <p><b>\$1.99</b><br/>/LB</p> <p>FRESH SHEEP HEAD 新鮮白立</p>           | <p>1lb</p> <p><b>\$3.99</b><br/>/LB</p> <p>FRESH RED TILAPIA 新鮮紅立魚(紅珍珠)</p> | <p>1lb</p> <p><b>\$5.99</b><br/>/LB</p> <p>LANE SNAPPER 新鮮紅杉魚</p>            |

### MEAT

|  |   |
|--|---|
| <p>1lb</p> <p><b>\$2.29</b><br/>/LB</p> <p>PORK BUTT 夾心肉</p> | <p>1lb</p> <p><b>\$1.59</b><br/>/LB</p> <p>CHICKEN LEG MEAT 雞腿肉</p> |
|--|---|

### SEAFOOD

|  |   |   |   |
|--|---|---|---|
| <p>1lb</p> <p><b>\$1.99</b><br/>/LB</p> <p>SABA MACKEREL 白腹鯖</p> | <p>1lb</p> <p><b>\$9.99</b><br/>/PK</p> <p>WILD BAY SCALLOP 純天然野生干貝</p> | <p>2lb</p> <p><b>\$11.99</b><br/>/PK</p> <p>BREADED SQUID RING 炸魷魚圈</p> | <p>1.4lb</p> <p><b>\$6.99</b><br/>/PK</p> <p>PICKLED SPICY FISH HEAD 剝椒魚頭(袋裝)</p> |
|--|---|---|---|

### PRODUCE

|  |   |
|--|---|
| <p>1lb/pk</p> <p><b>\$4.99</b><br/>/PK</p> <p>COTTON CANDY GRAPE 棉花糖葡萄</p> | <p>300g/pk</p> <p><b>\$2.79</b><br/>/PK</p> <p>BAMBOO SHOOT 綠竹筍</p>     |
| <p>1lb</p> <p><b>\$2.29</b><br/>/LB</p> <p>PURPLE YAM 紫薯</p>               | <p>1lb</p> <p><b>\$9.99</b><br/>/LB</p> <p>ORANGE 甜橙</p>                |
| <p>10lb/cs</p> <p><b>\$2.49</b><br/>/LB</p> <p>HAWAII PAPAYA 夏威夷木瓜</p>     | <p>1lb</p> <p><b>\$1.29</b><br/>/LB</p> <p>PINK HONEY POMELO 高山紅肉蜜柚</p> |
| <p>1lb</p> <p><b>\$1.69</b><br/>/LB</p> <p>YOU CHOY MUI 油菜苗</p>            | <p>1lb</p> <p><b>\$1.49</b><br/>/LB</p> <p>TAIWAN SPINACH 台灣菠菜</p>      |

### FREE GIFT with \$68+ Purchase!

With the purchase of \$68 or more, redeem ONE box of A-Chino's Ice Cream Bar for FREE!! Flavor choice: Oolong Tea Boba, Brown Sugar, or Malcha Brown Sugar

凡購物滿\$68或以上, 即可免費獲贈一盒, 隨機贈送口味: 阿奇靈(綠龍茶奶蓋/黑糖/抹茶黑糖)珍珠奶茶雪糕

\*Limited quantities, giveaways are distributed accordingly on a first-come, first-served basis. The flavor is based on store inventory with random selection. Limited quantities, while supplies last. Please see store staff for more details.

\*數量有限, 送完為止, 詳情請洽門市工作人員。

### GROCERY

|   |  |
|---|--|
| <p>2056870<br/>16.2oz</p> <p><b>210.00</b><br/>FOR</p> <p>YUMEI HENAN NOODLE 4PK 與美河南老湯燉麵原湯羊肉口味</p>   | <p>2052041<br/>2052043<br/>305g</p> <p><b>210.00</b><br/>FOR</p> <p>YUMEI SELF HEAT NOODLE - DUCK SOUP / MUSHROOM 與美自發熱-酸蘿蔔老鴨湯麵/菌菇湯麵</p>   |
| <p>2060512<br/>4003985<br/>4003990<br/>4003991<br/>4003992<br/>240g<br/>260g</p> <p><b>2.650</b><br/>FOR</p> <p>YEA FOODS - MINI PAN FRY PORK BUN / SOUPY BUN (PURPLE SWEET POTATO) / PORK / with CRAB ROE / CHICKEN with SHRIMP) 好口福 - 生煎包 / 小籠湯包(紫薯豬肉 / 南翔 / 蟹粉 / 鮮蝦雞肉)</p> | <p>1643188<br/>2051759<br/>2054490<br/>2072252<br/>11.85oz<br/>336g</p> <p><b>3.68</b><br/>/EA</p> <p>LOTTE CHOCO PIE - ORIGINAL/GREEN TEA/BANANA/BLACK SUGAR MILK TEA 樂天巧克力鬆餅-原味/綠茶/香蕉/黑糖奶茶口味</p> |

### PRODUCE

|  |   |
|--|---|
| <p>1lb/pk</p> <p><b>\$4.99</b><br/>/PK</p> <p>COTTON CANDY GRAPE 棉花糖葡萄</p> | <p>300g/pk</p> <p><b>\$2.79</b><br/>/PK</p> <p>BAMBOO SHOOT 綠竹筍</p>     |
| <p>1lb</p> <p><b>\$2.29</b><br/>/LB</p> <p>PURPLE YAM 紫薯</p>               | <p>1lb</p> <p><b>\$9.99</b><br/>/LB</p> <p>ORANGE 甜橙</p>                |
| <p>10lb/cs</p> <p><b>\$2.49</b><br/>/LB</p> <p>HAWAII PAPAYA 夏威夷木瓜</p>     | <p>1lb</p> <p><b>\$1.29</b><br/>/LB</p> <p>PINK HONEY POMELO 高山紅肉蜜柚</p> |
| <p>1lb</p> <p><b>\$1.69</b><br/>/LB</p> <p>YOU CHOY MUI 油菜苗</p>            | <p>1lb</p> <p><b>\$1.49</b><br/>/LB</p> <p>TAIWAN SPINACH 台灣菠菜</p>      |

### GOLDEN PEAR (KOREAN) 黃金梨

6lb/cs

**\$3.29**  
/LB

**\$17.99**  
/CS