

# 「衍易工作坊」7月19日起推出 今年度的「風水調氣班」

(本報訊)衍易工作坊主辦、一年一度的風水調氣班，將於7月19日、7月26日兩個星期天下午2點到6點在中華文化中心上課。今年特別開放網路報名，可以到FengShuiProfessor.com登記，也可以電話報名：832-417-8168。

第一個四小時，衍易老師將為大家講解如何分辨住宅本身的氣場特徵，同時了解每個人自己對風水氣場的特別需求。

我們對風水的需求，其實因人而異。

生命是一個不停改變的過程，年齡、職業、健康、婚姻狀態，都會與時推移，發生變化。大家在人生不同的時段中，對

風水調氣班的前四個小時，主要就在讓大家了解，什麼樣的風水是自己的「美酒佳餚」，什麼樣的風水有可能變成自己的「穿腸毒藥」。

第二個四小時，專門教授氣場的分辨，以及趨吉避凶的方法。衍易老師將為大家介紹五型的生剋與循環，正確分辨自己住宅氣場的旺衰，以及如何增強吉氣，如何減損凶氣。

關於風水調氣班的詳細內容，請上網查看 www.FengShuiProfessor.com 的命理風水研習班，或電：832-417-8168。



## 正宗北方小吃，吃出你心中的回憶 「小瀋陽」地道家鄉美味，純正，美味，健康

(本報記者秦鈞)休士頓以正宗北方小吃，家鄉菜聞名的「小瀋陽」近期吸引了來自各地的客人，大家在品嚐了「小瀋陽」新推出各式地道家鄉美味，對這些誠實懇摃出來的好滋味，無不讚不絕口，尤其不搞花俏，可以吃到正宗北方口味，再加上價格的廉宜公道，使「小瀋陽」的客人不斷穩定的成長。

「小瀋陽」最近推出了不少特價新菜，如清蒸白鯽魚，三條一大盤才10.95元，魚肉細嫩，美味、健康。還有大大的一大盤椒鹽小蝦，是由味道鮮活的河蝦做成，香酥可口，全身都可齶碎來吃，補充大量鈣質。還有東北福肥腸，尖椒肥腸，風味獨特，其他如紅燒牛筋，彩椒牛仔粒，孜然雞架，火爆腰花肝片，干扁鯪魚，農家燒烤鵝，黑椒牛仔粒，大蝦白菜，大骨燉酸菜，鍋包

肉，干炸黃花魚，重慶辣子雞，豆漿全魚，鐵板玉米豆腐……等等，都是百姓吃不膩的正宗北方菜，吃出你心中的回憶。

到「小瀋陽」來吃生日宴或招待親友，「小瀋陽」絕對讓您面子十足，他們的北京烤鴨，清燉土雞湯，長江特色烤鴨，鐵板玉米豆腐，乾炸里脊，清蒸水鱈魚再配上「小瀋陽」獨家推出的香酥芝麻大餅，蟹黃小籠包，香煎南瓜餅……滿滿的一大桌菜，吃的賓主盡歡，而且所費不多，一、二百元搞定。難怪「小瀋陽」成了最華人的「最愛」，大家享受他們豪華的排場和家常的菜餚，在「小瀋陽」發揚光大。

「小瀋陽」七天營業，早十點至晚十二點，地址：

9888 Bellaire Blvd #158 Houston TX 77036 電話：(713) 995-9982

「小瀋陽」的麵食，出自



圖為小瀋陽的各式招牌菜及麵食

## 飛碟學會本週日將再聚會

### 李兆璿博士主講「Roswell事件中，飛碟墜毀的真相」

(本報訊)於去年年底，專門研究UFO現象的「飛碟學會」，是術社中第一個創立的有關研究UFO的學會，將於7月12日下午3時至5時在王朝商場華美銀行二樓會議廳舉行例會，此次例會中該會副會長李兆璿博士將演

示「Roswell事件中，飛碟墜毀的真相」。

說曾轟動世界的「Roswell事件」中，有關飛碟墜毀的真象。會長亢國華也將針對月球上的一些神秘難解的現象發表一些個人看法，這兩個精

彩主題一定會令人「耳目一新」！歡迎UFO現

迷們到場觀看，並有興趣的朋友踊躍參加！

洪秀柱，日前在大家充分交換意見後，訂於7月19日全體會通過完成選舉時，當時在本地成立「休士頓地區洪秀柱後援會」號召僑胞們齊聚加入，以實際行動共同為洪秀柱加油打氣。支持洪秀柱競選中華民國總統是一件非常艱巨的工作，需要大家全力合作，積極加入後援會。並出席7月19日的成立籌備大會。

休士頓地區洪秀柱後援會，成立籌備會首要工作就是通過章程、組織義工、策劃分工……。

每一位加入的個人或團體，都是後援會的重要

一員，有絕對的參與及表達意見的權力，及為洪秀柱副院長助選的義務完成籌備會成立後的「休士頓地區洪秀柱後援會」會成立專戶，對於個人或團體捐款都會將於近日以完全合法的方式分批

小額匯給洪秀柱競選總部。經不用僑胞捐款作為

任何其他活動經費之用。我們有專人負責監督及

核稿這些款項的收入及支出。

最直接、最最重要支持洪秀柱副院長成爲

中華民國第14屆總統的方式，就是鼓勵海外僑

胞返台投票支持洪秀柱。我們也在接洽籌組邀海外僑界朋友一起返台為洪秀柱副

院長加油，包括政黨旅遊團、醫療團、

等、或盡量提供您購買便宜的回台機票及旅館的訊息。(以上活動都是自費)。後援會也會盡

量及時其他相關選舉訊息。

「休士頓地區洪秀柱後援會」成立籌備大會歡

迎備選出席參加，相關資訊如下。

一、時間：7月19日（星期日）下午1:30~3:30

二、地點：Hilton Banquet Room 2FL, Grand Ball Room

6833 W Sam Houston Pkwy S. Houston, TX 77072

八號公路希爾頓花園酒店前方

三、歡迎僑胞自由出席參加，每位贊助10元(多

多益善)，就為後援會成員

四、籌備會通過章程、組織義工、策劃分工……

後「休士頓地區洪秀柱後援會」正式成立。

歡迎僑胞熱烈積極參加！並請本週內隨時注

意進一步的相關消息！！

# 什麼是肩周炎

## 陶翔醫生專欄

肩周炎是以肩關節疼痛和活動不便為主要症狀的常見病症。本病的好發年齡在50歲左右，女性發病率略高於男性，多見於體力勞動者。如得不到有效的治療，有可能嚴重影響肩關節的功能活動。本病早期肩關節呈陣性疼痛，常因天氣變冷及劳累而誘發，以後逐漸發展為持續性疼痛，並逐漸加重，晝輕夜重，肩關節向各個方向的主動和被動活動均受限。肩部受到牽拉時，可引起劇烈疼痛。肩關節可有廣泛壓痛，並向頸部及肘部放射，還可出現不同程度的三角肌的萎縮。

由於50歲左右的人易患肩周炎，所以本病又稱為五十肩。患有肩周炎的患者，自覺有涼氣進入肩部，也有患者感覺有涼氣從肩關節內部向外冒出，故又稱「漏肩風」。其病變特點是廣泛，即疼痛廣泛，功能受限廣泛、壓痛廣泛。

臨床特徵：起初時局部呈陣發性疼痛，多數為慢性發作，以後疼痛

## 最新技術治療腰椎、頸椎間盤突出有奇效！

(本報記者黃梅子)很多人長期腰痛背痛頸痛，這個病不能輕視，很有可能是椎間盤突出。椎間盤突出分為腰椎間盤突出和頸椎間盤突出。腰椎間盤突出徵為腰腿痛常見原因之一，其主要徵狀為腰痛及下肢痛。腰椎間盤突出又名腰椎間盤纖維環破裂或腰椎間盤突厥，就是人們常說的“腰脫”或“腰突”。它是指人體隨著年齡的增長或急慢性外傷和慢性外傷等原因，使腰椎間盤發生退行性變異導致纖維環破裂，造成核髓脫出壓迫神經根或硬膜囊而引起的坐骨神經痛等一系列腰腿痛癥狀的骨科常見病、多發病。

腰椎間盤突出使腰椎及腰骨底部疼痛，下肢放射性疼痛（坐骨神經痛）下肢麻木，感覺異常、前因困難。嚴重時出現神經肌肉痙攣和萎縮。腰部長期反復疼痛，休息時減輕，勞累就加重，常常有腰痛困難，久坐後疼痛，腰痛過後疼痛加重等。多數患者有不同程度的外傷史，造成腰椎間盤纖維環破裂，髓核向後或後外側突出，壓迫脊神經根引起腰腿痛，坐骨神經痛是腰間盤突出的最突出表現。

頸椎間盤突出多見於青壯年，有明顯的頸部外傷史或有長時間低頭位工作的職業史。神經根受壓者，出現頸部、肩部、上背部劇烈疼痛，伴上肢放射性神經痛；頸部運動和睡眠時，肌力下降，腱反射減弱或消失，臂叢神經牽拉試驗陽性。部分患者出現眩暈、頭痛等症狀，甚至引發鼻炎、耳炎，也伴有手麻、手酸。

Texas Spinal Care 的李醫生治療椎間盤突出有20多年的經驗，李醫生畢業於加州大學聖荷西分校，行醫多年，信譽卓著。他採用非手術治療，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，而且整個療程費用比手術治

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治療方法：治療方法有多种，常常是同時並用。理療、休息（避免運動性的損傷），消炎止痛藥，局部敷藥，局部消炎藥的注射及手術。治療的選擇因病情的程度而決定。

鳳凰免疫內科專家 陶翔醫生診所

地址：7737 Southwest Freeway Suite 310, Houston, TX 77074 (在Memorial Hermann Hospital Southwest的門診大樓內)

電話：713-541-1112

診療時間：9:00AM~5:00PM(周一至週五)

臨床特徵：起初時局部呈陣發性疼痛，多數為慢性發作，以後疼痛

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電話：713

# 休士頓僑教中心關心奧克拉荷馬州僑界

(本報訊)休士頓僑教中心主任莊雅淑7月9日前往奧克拉荷馬州首府奧克拉荷馬市，拜會當地僑社，並與奧克拉荷馬臺灣同鄉會、奧克拉荷馬州華人協會、奧克拉荷馬州亞洲協會、奧華中文學校等僑界代表進行座談餐會，瞭解當地僑社及僑校發展。奧城亞洲協會前會長何濱洛、華人協會前會長林盛美、Oklahoma City University資訊管理系主任張孝實、奧城臺灣同鄉會會長陳

增修、前會長張滄治、副會長吳思達以及多位理事、奧城中文學校校長李載誠、前台灣同鄉會長蔡秋雄醫師、奧城台商

僑界即將接辦僑務委員會雙十國慶文化訪問團明華團訪演活

動，奧華姊妹市委員Deanna其首都奧克拉荷馬市與台北市

是姊妹市，奧華姊妹市委員全體亦展開相關籌備活動，大家齊心協力，希望讓美國友人

透過這項文化訪演，認識優質臺灣文化，讓優質臺灣文化在

世界發光發熱。



## 八仙氣爆捐款專戶

新北市八仙樂園6月27日發生嚴重的粉塵氣爆，造成5百多位年輕前程似錦的年

輕人輕重傷，因為粉塵燃燒而慘遭身體大面积燒傷，目前有2百多人還在加護病房搏鬥中，大面积的燒燙傷是非常危險的，僑倖存活下來，往後還須面對漫長的復健以及心理建設，才能重返社會。

許多海外僑胞對於八仙事件感到震驚與關心，紛紛表達希望捐助醫療用品，或者捐款協助燒燙傷民眾醫療復原等意願，令人感動！有鑒橋胞詢問捐款方式，僑務

委員會特別提供了新北市政

府社會局八仙粉塵氣爆捐款專戶資訊如下：

一、金融機構名稱：臺

灣銀行板橋分行(BANK OF

TAIWAN

BANCIAO

BRANCH)

二、戶名：新北市社會

救濟會專戶

(NEW TAIPEI CITY SOCIAL

ASSISTANCE ACCOUNT)

三、地址：新北市板橋

區府中路21號

(21 FUJHONG RD. BANCIAO

DIST. NEW TAIPEI CITY

22055, TAIWAN)

四、帳號：

件信箱：houston@ocac.net

027038002803

五、通匯代號(SWIFT

CODE)：BKTWTWTP027

六、用途別註記：「八

仙粉塵氣爆案」(Water Park

Inferno Assistance Project)

僑務委員會為感謝熱心

捐款的僑胞，協助確認捐款

匯抵情形，請於捐款資料書

寫上姓名以及連絡電話，傳

真至休士頓僑文服務中

心，讓我們表達感謝。休士

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# NEWS & REVIEW

News & Review is a Division of Southern News Group · Founded June 16, 1979 | July 11, 2015 | John T. Robbins, Editor

## Xi Stresses Stronger Cooperation Between All BRICS Leaders

Compiled And Edited By John T. Robbins, News&Review Editor



Chinese President Xi Jinping And Russian President Vladimir Putin Shake Hands In Front Of Th BRICS Logo In Ufa Russia, July 9, 2015. (Xinhua/Rao Aimin)

On the sidelines of the BRICS and SCO summits, Chinese President Xi Jinping has held separate meetings with his Russian counterpart Vladimir Putin, Indian Prime Minister Narendra Modi, and South African President Jacob Zuma. And cooperation is once again the main focus.

A summit of fast-emerging economies with fast-developing partnerships. In Ufa on Wednesday, Chinese President Xi Jinping met with Russian President Vladimir Putin. Moscow is searching for investors to help its struggling economy hit by Western sanctions over the Ukraine crisis.

President Xi said China and Russia are strengthening existing consensuses on several fronts, and making progress in new areas. Meanwhile, President Putin agreed that the two

## China's Government Takes Measures To Boost Growth Momentum Amid Market Volatility

Compiled And Edited By John T. Robbins, News&Review Editor



A man walks past a bull sculpture at a business district of Beijing, capital of China, July 9, 2015. Chinese shares staged a strong rebound last Thursday, with the benchmark Shanghai Composite Index leaping 5.76 percent to finish at 3,709.33 points. The Shenzhen Component Index surged 4.25 percent to close at 11,510.34 points. (Xinhua Photo)

China's cabinet, the State Council, stepped up last Wednesday to assure that the government had plenty of tools at its disposal to restore confidence in the economy, and the country could realize its major economic and social development targets this year.

China's economy expanded 7.4 percent in 2014, the slowest rate for 24 years. This year's growth target is set at approximately 7 percent, lower than the double-digit growth of the past decades but still robust by international standards.

"Positive signs have been increasing in the last two months and structural readjustment has been accelerated," said a statement released after an executive meeting of the State Council presided over by Premier Li Keqiang.

Recent economic data has fueled hopes of a rebound after first quarter growth was posted at 7 percent, weighed down by a housing market downturn and industry overcapacity, said some private and think tank economists.

China's market demand is bottoming out with the manufacturing purchasing managers' index (PMI), a key measure of factory activity, climbing steadily and other economic indicators like electricity consumption and longer-term loans edging up in recent months, said Lian Ping, chief economist at the Bank of Communications.

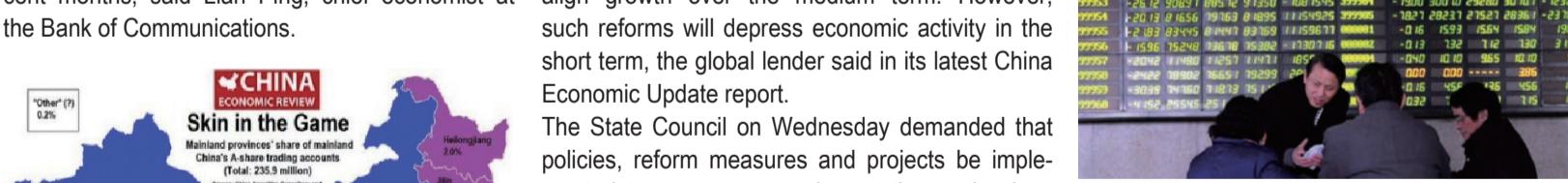
The World Bank predicted China's economy would expand 7.1 percent in 2015 and 7 percent in 2016, largely in line with its previous predictions. Not every economic figure is positive. Consumer inflation ticked slightly higher in June while at the wholesale level, deflation remained a problem for the 40th month in a row.

Wen Bin, chief researcher with China Minsheng Bank, said this shed light on continuously weak domestic demand and that there was still room for

The macroeconomic slowdown is expected to reverse at the end of this year or the first quarter of 2016, as moderated growth is due to domestic factors rather than external challenges, said Li Daokui, professor at Tsinghua University. Economists held that China lowered its economic growth target to help with restructuring efforts to place more focus on higher-quality and innovation-driven growth, while the housing market in the big cities has witnessed a revival with the help of supportive monetary and fiscal policies. Home sales in China's tier-one cities, like Beijing

Man Silently Studies The Wall Of Falling Stocks Posted At The Shanghai Stock Exchange

Please send your comments to the News & Review Editor at john@scdaily.com.



Growth in China's service sector remains robust, especially in advanced services such as banking and insurance, and consumption has grown slightly faster than investment in recent years.

**Market Bleeding Eases** An unprecedented battery of measures to pump up the market has showed early signs of recovery and has boosted investor confidence. Chinese shares posted a strong rally last Thursday, with the benchmark Shanghai Composite Index (SCI) leaping 5.76 percent to finish at 3,709.33 points.

The Chinese stock market was among the world's best performers earlier this year, and that there was still room for

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countries should deepen cooperation within the BRICS and SCO frameworks, pushing member states in both the economic and security blocs to better cooperate with each other.

Also on Wednesday, President Xi met with Indian Prime Minister Narendra Modi for their fifth meeting in a year. Both sides agreed to enhance cooperation under the BRICS framework and to work towards maintaining peace along their border.

President Xi said the two countries should join hands to promote the development of newly-established Asian Infrastructure Investment Bank and BRICS Development Bank as well as the Bangladesh-China-India-Myanmar Economic Corridor. He added that cooperation between China's "One Belt One Road" Initiative and India's related projects should be further explored to achieve mutually-beneficial cooperation and common development.

And while sitting down with South African President Jacob Zuma, Xi Jinping noted that ties between China and South Africa were at their best in history.

Xi recalled the state visits he and Zuma paid to each other's countries over the past two years, during which they mapped out long-term comprehen-

sive plans for bilateral cooperation.

Xi also said China is ready to enhance coordination and cooperation with South Africa, with a special focus on such areas as maritime trade, production capacity, special economic zones, energy and finance.

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SCO and BRICS countries account for one-third of

the world's territory and more than 3 billion people or one-fifth of the world's population while their total GDP totals one-fifth of the global economy. The coincidence of the Ufa Summit and the BRICS meeting did not happen by accident, but unites the two essential engines in promoting world peace and development together.

During BRICS and SCO meetings in Ufa, President Xi will meet other leaders from SCO countries and observer countries. He will talk to guests invited by Russia and heads of other relevant international organizations. They will exchange in-depth views on the development of SCO and BRICS, the regional situation and major international and regional issues based on the principle of coordinating positions and building consensus. President Xi will announce China's suggestion for promoting development of the SCO and express China's desire to build the Silk Road Economic belt with SCO assistance. China aims to actuate SCO security and economic development, promote comprehensively the development of BRICS and the SCO with efforts from all countries and further strengthen pragmatic cooperation between group states in various fields.

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Map Showing The BRICS Countries

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# 小豬拆彈聊女色 命中周揚青



張鈞甯送鳳梨酥

梅爾吉勃遜開心玩自拍

一部以二次世界大戰為背景的「大轟炸」7日在浙江舉行記者會，吸引逾百媒體前來探班，卡司包括好萊塢巨星梅爾吉勃遜、布魯斯威利、劉燁、黃聖依、宋承憲、馮遠征和張鈞甯等人，由於現場人太多場面一度混亂，張鈞甯還立刻充當翻譯，跟梅爾吉勃遜說：「現在是媒體拍照時間，請從右邊看到左邊。」讓他能掌握現場狀況，梅爾吉勃遜還調皮的跟大家玩起自拍。

擔任監製的梅爾吉勃遜一見張鈞甯就主動表示自己在30多年前在台灣拍戲，還住過8個多月，說台灣東西真好吃。張鈞甯立刻送上鳳梨酥，化身台灣親善大使，讓老梅開心的說一定要再來寶島。繼與布魯斯威利的零NG對戲後，張鈞甯渴望與梅爾吉勃遜不只是監製與演員的合作，希望老梅也能一同飆戲。張鈞甯在「大轟炸」飾演戰地記者，早期學醫的經歷讓她在戰場除了用攝影紀錄下戰時的景象外，還加入醫者細膩的救護與關懷，而她和飾演空軍長官的布魯斯威利對戲後，順利完成。

雖然忙著工作，張鈞甯也很關心八仙塵暴傷者，邀請演藝圈衆多好友一起來為愛朗讀「當你難過，記得有人為你禱告」，她說自己不是歌手，沒辦法用歌聲來療癒傷者，所以就用朗讀的方式，期望能將自己的些微心意，帶給需要鼓勵的朋友們勇氣或溫暖。

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https://www.youtube.com/watch?v=cj9hU-IEuSoK

名額的美國領土或以上學位的受益人再與其他受益人一同參與65,000H-1B名額的抽籤。對於未申中的H-1B申請，移民局將退回申請材料及申請費。移民局再次承諾，將會最晚在7月5日開始對要求加速處理的H-1B申請進行審理。另外，移民局也會繼續辦理不受H-1B名額的申請，包括H-1B延期申請，更換雇主申請，以及免受H-1B名額限制的雇主遞交的H-1B申請。

4. 3月23日，美國總統奧巴馬在兩年一度的「選擇美國高峰會」(Select USA Investment Summit)上表示，美國政府將對L-1B工作簽證進行改革，以吸引更多海外人才。

5. 鄭旋律師是蘇力&鄒旋律師事務所的主任律師。鄒旋律師的移民專欄在美南新聞，世界日報和美中信使報每星期六連載。

鄒旋律師主講的移民路路通節目每個月的第二和第四个星期一下午5:30(11月下午5點在電台調頻AM1320時代華語廣播電台播出。提供最新的移民資訊並現場解答聽眾問題。鄒旋律師同時還擔任美南國際電視台法律節目的嘉賓主持和法律顧問。

蘇力&鄒旋律師事務所精耕移民:包括傑出人才、國家利益豁免、技術移民、各類簽證、身份轉換、親屬移民、公民入籍等。同時代理商業法律:包括公司成立、商業租約、生意買賣、委託書。取消罰單、公證認證、翻譯、遺嘱等業務。蘇力&鄒旋律師事務所位於百利大道旁，惠康超市廣場內。地

## 腎臟與高血壓專家謝春醫師診所新張儀式暨名醫健康講座將於7月18日上午舉行



(本報訊)腎臟與高血壓專家謝春醫師的新診所開張儀式將於7月18日週六上午10-12時舉行。屆時將有多位著名醫師蒞臨，同時，當天上午還一並舉辦名醫健康講座。主要講員包括腎臟與高血壓專家謝春醫師，心臟專科豐建偉醫師，家庭科殷正男醫師，百利中醫皮膚科楊曉娜醫師等，主題涵蓋高血壓、糖尿病、心臟病的防治及常見皮膚病的中醫治療。

此外，現場還免費測量血壓，並略備熱水茶水，歡迎各界人士光臨。

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# 抗議州政府削減社區服務經費預算

## 逾三千名芝加哥社團群眾聚集湯普森中心表達不滿心聲

(本報記者/周 錄/採訪報導)

7月1日上午10時，三千名來自芝加哥各社團的群眾聚集於芝市湯普森中心前，抗議州政府削減社區服務經費的預算。集會由伊州移民民權聯盟（ICIRR）泛亞選民賦權促進會（The Pan-Asian Voter Empowerment Empowerment Coalition）芝加哥亞裔促進公正（Asian Americans Advancing Justice-Chicago）機構的行政主任TUYET LE抗議說，他們是泛亞選民賦權促進會的成員，她強烈要求州政府恢復原來的預算，不達此目的，決不罷休。他們要戰鬥到底，他們要求州長設法從其他途徑提高伊州所需要的稅收收入而維持原來的社會福利，這種福利是對伊州兒童、家庭、社區的重要投資，具有戰略意義。

34個組織機構簽名呼籲州長和州衆議院、參議院的一封信在現場宣讀：「我們相信，對兒童、家庭和社區的投資是推動伊州經濟繁榮的善舉，為此，州長和州衆議院、參議院必須選擇開發徵收稅收的新途徑來為伊州的家庭和社區造福，以代替削減民社會服務的措施。」

芝加哥亞裔促進公正（Asian Americans Advancing Justice-Chicago）機構的行政主任TUYET LE抗議說，他們是泛亞選民賦權促進會的成員，她強烈要求州政府恢復原來的預算，不達此目的，決不罷休。他們要戰鬥到底，他們要求州長設法從其他途徑提高伊州所需要的稅收收入而維持原來的社會福利，這種福利是對伊州兒童、家庭、社區的重要投資，具有戰略意義。

衆多機構代表在集會上依次發言，對州政府削減社區服務預算表示不滿，並呼籲州長立即推行合理的預算，繼續支援移民社區服務。2014財年已於2015年6月30日結束，可是至今伊州政府尚未公佈2015財年的預算，很多社區機構已無法繼續向社區民眾提供服務。ICIRR呼籲，民眾可以致電州長辦公室（217-782-0244），向所屬的州參議員、衆議員（217-782-2000）表達不滿。

伊州移民民權聯盟的領導人Lawrence Benito指出，由於預算僵局無解辦法，伊州移民民權聯盟及兄弟單位失去移民服務項目的資

金供應，70%的移民服務項目將被迫砍掉，有些職員將被解僱，服務對象的人數將減少，有的機構將完全關閉。我們希望州長能認識到，他這樣做對伊州未來的穩定會產生很大的打擊和損害。

芝加哥亞裔促進公正（Asian Americans Advancing Justice-Chicago）機構的行政主任TUYET LE抗議說，她是泛亞選民賦權促進會的成員，她強烈要求州政府恢復原來的預算，不達此目的，決不罷休。他們要戰鬥到底，他們要求州長設法從其他途徑提高伊州所需要的稅收收入而維持原來的社會福利，這種福利是對伊州兒童、家庭、社區的重要投資，具有戰略意義。

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BERTHA MORIN說，我們向我們選舉出來的官員，包括州長朗納呼籲，你們應當選擇一個優先照顧全伊州的家庭和社區的公正而可持續的稅收解決辦法。最後，他高呼：停止砍掉

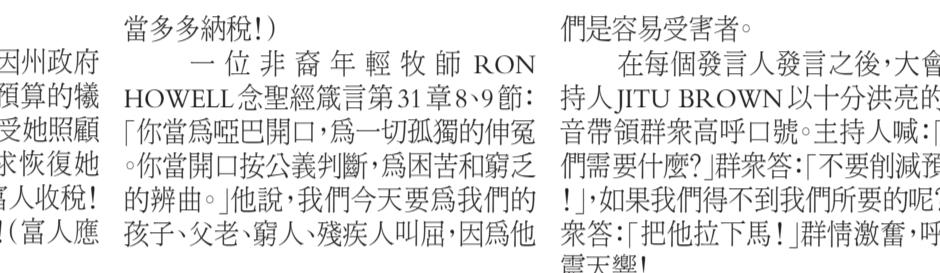
不可缺少的服務，另選進步的稅收途徑！

伊州柬埔寨協會的一位女士SENGB THACH說，她是從柬埔寨來的難民，她在難民托老所工作。如果托老所因沒經費而關閉，這些不會說英語、吃不慣西餐、生活不能自理的老人都沒法活了！她希望原有的預算別砍掉。

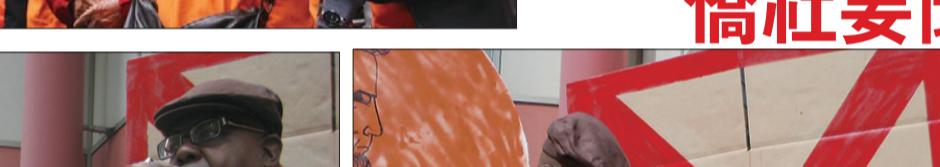
Rosita De La Rosa女士說，她在LOGAN廣場居民委員會工作27年，最近因州政府削減預算而失業。她是削減預算的犧牲品。她熱愛她的工作，她愛受她照顧的200多位中小學生，她要求恢復她的工作。這時，群眾高呼：向富人收稅！向富人收稅！（富人應



逾三千名芝加哥社團群眾抗議



華人互助會抗議隊伍



主持人JITU BROWN帶領呼口號



東埔寨亞裔代表抗議



華人互助會抗議隊伍



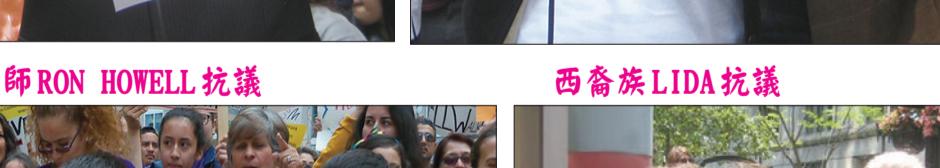
泛亞選民賦權促進會成員TUYET LE抗議



非裔牧師RON HOWELL抗議



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華人互助會抗議隊伍



泛亞選民賦權促進會成員TUYET LE抗議



泛亞選民賦權促進會成員TUYET LE抗議

標語：削減預算等於貧窮等於淪為罪犯！

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香港文匯報訊（記者李薇深圳報道）由「史力加之父」許誠毅執導，白百何、井柏然領銜主演的電影《捉妖記》日前在深圳舉行發布會。投資人江志強，主演白百何出席。現場江志強多次感謝白百何推開所有檔期，重拍《捉妖記》且只收一次片酬。而白百何則認為，這不僅是她第一次拍古裝，第一次拍打戲，第一次接觸3D動畫團隊，第一次對着空氣演戲，更是第一次同一部戲拍了2次。



■電影於本月初在北京舉行首映禮，衆多位紅星現身力捧。

# 白百何 只收一次片酬

到100分。

當然，重拍最大的問題是如何讓白百何的演員重回劇組。出乎意料的是，當她第一次致電白百何，對方不僅爽快地答應回歸，還不收第二次片酬。他感激道：「當時時間很急，我們要在暑期檔上映，但整個劇組的演員、工作人員都很配合，大年初三就開工了。」

白百何難忘拳打志偉

對於兩次拍攝《捉妖記》，白百何認為出來的效果比第一次滿意。從未和空氣演戲的她在看了第一遍拍攝的樣片後，特別驚異。「胡歌演得太好了，所以第二次我們做了很多表演上的調整。」

第一次對着空氣演戲，白百何說最難的是拍打戲，每次一打就興奮過頭，打出了畫面之外。「我經常是從早上6點打到中午1點，對着空氣很

難在規定框架內打好。」白百何笑稱，有一回和曾志偉打，導演都喊停了，自己還狠狠地給了他一拳。她說：「不過我很喜歡拍打戲，第二遍的時候打戲很少，這讓我很不滿意。」她亦表示能拍《捉妖記》感到很驕傲：「整個製作團隊都是中國人，華語電影原來也可以做到這樣！」



■投資人江志強(左)偕同白百何出席深圳發佈會。

李薇攝



■白百何在拍攝《捉妖記》時，嘗試了多個“第一次”。



■洪卓立在拍攝《捉妖記》時，跟志偉一起在場。

# 林欣彤期待沙灘騷 鍾舒漫漫玩水曾走光

香港文匯報訊（記者李思穎）同期出碟的一眾英皇藝人林欣彤（Mag）、洪卓立、鍾舒漫、羅力威、馮允謙、許靖韻、陳凱彤10日舉行《叱咤樂壇溝埋一齊開Show》音樂會，除了各自獻唱和crossover，他們更合唱了謝霆鋒的《壞習慣》及陳奕迅的《天使的禮物》。

Mag身穿花上衣加短褲，充滿夏日氣息，而表演的地方是座落對水濱海灘，她直言下次也想嘗試在戶外開場，感覺好free和地方大，而室內場地開場的好處是冷氣嘆，Mag也看過沙灘騷，也倒想一試在沙灘開騷滋味，加上喜歡陽光也不怕曬。Mag又指讓與公司歌手合唱充滿夏日節奏快歌，然後到沙灘拍MV，笑言：「如果全部人都穿泳衣，我便跟住着，但就不知會是三點式還是件頭。」

洪卓立婚前力保「兩點」

堂堂男子漢的洪卓立便很抗拒以泳裝造型開騷，因怕露肉，笑言或者可以着“波波”，年代初V領穿身泳衣，力保“兩點”在30歲結婚前不曝光，除非在個唱或電影上才肯為藝術犧牲，不過他卻很大方讓女友湯怡在沙灘穿比基尼，反而覺得泳池較危險，因看過不少非禮新聞也是在泳池發生。問到結婚問題，他心中有數說：「自己已有計劃，但仍未來求婚。」



■鍾舒漫帶同妹妹鍾舒祺(右)到場充當攝影師。



■鍾舒漫帶同妹妹鍾舒祺(右)到場充當攝影師。



■鍾舒漫帶同妹妹鍾舒祺(右)到場充當攝影師。



■鍾舒漫帶同妹妹鍾舒祺(右)到場充當攝影師。

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## 瘦腿方法 讓你不知不覺瘦大腿

大腿的贅肉無法消滅，是否讓你苦惱不堪。為你推薦8個瘦大腿TIPS，幫你輕鬆減掉大腿多餘的贅肉。不需要吃減肥藥，也不必做減肥手術，輕鬆變身美腿佳人。

1、做高抬腿運動  
每天起床後，可以在客廳或房間做五組高抬腿運動，每組一分鐘；每做完一組可以休息一會。高抬腿是一種很好的瘦大腿運動，它很好地運動到大腿上的肌肉，促進腿部脂肪的燃燒。愛美的MM們，不想大象腿一直跟著你，想穿上短裙，那每天起床就讓我們大象腿一起，讓自己擁有纖細修長的美腿吧！

2、飯後站一會或散步  
吃完飯可別直接坐著不動，這樣會讓你的脂肪積累到你大腿和臀部的。去洗洗碗，收拾一下廚房很不錯，這樣可以讓你站一會。你知道嗎？飯後站半個小時可以防止脂肪積累在你下半身。如果你有時間的話，可以飯後出去散個步。「飯後走一走，活到99」，出去走走看以運動到大腿的肌肉，消耗吸入的熱量，達到瘦大腿的目的，並且讓自己變得更健康。

3、洗澡時按摩一會  
洗澡的時候最好是站著洗，這樣可以消耗熱量。用熱水沖洗兩分鐘，用手指按摩大腿；然後換冷水沖洗兩分鐘，再用手指按摩。這樣反覆幾次，可以很好地促進大腿的血液循環，幫助燃燒大腿上面多餘的脂肪，從而達到瘦腿的目的。

4、騎腳踏車  
騎腳踏車是一種很悠閒的活動，也是一種很好玩的運動。有空的時候，可以騎腳踏車出去郊外或附近的公園玩。我個人很喜歡這樣的運動，因為騎腳踏車可以很好地減掉大腿的贅肉。騎車的過程中可以很好地鍛煉到自己大腿的肌肉，讓它得到充分的鍛煉，上面多餘的脂肪就會很容易消失了。愛美的MM，不妨多騎腳踏車吧！

5、睡前瘦瘦腿

睡前可以做一些瘦腿操，讓自己在睡前燃燒一下大腿多餘的脂肪。下面介紹一些簡單的瘦腿操：側睡在床上，將身體側躺，抬高離床頭雙腳，抬到與床差不多垂直，反覆抬腳動作二十次。然後換一個方向側身睡，用另一隻腳做抬腳運動。直到自己感受到大腿機械就可以停。這種是很不錯的瘦腿操，躺在床上還沒睡得著的時候要多做，一個星期之後，你會發現你大腿內側的肌肉變得結實，大象腿得纖細了。

6、多吃瘦腿食物  
平時要多吃一些瘦腿的食物，知道什麼食物可以幫助你瘦腿嗎？菠菜可以促進血液循環，幫助脂肪的燃燒，是很不錯的瘦腿蔬菜。而蘿蔔含有纖果酸，可以加速身體代謝，並且蘿蔔含有豐富的鈣，可以減少下半身的大腿，是一種不錯的瘦身水果。西柚也很好，它的熱量很低，並且含有豐富的鉀，可以幫組減少大腿脂肪的積累，愛美的MM們可以多吃。

7、多走樓梯  
上下班的時候可以多走樓梯，如果你的公司是在五樓或六樓，吃完午飯後可以直接走上去，消化一下自己剛吃進去的東西，順便幫腿部做個減肥。走樓梯可以拉動大腿肌肉，促進血液循環，促進脂肪的燃燒。想瘦腿的MM們，不妨多走樓梯，會讓你有意想不到的驚喜的。

8、均衡飲食  
一個人的飲食很重要，它不單止關係到我們是否肥瘦，更會直接影響到我們的健康。平時不要吃太多的垃圾食品，煎炸的東西要少。蔬菜水果要多吃，它們可以補充我們人體所需要的維生素和纖維，有效地調理身體，並且有瘦腿的作用。不要大象腿的MM們，要注意的飲食，記得要健康食品是少油少鹽。



## 當心髮型讓你加入醜女行列

錯誤 1：如果讓漂亮的發卷更持久，就必須把濕潤的發捲牢牢地捲在發捲上。

糾錯方案：喜歡蓬鬆的發卷？還喜歡早上洗髮以後立刻捲髮？其實這真一弄，不僅不會讓發卷更持久，反倒會傷害頭髮！因為頭髮濕潤的時候，毛鱗片會處在開放的狀態；很容易受損！不如等頭髮八九成干的時候再上發卷，捲髮之前先在頭髮上塗一些免洗的護髮素，這樣在折下發卷時紙需要噴上點定型的噴霧就能夠有更持久的發捲。

錯誤 2：吹風機的溫度不能高

糾錯方案：一直都用吹風機嗎？那你一定會覺得吹風機的溫度是一個很難搞定的問題。有人說溫度一定不能高，可溫度低了根本就不能吹出風來！

錯誤 3：染色就要染「流行」色

糾錯方案：那種顏色未必就適合你！其實染發的顏色要根據自己的膚色和氣質來定。比如說，皮膚白皙一點的人，選擇的範圍就會大一些，深色系會讓你看起來沉穩幹練，淺色系則會讓你看起來青春活力；但對於膚色比較黃、比較黑的人，鮮麗的顏色反倒會讓你看起來膚色灰暗粗糙。而深栗色和淡茶色的酒紅色則會起到為你補充膚色的作用！

錯誤 4：燙髮的藥水一定要用最貴的，這樣才不傷頭髮

糾錯方案：燙髮是將組成頭髮的蛋白質結構解開，把頭髮軟化，再用氯化鈉將蛋白質的結構重新連接起來，就能改變頭髮的形狀。在這樣的過程中，當然會對頭髮產生破壞。但是，燙髮藥水的差異不大，差異其實在於燙髮師的技術。燙髮師要拿燙髮成敗與燙發之間的平衡，時間控制非常重要。所以，在髮廊裡，你要挑剔的是燙髮師，而不是燙髮。

錯誤 5：吹頭髮的時候，一定要多吹髮梢，這樣頭髮才會更飄逸

糾錯方案：如果亂吹髮梢，那麼風筒吹出的熱風勢必要從髮梢往上吹，那麼頭髮表層的毛鱗片就會被吹翻，使秀髮受到傷害。所以吹風的時候，一定要從髮根朝髮梢吹，還要讓熱風隨著梳子的方向移動，這樣頭髮才能產生光澤，吹出來的髮型也才不容易走型。

## 23 歲女孩吃麻辣燙吃出胃癌 哪些因素引發胃癌

(鳳凰網健康綜合) 麻辣燙是人們常吃的食物之一，甚至很多人把它當主食。專家指出，麻辣燙對人體有危害，具體是怎樣的情況？

### 麻辣燙當主食

#### 23 歲女孩癌晚期

(揚子晚報訊) 最近一個月，23歲的女白领小陸(化名)總是感覺胃疼，人也開始莫名其妙消瘦。胃鏡檢查結果卻讓她自己和主治醫生震驚，小陸竟然患上了晚期胃癌。詳細了解了小陸的生活習慣後，南京中大醫學院消化科陸楨林主任醫師表示，小陸的胃癌和不規律的飲食，包括小陸最愛吃的麻辣燙有著密接聯繫。由於患者就診不及時，已經錯過了最佳治療時期。

### 這些習慣會導致胃癌

胃癌是源自胃粘膜上皮細胞的惡性腫瘤，在我國的發病率很高，其中以山東、浙江、上海、福建等地為高發病地區。胃癌發病很多時候並不良好的生活習慣有關，那麼，生活中哪些習慣會導致胃癌呢？

### 一、攝入過多的高鹽飲食。

食鹽本身並無致癌作用，但攝入高濃度食鹽可損壞胃粘膜屏障，增加對致瘤物質的易感性，增強患胃癌危險性。

### 二、喜食淹漬食品和燙食

受訪專家：陳小野 中國中醫科學院基礎所教授，國務院特殊津貼專家

胃粘膜食道粘膜都是很嬌嫩的，麻辣燙這種刺

激性食物，會使這些部位形成慢性炎癥，任何一個

部位如果患有慢性炎癥存在，炎癥的局部就要不斷進

行細胞修復，反復的修復就會導致局部能量不足，

在沒有足夠的能量情況下長成新的細胞，就有可

能癌變，這就是癌變發生的基礎。之後又有類似

的調查發現，刺激性食物比如辣的、燙的食物，與胃癌，食道癌之間確實有顯著的聯繫。



### 三、常食不新鮮食品。

霉變的食糧、不新鮮甚至腐爛的黃花菜、罐頭、飲料中的防腐劑和不潔的飲用水等均含有強致癌性亞硝胺化合物。

四、食用新鮮水果和蔬菜少。

新鮮水果和蔬菜富含人體必需的維生素 C、E 和 β- 胡蘿蔔素，能阻斷致癌物質的合成，抑制其活性，促進其代謝，並刺激體內抗腫瘤免疫系統，具有抗癌作用。

### 五、低蛋白膳食。

低蛋白飲食降低了胃內酸度的緩衝能力，利于亞硝胺的形成，同時低蛋白也使胃粘膜的修復能力

下降。低蛋白膳食是指不吃動物性食物和豆類食品，不喝牛奶，不吃水果、蔬菜，每日熱能的來源以碳水化合物為主。

至很多人把它當主食。專家指出，麻辣燙對人體有危害，具體是怎樣的情況呢？聽專家給大家介紹麻辣燙的危害。

### 麻辣燙的危害一



受利益驅使，不少攤販或海產品零售商爲了使

海產品看上去新鮮、保存時間長，常常會使用國家禁用的工業碱、福爾馬林發泡。據了解，工業碱價格比食用鹼低，但含有大量對人體有害的雜質。而福爾馬林則是40%濃度的甲醛溶液（多用于標本制作防霉、定形），由於能使海產品保持原來的新鮮狀態，並加強了韌性，給人以新鮮質優的感覺，故商販常以其浸泡海產品。

其實，福爾馬林的毒性相當大，食用後容易引起咽部、口腔、食管、胃腸道等不適及病變，大量食用或經常食用被福爾馬林浸泡的海產品，會損傷人體的肝臟，甚至誘發癌變。

### 麻辣燙的危害二

麻辣燙的口味以辛辣爲主，雖然能很好地刺激食欲，但同時由於過熱過辣過於油膩，對腸胃刺激

很大，過多食用有可能導致腸胃出現問題，根本不像某些女性朋友想象的那樣可以減肥。麻辣燙和火鍋雖然味道鮮美，但也暗藏危険。

### 麻辣燙的危害三

街邊麻辣燙常常是滿滿的一鍋，如果沒有燒開，燙熟，病菌和寄生蟲卵就不會徹底殺死，食用後容易引起消化道疾病。

### 麻辣燙的危害四

人的口腔、食道和胃黏膜一般最高只能耐受

50°C 至 60°C 的溫度，太燙的食物會損傷黏膜，導致急性食道炎和急性和胃炎。

### 麻辣燙的危害五

麻辣燙太濃太辣，成分過於肥膩，容易導致高

血脂高、胃病、十二指腸潰瘍等疾病。



(鳳凰健康) 麻辣燙是人們常吃的食物之一，甚

# 門聞



率妻  
長女 陳雅惠  
女婿 許錫中(Allen Hsu)  
次女 方欣融(Marie)  
大姊 大姊 方清玉  
姊夫 高景南

啓泣同

# 門聞

率杖棋夫 陳述師  
子陳其力 孫陳亮廷  
媳洪良冰 孫女陳彥秀  
孫婿白嘉凱(Justin Brickett)  
曾外孫女陳薇安(Chloe)  
曾外孫女陳穎捷(Heiley)

啟泣同

先夫方建章先生，臺灣臺北人，生於一九五二年五月一日，於二〇一五年七月六日上午十一時十五分，主耶穌基督接他回天家。

謹此敬告諸親友，恕不另計。

陳母林聲雅女士，一九二四年陰曆九月二十八日出生於福建省福州市，慟於二〇一五年陽曆七月五日晨一點三十二分在休士頓安然辭世，安返天家，歸於母懷。

謹擇於七月十五日(星期三)上午九時三十分於永福殯儀館 Winford Funeral Home (8514 Tybor Dr., Houston, TX 77074)舉行告別式，隨即於十一時三十分，引發安葬於森林墓園 Forest Park Cemetery ( at Westheimer & Dairy Ashford )。

謹此敬告諸親友，恕不另計。

# 拾聞

