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Democrat Beto O'Rourke barnstorms Iowa after jumping into presidential race



Inside C2

Southern DAILY

Make Today Different

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Funerals begin for New Zealand mosque shootings victims, suspect to appear in court



People gather at a vigil to mourn for the victims of the Christchurch mosque attack in New Zealand at the University of Pennsylvania

WELLINGTON/CHRISTCHURCH, New Zealand (Reuters) - New Zealand began to bury its dead on Saturday, a day after at least one gunman attacked worshippers in two mosques, killing 49 and injuring 42 others in what Prime Minister Jacinda Ardern called a terrorist attack. The gunman broadcast footage of the attack on one mosque in the city of Christchurch on social media. A “manifesto” was also posted online, denouncing immigrants and calling them “invaders”. The video footage, posted live online as the attack unfolded, showed a man driving to the mosque, entering it and shooting randomly at people inside. Worshippers, possibly dead or wounded, lay huddled on the floor, the video showed. Reuters was unable to confirm the authenticity of the footage.

Police said three people were in custody including one man in his late 20s who had been charged with murder. He will appear in court on Saturday. Police have identified none of the suspects.

“Our investigations are in their early stages and

we will be looking closely to build a picture of any of the individuals involved and all of their activities prior to this horrific event,” Police Commissioner Mike Bush said. “There is no guarantee the risk is limited to Canterbury and we need all New Zealanders to be extra vigilant.” Among the wounded, two were in a critical condition, including a four-year-old child, he added. There was a heavy police presence at the hospital where families of the injured had gathered.

Dozens of people laid flowers at cordons near both locations in the South Island city, which is still rebuilding after a devastating earthquake in 2011 that killed almost 200 people.



People gather at a vigil to mourn for the victims of the Christchurch mosque attack in New Zealand at the University of Pennsylvania



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Democrat Beto O'Rourke barnstorms Iowa after jumping into presidential race

PBURLINGTON, Iowa (Reuters) - Beto O'Rourke made his debut as a Democratic presidential candidate on Thursday, betting his optimistic economic message, liberal immigration policies and fame gained in a failed bid for the U.S. Senate last year will net him the party's 2020 nomination.

The former U.S congressman from El Paso, Texas, who announced his White House run by video on social media, immediately kicked off a three-day campaign swing through Iowa, which hosts the nation's first nominating contest in less than a year and is critical to his chances.

"The challenges have never been greater, or more severe, or more critical or more defining for our future," he told an enthusiastic crowd at a coffee-house in Burlington.

O'Rourke, 46, joined a jam-packed field of more than a dozen Democratic candidates, including several U.S. senators. It remains to be seen whether he can make up ground for his relatively late entry into the race.

Critics say O'Rourke lacks a deep policy background and his unsuccessful run against U.S. Senator Ted Cruz of Texas last November disqualifies him from pursuing an even higher office.

Still, his underdog race against Cruz earned him a national following. Even in defeat, O'Rourke demonstrated a talent for attracting capacity crowds and raising large sums of money, skills he will need to carry to the national stage if he is to capture the nomination.

Former Texas congressman Beto O'Rourke speaks during a campaign stop at The Bean-counter Coffeehouse & Drinkery in Burlington, Iowa, U.S. March 14, 2019. REUTERS/Daniel Acker

O'Rourke jumped atop the coffee shop's counter and delivered an impassioned address, touching

upon issues of economic inequality, climate change and education. He largely avoided criticizing President Donald Trump by name but made his opposition to Trump's policies clear.

He also avoided any allusions to the Democratic field - or his own chances in the race. Asked by an attendee what made him stand out from the pack, he demurred. "All I can tell you is who I am," he said. He cited his ability to work with Republicans in Congress and the Trump administration.

Trump, who became known for slapping derisive nicknames onto opponents during the 2016 campaign, focused on O'Rourke's hands on Thursday when asked about O'Rourke's campaign announcement.

"Well, I think he's got a lot of hand movement. I've never seen so much hand movement. I said, 'Is he crazy or is that just the way he acts?'" Trump said during an Oval Office appearance with Ireland's prime minister.



Former Texas congressman Beto O'Rourke speaks during a campaign stop at The Bean-counter Coffeehouse & Drinkery in Burlington, Iowa, U.S. March 14, 2019. REUTERS/Daniel Acker



It remains to be seen how O'Rourke, a white male with a history of



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Editor's Choice



A general view shows the district court in Christchurch, New Zealand, March 16, 2019. REUTERS/Edgar Su



People take part in a march demanding action on climate change, in Mexico City, Mexico March 15, 2019. REUTERS/Henry Romero



People gather at a vigil to mourn for the victims of the Christchurch mosque attacks in New Zealand at the University of Pennsylvania



People walk by placards protesting China, during a court hearing for Huawei Technologies Co Chief Financial Officer Meng Wanzhou at the B.C. Supreme Court in Vancouver



A couple kiss on a warm day in Times Square in New York, New York, U.S., March 15, 2019. REUTERS/Carlo Allegri



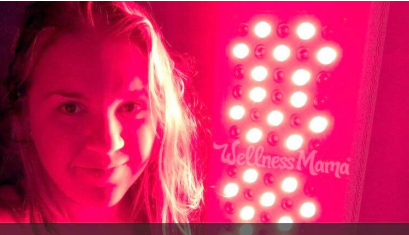
People take part in a march demanding action on climate change, in Mexico City



FILE PHOTO: US marathon runner Olympic champion Samuelson and Romanian runner Dita raise a torch during a ceremony in Marathon town northeast of Athens



FILE PHOTO: Zuzana Caputova, Slovakian presidential candidate, speaks during an interview with Reuters in Bratislava



THE BENEFITS OF RED LIGHT THERAPY (PHOTOBIOMODULATION)

What is Red Therapy Light?

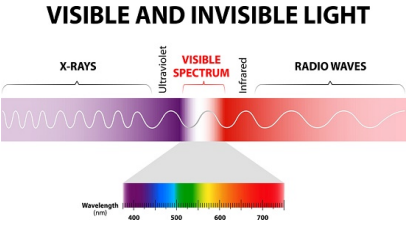
Red light therapy is also known as photobiomodulation (PBM), low level light therapy (LLLT), biostimulation, photonic stimulation or light box therapy. Light affects many aspects of our biology. Certain wavelengths of red light increase mitochondria function in the body. Studies have shown that different wavelengths affect the body in different ways. The most effective wavelengths of red light seem to be in the ranges of 630-670 and 810-880.

How Does Red Light Therapy Work?

These specific wavelengths of red light create a biochemical affect in our cells that serves to increase mitochondrial function. This improves ATP (adenosine triphosphate) production in the body. **Why is this important?**

ATP is the source of energy for every cell in the body. Without it, we don't function at all. Without enough of it, we don't function well.

It's wavelengths range between 630-880nm and are used to treat the skin's surface. Red therapy light penetrates about 8-10 millimeters into the skin. Depending on which area of the body the red light is used, this can easily affect all skin layers, reaching into blood vessels, lymph pathways, nerves, and hair follicles.



Red Therapy Light vs. Sauna Therapy
Many people wonder if RLT is similar to sauna therapy or the benefits of sunlight. All of these therapies are beneficial, but they are different and provide different results. I've been a big fan of sauna use for years, but I've also added red light therapy to my daily practice for different reasons. The purpose of a sauna is to raise the

Your Health: Red Light Therapy Gaining Popularity

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

temperature of the body. This can be accomplished through simple heat exposure by raising the temperature of the air, as is popular in Finland and other parts of Europe. It can also be accomplished through infrared exposure. This heats the body from the inside out in a sense and is said to provide more beneficial effects in less time and at lower heat.

Both sauna methods increase heart rate, perspiration, heat shock proteins and improve the body in other ways. Unlike red light therapy, infrared light from a sauna is invisible, and penetrates much deeper into the body with wavelengths at 700-1200 nanometers.

Red therapy light or photobiomodulation is not designed to increase perspiration or improve cardiovascular function. It impacts cells on the cellular level and increases mitochondrial function and ATP production. It essentially "feeds" your cells to increase energy. Both have their uses, depending on the desired results.



Infrared light sauna

The History of Red Therapy Light Use
Red light therapy has been around the block. In 1903 physician Niels Ryberg Finsen won the Nobel Prize in Medicine for his successful treatment of smallpox and lupus with red light. Russia uses low level laser therapy in their standard medical care (and they have since the 1970s). The Russians also published hundreds of studies over the decades on the benefits of red therapy light. Unfortunately, very few of these studies have been translated into English.

Red light therapy has largely been ignored by the US and western Europe until recently. However it's been used in a clinical setting since the 1980s in Japan, China,

Canada, Northern Ireland, Vietnam, Latin America, and Eastern Europe.

The Benefits of Red Therapy Light

Even though the western world is behind the times with red therapy light, strong evidence supports its health benefits. It is FDA approved for chronic joint pain, slow to heal wounds, wrinkles, hair loss and acne. Many others have used it successfully for other issues, like psoriasis, improved circulation and better immune function.

Here's a partial list of the evidence based uses of red therapy light:

- It helps rejuvenate facial skin and smooths skin tone.
- Red light builds collagen in the skin to reduce wrinkles.
- It helps to repair sun damage.
- Red light activates the lymphatic system for potentially improved detoxification.
- Decreases inflammation in the skin.
- Helps fade scars and stretch marks.
- Improves hair growth to reverse balding.
- Stimulates slow healing wounds.
- Can prevent recurring cold sores, or herpes simplex.
- Helpful in the short term for carpal tunnel syndrome.
- Beneficial for skin to reduce eczema, rosacea and acne.

1. Better Circulation and Collagen Production

When the light penetrates through the epidermal and dermal skin layers, it increases circulation to help form new capillaries. It also increases collagen production and fibroblasts. Red therapy light improves collagen levels naturally by triggering the body to produce more of its own. Since collagen comprises about 70% of the protein in our skin, it's a big deal!



Increased collagen doesn't just give the skin a wrinkle free glow, but its ability to improve joint health makes it great for arthritis sufferers. It can be helpful for those with a variety of painful musculoskeletal issues. The increased

circulation and anti-inflammatory effects that red therapy light provides also help reduce pain and heal the body.

2. Wound Healing with Red Light Therapy

Fibroblasts in our skin synthesize collagen, maintain connective tissue and are integral to wound healing. Red therapy light stimulates fibroblasts to do their job, and increases circulation for faster wound repair time. People have also used this therapy for burns, amputation injuries, skin grafts and infected wounds. It's been successfully used for skin damage caused by cancer treatments, including those in the mouth and mucus membranes.

In a 2014 study, researchers found that red light therapy significantly improved colitis symptoms in mice. The light therapy aided in their mucosal healing. Dentists have also successfully used red therapy lights to heal sores and abrasions in the mucus membranes of the mouth. It's also been found to prevent recurring cold sores that occur along the mouth.

3. A Remedy for Hair Loss



A 24-week study demonstrated that red therapy light significantly improved hair density and hair thickness without any serious reactions. Participants wore a helmet that emitted red therapy light to achieve this effect.

4. Recover Faster from Injury and Illness

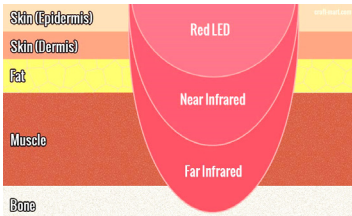
Red light therapy increases circulation and ATP production throughout the body which may help speed healing during times of illness. It also stimulates lymph system activity and phagocytosis, the process of cells cleaning house. Although red therapy light helps to modulate the immune system, a 2006 study with mice found that over treatment actually resulted in immune suppression. Since not a

lot of research has been done in this area, it's unclear just how beneficial it is for the immune system.

5. Help for the Thyroid

There are several compelling studies that look at the benefits of red light and near infrared therapy for thyroid health.

One randomized, placebo-controlled clinical study from 2013 looked at the benefits of light therapy on chronic autoimmune thyroiditis. This study showed an overall improvement in thyroid health from near infrared and light therapy. Many participants were able to reduce or eliminate their thyroid medication. In fact, a startling 47 percent of the participants no longer needed medication during the entire nine-month follow-up after the light therapy treatment. This is shocking as most people are told that they will need thyroid medication for the rest of their lives.



When looking at Hashimoto's (autoimmune thyroid problems) specifically, the study found a reduction in thyroid peroxidase (TPOAb) antibodies. These antibodies indicate the presence of an autoimmune thyroid condition.

Other studies have shown:

- a 2010 study from Russia found that red light therapy helped 38% of participants reduce thyroid medication dosage (17% stopped medication completely)
- A 2003 study on postsurgical thyroid patients found that red light therapy reduced the need for medication by up to 75%

6. A Promising Therapy for Psoriasis

A small scale study published in the journal of Photomedicine and Laser Surgery found benefits for psoriasis sufferers. Skin plaques improved by 60-100% when treated with both red therapy light and infrared light, like that used in a sauna. The infrared light helped to calm inflammation, while the shorter red wavelengths helped heal the skins surface.

7. Help for Acne, Rosacea and Eczema

The collagen and ATP stimulating benefits of red light therapy make it a promising solution for skin problems like acne, rosacea and eczema. Benefits include reduction of stretch marks and wrinkles as well as new hair growth. (Courtesy <https://wellnessmama.com>.)

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The abortion chain Planned Parenthood receives about \$50 million to \$60 million in Title X funds annually, but that could change now that the new rules are being implemented. The administration’s changes to Title X family planning grants have angered the abortion chain Planned Parenthood, prompting a lawsuit, but they provide hope for life-affirming pregnancy centers, which can now compete with the abortion giant for the federal funds.

Title X funds are supposed to be used to help low-income women and men receive birth control, cancer screenings and other health care services. While the tax money cannot be used to pay for abortions, it indirectly funds Planned Parenthood’s vast abortion business.

Last May, the Trump administration published a new proposal for Title X that would prohibit Planned Parenthood and other abortion businesses from receiving any of those tax dollars unless they completely separate their abortion businesses from their taxpayer-funded services. That mean housing their family planning services in separate buildings with separate staff from their abortion businesses and a denial of funds if they fail to do so. Most Planned Parenthood entities are not expected to comply.

Under the new directive, which will take effect in 60 days, organizations receiving Title X funding have 120 days to financially separate their family planning and abortion operations and one year to physically separate their family planning and abortion operations.



The “Protect Life Rule,” as that proposal is known, was finalized today. And pro-life groups are delighted by the news. “We thank President Trump for taking

Close To \$60 Million In Taxpayer Funding Will Be Cut
President Donald Trump
Defunds Planned Parenthood
Compiled And Edited By John T. Robbins, Southern Daily Editor



President Donald Trump today finalized an administrative rule that would partially defund the Planned Parenthood abortion business and deprive it of as much as \$60 million in taxpayer dollars. This action adds to President Trump’s record of defunding the Planned Parenthood abortion company.

decisive action to disentangle taxpayers from the big abortion industry led by Planned Parenthood,” said SBA List President Marjorie Dannenfelser. She told LifeNews: “The Protect Life Rule does not cut family planning funding by a single dime, and instead directs tax dollars to entities that provide healthcare to women but do not perform abortions. The Title X program was not intended to be a slush fund for abortion businesses like Planned Parenthood, which violently ends the lives of more than 332,000 unborn babies a year and receives almost \$60 million a year in Title X taxpayer dollars. We thank President Trump and Secretary Azar for ensuring that the Title X program is truly about funding family

planning, not abortion.” National Right to Life president Carol Tobias also praised President Trump and noted that the decision doesn’t adversely affect women’s health because the federal funds will go to legitimate family planning efforts instead of places that kill babies in abortions. “We thank President Trump and Health & Human Services Secretary Azar for their numerous actions to restore pro-life policies,” she told LifeNews. “We are encouraged to see the announcement of Title X regulations that are back in line with previous policy that prevents federal dollars from being used to directly or indirectly promote abortion domestically.”



Brad Mattes, the president of Life Issues Institute, also told LifeNews he was excited to hear the news that the Protect Life Rule has been finalized. “President Trump just finalized his Protect Life Rule which prohibits Title X taxpayer funding from going to ANY entity that performs abortions,” he said. “That means if abortion giant Planned Parenthood refuses to comply with the Protect Life Rule it will LOSE \$60 MIL-

LION of our tax dollars each year!” He profusely thanked the president for his actions. “I’m so thankful for your activism, without which we would not be celebrating this great victory today,” he said. “Planned Parenthood is America’s LARGEST abortion business. Congress was unable to defund Planned Parenthood because of Democratic filibusters in the Senate. But President Trump has used his executive powers to act decisively and cut off this stream of funding to abortion businesses that had been accessing these Title X funds.”



U.S. Senator Ted Cruz (R) speaking at a pro-life rally.

According to National Right to Life, during the Reagan Administration, regulations were issued, with National Right to Life’s strong support, to restore the original character of Title X by prohibiting referral for abortion except in life endangering circumstances. Additionally, abortion facilities could not generally share the same location with a Title X site.

In the 1991 Rust v. Sullivan decision, the U.S. Supreme Court found similar regulations permissible.

However, the Clinton Administration would later reverse these regulations.

A recent Marist poll found that, by a double-digit margin, a majority of all Americans oppose any taxpayer funding of abortion (54 percent to 39 percent). (Courtesy lifenews.com)



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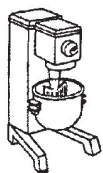
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休士頓華人唯一買地自建最大民營連鎖綜合學校附設:游泳池、體育館、舞蹈室、會議室、繪畫室、鋼琴房、電腦室、圖書室、Playground、學校標準格局寬敞安全57,000呎、全新設備、政府培訓一流師資、勤教嚴管、品質保證、學費合理、課超所值。

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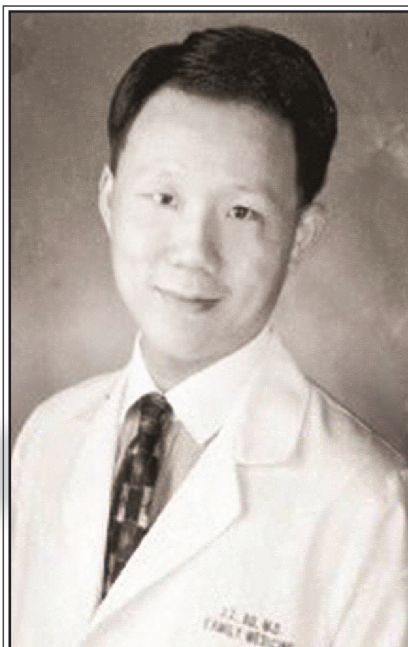
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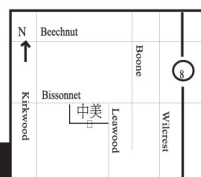


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精彩 節目介紹

《檔案》

首次披露國際國內大案要案、社會傳奇、情感故事。



▲ 節目截圖

節目介紹：

首次披露國際國內大案要案、社會傳奇、情感故事。檔案，系檔紀實欄目，由一個特定嘅，極具個性化的講述者(主持人)現場講述和展示為基本形態，節目形式以案件和事件現場實錄回放為線索，首次披露國際國內大案要案、社會傳奇、情感故事等；其內涵深外延廣。節目貼近百姓生活，緊跟時代脈搏，展現人生百態，透視社會萬象。以前所未有的視覺衝擊力同“新奇特”角度探索世界，找尋曾經嘅真實所在同鮮為人知嘅事實真相。

本期節目主題：血色黃昏之李鴻章的洋務生涯四

播出時間：

早上8：30首播，晚上22:30重播。歡迎準時收看。



▲ 節目截圖

美南廣播電視台 看電視聽廣播

美南國際電視STV15.3為方便觀眾收看， 「電視廣播合為一體」

不需任何付費，
觀眾可24小時直接收看及收聽該頻道，
行車間也可方便收聽，輕鬆獲取美南電視節目
以及各類國際、社區重大資訊。

操作指南如下，讓觀眾24小時收看收聽：

1. 掃二維碼(QR code)：

觀眾只要掃描報上的二維碼，
就可連結到美南國際電視，
直接在手機上觀看STV15.3。



2. Google搜尋：

觀眾只要在Google網站搜尋

「Southern TV - STV15.3 Houston」

STV15.3 Houston

或輸入該平台網址

「http://media.maqtv.com/?1497381&proc=1」

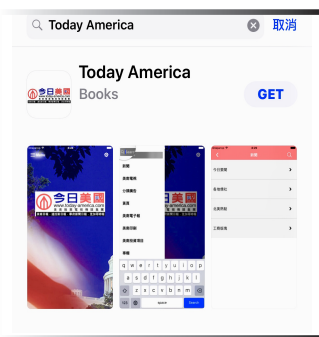
就可直接連結美南國際電視直播平台。

http://media.maqtv.com/?1497381&proc=1

3. 下載Apps收看：

可在蘋果商店搜尋

「Today America」，
下載Apps，除了
可用手機讀報
更方便，也可以在Apps裡
收看STV15.3 電視直播。



如需開車時收聽廣播，請連接到車載音響設備(數據線/藍牙設備)，效果更佳。

《文華時間》



《新聞面對面》



最專業最即時多元的新聞報導，國際時事、
社區動態、生活藝文資訊、氣象和路況報導。

美南新聞聯播，每週一到週五晚6點30 全球直播，掌握世界新聞脈動



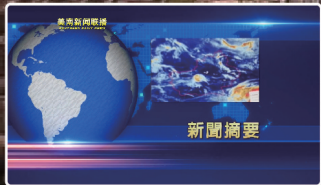
美南新聞聯播



美南國際電視15.3日前「電視廣播合為一體」全球直播上線，手機掃描二維碼就可24小時觀看該頻道，獲得廣大迴響；為廣大觀眾，讓新聞播報更即時，美南國際電視STV15.3即將在6月18日全球直播新聞「美南新聞聯播」，新聞播報時間為週一至週五傍晚6:30-7:30，讓觀眾行車間也可以方便收聽，掌握國際和社區重大新聞資訊。

美南國際電視15.3創下華人媒體創舉，將電視與廣播融為一體，帶給觀眾不同體驗。全球新聞「美南新聞聯播」將採用全新主播陣容，用專業新聞態度為社區觀眾帶來最即時多元的新聞報導。

「美南新聞聯播」囊括國際時事、社區動態、生活藝文資訊三大版塊，播報新聞同時也會穿插氣象和路況報導，觀眾可利用網站搜尋、微信連結或下載Apps方式，行車間連接到車載音響設備(數據線/藍牙設備)，可收看及收聽該頻道。



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美南電視本周節目單

Southern Television 15.3 2019年3月份 電視頻道節目表								3/18/2018 - 3/24/2019
星期	MON	TUE	WED	THU	FRI	SAT	SUN	
18	19	20	21	22	23	24		
00:00-00:30	中國文藝 (重播)	美南新聞聯播 (重播)					美食長征路 (重播)	
00:30-01:00							明星加油站 (重播)	
01:00-01:30	生活魔法師					中國詩詞大會 (重播)	味道 (重播)	
01:30-02:00	這裡是北京 (重播)	華夏新紀錄 (重播)	字說絲綢 (重播)	中國大舞臺 (重播)				
02:00-02:30	中國文化							
02:30-03:00	今日關注							
03:00-03:30	美國人走長征路 (重播)	中國文化 (重播)					經典電影 (重播)	
03:30-04:00	Fun Way to Learn Chinese					司馬白話		
04:00-04:30	電視劇《黑狐》第9 ~ 13集 (重播)						電影藏密 (重播)	
04:30-05:00	開門大吉 (重播)							
05:00-05:30	電視劇《東歸英雄傳》第24 ~ 28集 (重播)						外國人在中國 (重播)	
05:30-06:00	華夏新紀錄 (重播)						中國大舞臺 (重播)	
06:00-06:30	等著我 (重播)	檔案 (重播)	司馬白話 (重播)	美食長征路 (重播)	易經 (重播)	央視國際新聞 (重播)		
06:30-07:00		國寶檔案	國寶檔案					
07:00-07:30	央視國際新聞 (重播)	美南新聞聯播 (重播)					今日關注	
07:30-08:00							先鋒人物 (重播)	
08:00-08:30	海峽兩岸 (重播)						游在中國 (重播)	
08:30-09:00	字說絲綢 (重播)	今日關注 (重播)					檔案	
09:00-09:30	中國輿論場 (重播)	今日亞洲			中國詩詞大會	美國人走長征路	經典電影	
09:30-10:00		華夏新紀錄	外國人在中國 (重播)	中國大舞臺				
10:00-10:30	華人世界 (重播)	記住鄉愁 (重播)	明星加油站	洋言洋語 (重播)		游在中國		
10:30-11:00		五味草堂		曉說				
11:00-11:30	央視國際新聞 (重播)							
11:30-12:00								
12:00-12:30	深度國際	美南新聞聯播 (重播)					今日關注 (重播)	
12:30-13:00	曉說 (重播)						中國輿論場	
13:00-13:30	台灣心動線 (重播)	美食風味 (重播)	世界聽我說 (重播)	城市一對一 (重播)	休士頓論壇 (重播)	爸媽同很大	這裡是北京	
13:30-14:00		生活 (重播)						
14:00-14:30	電視劇《黑狐》第9 ~ 13集					美食長征路	等著我	
14:30-15:00						北美電影星勢力 (重播)		
15:00-15:30	卡通片《我是賣果》					洋言洋語	記住鄉愁	
15:30-16:00	等著我 (重播)	易經 (重播)	電影藏密	開門大吉 (重播)	電影藏密 (重播)	美國人走長征路 (重播)	歲月留聲	
16:00-16:30								
16:30-17:00	中國文藝 (重播)	今日亞洲 (重播)	國寶檔案 (重播)		國寶檔案 (重播)	開門大吉	我愛滿堂彩	
17:00-17:30		歲月留聲 (重播)	美國人走長征路 (重播)	幸福來敲門 上集	幸福來敲門 下集	司馬白話 (重播)		
17:30-18:00	央視國際新聞					爸媽同很大 (重播)		
18:00-18:30								
18:30-19:00	美南新聞聯播 (直播)					今日關注 (重播)	美食長征路 (重播)	
19:00-19:30	美食風味	世界聽我說			休士頓論壇 (直播)	台灣心動線	先鋒人物	北美電影星勢力
19:30-20:00	生活 (重播)						字說絲綢	
20:00-20:30						外國人在中國		
20:30-21:00	電視劇《東歸英雄傳》第24 ~ 28集					中國文藝	易經	
21:00-21:30							海峽兩岸	
21:30-22:00	海峽兩岸					味道	中國輿論場 (重播)	
22:00-22:30	健康之路			我愛滿堂彩 (重播)	司馬白話 (重播)			
22:30-23:00	五味草堂				明星加油站 (重播)	檔案 (重播)	華人世界	
23:00-23:30	央視國際新聞 (重播)							
23:30-00:00						幸福來敲門 上 (重播)	幸福來敲門 下 (重播)	

電視台保留變更節目權利，以實際播出為準。

Updated at:

3/15/2019

兩個家庭的冷暖，亦是壹個時代的悲歡——今日，由王小帥執導的電影《地久天長》曝光劇情版預告，短短三分鐘詮釋出電影三個小時的激蕩，再現了兩家人，穿越三十年，橫跨南北方的糾葛情感，將中國社會變遷濃縮其中。電影傳達出的希望與善良，比生命更廣，比時光更長。該片曾在柏林電影節創造中國電影的新紀錄，同時斬獲了“最佳男演員”“最佳女演員”雙熊獎。電影於3月15日起前點映，3月22日全國公映。

“希望片中的家庭，成為中國社會在過去幾十年的壹個縮影。”如導演王小帥所言，最新曝光的劇情版預告，正展現了中國典型的兩個家庭，在三十年漫長時間裏，發生的愛恨糾纏。“柏林影帝”王景春、“柏林影後”詠梅與獨生子組成的三口之家，同另壹個家庭世代交好，怎奈時代捉弄、意外橫生，兩個家庭爆發巨變，剪不斷、理還亂的情感關係令人唏噓。

展現如此廣闊的時間跨度，源於王小帥的壹個理想——我希望引起中國老百姓的共鳴。王小帥坦言，此前的電影更多源於自己的視角，而《地久天長》是更廣闊的視角，而非自己的經驗。電影中這兩個家庭數十年間的轉變，跟社會大環境的起伏密切相關，也是中國千千萬萬家庭中都存在的現象。英國記者Cine Vue在柏林看完電影後感嘆“既展現了中國風雲起伏的現代史，又淋漓盡致的揮灑著打動人心的史詩般情感”，也佐證了王小帥的初心——希望觀眾們看完電影，就如同和角色壹起，走過三

十年起伏的人生，尤其是中國觀眾。

《地久天長》不僅涉及兩個家庭的動蕩，也囊括了兩代人的成長。在今日曝光的預告中，王源飾演的養子出現了多個畫面，其文靜的外表下掩不住青春的叛逆與躁動，更與父親王景春針尖對麥芒。這樣的畫面，恰是中國千萬家庭的縮影，父輩的強勢與孩子的抗拒，是兩代人長久以來的問題。飾演母親的詠梅，則更理解這種代際間的隔閡，她表示“青春就是壹種迷惑，有時候可能妳不被家人理解”。在片中，王景春和王源這對典型的“中國式父子”又該如何相處，如何和解？後續值得期待。

無論是家庭變遷，還是兩代人成長，都是容易引起社會共鳴的話題，這也令《地久天長》的熱度不斷攀升。在媒體檔期想看榜單上，《地久天長》期待值90.6，超過奧斯卡獲獎影片《波西米亞狂想曲》，高居國內同檔期第壹。此外，電影在各大評分網站成績優異，豆瓣8.0分，IMDb7.6分，Metacritics74分，在爛番茄網站上的新鮮度更是100%“滿分”，都創造了王小帥電影的口碑新高。

《地久天長》由王小帥執導，王景春、詠梅領銜主演，齊溪、王源、杜江、艾麗婭、徐程、李菁菁、趙燕國彰等主演，博納影視與華夏電影聯合發行，冬春影業、和和影業、博納影視、風山漸文化、春凡藝術電影、正夫影業、萬年影業、萬年奈思出品。電影將於3月15日起前點映，3月22日全國公映。



地久天長曝劇情版預告

叛逆王源 磕頭認錯

《風中有朵雨做的雲》曝海報

6大主演眼神飆戲

婁燁導演的最新現實題材作品《風中有朵雨做的雲》將於4月4日全國公映，近日，影片公布了壹組“失真版”海報，六位主演在畫面中只露出正臉，突出五官，眼神或凜冽或柔情，充滿戲劇感。每個人物的細微表情刻畫極為到位，真實傳達飽滿情緒，在時代烙印之上展現個體命運，再現“紙媒”質感。高噪點、低分辨率的畫面風格也頗具沖擊感，這種與眾不同的“反優質”處理人眼前壹亮。

電影《風中有朵雨做的雲》講述了發生在中國南方壹座城市的故事，開發區主任唐奕傑在壹次拆遷糾紛的騷亂中意外墜樓身亡，年輕警官楊家棟開始調查，發現“唐奕傑墜樓案”與幾年前的另壹宗神秘的“失蹤案”有著密切的關係。在調查中他被誣陷，被停職，但他沒有放棄……

婁燁導演用真實的拍攝手法，勾勒出壹幅時代變遷大背景下的人物命運變化圖，片中傳遞出的信息關於當下每個人，講述的是“我們身邊的故事”。婁燁用鏡頭記錄下了曾經發生過的事，

而這些事情最終的命運或許就像每張海報底部出現的那六個字壹樣：會過去、被忘記。同時，這六個字也使人聯想到此前公布的首款預告片中的情感糾葛，更為影片增添了神秘感。

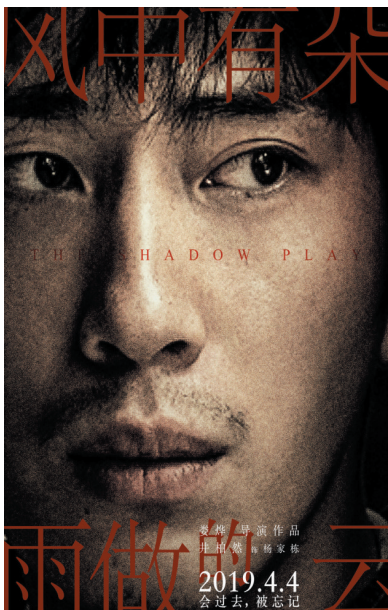
此次曝光的“失真版”單人海報，延續了本片的現實主義路線。高噪點、低分辨率的畫質，與電影的視覺語言交相呼應，仿佛讓人回到了曾經鼎盛的紙媒時代，凸顯影片“記錄時代”的特質。六張海報中，男人和女人享有不同的兩套底色。井柏然、秦昊、張頌文的人像結構立體，層次分明，清晰到每個毛孔都能真切看到；而宋佳、馬思純、陳好希則

成像於暗紅基調之上，過度曝光和柔焦更添女性妖嬈動人之感，如蒙迷霧，氤氳其中。

六位主演也都在海報中展現出了所扮演角色的心理狀態。井柏然目不轉睛凝望遠方，似乎在暗中追隨真相；宋佳胸有成竹似笑非笑，看似壹切盡在掌握；馬思純眼角濕潤，嘴唇微張，欲言

又止；秦昊滄桑面容之上帶著淚水，浮沈商海多年，不知是釋然還是悔恨；陳妍希距離鏡頭稍遠，目光淡然，正如其名“連阿雲”；張頌文目光斜視，嘴角微微撇起不置可否，官僚式笑容耐人尋味……

據悉，電影《風中有朵雨做的雲》將於4月4日上映。



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