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Inside C2

Southern DAILY

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Protests staged for gun control, gun rights outside NRA meeting

DALLAS (Reuters) - Protesters on both sides of the U.S. gun debate took to the streets on Saturday outside the National Rifle Association's annual meeting in Dallas after the latest in a long series of mass shootings put the issue back in the spotlight.

Activists shout slogans while taking part in a protest march against the National Rifle Association (NRA) in Dallas, Texas, U.S., May 4, 2018. REUTERS/Adrees Latif
Across the street from the convention center where President Donald Trump addressed NRA members on Friday, a "Rally4Reform" drew about 200 demonstrators demanding tighter restrictions on firearms sales. Many were dressed in the orange that has become the color of the gun control movement.

They watched as Manuel Oliver, whose 17-year-old son, Joaquin, was killed in the Feb. 14 massacre of 17 people at a high school in Parkland, Florida, spray painted a mural of kids running and a backpack-wearing student in a rifle's crosshairs.

Many flinched and some sobbed as he hit the wall with a hammer to simulate the sound of gunfire. "You were in the wrong room yesterday," Oliver said of Trump, who enthusiastically embraced the NRA on Friday. "You should be talking to the people we are now."

Two hours later, about 150 people attended a counterprotest at the same site in support of the NRA, many of them carrying sidearms and with rifles slung over their shoulders.

An activist gives a peace sign while taking part in a protest march against the National Rifle Association (NRA) in Dallas, Texas, U.S., May 4, 2018. REUTERS/Adrees Latif
One of the organizers, Open Carry Texas President C.J. Grisham, said he has criticized the NRA in the past but wanted to show his support for fellow gun owners who have been vilified during gun control protests.

"When you've got groups who have no idea what they're talking about, going after the largest organization dedicated to preserving liberty, then I feel like we have a duty to stand up," Grisham said.

Carrying a "Don't Tread On Me" flag, a rifle at her side and a pistol holstered on her hip, Texas resident Teri Horne, 55, engaged in a debate with two male gun control activists. After 20 minutes of spirited discussion, everyone shook hands and went their separate ways.

Horne said she supports the NRA, with a few recent exceptions.

"The bump stocks gave me pause because that's an open door, a slippery slope, to way more infringements," she said, referring to the NRA's support for restrictions on the devices, which let semiautomatic rifles fire almost like an automatic weapon.

"They do great work, and I support them but sometimes there's just things we don't agree on," Horne said. An estimated 80,000 people were expected in Dallas for the NRA's three-day meeting, which began on Friday.

The debate over access to guns took center stage after a 19-year-old former student used a semiautomatic rifle to gun down 17 students and staff members at Marjory Stoneman Douglas High School in Parkland, a suburb of Fort Lauderdale.

Students who survived became national figures, demanding tighter firearms controls and a check on the power of the NRA.



Gun enthusiasts stand below a large handgun advertisement during the annual National Rifle Association (NRA) convention in Dallas, Texas

Gun rights advocates cite the right to bear arms guaranteed by the Second Amendment of the U.S. Constitution.

About 100 protesters gathered at a second gun-control demonstration across town on Saturday, wearing orange ribbons and carrying signs that said "Shame on you NRA!" One NRA member dressed in a suit and black cowboy hat briefly scuffled with protesters as the rally began, but was quickly escorted away by police.

Actress Alyssa Milano said she created the organization NoRA, which organized the second rally, to combat the influence that the gun lobby wields with U.S. politicians. "It debilitates our lawmakers from implementing common-sense gun reform," Milano said in an interview.

Reporting by Lisa Maria Garza; writing by Daniel Wallis; editing by Jonathan Oatis



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(By Tina Huang / Southern Daily)

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Texas bullet train and Amtrak routes to be connected

Passengers on the proposed Texas bullet train would have access to connections with Amtrak's national routes as part a new agreement between the national train service and Texas Central.

Tickets for both Amtrak trains and the Texas bullet train will be available for purchase on Amtrak's reservation system.

Amtrak has not operated service between Dallas and Houston since 1995.

"This agreement is another important step in the progress of the Texas Bullet Train," said Tim Keith, president of Texas Central, in a statement. "It gives both local and interstate travelers more options and ease of travel not previously available by intercity passenger trains in Texas."

The Federal Railroad Administration is completing a final environmental study of the bullet train's 240-mile route.

The project is expected to pump more than \$36 billion directly into the state economy over the next 25 years.



Houston enters 'Internet of Things' partnership with Microsoft

By Andrea Rumbaugh

Microsoft will provide STEM education at schools, teach computer literacy skills to adults and transform Houston into a "Smart City" as part of a new partnership announced Friday.

"These sort of efforts become infectious and contagious," said Mayor Sylvester Turner. "Because of their presence, and the strength of their presence ... I would venture to say that others will be motivated to do the same."

Microsoft's educational efforts will help boost the existing workforce while fostering the next generation of technology innovators. The Smart Cities element will look at improving city functions by adding sensors, collecting data and finding more efficient solutions.

Sensors, for instance, could be used to track buses and find more optimal routes that would have less congestion while being convenient for more people.

It could also be used to determine if a bus is being driven too aggressively and consuming more gasoline than it otherwise would, said Cameron Carr, director of Internet of Things and Solutions for Microsoft.

After events like Hurricane Harvey, drones could be used to find people needing assistance or to determine areas that are flooded and impassible.

"We are right on the edge of creating this bold new world," Carr said.

The Microsoft announcement is the latest in a string of technology developments as Houston seeks to become a hub for high-tech startups and venture capital.

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This announcement comes as Houston gains momentum in its efforts to become a destination for high-tech startups and venture capital. Last month, Rice University announced that it will transform the former Sears property in Midtown into an innovation center for technology companies.



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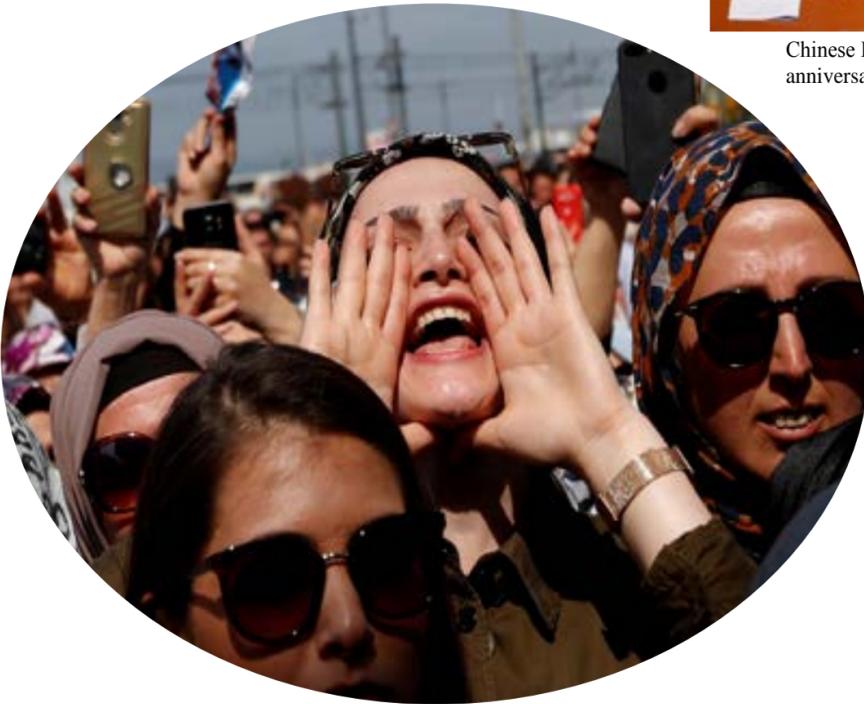
Editor's Choice



Campaigners hold placards and posters during a rally organised by the London-Irish Abortion Rights Campaign ahead of the forthcoming Irish abortion referendum, London, Britain



Chinese President Xi Jinping walks to deliver his speech at an event commemorating the 200th birth anniversary of Karl Marx, in Beijing



Supporters of Turkish President Erdogan cheer as he makes a speech during a ceremony in Istanbul



Media members work at the site of a fire at a recycling centre in Ciudad Juarez



Relatives mourn during the funeral of Palestinian Anas Abu Aser, who died of wounds he sustained during a protest at the Israel-Gaza border, in Gaza City



Participant sprays water on an honour guard before the ceremony of laying flowers in Stavropol



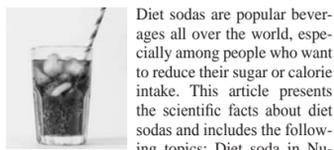
U.S. Secretary of State Mike Pompeo is sworn in at the State Department in Washington



A British Airways passenger plane flies in front of the moon above London



Members of a caravan of migrants from Central America enter the United States border and customs facility, where they are expected to apply for asylum, in Tijuana



Diet sodas are popular beverages all over the world, especially among people who want to reduce their sugar or calorie intake. This article presents the scientific facts about diet sodas and includes the following topics: Diet soda in Nutrition, Weight Loss, Diabetes and Heart Disease, Kidney Health, Preterm Delivery and Childhood Obesity, Other Effects and the Bottom Line. Instead of sugar, diet sodas are sweetened with artificial sweeteners like aspartame, cyclamate, saccharin, acesulfame-k or sucralose. Almost every popular sugar-sweetened beverage on the market has a "light" or a "diet" version -- Diet Coke, Coke Zero, Pepsi Max, Sprite Zero, etc. Diet sodas were first introduced in the 1950s for people with diabetes, though they were later marketed to people trying to control their weight or reduce their sugar intake. Despite being free of sugar and calories, the health effects of diet drinks and artificial sweeteners are controversial.

Diet Soda Is Not Nutritious

Diet soda is essentially a mixture of carbonated water, artificial or natural sweetener, colors, flavors and other food additives. It usually has very few to no calories and no significant nutrition. For example, one 12-ounce (354-ml) can of Diet Coke contains no calories, sugar, fat or protein and 40 mg of sodium. However, not all sodas that use artificial sweeteners are low in calories or sugar-free. Some use sugar and sweetener together. For example, one can of Coca-Cola Life, which contains the natural sweetener Stevia, contains 90 calories and 24 grams of sugar.



Carbonated water:

While sparkling water can occur in nature, most sodas are made by dissolving carbon dioxide into water under pressure; **Sweeteners:** These include common artificial sweeteners, such as aspartame, saccharin, sucralose or an herbal sweetener like Stevia, which are 200-13,000 times sweeter than regular sugar; **Acids:** Certain acids, such as citric, malic and phosphoric acid, are used to add tartness to soda drinks. They are also linked to tooth enamel erosion; **Colors:** The most commonly used colors are carotenoids, anthocyanins and caramels; **Flavors:** Many different kinds of natural juices or artificial flavors are used in diet soda, including fruits, berries, herbs and cola; **Preservatives:** These help diet sodas last longer on the supermarket shelf. A commonly used preservative is potassium benzoate; **Vitamins and minerals:** Some diet soft drinks add vitamins and minerals to market themselves as healthier no-calorie alternatives; **Caffeine:** Just like regular soda, many diet sodas contain caffeine. A can of Diet Coke contains 46 mg of caffeine, and Diet Pepsi contains 34 mg.



Results of a 10-year study of Diet Coke

Is Diet Soda Good Or Bad For You?

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

SUMMARY Diet soda is a mixture of carbonated water, artificial or natural sweeteners, colors, flavors and extra components like vitamins or caffeine. Most varieties contain zero or very calories and no significant nutrition.

WEIGHT LOSS

Effects on Weight Loss Are Conflicting

Because diet soda is usually calorie-free, it would be natural to assume it could aid weight loss. However, research suggests this solution may not be so straightforward.

Several observational studies have found that using artificial sweeteners and drinking high amounts of diet soda is associated with an increased risk of obesity and metabolic syndrome.

Scientists have suggested that diet soda may increase appetite by stimulating hunger hormones, altering sweet taste receptors and triggering dopamine responses in the brain.

Because diet soft drinks have no calories, these responses may cause a higher intake of sweet or calorie-dense foods, resulting in weight gain. However, evidence of this is not consistent in human studies.

Another theory suggests that diet soda's correlation to weight gain may be explained by people with bad dietary habits drinking more of it. The weight gain they experience may be caused by these existing dietary habits, not diet soda.



Experimental studies do not support the claim that diet soda causes weight gain. In fact, these studies have found that replacing sugar-sweetened drinks with diet soda can result in weight loss.

One study had overweight participants drink 24 ounces of diet soda or water per day for a year. At the end of the study, the diet soda group had experienced an average weight loss of 13.7 pounds (6.21 kg), compared to 5.5 pounds (2.5 kg) in the water group.

However, to add to the confusion, there is evidence of bias in the scientific literature. Studies funded by the artificial sweetener industry have been found to have more favorable outcomes than non-industry studies, which may undermine the validity of their results.

Overall, more high-quality research is needed to determine the true effects of diet soda on weight loss.

SUMMARY Observational studies link diet soda with obesity. However, it's not clear whether diet soda is a cause of this. Experimental studies show positive effects for weight loss, but these might be influenced by industry funding.

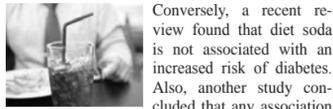
DIABETES AND HEART DISEASE

Some Studies Link Diet Soda to Diabetes and Heart Disease

Although diet soda has no calories, sugar or fat, it has been linked to the development of type 2 diabetes and heart disease in several studies.

Research has found that just one serving of an artificially sweetened drink per day is associated with an 8-13% higher risk of type 2 diabetes.

An observational study in 64,850 women found that artificially sweetened drinks were associated with a 21% higher risk of developing type 2 diabetes. However, the risk was still half that of regular sugary drinks. Other studies have found similar results.



Conversely, a recent review found that diet soda is not associated with an increased risk of diabetes. Also, another study concluded that any association could be explained by the existing health status, weight changes and body mass index of participants.

Diet soda has also been linked to increased risks of high blood pressure and heart disease.

A review of four studies including 227,254 people found that for each serving of artificially sweetened beverage per day, there is a 9% increased risk of high blood pressure. Other studies have found similar results.

Additionally, one study has linked diet sodas to a small increase in the risk of stroke, but this was only based on observational data.

Because most of the studies were observational, it may be that the association could be explained another way. It's possible that people who were already at risk of diabetes and high blood pressure chose to drink more diet soda.



More direct experimental research is needed to determine if there is any true causal relationship between diet soda and increased blood sugar or blood pressure.

SUMMARY Observational studies have linked diet soda to type 2 diabetes, high blood pressure and an increased risk of stroke. However, there's a lack of research on possible causes for these results. They may be due to preexisting risk factors such as obesity.

KIDNEY HEALTH

Diet Soda and Kidney Health

Intake of diet soda has been linked to an increased risk of chronic kidney disease.

A recent study analyzed the diets of 15,368 people and found that the risk of developing end-stage kidney disease increased with the number of glasses of diet soda consumed per week.

Compared to those who consumed less than one glass, people who drank more than seven glasses of diet soda per week had nearly double the risk of developing kidney disease.

A suggested cause for the kidney damage is the high phosphorus content of sodas, which may increase the acid load on the kidneys.

However, it has also been suggested that people consuming high amounts of diet soda may do so to compensate for other poor dietary and lifestyle factors that may independently contribute to the development of kidney disease.

Interestingly, studies investigating the effects of diet soda on the development of kidney stones have found mixed results.

One observational study found that diet soda drinkers have a slightly increased risk of kidney stone development, but the risk was much smaller than for regular soda. In addition, this study has not been supported by other research.



Another study reported that the high citrate and malate content of some diet sodas may help treat kidney stones, particularly in people with low urine pH and uric acid stones. However, more research and human studies are needed.

SUMMARY Observational studies have found an association between drinking a lot of diet soda and the development of kidney disease. If diet soda does cause this, a potential reason could be increased acid load on the kidneys due to its high phosphorus content.

PRETERM DELIVERY AND CHILDHOOD OBESITY

Diet Soda Is Linked to Preterm Delivery and Childhood Obesity

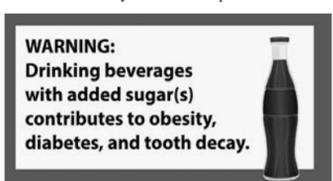
Drinking diet soda while pregnant has been linked to some negative outcomes, including preterm delivery and childhood obesity.

A Norwegian study in 60,761 pregnant women found that intake of artificially sweetened and sugar-containing drinks was associated with an 11% higher risk of preterm delivery.

Earlier Danish research supports these findings. A study in almost 60,000 women found that women who consumed one serving of diet soda per day were 1.4 times more likely to deliver preterm than those who did not.

However, recent research in 8,914 women in England did not find any association between diet cola and preterm delivery. However, the authors admitted that the study may not have been big enough and had been limited to diet cola.

It's important to note that these studies were only observational and offer no explanation of exactly how diet soda may contribute to preterm birth.



Another troubling finding is that consuming artificially sweetened drinks while pregnant is significantly associated with an increased risk of childhood obesity.

One study found that the daily consumption of diet drinks during pregnancy resulted in a doubled risk of a baby being overweight at one year of age.

Further research is needed to analyze the underlying biological causes and long-term health risks for children exposed to artificially sweetened sodas in the womb.

SUMMARY Large studies have found associations linking diet soda to preterm delivery. However, a causal link has not been found. Additionally, infants of mothers who drank diet soda while pregnant are at an increased risk of being overweight.

OTHER EFFECTS
Other Effects

There are several other documented health effects of diet sodas, including:

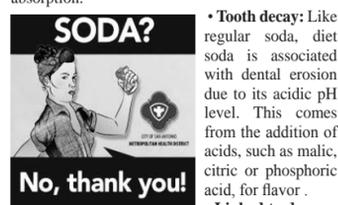
• **May reduce fatty liver:** Some studies have shown that replacing regular soda with diet soda can reduce fat around the liver. Other studies have found no effect.

• **No increase in reflux:** Despite anecdotal reports, carbonated drinks have not been found to make reflux or heartburn worse. However, the research is mixed, and more experimental studies are needed.

• **No strong links to cancer:** Most of the research on artificial sweeteners and diet soda has found no evidence it causes cancer. A slight increase in lymphoma and multiple myeloma in men was reported, but the results were weak.

• **Changes to the gut microbiome:** Artificial sweeteners alter the gut flora, leading to reduced blood sugar control. This may be one way diet soda increases the risk of type 2 diabetes, but more research is needed.

• **Increased risk of osteoporosis:** Diet and regular cola is associated with bone mineral density loss in women, but not in men. The caffeine and phosphorus in cola might interfere with normal calcium absorption.



• **Tooth decay:** Like regular soda, diet soda is associated with dental erosion due to its acidic pH level. This comes from the addition of acids, such as malic, citric or phosphoric acid, for flavor.

• **Linked to depression:** Observational studies have found higher rates of depression among those who drank four or more diet or regular sodas per day. However, experiments are needed to determine if diet soda is a cause.

While some of these results are interesting, more experimental research is needed to determine whether diet soda causes these issues, or if the findings are due to chance or other factors.

SUMMARY Diet soda may improve fatty liver and does not appear to increase heartburn or the risk of cancer. However, it may reduce blood sugar control and increase the risks of depression, osteoporosis and tooth decay. However, more research is needed.

BOTTOM LINE

Should You Drink Diet Soda?

Research on diet soda has produced a lot of conflicting evidence.

One explanation for this conflicting information is that most of the research is observational. This means that it might observe trends, but there is a lack of information about whether diet soda intake is a cause or result of those trends, or just a coincidence.

Therefore, while some of the research sounds quite alarming, more high-quality experimental studies are needed before concrete conclusions can be drawn about the health effects of diet soda.

Regardless, one thing is certain: diet soda does not add any nutritional value to your diet. So, if you're looking to replace regular soda in your diet, other options may be better than diet soda. Next time, try an alternative like milk, coffee, black or herbal tea, or water infused with fruits. (Courtesy <https://www.healthline.com/nutrition>)

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Meet Dr. Amy En-Hui Chen

Amy En-Hui Chen, M.D.
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Dr. Chen is certified by the American Board of Family Medicine. She completed her internship and residency at Baylor College of Medicine. Her special clinical interests include women's health, preventive medicine, adolescent medicine, hypertension, and obesity management.

"The goal of my practice is to establish a nurturing, positive environment where my patients feel comfortable to discuss their health issues and situations. I enjoy getting to know my patients and developing lifelong relationships with them. I believe in educating patients to better understand their health conditions and disease processes, while making them an active partner in their ongoing care. I emphasize preventive care and lifestyle changes to help improve their overall health and quality of life."

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People wait in line for an emergency food pantry. (Photo/Getty Images)

President Donald Trump is making a big push to expand work requirements in the nation's social safety net, calling on his administration to propose tougher rules for America's most vulnerable population to benefit from welfare programs. Trump quietly signed the Reducing Poverty in America by Promoting Opportunity and Economic Mobility executive order privately Tuesday, ordering secretaries across the government to review their welfare programs — from food stamps to Medicaid to housing programs — and propose new regulations, like work requirements. The executive order calls on federal agencies to enforce current work requirements, propose additional, stronger requirements, and find savings (in other words, make cuts), and to give states more flexibility to run welfare programs.



"Since its inception, the welfare system has grown into a large bureaucracy that might be susceptible to measuring success by how many people are enrolled in a program rather than by how many have moved from poverty into financial independence," the executive order reads.

The order calls on the Treasury, Agriculture, Commerce, Labor, Health and Human Services, Housing and Urban Development, Transportation, and Education departments to use the next 90 days to submit a report with their recommended policies to the White House.

The order doesn't yet set any new policy, but it does reflect a hardline conservative view of the nation's entitlement system — one that welfare experts say relies on faulty arguments and could cut off the nation's neediest from lifesaving safety net programs.

Trump's executive order implies tougher requirements for safety net programs. The text of the executive order calls for a review of all welfare programs across agencies, something a senior White House

The President And His Cabinet Propose Stronger Work Requirements For Welfare Across The Board

Trump Wants To Slash Welfare With Stricter Work Requirements

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

official calls a push for a "coordinated" effort across federal and state agencies to reform the welfare system.



But the result could be recommendations that propose drastic changes to programs like Medicaid, which offers health care for low-income individuals; food stamps; and Temporary Assistance for Needy Families (TANF), which gives poor families financial aid. The administration is also looking at housing programs, the White House official said.

Agencies are ordered to follow nine "Principles of Economic Mobility" to guide their proposed policy changes, including adding work requirements, giving states more flexibility — usually in the form of block grants — consolidating duplicative programs, and encouraging involvement from the private sector.

Put together, this order outlines much of the conservative welfare agenda, which has long promoted cutting welfare programs, either through pushing people off the federal rolls with harsher work requirements or block-granting funding to the states, giving them more purview over how to allocate money to welfare programs.



Trump has long called for tougher requirements to receive welfare benefits but hasn't been specific on what policies he would like to see and which programs he'd like to target. His order is now calling on his administration to iron out the specifics. The White House is citing faulty evidence that work requirements work.

Trump signed a welfare executive order on April 10. Mark Wilson/Getty Images White House adviser Andrew Bremberg told reporters that Trump's executive order is meant to "highlight the success" of President Bill Clinton's 1996 reforms to TANF. Those reforms added work requirements to TANF and fundamentally adjusted how the program's funding worked, giving money to states in a lump sum and allowing the states to allocate their funding as they saw fit. In the early years, Clinton's TANF reforms were extremely popular.

But over the past decade, poverty experts have reached a consensus that TANF no longer works, because states stopped using the money for the safety net programs. "TANF is not an effective program," James Ziliak, director of the University of Kentucky's Center for Poverty Research, told Vox last year — it's served fewer and fewer families over the years.

This is a common misunderstanding of the longstanding effects of the 1996 welfare reform effort — and one that conservatives continue to push when proposing cuts to entitlement programs.



A misunderstanding of '90s welfare reform is not the only faulty evidence the White House used when promoting the order signed on Tuesday. In a fact sheet sent to reporters, the White House cites the effec-

tiveness of food stamp work requirements implemented in Kansas and Maine — the case studies often used to promote work requirements.

"Studies conducted after reforms in Maine and Kansas show that individuals who left welfare and went back to work saw their incomes increase, more than doubling on average; this increase more than offset the welfare benefits they lost. Welfare enrollment also dropped by 75 to 90 percent," the White House said.

But a decrease in welfare enrollment isn't an indication of much other than the federal government spending less money. And a Center on Budget and Policy Priorities audit of the reports on Maine and Kansas found that when actually taking into account the loss of SNAP benefits after being cut off, the difference in income before and after reinstating the work requirements is much less stark than what the White House cited. The total resources (including earnings and SNAP benefits) available to SNAP participants who were cut off was 3 percent lower a year after the cutoff.

Center on Budget and Policy Priorities

In other words, there is no clear indication that reimposing the three-month time limit reduced poverty levels. While CBPP did find some increase in wages, the slight differences aren't necessarily because of the policy changes.

The CBPP notes that the economy was getting better in 2014 — the same time those work requirements were put into place.

These safety net programs are the last resort for millions of Americans. Republicans have long demanded reforms to the American welfare system, decrying bloated federal handout programs that they claim disincentivize Americans from working. They argue that additional work requirements would encourage more people to get out of the cycle of poverty.

While poverty and welfare experts will point out there's always room for reforms, the statistics paint a very different picture of how some of these conservative reforms actually play out.

For example, food stamp recipients are mostly children and elderly or disabled people. The number of able-bodied adults without dependents is slim, and not nearly enough to make up the numbers in savings that the projections for this proposal indicate. Waste and fraud in the program are also relatively inconsequential.

There is strong evidence that SNAP reduces food insecurity and improves health outcomes, especially among children, who make up the majority of SNAP beneficiaries. But the evidence from randomized studies of work requirements shows that they have little or no effect on poverty — and leave many people who aren't induced to work without a safety net.



"It's a false narrative," Ziliak told me last year of a conservative proposal to cut food stamps. "The evidence shows that the program actually works. Not all programs work. But SNAP actually is one of those that does what it is supposed to be doing." As is, SNAP and TANF, which provide services like child care or income assistance, already have work requirements for able-bodied adults without dependents. Those requirements are often waived when the economy is doing poorly and reinstated when the job market is more stable, which is what Maine and Kansas did.

Already conservative lawmakers — like Rep. Jim Jordan (R-OH) have proposed harsher requirements at the federal level, like tightening the window individuals have to find a job from three months to one month, increasing the number of hours they have to work per month from 80 hours to 100, and extending the requirements to able-bodied adults with dependents.

It's not clear what the Trump administration plans to propose, but they said reforms to SNAP and Medicaid are front and center. (Courtesy <https://www.vox.com/>)

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梁家輝版《深夜食堂》首曝海報

刀疤臉廚師服經典造型亮相 預計2018年上映

今日，梁家輝執導並主演的電影《深夜食堂》首次曝光“童真海報”。海報中，梁家輝溫柔慈愛地看著餐桌前的小女孩，而小女孩則天真懂懂地仰望梁家輝，簡單溫暖的氛圍躍然紙上。

第壹次以“大叔”形象出現的梁家輝壹改往日風格，化身有故事的“深夜食堂”老板，眉宇間盡顯“霸氣溫柔殺”。梁家輝對第壹次執導電影則顯得低調許多：“觀眾的期待對我來講也是壓力，但是我作為粉絲的私心是希望能把‘深夜食堂’帶到中國來。”



在此次曝光的“童真海報”中，梁家輝身著藍色廚師服，頭上繫著頭巾，雙手叉腰，臉上的刀疤隱約可見，與日版大叔相比，更增添了幾分神秘卻暖心的觀感。海報中的小女孩並不是電影中某個具體的人物，她代表著來到“深夜食堂”的每個人最本真的自我，以及對食物最單純的嚮往。用梁家輝的話說就是：“希望每個來食堂或者看電影的人都能卸下防備和偽裝，像孩童般，簡單而自在。”

除了海報外，此次《深夜食堂》的搭建特輯也壹並曝光。從特輯中可以看出，“深夜食堂”的壹磚壹瓦，壹菜壹湯都是在梁家輝的親自參與下完成的，而特輯中梁家輝身穿藍布工服親自去菜市場挑選蔬菜的場景更是讓人難忘。

電影《深夜食堂》講述了中年大叔（梁家輝飾）守著壹間不起眼的弄堂小餐館，每到深夜開張，為每個到訪食客做壹份只屬於ta的食物，壹碗面壹個故事，壹碟菜壹段人生，為夜深的城市點亮壹盞暖心的燈火。

《深夜食堂》將在2018年全國上映。



《西小河的夏天》

曝海報定檔5月25日

回望98年世界杯 “壹夏長大”的年少時光

電影《西小河的夏天》今日宣布定檔5月25日，並同步曝光海報。海報色彩清新、風格別致，不禁讓人想起珍貴美好、回味無窮的年少時光。影片由85後新銳導演周全執導，張頌文、譚卓、顧寶明、董晴、榮梓杉等聯袂出演。

導演周全表示，“整部電影的故事，緣起於我們這壹代獨生子女的生活經歷。我想把自己1998年在紹興生活的印象都以電影的方式記錄下來，並和更多觀眾分享。”此前，影片在眾多國內外電影節展映時引發了不少人的共鳴。

今日，電影《西小河的夏天》曝光壹張色彩清新、趣味十足的海報，宣布定檔5月25日。電影《西小河的夏天》講述的是1998年世界杯之際，發生在紹興老臺門三代之間的故事。為了最大程度地復刻時代印記，導演周全與劇組美術團隊從開拍3年前便開始認真尋找適合拍攝的老臺門場景，最終選定了國家級保護單位千柱屋。而導演周全也將在自已記憶中留下深刻印記的1998年法國世界杯、《相約98》等在片中壹壹體現，“這不僅是我個人對那個年代的懷舊，也是對我們壹代人獨生子女集體回憶的致敬”。

值得壹提的是，電影《西小河的夏天》此前受到多個國際國內電影節青睞，還壹舉斬獲釜山國際電影節新浪潮競賽單元KNN觀眾選擇獎，成為同年唯壹獲獎的華語片；2018年春天，影片接連入圍第8屆北京國際電影節展映單元、第25屆北京大學生電影節主競賽單元。

據悉，電影《西小河的夏天》將於5月25日全國上映，陪你壹同回望“壹夏長大”的少年時光。

林超賢拍新片再現“魔鬼導演”本質

《緊急救援》主演彭於晏接受專業特訓60天

林超賢導演繼《紅海行動》後的作品備受矚目，日前他的新片《緊急救援》（暫名）的籌備工作正進行得如火如荼，早前林超賢導演與監製梁鳳英已親往馬來西亞參觀戶外片場，6月再飛澳洲、墨西哥及馬耳他等地勘景，該片由彭於晏主演。

據林超賢導演透露，目前正積極搜集資料，初步計劃遵照比利時、意大利、英國三套不同潛水特訓標準，希望能以漸進式手法，全方位推進演員的狀態，甚至達到真實海上救援隊成員的水平，“壹般去外地旅遊，很多人都會玩潛水訓練，我的要求當然不止於此，除了潛到壹定的水深，既又要演海上救援隊，演員更需熟悉在水底救援的運作，比如燒焊、清除障礙物等，以便救人及解決壹切難題，這個訓練將在倫敦進行，正為演員編排行程及處理相關手續。”

林超賢表示，在接受特訓前，演員需接受連串體檢，及格才可以上陣：“比利時的訓練主要先練體能，潛到最深大概30米，



上水與下水每程閉氣2分半鐘，來回便要閉氣5分鐘；有了基本技術，到意大利可潛得更深，倫敦則是訓練實際在水底工作的艱門，全方位將演員打造成真實度最高的海上救援隊。”男主角彭於晏本來就擁有潛水證，但由於此次是更為嚴格的進階版，預計他也要訓練接近兩個月。

距《緊急救援》開機仍有壹段時日，彭於晏已先進行秘密訓練，狀態非常好，林超賢導演笑稱：“拍《破風》時我們天天在香港訓練，讓彭於晏騎自行車上癮，加上在臺灣騎車感覺壹流，臺東、臺南、臺中都有單車道，壹路上山還可以在路上喝杯咖啡

，停壹停欣賞美景，是壹大樂事！”

日前，林超賢導演抽空去往臺灣壹趟，彭於晏特地和他相約壹起“破風”，彭於晏坦言：“騎車是我們的共同興趣，難得導演來壹趟，我們壹定要玩個痛快！”兩位單車發燒友連騎兩天，第壹天從臺北市區直到九分，80公里的車程，約花3個半小時完成，面對狀態神勇的彭於晏，導演發揮拼命三郎本色窮追，弄致大腿抽筋也在所不惜。彭於晏笑稱：“導演之前不斷為《紅海行動》奔波宣傳，完成後又要立即籌備《緊急救援》，有這樣的表現已很不錯了！”

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國產懸疑片《暗夜良人》首映 根據民國奇案改編 無名女屍勾出人間百態



“政協 導演新力量，優秀國產影片研討會”在京舉行，國產小成本電影《暗夜良人》借此機會舉行首映活動。

《暗夜良人》已定檔6月6日，該片由王俊濤執導，韓玉生擔任攝影師，何乙軒、周舟、孔慶三、呂壹丁、張京海、周小鵬、黃娟等主演，是壹部根據民國奇案改編的懸疑片。該片以壹起民國時期真實的民間傳聞為基礎，展現了壹段灰色年代社會的不公，普通人的掙紮與無奈：民國年間，張千月（楊坤銳飾）新婚之後進省

城投奔同鄉王明堂（李運佳飾），不成想晚上房間內發現床下有壹個死屍，大批警察帶走了旅社老板宋成安（周舟飾）、老板娘翠姐（黃娟飾）、住客顧滿倉（王淵飾）、孫興福（王正佳飾）、梁程思（劉錦飾）、門房老胡（李季飾）及房間內的張千月與王明堂。鄉下的新婚妻子白秀英（何乙軒飾）與老父親張廣林趕至省城聽審，老父親接受不了這個嚴重的打擊氣絕身亡。這裏面有不可告人的秘密。傳說冤魂索命，事情不簡單。壹間旅館、壹個女屍、壹群平民引

發了壹個意料之外的故事，壹個投親的少女靈芝（張依珂飾）引發了當地惡霸朱天久（李延飾）皮三（邊防飾）殘忍殺戮，牽扯無辜百姓，勾結當地警長康大鵬（周小鵬飾）利用貪官（高果飾）歪曲事實，殘害無辜百姓，法官（常征、杜伯飾）命懸壹線。關聯人李婉兒（李壹明飾）四散逃命，江湖騙子（孔慶三飾）渾水摸魚。更牽動大批愛國誌士（許諾、張玥飾）刺殺大帥龐金龍（張京海飾）督軍孫連勝（呂壹丁飾）為百姓申冤報仇！這壹切的來龍去脈都由壹名說書人（徐福來飾）娓娓道來。

壹間旅館、壹個女屍、壹群平民引發了壹個意料之外的故事，展現了民國時期，灰暗的年代，軍閥割據，官匪勾結，生活在社會底層之各種普通百姓，掙紮在水深火熱之中，各種生活的無奈與社會現實的交織，人為了生存所做的壹切掙紮..... 是當時社會的真實寫照。

據片方透露，《暗夜良人》已經奪得羅馬國際電影節最佳導演獎，紐約國際電影節和歐洲獨立電影節的最佳影片獎，好萊塢國際電影節的最佳外語片獎，還有各種國際電影節入圍。



電影《破門》曝終極海報 5.11 上映 山區小學足球隊逆境中重生 打開理想之門



即將於5月11日上映的電影《破門》，壹名樸實溫暖的老師，幾名性格各異的留守兒童，他們將山區小學足球隊逆境中蝶變的故事表達得生動有力。今日，片方發布終極海報，坦克獨自坐在高高的圍牆上，仰望著天空，似乎這樣的距離能離天空近壹些，離夢想才不遠。

海報用天空表示著希望，天空的明媚和陰暗，都暗喻著通往夢想的路布滿荊棘。如果說海報上方的球門是這些孩子們通往理想的大門，那無疑足球就是他們打開理想之門的秘鑰。

映照在電影裏，喜哥也是這樣關心支持著這支留守兒童足球隊的孩子們。“陽光、大氣、有胸懷；團結、勇敢、相互尊重。”喜哥通過足球，影響、培育著孩子們的人生觀、價值觀。正是喜哥對於孩子們成長之路的啟蒙，默默給予的信任和愛，照亮了他們心中的溫暖，讓他們無畏而勇敢地前行。可以說，喜哥重新定義了“老師”這個稱號：老師賦予學生的不僅僅是教導，還有溫暖與愛的陪伴。

5月11日，電影《破門》將在全國上映。



《路過未來》曝楊子姍尹昉“路過”版海報 導演李睿珺講述北漂經歷 見到親戚都擡不起頭

第70屆戛納電影節“壹種關注”單元最佳影片提名電影《路過未來》曝光兩張“路過”版海報，海報中楊子姍、尹昉兩人分別坐在火車車廂內，凝望窗外的無盡沙丘以及身騎白馬的壹抹身影，種種意象耐人尋味。

伴隨這組和旅途、遠方相關的海報，《路過未來》“城市遊吟”全國路演於5月3日正式宣布啓動，以楊子姍、尹昉所飾角色的故事發生地深圳為始發站，以兩人的故鄉甘肅蘭州為終點，覆蓋16座城市。導演李睿珺和主演尹昉將與各地觀眾面對面交流，探討影片關於“異鄉人

”的故事。

在電影《路過未來》中，楊子姍飾演的耀婷和尹昉飾演的新民都是在深圳長大的漂泊的異鄉人。在飛速發展的時代中，千裏之外的家鄉甘肅對他們來說只是辦手續才會回去的地方，遙遠而模糊。回不去的故鄉，留不下的城市，《路過未來》裏有每壹個追尋未來的異鄉人的影子。

近期，李睿珺導演和尹昉也在網上分享了各自的“北漂”經歷。李睿珺導演曾說過壹句話：“壹切都是如此的自然，壹切都是如此的荒誕。”他講述了自己十年創作文藝片的心路歷程，最艱苦的時候會

負債數十萬，直言“見到親戚都擡不起頭”，為了省錢，回家只能買30多個小時的火車硬座票。

主演尹昉則提到自己11歲就來到北京學習舞蹈，曾因為太苦太枯燥差點退學，大學畢業的第壹份工作工資是1500塊，房租就占掉了壹大半，經歷壹段焦慮迷茫的時期後，最終回歸舞蹈重新認識自己，學會接受漂泊這種“悲涼卻豐盈”的感受。近期尹昉在《紅海行動》、《路過未來》中的表現，則讓多年的堅持慢慢結出了果。導演和演員的北漂經歷，無疑為《路過未來》增添了更多的情感厚度。



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亚美舞蹈团联合休斯顿芭蕾舞团等七个优秀舞蹈团 在米勒剧场隆重上演第十六届“东西方舞蹈荟萃”



亚美舞蹈团团长叶继莹、理事长Janie Parker、亚美舞蹈学校顾问沈敏生与参加演出的七个舞蹈团的演员们谢幕，致谢观众的厚爱。



由亚美舞蹈团的Molly Lin, Jessica Shyi, Tiffany Yan表演的傣族舞“梅花”千姿百态，灿烂芬芳。



融入国粹京剧的中国古典舞“俏花旦”，由亚美舞蹈团的团员表演起来，既富有优美的神韵，又不失花旦的俏皮，令人陶醉。



来自休斯顿芭蕾舞团的Madison Russo and Henrique Barbosa表演精彩的现代芭蕾舞“花园里的欢乐”，展现舞蹈的魅力，使观众沉醉于其中。



由亚美舞蹈学校芭蕾舞教师、前休斯顿芭蕾舞团的独舞演员Ms. Nao Kuszaki自编自演的芭蕾舞双人舞，高难度的优美双人托举，令人目不暇接。Ms. Nao的芭蕾技巧更使观众叹为观止。

本报记者秦鸿钧报导



飞泻的瀑布，演员们动中有静、柔中带刚的舞步，是观众如痴如醉。亚美舞蹈团资深团员表演了雄伟、壮观的“长白山”，为整场晚会的压轴舞蹈。



亚美舞蹈团在家长的鼎力支持下，年轻的团员个个出入的亭亭玉立，舞艺出从。

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