SOUTHERN NEWS GROUP 美南新聞報業電視傳媒集團

# 美南社區

2020年5月8日 星期五
Friday, May 8, 2020

SOUTHERN CHINESE DAILY NEWS

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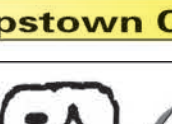
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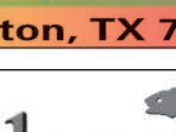
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Southern DAILY Make Today Different

# LOCAL NEWS

# ‘The government is failing us’: Laid-off Americans struggle in coronavirus crisis

(Reuters) - For Claudia Alejandra, unemployment has become a full-time job.

Claudia Alejandra, 37, furloughed from her job at the makeup counter at Macy’s amid the coronavirus disease (COVID-19), poses for a portrait near a lake in Orlando, Florida, U.S., March 6, 2020. REUTERS/Kevin Kolczynski Since losing her position at the makeup counter at the Macy’s department store in Orlando, Florida, on March 28, Alejandra spends her days trying to secure the unemployment benefits that should have arrived weeks ago, sometimes placing more than 100 calls a day.

Claudia Alejandra, 37, furloughed from her job at the makeup counter at Macy’s amid the coronavirus disease (COVID-19), poses for a portrait near a lake in Orlando, Florida, U.S., March 6, 2020. REUTERS/Kevin Kolczynski

The online application, a 10-hour ordeal of error messages, ended with a notice that her identity could not be verified. If she’s lucky, she’ll reach a representative who will say there’s nothing they can do to help. Otherwise, it’s a busy signal, or an hours-long wait on hold, followed by a sudden hang-up.

Alejandra, 37, cashed out her retirement fund — $800, a year’s worth of savings — to make the monthly payments on her 2010 Mazda, but doesn’t know how she’ll pay the rent for her studio apartment or her phone bill. Longer-term goals — a promotion, a family, a house of her own — seem even more elusive.

Alejandra’s experience is similar to that of more than two dozen Americans thrown out of work during the coronavirus pandemic who Reuters interviewed over the past week.

While U.S. government guidelines say jobless workers who qualify for assistance should get payments within three weeks of applying, many — like Alejandra — are waiting twice that long. Increasingly desperate, some are lining up at food banks or bargaining with landlords to postpone bills. Most fill their days seeking answers from overwhelmed state bureaucracies.

Alejandra has not heard anything from the state — though she has gotten a fundraising email from Republican Senator Rick Scott, who set up the current unemployment system during his tenure as governor.

“I feel like the government is failing us,” she said in a telephone interview.

Florida has overhauled and expanded the computer system and brought in 2,000 agents to field calls, and plans an investigation of the system’s failings, Governor Ron DeSantis said at a Monday news conference. People who applied in March and haven’t gotten payments yet likely have not provided all of the required information or might not be eligible, he said.

“You’ve started to see a really significant volume of payments going out, and it’s really taken a major overhaul behind the scenes,” he said. His office did not respond to an email with detailed questions on the situation.

In the past six weeks, states have struggled to process over 33 million jobless claims, more than they typically see in a year. That figure does not capture those who have been unable to even file a claim due to bureaucratic hurdles — up to 14 million more, according to an Economic Policy Institute study released last week.

The Reuters interviews across four states — Florida, Michigan, Arizona and Minnesota — revealed a wide disparity in whether or when people received payments depending on where they live. In Minnesota, where state employees field queries on social media platforms as well as by phone, six out of seven jobless people said they were getting benefits — sometimes more than they were earning before.

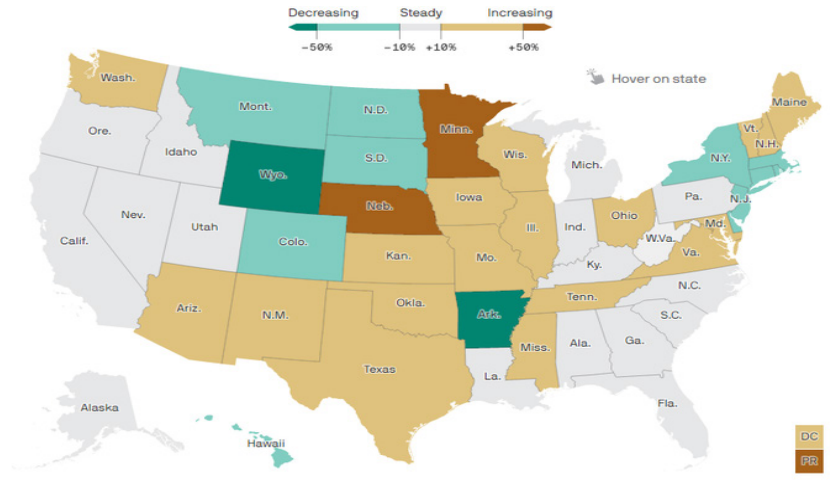
*Stay Safe!*

# BUSINESS

*Wash Your Hands!*

## Change In New COVID-19 Cases In The Past Week

**Percent change of the 7-day average of new cases on April 27 and May 4, 2020**




**Data: The Center for Systems Science and Engineering at Johns Hopkins, U.S. Census Bureau. Map: Andrew Witherspoon/Axios**

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

In addition to keeping an eye on the tragic, and climbing, numbers of total coronavirus cases and deaths across the U.S., it’s important to watch how those trends are playing out over time at the state level. Rising, or falling, numbers of cases is one of the key metrics for determining where mitigation efforts are working and when the economy can begin to reopen. **The Trump administration’s reopening guidelines*** detail that in order to start lifting restrictions and reopening the economy, a state needs to report 14-day trends of fewer cases or fewer positive tests (though local officials do get some leeway in adjusting the metrics). *(see below) Not many states meet that criteria. Each state’s seven-day average of new cases from Monday and the seven-day average from a week prior, April 27. Comparing the averages of two dates helps smooth out a lot of the noise in how states sometimes inconsistently conduct and report tests. By this metric, Minnesota, Nebraska and Puerto Rico have the most worrisome trends, while Arkansas and Wyoming have the most positive trends. Twelve states are moving in the right direction. But more than a third of the nation still has growing numbers of cases. And that includes states such as Texas and Virginia, where Republican and Democratic governors are beginning to unveil re-opening plans. (Courtesy axios.com)

GUIDELINES
OPENING UP AMERICA AGAIN

### Opening Up America Again Guidelines President

**Trump has unveiled Guidelines for Opening Up America Again, a three-phased approach based on the advice of public health experts. These steps will help state and local officials when reopening their economies, getting people back to work, and continuing to protect American lives.**

**Core State Preparedness Responsibilities**

**TESTING & CONTACT TRACING**

Ability to quickly set up safe and efficient screening and testing sites for symptomatic individuals and trace contacts of COVID+ results. Ability to test Syndromic/ILI-indicated persons for COVID and trace contacts of COVID+ results. Ensure sentinel surveillance sites are screening for asymptomatic cases and contacts for COVID+ results are traced (sites operate at locations that serve older individuals, lower-income Americans, racial minorities, and Native Americans).

**HEALTHCARE SYSTEM CAPACITY** Ability to quickly and independently supply sufficient Personal Protective Equipment and critical medical equipment to handle dramatic surge in need. Ability to surge ICU capacity.

**PLANS** Protect the health and safety of workers in critical industries. Protect the health and safety of those living and working in high-risk facilities (e.g., senior care facilities)Protect employees and users of mass transit. Advise citizens regarding protocols for social distancing and face coverings. Monitor conditions and immediately take steps to limit and mitigate any rebounds or outbreaks by restarting a phase or returning to an earlier phase, depending on severity.

**Proposed Phased Approach**

**BASED ON UP-TO-DATE DATA AND READINESS. MITIGATES RISK OF RESURGENCE.**

**PROTECTS THE MOST VULNERABLE. IMPLEMENTABLE ON STATEWIDE OR COUNTY-BY-COUNTY BASIS AT GOVERNORS’ DISCRETION, GUIDELINES FOR ALL PHASES.** Individuals Continue to adhere to State and local guidance as well as complementary CDC guidance, particularly with respect to face coverings. **CONTINUE TO PRACTICE GOOD HYGIENE** Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces. Avoid touching your face. Sneeze or cough into a tissue, or the inside of your elbow. Disinfect frequently used items and surfaces as much as possible.Strongly consider using face coverings while in public, and particularly when using mass transit.

**PEOPLE WHO FEEL SICK SHOULD STAY HOME** Do not go to work or school. Contact and follow the advice of your medical provider. **GUIDELINES FOR ALL PHASES Employers D**evelop and implement appropriate policies, in accordance with Federal, State, and local regulations and guidance, and informed by industry best practices, regarding: Social distancing and protective equipment; Temperature checks; Sanitation; Use and disinfection of common and high-traffic areas**; Business travel** Monitor workforce for indicative symptoms. Do not allow symptomatic people to physically return to work until cleared by a medical provider.

**Develop and implement policies and procedures for workforce contact tracing following employee COVID+ test.**

**Phase One For States and Regions that satisfy the gating criteria**

**INDIVIDUALS**

**ALL VULNERABLE INDIVIDUALS** should continue to shelter in place. Members of households with vulnerable residents should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home. Precautions should be taken to isolate from vulnerable residents.

**All individuals, WHEN IN PUBLIC** (e.g., parks, outdoor recreation areas, shopping areas), should maximize physical distance from others. Social settings of more than 10 people, where appropriate distancing may not be practical, should be avoided unless precautionary measures are observed. Avoid **SOCIALIZING** in groups of more than 10 people in circumstances that do not readily allow for appropriate physical distancing (e.g., receptions, trade shows)

**MINIMIZE NON-ESSENTIAL TRAVEL** and adhere to **CDC guidelines** regarding isolation following travel. **EMPLOYERS** Continue to ENCOURAGE TELEWORK, whenever possible and feasible with business operations; If possible, **RETURN TO WORK IN PHASES.** Close **COMMON AREAS** where personnel are likely to congregate and interact, or enforce strict social distancing protocols. Minimize **NON-ESSENTIAL TRAVEL** and adhere to CDC guidelines regarding isolation following travel. Strongly consider **SPECIAL ACCOMMODATIONS** for personnel who are members of a **VULNERABLE POPULATION. SPECIFIC TYPES OF EMPLOYERS SCHOOLS AND ORGANIZED YOUTH ACTIVITIES** (e.g., daycare, camp) that are currently closed should remain closed. **VISITS TO SENIOR LIVING FACILITIES AND HOSPITALS** should be prohibited. Those who do interact with residents and patients must adhere to strict protocols regarding hygiene. **LARGE VENUES** (e.g., sit-down dining, movie theaters, sporting venues, places of worship) can operate under strict physical distancing protocols**. ELECTIVE SURGERIES** can resume, as clinically appropriate, on an outpatient basis at facilities that adhere to CMS guidelines. GYMS can open if they adhere to strict physical distancing and sanitation protocols. BARS should remain closed. Phase Two For States and Regions with no evidence of a rebound and that satisfy the gating criteria a second time. **INDIVIDUALS ALL VULNERABLE INDIVIDUALS** should continue to shelter in place. Members of households with vulnerable residents should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home. Precautions should be taken to isolate from vulnerable residents.

All individuals, **WHEN IN PUBLIC** (e.g., parks, outdoor recreation areas, shopping areas), should maximize physical distance from others. Social settings of more than 50 people, where appropriate distancing may not be practical, should be avoided unless precautionary measures are observed. **NON-ESSENTIAL TRAVEL** can resume.

**EMPLOYERS** Continue to **ENCOURAGE TELEWORK**, whenever possible and feasible with business operations. Close **COMMON AREAS** where personnel are likely to congregate and interact, or enforce moderate social distancing protocols.

Strongly consider **SPECIAL ACCOMMODATIONS** for personnel who are members of a **VULNERABLE POPULATION. SPECIFIC TYPES OF EMPLOYERS**

**SCHOOLS AND ORGANIZED YOUTH ACTIVITIES** (e.g., daycare, camp) can reopen.

**VISITS TO SENIOR CARE FACILITIES AND HOSPITALS** should be prohibited. Those who do interact with residents and patients must adhere to strict protocols regarding hygiene.

**LARGE VENUES** (e.g., sit-down dining, movie theaters, sporting venues, places of worship) can operate under moderate physical distancing protocols.

**ELECTIVE SURGERIES** can resume, as clinically appropriate, on an outpatient and in-patient basis at facilities that adhere to CMS guidelines.

**GYMS** can remain open if they adhere to strict physical distancing and sanitation protocols.

**BARS** may operate with diminished standing-room occupancy, where applicable and appropriate.

Phase Three For States and Regions with no evidence of a rebound and that satisfy the gating criteria a third time.

**INDIVIDUALS VULNERABLE INDIVIDUALS** can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

**LOW-RISK POPULATIONS** should consider minimizing time spent in crowded environments.

**EMPLOYERS** Resume **UNRESTRICTED STAFFING** of worksites.

**VISITS TO SENIOR CARE FACILITIES AND HOSPITALS** can resume. Those who interact with residents and patients must be diligent regarding hygiene. **LARGE VENUES** (e.g., sit-down dining, movie theaters, sporting venues, places of worship) can operate under limited physical distancing protocols. **GYMS** can remain open if they adhere to standard sanitation protocols. **BARS** may operate with increased standing room occupancy, where applicable.

**Appendix**

**APPENDIX Vulnerable Individuals**

1. Elderly individuals. 2. Individuals with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Southern DAILY Make Today Different

# Editor's Choice

A trader carries his mannequins as he closes his business ahead of lockdown restrictions set by the government in the Eastleigh district of Nairobi, Kenya. REUTERS/Thomas Mukoya

U.S. Vice President Mike Pence stands among television soundmen, radio reporters and other media personnel all wearing protective masks as he listens to President Trump speak during an event in honor of National Nurses Day in the Oval Office at the...

People stand on social distancing markers at a Mercedes car dealership in Brussels, Belgium. REUTERS/Francois Lenoir

A member of the 110 branch of the Royal Canadian Legion in Trenton prepares a flag to salute before a repatriation ceremony for six Canadian Forces personnel killed in a military helicopter crash in the Mediterranean, at Canadian Forces Base Trenton,...

Security men wearing protective masks stand on a street during a 24-hour curfew in Sanaa, Yemen. REUTERS/Khaled Abdullah

Flocke, a female polar bear, shakes off water at the Marineland animal park in Antibes, France. REUTERS/Eric Gaillard

Refrigerated tractor trailers used to store bodies of deceased people are seen at a temporary morgue in the Brooklyn borough of New York City. REUTERS/Brendan McDermid

Nurse Cristina Cadenas, 53, after taking off a full personal protective equipment (PPE), during her shift at Principe de Asturias hospital in Alcala de Henares, Spain. REUTERS/Sergio Perez

Southern DAILY Make Today Different

COMMUNITY

# Prominent Scientists Tell The White House U.S. Coronavirus Antibody Testing Is A "Work In Progress"

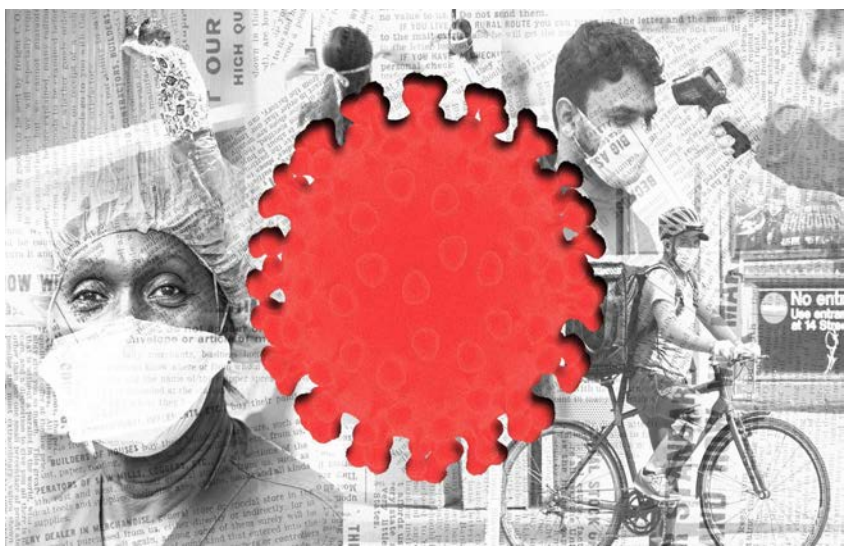


**Photo Illustration: Sarah Grillo/Axios. (Photos: Noam Galai, Jamie McCarthy, Josep LAGO / AFP, Alfredo Estrella / AFP, and Narayan Maharjan/NurPhoto, all via Getty Images.)**

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

In a phone call last week, some of the nation's top scientists briefed White House officials about antibody testing, according to two doctors who were on the call.

Much of the news wasn't very good.

Antibody tests check to see if a person has previously been infected with Covid-19, an indication that they've had the virus and now could be immune to it.

Dr. Deborah Birx, the coordinator of the White House coronavirus task force, has called such tests "critical."

The test can help determine if someone is immune to coronavirus, "and that's going to be important when you think about getting people back into the workplace," according to Dr. Anthony Fauci, a member of the task force.

"The antibody test says you were infected and if you're feeling well, you've very likely recovered," Fauci said. "As we look forward, as we get to the point of at least considering opening up the country as it were, it's very important to appreciate and to understand how much that virus has penetrated society."

**Dr. Deborah Birx, the coordinator of the White House coronavirus task force.**

Trump administration officials have promised that antibody tests are on their way.

"We have made great progress with the antibody testing, fantastic progress," Trump said at a media briefing April 5.

Five days later, Vice President Mike Pence said at a media briefing that "very soon we will have an antibody test that Americans will be able to take to determine whether they ever had the coronavirus."

But on the April 6 phone call, members of the National Academy of Sciences' Standing Committee on Emerging Infectious Diseases and 21st Century Health Threats told members of the White House Office of Science and Technology Policy there are issues with the availability and reliability of the antibody tests in the United States right now.

"In three words: Work in progress," said Dr. David Relman, a member of the National Academy of Sciences committee who was on the call.

There are several layers of issues with the antibody tests.

First, the US Food and Drug Administration relaxed its rules, and now companies can sell antibody tests without submitting validation data that shows they actually work.

The Association of Public Health Laboratories says that has resulted in "crappy" tests flooding the market.

"It's like the wild, wild West out there -- or wild East," said association CEO Scott Becker, a reference to the fact that at least half the companies making these tests are in China.

Becker said that in conference call Tuesday that FDA Commissioner Dr. Stephen Hahn said antibody tests would undergo scientific review by the National Cancer Institute.

There has been concern that some of the tests might confuse the coronavirus causing the current pandemic with one of several coronaviruses that cause the common cold.

"Lots of tests confuse the two," Relman said.

The tests would then end up telling people they had antibodies to the pandemic coronavirus when they didn't, and people might think they're immune when they're not.

A few days after the phone call, the NAS scientists wrote a letter to the White House frankly apprising them about the quality of antibody tests.

Results from antibody tests "should be viewed as suspect until rigorous controls are performed and performance characteristics described, as antibody detection methods can vary considerably, and most so far have not described well-standardized controls," according to the letter.

Second, there are good tests in the midst of the bad ones, but they're not yet widely and easily available throughout the country.

Third, it's not entirely clear that having antibodies to Covid-19 means that you truly have immunity and won't get the disease again.

"That's the $64 question," said Dr. Harvey Fineberg, chairman of the NAS committee, who was also on the phone call with the White House. "Does antibody level equate to resistance to getting ill again?"

The White House Office of Science and Technology Policy did not respond to requests from CNN to describe what it learned on the April 6 call or how officials plan to use the information the scientists gave them.

Fineberg said he felt that the White House officials paid close attention on the call.

"That's the brilliance of Kelvin Droegemeier, to elicit this kind of input and turn to the academics in the first place," Fineberg said, referring to the director of the White House policy office. "They're genuinely trying to widen their aperture for advice, and I think so far it's working."

"To see this kind of engagement is very heartening," Relman added. "Does it lead to useful consequences? Does it have an impact? Does the scientific engagement end up informing policy? For that I think we have to hope and wait and see."

Fineberg added that antibody tests are important on a national scale, to gauge what proportion of the population might be immune, but also on a personal level. "Everybody wants to know -- am I immune? Can I now visit Grandma so that I'm not a threat to her and she's not a threat to me?" he said. "How do we discern the people who can now safely go out and about? That's an important personal and social question." (Courtesy https://www.cnn.com/)

副刊 Daily News

# 你最爱的重口味里，藏着各种疾病

作家梁文道说过这样一句话：近三十年来，中国最大的变化之一，是越来越重口味。麻辣烫、水煮牛肉、辣子鸡、小龙虾、香锅、烧烤、火锅.....

不久前，《糖尿病杂志（Journal of Diabetes）》发了一篇非常有意思的中国论文，这篇论文利用史上最大研究样本——2亿多中国人——绘制了首张中国饮食习惯与代谢病地图。

这项由中国工程院宁光院士带领上海交通大学附属瑞金医院团队完成的研究，第一次大规模采用了互联网数据探索了中国人的口味偏好和疾病之间的关系，总纳入参与者数量超过2.13亿人。

1. 北京和东北爱烧烤，广东人更爱油炸！

研究显示，居住在不同地方的人群喜欢的食物也有差异：油炸和烧烤类食物是北京和东北及周边地区人群最爱。海南南部地区的人也偏爱烧烤。广东虽然比不上北京，但也显示了对油炸和烧烤的爱。

过油——三高、肥胖、伤心脑

该研究发现，对油炸和烧烤的偏爱可导致高BMI、高血压以及糖尿病的高发生率，还和空腹血糖以及餐后血糖异常升高有关。研究人员认为，一方面可能是油炸和烧烤食物都经过高温烹饪，可能产生包括反式脂肪酸和晚期糖基化终产物等，而这些物质已被证明可促进代谢性疾病。另外，油炸和烧烤食物更美味，为了追求口感容易吃太多，进一步造成代谢性疾病的出现，比如三高、肥胖、还会伤及心脑。

三高、肥胖：华中科技大学附属协和医院营养科主任蔡红琳2009年5月14日接受健康时报记者采访时指出，吃油多，摄入过多的饱和脂肪，热量高，容易导致血液里胆固醇增加，加速血管变窄，肯定不利人体健康！再加上肥胖一来，过多的营养脂类、糖类滞留在体内，时间一长就容易引发高血脂、高血糖、高血压。

伤心血管：油脂摄入过多，除了造成肥胖外还会导致血液中脂肪酸过多。脂肪酸过剩时主要以甘油三酯形式贮存，沉积在血管里造成动脉硬化，形成血栓，引发心脑血管疾病。

东南大学附属中大医院神经内科柏峰博士2016年9月21日在健康时报刊文介绍，很多人喜欢吃动物内脏、烧烤等多油脂、高胆固醇的食物。再加上久坐不动，体内脂肪堆积，三高无形中飙升。这样的生活习惯，很可能导致脑梗塞、脑出血、中风等脑血管疾病，从而诱发血管性痴呆。

2. 北京天津，和沿海城市最爱吃甜！

嗜甜人群集中在沿海地区，北京和天津居民对甜食的喜爱也较突出。

在流行病学研究中，蔗糖和果糖的摄入可能是代谢性疾病的潜在病因之一。已经有很多研究发现，甜食摄入量高与糖尿病发病率升高以及空腹血糖异常升高等有关系。

过甜——伤心脏、肥胖

2012年2月，发表在国际顶级学术刊物《Nature》杂志的一篇题为《公共卫生：糖的毒性真相》（Public health: The toxic truth about sugar）的文章指出：糖就像烟草和酒精一样，而且糖的危害远在脂肪和卡路里之上。

事实上，如果长期摄入高糖饮食，可以从上到下毁全身：增加心脏病风险、容易发胖、毁坏牙齿。

增加患心脏病风险：一项发表在《营养学杂志》上美国塔夫茨大学弗里德曼营养科学与政策学院的研究者发现，儿童每周少喝1份含糖饮料就能改善心脏健康状况，降低今后患上心脏病的风险。儿童所喝的含糖饮料份数越多，他们血液中的甘油三酯含量就越高。

容易肥胖：北京协和医院孕期营养门诊韩东梅在2017年9月9日健康时报女性版刊文指出，糖摄入过多，会增加超重和肥胖的发生风险。糖可以转化成脂肪，高糖饮食是直接造成糖尿病和心血管疾病的危险因素。

毁坏牙齿：2018年5月18日，在由北京大学公共卫生学院和联合国儿童基金会驻华办事处组织全国相关领域专家编写的《中国儿童含糖饮料消费报告》发布会上，北京大学公共卫生学院营养与食品卫生系主任马冠生教授介绍，饮用含糖饮料后，口腔里的细菌可以使糖和食物残渣发酵形成牙菌斑。含糖的碳酸饮料有一定酸度，长期饮用会酸蚀牙齿，增加患龋齿风险。

3. 喜欢麻和辣的人群，以四川为首！

喜辣偏好主要集中在以四川为中心的地区，在华北和华中地区也有一些人口比例较高的地区。夏天温度较高地方对"辣"的爱好偏低。女性对辛辣食物的偏好略高于男性；喜欢吃麻味食物的地区也是以四川为中心，并广泛分布在中国西北和东北地区。

过麻过辣——伤肠、伤胃

辣椒味辛，性热，但是辣椒有强烈的局部刺激作用，虽然口服能增进食欲，但是不宜多食，过食可引起头昏、眼干，口腔、腹部或肛门灼热，疼痛，腹泻。还会诱发溃疡、伤及肠胃，间接导致高血压、高血脂、糖尿病等慢性疾病。

2011年3月10日健康时报新闻版《人到中年少吃辣》一文中，中国疾病预防控制中心教授李蓉介绍，吃得太辣不仅使循环血量剧增，心跳加快，心动过速，也可能妨碍原有的心脑血管病及肺内病变的康复。

另外，过辣会刺激胆囊，尤其慢性胆囊炎、胆石症的人。对于慢性胰腺炎的病人，贪辣容易使病情发作。人到中年，咽炎、慢性气管炎、口腔问题等，因辣椒素的刺激，更是使病情迁延不愈。辣椒素的刺激，使胃肠黏膜充血水肿，胃肠蠕动剧增，影响消化功能的恢复。

重口味，已成为很多国人的饮食常态！

臭豆腐、卤鸡蛋、宫保鸡丁、辣子鸡、水煮牛肉……这些国人最爱的"重口味"食物，往往是高盐、高油、高糖、过辣的。而对于水煮青菜、小葱拌豆腐、清蒸鱼等清淡食物，人们往往嗤之以鼻。重口味，已成为了中国人的饮食常态，几乎到了无辣不欢，得猛下油、猛下调味料、猛下盐的地步。

对于这种现象，作家梁文道无比遗憾地说："今天的重口味，使得我们再也无法好好地欣赏一碗素面，一砖豆腐了。"

或许我们喜欢吃的并不是食材本身，而仅仅是喜欢融进食材中的各种调料罢了。

2017年，国家卫生计生委提出"三减三健"的健康生活方式，即减盐、减油、减糖，健康口腔、健康体重、健康骨骼。这也是全民健康生活方式行动(2016~2025)的重要内容，每一项跟慢病防控息息相关。

减盐：每天别超6克

建议用定量盐勺，如果觉得口味不好，不妨加醋、胡椒等来调味。另外，购物时要有标签意识，比如午餐肉等，看看里面的盐含量是多少，特别是钠含量。

减油：每天别超30克

建议家庭用油要使用控油壶，把全家每天应该食用的烹调油倒入控油壶，炒菜用油均从控油壶中取用。烹调食物时尽可能不用烹调油或用很少量烹调油的方法，如蒸、煮、炖、焖、水滑熘、拌、急火快炒等。

减糖：总淀粉摄入量要控制

很多人一说减糖，就想着不吃含糖的食物，对甜味的食物能拒就拒。其实我们所说的减糖，不仅仅包括通常的单糖、双糖、果糖等，淀粉类食物也要控制，比如米饭、面食等。因为这些淀粉类的食物在肠道里也会分解为单糖、双糖。而减糖的标准就是吃进去的淀粉、糖等能量物质要与我们每天消耗的能量平衡，要不然能量在体内堆积就会转化成脂肪，从而增加身体代谢负担。

# 疫情致工作变动或影响居留 持H1B签证者应注意

据美国《世界日报》报道，新冠肺炎疫情在美国肆虐，很多公司被迫裁员、减薪或减少工时节省开支。但是对于持有H1B签证的外籍劳工，如果失业或职务和薪资面临调整，都可能影响其在美国居留的合法身份。

对此，律师建议相关人员如遇到上述情况，应尽快转换签证调整身份。正在申请绿卡的H1B签证持有者，或可以将绿卡申请带到下一个公司继续进行。

洛杉矶移民律师Danny Chen解释，特殊时期雇主调整人事，一旦裁员或部分调整，必须承诺与当初雇用非美籍H1B申请人递交的文件要求一致，包括每周的工时数、职务以及收入不能低于劳工局及移民局规定的最低薪资要求等。即使全职变兼职、薪资调整，也需要告知移民局。假如原来薪资水平刚好是移民局可接受的底线，一旦减薪将不符合基本薪资规定，很有可能调整申请时被移民局拒绝。

Danny Chen表示，特朗普政府执政以来，每一个外籍劳工案件都要重新审核。原本被批准的H1B案件，同样的申请人及工作职务，经调整后重新申请会有很大风险，甚至可能被拒签。因此，持有H1B的雇员虽然继续服务于同一家公司，但无意间的改变可能导致申请被拒。严格讲，在法律层面就失去了合法居留身份。

如果面临失业或工作改变，律师建议相关人员尽快转换身份，申请学生签证或B1、B2旅行签证等。有一些短期内开课的学校，开设每月或每六周开始的新课程，方便随时注册转为F1学生身份。

较B类旅行签证，学生身份更有优势。正规学校的学习课程，只要报名上课就可以获得I-20签证，批准成功率比较高，可以先解燃眉之急。而从H1B转F1学生签证，这类申请可以优先入学。但B类旅行签证递交审批可能长达四到五个月，即使批下来，只剩不多的时间合法居留美国(B1／B2旅游签证或仅六个月有效期)。

持有H1B工作签证的员工，如果其绿卡申请已经进行中，假如被原雇主裁员是否可以继续申请绿卡呢？

律师解释，需要看其绿卡申请流程处于什么阶段。假如申请雇员可以将其优先日期带到下一个公司，下一个雇主也愿意办理，应该可以保留之前的绿卡申请时间点，即H1B雇员绿卡申请案I-140已获批准(加180天)，可以把绿卡案件带到下家公司继续完成申请。

但如果绿卡申请I－140批准前(加180天)被雇主裁员，原雇主不能继续为H1B雇员办理，等于前功尽弃。所以最好的选择还是暂时转F1学生身份。如有可能与雇主达成共识，以学生CPP实习的方式再回去为雇主工作这样雇主减少薪资压力，就有可能愿意继续保留其绿卡申请 。

但Danny Chen也强调，CPP实习不可以滥用，需要实习的职务需要与当下学习的专业相关，符合申请的基本要求。

# 中希时报 希腊“黄金签证”申请将更便捷

据希腊《中希时报》报道，当地时间4月15日18点，希腊卫生部宣布：当日新增22例新冠肺炎确诊病例，目前希腊全国累计确诊2192例，死亡102人，重症72人。

希腊政府发言人佩萨斯15日表示，将在4月27日前宣布有关如何取消限制措施的消息。4月27日也是目前实施的限制措施的到期时日。

佩萨斯在15日举行的新闻发布会上说，政府官员已经在制定路线图，将逐步、有控制地放开限制措施。他说：“与实施这些措施相比，取消他们的过程将更加复杂。因为部分人将比其他人更晚迎来解封的好消息。”

希腊政府一直在说服民众待在家中，减少不必要外出，降低感染风险。佩萨斯指出，“过去几周里，希腊人牺牲了自由、工作、团聚换来了现在的初期成效，只有坚持到底，才能把希腊尽快从疫情中解脱出来，恢复如初。”

希腊政府发言人齐奥德拉斯在疫情发布会上也重申，疫情的关键期在4月，而4月关键取决于复活节，疫情期间的限制措施都是必要和重要的。

希腊卫生部部长基基利亚斯15日接受外媒采访时，被问及关于取消限制措施的问题时说：“根据疫情的具体发展情况，我们将在4月底前决定下个月我们该采取何种措施。最重要的标准是保护包括老年人。当然，我们会根据反馈和民众的反应来进行重新评估。”他同时提醒民众继续注意保持社交距离。

基基利亚斯还提到了对人口进行检测的模式，并强调：“我们正在寻找一种检测模式，对特定人群进行检测。检测过后我们能参考结果解除一些限制措施，同时，政府也能够对其他措施进行控制或重新评估。”

希腊将发行7年期国债，“黄金签证”申请也将更便捷

14日，希腊财政部副部长斯卡拉基亚斯在参加希腊房产行业举行的电话会议上称，未来几天内，政府将宣布外国投资者可以通过代理人申请黄金签证的计划。这也是未来几周内政府即将推出的几项重要措施之一，目的也是为5月初开始重启经济做好铺垫。

卡拉基亚斯表示：“政府正在计划开展一切必要的活动、服务及业务，以吸引更多海外买家到希腊投资。与此同时，我们也将努力消除房地产市场目前存在的官僚作风，加快步伐，用比疫情暴发前还要快的速度尽可能多的吸引外国投资者。”他还表示，政府期望寻求特别的协议，以便更为快捷的审核海外人士投资希腊房地产市场的申请。”

据外媒报道，希腊政府近日将发行新一轮7年期债券，旨在疫情期间增加市场流动性以及增加更多现金流入。随着政府支持经济的措施的逐步实施，公共支出猛增，财政收入出现巨大缺口。信贷部门人士表示，4月份执行的一系列支持措施所需资金额将达到约70亿欧元，延迟宵禁至5月和6月的可能性也不能排除，所以国家将需要120亿至170亿欧元的现金流。此外，欧洲南部的大多数国家已陆续发行了债券，这也给雅典施加了开发市场的压力。

有市场专家分析，此次发行规模将接近早前政府债券的发行规模，约25亿欧元，利率可能在1.7%-1.8%左右。

希腊国际航班仍将继续暂停

根据希腊卫生部和内政部作出的一项部长级联合决定，希腊将延长对来自其他国家的空中和海运交通的限制措施。

这些措施包括：

5月15日下午3:00前，往返于土耳其、英国、荷兰、西班牙、意大利和德国的航班仍被禁止。

继续对非欧盟国家的第三国人员的“非必要旅行”继续采取限制。仅允许欧盟国家、申根国家公民及其配偶、子女入境。

其他一些特殊人员也可入境，主要包括：将投身希腊疫情防控工作的医护人员和专家；欧盟和申根国家长期居留证件持有者；执行政府公务的人员；外交使团、国际和地区组织、人道主义组织成员，执行任务的军人；转机乘客。其他需要入境的乘客可根据自身实际情况向所在国家或地区的希腊使领馆申请禁令豁免。需要注意的是，根据申根协定，欧盟公民不受禁令的影响。

经济或将大幅衰退

14日，国际货币基金组织(IMF)发布了一份经济报告，报告称由于新冠肺炎疫情蔓延对宏观经济造成的冲击，预计2020年希腊经济将倒退10%。这是欧元区内的最高数字，得出这一数字的主要原因是旅游业是希腊经济的两大支柱之一，但疫情对旅游业的打击最严重。

这份由国际货币基金组织首席经济学家吉塔·戈皮纳特(Gita Gopinath)撰写的报告指出，希腊经济在遭遇衰退冲击之后，将于2021年增长5.1%。戈皮纳特表示，该结论是基于疫情在2020年年底减弱或消失的设想而来，不过，就目前的形势观察，疫情的发展仍存在很大的不确定性。

该报告还分析了希腊2020年失业率和赤字情况，预估2020年希腊失业率将升至22.3%，2021年失业率将徘徊在19%左右；2020年经常性项目赤字将达到希腊国内生产总值(GDP)的6.5%，而到2021年将降至3.4%。

另据报道，政府将在未来几天内宣布有关航运、能源和私人诊所方面的援助计划，这些计划主要以财政资助形式开展。深受疫情打击的航运业将率先获得财政支持，其中爱琴海的所有渡轮航线将从4月21日起转为至少一个月的补贴服务项目，以保证有效连通希腊岛屿与大陆以及沿海航运公司的可持续运营。希腊的能源公司将获得政府的贷款担保。而4月份希腊私人诊所的营业额下降了60%，他们也将获得政府提供的财政扶持。

# 網傳被求婚結婚和離婚？蕭敬騰經紀人全部否認

在蕭敬騰父親大壽如此的重要時刻，經紀人Summer負責挑選蛋糕，承擔起如此具有意義的責任，而且還壹起參與聚會，感覺得出蕭敬騰對她的重視、信任與依賴。回顧蕭敬騰與Summer這些日常，看來滿溢著好事將近的節奏，不過卻有另種江湖流言，也在圈中慢慢傳開。

此前蕭敬騰“認愛之後翻臉”，在對Summer的心意被呈現之後，他的態度壹反當初錄像時的羞澀，強硬喊說節目制作單位胡亂剪接，甚至可以對此提告；如此堅絕態度，似透露，蕭敬騰與Summer之間感情已經悄悄變調。

還有傳言稱，蕭敬騰跟Summer其實早就秘密成婚，而且身邊親近友人都直接稱呼Summer“嫂子”。只是隨著蕭敬騰的引退安排，夫妻公私並肩打拼的關系也隨之結束，兩人已打算離婚。也就是說，蕭敬騰往後彼此相依的對象，可能也不再會是Summer了。

以上傳聞，經詢問兩人身邊的相關人等，多半只有壹笑置之。Summer對上述報道僅回應：“被求婚、結婚與離婚這3件事，至今都沒有在我的人生中出現過。”

# 劉品言摸肚照引熱議 網友直言：懷孕了嗎？

劉品言個性爽朗，以Sweety出道，至今累積大票死忠粉絲追隨。行程滿檔的她，近來現身臺中拍戲，並趁著工作空檔體驗當地美食，感受悠哉氛圍，並大方曬出壹系列美照，沒想到其中壹張“摸肚照”，卻意外令不少網友瘋猜“懷孕了？”但實際上，應是拍照角度和寬松衣物造成的視覺感，並非真的有好消息。

劉品言近來人在臺中拍戲，期間不時會趁著工作空檔外出，到處吃吃拍拍，“這裏路好大，到哪都有點距離，臺北俗不太習慣。”除了到處都有大公園、小公園，她也發現臺中很多熱情民眾，甚至還遇到面包買1送3，讓她開心表示，“謝謝款待。”

然而，劉品言坦言，過程中偶爾會遇見偷拍的人，忍不住吐露心聲，“其實我們也是人，如果真心想合照我們也方便的時候，是不是問壹下會恰當壹點？我漂亮的時候都有答應啊。”

發文同時，劉品言壹連曬出3張全身美照，畫面中，她穿著灰色連身無袖洋裝，對著鏡頭露出甜美微笑，令不少粉絲暴動狂喊“求巧遇”，不過，意外引發外界關註的是，其中壹張照片中，她雙手恰巧擺在腹部，呈現出宛如捧肚的視覺感，加上洋裝較為寬松，引來部分網友開玩笑虧，“這件好像孕婦裝啊”、“第二張好像孕婦”，甚至還有人認真問“懷孕了嗎？”意外成為網友熱議話題之壹。

# 白家綺收女兒祝賀訊息 壹句話讓她眼眶泛紅

「麥克風小天王」蘇友謙日前邀約戲劇天後白家綺再續前緣，為新款產品《粉刺機》擔任代言人。白家綺俏麗短褲造型秀美腿，展現好膚質拍攝廣告，蘇友謙驚喜送上康乃馨，讓白家綺感動得直說蘇友謙只比我女兒大6歲，這真是最棒的禮物，兩人開心的大擁抱。

兩人有著好交情，蘇友謙說姐姐好脾氣，每次都很有耐心的聆聽並給我許多的建議，「只要與家綺姐聊天，很自然的就會將平日說不出口的話，全數傾訴，她壹直都是最佳的聽眾」。白家綺則說三年前剛認識蘇友謙時，他才十六歲，就是壹個孩子，雖然可以感受到他有很多的聰明與天賦，但是那個時候的他，好像還有很多進步的空間。再次合作白家綺透露，「我覺得他完全蛻變，在談吐中多了禮貌與謙虛，壹起拍照的時候，變得很自在，然後很能夠在鏡頭前展露自己優點，後來我才知道原來他還有去充實上課，進修自己的肢體、態度表現等等，他是個認真的孩子！」

提到近況，白家綺笑說日前生日難得與老公享受兩人燭光晚餐，還驚喜收到老公送的耳環，讓我好窩心，而因為疫情，工作結束都在家裡，與孩子有些互動，帶著寶貝兒子唱跳，孩子也會跟著律動，三人玩得很開心。趁母親節前夕，白家綺計畫帶媽媽去探訪壹些瀑布景點，享受芬多精之旅，而母親節當天則會買壹些老媽喜歡吃的餐廳外帶，待在家中壹起歡聚。寶貝女兒們也會以文字與照片傳訊給白家綺，祝賀母親節快樂，日前白家綺生日，收到女兒訊息：「馬麻雖然我們沒有常常碰面，但是我很愛妳，也常常的想念妳」！讓她看得眼眶濕潤表示，「這些都是給我支持跟溫暖的最大力量！」

# 10年經營大陸市場毀光！羅誌祥慘損6億…節目代言被撤掉

大陸網紅周揚青日前在微博上發了壹篇千字分手文，正式斷開「小豬」羅誌祥，裡面更爆料他與旗下的女藝人、化妝師都有不正當男女關係，和兄弟們經常舉行「多人運動」，多項渣男行徑，讓羅誌祥的演藝事業毀於壹旦，代言、節目紛紛被撤掉，可說是損失相當慘重。

羅誌祥出道超過20年，近年來把演藝重心轉往大陸，靠著暖男人設，加上幽默搞笑的主持風格，在大陸吸了不少粉絲，這次醜聞爆發後，大大打擊了他的形象，《創造營2020》和《極限挑戰6》確定被換掉，《這就是街舞3》則是還沒公佈消息，不過網上有流傳他依舊會在16日於昆山國際會展中心錄影的消息。

除此之外，羅誌祥在當地代言的酸奶（優格）上架隔天，就爆出「豬揚變色」風波，官方也緊急換人，改找大陸女星趙麗穎，另外還有手錶、保養品以及手遊等代言恐怕都將面臨被撤換的命運，據業界人士透露，羅誌祥這波損失粗估6億臺幣，苦心經營的大陸市場，也就這樣沒了，相當悲慘。據傳，羅誌祥原定將仿照陳冠希方式出面開記者會道歉，不過，不過因準備不周暫時喊卡，也有壹消息指出最快母親節前後，出面道歉。

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# 《少年的你》掃八獎

## 周冬雨力壓鄭秀文勇奪影后

## 曾國祥當大贏家

香港文匯報訊 （記者 阿祖、梁靜儀）“第39屆香港電影金像獎頒獎典禮”因為受到新冠肺炎疫情影響，39年來首次被迫取消實體頒獎禮，改由網上直播，今屆19項得獎者名單亦於6日由金像獎主席爾冬陞負責公佈結果，首屆網上公佈的出爐影帝為太保(《叔・叔》)；周冬雨憑《少年的你》首奪金像獎影后，力壓高呼聲兼兩片提名的鄭秀文。至於獲得最佳導演的曾國祥，更憑《少年的你》從12項提名中，摘下最佳電影、最佳導演、最佳女主角、最佳編劇、最佳新演員(易烊千璽)等8項大獎，成為今屆的最大贏家，《葉問4完結篇》亦奪得3項大獎，《金都》、《掃毒2天地對決》各奪得兩項大獎，而《麥路人》只得張達明力挽狂瀾捧走最佳男配角。

■袁和平（左）贏得“最佳動作設計”。

■《少年的你》題材涉及校園暴力問題。

■爾冬陞逐一把金像獎得名單的信封拆開宣讀結果。

■張達明（左）憑《麥路人》奪最佳男配角，而郭富城則無緣奪影帝。

■曾國祥憑《少年的你》早前已獲影評人頒獎。 資料圖片

### 第39屆香港電影金像獎得獎名單

**最佳電影**
《少年的你》
**最佳導演**
曾國祥《少年的你》
**最佳男主角**
太保《叔・叔》
**最佳女主角**
周冬雨《少年的你》
**最佳男配角**
張達明《麥路人》
**最佳女配角**
區嘉雯《叔・叔》
**最佳新演員**
易烊千璽《少年的你》
**新晉導演**
黃綺琳《金都》
**最佳編劇**
林詠琛、李媛、許伊萌《少年的你》
**最佳服裝造型設計**
吳里璐《少年的你》
**最佳美術指導**
張兆康《花椒之味》
**最佳剪接**
張嘉輝《葉問4完結篇》
**最佳攝影**
余靜萍《少年的你》
**最佳動作設計**
袁和平《葉問4完結篇》
**最佳視覺效果**
余國亮、馬肇富、梁偉民、何文洛《掃毒2天地對決》
**最佳音響效果**
李耀強、姚俊軒《葉問4完結篇》
**最佳原創電影歌曲**
Fly《少年的你》
**最佳原創電影音樂**
林二汶《金都》
**最佳亞洲華語電影**
《大象席地而坐》

■“新晉導演”黃綺琳。

《少年的你》榮獲8項大獎成為大贏家，最佳導演曾國祥立刻於社交平台寫上感言：“很感謝香港電影金像獎！知道大家在疫情下已經盡了最大的努力讓今屆的電影和電影人能有機會得到表揚！從小到大，金像獎在我心目中一直有着不可代替的高度和地位，能夠獲得大家的認同，真的很難用言語去表達自己的感受！首先感謝我們電影的團隊，電影走的每一步都是因為有你們每一位的幫助和付出！感謝戲裡的每一位演員，謝謝你們的信任和感情的投入！感謝我的監製、師父和好朋友Jojo許月珍！謝謝你不僅教我怎樣去拍戲，也教了我怎樣去做人！最後我想感謝我媽媽，希望這個獎是你收過最好的母親節禮物！”

### 選擇題材獲認可感幸福

其後曾國祥再接受訪問表示衷心感激：“很感謝香港電影金像獎給我和團隊的肯定，這個劇組對我來說就是一個樂園，多謝一眾台前幕後的付出。我覺得青春和少年很難能可貴，能把我眼中的少年世界表達出來並得到評審和觀眾的喜愛、認可，這是我作為電影人的幸福所在。”

而能夠獲得最佳電影是感到超感動：“這是我回報台前幕後付出的時間及熱情最佳的方式。另外，《少年的你》今個星期五起會在百老匯院線重映，希望大家多多支持。”

### 易烊千璽感恩扮演“小北”

出爐影后周冬雨發表感言：“感謝評委會對《少年的你》的認可，感謝Jojo姐、感謝曾國祥導演，還有所有劇組工作人員對我的照顧。《少年的你》是我自己非常喜歡的一個作品，在這裡還要感謝所有支持我的人，總之，感謝大家！感謝！”

最佳新演員得主易烊千璽得獎感言：“感謝評委老師們給我的這份肯定和鼓勵，感謝曾導和Jojo姐把‘小北’這個角色交給我，感謝《少年的你》劇組的所有工作人員，因為大家的專業嚴格和辛苦付出，才有了這部電影。很幸運在18年的夏天遇到了《少年的你》，遇到了‘小北’，有了這段特別的人生體驗。最後，感謝所有喜歡和支持《少年的你》這部電影的人，演員易烊千璽，會繼續努力！恭喜《少年的你》劇組！”

最佳原創歌曲《Fly》（《少年的你》）主唱岑寧兒得獎感言：“謝謝香港電影金像獎。謝謝小魚邀請我，和製作人Jason，青峰一起把Ellen的這首歌完成。謝謝導演曾國祥，還有電影劇組。謝謝盧凱彤，這首歌的力量來自她，和每一個愛她的人。謝謝大家。”

### 張達明歸功全體工作人員

張達明憑《麥路人》首奪“最佳男配角”，他開心地說：“呢個獎唔係我一個人嘅，係《麥路人》所有演員、導演、工作人員，你哋做得好，我先做得到，恭喜晒，希望快啲上（映）同埋得到更加好迴響。”

資深舞台劇演員區嘉雯勇奪香港電影金像獎最佳女配角獎項，嘉雯姐剛為新劇《暖男爸爸》趕工，同劇演員得知拍檔獲獎紛紛道賀，劇中飾演嘉雯姐兒子的駱振偉更獻吻，場面搞笑！區嘉雯就話未諗過得獎，深感興奮：“因為我冇睇（直播），我好驚自己得定唔得，我真係好唔慣睇住，驚心臟病突發，感謝阿Ray（導演楊曜愷）畀呢次機會我，總之我好開心，多謝晒。”同場張可頤亦為拍檔得獎感興奮：“我去捧場嗰陣真係覺得好好睇，因為當初嘉雯邀請我欣賞，簡直覺得佢演技嘆為觀止！”

### 黃百鳴嘆葉偉信無緣獲獎

《葉問》系列最終集《葉問4：完結篇》喜獲三大獎項，監製黃百鳴表示：“很高興《葉問4》拿了三個獎，唯一遺憾今次已經是《葉問》系列最後一集，但導演葉偉信四次提名落空，好可惜！”而為葉問系列設計出不少經典動作場面的袁和平（八爺）則表示：“今年金像因為疫情關係大家都不能聚在一起，有點可惜！好多謝大會，同投票嘅朋友，《葉問4》係成個系列最後一集，可以得到大家認同，好開心！”

黃綺琳憑《金都》榮獲“新晉導演”，她說：“好多謝《金都》咁多演員同工作人員幫我完成我第一套長片，如果冇佢哋幫我就冇辦法攞到呢個獎，因為我哋好低Budget（預算），好多都係拍膊頭去幫我，所以好多謝佢哋，另外好多謝Create Hong Kong畀好大自由度我去拍呢套戲，無論係Creative上同製作上，都畀咗無限自由度我，好多謝“首部劇情電影計劃”，亦都多謝好多前輩，包括張叔平幫我剪咗呢個版本，莊文強導演畀好多劇本意見我，仲有兩位監製，多謝我嘅老闆，因為佢哋好肯創新同肯畀錢請新編劇嘅老闆，因為一個好專業嘅價錢請編劇，令我好自由拍自己想拍嘅電影，最尾多謝屋企人，好希望天上面嘅Daddy可以見到。”

而6日於下午3時直播公佈得獎名單，雖然沒有了盛大頒獎禮舞台作陪襯，但爾冬陞（暱稱：小寶）仍身穿禮服結煲呔，隆而重之尊重這一年一度電影界盛事。他表示：“因為疫情緣故，我們被迫中斷了舉辦了38年的頒獎禮，我相信大家都會體諒。”他又指出：“今年雖然我們改為網上直播，但我深信，無論形式怎樣，也不會改變我們這位金像女神的意義和分量，至於獎座怎樣交到得獎人手中，我們會在疫情之後盡快作出安排。”

當公佈第3個獎項新晉導演為《金都》導演黃綺琳之前，小寶指這獎項是由創意香港及香港電影發展基金贊助了10萬元獎金作鼓勵。之後到公佈最佳亞洲華語電影為已故內地導演胡波遺作《大象席地而坐》，小寶表示：“其實他已經去世了，我現在向他致最高敬意，希望有機會我拿個獎去給他的家人！”經過10分鐘揭曉了所有獎項後，他總結說：“明年是40周年了，希望明年大家積極參與，祝大家一切順利、安康！我們明年見啦！”

■駱振偉作狀要向區嘉雯（左）獻吻。

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