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Trump says U.S. may release parts of Baghdadi raid video



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S&P 500 hits all-time high on trade optimism, rate cut hopes



Traders work on the floor at the New York Stock Exchange (NYSE) in New York, U.S., October 28, 2019. REUTERS/Brendan McDermid

(Reuters) - Technology stocks propelled the benchmark S&P 500 index to an all-time high, while the Nasdaq hovered below its record level, as a possible U.S.-China trade deal and rising bets on a third rate cut by the Federal Reserve fueled optimism.

Traders work on the floor at the New York Stock Exchange (NYSE) in New York, U.S., October 28, 2019. REUTERS/Brendan McDermid

Shares of Microsoft Corp (MSFT.O) gained 2% and were among the biggest boost to all three major indexes after the technology giant won the Pentagon's \$10 billion cloud computing contract, beating Amazon.com Inc (AMZN.O).

The S&P 500 rose as much as 0.7% to 3,044.08, breaching the record level hit in July, while the Nasdaq was less than 0.5% below its all-time high. The Dow Jones Industrial Average was more than 1% away from its record high.

President Donald Trump said on Monday he expected to sign a significant part of the trade deal with China ahead of schedule but did not elaborate on the timing.

That added to Friday's optimism when Washington said it was "close to finalizing" some parts of a trade agreement with China.

"Most of the things that have been worrying markets haven't necessarily been resolved but the concern about them has waned a little bit," said Randy Frederick, vice president of trading and derivatives for Charles Schwab in Austin. "In general, it is more of a lack of bad news than it is an abundance of good news."

The news comes as a relief to investors who have been reeling from the impact of the trade war and its fallout on the domestic economy.

Adding to the upbeat mood, the Fed is expected to widely cut interest rates at its two-day policy meeting, which ends on Wednesday.

The odds for a quarter percentage point cut in U.S. borrowing costs have jumped to 95% from 49% last month, according to CME Group's FedWatch tool.

The third-quarter earnings season has managed to ease some concerns related to the impact of the trade tensions on Corporate America, with over 78% of the 204 S&P 500 companies that have reported so far surpassing profit expectations, according to Refinitiv data.

Investors are now waiting for earnings from heavyweights this week, including Apple Inc (AAPL.O), Alphabet Inc (GOOGL.O) and Merck & Co Inc (MRK.N). Chipmakers, which have a sizable exposure to China, gained helping the Philadelphia SE Semiconductor index .SOX rise 1.6%. The technology .SPLRCT, healthcare .SPXHC and communication services .SPLRCL sectors gained more than 1% each.

"We're likely to hold at a high today and may just float around sideways for a while," Frederick added.

At 1:00 p.m. ET, the Dow Jones Industrial Average .DJI was up 74.92 points, or 0.28%, at 27,032.98, the S&P 500 .SPX was up 15.24 points, or 0.50%, at 3,037.79

and the Nasdaq Composite .IXIC was up 78.83 points, or 0.96%, at 8,321.95.

Among other stocks, AT&T Inc (T.N) rose about 4% after the U.S. wireless carrier said it would add two new board members and consider selling off up to \$10 billion worth of non-core businesses next year.

Tiffany & Co (TIF.N) surged about 31% after Louis Vuitton owner LVMH (LVMH.PA) made a \$120 per share offer to buy the U.S. luxury jeweler.

Spotify Technology SA (SPOT.N) gained about 14.47% after the music streaming company posted a surprise quarterly profit and beat revenue estimates.

Advancing issues outnumbered decliners by a 1.48-to-1 ratio on the NYSE and by a 2.23-to-1 ratio on the Nasdaq.

The S&P index recorded 39 new 52-week highs and no new lows, while the Nasdaq recorded 104 new highs and 30 new lows.



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Trump says U.S. may release parts of Baghdadi raid video

WASHINGTON/MOSCOW (Reuters) - U.S. President Donald Trump said on Monday he may declassify and release part of the video taken on Saturday of the raid in Syria in which Islamic State leader Abu Bakr al-Baghdadi was killed. The video is believed to include aerial footage and possibly footage from cameras mounted on the soldiers who stormed Baghdadi's compound. "We're thinking about it. We may," Trump told reporters before flying to Chicago. "We may take certain parts of it and release it."

Trump said on Sunday that Baghdadi had died "whimpering and crying" in a raid by U.S. special forces in Syria, fulfilling his top national security goal.

World leaders welcomed Baghdadi's death, but said the campaign against Islamic State, a group that carried out atrocities in the name of a fanatical version of Islam, was not over, with so-called lone wolves likely to seek revenge.

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U.S. disposes of Baghdadi remains, will not release video: military

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Baghdadi, who had led the jihadist group since 2010, killed himself by detonating a suicide vest after fleeing into a dead-end tunnel as U.S. forces closed in, Trump said in a televised address from the White House.

"He was a sick and depraved man and now he's gone," said Trump. "He died ... whimpering and crying and screaming."

Kremlin spokesman Dmitry Peskov declined to say if the United States had told Russia about the operation in advance.

But he added: "If this information is confirmed we can talk about a serious contribution by the president of the United States to the fight against international terrorism."

French President Emmanuel Macron said Baghdadi's death was a major blow against Islamic State but "the fight continues to finally defeat this terrorist organization".

British Prime Minister Boris Johnson said: "We will work with our coalition partners to bring an end to the murderous, barbaric activities of Daesh (Islamic State) once and for all."

Australian Prime Minister Scott Morrison told reporters: "This is a many-headed monster ... As you cut one off, another one inevitably arises."

In Southeast Asia, an important focus for Islamic State, officials said security forces were preparing for a long battle to thwart the group's ideology.

The Philippines, Indonesia and Malaysia, home to some of Asia's most organized Islamist militants, said they were braced for retaliation by Islamic State loyalists, including "lone wolf" attacks by radicalized locals.

CAPABLE AND DANGEROUS

Though Baghdadi's death will unsettle Islamic State, it remains capable and dangerous, said Delfin Lorenzana, defense secretary of the Philippines, where the group's influence has taken a hold in its troubled Mindanao region.



FILE PHOTO: A man purported to be the reclusive leader of the militant Islamic State Abu Bakr al-Baghdadi has made what would be his first public appearance at a mosque in the centre of Iraq's second city, Mosul, according to a video recording posted on the Internet on July 5, 2014, in this still image taken from video. Social Media Website via

"This is a blow to the organization considering al-Baghdadi's stature as a leader. But this is just a momentary setback considering the depth and reach of the organization worldwide," Lorenzana said. "Somebody will take his place."

Islamic State has no declared successor as leader. But the group has in the past proved resilient, continuing to mount or inspire attacks in the region and beyond despite losing most of its territory in recent years.

Baghdadi had long been sought by the United States - which offered a

\$25 million reward - as leader of a jihadist group that at one point controlled large areas of Syria and Iraq, where it declared a caliphate.

Islamic State has brutally attacked religious minorities and launched deadly strikes on five continents in a violent campaign that horrified most Muslims.

In their long hunt for Baghdadi, Iraqi intelligence teams secured a break in February 2018 after one of his top aides gave them information on how he escaped capture for so many years, two Iraqi security officials said.



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Editor's Choice



A model presents a creation by designer Hao Weimin at China Fashion Week, China, October 28, 2019. REUTERS/Jason Lee TPX IMAGES OF THE DAY



A woman takes pictures next to pro-Brexit placards outside the Houses of Parliament in London



Supporters of presidential candidate Alberto Fernandez, and his running mate and former President Cristina Fernandez de Kirchner, react in Buenos Aires, Argentina October 27, 2019. REUTERS/Ricardo Moraes TPX IMAGES OF THE DAY



Britain's Prime Minister Boris Johnson signs a book of condolence during a visit to Thurrock Council Offices in Grays, Britain October 28, 2019. Stefan Rousseau/Pool via REUTERS TPX IMAGES OF THE DAY



Christine Lagarde, President-designate of the European Central Bank talks to ECB's outgoing President Mario Draghi in Frankfurt, Germany October 28, 2019. Boris Roessler/Pool via Reuters TPX IMAGES OF THE DAY



Demonstrator reacts during a protest over corruption, lack of jobs, and poor services, in Baghdad



U.S. President Donald Trump watches as U.S. Special Operations forces close in on ISIS leader Abu Bakr al-Baghdadi, in the Situation Room of the White House in Washington

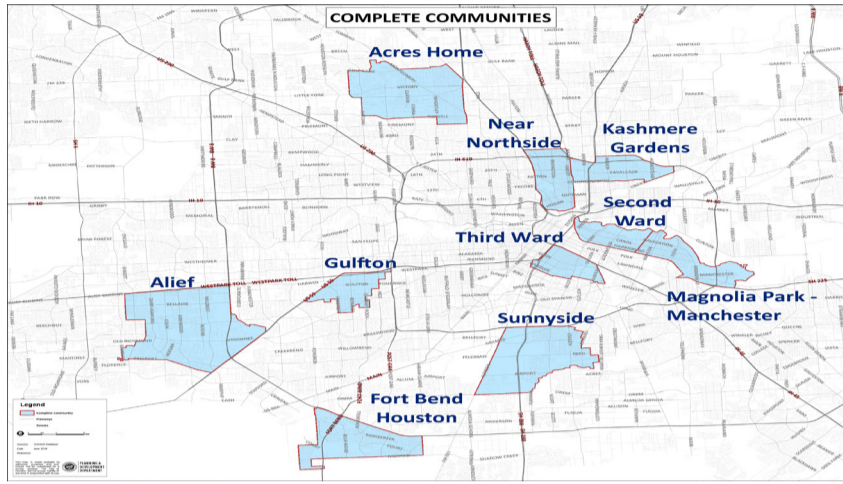


Formula One F1 - Mexican Grand Prix - Hermanos Rodriguez Circuit, Mexico City, Mexico - October 27, 2019 Mercedes' Lewis Hamilton celebrates winning the race on the podium REUTERS/Carlos Jasso TPX IMAGES OF THE DAY

City Of Houston Mayor's Office Media Release For Immediate Release 6/20/19



Mayor Expands Complete Communities Initiative To Five More Neighborhoods

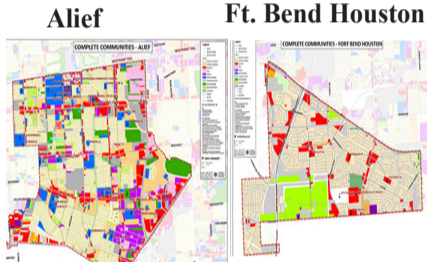


Compiled And Edited By John T. Robbins, Southern Daily Editor

Houston - On Thursday, June 20, 2019, Mayor Turner announced that five new neighborhoods have been added to the Complete Communities initiative!

They join a collaborative neighborhood improvement program that started with Acres Home, Gulfton, Near Northside, Second Ward and Third Ward. The City will work in a concentrated manner with stakeholders in each area and partners across Houston to create more complete neighborhoods with enhanced access to quality affordable homes, jobs, well-maintained parks and greenspace, improved streets and sidewalks, grocery stores and other retail, good schools and transit options.

Houston creating One Complete City. Mayor Turner made today's announcement at a community celebration at Eastwood Park, 5000 Harrisburg Blvd. in Second Ward, to showcase examples of the initiative's progress.



Worn out tennis courts at the park were converted to soccer practice spaces thanks to a \$200,000 public-private partnership among the city, the U.S. Soccer Foundation and Target stores. New skate park ramps debuted at the park, thanks to the Friends of Eastwood Park non-profit

organization. "Although they have been underserved for decades, these 10 neighborhoods represent some of the best of Houston—they're diverse, hard-working, and proud," Mayor Turner said.



Complete Communities, which the mayor started two years ago, uses government, non-profit and business funds and other resources to strengthen neighborhoods across the city. Donors have already given \$11 million to the mayor's Complete Communities Improvement Fund and the initiative has also attracted millions of dollars in private investments.

The 10 neighborhoods - half of them outside Loop 610 -- struggle with access to quality amenities and services, such as full-service supermarkets, affordable urgent care centers and high-quality early learning and after-school programs.

Residents of each Complete Communities neighborhood determine the top priority neighborhood improvements through a series of public meetings and workshops.

Background Mayor Turner Announces Complete Communities Initiative

Mayor Sylvester Turner announced the launch of the much-anticipated Complete Communities Initiative on April 12, 2017. Complete Communities is a pilot program designed to revitalize Houston's under-resourced communities in

partnership with existing neighborhood residents.



The initiative will work toward creating sustainable, "complete" neighborhoods that are safe, affordable, economically viable, and that have access to quality education, affordable housing, transportation options, green spaces, healthy food options, economic opportunity, and well-maintained infrastructure.

In order to achieve sustainable, comprehensive community results that also safeguard against widespread gentrification, the City must embrace a nuanced approach, and work alongside community partners and neighborhoods to specifically identify what will make their respective neighborhoods "complete," and implement that vision.

The Complete Communities Initiative will commence with the following five (5) pilot communities: Acres Homes, Gulfton, Second Ward, Near Northside Third Ward.



The City will also collaborate with the Complete Community Advisory Committee, comprised of community building stakeholders across Houston, during this process. In order to both develop and implement these local community plans, the City will explore public-private partnerships and private investment in these projects, where appropriate, to help build local capacity and to promote sustainability. The goal of creating and

implementing these local community plans is to enable Houstonians in various places across Houston to have the opportunity to thrive where they are.

"With the Complete Communities Initiative, we are not simply imposing programs on under-resourced neighborhoods; rather, we are seeking to collaborate with these communities to create and implement a shared community vision that empowers that community for the long-term." Council Member Edwards stated. "I commend Mayor Turner for including the Complete Communities Initiative among his top priorities, and look forward to working with Mayor Turner and my colleagues on City Council to help move all of Houston forward."

For more information on the Complete Communities Initiative, visit houstontx.gov/completemunities.

Strategy



Complete Communities is about improving neighborhoods so that all of Houston's residents and business owners can have access to quality services and amenities. It's about working closely with the residents of communities that haven't reached their full potential, understanding their strengths and opportunities, and collaborating with partners across the city to strengthen them. While working to improve these communities, we must also work to ensure existing residents can stay in homes that remain affordable.

Timeline table with columns: June 2019, July-August 2019, Fall 2019-Spring 2020, March-May 2020, Late Spring 2020. Rows describe key milestones like program announcement, outreach, public meetings, and implementation.

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Amazon Drivers Part Of \$10 Million Theft Ring, FBI Says



Amazon vans line up at a distribution center to pick up packages for delivery on Amazon Prime Day, in Orlando, Florida on July 16, 2019.

Overview

A theft ring in Washington state sold millions of dollars' worth of stolen goods on Amazon.com in the past six years, recently unsealed federal court documents show.

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

SEATTLE — A theft ring in Washington state sold millions of dollars' worth of stolen goods on Amazon.com in the past six years, and a pair of Amazon delivery drivers was involved, recently unsealed federal court documents show. According to a search warrant affidavit unsealed in U.S. District Court in Seattle and reviewed by The Associated Press, two storefront businesses posing as pawnshops bought the goods from shoplifters, then had the items shipped to Amazon warehouses, where they were stored until sold online. Entities associated with the alleged ring-leader did at least \$10 million in sales on Amazon since 2013, FBI agent Ariana Kroshinsky wrote in her affidavit. No charges have yet been filed, though investigators have raided the pawnshops

and the home of the man identified as the ringleader, Aleksandr Pavlovskiy, 44, of Auburn. A man who answered the door at one of the shops Wednesday identified himself as Alex and told The Associated Press his business was legitimate, that he kept good records and he should not be in any trouble. Among those who provided stolen items to the pawn shops were two contract Amazon drivers, Kroshinsky said. Their job was to travel to Seattle-Tacoma International Airport, pick up items being returned to the company and then bring them to an Amazon warehouse south of Seattle, and to deliver items to post offices for shipping. Instead, they routinely stole the goods and sold them to the pawnshops, she wrote. Amazon did not immediately return an

email seeking comment about the case Thursday.



A pawn shop alleged to have been a front for a theft ring closed in Renton, Wash. on July 31, 2019. The FBI says the ring sold millions of dollars' worth of stolen goods on Amazon.com in the past six years, and that a pair of Amazon delivery drivers was involved. No charges have yet been filed.Elaine Thompson / AP

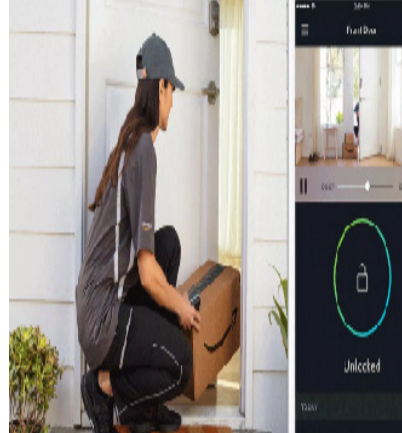
The investigation began last summer when a police detective in Auburn, a south Seattle suburb, was perusing a record of pawnshop sales and noticed that one man had made 57 transactions. It turned out to be one of the drivers. He had received nearly \$30,000 selling items to the pawn shops between February and July last year, the affidavit said. Police initially arrested the driver, but released him from jail to avoid disrupting their larger investigation. The other driver, identified as Abbas Zghair, was believed to be a roommate of the first. Amazon told investigators that Zghair stole about \$100,000 worth of property, including gaming systems, sporting goods and computer products — items he sold to one of the pawnshops for less than \$20,000, the agent wrote. In an unrelated case, Zghair has been charged with murder after police said he shot and killed a man in an Auburn field in March, then fled to the Canadian border, where he was arrested trying to cross with a fake ID. He's being held on \$2.5 million bail. Detectives staked out the pawnshops, Innovation Best in Kent and Thrift-Electro

in Renton, and observed that they appeared to be paying shoplifters and drug users cash for new items from Home Depot, Lowes and Fred Meyer department stores.



Unlike typical pawn shops, they didn't make sales; instead, the products were moved to a warehouse and to Amazon "fulfillment centers," from where they were shipped when they were sold on Amazon's website by sellers using the handles "Bestforyouall" or "Freeshipforyou," the affidavit said. According to a database of pawnshop transactions reviewed by Auburn police, the suspect pawn shops paid more than \$4.1 million to sellers who brought them nearly 48,000 items in the past six years. The items included allergy medication, razors, electric toothbrushes and tools in their original packaging. Detectives also conducted undercover operations in which they sold new items in their original packaging to the shops, which accepted them no questions asked, Kroshinsky wrote. The FBI said it is awaiting more Amazon records to determine the full extent of Pavlovskiy's enterprise, but that "estimated revenue from Amazon sales, for entities associated with Aleksandr Pavlovskiy, was at least \$10 million since 2013." Pavlovskiy's lawyer, Cristine Beckwith, did not return a message seeking comment. The sale of stolen or counterfeit goods on Amazon or other digital marketplaces is not uncommon, but it was not immediately clear how many other schemes

had reached such a volume of sales. Last year, police raided a pawn shop in Monroe, north of Seattle, that they said had taken in \$428,000 fencing stolen items, much of it on Amazon.



Jon Riley, a vice president for the digital strategy firm Publicis Sapient and previously the head of e-commerce user experience for Amazon Devices, said preventing the sale of stolen goods is a major challenge for the company, but retailers can be held liable if they don't do enough to ensure they're not selling stolen goods. Because it's impossible for Amazon to review "every Tide pod" that's sold on its site, the company will likely need to do more to vet sellers, Riley said. "It's a little bit of an arms race for Amazon to be able to take in product, put it on the web and get it to their customers in a speedy fashion and not unwittingly sell stolen stuff at the same time," Riley said. "Ultimately what Amazon has to do is show good faith if the government comes knocking on the door and says, 'Look, you're selling stolen goods.'" (Courtesy nbnews.com)



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秋冬乾燥宜吃梨子 養陰清熱 潤肺生津

秋冬乾燥的季節，是最為適合吃梨子的，中醫認為，梨子性甘，微酸，寒，梨能生津，能解渴。梨子的功效與作用主要有養陰清熱、潤肺生津、清熱解毒、降火退熱、利尿滋腎等，實為果中之上品。著名的藥書《本草綱目》中也記載過，梨子能降火化痰和潤肺，對於秋冬季節流行的呼吸道疾病造成的咽喉疼痛、乾咳、口渴等陰虛的症狀，吃梨子能有一定的緩解功效。在入秋之後，各種的梨子陸續登場，今期就以日本梨子為大家做養生菜，秋高氣爽郊遊之際，只要調整這三個食譜為炭火加熱，就可以作為具有養生特色的戶外燒烤物。

文、圖：小松本太太

梨子的果肉口感甘爽可口，含有大量果酸，如檸檬水、蘋果酸等，還含有葡萄糖、果糖等。咳嗽痰稠或無痰、咽喉發癢乾疼者，慢性支氣管炎、肺病患者，高血壓、心臟病、肝病患者尤其適合，吃梨子更可以舒緩酒後不適。

了。梨子加熱以後同樣有清熱止咳、潤肺化痰的功效。如果在蒸梨子的時候，加入其他養生食材，更會有相輔相成的效果。

不論生吃熟吃，梨子都能達至養生功效，而且梨子的外皮中含有豐富的維生素和各種果酸及鞣質酸，有止血、收斂之功。雖然是很普通的水果，但是吃梨子的好處還是非常多的，所以日常生活中，也是可以用梨子來養生，只是體質虛寒的人最好少吃梨子。



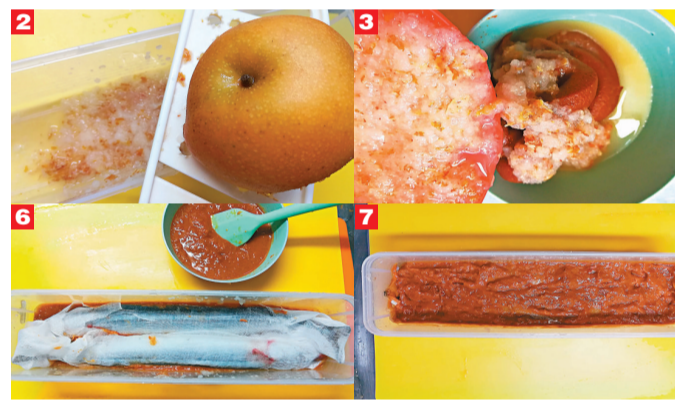
梨子煙肉卷

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製法：
1. 日本梨子去芯、縱切成10小件；
2. 煙肉切成兩段，將煙肉1段捲入1片日本梨子；（餘下材料作同樣處理）
3. 燒熱鑊、下油，將梨子煙肉捲接口朝上鑊排在鑊內，以中火煎至煙肉蜷縮；
4. 調味拌勻，注入鑊內煮至焦香即成。



梨子味噌秋刀魚

材料：梨子 1個（約150克） 味噌 150克 秋刀魚 2條



製法：
1. 秋刀魚洗淨、吸乾水分，用烹調棉布包裹備用；
2. 以磨蓉板將梨子磨成蓉；
3. 保留1湯匙梨子蓉，餘下的梨子蓉與味噌拌勻成醃漬醬；
4. 準備一個有蓋的容器；
5. 將1/2的醃漬醬注入容器內；
6. 把用烹調棉布包裹妥的秋刀魚放入已注有醃漬醬的容器內；
7. 將剩餘的醃漬醬淋在已包裹妥的秋刀魚上；
8. 蓋上容器，放入冰箱醃漬8至12小時；
9. 取出醃漬妥的秋刀魚，去掉包裹妥的棉布，排放在鋪有烘焙紙的烤盤上；
10. 放入多士焗爐，烤20分鐘，以梨子蓉拌食即成。

慢煮燉梨子

材料：梨子 1個 陳皮 1片 杞子 6粒 本味醃 2湯匙
製法：
1. 陳皮及杞子用本味醃浸軟備用；
2. 將梨子頂端切開，用小匙挖去梨子芯；
3. 準備蒸籠；
4. 將浸軟的陳皮及杞子放入梨子內，蓋上梨子頂端；
5. 用錫箔紙包裹，放入冒出蒸氣的蒸籠內蒸40分鐘即成。



健康資訊

吳醫生要求接班人細心耐心 拇趾外翻「韌帶聯合術」應推廣

拇趾滑液囊炎(Bunion)，也稱為拇趾外翻(Hallux valgus)，是指大拇趾和腳之間趾關節的異常變形，大拇趾常常會往另外四個腳趾的方向傾斜，造成關節紅腫疼痛。這種病症多發於女性，常見發病年齡層介於20歲到50歲之間。

出生於台灣的吳彥醫生，是第一位將「非截骨韌帶聯合術」引入香港的骨科專科醫生，也是目前亞洲唯一一位以這種手術治療拇趾外翻的骨科醫生。他解釋這種手術主要是將不穩而移位的第一跖骨可用縫線方式同第二跖骨綁在一起，即可將其拉回到正常原位，而無須任何骨質切割。這種手術的創傷較小，也能很快地恢復正常生活，為患者帶來了福音。

「非截骨韌帶聯合術」的基本手術概念和技術在半個多世紀前的意大利就已有，可惜一直被醫學界忽略。目前世界上沒幾個醫生在使用這種手術。他很擔心自己退休後會失傳，很希望能夠尋覓到合適的接班人繼續這類手術。吳醫生認為接班人除了要有相關的醫學知識外，更要有足夠的細心和耐心，醫生除了做好手術技巧外，還要跟病人溝通，跟進病人的康復過程，需要數月，所以要謹慎挑選人才。

由於「非截骨韌帶聯合術」的價格略為高昂，吳彥醫生恐患者擔心經濟上負荷吃力，他打算成立相關基金，並提供相關的義診服務，為患者帶來一定程度的幫助。

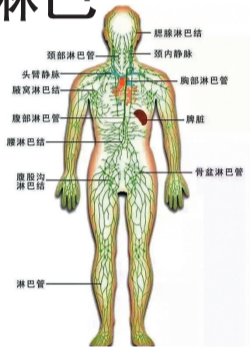
香港將正式成立首家拇趾外翻診療中心，這會是全港首間專注治療拇趾外翻的診療中心，同時推出新的教育網站推動「非截骨韌帶聯合術」的教育和發展，希望藉此為香港的患者減去痛苦，重拾足尖的健康。



香港註冊中醫師 楊沃林

疏通三大淋巴

淋巴，是我們身體內一種無色透明液體，內含大量淋巴細胞，分佈在全身各部，對我們身體的免疫系統有着至關重要的作用。



淋巴示意圖

淋巴是人體最後一道防禦系統，也是人體垃圾回收站，是人體的清潔工，也是最大的排毒器。

我們人體的淋巴系統是非常巨大的，其中最能反映我們健康的是「頸部淋巴」、「腋下淋巴」及「腹股溝淋巴」。

一、頸部淋巴，與動脈、頸椎、頸項、鎖骨與腋下淋巴、頭部相連，足以見得它的重要性。

頸部淋巴疏通方法：頸部的淋巴系統從耳後一直延伸到肩膀，從耳後的穴位（耳後有一個大的淋巴穴，用力按壓時會有酸脹感的那個部位便是）從上到下推行按壓，直至肩胛骨。

二、腋下淋巴，胸部、手臂和經絡、肩頸是緊密聯繫的。對於女人來說，腋下淋巴尤其重要，不通則痛，當感覺胸腋脹痛，或乳頭變黑時，多半是腋下淋巴不通暢。

腋下淋巴疏通方法：腋下其間皮膚層多汗腺，分佈有支配上肢的神經和血管，窩內還有淋巴結群，匯集了上肢胸壁和背部淺層的淋巴，並且腋窩處有一個重要穴位——極泉穴，它在腋窩頂點的腋動脈搏動處。

三、腹股溝淋巴，腹股溝淋巴是整個生殖系統最大的排毒系統，女性有肌瘤、卵巢囊腫、宮頸糜爛、月經不調等一系列症狀，都逃脫不了腹股溝淋巴堵塞。

腹股溝淋巴疏通方法：採用「蝴蝶式」，通過雙腿的運動，能打通腿上的經絡，使氣血像「掃帚」一樣把腹股溝的衛生死角給清除乾淨。

淋巴結分佈全身，是人體重要的免疫器官。淋巴結腫大很常見，幾乎各種疾病和年齡都有可能發生。淋巴堵，毒素生，萬病纏身，人容易生病主要是因為身體有毒素，毒素不排，危害健康。而人體的毒素都是通過淋巴排出體外的，超過99%的可溶解毒素及新陳代謝後的廢物能夠被淋巴系統清除。淋巴堵上了，毒素容易淤積體內，疾病自然就找上門來。

食得健康

近年流行素食，就連台灣也興起，於是位於捷絲旅高雄站前館2樓便設有一間素食店「Double Veggie 蔬食百匯」，提供任食多樣化的蔬食餐點，融合各國創意特製美味料理，顛覆大家對蔬食的想像，不是只有蔬菜才是素食，大廚還特別以有機食材來製造不同的素食料理，如義大利麵、有機蔬菜、手工特色Pizza、風味烤餅、日式料理等，有別於既定的傳統印象，完全不會有一直吃菜

任食多樣化創意特製素食料理

或素食的感受。而且，素食店秉持自然、新鮮、健康、創新的經營理念，堅持嚴選新鮮蔬果食材，保留自然原味和營養，不添加人工化學及調味，搭配主廚研發料理的獨家滋味。店內還嚴選採用台灣在地小農新鮮直送的有機蔬菜，配搭主廚特別調製的醬料，其醬料融入西方如意式及法式等香料調製出來，大家可以自行搭配。如去高雄旅行，大家不妨去試試。



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2019年國慶盃高爾夫球賽圓滿成功舉行 休士頓客家會與休士頓清間俱樂部主辦



2019年休士頓國慶盃高爾夫球賽大合影。(記者黃麗珊攝)

(本報記者黃麗珊) 2019年休士頓國慶盃高爾夫球賽，由休士頓客家會與休士頓清間俱樂部主辦，於10月19日中午12時30分在Quail Valley Golf Club的El Dorado球場圓滿成功舉行，並於10月19日下午5時30分至下午7時30分舉辦頒獎典禮暨晚宴，近百位球友為慶祝108年雙十國慶歡聚球場，以球會友增進友誼，場面熱鬧歡樂。

長，僑教中心陳奕芳主任，108年國慶籌備會黃春蘭主任委員，休士頓客家會汪幹雄會長，休士頓清間俱樂部呂健全會長及恆豐銀行吳文龍董事長共同主持開球典禮後，近百位球友登上數十輛球車，浩蕩列隊往球場出發，展開開心的聯誼賽。

晚宴上主辦單位休士頓客家會與休士頓清間俱樂部特別為駐休士頓台北經濟文化辦事處、恆豐銀行、美南銀行和味全公司的贊助，頒贈嘉惠僑胞，社會

棟樑的感謝獎牌。駐休士頓台北經濟文化辦事處陳家彥處長致詞，高爾夫球是最好的活動，老少咸宜。當日最年輕球友16歲，客家會前會長賴江樑的孫子Tommy Lai，成績81桿，同時也歡迎休士頓消防局Isaac Garcia副局長及其公子Robert，經文處陳家彥處長及夫人黃惠榆，恆豐銀行吳文龍董事長及六位董事，以及在Lavaca Port的台塑公司的17人球隊在吳堯明副總經理率領下來共襄盛舉。

晚宴有豐盛的晚餐，啤酒，還有美味可口客家點心糍粑。會長感謝工作人員陳志恆、徐正雄、廖國偉、賴剛志、賴江樑、詹煥彰、陳登美、陳碧鍾、黃瑪莉及陳淑華等人貢獻心力。晚宴壓軸是頒發優勝者獎盃，A組冠軍許基甸，亞軍台北經濟文化辦事處經濟組長徐炳勳，季軍朱寧遠。B組冠軍劉文發，亞軍賴剛志，季軍松年學院院長許勝弘。最近洞獎2號洞Sunny Chen, 6號洞唐衍賢，11號洞林重光，14號洞郭鐘樑。最

長桿獎羅添勝。在休士頓清間俱樂部呂健全會長加碼免費贈送冰啤酒，及味全公司福袋與電鍋，再加上主辦單位提供的高爾夫推桿 (putter), 高爾夫球袋，旅行用具袋，Titleist Pro VI, Tour Soft等好球，紅包及其他各種精彩獎品，摸彩中，大家度過歡樂難忘的一天。



108年國慶籌備會副主委黃初平(左一)，休士頓客家會會長汪幹雄，許勝弘，賴剛志，劉文發，休士頓清間俱樂部會長呂健全，主委黃春蘭，台北經文處陳家彥處長夫婦，僑教中心副主任楊容清(右一)合影。(記者黃麗珊攝)

許勝弘(左四)、徐炳勳(左五)、朱寧遠(右四)和108年國慶籌備會副主委黃初平(左一)，休士頓清間俱樂部會長呂健全(左二)，休士頓客家會會長汪幹雄(左三)，主委黃春蘭(右三)及駐休士頓台北經文處陳家彥處長夫婦(右二、右一)在頒獎典禮上合影。(記者黃麗珊攝)

108年國慶籌備會主委黃春蘭(左一)，僑教中心主任陳奕芳，駐休士頓台北經文處處長陳家彥，恆豐銀行董事長吳文龍，休士頓清間俱樂部會長呂健全，休士頓客家會會長汪幹雄等嘉賓，球場上共同主持開球典禮。(記者黃麗珊攝)

長樂活動中心 舉辦慶生及書畫展 環境好氣氛融洽 被稱為「長者的樂園」



(記者韋寬糖城報導) 在糖城，有一個地方被銀髮族稱為「長者的樂園」，在這裡，長者們能夠談天做伴、發展嗜好、活動身心、學習體驗，無論是自在的唱歌跳舞、練瑜珈、舞太極，還是打麻將、學電腦、以及出外郊遊，都讓長者們生活的更充實有趣，這兒，能夠感受到融洽的氣氛，也能看到長者們臉上的笑容與光彩，這就是長樂活動中心(Wellcare Senior Center)。

鼓勸長者培養自己的嗜好，或是學習新的事物，大家開心的相處在一起，希望能更提昇長者的生活品質。

黎升祥先生是繪畫班的班長，他表示，書法和繪畫是一項品味高尚的藝術活動，年紀大的人長期參加書法繪畫活動，不但可以緩解壓力、排解孤獨，並且可以充實生活、獲得快樂、修身養性、陶冶情操，非常有益身心，因此也深受很多老年人的喜愛。這次的書畫展為書畫愛好者提供一個互相交流的機會，促進書畫活動的開展，也進一步豐富長樂活動中心老年人的生活。

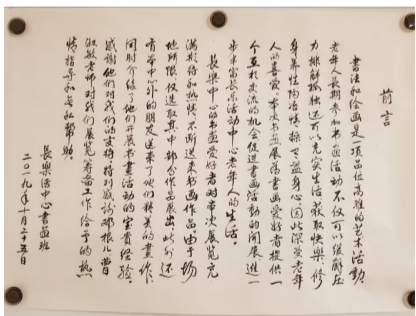
負責人潘小姐表示，中心這次舉辦書畫展，就是鼓勵長者們多培養興趣，讓生活更有寄託。中心不時推出各種活動

黎先生家就住附近



現，在這裡朋友們的精神狀況更好，彼此互動更密切，大家在這裡聊天唱歌跳舞畫畫，非常開心。

長樂中心的書畫愛好者，對於這次



展覽都充滿了期待跟熱情，不斷送來書

逼真，可愛極了。他還喜歡園藝，家裡種了許多奇花異草。此外，他也擅長做蛋糕，甚至為慶生會做的大蛋糕上還畫了畫，非常別緻，長樂夥伴們都稱讚他做的蛋糕比外面買的更好吃。

魏榮果女士對參加這次的畫展很開心，她的手工藝非常具有巧思，把不同材質、顏色的東西，變成一幅人像，唯妙唯肖。她也會把數字做成畫，在慶生會的時候讓大家猜謎，增加慶生活動的趣味。

此次展出，還有國家級書法家的作品在其中，就是單天福先生的大作，他是專業書法家，擁有國家級認證，幾幅作品都吸引極多的讚賞。

長樂的繪畫班每週五進行一次，平



畫作品，因為場地的限制，只能選取其中的部分作品來展出。也有中心以外的朋友送來他們精美的畫作，並中心負責經驗，非常感謝他們的支持。

巫梅祥先生從小就喜歡書畫，年輕的時候忙於工作，現在退休了，很高興有更多時間可以畫畫，這次畫展有不少他的作品，其中一幅畫的是小狗，生動

時自己在家練習，到繪畫班的時間就彼此分享交流。畫展將展出到十月底，歡迎有興趣的休士頓長者們蒞臨欣賞交流。

長樂活動中心地址是 3250 Williamsburg Lane, Missouri City, TX 77459，歡迎長者加入會員。電話：281-208-7709。