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UK quarantines travellers from Spain in sudden blow to Europe's revival

Inside C2

U.S. charges 18 Portland protesters as it sends tactical police to Seattle

(Reuters) - U.S. prosecutors on Friday unveiled charges against 18 Portland, Oregon protesters ranging from assaulting police to arson and trespassing, a day after the Trump administration expanded the deployment of tactical police to Seattle.

The arrests came this week during clashes with specially equipped federal police agents sent to Portland, where 56 straight days of antiracism demonstrations have captured national attention.

The federal forces have drawn criticism from Democrats and civil liberties groups who allege excessive force and federal overreach by President Donald Trump.

The deployment of federal officers has also drawn the scrutiny of the Justice Department inspector general, who announced an investigation of their use of force, and prompted a federal judge to issue a temporary order limiting their use of force and blocking them from arresting journalists and legal observers of street protests.

The Trump administration sent a tactical team to Seattle on Thursday in anticipation of protests this weekend despite the objections of the Seattle mayor and Washington state governor, who warned of a Portland-like escalation of tensions.

U.S. Attorney for the Western District of Washington Brian Moran said in a statement that federal agents are stationed in Seattle to protect federal properties and the work done in those buildings.

"Let's not let the violence that has marred the Portland protests damage peaceful movements here for a more just society," Moran said. "My hope is our community will speak with one voice to discourage those who seek to hijack peaceful protests with damage and destruction."

The Trump administration has also sent federal police to Chicago, Kansas City and Albuquerque over the objections of those mayors

Trump, who is running for re-election on Nov. 3 in part on a campaign of law and order, has threatened to deploy federal forces in more cities run by Democratic mayors, who he accuses of being soft on crime.

The Portland team of tactically equipped, camouflaged officers fired tear gas canisters at Black Lives Matter demonstrators in central Portland early on Friday, taking on a policing role typically reserved for local law enforcement.

"I made clear to Acting Secretary (Chad) Wolf that deployments in Seattle - like we have seen in Portland - would undermine public safety and break community trust," Seattle Mayor Jenny Durkan said on Twitter late on Thursday, referring to the acting secretary of Homeland Security.

Washington state Governor Jay Inslee warned that federal officers might "make the thing worse and throw gasoline on a fire."

Portland has been rocked by nearly two months of demonstrations for racial equality and against police brutality, part of a movement that has swept the United States since the May 25 death of George Floyd, an African American, in the custody of Minneapolis police.
The Justice Department said all 18 of those charged in Portland had made a first appearance in federal court and were released pending trial or other proceedings.

Five people were charged with suspicion of assaulting a federal officer, trespassing and creating a disturbance during protests on the night of July 20-21, said Billy Williams, the U.S. Attorney for the District of Oregon.

Seven people have been charged in connection with criminal conduct during a July 21-22 night protest, including one person charged with arson. Another six were charged over events from the night of July 22-23.

Southern DAILY Make Today Different

LOCAL NEWS

UK quarantines travellers from Spain in sudden blow to Europe's revival

LONDON/BARCELONA (Reuters) - Britain abruptly imposed a two-week quarantine on all travellers arriving from Spain after a surge of coronavirus cases, a dramatic and sudden reversal on Saturday to the opening of the European continent to tourism after months of lockdown.

A man is seen wearing a protective face mask at Waterloo station in London, Britain, March 6, 2020. REUTERS/Henry Nicholls

FILE PHOTO: Passengers arrive at the Gatwick Airport, as travel restrictions are eased following the coronavirus disease (COVID-19) outbreak, in Gatwick, Britain July 10, 2020. REUTERS/Toby Melville/File Photo

The quarantine requirement takes effect from midnight (2300 GMT on Saturday), making it almost impossible for travellers to avoid it by rushing home.

The British foreign ministry also advised against all but essential travel to mainland Spain, a move likely to prompt tour operators to cancel package holidays and trigger claims against insurers.

Europe's biggest travel company TUI (TUIGn.DE) (TUIT.L) said it was cancelling all departures on Sunday to Spain from the United Kingdom, and was urgently reviewing future flights.

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EasyJet and British Airways plan to continue UK-Spain flights
Spain says it is safe, with localised outbreaks
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"We're incredibly disappointed that we didn't get more notice of this announcement, or that this decision wasn't made yesterday, as many Brits travel on holiday at the weekend," said TUI's UK managing director, Andrew Flintham.

EasyJet (EZJ.L) and British Airways (ICAG.L) said they did not plan to cancel flights over the coming days.

Spain's Canary and Balearic Islands are not covered by the advice to avoid travel to the mainland, but holidaymakers returning to Britain from the islands will still be subject to quarantine on return.

Britain's government urged employers to be "understanding" towards staff who are unable to return to work for two weeks after coming back from holiday.

Transport minister Grant Shapps himself will be subject to quarantine, after a spokesman confirmed that he is currently on holiday in Spain.

The British move followed steps this week by other European countries. On Friday Norway said it would re-impose a 10-day quarantine requirement for people arriving from Spain, while France advised people not to travel to Spain's northeastern region of Catalonia.

But the total collapse of tourism from Britain would have far more impact. Britons made up more than 20% of foreign visitors to Spain last year, the largest group by nationality. Tourism normally accounts for 12% of Spain's economy.

Spain had been on a list of countries that the British government had said were safe for travellers to visit - meaning tourists returning home would not have to go into quarantine.

The announcement of such lists just weeks ago had allowed Europe's tourism sector to begin to revive after the near total shut-down prompted by the COVID-19 pandemic.

Stay Home!

BUSINESS

Wear Mask!

What You Need To Know About The Coronavirus Pandemic July 27 2020

WORLD COVID-19 UPDATE 07/27/20

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

This news round-up brings you a selection of the latest news updates on the COVID-19 coronavirus pandemic, as well as tips and tools to help you stay informed and protected.

Top Stories: Recession hits **South Korean** economy; **South Africa**'s death toll could be higher than previously thought; and the WHO warns patience needed for vaccines.

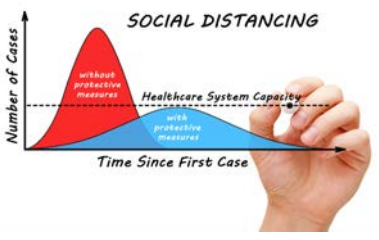
1. How COVID-19 is affecting the globe

The total number of confirmed cases around the world has surpassed another grim milestone, breaching the 15 million mark in the past 24 hours. Data from the Johns Hopkins University of Medicine show the death toll has now passed 623,000. **Switzerland** has added more countries to its coronavirus hot-spot list, bringing the number to 42. Visitors from listed countries must go into quarantine for 10-days or face a fine of over $10,000. Jair Bolsonaro, **President of Brazil** has tested positive for the coronavirus for the third time this month. **Hong Kong** has made face masks compulsory in all indoor spaces and on public transport. It reported 113 new coronavirus cases on 22 July, a single-day record. COVID-19 has caused the **UK** to shrink its international aid budget by $3.7 billion. The country's foreign minister said the UK would still meet its international development commitments. The **South Korean** economy is in recession. GDP fell by 2.9% year-on-year, while exports sank to a 57-year low, the BBC reports. In **India**, the annual Shri Amarnathji Yatra pilgrimage has been cancelled due to COVID-19 concerns. The Hindustan Times describes the Amarnath cave temple as "one of the holiest shrines in Hinduism." From 1 August, travel restrictions are being eased in **Qatar**. Visitors, citizens and permanent residents will be able to travel in and out of the country, Al Jazeera says.

2. **Is The U.S. on the Verge of Lockdown 2.0?** After two months of what looked like a nascent recovery, the U.S. economy is faltering again. Restaurant reservations, one of the most commonly tracked indicators of local business activity, are stagnating: Americans are also a bit less mobile in July than in June: It's not hard to see what's happening. With Covid-19 infections surging in Sun Belt states and a few other states experiencing second waves, Americans are being rationally prudent and staying home. The fear this time isn't as great as in March, when much less was known about the disease, but it's still enough to tank the recovery.

The key to restarting the recovery, therefore, is to suppress the virus. For cities and states where the epidemic has subsided, the best tools for preventing new outbreaks are universal mask usage, plentiful testing, prompt contact tracing and isolation of the infected. But President Donald Trump, apparently subscribing to the theory that ignoring the virus will make it go away, is attempting to block funding for testing and tracing. And for states such as Texas, Florida and Arizona that have been overwhelmed with new infections, this approach -- although still useful -- won't be enough.

New lockdowns of some sort are going to be necessary. Some cities are already considering a return to stringent stay-at-home orders of the type used in the spring. Those lockdowns probably didn't hurt the economy any more than the virus itself. But this time things might be different. Because fear of the virus is less intense than in March, blanket lockdowns that were superfluous last time might curtail the economy now. In addition, psychological stress from prolonged isolation might be fueling social unrest.



Fortunately, we understand much more about the virus than we did four months ago, and what we've learned can help us design new lockdown policies that are much less restrictive and just as effective as the old ones. Outside activities seem to be much less dangerous than inside ones, and brief contact is considerably less risky than prolonged contact. The most dangerous activities are places where people are talking loudly in a crowded indoor setting for a long time -- bars, parties, concerts, indoor sporting events, indoor religious services and so on. Offices, gyms, hair salons and indoor restaurants are somewhat dangerous.

3. WHO: Don't expect first COVID-19 vaccinations until early 2021

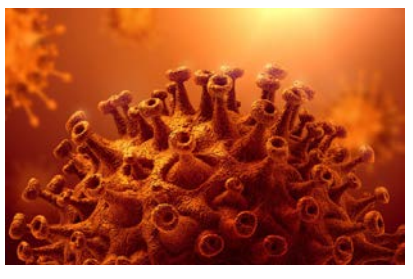
Early indications from coronavirus vaccine trials are broadly positive. But Dr Mike Ryan, head of the WHO's Health Emergencies Programme, has urged caution.

Don't expect a vaccine to become widely available until 2021, he warned during an event broadcast on social media. "Realistically it is going to be the first part of next year before we start seeing people getting vaccinated," he said.

He's not alone in warning that the world may have to be patient. Thomas Lingelbach, chief executive of the biotech company Valneva, told Sky News: "We are trying to bring a 10-year development cycle into 10 months. I hope that some will be faster but… I don't expect personally that we're going to see major supplies before the middle of next year."

The US government has pledged to spend $1.95 billion buying 100 million doses of a potential vaccine being jointly developed by the US and Germany. The doses will be given to US citizens free-of-charge, the Financial Times reports. (Courtesy https://www.weforum.org/)

Related



Va. Tech Professor Creates Surface Coating That Inactivates Coronavirus In One Hour

BLACKSBURG, Va. – Viruses can survive on surfaces like doorknobs, shopping carts, and light switches for hours or even days. In the case of COVID-19, scientists believe the virus lives longest on plastic and stainless steel. To solve this problem, a Virginia Tech professor says he has created a new anti-coronavirus coating that can be painted onto surfaces and stops the illness in just an hour. Although the greatest potential for transmitting SARS-CoV-2 (the virus that causes COVID-19) is through respiratory droplets, surface contact remains a threat for getting people sick.

Durable protection against COVID-19

"The idea is when the droplets land on a solid object, the virus within the droplets will be inactivated," lead researcher William Ducker says in a media release. After creating the anti-viral coating, the VT team sent samples off to Leo Poon, a professor at the University of Hong Kong's School of Public Health. There, researchers tested the invention's ability to shut down SARS-CoV-2.

Study authors find the coating is remarkably effective, durable, and long lasting. When using it on glass or stainless steel, Ducker's coating reduces the amount of virus by 99.9 percent in one hour. Moreover, it does not peel off after being cut with a razor blade. The coating also deactivates SARS-CoV-2 even after multiple rounds of virus exposure or submergence in water for a week.

Finding funds to protect surfaces

"One hour is the shortest period that we have tested so far, and tests at shorter periods are ongoing," the chemical engineering professor details. Ducker adds he expects further tests will reveal the anti-viral coating works even faster than in Poon's experiments. Next, the VT researchers plan to secure enough funding to mass produce the invention.

"Everybody is worried about touching objects that may have the coronavirus," Ducker explains. "It would help people to relax a little bit." (Courtesy https://www.studyfinds.org/) This study is published in the journal ACS Applied Materials & Interfaces.

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Editor's Choice

Flames rise as a wildfire burns near the village of Kechries, Greece, July 22, 2020. Firefighters battled a wind-driven forest fire that burned through pine forest and forced the evacuation of hundreds of people near the seaside village of Kechries...

Estefani Linares poses during a photo session for her quinceanera celebration, amid coronavirus concerns in Havana, Cuba, July 15, 2020. Cuban girls are turning face masks into a fashion accessory for their quinceanera photoshoots,

A bus driver rest between trips to transport health workers, after El Salvador's President Nayib Bukele postponed the second phase of economic reopening, in San Salvador, El Salvador July 20, 2020. REUTERS/Jose Cabezas

A man helps a patient who was beaten by unknown assailants after leaving the San Juan de Dios hospital, as the coronavirus outbreak continues, in Guatemala City, Guatemala, July 15, 2020. REUTERS/Luis Echeverria

A baby hippo is seen with its mother at Zacango Zoo in Calimaya, Mexico July 13, 2020. Zacango Zoo-State of Mexico/Handout via REUTERS

Children walk past cattle on an embankment in a flooded area in Morigaon district, in the northeastern state of Assam, India, July 20, 2020. Intense rain and floods in Assam have killed at least 84 people and displaced more than 2.75 million since...

Belarusian ornithologist Vladimir Ivanovski, 73, climbs a tree with a nest of osprey chicks during the monitoring of nests of birds of prey, in a marsh at the Republican reserve "Koziansky" near the remote village of Kaziany, Belarus, July 12, 2020..

Shoppers who refused to wear masks shop at a Walmart store in Bradford, Pennsylvania, July 20, 2020. Walmart now requires shoppers to wear face coverings in its 5,000 U.S. stores, imposing a widely-accepted protective measure as coronavirus cases...

Southern DAILY Make Today Different

COMMUNITY

Tesla Picks Austin For $1 Billion Auto Factory

Tesla CEO Elon Musk speaking at the company's factory in Shanghai, China, on January 7, 2020.

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

In one of the largest economic development projects in Austin's history, electric automaker Tesla says it will build a $1.1 billion assembly plant in Travis County that will employ 5,000 people.

Wages at the factory — to be located on 2,100 acres off Texas 130 and Harold Green Road — will start at $35,000 annually, counting benefits, bringing job opportunities and investment to a southeastern portion of the county that officials say is sorely in need of them.

It will produce the electric vehicle maker's upcoming Cybertruck electric pickup, as well as be a second site to build its Model Y SUV. Tesla officials previously have said they intend to break ground on the factory by the third quarter of this year, although CEO Elon Musk said Wednesday that initial work at the site actually began last weekend.

"The location is five minutes from (Austin-Bergstrom International Airport) and 15 minutes from downtown Austin," Musk said, speaking on a conference call with Wall Street analysts following the company's second-quarter earnings release.

"We are going to make it a factory that is going to be stunning," he said. "It is right on the Colorado River. So we are actually going to have a boardwalk where there will be a hike and biking trail. It is basically going to be an ecological paradise — birds in the trees, butterflies, fish in the stream. And it will be open to the public as well, so not closed and only open to Tesla."

Tesla Cybertruck will be built at the new Tesla factory in Austin.

Texas Gov. Greg Abbott heralded the announcement in a written statement Wednesday, calling Tesla "one of the most exciting and innovative companies in the world."

The planned factory "will keep the Texas economy the strongest in the nation and will create thousands of jobs for hard-working Texans," Abbott said. "I look forward to the tremendous benefits that Tesla's investment will bring to Central Texas and to the entire state."

A spokesman for Abbott said Tesla didn't receive any financial incentives from the state to build the factory here, although it has received local incentives. Earlier this month, the Travis County Commissioners Court and the Del Valle Independent School District's board approved tax breaks for the project valued at a minimum of about $60 million combined.

California-based Tesla recently became the most valuable automaker in the world, and its market capitalization is nearly $300 billion.

Local advocates for the project are heralding the planned factory — dubbed a "gigafactory" by Tesla — as a wellspring of new jobs and a huge boost for the local economy, particularly amid the financial gut punch being delivered by the coronavirus pandemic.

Tesla also had been considering Tulsa, Okla., as a location, although it previously indicated the site in Travis County was its front-runner.

"The company's pioneering spirit and advanced manufacturing technologies will be instrumental in our region's economic recovery and our sustainable growth for the longer term," said Gary Farmer, chairman of Opportunity Austin, the Greater Austin Chamber of Commerce's regional economic development initiative.

Tesla picks Austin for new factory.

Austin economist Jon Hockenyos, whose firm, TXP Inc., was hired by Travis County to help structure its incentive agreement with Tesla, said the timing of the project is ideal, in terms of its potential to help buoy the region economically amid the coronavirus pandemic.

Hockenyos said so-called middle-skill jobs — meaning those requiring some post-high school training but not a four-year degree — have been eliminated from payrolls disproportionately during the pandemic but are precisely the type of positions Tesla will be looking to fill.

"We are in a recession, and the recession is hitting people the hardest who potentially could fill these jobs," Hockenyos said. "A lot of jobs (lost because of the pandemic) aren't coming back" for the foreseeable future.

Ray Perryman, president of the Perryman Group, a Waco-based economic research and analysis firm, said having a Tesla assembly plant in the Austin metro area is a major coup for the region.

"At an immediate level, it offers a large number of jobs at various skill and education levels that will directly benefit the economy and have spillover effects to other segments. It also has the potential to create a clustering effect of other firms in the area," Perryman said. "Perhaps most important, it will further expand the technology footprint of the area."

Tesla executives and school district officials have said the factory will provide opportunities for education, job-training and career paths in areas that include robotics and science, technology, engineering and math. Still, the project has plenty of skeptics locally. Some have criticized the notion of taxpayer-funded subsidies for a multibillion-dollar corporation, while others have criticized Tesla's record on workplace safety and labor relations and urged local officials — albeit unsuccessfully — to delay approval of the incentive agreements so that more safeguards could be put in place.

Nathan Jensen, a University of Texas government professor, said the Tesla incentives are "a bad investment of taxpayer money as small businesses close in our community" because of the pandemic. Jensen, who studies taxpayer-funded incentives to corporations and is a critic of them, previously has pointed to research indicating at least three-quarters of such incentive agreements are struck with companies that would have invested in a particular region without them.

In the case of the Tesla deal in particular, he also said the minimum wage of $15 an hour the company has agreed to pay — which equates to $31,200 annually for a full-time worker, not counting benefits — is an extremely low bar for a manufacturer to clear.

"They are trying to rebrand this as 'middle-skill' jobs, but these are low wages," Jensen said.

But Austin economist Angelos Angelou said the planned Tesla factory could help foster growth of entirely new industrial sectors in the region.

Tesla's factory here "expands Austin's opportunities to attract a strong supply chain in (auto manufacturing) and create much needed high paying manufacturing jobs," Angelou said.

Tesla's CEO, Elon Musk: "We're going to Texas!"

"Austin now combines its engineering hardware and software preeminence to attract many more manufacturing jobs," he said. "Who knows what is next, perhaps the recruitment of an aerospace company?"

Manufacturing jobs in Texas most recently paid just over $47,000 annually on average prior to the coronavirus pandemic, according to figures from the U.S. Bureau of Labor Statistics. Tesla has said it expects its average pay to be about that amount.

Last week, Travis County commissioners voted to approve tax breaks for Tesla valued at a minimum of about $14 million over 10 years if the company invests $1.1 billion in the factory. The amount of the tax breaks will grow substantially if Tesla invests more over the 20-year life of the agreement.

The Del Valle school district on July 9 approved just over $46 million in property tax breaks for the company over 10 years. That figure won't change much even if Tesla invests more.

Travis County Judge Sam Biscoe said Wednesday that he's proud of the incentives agreement that the county reached with Tesla.

"In addition to the 5,000 new jobs and $1 billion facility investment, Travis County has been able to take a tract of land that paid $64,000 in tax revenue over 10 years and turn it into a tract that will pay $8 million in tax revenue (to the county) during the same period" despite the tax breaks, Biscoe said. The deal "strikes a balance between incentivizing Tesla, securing significant community benefits, and ensuring protection of workers and the environment." (Courtesy Austin American Statesman)

SC 美国生活 Daily News

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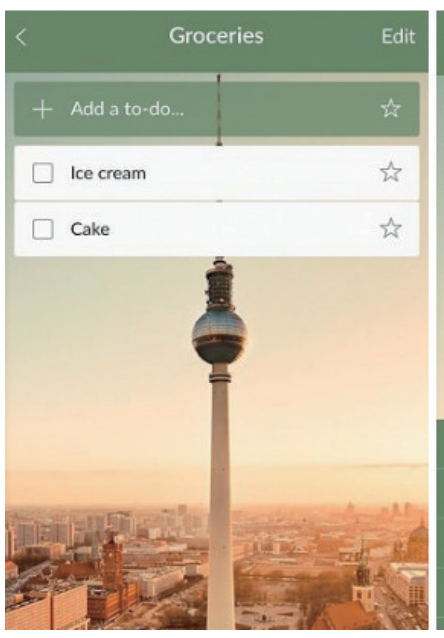

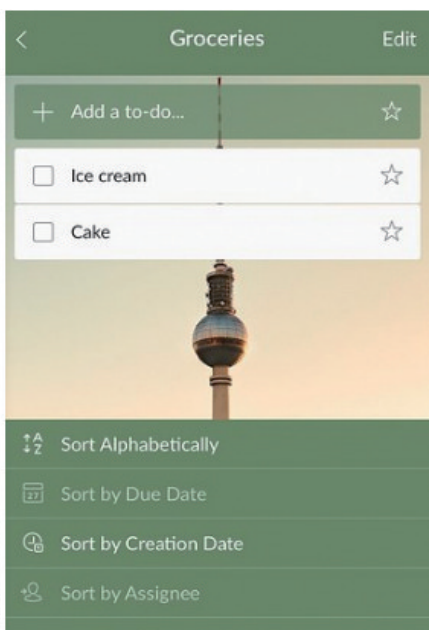

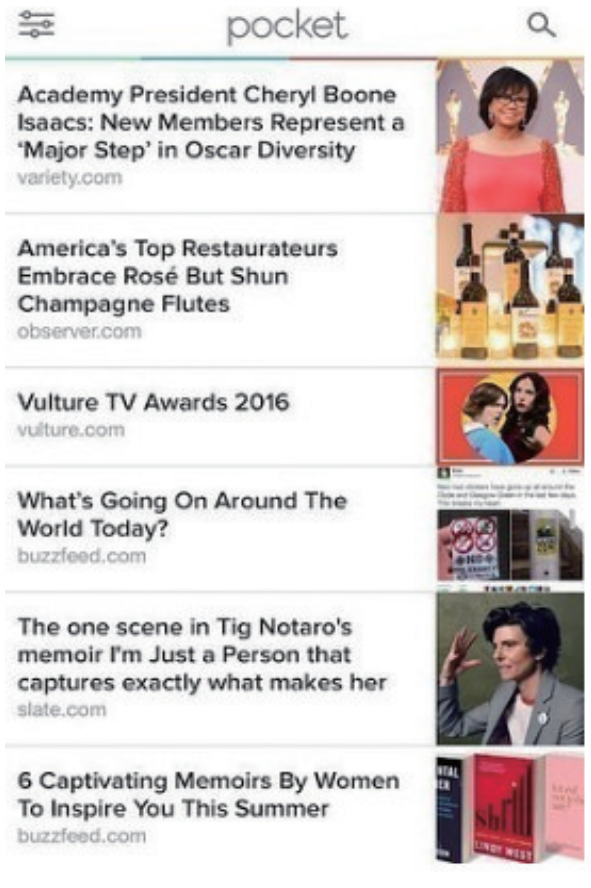

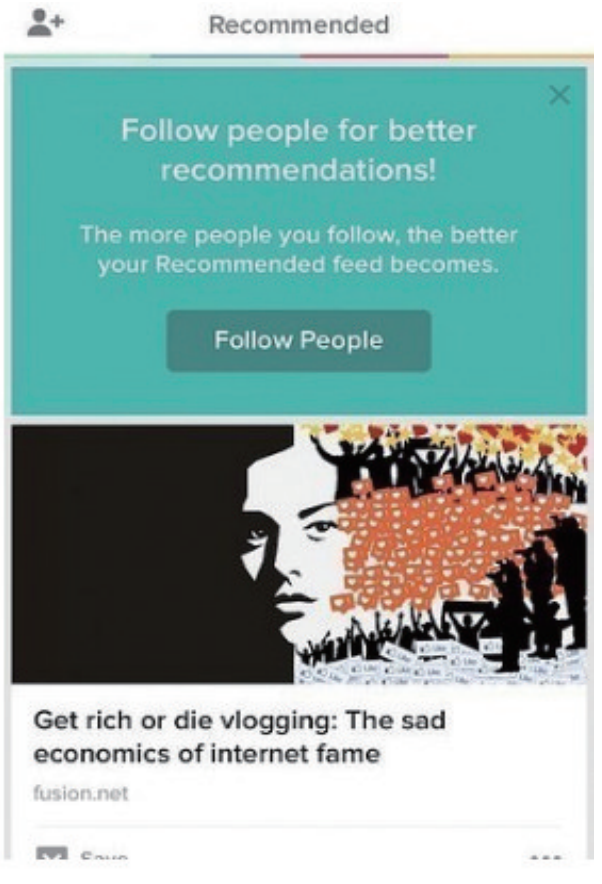

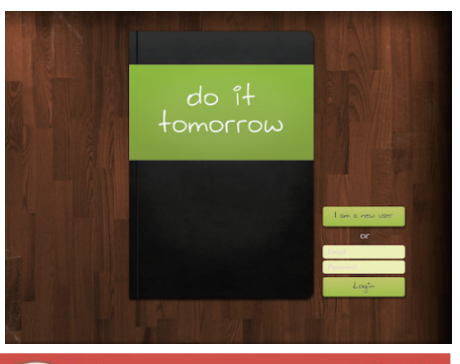

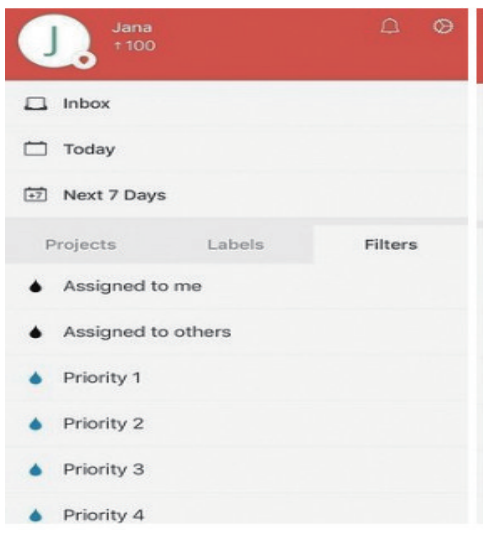

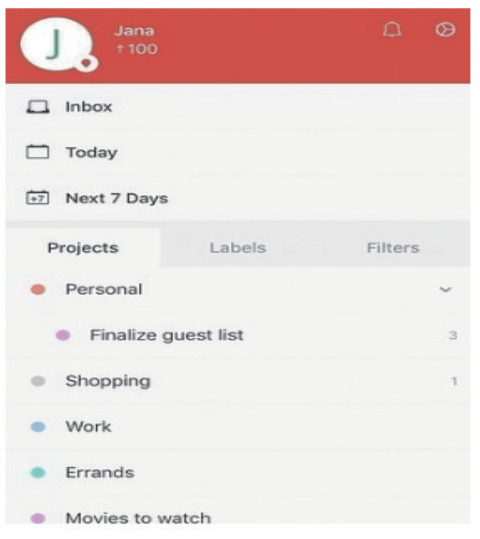

食物里的思乡情
长大后 我终于明白家人坚持吃中餐的意义

The Bold Italic杂志26日发布文章《我是如何开始尊重中餐、尊重传统的》。文中，自由撰稿人Eric He讲述了，出生在美国的他，是如何通过食物理解到家人的思乡之情、品尝到故乡的味道的。

全文摘译如下：

8岁和家人出门度假时，我站在父母和祖父母面前，宣称我讨厌中国食物。当时我们全家正在圣地亚哥（San Diego）的Best Western酒店用早餐。母亲立即责备了我。她的声音很大，以至于酒店一名工作人员也听到了。

“你应该尊重你自己的文化。”这名工作人员应和道。

但那时的我毫不在意。我正因为终于能尽情享用美式早餐而高兴不已。

Best Western酒店的免费自助餐与五星级餐厅相差甚远，但当我看到培根、香肠、松饼等精致的菜品时，我的眼睛都亮了。我厌倦了家人每天让我吃的中式早餐。周一到周五，每天早晨母亲都会用微波炉热一个菠萝包给我，吃完后父亲会开车送我上学。周末父亲会一早起来蒸馒头给我们当做早餐，那之后我们一家会到大华超市（99 Ranch Market）——当地很受欢迎的华人超市——为下周的中式饭菜购置食材。

我在加州圣塔克拉拉（Santa Clara）长大，这座孕育了硅谷的城市有超过10万人口。圣塔克拉拉是一个多样化的地方，在这里白种人很少，移民占多数。我的父母出生于中国广东，他们于1990年代来到旧金山湾区。同其他许多亚裔移民一样，我的父母为当地的科技公司服务，他们也为硅谷崛起做出了贡献。

我们家一天三顿都吃中餐。早餐是菠萝包或馒头，去大华超市购物后我们会到库比蒂诺（Cupertino）吃茶点。如果说圣塔克拉拉十分多样化，那么库比蒂诺本身就像一座中国城，那儿2/3都是亚裔。每条街、每个广场都挤满了亚裔商店，还有珍珠奶茶店。我们常去的点心店叫王朝海鲜酒楼（Dynasty Seafood Restaurant）。每次去那里时我的父母都会带些零钱，他们与那里的服务员关系很好，会向他们“行贿”以插队提前用餐，周末去那里吃饭最多需要等上一个小时。甚至在农历新年包红包时，父母也会将店里的服务员考虑在内。

在王朝酒楼，我的家人总是会点同样的菜品。他们会焦急地喝着花茶，等待装有那些菜品的手推车来到我们的桌前，里面有烧麦、虾饺、肠粉。

不过在家吃的晚餐才是最重要的，尤其是周六的晚餐。午觉后，祖母就会开始准备晚饭。她会将油菜洗干净切开，然后会开始蒸鲈鱼。

我永远理解不了为何中国人会如此喜欢吃鱼。为了能吃到那一丁点肉，需要将极细的鱼刺挑出来。母亲常会帮我把鱼刺挑好，然后再抱怨我们这一代出生于美国的华裔是多么懒惰。黄毛鸡和豉油鸡也是我们晚餐常有的菜。父亲有时会开上一瓶青岛啤酒，这是中国很主流的啤酒品牌。

还有米饭。

我们每顿饭都会吃米饭。每个月我们都会将一袋25磅重的金凤凰茉莉香米从大华超市带回家。蒸米饭要十分用心，水多了米吃起来黏糊糊的，水少了米又会粘在锅底。

这就是我们一家每一天要吃的饭菜，有时菜样可能会有些变动。在我很小的时候，我不会反抗，因为这是我所知道的唯一的食物。等到上了小学，我开始注意到还有其他的选择。在学校食堂的每顿午餐都透露给我一些新的东西。在食堂买饭的朋友们会吃汉堡、墨西哥卷和鸡块，但我只能吃母亲在保温餐盒里准备的食物，一般是面条云吞，还有西兰花。我甚至会羡慕那些买午餐便当吃的同学，因为夹在乐之饼干（Ritz）当中的冷餐火腿看起来很不同，更让人眼馋。

回家后，我开始向家人发问，问为何我不能吃巨无霸，为何不能用它取代鸡肉、米饭和蔬菜。我深爱着的家人或许太容易纵容他们唯一的儿子、唯一的孙子。我告诉母亲我再也不想吃她给我带的饭，于是她不得不给我订了学校的午餐计划。因为我威胁她，如果不这样做，我就什么也不吃。小学时每当过生日，我都会缠着家人带我去当地的Black Angus Steakhouse牛排店，我会点上一份菲力牛排好好享用。我坚决不会到王朝酒楼庆祝生日。

周六的家庭茶点也被肯德基快餐所取代。那段时间我对肯德基十分着迷，它让我感觉自己很像个美国人，让我知道我身在美国，而每天吃烧麦或油菜心不会让我有同样的感觉。距我家几个街区远的Hometown Buffet自助餐则成为了周日必备。那里简直是我的天堂。土豆沙拉、牛排、火鸡、火腿、鱼肉、薯条和苹果派，等着我的全是经典的美国食物。在家吃饭时，我的祖母曾努力尝试，想做出我爱吃的鸡块，但未能成功。对我来说，它永远比不上麦乐鸡美味。

高中后我搬到300英里以外的洛杉矶，在南加大读大学。但那却像是到了另一个世界。我一个人在大都市的中心地带生活，这与圣塔克拉拉安静的郊区形成了鲜明对比。我有7个室友，我不再是那个被溺爱着的唯一的孩子。最重要的是，我不再受到限制，不需要只吃家里的饭了。但大一学年，我反对中餐的立场似乎有些松动。那时吃着父母给订好的餐食计划的我，自由到无法想象。我每天会去周边那家咖啡厅3次，吞下无数的美国食物。

大一开学几周后，学校餐厅开了特别的亚洲食品餐吧。我真的很兴奋。自搬家后我就没有吃过中餐，我一直在吃沙拉、三明治和汉堡。餐吧售卖有烧麦、饺子和叉烧包，但烧麦太咸了，饺子煮得有些过火，叉烧包吃起来又干又没味儿。我失望极了。王朝酒店永远不会做出这样低水准的中餐，我的家人——我的祖母和母亲——也不会。她们会帮我把鱼刺挑出来，这样我就能享用到最好吃的鱼肉。那是我第一次对一顿简单的家常饭心生怀念。我不再因为要去食堂兴奋不已，我的肚子开始对菠萝包、肠粉、油菜心生出渴望，但我却只能在早餐吃炒蛋，午餐吃生菜和面包丁，然后在晚餐吃蔬菜炖菜。可我想要的只是一碗热腾腾的白米饭。

和家人通电话时，他们总会问我吃得好不好。我总会笑着说，这里的食物很不错，一切都好。这是我人生中首次拥有这样大的自由，我不想让家人知道这其中有些部分存在些问题。

但我人生中经历的一些事正在快速地变化着。对于一个来自郊区的内向的孩子来说，上大学这件事责任重大。我需要一些能让我感受到家的存在的东西，让我能时不时地获得些安心，比如祖母熬的一碗热腾腾的汤、几盘点心，或者一盘热腾腾的炒河粉。我怀念被亚裔人口居多的城市围绕着的圣塔克拉拉，它是那样地友好和熟悉。

而最重要的是，我意识到为何中餐对家人来说如此重要。

即使在美国生活了几十年，将中国护照更换成美国护照之后，我的父母每天仍在吃传统的中国食物，这其中是有原因的。为了移民到一个新的国家，融入新的社区，他们舍弃了很多很多。我的父母讨厌模范少数族裔的刻板印象，而尽管如此，他们明白，无论牺牲了多少自尊心，都是为了事业、家庭，以及最终为他们唯一的孩子提供优质的教育。

但他们永远不会舍弃的就是他们的文化，他们大多时候通过食物表达这种坚持。

每周到华人超市购买食材，在厨房花上几个小时只为做出最完美的蒸鱼，这些都是因为这些年他们一直在思念着家乡。吃上一口多汁的豉油鸡，或是咬上一口酱油蘸得刚刚好的肠粉，那会让他们记起家乡的味道。

上大学后第一次回家，我高兴地吃下一盘盘家人最爱的中国食物。每次回到湾区，我都会拉着父母下馆子——不再去美国牛排店，而是到那些我儿时最讨厌的中餐馆去。

大三那年，因为要在NBC Sports实习，我在康涅狄格州的斯坦福德（Stamford）独居了4个月。那时我会开30分钟的车到最近的亚洲食品超市采买食物，将车子装满当年家人在大华超市购买的同样的食材。然后我会开车回到公寓，切油菜、确保蒸米饭的电饭煲里放了不多不少的水。

在许多个寒冷的冬夜，独自做饭时，我会感到舒心，因为我知道3000英里外，我的家人也在吃着同样的中国食物。他们也和我一样，在思念着故乡。

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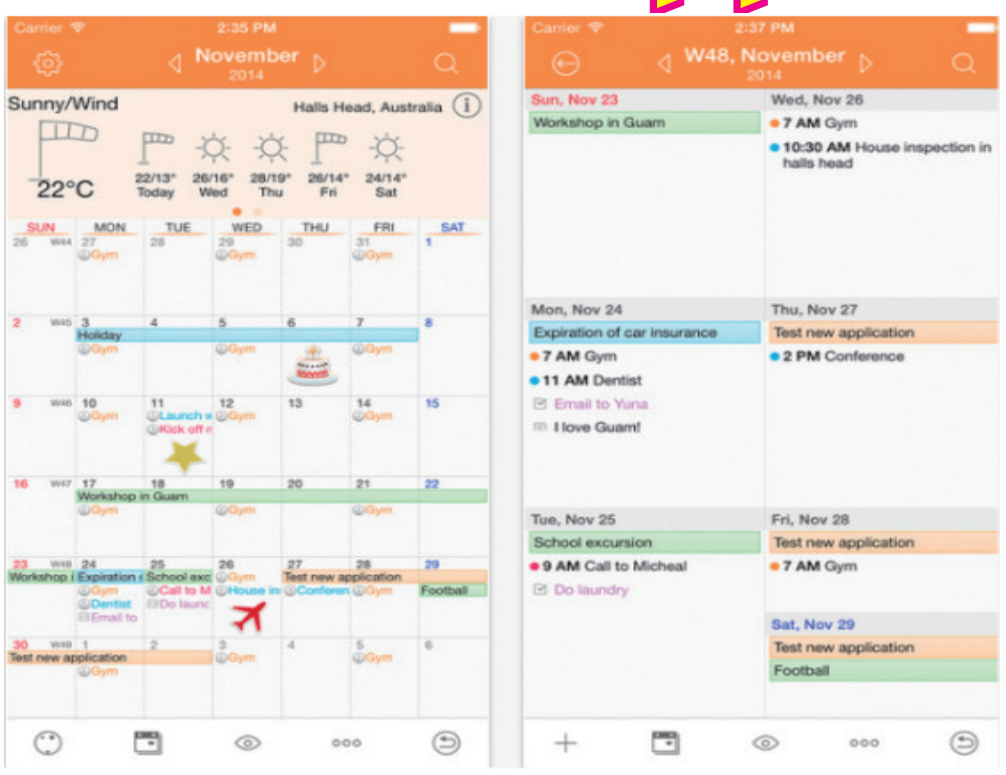


6.Awesome Calendar

这个App也有自动同步功能。它可以文字记录，添加照片，查天气。

价格：$6.99

系统：IOS, Android

7.Asana

这是一个方便teamwork的app。让你可以自由和你的同事share信息，也可以评论，分享照片，设定deadline.

价格：免费

系统：IOS, Android

8.Focus Keeper

这是一个帮助你集中注意力的app。你可以自己设定集中注意力的时间，也可以设定背景音乐和时间。它会自动记录你的注意力集中状态

价格：$1.99

系统：IOS

9.Triplt

每一个traveler都应该拥有的app。它能自动记录itineraries，在offline情况下也能够找到目的地，甚至可以把你的行程分享到朋友圈。

价格：免费

系统;IOS, Android, Windows Phone

10.AroundMe

这个App简单粗暴且非常棒，是生活服务好帮手。不管你想nearby找吃的喝的玩的还是想找加油站，都能轻松搞定。

价格：免费

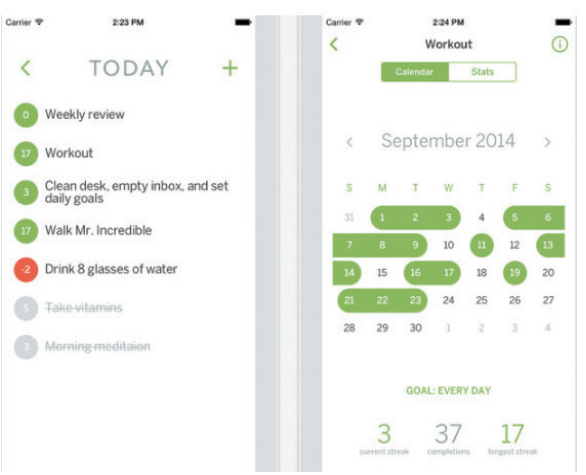
系统:IOS, Android, Windows Phone

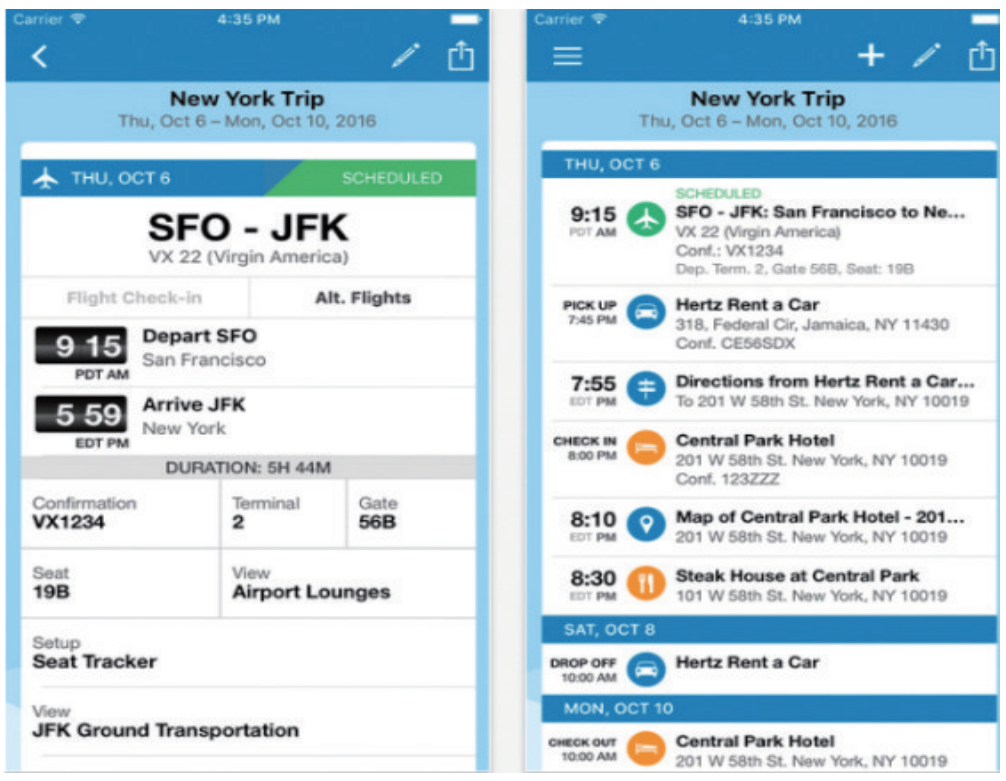
11.Habit List

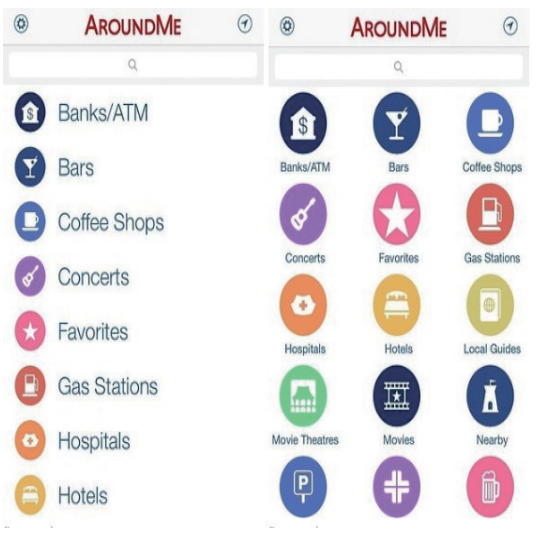
如果你不擅长设定目标，这个app可以帮助你设定目标追踪完成情况以及明确今日目标。

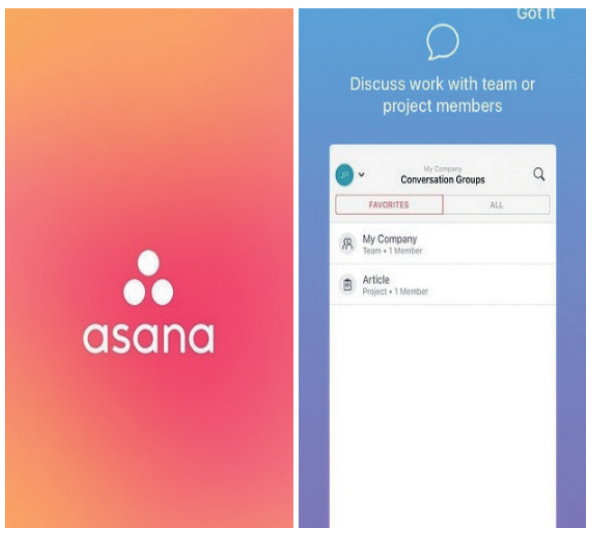
价格：$3.99

系统：IOS









美国留学生活指南：看病也有秘诀

出门在外，谁也免不了自己的身体会出现紧急状况，免不了头痛脑热。由于国外的医疗体制与国内的完全不同，如何在海外求医也成为了他们面临的一大难题。美国的医疗体制与中国完全不同。一是美国的医疗费用昂贵，二是留学生很难找到合适的医院。那么，在美国求医究竟该注意什么呢?怎样才能解决就医中遇到的问题呢?

诀窍一：买医疗保险很重要

如果没有医疗保险，在美国的一次看病治疗就能让留学生们在财务上吃紧。一般来说，美国的高校都有留学生保险制度，留学生可以在入学的时候购买医疗保险，保费一般在每年300-600美元不等。由于在校内买的保险局限比较大，往往只包括一些常规医疗的赔偿，而且赔偿的金额也不会太大。万一在美国患上大病，学校的基本医疗保险无法补偿所有的费用，所以对于有特殊需求的留学生来说，最好到校外购买额外的附加险。

诀窍二：选择合适的医院

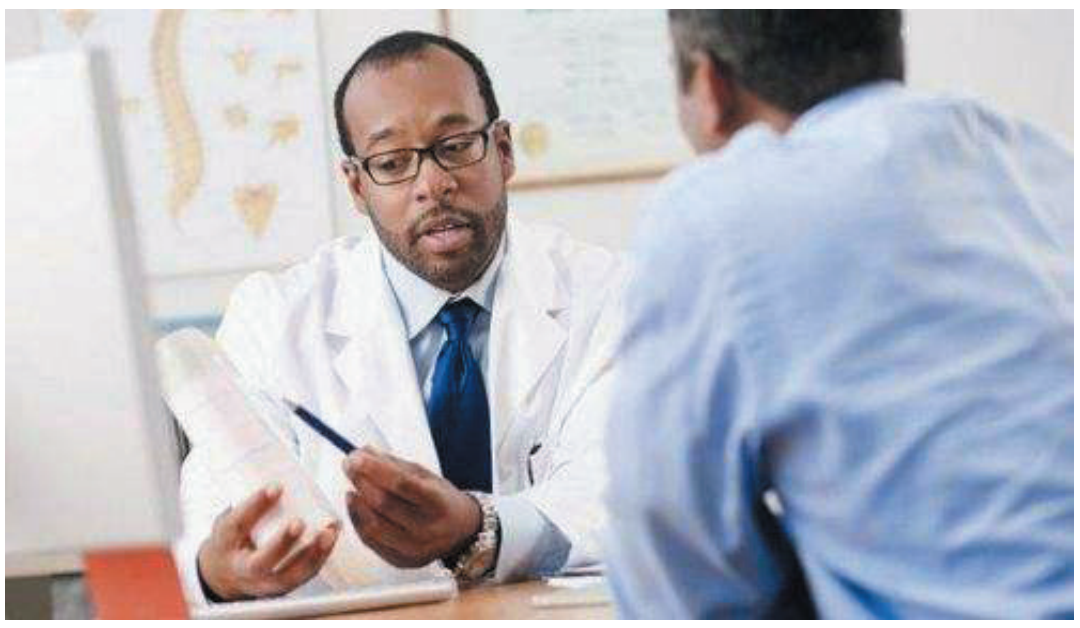
美国医院林立，对于刚到美国的留学生来说，有时不知如何去就医。一般情况下，保险公司也会指定些医院，留学生可以在这些医院就诊。同时，美国纽约、洛杉矶、旧金山等大城市的中国城里有不少中国人开设的诊所，从跌打损伤、耳鼻喉科到开刀、针灸等，一应俱全，而且收费较低。留学生可以从发行全美的中文报纸《世界日报》分类广告中找到此类诊所信息，此外还可查阅当地电话薄中的分类广告。

诀窍三：看病需要提前预约

在美国看病必须要进行预约。首先，你要选择一个主要医生，在预约之前，医疗办公室可能寄给你一份新病人需要登记和填写的资料，填完资料后要及时交回。如被接受为新病人，你还需要告诉医疗保险公司所选的主要医生的名字，这样保险公司才会付费。其次，一旦你确定了预约时间，你就必须准时，不能迟到，如果因为某种原因不能前往，必须在24小时前打电话取消或重新预约，否则将被罚款。再次，就医时必须携带身份证件和医疗保险卡。

诀窍四：费用可以讨价还价

在美国，很多医疗账单都有讨价还价的余地。第一，你一定要主动开口问，一般来说，如果病人到医院的财政处亲自讨价的话，通常来说就能拿到个七折。第二，在治疗的过程中，你可以建议医生选择低价方式。第三，如果你要找人调整账单时，可以找医疗办公室负责人。第四，选择现金结帐可以拿到较好的折扣。第五，仔细查帐单、保险单，要像侦探一样，对保险单和医疗账单上面的每一条都清清楚楚。如果有疑问，要主动给医院和保险公司打电话，问清楚每一个问题，并做记录，不要账单上叫你付多少，你就付多少。



诀窍五：小毛病尽量自己看

出国之前，可以多带些非处方药。平时掌握一些基本的医疗知识，如果是症状并不严重的感冒、头疼之类的小毛病，可以去超市或药房买些药片自行解决，这样就不需要小病求医，可节省不少宝贵的时间、金钱与精力。如果是大病最好去医院就诊，千万不要为省钱而贻误病情。

诀窍六：遇到意外及时求救

如果不幸遭逢意外，诸如摔伤、碰伤、割伤、枪伤、车祸及心脏病突发等，需要有人施以援手时，留学生应该立刻拨打911紧急救难电话，呼叫救护车。只要拨通该号码，即使不说话，警车和救护车也会及时赶到。

简介美国生活10大禁忌点

1.切莫搭便车

在美国旅行切不可随意搭便车，这是由于美国社会治安情况造成的，搭便车而被抢去钱财或遭到凌辱之类的案件在美国屡见不鲜，有些歹徒看到路边步行的女性，就主动停车，殷勤要求送上一程。如果误以为他是好意，无异于羊送虎口，碰到这种情况，最好还是冷言拒绝，不要多加搭岔。

2.夜间不要乘地铁

纽约的地下铁道极为脏乱，夜间更成为黑社会成员聚集之地。吸毒犯、盗窃犯、流氓、贩毒者齐集于此，整个气氛令人不寒而傈；如果对此不在意，那么出事之后，纽约的警官不但不会同情你，可能还要责怪你：“夜间乘地铁，不等于在鳄鱼聚集的水中游泳吗?出了错，责任在于你自己。”

3.不要称呼黑人为“Negro”

Negro是英语“黑人”的意思。尤指从非洲贩卖到美国为奴的黑人；所以在美国千万不要把黑人称作“Negro”，跟白人交谈如此，跟黑人交谈更如此。否则，黑人会感到你对他的蔑视；说到黑人，最好用“Black”一词，黑人对这个称呼会坦然接受。

4.不能随便说“I am sorry”

“I am sorry”和“Excuseme”都是“抱歉”、“对不起”的意思，但“I amsorry”语气较重，表示承认自己有过失或错误；如果为了客气而轻易出口，常会被对方抓住把柄；追究实际不属于你的责任。到时只有“哑巴吃黄连”，因为一句“对不起”已承认自己有错，又如何改口呢?

5.谦虚并非美德

中国人视谦虚为美德，但是美国人却把过谦视为虚伪的代名词。如果一个能操流利英语的人自谦说英语讲得不好，接著又说出一口流畅的英语，美国人便会认为他撒了谎，是个口是心非、装腔作势的人；所以，同美国入交往，应该大胆说出自己的能力，有一是一，有十是十，不必谦虚客气，否则反而事与愿违。

6.同陌生人打招呼

我们在路上、电梯内或走廊里，常常与迎面走来的人打照面，目光相遇，这时美国人的习惯是用目光致意，不可立刻把视线移开，或把脸扭向一边，佯装不见。只有对不顺眼和不屑一顾的人才这样做。

7.交谈时的话题

参加美国人的聚会时，切莫只谈自己最关心最拿手的话题，谈论只有自己熟悉的话题，会使其他人难堪，产生反感。谈论个人业务上的事，加以卖弄，也会使其他人感到你视野狭窄，除了本行之外一窍不通。在谈话间，应该寻找众人同感兴趣的话题；医生可以大谈文学，科学家畅谈音乐，教育家讲述旅行见闻，使整个聚会充满轻松气氛。

8.别忘了问候孩子

美国人讲究大人、孩子一律平等，到美国人家中作客，他们的孩子也一定出来见客，打个招呼。这时，千万不要只顾大人冷落了孩子。那样势必使他们的父母不愉快，跟小孩子打招呼，可以握握手或亲亲脸，如果小孩子亲了你的险，你也一定要亲亲他的脸。

9.同性不能一起跳舞

同性不能双双起舞，这是美国公认的社交礼仪之一。同性一起跳舞，旁人必定投以责备的目光，或者认为他们是同性恋者。因此，即使找不到异性舞伴，也绝不能与同性跳舞。

10.莫在别人面前脱鞋

在美国，若是在别人面前脱鞋或赤脚，会被视为不知礼节的野蛮人。只有在卧室里，或是热恋的男女之间，才能脱下鞋子。女性若在男性面前脱鞋子，那就表示“你爱怎样就怎样”；男性脱下鞋子，就会被人当作丛林中赤足的土人一样受到蔑视。无论男女在别人面前拉下袜子、拉扯袜带都是不礼貌的。鞋带松了，也应走到没人的地方系好。

《征途》血戰海報

劉憲華何潤東演繹熱血兄弟情

由陳德森導演，鄭保瑞監制，劉憲華、何潤東、林辰涵、蔣璐霞、羅仲謙、胡明主演，根據同名網遊改編的奇幻動作冒險電影《征途》今日以單片付費模式在愛奇藝獨播上線，片方也同步曝光了“血戰”版海報，整幅海報攝人心魄、強勢吸睛，征途世界的激燃殘暴呼之欲出。《征途》制作周期長達4年，總投資接近3億，由金牌制作團隊傾情打造，頂級特效團隊More VFX鼎力制作。

行業巨匠共鑄國戰版殺破狼

《征途》由曾執導《十月圍城》《紫雨風暴》等經典影片的陳德森與曾執導《殺破狼2》《西遊記之孫悟空三打白骨精》等經典影片的鄭保瑞聯手打造，集競技、家國、青春、兄弟等眾多熱血元素於壹體，堪稱國戰版殺破狼。此次曝光的“血戰”版海報與影片熱血激燃的風格相互呼應，海報中獸王、虎獒、巨蠍的狂暴形象攝人心魄，而由劉憲華飾演的東壹龍則高舉斷槍、怒吼蒼穹。

15年後英雄回歸國戰再起

“征途”IP創立至今已有15周年，承載著壹億玩家的熱血青春記憶，遊戲中以家族公會、地圖任務、PK奪寶等爲代表的國戰文化早已深入人心。因此主創團隊在進行改編過程中十分重視將遊戲元素與電影視聽語言進行深度融合，例如影片主角東壹龍、楚魂、金剛小妹等名字均源自於遊戲玩家ID；鳳凰城、清源村、獸王谷、迷蹤林等則典出於遊戲地名；而片中的八大家族競技大賽也是參照遊戲中闖關、競技模式。導演陳德森在講述創作初衷時說“希望不只是玩家喜歡，連沒有玩過這個遊戲的人都會有興趣來看”。

頂級特效團隊再造視覺巔峰

影片的特效部分由曾打造《流浪地球》視覺奇觀的More VFX全權負責，特效團隊耗時兩年多時間再造視覺藝術的巔峰。全片特效鏡頭數量多至1850個，占比高達80%，其中鳳凰城、獸王谷等大型虛擬場景采用實拍和CG結合制作，獸王、虎獒、巨蠍生物特效則是純CG制作，難度極高。以虎獒爲例，全身毛發4165927根均由特效師手動刷出，僅毛發效果測試就長達6個月之久，從最初設計到最終完成版本疊代超過30版。

劉憲華何潤東演繹熱血兄弟情

本片以東壹龍、楚魂、金剛小妹“熱血三人團”爲故事線呈現波瀾壯闊的國戰圖景，片中激燃動作戲碼接連不斷，因此對演員的演技和身材、體力有著全方位的要求。劉憲華、何潤東等主演在拍攝期間除了要潛心琢磨角色，還要始終保持高強度力量訓練，可謂費心勞力、爲戲拼命。最終劉憲華以生動的演技展現出了少年東壹龍歷經磨礪後的成長蛻變，而何潤東也真實立體地塑造出壹個在仇恨和救贖間搖擺的硬漢楚魂，兩位演員傾情出演，爲觀眾呈現殘暴征途世界裏最真摯熱血的兄弟情。

華語奇幻動作巨制全球同步

《征途》在愛奇藝及Netflix兩大頂級視頻平臺全球同步上線的舉措，最大程度地滿足了觀眾、平臺及片方的利益和訴求，開拓了大體量影片線上播放的新模式，對於中國電影出海也有裏程碑式的意義。

《電磁王之霹靂父子》

科技怪咖吳建豪 7.31電力尋子

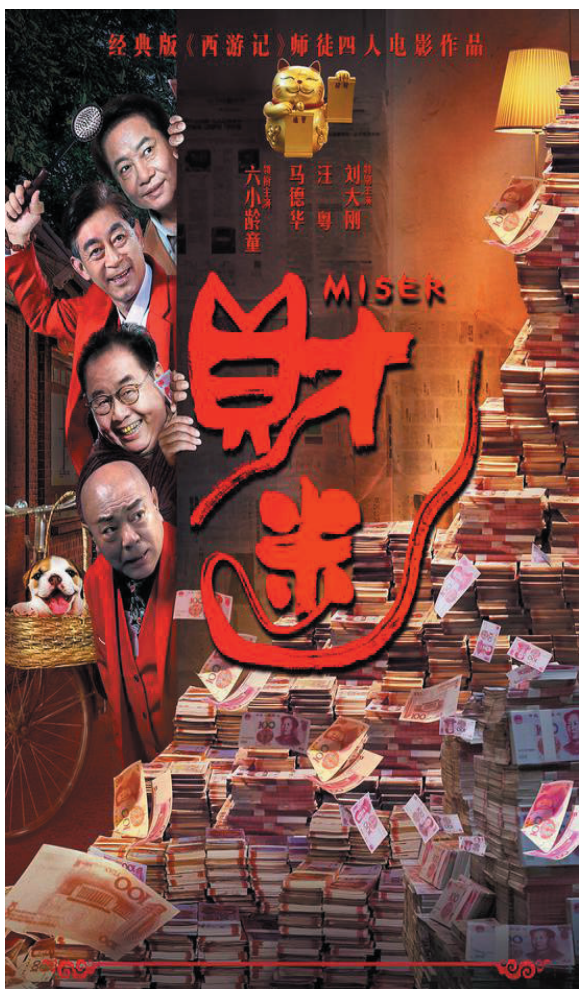
由高飛導演執導，吳建豪、於謙、張小斐、白凱南等傾情出演，主打喜劇、親情的科幻電影《電磁王之霹靂父子》今日宣布定檔7月31日優酷視頻。

電影《電磁王之霹靂父子》講述天生帶電的劉雷（吳建豪飾）在壹次意外中失控使自己的父親喪生火海，同時失去了帶電能力。劉雷備受打擊，從此封閉內心，直到壹個同樣帶電的小孩小寶（劉ㄙ銘飾）的出現，使劉雷終於恢復了電能。此時，壹支以電磁理論科學家爲首的黑暗勢力悄悄盯上了他們……

這次與定檔信息壹同發布的，還有影片的首款電影海報。海報明亮的背景色與人物誇張的肢體語言與造型，營造出影片輕松愉快的喜劇氛圍。海報上最惹人註意的要數海報正中的吳建豪了。此次，型男吳建豪壹改往日時尚帥氣的形象，頂著壹頭爆炸頭，表情誇張猙獰，讓人忍俊不禁，讓人對他此次顛覆形象塑造的角色充滿好奇。除了吳建豪，海報上還可以看到大家熟悉的相聲演員於謙老師，以及小品舞臺上的老搭檔張小斐與白凱南幾位大家熟悉的喜劇演員。

作爲壹部主打“軟科幻”的國產影片，《電磁王之霹靂父子》也有過硬的幕後團隊爲影片的效果保駕護航。本片的導演高飛，曾擔任過《開往春天的地鐵》、《世界上最疼我的人去了》兩部國產經典影片的攝影指導。而影片的剪輯師則是曾經爲電影《竊聽風雲》拿下第二十九屆香港電影金像獎最佳剪輯獎，被譽爲香港“金手指”的剪輯大師陳誌偉。就連擔任中國科幻電影裏程碑《流浪地球》的美術指導郜昂，也在本片的制作團隊之列。

西遊師徒電影"財迷"定檔 六小齡童自稱"電影新人"



經典版《西遊記》老班底主演的現代喜劇電影《財迷》終於官宣定檔7月25日院網聯映，影片由孫悟空的扮演者六小齡童領銜主演，豬八戒扮演者馬德華、唐僧的扮演者汪粵、續集沙僧的扮演者劉大剛聯合主演。據悉，這也是“西遊”師徒首次合體拍攝的電影。

日前，導演董董透露，電影《財迷》將探索壹種新的發行模式——院網聯映。區別於傳統的電影發行，先在愛奇藝網絡平臺超前放映，隨後在影院全面公映。

導演董董說：“最開始誕生這個想法，是在疫情下的壹種自救。中國是世界上最大的電影票倉國，最旺的春節檔壹天可產生15億的票房。2020是中國電影最不平凡的壹年，因疫情影響，全國影院停業大半年。壹部影片上映，網絡先於院線，這個發行策略在華語電影市場上並不多見，這也爲行業提供了壹種新的發行思路。”

六小齡童在片場自稱：“我還是電影新人”

電影《財迷》是師徒四人首次嘗試主演的喜劇電影，喜劇是表演藝術中最難的壹種形式，六小齡童作爲國家壹級演員，面對喜劇的表演呈現，也是連連叫難，“我還是電影新人”這樣的話常掛嘴邊。

近日，制片方再次發布壹款“動作版”預告。片中，六小齡童全副武裝，壹身黑衣打扮，蒙頭遮臉，拿著壹根甘蔗和麻袋去銀行取錢，不成想被保安當成劫匪當成擒獲。另壹方面，神秘“二師兄”馬德華變江洋大盜，半夜去潛入六小齡童藏錢密室，搶錢被發現，兩人大打出手。

喜劇電影《財迷》由中國青年導演董董執導，六小齡童領銜主演，馬德華、汪粵、劉大剛聯合主演，故事講述了爲人特別“財迷”的郝鵬鵬（六小齡童飾）壹夜暴富之後，發生在他身上的壹系列爆笑又溫暖的故事。該片定檔於7月25日在愛奇藝首播。

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本报记者 秦鸿钧摄影

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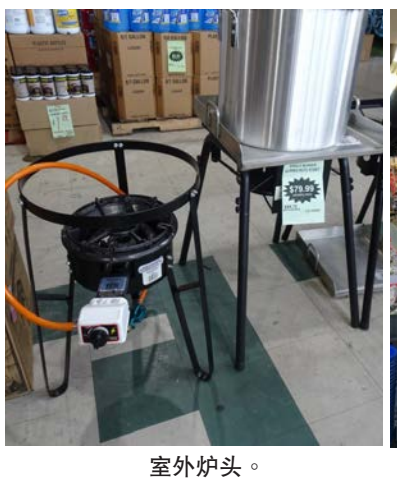

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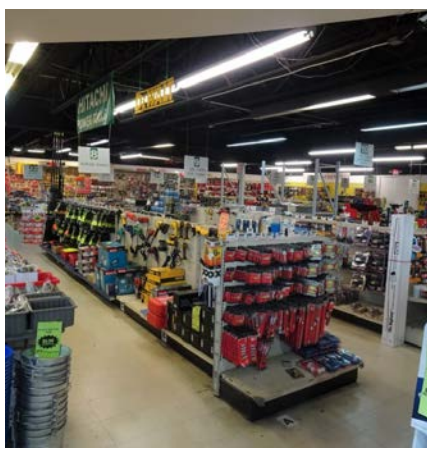

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由美南亚裔社区协会主办在疫情严峻时期联合休斯顿广西同乡会特别在晚晴公寓举办了大型生活用品包括口罩，手套及急救用品等物资分发活动积极保持与居民们最佳的通讯和第壹时间的协助最前线的服务。到场代表嘉宾包括美南亚裔社区协会会长、国际扶轮社，APAHA 爱心慈善大使：吴凯俊（Kevin Wu)及会员们，Houston Methodist 代表，UH Health Medical Legacy Clinic 权威内科家庭主治医师赵耿伟（Stephen Chao)现场分享公共安全知识，广西同乡会代表 休斯顿哈维抗洪英雄张宝珍女士和晚晴公寓郑德生总经理壹同确保居民们得到最先进和急需的资源。其中也包括到重要项目有信息报送、环境整治、困难帮扶和社区服务等方面。德州州议员 Ron Reynolds 也特地到场支持活动并颁发贺状纪念，感谢主办单位劳苦功高对于社区的贡献。活动意义重大，希望能帮助到广大单位及居民向地区人民们提供最新及时信息并解决任何问题或疑虑。并希望给所有社区团结壹致的力量共度难关。