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Statements from former Texans cheerleaders suing the team

Inside C2

Southern DAILY

Make Today Different

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Samsung confirms Chinese officials visited sales offices

(Reuters) - Samsung Electronics Co Ltd became the latest company to confirm that investigators from China's State Administration for Market Regulation visited its sales offices in the country last week.

Chipmaker Micron Technology Inc had said on Friday that the officials had visited its sales offices, while the Wall Street Journal reported on Monday that investigators had also visited the offices of Korean chipmaker SK Hynix Inc.

A Samsung spokesman said the company was cooperating with the Chinese authorities, but did not provide more details on the visit. U.S. representatives of SK Hynix declined to comment.

The three companies are the biggest suppliers of DRAM chips used in smartphones and personal computers to store data and the visits by Chinese investigators to their offices come at a time when prices of these chips have gone up considerably.

"China (is) trying to protect their PC and smartphone market from rising DRAM costs. Typically, China PC and smart phones sell at lower costs/margins than those in other countries," Stifel Nicolaus analyst Kevin Cassidy said.

China is looking for billions of dollars in funds to propel its domestic ambitions in chips to cut a heavy reliance on imports.

Chinese firms have also had a number of overseas deals to buy foreign chip companies blocked by U.S. regulators in recent years, including a bid by Tsinghua Unigroup to acquire U.S. chip group Micron Technology Inc.

In April, the Trump administration banned American companies from selling components to Chinese telecom equipment maker ZTE Corp <0000063.SZ 0763.HK> for seven years after breaking an agreement reached after it was caught illegally shipping goods to Iran and North Korea.



FILE PHOTO: The new Samsung Galaxy S9 Plus mobile is shown during the Mobile World Congress in Barcelona

Khamenei says Iran set to boost enrichment capacity if nuclear deal founders

(Reuters) - Iran's top leader said on Monday he had ordered preparations to increase uranium enrichment capacity if a nuclear deal with world powers falls apart after the U.S. withdrawal, and he vowed never to accept limits on Tehran's ballistic missile program.

Tensions between Iran and the West have resurged since President Donald Trump pulled the United States out of world powers' 2015 nuclear deal with Tehran, calling it deeply flawed.

European signatories are scrambling to save the accord, which they see as crucial to forestalling an Iranian nuclear weapon, by seeking to ring-fence trade with Iran against new U.S. financial sanctions to dissuade Tehran from quitting the deal.

"Our enemies will never be able to halt our nuclear progress...It is their bad dream and will not happen," Iranian Supreme Leader Ayatollah Ali Khamenei said in a televised speech.

In case European, Russian and Chinese signatories to the deal prove unable to protect its economic benefits for Iran, Khamenei said, "I have ordered Iran's atomic energy agency to be prepared to upgrade our (uranium) enrichment capacity".

Khamenei says Iran to continue backing resistance forces in the region

He appeared to be hardening a threat to restore Iran's disputed enrichment drive first made after Trump quit the nuclear deal.

One of Trump's demands - which European allies support in principle - is new negotiations to rein in

Iran's ballistic missile program, which was not covered by the nuclear deal.

Khamenei again ruled this out. "Some Europeans are talking about limiting our defensive missile program. I am telling the Europeans, 'Limiting our missile work is a dream that will never come true,'" he said.

Under the deal, the Islamic Republic curbed its capacity to enrich uranium for nuclear fuel and in return won a lifting of most international sanctions that had hobbled its economy.

Trump also objected that the 2015 deal, reached under his predecessor Barack Obama, did not address Iran's nuclear work beyond 2025 or its role in conflicts in Yemen and Syria. Though committed to the deal, European powers share Trump's concerns and want broader talks with Iran to address the issues.

Khamenei rejected this as "economic and psychological... warfare against us, and new American sanctions are part of it".

For all of Iran's fierce public riposte to U.S. threats of tougher sanctions, some senior Iranian officials see the U.S. position as a "bargaining strategy" and believe the door to a diplomatic compromise should stay open.

Iran's increasing capacity to enrich uranium to higher levels of fissile purity was one of the burning issues during years of negotiations with world powers, which wanted enrichment limited to research scale to minimize the risk of Iran being able to assemble a nuclear explosive at short notice. Iran has repeatedly denied seeking a nuclear weapon from enrichment.

Major General Ali Jafari, commander of Iran's Revolu-

tionary Guards, said last year that it had missiles with a 2,000-km (1,240-mile) range that could hit arch-enemy Israel and "most American interests and forces" in the Middle East.

After the U.S. withdrawal on May 12, Iran said it would remain in the nuclear deal only if were protected from renewed U.S. sanctions on key sectors of its economy such as oil, in cooperation with other signatories of the pact. Options being considered by the EU to keep Tehran in the nuclear deal include new credit lines for Tehran, increased energy cooperation and implementing EU laws to block European companies from caving in to U.S. sanctions. In his speech marking the 29th anniversary of the death of Iranian revolutionary leader Ayatollah Ruhollah Khomeini, Khamenei insisted on resisting U.S. pressure and again warned of a harsh response if Iran came under attack.



IAEA Director General Amano waits for the start of a board of governors meeting at the IAEA headquarters in Vienna

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Statements from former Texans cheerleaders
suing the team

By David Barron,

Five former Houston Texans cheerleaders who last week filed a federal court lawsuit accusing the team of breaking federal workplace regulations and other violations discussed their case in a Friday interview that airs Monday night on the “NBC Nightly News with Lester Holt.”

Four of the five former cheerleaders – Kelly Neuner, Ainsly Parish, Hannah Turnbow and Morgan Wiederhold – read statements at a Friday news conference alongside Houston attorney Kimberly Spurlock and noted women’s rights lawyer Gloria Allred. The fifth plaintiff, Ashley Rodriguez, did not provide a statement.

Here are their complete statements.

“My name is Kelly Neuner and I am a former Houston Texans Cheerleader. Starting off this journey, I felt a sense of pride and accomplishment to earn a spot on the Houston Texans cheerleaders team. Little did I know that the Houston Texans would take advantage of me and my teammates.

“I remember feeling puzzled and angry and asking myself why we didn’t deserve to be paid more than \$7.25 an hour for what was a demanding job – even more so since we were an additional stream of revenue for the Texans organization, which earned thousands of dollars for the public appearances I was required to make.

“The organization did not pay us for all our working activities including practices, traveling expenses, training camp and other required personal maintenance expenses. If we wanted to remain Texans cheerleaders, we had to accept subpar pay and unpaid working hours and expense. If not,



we could be terminated. We were constantly reminded how disposable we were to them. I felt like the Texans did not care about my rights as a professional, as a woman or as part of the Houston Texans team. I felt bullied into accepting their practices out of fear of losing my job.

“This organization does so much good in the Houston community and throughout Texas. However, they should treat their cheerleaders with respect and dignity.

“There has to be change. Pay your cheerleaders for the hours they work and expenses they incur, pay them for the value they provide and ensure that all of their employees, including the Houston Texans cheerleaders, are treated with respect. We have value and we deserve the right to be treated with dignity and paid fairly.”

“My name is Ainsley Parish. I was a member of the 2016-17 Houston Texans cheerleaders.

“In my interview process with the Houston Texans, I was asked what I would do with my platform if I became a cheerleader, I responded, ‘I would use it to become a role



model.’ My experience was extremely disappointing. “We were harassed, bullied and body shamed for \$7.25 an hour. We were told what to wear, how to wear our hair, what we could post, who we could follow on personal social media, who we could hang out with, where we could go, who we could talk to and what we could say.

“I was not compensated for all my time – but that is not why I am here. However, when I brought the pay issue to the Houston Texans’ attention, I was ignored. We were all just pretty little pawns in the game that the Houston Texans were cashing in on. We were treated with no respect while they expected the upmost respect from us.

“The Houston Texans created a hostile and unfair workplace. They instilled fear and anxiety in me and my teammates – anxiety that we struggle with even today. We were told we were replaceable – told to keep our mouths shut The Houston Texans should not have given us a uniform if they didn’t want us to become an army.”



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Editor's Choice



IAEA Director General Amano waits for the start of a board of governors meeting at the IAEA headquarters in Vienna



FILE PHOTO: Boys carry rifles as they attend a gathering held by women loyal to the Houthis movement to show their support in Sanaa



Soccer Football - International Friendly - Turkey vs Iran - Basaksehir Fatih Terim Stadium, Istanbul, Turkey - May 28, 2018 Iran fans inside the stadium before the match REUTERS/Murad Sezer



Chinese State Councillor and Foreign Minister Wang Yi meets Iranian Foreign Minister Mohammad Javad Zarif at Diaoyutai state guesthouse in Beijing



Horse Racing - Derby Festival - Epsom Downs Racecourse, Epsom, Britain - June 2, 2018 Britain's Queen Elizabeth looks on during Derby Festival REUTERS/Peter Nicholls TPX IMAGES OF THE DAY



A paramilitary policeman keeps watch underneath the portrait of former Chinese Chairman Mao Zedong in Beijing's Tiananmen Square



Iranian Masoumeh Bayat is seen while visiting former working place at the Fahren Koessinger company in Schierling



U.S. President Donald Trump speaks to the news media after announcing his intention to withdraw from the JCPOA Iran nuclear agreement at the White House in Washington



Canadian foreign minister Chrystia Freeland has words "Iran" and "Pompeo" written on her hand outside the U.S. Trade Representative's office in Washington

A rural school district has joined nearly 200 other Texas school districts in arming their employees to protect students under a “Guardian” program.

Last Monday, the Fayetteville Independent School District announced its new safety plan. Signs went up that read: “Please be aware that the staff at Fayetteville ISD may be armed and will use whatever force is necessary to protect our children.”

The school district, which claims less than 250 enrolled students, houses all grades K-12 on one campus. Fayetteville is situated almost halfway between Austin and Houston and is so tiny it does not have a local police force, only a county sheriff. It also does not employ school resource officers.

In a letter to Fayetteville families, Superintendent Jeff Harvey wrote that, in light of the many recent events, schools are “being forced to prepare for the unthinkable — the potential of a school shooting.” Harvey cited the Parkland, Florida, massacre but also clarified their Guardian program was already in the works. In fact, Fayetteville ISD school board records show trustees discussed this issue at their January 15, 2018, meeting. They changed local board policy allowing them to implement the program.



“We have gone through this process since it became a discussion at our school board about eight-and-a-half months ago,” said Harvey. He told KVUE: “We came back in January, put it up as an action item and the board agreed to unanimously begin our ‘Guardian’ program.”

In his letter, Harvey noted that these guardians, undisclosed staff members who volunteer for the program, will have “the right to carry a concealed handgun on school grounds.” He emphasized that these “hand-selected” school board approved guardians must hold a License to Carry (LTC) permit and undergo rigorous vetting. They must pass a series of requirements including police grade psychological testing, qualify annually with the specific handgun they carry, comply with and pass random drug testing, and be trained in tactics that deny intruder entry into a classroom or facility.

“So, may you carry a concealed handgun or open carry?”, wrote Harvey, who made clear that other than approved guardians, Fayetteville ISD will remain a gun free zone. “No. No students, parents, nor most staff will be allowed to carry. Only those who have met all the requirements will be allowed to carry.”

The superintendent also told KVUE the goal of the program was not to create vigilante teachers. He called the guardians “a protection for each and every student in this school district.” Fayetteville ISD intends to utilize guardians as back up to their normal lockdown procedure. He said this will empower certain teachers and staff to fight back in a worst-case situation.

Another Texas School District Arms Employees To ‘Protect Our Children’

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



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

“We have numerous folks on staff that have military backgrounds,” Harvey said: “Everyone here believes in that sense of protectiveness of their kids. Each one of these kids is ours. We treat them like they’re our own and we want to make sure we’re prepared to do whatever it takes to protect them.”



Breitbart Texas reported that Harrold ISD was the state’s first school district to institute the Guardian program in 2007. It permits trained and approved school personnel with a Texas Concealed Handgun License (CHL) to carry a weapon on campus to protect students. The Guardian program is authorized under Texas Government Code 411.1901. This program appeals to small, rural school districts that do not have a police force or are not close to local law enforcement. A similar Marshal plan was as the result of the 2013 Protection of Texas Children Act. It allows concealed handguns on otherwise “gun free” public school campuses; however, the Marshal program does not apply to schools with less than 400 students.

KVUE spoke to several parents, all of whom agreed with arming campus guardians. One mother said: “This is the only campus. We’re

really small. So when we call 9-1-1...we’re not going to have the law enforcement that we need here in five minutes.”

Conversely, the Texas American Federation of Teachers (AFT), a chapter of the second largest teachers union in the nation, the American Federation of Teachers, opposes Guardian and Marshal programs. (Courtesy <http://www.breitbart.com/texas>)

Related

Arming Teachers Unsettling To Some Minorities

The latest school safety proposals have been met with fear in black and brown communities

The recent school shooting at Marjory Stoneman Douglas High School has renewed the debate about high national rates of gun violence and what to do about it. But as the debate has settled along the typical partisan divisions, one idea has emerged: Arming teachers could make schools safer.



“If you had a teacher who was adept with the firearm, they could end the attack very quickly,” President Trump said during a February 21 listening session with students and parents affected by school shootings. He also proposed paying armed teachers “a little bit of a bonus.”

Shifting the conversation away from gun control to focus on arming teachers and staff is arguably a distraction from confronting the causes of school shootings and gun violence. “In any other country in the world, the idea of arming teachers with guns in classrooms to protect children would be seen as the policy equivalent to random screaming,” Vox’s German Lopez wrote recently. “Yet in the United States, it’s an idea that now has support.”

Tweet From President Trump



Donald J. Trump

Armed Educators (and trusted people who work within a school) love our students and will protect them. Very smart people. Must be firearms adept & have annual training. Should get yearly bonus. Shootings will not happen again - a big & very inexpensive deterrent. Up to States.

12:54 PM - Feb 24, 2018

Still, allowing teachers and other school employees to carry guns in schools isn’t entirely new —several school districts in Texas, for example, already allow teachers with concealed carry permits to bring guns into schools, and similar policies have been considered or implemented in school districts in Ohio, Indiana, and California in recent years.

But legislation is currently under consideration in states like Florida, Tennessee, and in a school district in Kentucky, raising a discussion about how arming teachers could actually play out in America’s classrooms, especially for teachers and students of color.



“It’s another layer to the conversation about how racialized the debate around gun violence can be,” the Washington Post’s Eugene Scott noted last week. “The current conversation about school safety appears to have more black Americans drawing attention to the consequences arming teachers could have in schools where implicit biases exist.”

There’s a broader issue magnified by the intensity of reactions to the Parkland shooting: When it comes to gun violence, race and the unique needs of communities of color are still

being overlooked in the national conversation.

For teachers of color, arming themselves could come with risk

The concerns that come with arming teachers are twofold. First, how would such a measure affect black students, a group that is already much more likely to face disproportionately harsh discipline in schools? And second, how would it affect teachers of color, especially black teachers, given the rates of black men and women wounded or killed in officer-involved shootings?

There’s isn’t any data out there that gives a clear picture of how people of color would be affected by arming teachers. But given broader trends, it is possible to make some reasonable guesses.



Teachers have been signing up for gun classes across the country.

For example, research from the University of North Carolina, Chapel Hill, has shown that when participants were asked are asked to offer split-second reactions to images of weapons or tools after being shown a black or white face, people identify a weapon faster when shown a black face first.

A 2005 University of Colorado study, replicating an experiment that has been conducted by other researchers, found that forcing subjects to react in a split-second to a potentially armed person meant participants would move to shoot armed black individuals faster and more often than armed whites and take more time to determine to not shoot an unarmed black person than an unarmed white person.

These examples, and others, suggest that race influences how people identify the presence of a weapon, even if said weapon isn’t actually there. In a scenario involving an armed teacher of color, these factors would likely be at play: A teacher could, in a split second, look like a shooter, instead of a protector of the students in their care.

When discussing how arming teachers could affect educators of color, many have noted the case of Philando Castile, a Minnesota school cafeteria worker and licensed gun owner who was shot and killed by a police officer during a police stop in July 2016. The officer said that he shot Castile, who had already informed the officer that he was carrying a legal weapon, because he believed Castile was reaching for his gun.

Teachers of color have expressed concern that instances like this, or ones where they would be mistaken for an active shooter, would only become more likely if they carried a weapon inside schools.

It isn’t wrong to want schools and classrooms to be safe for students. But it requires an acknowledgement that for many students, schools have never been safe. (Courtesy <https://www.vox.com/identities/>)

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In The Wake Of The Santa Fe Shooting – Hope For The Future
Texas Tech Project Uses Telemedicine
To Flag Potentially Violent Students

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



Texas Tech University researchers are using telemedicine to identify students who are at risk of being violent.

The Telemedicine Wellness, Intervention, Triage, and Referral Project at the Texas Tech University Health Sciences Center, which aims to identify junior high and high school students at risk of committing school violence and intervene before tragedy occurs, has already had 25 students removed from school, 44 placed in alternative schools and 38 sent to a hospital. Abbott had praised that program just hours after the shooting, tweeting that “we want to use it across the state.” Education officials across the country are scrambling to find ways to prevent the next school shooting more than a month after a 19-year-old gunman allegedly opened fire at Marjorie Stoneman Douglas High School in Parkland, Florida, killing 17. Some have proposed stationing more police officers at schools, while others have suggested outreach efforts to target troubled students. At a little-known program housed at Texas Tech University tasked with preventing school violence, virtual counseling has yielded surprising results. The Telemedicine Wellness, Intervention, Triage, and Referral, or TWITR Project, was created after the 2012 Sandy Hook Elementary School shooting and uses video-chatting and other telecommunications technology to diagnose and treat students in 11 school districts in the greater Lubbock area.



This undated photo from Facebook shows Dimitrios Pagourtzis, who has been charged with capital murder for the deadly school shooting in Santa Fe, Texas.

Texas Tech University Health Sciences Center President Tedd Mitchell told a group in Washington, D.C., that about 34,000 middle- and high-school students have been assessed as part of the project, according to POLITICO. About 10 percent of those students received counseling through telemedicine, and about 300 of those students were referred for tele-psychiatric care. About 25 students were removed from school after being flagged as at risk for suicide or homicide, Mitchell said. “The good news with a program like this is, you can find those kids who are just about to blow,” he said. There have been no school shootings in the Lubbock area since the project began, although school shootings are relatively rare nationwide. Still, Mitchell said, the project has resulted in fewer unexcused absences from school and improve academic performances in some students. Referrals for bad behavior dropped by 37 percent among students who received the telemedicine services, according to the TWITR Project’s website. “Whatever your approach is to cutting school violence, this can be part of it,” Mitchell said. “We couldn’t have screened thousands of kids without telemedicine. And you could do the same thing in urban areas, where there are health care deserts.” (Courtesy <https://www.chron.com/news/education/article>)

Related
Gov. Abbott: Texas Tech Program Could Prevent School Shootings

The governor is touting a telemedicine program at Texas Tech as a possible tool to prevent school shootings. But could it work statewide?



Gov. Greg Abbott speaks during a roundtable discussion on school safety, May 22, 2018 in Austin. It was the first of several planned discussions following the shooting at Santa Fe High School.

Gov. Greg Abbott is touting a program from Texas Tech as a possible tool to prevent school shootings. Following one of his roundtable discussions on preventing shootings, such as last week’s at Santa Fe High School, the governor touted a program called TWITR — the Telemedicine Wellness, Intervention, Triage and Referral Project. The governor suggested this program, currently serving a handful of schools in West Texas, could be expanded statewide. Dr. Billy Philips heads up the project. He’s executive vice president for rural and community health at Texas Tech’s Health Sciences Center. In the audio above, he tells Houston Matters host Craig Cohen how the project works. How does the program work? Texas Tech has long had a telemedicine program, which uses the Internet and telecommunications technology to connect rural residents with health professionals without participant having to travel. Many schools in rural areas don’t have adequate counselors on staff — or any at all. And, in some places, the nearest mental health professional could be miles away. So, TWITR connects them electronically. The program is being used in ten rural school districts in and around Lubbock, Philips said. He likens the program to a “classic screen-

ing program” — something health professionals have been doing for year for other diseases.



Gov. Greg Abbott makes a point during a roundtable discussion on school safety, May 22, 2018 in Austin. Additional discussions are planned following the shooting at Santa Fe High School.

“The idea of the program is to find kids that need help,” Philips said. “They may or may not be violent. We certainly look for that pattern. But we look for lots of other patterns.” The program then seeks to navigate students into appropriate care for their situation. At the beginning of every school year — and periodically again throughout the year — the program trains school personnel with skills to recognize early warning signs for which a student could be referred into the program. Philips says roughly 40,000 students are enrolled in the schools TWITR serves. Since 2014, a little more than 400 students have been referred. Of those, only 200 or so have been screened or “triaged” by telemedicine. So far, Philips says 25 students have been recommended for removal from school. “So, those are kids that somebody thought needed some attention,” Philips said. “So, we’re looking at a very small segment of the school population.”



Ten roses left in memory of the victims killed in a shooting at the Santa Fe High School on May 20, 2018.

What does the program look for? The screening processes looks for depression, anxiety, loneliness, isolation, a propensity for anger, and impulsiveness, Philips says. And it doesn’t rely solely on any one tool to paint a picture of a student’s mental state. “When we identify somebody as having, say, a propensity for violent, impulsive behavior, we’re pretty sure that we’re accurate in that,” he said. The presence of those signs generates a referral to a licensed professional counselor who will visit the student. From there, it will be determined if the issue is something that can be helped locally or if the student needs to be screened further. Eventually, the student could be seen by a child or adolescent psychiatrist via telemedicine. From there, a student could be recommended for removal from school.



Texas Tech program uses telemedicine to screen for potentially violent students. “What that mostly looks like is hospitalization or some other form of intensive treatment,” Philips said. “Occasionally, it looks like an arrest. But the idea is really not to engage a criminal justice process. The idea is to get that individual into the right kind of care for the situation they find themselves in.” At the beginning of the school year, parents have to consent for their children to be a part of the program and must provide further consent at different stages along the way. Could the program work elsewhere? Philips says he doesn’t think the Lubbock program should specifically run TWITR statewide for other districts. Some schools might already have similar programs and more trained personnel on staff. However, he wants to identify the districts that do want to participate and help them implement a version of the program there. “Build it locally so it can be efficient, effective, and as inexpensive as possible,” Philips said. (Courtesy <https://www.houstonpublicmedia.org/articles/new>)

15.3 美南國際電視15.3頻道

- 免費高清頻道
- 免費數位頻道
- 免費中英文頻道



Southern Television 15.3										2018年6月份 电视频道节目表										6/4/2018 - 6/10/2018	
更新时间	MON.		TUE.		WED.		THU.		FRI.		SAT.		SUN.								
	4		5		6		7		8		9		10								
00:00-00:30	中國文藝 (重播)		美南新聞 / 台灣新聞 / 國際新聞 / 大陸新聞										地理・中國 (重播)								
										明星加油站 (重播)											
00:30-01:00			生活魔法師 (首播)																		
01:00-01:30													環球神奇炫 (重播)		味道 (重播)						
01:30-02:00	經典電影 (重播)		動物傳奇 (重播) (English)		Story China 故事在中國 (重播)		防務新觀察 (重播)		中國大舞臺 (重播)												
中國功夫 (首播)																					
02:00-02:30			今日關注 (重播)																		
02:30-03:00					地理・中國 (重播)		中國功夫 (重播)														
03:00-03:30													經典電影 (重播)								
03:30-04:00			Fun Way to Learn Chinese (首播)												司馬白話 (重播)						
04:00-04:30	特別呈現 (重播)		電視劇《盛夏晚晴天》 (重播) (English Subtitles)										武林風 (重播)								
04:30-05:00	空姐新發現 (重播)																				
05:00-05:30			Story China 故事在中國 (重播)										中國大舞臺 (重播)								
05:30-06:00																					
06:00-06:30	國際新聞 / 大陸新聞 / 台灣新聞		美南新聞 / 台灣新聞 / 國際新聞 / 大陸新聞										國際新聞 / 大陸新聞 / 台灣新聞								
06:30-07:00																					
07:00-07:30													電影藏密 (重播)								
07:30-08:00	防務新觀察 (重播)		海峽兩岸 (重播)																		
08:00-08:30													電影藏密 (重播)								
08:30-09:00	謝謝我的家 (重播)		健康之路 (重播)						環球神奇炫 (首播)		檔案 (首播)										
09:00-09:30			Story China 故事在中國 (首播)		快樂童年 (重播)		中國大舞臺 (首播)				地理・中國 (首播)		經典電影 (首播)								
09:30-10:00	文明之旅 (重播)		粵語天地 (重播)		明星加油站 (首播)		洋言洋語 (重播)		空姐新發現 (首播)		電影藏密 (首播)										
10:00-10:30			今日關注 (首播)																		
10:30-11:00	國際新聞 / 大陸新聞 / 台灣新聞		美南新聞 / 台灣新聞 / 國際新聞 / 大陸新聞										國際新聞 / 大陸新聞 / 台灣新聞								
11:00-11:30																					
11:30-12:00	空姐新發現 (重播)																				
12:00-12:30	台灣心動線 (重播)		美食風味 (重播)		光鹽健康園地 (重播)		城市一對一 (重播)		休士頓論壇 (重播)		Howdy Philippines! (首播)		中國輿論場 (首播)								
12:30-13:00			生活 (重播)										動物傳奇 (重播) (English)								
13:00-13:30			電視劇《盛夏晚晴天》 (首播) (English Subtitles)										特別呈現 (首播)								
13:30-14:00			卡通片《蜜蜂花園》 (首播)										洋言洋語 (首播)								
14:00-14:30													地理・中國 (重播)								
14:30-15:00			來吧灰姑娘 (重播)		武林風 (重播)		中國詩詞大會 (重播)		武林風 (首播)		中國詩詞大會 (首播)		台北博物館 (首播)								
15:00-15:30	中國文藝 (重播)		台北博物館 (重播)		地理・中國 (重播)		幸福來敲門 (首播1)		幸福來敲門 (首播2)				我在美國 (首播)								
15:30-16:00													我的留學生活 (首播)								
16:00-16:30													司馬白話 (首播)								
16:30-17:00			美南新聞 / 台灣新聞 / 國際新聞 / 大陸新聞										Howdy Philippines! (重播)								
17:00-17:30													健身舞起來 (首								
17:30-18:00	美食風味		光鹽健康園地		城市一對一		休士頓論壇		台灣心動線		生活 (首播)		防務新觀察 (首播)								
18:00-18:30	生活 (重播)										快樂童年 (首播)		來吧灰姑娘 (首播)								
18:30-19:00			電視劇《傾城之戀》 (首播) (English Subtitles)										中國文藝 (首播)								
19:00-19:30			海峽兩岸 (首播)																		
19:30-20:00			健康之路 (首播)				游在美國 (重播)		司馬白話 (重播)		味道 (首播)		謝謝我的家 (重播)								
20:00-20:30							我的留學生活 (重播)		明星加油站 (重播)		檔案 (重播)		文明之旅 (首播)								
20:30-21:00			美南新聞 / 台灣新聞 / 國際新聞 / 大陸新聞										幸福來敲門 (重播1)								
21:00-21:30													幸福來敲門 (重播2)								

■陳慧琳會叫兒子別再製作紙領帶給爸爸，應改用黏土作為材料。



重視中秋多於父親節 霖不需兒子搞特別慶祝

香港文匯報訊（記者 李思穎）一年一度的父親節快將來臨，子女們都會準備慶祝節目和禮物向父親聊表孝心。不過身為爹地的張智霖（Chilam）卻大唱反調，不主張囡囡魔童為他慶祝，免得難為情，只要小朋友健康快樂成長便是最好的父親節禮物。至於作為母親的陳慧琳（Kelly），踢爆囡囡會送紙製領帶給爸爸，她笑言要燒了它，並叫囡囡改送黏土製品。

本月17日父親節當天將身處上海公幹的張智霖，並不在乎會否提早慶祝“爸爸節”：“無所謂，母親節和其他節日，幫人慶祝我會好熱情，幫自己慶祝則感到好尷尬，有點難為情。（囡囡會送吻？）又不是，我善於隱藏情緒，很驚一些感動時刻。（太太袁詠儀曾說家中只有父親節，沒有母親節？）說笑而已，她每天都是母親節，（囡囡在父親節會有表示嗎？）不要，不需要，羊毛出自羊身上，只要他健康快樂成長便是最好的禮物；而且大家對母親節較重視。（你和親親說法不一致！）我倆互相攻擊對方，哈哈！”

Chilam表示過往已收過不少囡囡畫的卡，“（都是）講差不多的說話，得啦，

鏡頭可以休息，但仍要逗囡囡拍，肯定累透！不要搞我。之前都有廣告商邀請我和囡囡一起拍攝，除非囡囡很想，不過暫時小朋友都沒有興趣。”

Kelly被大仔嫌練歌太嘈

那麼，Kelly的兒子對唱歌又有興趣嗎？“之前大仔（劉昇）和一班同學在學校表演唱詩歌，我聽到阿仔唱得好大聲，無味都好大聲，好像嗆歌，但音準度需作練習。（他懂得唱你的歌？）我無逼他聽，問中會聽下。我練歌時他會叫我細聲點，可能太嘈，而且唱來唱去那幾句會覺得悶，他較喜歡Rock味重的歌。”



■陳慧琳3日才行色匆匆快閃北京，4日已回港出席活動。

森美警告兒子 不覆短訊即沒收電話



■森美(右)明白不能對子女太囉嗦。

香港文匯報訊（記者 梁靜儀）森美4日接受康子妮為創世電視主持的父親節特備節目《當家好爸》訪問，大談與兒子的相處點滴。

父親節快到，森美表示還未計劃如何慶祝，又大呻子女和太太都不會為他慶祝：“母親節我就會提仔女寫了卡沒有，但父親節就沒事發生，去年都只收到個女一張用原子筆寫祝賀詞的A4紙，但老婆的母親節卡就有顏色及公仔。不過我已足夠，我儲了很多A4紙。”

森美又自爆和兒子已沒聯絡數月，因兒子赴英國讀書後，經常不回覆其短訊，直至他警告兒子若再不回覆便沒收其智能電話，改送一部長者專用的舊款電話給他，兒子才承諾會回覆。問為何兒子不回覆他的短訊？森美說：“個仔已15歲，進入青春期的（嫌你老土？）直頭覺得我核突啦！有時自己都好囉嗦，好像阿叔，都要減少哦個仔。”他指之前兒子回港，可是自己剛巧去了日本拍旅遊節目，故未能見面。

森美坦言自己也沒送禮物給父親，對母親依然粗聲粗氣，但心裡是愛錫父母的，因此明白兒子的情況。所以很多時都會透過訪問訴說對父母的愛，而不會當面說。現在他跟爸爸關係像朋友，也希望兒子會當自己是朋友。

此外，康子妮笑指兩子就算在港也不會覆父母短訊，她跟老公林曉峰經常對空氣說話，除非突然惡言相向，才會得到回覆。她笑言湊仔就如“Chok泥猛”般要時收時放，若常用同一個語氣是沒人理睬的。至於父親節，她希望偕父親、老爺一起食餐飯就最好。

談楊婉儀抵押后冠事件 謝寧：應是迫不得已

香港文匯報訊（記者 梁靜儀）謝寧4日為她主持的創世清談節目《主理寧感》錄影，並邀得陳美齡擔任嘉賓。謝寧表示嘉賓透過食物講出人生故事，帶出人生道理。她又指女兒小時候常要求她製作蛋包飯，至於其母因為是事業女性，不懂煮太多菜式，但基於是北方人，故懂得煮鎮江骨及餃子，所以謝寧16歲已學識包餃子。

提到港姐楊婉儀與丈夫被財務公司入稟追討逾376萬港元，並以后冠抵押借貸，身為1985年港姐冠軍的謝寧開言說：“個后冠不值錢嘅，當年我的是道具。（楊婉儀的后冠不是道具？）呀，這麼衰！我們上世紀80年代的那些是玻璃，我放了在家中的櫃裡，早知我叫個女去避啦！不過以前心口針是鑽石，我拆了粒鑽石出來做不同的飾物，因為不會戴那麼大的心口針出街。（以后冠抵押會否感到可惜？）好可惜，這

個是人生很大的成就，就等於獎盃，我估她是迫不得已。”

陳美齡表示以前媽咪經常煮栗子炆雞，現在輪到她煮給三名兒子吃。就算現時大仔居於美國，她也會飛過去煮給他吃，兒子就很開心，並大讚好味。陳美齡覺得食物是表示愛意的最簡單方法，雖嫁去日本多年，但她平日多是煮中菜，因想兒子記得自己有一半是中國人。問到老公公喜歡中菜？陳美齡笑說：“老公都鍾意食中菜，但他覺得如果一年365日餐餐都食中菜就會死，而我煮的日本菜都不夠正統，帶有中式味道。”問到可有教新抱下廚？“未有機會教，但我有教三個仔煮飯，大仔更肯出於藍，除了中菜、日本菜外，還懂得煮鴨胸、扒類。”

另外，創世電視總監葉家寶4日有去探班，他表示謝寧今次可謂出錢又出力，將報酬都拿來用作製作費，

又邀請多位好友做嘉賓。家寶又透露創世電視將於暑假舉行歌唱比賽，而他亦正埋頭寫書《新生活 我在創世電視的第一年》，準備在書展期間推出。談到亞視近日又裁員，家寶坦言也有聽聞，估計是想轉型及有新方向。他又謂如果有合心水的人，都歡迎加入創世電視。

余香凝用新歌送好友正能量

香港文匯報訊（記者 李思穎）余香凝（右圖）4日到電台宣傳新歌《黑暗之外》，此歌是送給她一位患有抑鬱症的好友，藉此為對方帶來正能量。

香凝自爆18歲時曾有抑鬱徵狀，雖沒求醫證實，不過當時因父母分開，令她終日以淚洗面，更有一刻想去做傻事，企在窗邊閃過自殺念頭。但想到家人之後會怎樣？媽咪怎算？幸好她最後放棄尋死，否則現在便拍不到戲，唱不到歌。

她亦感謝偶像薛凱琪（Fiona）在這首歌上提供不少意見：“我那位患病朋友聽到這首歌後，覺得很有意思，還轉發給其他人；現時這位朋友漸告康復。”

兩僑最想拖豬仔出街

香港文匯報訊 奇妙電視全新節目《尋找高端美食》，由新婚不久的兩僑跟著名食家紀曉華主持，遠赴南非及澳洲為觀眾尋找高端美食，並了解食物的源頭和背後故事。日前兩位主持現身機場，出發到澳洲拍攝節目。

由於今次是兩僑首訪澳洲，她難掩興奮心情，出發前做了不少資料搜集。相反，作為澳洲常客的紀曉華對當地美食絕不陌生，他準備帶美女到訪不同城市品嚐美食，包括體驗摘松露、親身下海找生蠔。然而兩僑表示眾多行程中，最期待竟然是帶澳洲當地的豬仔散步！“我最期待是可帶豬仔去到市集行街，覺得應會好得意！”

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■林德信(中)接受訪問，鄧小巧(左)和蘇麗珊(右)現身為他撐場。

香港文匯報訊（記者 李慶全）林德信（Alex）即將推出親自創作及監製的新國語歌《愛的理由》，他透露歌曲本在四年前寫好，只是近年忙於拍戲和拍劇，放低了唱歌工作。到之前有廣告找他，表示想要一首講述愛的歌，他便舉手自薦已有這歌。

Alex宣傳新歌時，有兩位師妹鄧小巧及蘇麗珊陪同出席，他即場提議可Crossover合唱一首歌，蘇麗珊帶點害羞笑說：“我唱歌呀？其實之前都有上過唱歌班，但還是想準備得好一點。當然有機會都想試！”她指過去都有唱歌經驗，就是幫迪士尼動畫配音兼唱歌，只是那些歌要好澎湃、好高音，覺得

好難唱，不過倒是很好玩！

鄧小巧則讚Alex嘗試為自己的歌做監製很大膽，因她也曾親自監製，卻發覺不知自己唱到怎樣才算最好。Alex同樣感覺到挑戰很大，首先要對自己夠硬淨，所以錄音也花了不少時間，希望做到屬於自己的風格和路向，這次算是他開始的第一步。而最開心的是，憑今次經驗令自己的EQ提高了，也有信心為其他歌手做監製。Alex指跟鄧文錄音，對方不會發脾氣，但會想些方法來玩他，會找些遊戲去玩。至於有些導演和監製出名會鬧人，但Alex就一定不會，也覺得玩遊戲都很不錯，很喜歡用這方式去玩。

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《碟中諜6》中文特輯阿湯哥挑戰最難跳傘 表演"高跳低開"第壹人 RealD 海報捕捉驚險瞬間

好萊塢動作冒險巨制、經典特工系列新作《碟中諜6：全面瓦解》今日曝光“高空危機”版特輯，詳細解釋了影片中挑戰難度最高的“高跳低開”特技，即超高空跳傘，超低空開傘。

作為壹種空軍跳傘技術，“高跳低開”在攝像機鏡頭前被演繹可謂前所未有，阿湯哥也成為嘗試表演“高跳低開”第壹人，經過106次拍攝，才完成25000英尺高空跳傘、2000英尺以下低空開傘的驚險戲份。此次影片將以全制式版本上映，近日RealD發布獨家海報，記錄了阿湯哥高空跳傘的驚險瞬間，壹場高空燃戰即將打響！影片將於7月27日北美公映。

阿湯哥挑戰極限演繹“高跳低開” 為呈現完美鏡頭命懸壹線

全新曝光的“高空危機”版特輯可謂幹料滿滿，揭秘了影片中最精彩高空跳傘鏡頭幕後的重重困難。阿湯哥再次化身“拼命三郎”，不但要完成軍事級別的“高跳低開”技術，更要配合攝像機完成表演，雙重挑戰難度加倍。

跳傘協調員艾倫·休伊特稱：“在高空會出現氧氣不足以及減壓病等危險。”為保證拍攝安全，阿湯哥“需要演練100次”，空中跳傘攝影操作師克雷格·奧布萊恩說，阿湯哥必須以200英裏的時速，“從20000英尺的高空準確地著陸到離攝像機三英尺遠的地方。”每個環節都令人提心吊膽，稍

有差池阿湯哥就將面臨生命危險。

高難度拍攝25000英尺跳傘瞬間 全制式帶來沉浸式視效體驗

此次《碟中諜6：全面瓦解》將以全制式版本上映，驚險刺激的特工燃戰，絕對會帶給觀眾沉浸式的觀影體驗。近日，RealD也發布獨家海報，看似簡單實則暗藏玄機。

首先，阿湯哥距離雲層之遠顯示出，這正是他從25000英尺高空跳傘驚險瞬間的定格，鏡頭背後可謂驚心動魄。其次，畫面中阿湯哥頭戴頭盔，並未打開降落傘，因為他正在完成“高跳低開”技術。頭盔則由劇組專門設計，既是支撐裝備也是救生裝備，用以防止拍攝中可能出現的種種人身危險。最後，畫面背景太陽將落光色柔和，克雷格在採訪中稱：“我們壹天只拍攝壹次，必須盡可能在接近日落時分拍攝。因此，精確地說，我們每天只有三分鐘的拍攝時間。”由此可見，電影的每壹個畫面都來之不易。更多精彩，敬請關注！

《碟中諜6：全面瓦解》由美國派拉蒙影片公司出品，克裏斯托夫·邁考利執導，湯姆·克魯斯、亨利·卡維爾、西蒙·佩吉、麗貝卡·弗格森、文·瑞姆斯、肖恩·哈里斯、安吉拉·貝塞特、凡妮莎·柯比、米歇爾·莫娜漢、亞歷克·鮑德溫、韋斯·本特利、費雷德里克·施密特等主演，將於7月27日北美公映。



如果你喜歡求生題材 這是個不錯的選擇



在許多代人類心中，海洋壹直是壹種魅力的源泉。也許是因為盡管人類在航海技術等方面都取得了驚人的進步，但它仍然有點不可馴服。

電影《驚濤颶浪》基於真實故事改編，探討了人類原始的恐懼，同時也講述了兩個年輕戀人的浪漫故事。該片由冰島電影制片人巴塔薩·科馬庫執導，影片將將愛情的浪漫和經歷海上風暴的悲劇結合在壹起。正如愛能戰勝壹切壹樣，人類也能避開大自然的災難。

片中，謝琳·伍德蕾和山姆·克拉弗林分別飾演塔米·奧爾德姆和理查德·夏普。她是壹個相當簡單的海灘女孩，喜歡沖浪和戶外活動；他是壹個瀟灑、有魅力男人，會獨自壹人航行到世界各地。

當這對夫婦從塔希提出發前往聖地亞哥時，他們沒想到他們將遇到美國西海岸有史以來最大的颶風之壹。在這場野蠻風暴過後，塔米醒來，發現船破了，理查德受了重傷，幾乎被颶風折斷了骨頭。他們缺乏食物和醫療用品，必須設法航行到陸地上，否則就會被沖進廣闊的太平洋，那意味著必死無疑。

在《深淵》和《絕命海拔》等片中，巴塔薩·科馬庫已經證明了自己的作品是人類與大自然復雜關係的最重要的現代電影編年史之壹。《驚濤颶浪》繼續這種創

作風格。科爾庫有壹種敏銳的直覺，他知道如何在不屈服於自然的情況下，展示自然的力量和奇跡。

巴塔薩·科馬庫的這部海上災難電影並不像沃爾夫岡·彼得森的完美風暴那樣註重特效場面。它的特效是在最小的尺度上的，影片聚焦的是兩人的故事。

相較其他海上災難題材的電影，《驚濤颶浪》在電影語言上沒有太多的探索，相比《顛栗海洋》、《壹切盡失》等片，顯得缺乏個性。但這並不是說《驚濤颶浪》是壹部無聊的電影。

該片攝影師羅伯特·理查德森曾憑借《雨果》、《飛行家》、《刺殺肯尼迪》三度獲得奧斯卡獎。他用鏡頭捕捉到的海上美景令人印象深刻。

電影中，謝琳·伍德蕾和山姆·克拉弗林的表演有著不錯的化學反應。影片原計劃由謝琳·伍德蕾和邁爾斯·特勒出演情侶，他們此前已經合作過多次，包括2013年的《美好的現在》。目前的搭配給人壹種很強的新鮮感，謝琳·伍德蕾搖身壹變，似乎成了壹個妳之前從沒見過的演員。

結論：對於喜歡災難、求生等類似題材的觀眾來說，《驚濤颶浪》是壹個很不錯的選擇。

《驚濤颶浪》6月1日北美上映。

《超人總動員2》 IMAX 專屬海報曝光 皮克斯原班人馬十四年後強勢歸來

由迪士尼影業出品、皮克斯動畫工作室制作的動畫電影《超人總動員2》將於6月22日，以IMAX 3D格式強勢登陸全國IMAX影院。在影片即將公映之際，IMAX曝光了影片的最新IMAX專屬海報。這張IMAX專屬海報上超人家庭全員連同夥伴酷冰俠和寵物浣熊，以剪影形式酷炫登場，每個人都在展示著自己的超能力，似乎在與不知名的黑暗勢力作戰。而海報中心，超人家庭的標誌性logo中的“i”也巧妙的變成了“ii”，暗示這是系列的第二部作品，而海報底部也將超人家庭的logo巧妙融入了IMAX的logo裏。

布拉德·伯德擔任本片導演兼編劇，約翰·沃克和妮可·格林德爾擔任制片。在《超人總動員2》中，彈力女超人巴荷莉擔負起了帶領超人家庭再次回歸的重任，而超人先生巴鮑勃則過起了“正常人”的居家生活，在家照料巴小倩，巴小飛，和超能力即將被發掘的寶寶巴小傑。然而，當劇中新反派開始醞釀壹個狡詐危險的陰謀時，他們的使命又將回歸。超人家庭從不會逃避挑戰，尤其是聯合了酷冰俠的力量時，這就是為什麼這個家庭如此的“不可思議”。

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駐休士頓辦事處陳家彥處長(右5)、休士頓僑教中心莊雅淑主任(左4)、羅崇義會長(右6)、紐奧良法官 Kern A. Reese(右7)與訪團張團長(左5)以及表演同學合影

中華民國僑務委員會為支援美加僑界辦理2018年「美國台灣傳統周及加拿大亞裔傳統月」的活動，今年選派國立台灣體育運動大學組成「點亮台灣」表演團，赴美國、加拿大巡演。該團於5月26日晚上在紐奧良Dillard University Samuel DuBois Cook Theater盛大演出，正逢紐奧良建城300周年，該表演獲紐奧良市政府列為300周年系列活動，用臺灣文化點亮紐奧良，駐休士頓辦事處陳家彥處長、休士頓僑教中心莊雅淑主任專

程由休士頓趕往參加，紐奧良市長LaToya Cantrell及市議會送來祝賀文告，當地政要以及主流社區、僑界踴躍前往觀賞精彩表演。

這場活動由紐奧良臺灣商會主辦，晚會由主辦單位羅崇義會長、紐奧良法官Kern A. Reese共同主持，羅會長感謝臺灣政府以及全僑協助促成該活動，駐休士頓辦事處處長陳家彥希望能藉由一系列台灣傳統周的精彩活動，宣揚台灣的優質文化，提升台灣的國際能見度，紐奧良市長

LaToya Cantrell及市議會分別送來賀狀，歡迎台灣體育運動大學至紐奧良演出，並表示該活動列為紐奧良建城300周年，象徵臺美之友誼，同時宣布當週為紐奧良市之「台美人傳統週(Taiwanese American Heritage Week)」。

由國立台灣體育運動大學組成「點亮台灣」表演團，演出節目以台灣多元文化為創作底蘊，以創新的編排手法，結合舞蹈、歌唱、音樂、戲劇等表演形式，展現台灣當代人文風情、族群文

化、藝陣文化等，將傳統多元文化以嶄新的風貌呈現。內容則有豐富精彩的舞碼，包括：「春鬥、展風神、花嫁、天佑大地、甕缸踏福、逗鬧熱、台灣青春派、點亮台灣」等呈現台灣意象的歌舞，讓觀眾看見台灣充滿活力的創意和文化內涵。壓軸的「點亮台灣」演出時，當台上舞者一起點亮手機、圍成台灣的形狀時，現場響起熱烈的掌聲，氣氛感人，。



國立台灣體育運動大學組成「點亮台灣」表演團表演精彩



駐休士頓辦事處陳家彥處長(左5)、休士頓僑教中心莊雅淑主任(左1)與羅崇義會長(右3)、紐奧良法官Kern A. Reese(左2)等主流貴賓合影



國立台灣體育運動大學組成「點亮台灣」表演團表演精彩



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紐奧良市長LaToya Cantrell及市議會分別送來賀狀祝賀，駐休士頓辦事處陳家彥處長(左1)、羅崇義會長(右1)以及訪團張團長(左2)代表接受



訪演成功吸引300人前往觀賞，與會觀賞有近半數為美國主流社區人士，對臺灣文化之美留下深刻印象



主辦僑團於會場外布置臺灣觀光文宣展示攤位，讓主流觀眾認識台灣



僑委會民俗種子老師於訪演會場向主流觀眾展示臺灣文化

德州防蚊計畫 天然防蚊妙方 免受蚊子侵擾 沒有化學傷害



注意防蚊，不受蚊子的叮咬，避免傳染疾病

(記者韋夏休斯敦報導) 住在德州，天氣一熱，許多地方就有蚊子出沒。你知道嗎？全世界有3000多種蚊子，在美國，約有200多種。古今中外有林林總總的方法防蚊，讓人不受蚊子的攻擊，除了讓自己不被叮咬，更重要的，是避免傳染疾病。不過，有些防蚊方式含有化學成分，雖能驅蚊卻難免有副作用。別擔心，本文介紹天然的防蚊妙方，讓你不受蚊子的侵襲，安全又健康。

蚊子傳染最主要的兩種疾病是瘧疾(malaria)、與登革熱(dengue)，每年約有一百萬人死於瘧疾，主要多在非洲；德州曾爆發多起登革熱病例，民衆要特別注意防蚊。



避免長期連續的喝酒吃肉，可減少蚊子的叮咬

據科學家們表示，某些人比較容易被蚊子咬，以下是常見的類型，您屬於其中的一類嗎？應如何來避免呢？

第一類：出汗較多的人。人體排出的汗水含有許多乳酸值，這是蚊子喜歡的食物之一。因此，在流汗之後應盡快洗澡，有助於減少被蚊子叮咬的可能性。

第二類：喜用化妝品的人容易被蚊子攻擊。護膚水、粉餅、面霜等化妝品多含有蚊子喜

歡的味道，如果常常化妝，會比其他不化妝的人有更高被叮的機會。

第三類：喜歡吃肉喝酒的人。大量喝酒、吃肉，會改變體液的酸鹼值，身體容易偏酸，因此，最好避免長期連續的喝酒吃肉，可減少蚊子的叮咬。

第四類：穿深顏色衣服的人。蚊子有趨暗性，因而最好能選擇穿淺色的衣服。穿長袖、長褲也可以有幫助。

第五類：新陳代謝旺盛的人、以及小孩。孩子細皮嫩肉的，也容易成為蚊子叮咬的目標。

夏天是戶外活動的好季節，無論是露營、健行、釣魚，或是做園藝，都可能碰到蚊子騷擾，以下幾種天然妙方，不僅能驅趕蚊子，同時沒有化學傷害，不會有副作用。

1. 麻油加椰子油。取適量麻油與椰子油放在手心上，充分抹勻，然後塗在臉部、脖子、手臂、腿等需要防蚊之處。蚊子怕這種味道，自然不會來侵擾。



取適量麻油與椰子油放在手心上充分抹勻，然後塗在需要的地方。蚊子怕這種味道，自然不會來侵擾

2. 檸檬香茅油加薄荷精油，放在手心上，充分抹勻，然後塗在身上，也有不錯的防蚊效果。

3. 使用防蚊網。在網站上可購買到防蚊網(mosquito net)，主要可以避免蚊子攻擊臉部與脖子，其他部位則塗抹上述自製防蚊油，在做

園藝時效果一流。

4. 使用生物防治法，在後院培育蜻蜓。蜻蜓的幼蟲水蠶在水裡時會吃蚊子的幼蟲孑孓。



迷迭香放在小瓷碟中焚燒，可以驅蚊等到羽化成蜻蜓後，也是蚊子殺手。

5. 種植防蚊植物。像香茅、薄荷、薰衣草、九層塔、蚊子草、迷迭香、艾草、七里香、小茴香、萬壽菊等，都會釋放出蚊子不喜歡的味道，能減少蚊子與其他害蟲。

6. 焚燒香草植物。在中國古代，會焚燒艾草來驅蚊。在日本，用天然除蟲菊花做成線香，是許多人古早時的除蚊工具。在德州，可以找到許多香草植物，放在小瓷碟中焚燒，也可以驅蚊。此外，把泡過的殘茶葉曬乾、加上曬乾的桔子皮一起焚燒，也有很好的防蚊效果。

7. 天然植物防蚊液。用植物汁液來防蚊，效果也很優，如薄荷葉、紫蘇葉、迷迭香、或檸檬香茅都行，取適量的葉子揉出汁液，塗抹在裸露的皮膚上，也能驅蚊，這些植物在德州都可買到，最好能在自家後院種一些，既可用於廚房調味，又可充當防蚊液，還可觀賞，一舉數得。

8. 取廚房所用調味品中的八角、茴香各兩枚，放溫熱水泡在盆中，用來洗澡，蚊子也不敢靠近。

9. 要防蚊，應該從根本做起。家周圍如果有積水的地方，像是水溝、或是小坑，都該清除，避免蚊子孳生的可能。

10. 將洗衣粉加上肥皂絲，放進裝水的容器



防蚊網(mosquito net)可以避免蚊子攻擊臉部與脖子，在做園藝時效果一流

中，與水混合好，放在庭園角落裡，幾天後就會發現蚊子減少許多。因為香氣會誘使蚊子產卵，而水裏的鹼性物質會讓蚊卵不能存活，蚊子的數量自然逐漸減少。

此外，一般市售的防蚊液中，有DEET成分，雖被認為是有效的防蚊產品，但是有化學傷害，較不推薦。研究發現濃度高的DEET會造成皮膚不舒服，或是起疹子，甚至有誤食昏迷的例子發生。



將洗衣粉加上肥皂絲，放進裝水的容器中，與水混合好，放在庭園角落裡，可以輕鬆滅蚊