

分類廣告c1

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姜南新聞刊登

館

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位於Dairy Ashford

/ Westheimer

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截稿或之前訂稿,立即上網,其稿將在第二天刊登報紙。



3格 (3units)

4格 (4units)

\$135

\$180

●每格可容中文大字(標題)6字及小字(內容)50字,

廣告內容均由委刊者提供,本報一概不負責任。

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Restaurant Hiring

廣告涉有爭議,本報保留拒絕刊登及修改廣告或暫停刊登之權利。

●涉及法律責任廣告,需提供身份證件及當事人簽字負責,本報概不負責

\$240

\$320

英文字母及數字二字為中文小字一字,空格標點符號均需計算。

EFFECTIVE: 從2009年11月1日起實施

\$315

\$420

※English content: 120 letters

Buffet 店請人

1-45南36出□,

誠徵大師傅和炒鍋

賈錢面議.請電/親臨

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全工半工外送員

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Katy點菜中餐館

誠請有經驗企檯

小費好

意者速電: 找經理

281-829-6888

832-606-8788

*中餐館誠請

企枱,外送員,炒鍋

全工或半工均可

6340 N. Eldridgr Pkwy #K

Houston, TX 77041

有意者請電:

832-768-1383

悦來餐館誠請

抓碼 一名,

有無經驗,全工半工

男女均可

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意者請電:

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位 Kingwood, HEB 超市內

節日大籌賓

Restaurant Hiring



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Restaurant Hiring

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626-373-7744

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2吃包住,意者請電 832-605-2131

200

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餐

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或加微信:603954007

冒

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粤物業管理助理 公司成立新部門 德州地產公司招聘 誠聘 Book Keeper 安排維修、協助租售、維 護客戶關系等。要求有 -定英文水平,會流利

中文,工作有責任心, 認眞細緻,善於溝通。 意者請發簡歷至: kli@ccim.net

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意者請寄履歷至: och760 @hotmail.com 電訓網路,安保 技術人員 無經驗可培訓

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Company Profile

Position Summary

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Sales & Warehouse

speaking Chinese &

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felix.lu@texasgeorgerealty.com

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聯系電話: 832-778-0090

電話:713-224-3474

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Houston Company. e-mail:

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> 中英雙語,會西班牙語優先, 可協辦身份,薪水面議 意者請發簡歷至: yixing2022@yahoo.com

> > 公司聘請

辦公室財務經理和財務人員 各一名

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Operations with Freight Forwarder Experience in NVOCC ocean import customer service, operations, and documentation Preferred Bilingual – English and Chinese Basic knowledge of INCO terms, Customs regulations, and other Government agency requirements

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936-245-9589

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E-mail: ben.chu@jfefood.com

'請提供你的全名, 電話及Email

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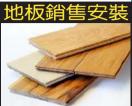
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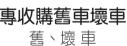
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Inside C2

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Tuesday, Febuary 02 2022

### Putin accuses U.S. of trying to lure Russia into war

KYIV/MOSCOW, Feb 1 (Reuters) - Russian President Vladimir Putin accused the West on Tuesday of deliberately creating a scenario designed to lure it into war and ignoring Russia's security concerns over Ukraine.

In his first direct public comments on the crisis for nearly six weeks, a defiant Putin showed no sign of backing down from security demands that the West has called non-starters and a possible excuse to launch an invasion, which Moscow denies. "It's already clear now ... that fundamental Russian concerns were ignored," Putin said at a news conference with the visiting prime minister of Hungary, one of several NATO leaders trying to intercede with him as the crisis has intensified.

Putin described a potential future scenario in which Ukraine was admitted to NATO and then attempted to recapture the Crimea peninsula, territory Russia seized in 2014.

"Let's imagine Ukraine is a NATO member and starts these military operations. Are we supposed to go to war with the NATO bloc? Has anyone given that any thought? Apparently not," he said.

Russia has massed more than 100,000 troops on the Ukrainian border and Western countries say they fear Putin may be planning to invade.

Russia denies this but has said it could take unspecified military action unless its security demands are met. Western countries say any invasion would bring sanctions on Moscow.

The Kremlin wants the West to respect a 1999 agreement that no country can strengthen its own security at the expense of others, which it considers at the heart of the crisis, Foreign Minister Sergei Lavrov said read more

He raised the charter signed in Istanbul by members of the Organisation for Security and Cooperation in Europe, which includes the United States and Canada, during a call with U.S. Secretary of State Antony Blinken.

Lavrov said Blinken accepted the need to discuss the matter further whilst a U.S. account of the call focused on the need for Moscow to pull back.

"If President Putin truly does not intend war or regime change, the Secretary told



Foreign Minister Lavrov then this is the time to pull back troops and heavy weaponry and engage in a serious discussion," a senior State Department official told reporters, read more

### 'INSTRUMENT'

Putin had not spoken publicly about the Ukraine crisis since Dec. 23, leaving ambiguity about his personal position while diplomats from Russia and the West have been engaged in repeated rounds of talks. His remarks on Tuesday reflected a world view in which Russia needs to defend itself from an aggressive and hostile United States. Washington is not primarily concerned with Ukraine's security, but with containing Russia, Putin said.

"In this sense, Ukraine itself is just an instrument to achieve this goal," he said.

"This can be done in different ways, by drawing us into some kind of armed conflict and, with the help of their allies in Europe, forcing the introduction against us of those harsh sanctions they are talking about now in the U.S."

Hungarian Prime Minister Viktor Orban, who has often sparred with Western European leaders over democracy in his own country, said he believed after his talks with Putin that there was room for a compromise.

"I got convinced today that the existing differences in positions can be bridged and it is possible to sign an agreement that would guarantee peace, guarantee Russia's security and is acceptable for NATO member states as Morawiecki, also visiting Kyiv, said well," Orban said.

### GUN TO UKRAINE'S HEAD

Western countries have rushed to show "Living close to a neighbour like solidarity with Ukraine. British Prime Russia, we have the feeling of Minister Boris Johnson met President Volodymyr Zelenskiy in Kyiv and accused Putin of holding a gun to Ukraine's head to demand changes to the security architecture in Europe.

"It is vital that Russia steps back and chooses a path of diplomacy," Johnson said. "And I believe that is still possible. We are keen to engage in dialogue, of course we are, but we have the sanctions ready, we're providing military support and we will also intensify our economic cooperation."

Johnson said any Russian invasion of Ukraine would lead to a military and humanitarian disaster.

"There are 200,000 men and women under arms in Ukraine, they will put up a very, very fierce and bloody resistance," he said. "I think that parents,

mothers in Russia should reflect on that fact and I hope very much that President Putin steps back from the path of conflict and that we engage in dialogue."

Polish Prime Minister Mateusz Poland would help Ukraine with gas and arms supplies, as well as humanitarian and economic aid. read more

living at the foot of a volcano," said Morawiecki.

Zelenskiy, who has repeatedly played down the prospect of an imminent invasion, signed a decree to boost his armed forces by 100,000 troops over three years. He urged lawmakers to stay calm and avoid panic.

The troop increase was "not because we will soon have a war ... but so that soon and in the future there will be peace in Ukraine," Zelenskiy said.





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星期三

### WEALEE'S GLOBAL NOTES

02/01/2022

### Spring Is Coming

This morning when I opened the front door, a bouquet of bright sunshine came in. It was a little warm in Texas. We felt that the springtime is coming.

Many immigrants came to this land from so far away. The sound of drums brought us back to our childhood memories. Over the last century, many people from around the world have settled down here and now call America their home.

Houston Mayor Sylvester Turner continues to recognize the great contributions of the Asian American people to our



country, especially when we are celebrating the Lunar

New Year, and his message is very clear.

Today public health experts are predicting that the worst is over for the Covid-19 pandemic and it is under control. We deeply appreciate all the hard work that they have done for all of us.

The warmth of the spring breeze shows that the flowers are about to bloom. It represents new vitality and strength.

We need to move forward bravely to welcome the Year of the Tiger.



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### **Editor's Choice**



The casket of NYPD officer Wilbert Mora, who was killed in the line of duty while responding to a domestic violence call, is carried for a wake service at St. Patrick's Cathedral in the Manhattan borough of New York City. REU-TERS/Brendan McDermid



Russian Ambassador to the United Nations Vasily Nebenzya attends a meeting of the U.N. Security Council on the situation between Russia and Ukraine, at the United Nations Headquarters in Manhattan. REUTERS/Andrew Kelly



U.S. President Joe Biden and Vice President Kamala Harris host Senate Judiciary Committee Chairman Dick Durbin, a Democrat, and the committee's ranking Republican, Charles Grassley to discuss the upcoming U.S. Supreme Court vacancy from the Oval Office at the White House. REUTERS/Leah Millis



A girl sits in front of a bakery in the crowd with Afghan women waiting to receive bread in Kabul, Afghanistan. REUTERS/ Ali Khara



A girl in traditional costume stands amid lion dancers during a Chinese Lunar New Year, Year of the Tiger, cultural celebration in the Chinatown neighborhood of New York City. REUTERS/ Mike Segar



A person wearing personal protective equipment walks inside Beijing Capital International Airport ahead of the 2022 Winter Olympics in Beijing, China. REUTERS/Phil Noble



2022年2月2日



### The New Face Of The Final Frontier The Business Of Space



(Editor's Note: When Virgin CEO Richard Branson and his crew on the Virgin Galactica space airplane reached space last week 50 miles above earth, the achievement, while technologically monumental, was significant in heralding the inescapable commercialization of space and all that means and will become. Branson was upfront about his trip being a personal adventure while at the same time one by which he wanted to tell the public that now is the time to join him in space. But the even larger story is that Branson's ride into space marked the moment at which the dream became reality for an independent business owner, not by the hand of any government, to fly off into space and in just over two hours' time land safely back on earth. Branson's trip opened the door and now commercialization of space has begun./John T. Robbins)

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

Richard Branson's achievement nothwithstanding, today there is reason to think that we may finally be reaching the first stages of a true space-for-space economy. SpaceX's recent achievements (in cooperation with NASA), as well as upcoming efforts by Boeing, Blue Origin, and Virgin Galactic to put people in space sustainably and at scale, mark the opening of a new chapter of spaceflight led by private firms. These firms have both the intention and capability to bring private citizens to space as passengers, tourists, and — eventually — settlers, opening the door for businesses to start meeting the demand those people create over the next several decades with an array of space-for-space goods and

Welcome to the (Commercial) Space Age In contrast to governments, the private sector is eager to put people in space to pursue their own personal interests, not the state's — and then supply the demand they create. This is the vision driving SpaceX, which in its first twenty years has entirely upended the

rocket launch industry, securing 60% of the global commercial launch market and building ever-larger spacecraft designed to ferry passengers not just to the International Space Station (ISS), but also to its own promised settlement on Mars.

Today, the space-for-space market is limited to supplying the people who are already in space: that is, the handful of astronauts employed by NASA and other government programs. While SpaceX has grand visions of supporting large numbers of private space travelers, their current space-forspace activities have all been in response to demand from government customers (i.e.,



### BUSINESS

But as decreasing launch costs enable companies like SpaceX to leverage economies of scale and put more people into space, growing private sector demand (that is, tourists and settlers, rather than government employees) could turn these proof-of-concept initiatives into a sustainable, large-scale industry

This model — of selling to NASA with the hopes of eventually creating and expanding into a larger private market — is exemplified by SpaceX, but the company is by no means the only player taking this approach. For instance, while SpaceX is focused on space-for-space transportation, another key component of this burgeoning industry will be manufacturing.

Made In Space, Inc. has been at the forefront of manufacturing "in space, for space" since 2014, when it 3D-printed a wrench onboard the ISS. Today, the company is exploring other products, such as high-quality fiber-optic cable, that terrestrial customers may be willing to pay to have manufactured in zero-gravity. But the company also recently received a \$74 million contract to 3D-print large metal beams in space for use on NASA spacecraft, and future private sector spacecraft will certainly have similar manufacturing needs which Made In Space hopes to be well-positioned to fulfill. Just as SpaceX has begun by supplying NASA but hopes to eventually serve a much larger, private-sector market, Made In Space's current work with NASA could be the first step along a path towards supporting a variety of private-sector manufacturing applications for which the costs of manufacturing on earth and transporting into space would be prohibitive

Another major area of space-for-space investment is in building and operating space infrastructure such as habitats, laboratories, and factories. Axiom Space, a current leader in this field, recently announced that it would be flying the "first fully private commercial mission to space" in 2022 onboard SpaceX's Crew Dragon Capsule. Axiom was also awarded a contract for exclusive access to a module of the ISS, facilitating its plans to develop modules for commercial activity on the station (and eventually, beyond it).



ture is likely to spur investment in a wide array of complementary services to

This infrastruc-

supply the demand of the people living and working within it. For example, in February 2020, Maxar Technologies was awarded a \$142 million contract from NASA to develop a robotic construction tool that would be assembled in space for use on low-Earth orbit spacecraft Private sector spacecraft or settlements will no doubt have need for a variety of similar construction and repair tools. And of course, the private sector isn't just about industrial products. Creature comforts also promise to be an area of rapid growth, as companies endeavor to support the human side of life in the harsh environment of space. In 2015, for example, Argotec and Lavazza collaborated to build an espresso machine that could function in the zero-gravity environment of the ISS, delivering a bit of everyday luxury to the crew.

Visions of a space-for-space economy have been around since the dawn of the Space Age in the 1960s. Thus far, those hopes have gone largely unmet — but this moment is different. For the first time in history, the private sector's capital, risk tolerance, and profit motive are being channeled into putting people in space. If we seize this opportunity, we will look back on 2020 as the year when we started the truly transformational project of building an economy and a society in space, for space. (Courtesy https://hbr.org)

Related

**It Could Could Happen By 2023 Space Miners Want To Blow Up The Moon's Surface To Harvest Water** 



### A rover descending from a Masten lunar lander. We already use rockets to reach the moon,

but soon we may use them to mine it for water. Three companies, including Lunar Outpost, Honeybee Robotics, and Masten Space Systems, are developing a novel system aimed at mining water ice from the moon with rockets, according to a blog post shared on Masten's official website.

### And it could happen in the year 2023. A water ice-mining system could cover 12 moon craters per day

The moon's polar regions are thought to contain the most abundant deposits of water ice, especially in the shadowy bottom of larger craters. If future astronauts can harvest this precious material, we might have a shot at building a permanent human settlement on the moon, according to NASA authorities and space travel enthusiasts. More than keep astronauts alive, mining water ice from the lunar surface will enable us to break it down into hydrogen and oxygen, which are the primary ingredients for rocket fuel. In other

words water ice on the moon could also fuel spacecraft on their way into deep space like a cosmic pit stop.



To drive mining technology ward, NASA issued the "Break the Ice Lunar Challenge," which aims to provide

\$500,000 to the most enticing resource-harvesting concepts amid the first phase, which will end soon, the winners of which will be announced August 13. One of the first prize-hopefuls is the Masten-Lunar Outpost-Honeybee Robotics group, pushing forward its Rocket Mining System to use a rocket engine equipped on a 1,800-lb (818kg) rover. Once the rover moves to an area rich in water ice, the engine will activate, firing lunar gravel and dirt into a low-pressure device capable of sifting the ice from the moon rocks. "This system is projected to mine up to 12 craters per day and produce 100 kg (220 lbs) of ice per crater," said representatives of Masten in the blog post.

Multiple nations aim to settle the moon All water ice retrieved from the moon can also fuel rocket engines, enabling the system to function for more than five years. If this concept surpasses all competitors, the rocket mining system will probably get there via a Masten lunar lander. Masten's first mission to the moon's surface will employ its XL-1 lander, and is slated to launch in 2023 atop SpaceX's Falcon 9 rocket. If all goes well, this launch will also lift NASA experiments. in addition to several commercial payloads, to the south polar region of the moon.

Lunar Outpost would design and build the rover for the Rocket Mining System, with Honeybee Robotics employing its PlanetVac technology to extract and move the



### Water mining on the moon.

In short, these are very interesting times for the exploration of space. In

addition to NASA and related commercial projects, China and Russia plan to jointly build a permanent settlement on the moon, with the former also recently unveiling longterm plans to do the same on Mars. But we wouldn't call this a space race, not necessarily. There's more to be learned from a spirit of friendly collaboration and mutual support than ever before, in the coming decades. (Courtesy https://interestingengineering. com/)

(Article continues below)



(Article continues from above) The New Face Of The Final Frontier

### The Business Of Space

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

### The Five Industries That Will Be First To Do Business In Space



Companies around the world - in transportation, exploration, energy, construction or hospitality - are all looking upwards for the next growth opportunity. Space is quickly becoming a place where the industries that power our global economy will conduct business. What do we call an economic area like this, that is not limited to a single planet, and no longer has physical boundaries? We can't call it an industry, when private industrial groups can generate revenue and profit not only from the Earth but from near-Earth asteroids (NEAs), the Moon and Mars and beyond. It is simply a medium in which humanity conducts commerce.

Following are the industry sectors that will be the first to take advantage of our expanded economic sphere, and some of the specific opportunities for

### Energy

Valued at over \$8.4 trillion and growing at a 4.1% compound annual growth rate, energy is the largest industry on Earth. Humans are prolific energy consumers, and soon there will be more humans in space.

Jeff Bezos, Founder and CEO of Amazon, anticipates "millions of people living and working in space" in the coming decades. Bezos is so confident of this outcome that he is investing more than \$1 billion per year into his space transportation firm, Blue Origin. An in-space population of this magnitude will require enormous amounts of energy to live, work, and transit.



This energy will come from solar power, is more effective when gathered in

space due to the lack of a filtering atmosphere; and chemical rockets, which will be the primary transportation mechanism for the foreseeable future.

The most efficient chemical rocket propellants are composed of cryogenic liquid oxygen combined with liquid hydrogen or methane. Initially, the propellant needed to fuel the space economy will be launched from Earth, as both the United Launch Alliance (a joint-venture of Lockheed Martin and Boeing) and SpaceX have proposed to do in the near future. However, there is a much more attractive way to source the propellants needed to support a sustained human presence in space:

### Mining

The global mining industry has tumbled in recent years from a market value of more than \$1.6 trillion in 2010, to \$714 billion in 2016, but this may change quickly once the "global" definition of mining is transformed by the emerging space resource industry.

Space resources can be extracted from celestial bodies, most notably asteroids and the Moon. Goldman Sachs released a report earlier this year that declared asteroid mining is more realistic than perceived, with costs "comparable to traditional mines". The Goldman report also noted that "while the psychological barrier to mining asteroids is high, the actual financial and technological barriers are far lower'

The Government of Luxembourg believes so strongly in this emerging industry it recently created the \$227 million Space Resoruces ini-



Its aim is to contribute to the peaceful exploration and sustainable utilization of

space resources for the benefit of humankind. Space mining activities will initially focus on water and water-derived propellants to enable in-space infrastructure. Once this propellant is readily available, companies will begin sourcing structural metals for construction projects and eventually precious metals needed for inspace manufacturing or possibly for return to

### **Transportation**

The most important resource that will be mined in space is water.

Water is critical for all life-support functions in space: sustenance, hygiene, and food production. Water can serve as an effective shield from the dangerous radiation present in space. Water is also the single most important feedstock for in-space refineries, which will produce rocket propellants for sale to transportation providers. Making propellants available beyond Earth's gravitational influence will lead to the creation of the first in-space superhighway - a series of fuel depots placed in strategic locations throughout the solar system. Imagine the growth potential of the energy, mining, and refining industries once they are freed from the constraints of an economy that is limited only to Earth. The in-space transportation and logistics firms who will consume these products are already well established and are headed by titans of industry:



Jeff Bezos (Blue Origin), Elon Musk (SpaceX), Richard Branson (Virgin

Galactic), and Tory Bruno (United Launch Alliance). The door is now open to in-space mining firms like Planetary Resources (backed by industrial giant Bechtel and the Government of Luxembourg) to capture this increasingly important market by providing water and water-based propellants to the space transportation

### Construction

Today, the global construction industry competes with the energy industry for the title of the world's largest industry, and this rivalry will

tiative to establish Luxembourg as a European continue in space. The first orbital construction Our global economy is limited by its very systems will be deployed before the end of the decade. These robotic spacecraft will be capable of assembling large structures in orbit and repairing or refueling existing satellites. When combined with zero-gravity additive manufacturing techniques, this enables construction systems which can "print" and assemble massive structures in the medium of space.



COMMUNITY

The future of construction in space look nothing like it does on Earth,

but it will be equally valuable because the techniques and service offerings will apply across the entire in-space value chain. A propellant refinery can be assembled on orbit. Asteroid mines can be repaired autonomously. Solar power plants can be massively scaled and upgraded to meet the requirements of almost any

### Hospitality and real estate

Humans can only live, work and play in space if they have shelter from the harsh environment of space. Today, the International Space Station (ISS) has had a sustained human presence for over 10 years, but this too will soon change.

Numerous commercial space station companies, including one created by billionaire hotel-chain-founder Robert Bigelow, are competing for lucrative contracts that range from supporting sovereign astronauts and high-networth tourists, to leasing space-in-space for orbital manufacturing and research and development programs. This new industry is anticipated to generate \$37 billion in the next decade

Space habitats will be launched from Earth initially, but as the resource supply chain expands and metals from asteroids and the Moon become available, this sector will also come to rely on resources sourced from space.



combine high-quality metallic feedstocks with robotic orbital assembly fleets as we gain the

Construction firms will

ability to create orbital megastructures: hotels, factories, and permanent settlements that are no longer limited by size. The first cities in space will become possible as markets for real-estate on orbit emerge. Space will become affordable and profitable for developers.

name. When we realize that Earth's economy is only the beginning, our concept of growth changes exponentially. For industrial firms who have the foresight to view space not as a stand-alone industry but as the next medium to conduct their business, the sky is not the limit. The only limitations are the ones we put on ourselves. (Courtesy https://www.weforum.org)

### **Space Coverage Gets Serious Attention**

While public sentiment on whether billionaires should be leading the way in space may be mixed, public interest around the

race between Branson and Bezos has exploded. Why it matters: The billionaire space race is sparking widespread interest in spaceflight that could ultimately translate into future customers for their companies.

By the numbers: Not even halfway through July, mentions of the term "space race" in U.S. articles have ballooned, according to new data from Signal AI provided to Axios - more than tripling the amount of mentions last July.

•When it comes to name recognition, Bezos' Blue Origin has received a lot more attention this year than its rival — Branson's Virgin Galactic.

•Since July 2020, Virgin Galactic has received about a third of the number of total social media interactions (325,663) as Blue Origin (1,085,377), per NewsWhip.

•Elon Musk's SpaceX clobbers both, with nearly 3.5 million total social media interactions for the year.



The big picture: Space coverage historically been mostly in a

thing that typically only broke through to the mainstream with big launches, accidents or an-

But today, many news companies have hired designated space reporters, as private spaceflight takes off.

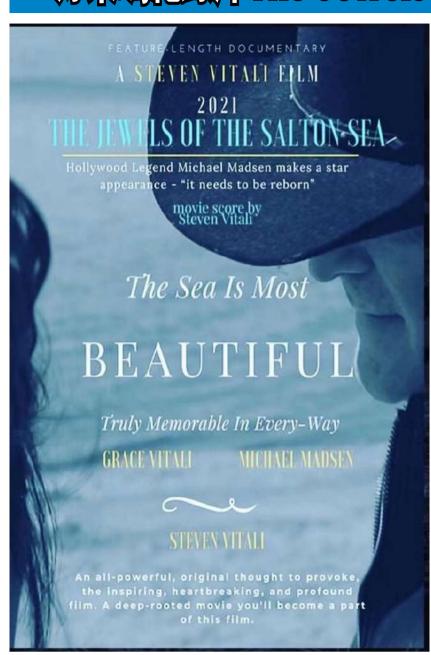
For space-specific news outlets, like Seeker, the space race has been a boon for traffic. A spokesperson tells the media that Seeker has seen twice the amount of views and minutes watched on its video content compared to the six months prior. (Courtesy axios.com)

星期三

2022年2月2日

### Wednesday, February 2, 2022

# 演員楊帆Grace Yang Vitali與丈夫著名單導演 Steven Vitali合作 塢紀錄片 The Jewels of Salton Sea榮獲法國戛納電影節大獎!



華裔女演員楊帆 Grace Yang Vitali 與 片、最佳電影紀錄片製片人和最佳原創 丈夫著名單導演 Steven Vitali 合作

好萊塢紀錄片 The Jewels of Salton Sea榮獲法國戛納電影節大獎!

(本報記者黃梅子)休斯頓走出去 的好萊塢女演員楊帆 Grace Yang Vitali和 丈夫 Steven Vitali 合作的紀錄片《The Jewels of Salton Sea》(中文名《:珍寶 索爾頓海—- 好萊塢後花園》)榮獲法 國戛納電影節三個大獎:最佳電影紀錄

戰勝逆境的

尋找面對人生高低起伏的力量和勇氣。

「隨著年齡增長,良好睡眠是身心健康的關鍵。」

Joy) 的作者Henry Emmons表示, 人們有一個錯誤

精神科醫生兼《歡悅的化學》(The Chemistry of

觀念,以為年紀越大,需要的睡眠時間就越少,

但並非如此。根據國立衛生研究院建議,成年人

能幫助您整個身體,包括大腦。在Emmons撰寫

對NASA生命科學小組的研究特別感興趣,該研

究指出,在壽命和整體健康方面,每20分鐘從坐

然而,他說:「兩樣都做會更好,再加上一些力

Emmons表示:「嘗試保持您的血糖數值穩定。」

避免過多甜食和精製麵粉食品、多吃高纖碳水化

合物、並經常攝取蛋白質和健康油脂,例如:歐

米茄3 (omega-3)和非氫化脂肪(non-hydrogenated

fats)(考慮:魚、堅果、種子、雞蛋和橄欖油)。

還有,椰油和牛油果裡的脂肪酸也很好。

著的姿勢站起來,可能會比做半小時的運動更好。

《如何使大腦保持敏銳》(Staying Sharp) 時,他

的睡眠時間應保持每晚7至8個小時。

量訓練,即使是園藝或瑜珈也好。」

12個方法

1 休息和睡眠

2 活動

音樂大獎!

楊帆於2018年與好萊塢著名導演、 音樂家 Steven Vitali 結婚,合作出品了這 部紀錄片,楊帆擔任總製片人和主演, Steven 導演並作曲, 夫唱婦隨、雙劍合 壁,打造了這部非凡的戛納電影節獲獎

同時,這部耗時四年、付出巨大心 血的紀錄片不光在法國戛納電影節榮獲

大獎,還斬獲了PIMFF國際電影節的國際 最佳紀錄片獎、最佳音樂獎、最佳製片 獎和最佳優美環境畫面獎等獎項。

《The Jewels of Salton Sea》並於 2021年底並獲得北京電影節 Beijing Film Festival, 老牌英國倫敦電影節 London Movies Award, 法國, 德國, 瑞士, 意 大利,美國及好萊塢 Hollywood on the Tiber Film Awards,新加坡及日本等56個 最佳電影紀錄片,最佳導演,最佳製片 人,最佳音樂及最佳配音,最佳剪輯和 最佳環境等等全方位的獲獎,得到了好 萊塢及世界頂級權威電影專家的高度評

以下列舉部分獲獎最佳名單: **BEST PRODUCER** 

Grace Yang Vitali, Michael Madsen, Bruno Rosato BEST SOUNDTRACK, Steven Vitali, BEST ENVIRONMENTAL FILM

CANNES WORLD FILM FESTIVAL France

**UNITED STATES** 

AWARD OF EXCELLENCE NATURE WITHOUT BORDERS INTERNA-TIONAL FILM FESTIVAL EXCELLENCE - Content/Message Delivery EXCEPTIONAL MERIT – Original Score

BEST DOCUMENTARY FEATURE, BEST CINE-**MATOGRAPHY** DOP, BEST PRODUCER, BEST ORIGINAL SCORE, BEST DIRECTOR FEATURE VEGAS MOVIE AWARDS ™ UNITED STATE

BEST ORIGINAL SCORE, BEST EDITING, BEST ORIGINAL MUSIC, BEST DIRECTOR DOCU-**MENTARY FEATURE** SAN DIEGO MOVIE AWARDS **UNITED STATES** 

**BEST FEATURE DOCUMENTARY** LIFF SWEDEN

**BEST ORIGINAL MUSIC** EASTERN EUROPE FILM FESTIVAL

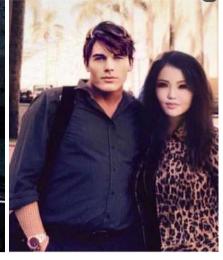
BEST FEATURE FILM ON NATURE/ ENVIRONMENT/WILDLIFE



**GOLDEN SPARROW** INTERNATIONAL FILM FESTIVAL

BEST DIRECTOR, BEST CINEMATOGRAPHY. BEST PRODUCER. BEST MUSIC SCORE WINNER - FILM ON NATURE/ENVIRON-WILDLIFE **OUTSTANDING ACHIEVEMENT AWARD EDUCATIONAL** 

**ACHIEVEMENT AWARD** WINNER - BEST FOITING WINNER TRAILER/TEASER **OUTSTANDING ACHIEVEMENT AWARD OUTSTANDING ACHIEVEMENT AWARD** CATEGORY - DOCUMENTARY FILMS Steven Vitali, Michael Madsen, Grace Yana Vitali WORLD FILM CARNIVAL Singapore, Asia



BEST FILM ON NATURE, ENVIRONMENT,

QUEEN AHILYA GLOBAL CINEFEST Kolkata India

BEST DOCUMENTARY FEATURE FILM PLATINUM AWARD WINNER BEST ORIGINAL SCORE PLATINUM AWARD WINNER

**BEST ISTANBUL FILM FESTIVAL** ISTANBUL, TURKEY

**OUTSTANDING ACHIEVEMENT AWARD** Steven Vitali, Michael Madsen, Grace Vitali BEST DOCUMENTARY FEATURE FILM

MADRAS INDEPENDENT FILM FESTIVAL







### **UnitedHealthcare** 聯合健康保險

### 4 與他人保持聯繫

有人能夠傾聽和同情您或許可以幫助您渡過失落 和悲傷的時候。《如何生存:普通人的非凡韌性》 (How to Survive: The Extraordinary Resilience of Ordinary People) 一書中,作者Andy Steiner訪問 了幾十名受訪者,當他們感覺沮喪時會去參加一 些情緒輔導小組 — 希望有一天會感覺更好。

### 5超越傳統的思考方式

Steiner訪問的一位女士年輕時胰腺癌奪走她的丈 夫。她曾經參加情緒輔導小組,但感覺對自己並 不合適,因此她開始在網路部落格寫日記敘述自 己的經歷。當寫了第一篇獲回覆,她就繼續透過 部落格抒發情感和分享自己的經驗,久而久之她 建立了龐大的支持網絡。

### 6 活在當下

Steiner訪問一位女士,她的丈夫在一場意外中去 世,留下她獨力扶養年幼的兒子。她憶述當時感 覺自己在一條隧道裡無法走出來。她過去是一名 健行愛好者,她通過每天告訴自己:「就只差一 步。」然後有一天她意識到自己享受在每一天。

### 7 激發您的信念

Steiner訪問過很多人都說他們的精神信仰使他們 得以走出低谷。但Steiner發現其他沒有特定信仰 的人也可以做得到。

### 8 學會接受

某些心靈訓練的目的是要讓人學會接受事實。 這並不代表放棄,而是知悉事實並對自己說: 「我可以與這事實一起活下去,我可以適應。」

### 9 尋找讓您每天早上起床的原因

雖然人有時會感到悲傷或遇到困難重重,但想想 回饋社會可能是克服困難的強大動力。有很多團 體和運動都是由那些遭遇不幸的人發起,例如: 全國數以百萬計受癌症影響的人參加一些比賽或 義工活動。做積極正面的事情可讓人感到療癒。

為民眾帶來更健康的生活

### 10 冷靜您的頭腦

正念(mindfulness)、深呼吸、祈禱 — 這些冥想技 巧可以幫助您放鬆和減壓。在我們感到正面、事 事順景時,越常練習如何冷靜、放輕鬆,在遇到 脅迫時越能學以致用,增強心理韌性。

### 專注在正面的情緒

在刊物《社會與行為科學》(Procedia — Social and Behavioral Sciences) 2012年的一項研究發 現,能在應對壓力的情況下發現積極意義的人, 稱為適應性應對(accommodative coping),實際 上會變得更有心理韌性。

### 12 考慮藥物和治療

根據Neurobiology of Stress 2015年的研究發現, 抑鬱和焦慮是缺乏心理韌性的例子,有些人需要 用藥物來緩解,有些人藉由與精神科醫生或心理 學家聊天而獲益。

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3攝取適當的營養



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