

小主持人培訓

★ 培養少兒口才藝術
★ 培養少兒的鏡頭感
★ 培養少兒膽識與自信

領導才能
溝通流利
應變能力

給孩子不同的人生體驗

您的孩子敢於在公眾場合自信的開口說話嗎?
您的孩子能夠面對鏡頭大方的表現自己嗎?
您想讓孩子不再害怕當眾表達自己的見解嗎?

報名時間: 3月25日-5月25日
開課時間: 6月4日下午1:30
報名電話: 281-498-4310
微信聯繫: ctm9018

Allwin Insurance Agency

安穩保險

汽車、房屋、商業、醫療、人壽、年金
www.allwininsurance.com
代理多家·方便比價·價格便宜·保項最佳

Office: 713-952-5031
Fax: 713-952-5032
E-mail: yangdeqing@yahoo.com

楊德清
6901 Corporate Dr Suite 218 Houston, TX 77036
愛客戶如親人·視信譽如生命

恆信貸款

NMLS #301604 www.trinfund.com

房屋貸款·舊款重貸
利息低廉·經驗豐富

Peter Ma
請電: 馬先生

6918 Corporate #A6, Houston, TX 77036
Tel: (713) 961-3900 Fax: (713) 961-9099

專精: 學區房 投資 租售 商業地產

誠信高產鑄就口碑
專業敬業換您放心

* 糖城 Greatwood 4500尺 47萬9
* 59公路南 77435 農場售 19萬8
* 休士頓 77071 1.88英畝地售 17萬5
* Humble 77090 兩層 3153尺售 18萬9
* Cypress 77433 兩層 110尺售 17萬9

糯米地產
Michelle Lee
281-919-7286
Realm Real Estate 郵箱: michelle.lee@reamp.com
地址: 14090 Southwest Fwy #102, Sugar Land, TX 77478

買賣促銷 專業管理

二十多年豐富地產、
買賣、管理及租賃經
驗竭誠助您投資致富

新舊房屋·購物商場
土地投資·商業大樓
工業倉庫·公寓餐館

Helen Go
helen@helengo.com
www.helengo.com
713-981-6888

MIDLAND REALTY GROUP 地美產聯

R01-TX MIDLAND 美聯地產-G02567C-4

金冠 CROWN SEAFOOD RESTAURANT

\$ 特價海鮮套餐 \$
帝皇餐 (限堂吃)

瑤柱鮑魚海參羹
蒜蒸皇帝蟹身腳
皇帝蟹蓋炒飯
酸子炒雙花龍蝦
清蒸游水苟殼魚
海參扒菜膽
蒜蓉蒸原隻帶子 (5只)
野菌炒牛柳絲
蒜蓉豆苗

8-10 (蟹7磅) \$699.00
(套餐皇帝蟹7磅計算, 多了每磅\$59.99)

特價午餐 (Lunch specials)
(週一至週五) 11am-3pm (假日除外)
限堂吃

德州生蠔
\$11.99 (6只)
\$21.99 (12只)

www.crownseafoodrestaurant.com

10796 Bellaire Blvd., Suite C
Houston, TX 77072 (at Wilcrest)
Tel: 281-575-1768 Fax: 281-575-1763

2 Nights of GLAMOROUS GIVEAWAYS — 10 Chances to WIN!

\$50,000 名牌包

& 免費玩領贈品

星期六, 3月12日 & 26日
每晚 6 點、7 點、8 點、9 點、10 點

一位幸運者可獲得豪華 Louis Vuitton
高級名牌包 高達 5,000 美元的免費老虎機遊戲

玩您最喜歡的老虎機或桌面遊戲, 在每個抽獎日賺取參賽作品
使用您的免費 Coushatta Advantage Club 卡

抽獎日下午 4 點後通過評分遊戲激活獲得的參賽作品

COUSHATTA CASINO RESORT
KINDER, LOUISIANA
Louisiana's Best Bet!

Coushatta 是路易斯安那州最大的賭場度假村 | 1-10 44 號出口 | ccrla.com

敦煌地板

百種款色 包工包料
Design & Remodel

承接商業、住宅工程、地板、瓷磚、地毯、實木樓梯、精細木工、浴室、廚房更新、櫥櫃、花崗石、大理石、屋頂翻新、內外油漆...

832-353-6900
832-877-3777

9889 Bellaire Blvd #B-24C (大中華超市旁邊)

華美中醫學院

American College of Acupuncture & Oriental Medicine

- 美國高等教育院校評鑑會認證
- 美國中醫院校評鑑會認證
- 德州高等教育局認證頒授碩士學位
- 中醫專業碩士學位
- 綜合保健管理碩士學位

請今天就申請!

- 中外中醫名流授課
- 中西醫學多元化教學
- 學科及臨床並重
- 全時或半時上課
- 日班或夜班課程

詢問有關本校\$10,000的獎學金的詳情

電話: 713-780-9777 網站: www.acaom.edu

9100 Park West Drive, Houston, TX 77063

19年豐富房產經驗

- 百利高中附近, 1萬3千尺地, 建築2397尺, 3/2/2, \$365000;
- 位中國城, 全新裝修, 5/2.5/2, \$309000;
- 1-10近5號, 4/3.5/2, 3195尺, 高挑客廳, 主臥樓下, 寬敞明亮, 即可遷入。\$229000;
- 糖城克裏門高中, 3/2. 5/2, 近1500尺, 明亮整潔, 可隨時入住。\$225000;
- Memorial區, 高級Townhouse, 約2400尺。屋主回國, 低價出售, \$280000;
- 59與Hillcross附近, townhouse, 2/2.5/2, 有房客, \$126000;
- 近Victory 62個單位Hotel, 狀況佳, 前附有一獨立餐館, 生意穩定, 屋主退休。\$2.2M

蕭翠薇
281-798-0868 (手機)

住家專精 西南區、醫學中心、糖城、Katy、Pearland
商業專精 店面、倉庫、購物中心、辦公大樓招租、買賣管理、土地投資

E-mail: tsuiwei Huang@yahoo.com
預購新屋、舊屋、拍賣屋、辦公大樓、公寓屋

迦南地產

Southern DAILY

Make Today Different

Southern Daily News is published by Southern News Group Daily

Friday, March 18 2022

Scant progress in peace talks as Ukrainian cities pounded in more Russian attacks

KYIV/LVIV, Ukraine, March 17 (Reuters) - Rescue workers on Thursday dug survivors out of the rubble of a theatre in the besieged city of Mariupol which Ukraine said had been hit by a Russian air strike as people sheltered there from bombardments.

Russia denied striking the theatre. But Ukraine's capital Kyiv came under renewed Russian shelling on Thursday as the war entered its fourth week. Western sources and Ukrainian officials said Russia's assault had stalled.

Officials from both sides meanwhile met again for peace talks, but they said their positions remained far apart.

Mariupol, a southern port city, has suffered the worst humanitarian catastrophe of the war, with hundreds of thousands of civilians trapped in basements with no food, water or power as Russian forces pound it with artillery fire and air strikes.

City authorities said they were still not able to estimate the number of possible casualties from Wednesday's alleged air strike on the theatre.

"Yesterday and today, despite continuous shelling, rubble is being cleared as much as is possible and people are being rescued. Information about victims is still being clarified," the city council said in a statement. It provided no figures on the numbers rescued.

Commercial satellite pictures showed the word "children" had been marked out on the ground in front of the building before it was hit.

Russian foreign ministry spokeswoman Maria Zakharova said the allegation that Russia had bombed the theatre was a "lie".

"Russia's armed forces don't bomb towns and cities," she told a briefing.

Mariupol city council later said more than 350,000 people were still sheltering in the city and 30,000 had left.

The assault on Ukraine started with troops crossing the border or landing by sea and air on Feb. 24. But Western countries say its expectations of a swift victory and the removal of President Volodymyr Zelenskiy's government have been dashed and its invasion force has got bogged down.



The Ukrainian armed forces said on Thursday Russian forces had "lost their offensive potential and were stopped in all directions".

"The enemy has significant problems with logistics and continues to suffer losses," it said.

SIDES FAR APART

The war has settled into a grinding pattern of sieges of cities.

The United Nations human rights office in Geneva said it had recorded 2,032 civilian casualties so far - 780 killed and 1,252 injured. Some 3.2 million civilians, mostly women and children, have now fled Ukraine to neighbouring countries, the United Nations said.

But the Russians have failed to capture a major city in the face of spirited resistance from Ukrainian forces.

A fourth straight day of talks between Russian and Ukrainian negotiators took place by videolink, but the Kremlin said

an agreement had yet to be reached.

People cross checkpoint of Ukrainian forces as they evacuate from a village occupied by Russian troops on the front line in the north Kyiv region. A woman with a child evacuates from a residential building damaged by shelling in Kyiv.

"Our delegation is putting in colossal effort," Kremlin spokesman Dmitry Peskov said. "Our delegation... is ready to work around the clock - but unfortunately we don't see such zeal from the Ukrainian side."

Moscow has previously said it was close to agreeing a formula that would keep Ukraine neutral, one of its demands.

Ukrainian presidential adviser Mykhailo Podolyak said the negotiations were complicated.

"The positions of the parties are different. For us, fundamental issues are inviolable," he said.

Ukraine has said it is willing to negotiate an end to the war but will not surrender or accept Russian ultimatums. It is sticking to its core position that it retain sovereignty over areas occupied since 2014 by Russian and pro-Russian forces.

Russian President Vladimir Putin has shown little sign of relenting, even though punitive Western sanctions are damaging his country's economy.

Kyiv and its Western allies say Russia launched the war to subjugate a neighbour Putin calls an artificial state. Moscow says it is carrying out a "special operation" to disarm Ukraine.

The White House said U.S. President Joe Biden would hold a call on Friday with Chinese leader Xi Jinping as Washington tries to persuade Beijing not to provide support to Russia.

Ukraine's Zelenskiy addressed the German Bundestag by video link, pulling no punches in a speech that invoked the Holocaust and the Berlin Wall, and seemed intended to shame pro-Russian politicians in Germany, Moscow's main energy buyer.

WEA LEE'S GLOBAL NOTES

03/17/2022



Wea H. Lee
Wealee@scdaily.com

Chairman of International District Houston Texas
Publisher Southern Daily Wea H. Lee

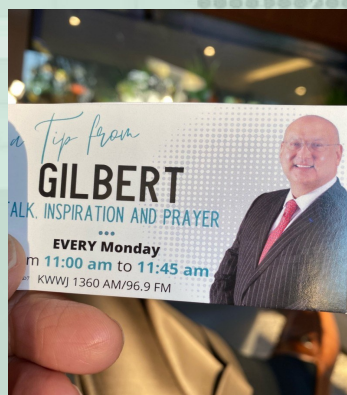
Southern News Group Chairman / CEO
 Chairman of International Trade & Culture Center
 Republic of Guiana Honorary consul at Houston Texas

The Threat Of Nuclear War Is Forming?

UN Secretary General Guterres warned this week that, "the prospect of nuclear war is now back within the realm of possibility."

The war in Ukraine is at a high risk level that we have not seen since the Cuban Missile crisis. The Russian military is unusually vulnerable and continues to face devastating economic and domestic unrest. Its missiles have now struck a Ukrainian base nearby Polish territory.

President Zelensky appealed to the U.S. Congress for help yesterday in a historic speech



telling U.S. lawmakers that. "We need you right now." As he mentioned, the tragedies on the attack of Pearl Harbor and the September 11 terrorist attack provoke memories. He wants the U.S. to help enforce a no-fly zone in Ukraine to protect the attacks on civilians.

To be honest, what President Biden is most worried about is whether it will provoke World War III.

Chinese lawyer in New York stabbed to death

Li Jinjin, a 66-year-old Chinese lawyer in Queens was killed by a female customer in his office Monday morning.

According to the police report the 25-year-old female, Ms. Zhang, was represented by lawyer Li in an immigration case for political asylum for a green card. Li was suspended to serve on her case due to other factors.

We are deeply saddened by the occurrence of this case. We



don't know why this young lady had any reason to kill her lawyer because he refused to represent her on her case. To be honest, we as new immigrants to this land need to help each other. Many disputed issues should be turned into peace resolutions.

The battle for Houston's mayor begins

Last night we went to a gathering at Mr. Gilbert Garcia's home for his warm up activities for the Mayor of Houston election to be held at

end of this year.

Most of the guests who appeared at the party were Spanish-speaking Latino social elites. They were also the second generation of new immigrants. After many years of struggle, many people have become rich and become social leaders, including Mr Gilbert Garcia.

We are so glad he is running for political office to fight for most of us. We as Asian Americans will come out to learn and support him.



A man covered in coloured powder shakes his head during Holi celebrations in Ahmedabad, India. REUTERS/Amit Dave



A woman walks with a bicycle next to a building damaged during the Ukraine-Russia conflict in the separatist-controlled town of Volnovakha in the Donetsk region, Ukraine. REUTERS/Alexander Ermochenko



Christie's International Head of Sculpture Donald Johnston poses with the recently re-discovered lost masterpiece 'Maddalena Giacente (Recumbent Magdalene)' from 1819-1822' by Italian artist Antonio Canova, during a photocall at Christie's auction house in London, Britain. REUTERS/Henry Nicholls



Catherine, Duchess of Cambridge, pets the Irish Guards mascot Turlough Mor, during the St Patrick's Day Parade in Aldershot, Britain. REUTERS/Hannah McKay



A woman uses her mobile phone as she sits inside a bus after she crossed the border from Ukraine to Poland, amid Russia's invasion of Ukraine, at the border checkpoint in Medyka, Poland. REUTERS/Zohra Bensemra



People wearing face masks as protection against the coronavirus sell street food in Bangkok's Chinatown, Thailand. REUTERS/Athit Perawongmetha

Celebrating Asian American And Pacific Islander Heritage Month

Six Charts That Shed Light On Images Of Asian Americans Held By Many



By Connie Hanzhang Jin - NPR Writer

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

“Smart.” “Hard-working.” “Nice.” Those were among the adjectives that respondents offered up in a recent poll when asked to describe Asian Americans.

The poll, conducted by the nonprofit Leading Asian Americans to Unite for Change (LAAUNCH), was another all-too-familiar reminder that Asian Americans are still perceived as the “model minority.”

Since the end of World War II, this myth about Asian Americans and their perceived collective success has been used as a racial wedge — to minimize the role racism plays in the struggles of other minority groups, such as Black Americans.

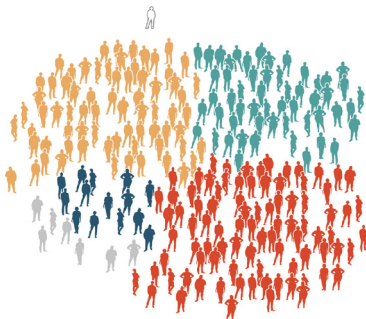
Characterizing Asian Americans as a model minority flattens the diverse experiences of Asian Americans into a singular, narrow narrative. And it paints a misleading picture about the community that doesn’t align with current statistics.

Here’s a look at some common misconceptions driven by the model minority myth.

Myth: Asian Americans are a single monolithic group

Currently, more than 22 million people of Asian descent live in the U.S., making up approximately 7% of the nation’s population. They trace their heritage to different regions around the world, with people of East Asian and Southeast Asian descent making up the largest shares, though no group makes up a majority. More than 1.5 million Pacific Islanders, who descend from Micronesia, Melanesia or Polynesia, live in the U.S. as well.

ASIAN AMERICANS TRACE THEIR HERITAGE TO DIFFERENT REGIONS OF THE WORLD



NOTES

The U.S. Census Bureau classifies a person of Asian descent as anyone who traces their heritage to a subset of countries in the continent of Asia. But there may be people outside of this classification who self-identify as Asian.

Source: U.S. Census Bureau, 2019 American Community Survey

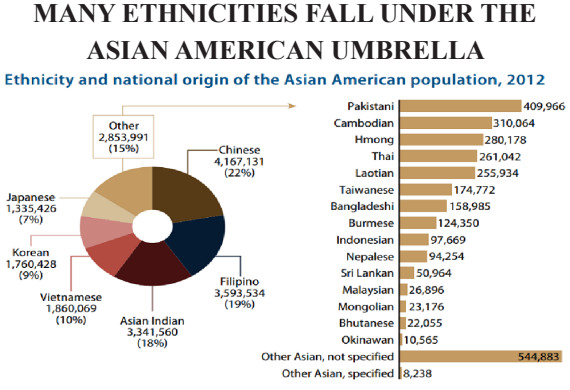
Credit: Connie Hanzhang Jin/NPR

Academics and activists trace the term “Asian American” to 1968, when students at the University of California, Berkeley, founded the Asian American Political Alliance. At the time, the group sought to unite students of Japanese, Chinese and Filipino descent to fight for political and social recognition.

“Asian Americans and Pacific Islanders” (AAPI) is a term that has its roots in the 1980s and ‘90s, when the U.S. Census Bureau used the “Asian Pacific American” classification to group Asians, Native Hawaiians and Pacific Islanders together. In 1997, the bureau disaggregated the categories into “Asian” and “Pacific Islander.”

Scholars and activists have critiqued both terms for masking differences in histories and needs among communities, as well as supporting the myth that Asian Americans are a monolithic group.

Within these regional groups, a huge variety of ethnicities exist within the Asian American community. People who identify their heritage as Chinese, Indian or Filipino make up the largest share.



Notes

Ethnicities with fewer than 100,000 people not shown.

The U.S. Census Bureau classifies a person of Asian descent as anyone who traces their heritage to a subset of countries in the continent of Asia. But there may be people outside of this classification who self-identify as Asian.

These numbers have risen rapidly in recent years. The Asian American population is the fastest-growing racial or ethnic group in the U.S., growing by 81% from 2000 to 2019. The Hispanic population saw the second-fastest growth, at 70%, followed by Native Hawaiians and Pacific

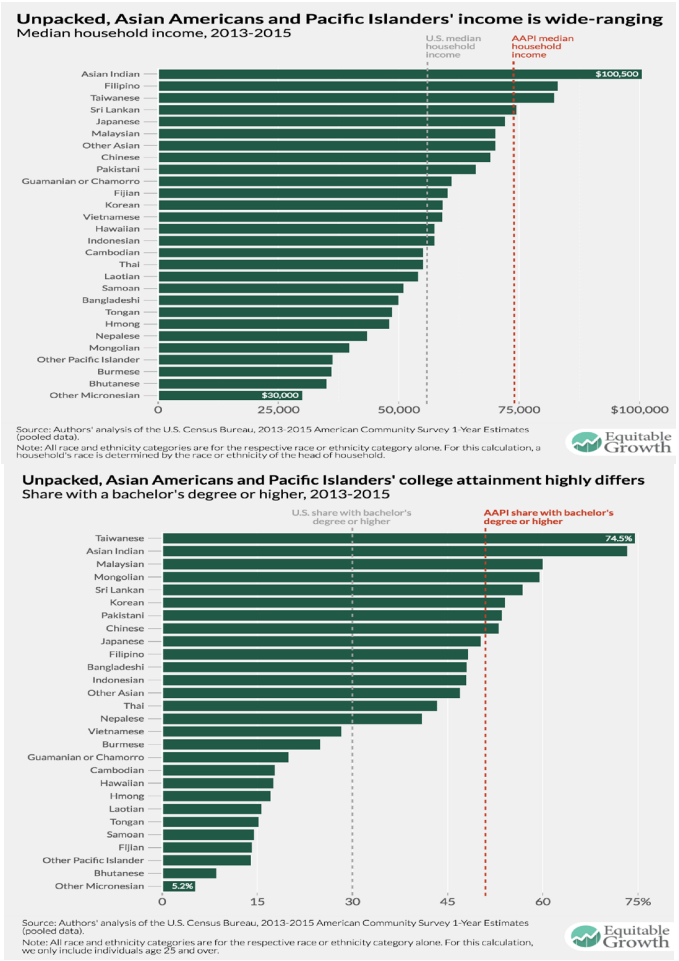
Islanders, at 60%. The white population grew by only 1% in that time.

Myth: Asian Americans are high earning and well educated

Asian Americans have a median household income of around \$78,000 a year, which is higher than the national median of about \$66,000. However, that overall statistic obscures large differences among different Asian-origin groups.

These economic disparities are partially driven by similar disparities in education levels among Asian Americans. The highest-earning groups — Indian American and Taiwanese American households — also have the highest levels of education, while the lowest-earning groups have comparatively lower levels of education.

Key Disparities In Income And Education Among Different Asian American Groups



NOTES

The U.S. Census Bureau classifies a person of Asian descent as anyone who traces their heritage to a subset of countries in the continent of Asia. But there may be people outside of this classification who self-identify as Asian.

Source: U.S. Census Bureau, 2019 American Community Survey

Credit: Connie Hanzhang Jin/NPR

(Continued On Page C4)

Southern

DAILY

Make
Today
Different

COMMUNITY

(Continued From Page C3)

Six Charts That Shed Light On Images Of Asian Americans Held By Many



INDIAN AMERICAN HOUSEHOLDS ARE THE HIGHEST-EARNING GROUP, WITH A MEDIAN HOUSEHOLD INCOME OF \$127,000 A YEAR. ON THE OTHER END OF THE SCALE, BURMESE AMERICAN HOUSEHOLDS ARE THE LOWEST-EARNING GROUP, WITH A MEDIAN HOUSEHOLD INCOME OF \$46,000 A YEAR.

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

In fact, a 2018 Pew Research Center study found that Asian Americans were the most economically divided racial or ethnic group in the U.S., with Asian Americans in the top 10th of the income distribution making 10.7 times more than those in the bottom 10th. **Myth:** Asian Americans immigrate to the U.S. in the “right” way More than half of those who identify as Asian American and at least 17% of Pacific Islanders were born outside the U.S., according to the U.S. Census Bureau. The Asian American community has the highest proportion of immigrants of any ethnic or racial group in the United States. Yet, Asian Americans are often overlooked in debates about immigration reform. Asians have a wide range of reasons for immigrating to the U.S., including those coming as refugees or asylum-seekers. Out of the almost 11 million estimated undocumented immigrants in the U.S., around 1.5 million (14%) are from Asia, according to the Migration Policy Institute. **A LARGE NUMBER OF ASIANS IN**

AMERICA ARE UNAUTHORIZED IMMIGRANTS Out of the top 10 most common origin countries for unauthorized immigrants in the U.S., an estimated one million people come from India, China or the Philippines.

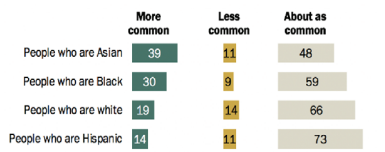
ORIGIN COUNTRY	EST. NUMBER OF UNAUTHORIZED IMMIGRANTS	SHARE OF TOTAL
Mexico	5,572,000	51%
El Salvador	750,000	7%
Guatemala	580,000	5%
India	469,000	4%
Honduras	402,000	4%
China	394,000	4%
Philippines	233,000	2%
Dominican Republic	191,000	2%
Colombia	182,000	2%
Brazil	145,000	1%

NOTES Data as of 2018. Source: Migration Policy Institute Credit: Connie Hanzhang Jin/NPR

Heightened immigration enforcement has also impacted Asian Americans. From 2015 to 2018, Immigration and Customs Enforcement arrested about 15,000 immigrants from Asia, according

to a report by the nonprofit Asian Americans Advancing Justice. The report also found that Southeast Asian immigrants were three to four times more likely to be deported for old criminal convictions compared with other immigrant groups. Out of the approximately 16,000 Southeast Asians with final removal orders in that period, more than 13,000 had removal orders that were based on old criminal convictions. **Myth: Asian Americans Face Less Systemic Racism And Discrimination** Since the coronavirus pandemic started, hate crimes and violence against Asian Americans have increased. In an April survey conducted by the Pew Research Center, 32% of Asian American adults — a greater percentage than any other racial or ethnic group — said that they feared someone might threaten or physically attack them. **ASIAN AMERICANS AND OTHER GROUPS REPORT NEGATIVE EXPERIENCES SINCE THE START OF THE PANDEMIC**

About four-in-ten Americans say it is more common for people to express racist views about people who are Asian than before COVID-19



*Asian adults were interviewed in English only. Note: Share of respondents who didn't offer an answer not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Source: Survey of U.S. adults conducted June 4-10, 2020. "Many Black and Asian Americans Say They Have Experienced Discrimination Amid the COVID-19 Outbreak" PEW RESEARCH CENTER

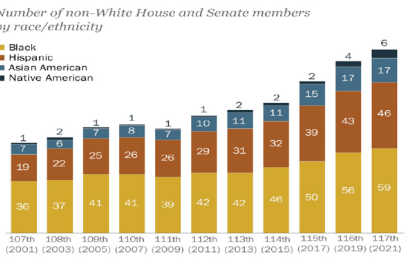
Share of respondents who say each of the following has happened to them since the coronavirus outbreak because of their race or ethnicity. **NOTES** Asian American adults were interviewed in English only. Sample does not include Pacific Islanders. **Source:** Pew Research Center survey of U.S. adults conducted April 5-11. **Credit:** Connie Hanzhang Jin/NPR



In response, the House of Representatives passed the COVID-19 Hate Crimes Act on May 18. The bill would have the Justice Department appoint a point person to expedite the review of hate crimes related to COVID-19. It would also direct resources toward making the reporting of hate crimes more accessible. Despite increased news coverage of various attacks against Asian Americans and the upcoming legislation, the LAAUNCH survey, which was conducted between March 29 to April 14, found that 37% of white Americans were not aware of increased incidents of hate crimes. But anti-Asian bias and discrimination are not new to the pandemic. To understand the current climate, it's important to look at historical context. In past periods of national tension, especially during times when the U.S. has been at war with Asian countries, anti-Asian racism has similarly risen. **Myth: Asian Americans are fairly represented in leadership positions** The recent LAAUNCH survey also found that almost half of Americans incorrectly believe that Asian Americans are over-represented or fairly represented in senior positions within American companies, politics, media or other realms. In reality, Asian Americans are underrepresented in these positions of power, holding about 3% of these positions in comparison with composing 7% of the U.S. population, a report from The New York Times found last year. More specifically, Asian Americans have the lowest degree of representation in political office compared with any other racial or ethnic group.

Asian Americans Are The Most Politically Underrepresented Group

When it comes to holding elected office, as of last year Asian Americans were underrepresented relative to their population by a differential of -85%. White people were overrepresented by 46%.



Note: Nonvoting delegates and commissioners are excluded. Figures for the 117th Congress are as of Jan. 26, 2021. Asian Americans include Pacific Islanders, and Hispanics are of any race. Members who have more than one racial or ethnic identity for the above groups are counted in each applicable group. Source: Congressional Research Service, CQ Roll Call, Brookings Institution.

Asian Americans are even underrepresented in states with a high concentration of Asian American residents, like New York and California, according to a report by the Reflective Democracy Campaign. Especially since the start of collective activism among Asian Americans in the 1960s, Asian Americans have had a rich history of political activism and involvement. But that history has not always translated to greater representation in political leadership.



One finding in the LAAUNCH survey may point to answers: 92% of Americans polled said they were comfortable with Asian Americans as doctors or friends, but only 85% said they were comfortable with an Asian American as a boss and 73% as a president of the United States. Despite these perceptions, Asian Americans are pushing forward. Asian Americans increased their voter turnout rate by more than any other racial or ethnic group in the 2020 election and in part helped Joe Biden win Georgia. In that same year, 158 Asian Americans ran for state legislatures, the highest number since the 2018 midterms. (Courtesy <https://www.npr.org/>)

《成为一颗星》：意大利首位女宇航员的“太空随笔”

3月8日，国际妇女节，中国首位进行出舱活动的女宇航员王亚平在太空向大家发来妇女节祝福，她说：“在此祝福世界各国的女性同胞们节日快乐。我要感谢每一位女性同胞的无私奉献。也祝愿每一位女性同胞在自己的星空中，为我们所爱的生活和事业采撷最璀璨的星。” 广袤的太空承载着人类探索世界的浪漫。目前，世界上只有15%的活跃宇航员是女性。在人类探索世界的前沿，她们每一个人，都是太空中一颗闪亮的星星。 意大利宇航员萨曼莎·克里斯托弗雷蒂也是太空中的一颗星星。她是意大利第一位女宇航员，也是欧洲航天局仍然活跃的唯一女性宇航员，即将成为欧洲第一位国际空间站女性指令长。3月8日，萨曼莎的随笔《成为一颗星：宇航员日记》由上海译文出版社首发，从她的故事中，可以看到，一个女孩子如何坚持自己的梦想，付出努力，“成为一颗星”。从4岁开始的梦想 萨曼莎·克里斯托弗雷蒂（Samantha Cristoforetti），1977年4月26日出生于意大利米兰。2009年5月，32岁的萨曼莎通过欧洲航天局选拔，成为意大利第一位女宇航员。2012年，她被指派担任“联盟TMA-15M”号宇宙飞船随航工程师，成为国际空间站第42/43次远征乘组的一员。2014年11月23日，她执行航天任务，在国际空间站驻守200天。2021年，萨曼莎成为第一位被任命为国际空间站指令长的欧洲女性，按计划她将于2022年国际空间站第68次远征期间担任这一职务。 在书中，萨曼莎动情地回忆起自己“太空梦”的起源。4岁时，她在电视上看到哥伦比亚号的发射，第一次对太空产生向往；童年时仰望星空，星辰之海的浩瀚让她困惑也让她痴迷，她因为日本动画片《魔神》而钟情于巨大的机械，也因为无数的科幻小说对科学充满热情；17岁时《星际迷航》中的女性人物珍妮薇舰长让她从女性榜样中汲取力量，更加坚定了成为宇航员的梦想…… 在那之后，她进入意大利空军，成为战斗机飞行员，然后又通过宇航员选拔，经过严苛的思维能力和心理测试、足迹遍布各大洲的满负荷训练，以及5年的漫长等待，才终于抵达国际空间站。 她的笔下太空无比动人 在太空拍的众多照片中，萨曼莎最喜欢的是她在穹顶舱看地球的一张，“它让我意识到地球的美丽，那是我们共同的家园，我们非常享受驻守在太空的时光，但也无时不感到我们对地球深深的归属感。” 这张照片，也被最终选择成为她随笔集的封面。

也许是因为身为女性，又或许是因为受过非常好的人文教育，在萨曼莎对航天世界科普性的介绍之外，我们也能从中感受到温度，感受到她诗人的眼光和哲学家的思考。 在描绘航天飞机隐入云层的瞬间时，萨曼莎会想到卡拉瓦乔作品的光影效果；在谈论失重的绝对轻盈，或者从太空俯瞰地球的感受时，她会引用卡尔维诺的话语……在书中每章的开头，她都精准引用了从荷马到里尔克的诗句、意大利和俄罗斯歌词的歌词，以及圣埃克苏佩里和卡尔维诺充满诗意的句子。在她的文字中，太空呈现出无比动人的侧写。 在空间站透过玻璃窗看到地球，萨曼莎描述道：“在我的下方，地球的一角正缓缓经过，像是平原上的河流，缓慢壮阔地流淌。我看到大片红色和沙状的东西，此起彼伏，附着在干旱的黑色土地上，多么贫瘠的景观！可突然，一排云彩的出现让一切变得柔和起来。” 第一次看到日出，是同事特里意为她选择的“完美时刻”：“现在，我们正位于太平洋上方。在那片广阔的水域上，没有一丝光亮显示人类的存在。东边，地球的轮廓被一道柔和的蓝色弧线勾勒出来，仿佛天光亮透一道薄钩般的狭缝射入黑暗的房间。慢慢地，狭缝张开，蓝色的镰刀在地平线上悄然伸展，如爱抚一般。几分钟后，橙色的丝状笔触逐渐晕染扩散，色彩也渐愈丰富，宣告着黎明的到来。起初，太阳穿着朴素的外衣登场，像一团颜色，像一个蛋黄，轮廓紧凑，正卧在地平线上休憩；接着，温暖的光线冲出河岸，漫上黑色的幕布。这是光的胜利：地平线仍被无限的蓝色和橙色包裹着，但舞台的中心沐浴在明亮的黄色阳光中。尔后，仿佛黑色的幕布从中间拉开，我被完全升起的太阳的耀眼光芒击中，光芒播撒到地球表面，将黑暗驱散。” 第一次看到北极光，则是在她享受日落时发生的：“我登入电脑，开始等待，享受日落的最后时分。不一会儿，我看到它在远处朝北的方向：绿色的火焰悬在地平线上，跳动的火舌，催眠的舞蹈，像轻薄亮丽的面纱，随着芭蕾舞者曼妙的舞姿轻轻摆动。” 在太空中，萨曼莎协助拍摄过一系列气象照片，其中包括很多飓风和旋风，她形容这种在地球上造成巨大灾害的天气现象时说，“地球上毁灭和死亡的播种者，在太空中看，展现出的是一种平静收敛的力量。” 展现“女性力量” 萨曼莎不仅是有魄力的宇航员，也颇有个



人魅力。她是第一个在太空中喝意式浓缩咖啡的意大利人，她还拥有自己的“芭比娃娃”形象，并以此鼓励所有女孩和男孩无限地梦想未来。 在成为航天员的追梦旅途中，萨曼莎付出了无限努力，但她也曾感受到在这个男性主导的环境之中，对女性的歧视依然存在，“平庸在女性身上更不容易得到原谅，而我们人类大多数本就是平庸的。” 萨曼莎从未遇见过有意识的性别敌意，但这种歧视并非不存在，而更多体现为“来自老一辈男性那种偶尔的家长式的态度”。 作为一名女性宇航员，萨曼莎坦言，她并不认为性别完全无关紧要：“它是我们身份中最重要和明显的因素；在很多情况下，尤其是在私生活中，它塑造了人与人之间的关系与期许。在职业领域，我们当然向往追求男女平等的理想，但在建立良好的意愿和提高自我意识的同时，要明白这只是一种理想。” 而她所做的，就是忽视这种潜在的性别歧视。“有可能我会不时遭受歧视，但它微不足道，就好像我同样有可能在其他情况下得到微不足道的青睐。既然无法用客观的标准进行衡量，而且过分地关注感受也是徒劳的，我一直认为权当这种影响对我来说几乎为零才是切合

实际的做法。” 在前往太空之前，萨曼莎参加了为她 and 另一位航天员叶琳娜举办的“女宇航员之夜”派对。从安娜·费舍尔1978年传奇般的当选美国航空航天局宇航员以来，30年里几代的女宇航员代表参加了派对。萨曼莎特意提到美国女宇航员佩吉在家中招待了她们。后来，佩吉在国际空间站连续驻站超过290天。她在太空逗留的总时长比任何其他非俄罗斯宇航员都要多。 萨曼莎未做评论，但她的态度已在其中。太空也许是“男性主导”的行业，却不是属于女性的行业。 2021年，当王亚平作为中国首位出舱的女航天员登上太空的新闻刷屏时，有微博网友评论，这种同性之间隐秘的链接真的很神奇：当她给女儿读人物传记绘本，主角是男性的时候，她也是喜欢的，但似乎并不觉得自己可以做到；但当主角是女性时，她经常会说：我以后也要像她一样。 就像NASA前宇航员卡迪·科尔曼隔空对来自中国的女航天员说的那样：“当你从太空舱的窗户往外看的时候，地球上数十亿的女性正和你一起望向窗外，这其中也包括我。” 萨曼莎希望读过这本书之后，有更多的女孩子会说，“我以后也要像她一样。”

44 歲吳佩慈近照曝光 為富商生 4 胎沒名份 小 S 這樣評價



女星吳佩慈當年頂著「九頭身怪怪美少女」出道，2014 年為富商男友紀曉波退出演藝圈，陸續生下 2 子 2 女，至今尚未登記，不少粉絲替她叫屈。小 S 近日推出新歌《九九乘法表》，除了找來姐夫具俊曄做宣傳，久未露面的吳佩慈也罕現身，小 S 忍不住甜誇對方「美又聰明」。

吳佩慈很長一段時間未出現在鎂光燈下，社群平台的貼文也是久久更新一次，但好姐妹范瑋琪近期推新曲《恰如其分的自己》，大 S 宣布閃婚

時，吳佩慈都有浮出水面留言祝福。最近小 S 發布新專輯，其中一首《九九乘法表》因歌詞淺顯易懂、旋律洗腦，引發網友傳唱，小 S 也找來女兒許老三、賈靜雯、吳佩慈等人開金口做宣傳，其中吳佩慈在個人 IG 限時動態上傳自己的版本，自嘲「中年主婦的九九乘法表」，接著 TAG 小 S 的帳號甜蜜告白：「Dee, 愛妳喔！」

畫面中，吳佩慈放下一頭棕色長髮，使用雪餅濾鏡，狀態看起來不錯，小 S 將這則動態轉發到自己的 IG，

大讚吳佩慈：「怎麼可以生了四個還那麼美又聰明」。

吳佩慈和紀曉波愛情長跑多年，即便沒有登記結婚，仍備受男友疼愛，傳紀曉波將名下財產給了吳佩慈，使她身價躍上新台幣 232 億元，比台積電創辦人張忠謀還要有錢，一度成為話題，而吳佩慈也懂得禮尚往來，2017 年曾豪砸 9 億人民幣（約 40 億新台幣）買 2 條重達 20 噸、鑲滿 250 萬顆施華洛世奇水晶的巨龍送給準婆婆，讓外界見識什麼才叫闊綽的作風。

慘被 S 媽、前婆婆「梅蘭夾殺」觸底線
大 S 崩潰想賣房逃離台灣

本月 8 日大 S 驚喜宣布再婚，對象是她 20 多年前的舊愛、韓國團「酷龍」成員具俊曄，外界祝福聲滿滿，但 S 媽卻不高興，母女爆發激烈衝突，所幸有妹妹小 S 居中緩頰協調，才造就大 S 跟媽媽破冰，據悉，無論家人還是朋友，都知道說大 S 的私事是大忌，但這些年大 S 慘被 S 媽、前婆婆張蘭夾擊，因此爆出她狂被踩底線很崩潰，趁再婚想賣房逃離台灣。

大 S 因再婚的事情與 S 媽鬧僵，經過小 S 耗費苦心安撫協調，母女倆終於同意吃和解飯，關係回溫，據《鏡週刊》報導，其實大 S 的朋友及親姊妹小 S，都很怕犯了她的大忌，因此被問到大 S 的生活近況時，除非經本人同意，不然一定禁口避談，或是說得有所保留，就是不希望惹大 S 生氣，但有兩個人很愛踩她底線。

據悉，因這兩年疫情的關係，本來個性就比較「宅」的大 S，變得更愛不出門，也很討厭親友對外提到她的狀況，偏偏 S 媽陳春梅跟前婆婆張蘭這對「梅蘭組合」，很愛講她的事，如張蘭在大 S 宣佈再婚前一天，才在直播上表示大 S 是自己認定唯一的媳婦，結果隔天大 S 報喜再婚，張蘭狠狠被打臉，加上汪小菲因新歡張穎穎的事情，鬧得滿城風雨，搞得被外界罵「渣男」，張蘭也因此自顧不暇。

而大 S 娘家這邊也不平靜，她宣佈再婚後，S 媽三番兩次受訪，都直率抒發不爽的情緒，甚至會跟媒體轉述母女間的對話，等於變相為女兒發言，大 S 對此感到超崩潰，因此很想逃離台灣，據悉，她先前就有想在南韓置產，而再婚後夫妻倆是否帶著 2 個孩子一起在南韓生活，其實還需要見面時多加討論，但 S 媽的做法，卻是將女兒越推越遠，週刊針對此事詢問 S 媽，她驚訝表示：「怎麼會有這種事？哪裡聽來的啊？」，隨即以忙獅子會開會的理由結束對話，不願再多回應。

李榮浩楊丞琳分居快「1 年」 曝一招秘訣維持感情



歌手李榮浩與楊丞琳愛情長跑 5 年，於 2019 年結婚，兩人的甜蜜感情羨煞眾人，經歷了求婚、結婚，卻因為疫情暫時擱置婚禮，楊丞琳說疫情當前還是先緩緩，不急著辦婚禮。近年李榮浩的事業版圖逐漸在大陸擴大，楊丞琳則繼續留在台灣，夫妻倆分隔兩地，不少人好奇如何維持婚姻狀況，李榮浩上節目親曝兩人的相處模式，稱靠語音、文字聯繫，楊丞琳很理解。

李榮浩在綜藝節目《朋友請聽好》分享婚姻細節：「我覺得是看兩個人自己的感受，兩個人在一起沒有好不好壞，適合比較重要，就比如說我倆很久沒有見面的情況下，我倆也不會視頻（視訊）」，此話一出讓周遭的藝人都傻眼。李榮浩說他們平時沒有視頻（視訊）的習慣，少數幾次還是因為楊丞琳去看共同好友的兒子，分享現場給李榮浩看。

雖然不視訊，但李榮浩說兩人還是會交流「但我們一直在聯絡，只是沒有視頻（視訊）的環節，我們一直在發語音或是文字。」。主持人何炅總結就是保持聯繫，但沒有一定要出現在對方的視線內。這種相處模式李榮浩認為是互相理解「她很理解我，我也很理解她，彼此都很理解，完全理解。」

一旁的男星井柏然也說「他們倆在一起的時候，膩而清澈，就是我時常會覺得我也想戀愛。」談到自己身為李榮浩的好友，觀察他與楊丞琳的相處模式，既甜蜜又不會給彼此帶來壓迫感，讓單身許久的井柏然也有想談戀愛的念頭。

庾宗華 59 歲爆極密再婚生子 與印尼籍老婆結緣契機曝光

59 歲「金鐘視帝」庾宗華曾有過一段婚姻，2015 年與大陸老婆陳思結束 13 年婚姻，離婚後兩個女兒都跟著前妻生活，庾宗華這些年過著獨居生活，總被拍到形單影隻的身影，沒想到 59 歲的他驚喜爆出低調結婚，女方為印尼籍女子，甚至飆進度，已經生了一個兒子。

庾宗華爆極密再婚，據《鏡週刊》報導，59 歲的他終結單身，而印尼籍太太在一家子所居住的社區小有名氣，因此他再婚的消息才會慢慢傳開，庾宗華不但秘

密再婚，且夫妻倆已有愛的結晶，日前一家 3 口被拍到外出走走，畫面溫馨。

事實上早在 1、2 年前，圈內就在耳語庾宗華已經再婚，只是不知女方身分，據悉，雙方是長輩間接牽線認識，可說是日久生情，雖然庾宗華屢傳脾氣火爆難相處，但老婆對他仍有好感，兩人情投意合很快有了孩子，也讓他有了信心重拾人夫、人父身分，在疫情爆發之前，傳兩人已在印尼辦過婚禮。

而庾宗華雖繼續在螢光幕前拍戲、工作，但不願公開再婚消息，私下希望保持無人探聽的日常，且跟老婆年齡有不小的落差，因此一同出入第一時間不會被聯想是夫妻關係，日前庾宗華被拍到帶著妻小出門，罕見全家同框，一家子本想去釣蝦但吃了閉門羹，因此轉往山區看風景散步，他不忘在知名景點幫孩子大拍美照，也記得貼心購買點心給家人吃，臉上總帶著笑容，看上去很疼老婆跟孩子，再婚生活過得幸福。

陳子鴻當校長熱情邀周杰倫任教 幽默虧陶喆新專輯做 8 年



陳子鴻、陶喆、黃韻玲等人 15 日出席流行音樂教學品牌「1500 SOUND ACADEMY 聲量音創學院」台北開校計畫發表會。金曲製作人陳子鴻花近年與國外專業音樂人一同籌備音創學院，目前已砸下數千萬元。

他們邀來金曲歌王陶喆到場力挺，陶喆許久未公開露面，表示近期剛製作完新專輯，幽默自嘲說新專輯做了 8 年，「想要問子鴻老師，有沒有 1 堂課是如何把新專輯很快做出來？」陳子鴻笑虧陶喆可以來擔任老師分享如何把一張專輯磨那麼久。

在記者會上，陳子鴻的好友江蕙（二姐）、周杰倫分別獻花祝賀，庾澄慶、張震嶽及徐若瑄送上祝福影片，陳子鴻擔任學院的校長，二姐聽聞後十分支持，他坦言現階段原本只想要好好玩音樂，之後計劃退休，豈料二姐阻止：「你跟人家退什麼休？」陳子鴻打趣：「那妳跟人家退什麼休？」至於二姐、周杰倫有望來當老師？陳子鴻說二姐是不可能，不過會努力邀約周杰倫，解釋因為二姐不太會講話、教課，「叫她來教學，講話就要她的命。」

高科技快速數位快印來臨!
為您提供各類廣告宣傳產品,設計製作一站式服務!

MEET ALL YOUR PROMOTIONAL NEEDS UNDER ONE ROOF

美南印刷 USA PRINTING
A Southern Chinese Daily Company

專業設計 ✓ 全彩印刷 ✓ 數碼快印 ✓ 大幅噴繪

TEL: 281-983-8152 (CHINESE) 281-983-8154 (ENGLISH) WE'LL HELP YOU GET THE STAND OUT
1122 BELLAIRE BLVD., HOUSTON, TX 77072 E-MAIL: JENNIFERITC@GMAIL.COM



《音速小子2》索尼克聯手新夥伴塔爾斯 對抗火力拳開納克魯斯和蛋頭博士

全世界最受歡迎的藍色刺蝟又回來了，音速小子索尼克在《音速小子2》片中將有一場升級的精采冒險。《音速小子2》一片由《玩命關頭》及《死侍》系列電影幕後工作團隊精心打造，堅強的演員陣容包括再度回歸演出的詹姆斯馬斯登(James Marsden)、為索尼克配音的班許瓦茲、蒂卡桑普特、娜塔莎羅斯威爾、亞當帕利以及金凱瑞(Jim Carrey)，新加入的演員則是薛馬摩爾，以及為納克魯斯配音的伊卓瑞斯艾巴(Idris Elba)和為塔爾斯配音的柯琳歐尚納希。

《音速小子2》於3月14日釋出全新預告，索尼克遇見一位全新的盟友-塔爾斯(狐狸)，塔爾斯最厲害的技能就是飛行，可以把自己的兩條尾巴當成螺旋槳在空中翱翔，也可以駕駛他最出名的飛機飛上天際，

不僅如此，塔爾斯更是一位機械天才，能製作各式各樣極具巧思的武器，成為索尼克最忠心的好夥伴；蛋頭博士靠著一隻力大無窮，可以用拳頭摧毀一切的納克魯斯(針鼹)，好不容易才逃離蘑菇星球返回地球，企圖利用他的強大力量來對抗索尼克超音速的速度，展開一幕幕精彩刺激的紅藍大對決。

《音速小子2》敘述音速小子索尼克在綠丘鎮安頓下來之後，他就急著要證明自己有能力成為一名真正的英雄。當蛋頭博士帶著全新的搭檔納克魯斯，又回來尋找一塊力量強大足以毀滅人類文明的王者翡翠的時候，他就面對了另一個嚴峻的考驗。這次索尼克和他的忠心夥伴塔爾斯攜手合作，一起踏上一場環遊世界的冒險旅程，希望能在王者翡翠落入壞人手中之前先找到它。



《終極包圍戰》反派演員初見布魯斯威利心驚驚



火爆動作鉅片《終極包圍戰》(英文片名: American Siege)由《狙擊封鎖線》、《終極警探4.0》製片打造，《終極警探》系列動作天王布魯斯威利(Bruce Willis)、影集版《末日列車》提摩西墨菲(Patrick Muldoon)主演。布魯斯威利(Bruce Willis)這次飾演一名鄉下小鎮的警長，三名歹徒為了搜尋一名失蹤的女子布莉琪貝克，闖入鎮上名醫濟慈醫生的家將他綁架，鎮長(提摩西墨菲 飾)要求警長盡快處理這個狀況，但是他到達現場後，卻發現事情沒有想像中單純……。

《終極包圍戰》的故事背景設定在美國南方的喬治亞州，電影也在那裡實地取景。本片導演愛德華德雷克(Edward Drake)表示：「(大家對)南方有很多不好的刻板印象，但是文化是很微妙的東西。」他希望能夠透過這部片替南方平反。另外，《終極包圍戰》是2020年9月開拍，當時正值美國疫情的

最高峰，但是在劇組人員的通力合作下，沒有任何人染病。愛德華德雷克說：「我為這部電影感到非常自豪。」

繼《終極異噬界》和《終極狩獵團》之後，本片已經是愛德華德雷克第三次和布魯斯威利合作，但他依舊對這位動作天王讚譽有加，他說：「每次我有幸跟布魯斯威利合作總是令人難忘，他在片場的時候非常落落大方，總是會找時間跟工作人員聊天。看到布魯斯威利藉著說笑話或分享拍攝《終極警探》和《黑色追緝令》時的趣事來取悅他人，這樣的場面你永遠不會忘記，跟這個人合作很愉快。」

《終極包圍戰》現在是一部描述警察跟綁匪對峙的動作片，然而，愛德華德雷克受訪時透露，這部片原本是一部超自然恐怖片。他說：「接下來有點爆雷，布莉琪貝克其實一直都在那裡濟慈醫生家的地底下，這會是一個大逆轉，希望有一天能夠把這個劇本拍出來。」

美國新銳女星安娜辛德曼(Anna Hindman)飾演其中一名歹徒，展現出巾幗不讓鬚眉的戰鬥能力。她坦言，剛開始知道要跟布魯斯威利和提摩西墨菲這樣的前輩對戲時有點害怕，「但是當我在片場遇到他們的時候，我感到非常放鬆，布魯斯威利很腳踏實地、友善，身為演員能跟他合作真的很酷。」她也很欣賞提摩西墨菲：「他是個很好的人，但是卻要在大銀幕上扮演冷酷的壞蛋。」

《終極包圍戰》故事描述班(布魯斯威利 飾)是喬治亞州某城鎮的落魄警長，他專門為當地富人保守秘密。某天，三名歹徒為了尋找一位失蹤女子布莉琪貝克，綁架了鎮上的名醫作為人質，班被召來處理此一狀況，鎮長查爾斯(提摩西墨菲 飾)向班施壓，要求他對歹徒發動全面進攻並消滅所有在場的人，班這時意識到，他可能是某龐大計畫中的一枚棋子……

最强老爸可能回歸？！

Disney+影集《歐比王肯諾比》劇照有玄機

隨著伊旺麥奎格所主演的Disney+《星際大戰》外傳影集《歐比王肯諾比》(Obi-Wan Kenobi)首支預告曝光與相關宣傳的開跑，一張歐比王肯諾比的劇照，其場景設置似乎有讓地表最強老爸連恩尼遜(Liam Neeson)飾演的魁剛金現身客串的可能，讓星際大戰迷嗨翻！二人關係就像父子，也是把安納金天行者(Anakin Skywalker)帶往絕地武士世界的要角。



Disney+即將於5月25日推出《歐比王肯諾比》影集，盧卡斯影業為此展示了多張絕地大師照片，僅管大家主要還是聚焦在伊旺麥奎格強勢回歸到《星際大戰》，但偏偏這次在七張新的《歐比王肯諾比》影集形像照當中，有一張劇照讓粉絲猜測魁剛金是否會出現？

畢竟有太多影迷希望還能看到連恩尼遜回歸到《星際大戰》系列當中。儘管一切還沒得到證實，不過光是看到這張《歐比王肯諾比》的劇照就能輕易喚回大家對於魁剛金的記憶：它顯示了歐比王肯諾比住在山洞裡，洞穴裡環境簡單乾淨，顯然歐比王肯諾比的境界已經超越了世俗與各種物慾，精神氣場超強。在這樣的狀況之下，魁剛金以一縷原力幽靈的姿態、出現在他徒弟面前，甚至一起幫忙照看路克天行者，也都是合理的。

影迷們甚至注意到，這個洞穴對於歐比王肯諾比而言，是個迥異於他過往在原三部曲中住在塔圖因星(Tatooine)小屋的生活樣貌。畢竟在第66號命令之後，歐比王肯諾比決定與世隔絕生活有其道理，這可能是他冥想、自我訓練並最終再次與魁剛金交談的地方。

不論魁剛金將在《歐比王肯諾比》中是否會客串現身？現身的戲份又有多少？這已儼然成為粉絲對於《星際大戰》外傳影集《歐比王肯諾比》最熱門的預測話題之一，畢竟這可是最強老爸再度扮演魁剛金的完美(且可能是唯一可能)的地方，並也有助於解釋《星際大戰三部曲：西斯大帝的復仇》的相關情節。由於最初的三部曲並沒有這種與原力幽靈重聚的情節，大家也只能指望歐比王肯諾比在洞穴裡與魁剛金再相聚了！

德州脊椎中心/復健科診所

Texas Spinal care

最新技術治療腰椎、頸椎間盤突出！

最新技術下肢疼痛治療儀！

車禍不要緊 免費幫你治

不管別人撞你，還是你撞別人；不管你有沒有保險，出了車禍打個電話給李醫生，他會幫你把一切搞定！不用你花一分錢，全部由保險公司支付！！

腰痛、下肢痛、下肢麻木、前行困難、坐骨神經痛、頸部、肩部、上背部劇烈疼痛、手麻、手酸。採用非手術治療，運用推拿、器材和營養相搭配的方法治療腰椎、頸椎間盤突出非常有效，病人無痛苦、不用專門請假，可以邊工作邊治療，整個療程的費用比手術治療時的copay還低！！根據電腦診斷的結果針對受損的那一節椎間盤治療，準確！見效快！！一次治療下來疼痛馬上減輕80%！

李醫生治療椎間盤突出有20多年的經驗，畢業於加州大學聖荷西分校，行醫多年，信譽卓著。獨家牽引療法有奇效！

李醫生 還專精車禍後的復健，車禍後PI與PIP都收。中文護士

Texas Spinal care

診療時間：每周一至周五 9am-5pm / 每周六上午

電話：713-278-2225 網址：http://www.txspinalcare.com

診所地址：2600 S Gessner RD, Suite 120, Houston, TX 77063



華美中醫學院

American College of Acupuncture & Oriental Medicine

- 美國高等教育院校評鑑會認證
- 美國中醫院校評鑑會認證
- 德州高等教育局認證頒授碩士學位
- 中醫專業碩士學位
- 綜合保健管理碩士學位

詢問有關本校\$10,000的獎學金的詳情

電話：713-780-9777 網站：www.acaom.edu

9100 Park West Drive, Houston, TX 77063

請今天就申請！

- 中外中醫名流授課
- 中西醫學多元化教學
- 學科及臨床並重
- 全時或半時上課
- 日班或夜班課程



休士頓 HOUSTON Sun-Thurs 9:00AM-9:30PM Fri-Sat 8:00AM-10:00PM 1005 Blalock Road Houston, TX 77055 713.932.8899	布蘭諾 PLANO Sun-Thurs 9:00AM-9:30PM Fri-Sat 8:00AM-10:00PM 131 W Spring Creek Parkway Plano, TX 75023 972.943.8899
糖城 SUGARLAND Sun-Thurs 9:00AM-9:00PM Fri-Sat 8:00AM-10:00PM 3430 Hwy 6, Sugar Land, TX 77478 281.980.6699	卡爾頓 CARROLLTON Sun-Thurs 9:00AM-9:30PM Fri-Sat 8:00AM-10:00PM 2532 Old Denton Road, Carrollton, Texas 75006 972.242.8899
凱蒂 KATY Sun-Thurs 9:00AM-9:00PM Fri-Sat 8:00AM-10:00PM 569 S Mason Rd, Katy, TX 77450 832.321.8899	奧斯汀 AUSTIN Sun-Thurs 9:00AM-9:00PM Fri-Sat 9:00AM-9:00PM 6929 Airport Blvd, Austin, Suite #110, TX 78752 512.381.8899
費斯可 FRISCO Sun-Thurs 9:00AM-9:00PM Fri-Sat 8:00AM-10:00PM 9292 Warren Pkwy, Frisco, TX 75035 469.970.8899	

請上網瀏覽 www.99ranch.com 或馬上加入我們各社群媒體訊息
Like us on Facebook, Follow us on Twitter, receive the latest news on 99ranch.com

..... WEEKLY SALE
Mar 18 - Mar 24, 2022
Customer Service: 1-800-600-TAWA(8292)
☎ 打問微信
☎ 在公眾號搜索欄輸入
taw99ranch

膳食均衡，營養豐富，助力全民健康
A balanced meal is a natural way to health

7.99 PK	6.99 PK	10.99 LB	1.79 LB	4.99 LB
韓國新高梨 (三粒盒裝) BROWN/SHINKOPEAR(KOREAN)	樂淇蘋果 ROCKIT APPLE	新鮮百合(日本) YURINE(FRESH LILY BULB)	大紅葡萄 LARGE RED GRAPE	新鮮山藥(日本) NAGAIMO (JAPAN)

Free same-day delivery on orders over \$49! 免運
滿 \$75 \$49!
一當天送到家

New Year New Policy
新年新氣象，新免運門檻

* Delivers up to a 20-min lead time or participating 99 Ranch's hot locations. Applicable to orders with a cart total of \$49 or more. \$10 flat rate is applied for orders under \$49.
* 配送時間最多可達20分鐘或參與99 Ranch的熱門地點。適用於訂單金額滿\$49或以上的訂單。\$10的平率將用於\$49以下的訂單。
* Same-day delivery orders must be placed before 2:00 p.m. local time. 免運配送只限於當地時間下午2:00前。

79¢ LB	1.99 PK	1.69 LB
羅馬蕃茄 ROMA TOMATO	袋裝去皮蒜頭 FRESH PEELED GARLIC	沙田柚 WHITE PUMMELO

1.49 LB	79¢ LB	69¢ LB
花生 PEANUT	紅心地瓜 RED YAM	白蘿蔔 DAIKON

肉類 | 超低優惠 本週限定

4.39 LB	1.99 LB	1.99 LB
BEEF DROP FLANK 牛腩	CHICKEN LEG MEAT 雞腿肉	PORK BUTT 夾心肉

海鮮 | 超低優惠 本週限定

16.99 PK	6.99 LB	6.99 PK	6.99 PK	7.99 PK	7.99 PK
COOKED TAIWAN SHRIMP(LARGE) 台灣熟白蝦(特級)	GREENLAND TURBOT-HALIBUT 白鱈魚排	TILAPIA FILLET 立魚排	KING WEAKFISH 南美野生三牙魚	WHITE COCKLE CLAMS 北極白玉貝	HOKKIGAI ARCTIC SURF CLAM 北極貝

雜貨 | 超低優惠 本週限定

4.98 /PAC	2.48 /EA+TX	14.98 /EA	3.40 FOR	4.90 FOR	2.798 FOR
馬玉山 山藥五穀粥 (袋裝隨身包) GREENMAX SC/BAG YAM & MULTI-GRAIN CEREAL	好望水 果汁氣泡水-望杏福杏子/望山楂 WANGXINGFU SPARKLING DRINK-APRICOT/HAWTHORN	金盈牌 水晶米 JINYING PREMIUM SHORT GRAIN	可樂果碗豆酥-九層塔口味/原味/酷辣口味 KOLOKO PEA CRACKERS-BASIL/ORIGINAL/HOT	嗨吃家-酸辣粉/海鮮粉/金湯爆粉/椒麻鍋巴粉 HCJ VERMICELLI-SPICY&SOUR/SEAFOOD/GOLDEN SOUP/SPICY RICE CRUST	金品-青蔥烙餅/胡麻子燒餅/蔥燒大餅/黑胡椒大餅/香蒜大餅/蔥抓餅/韭菜盒子 KINGS COOK-SHALLET HANDMADE PIE/LINSEED CLAY OVEN ROLLS/GREEN ONION N SESAME PIE/BLACK PEPPER N SHALLOT PANCAKE/CREAMY GARLIC PANCAKE/GREEN ONION CREPE/CHINESE CHIVE POCKETS

We are not responsible for typographical or pictorial errors. Please refer to in-store signs. Limited quantities while supplies last. No rain checks. Product availability may vary by store. Restrictions may apply please see store for more details.

--	--	--	--	--	--	--	--	--

99 Ranch Market is not affiliated with and is not an agent or representative of any company named herein. 99 Ranch Market and / or its affiliates, subsidiaries, agents and employees do not represent, sponsor or endorse the accuracy, reliability, content or advertisements, whether in text or graphical form, contained herein. Content provided and maintained by third parties are for advertisement and informational purposes only and constitute neither an endorsement nor a recommendation by 99 Ranch Market. The presence of such advertisement on the premise of 99 Ranch Market does not imply endorsement of the advertised company or product. 99 Ranch Market has no control and assumes no responsibility as to the performance or accuracy of products and services and services provided by third parties.