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Wednesday, Septerber 20, 2017

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Southern News Group

Trump Threatens to

Totally Destroy North Korea



U.S. President Trump addresses the 72nd United Nations General Assembly at U.N. headquarters in New York

REUTERS

U.S. President Donald Trump escalated his standoff with North Korea over its nuclear challenge on Tuesday, threatening to "totally destroy" the country of 26 million people and mocking its leader, Kim Jong Un, as a "rocket man."

In a hard-edged speech to the United Nations General Assembly, Trump offered a grim portrait of a world in peril, adopted a more confrontational approach to solving global challenges from Iran to Venezuela, and gave an unabashed defense of U.S. sovereignty.

"The United States has great strength and patience, but if it is forced to defend itself or its allies, we will have no choice but to totally destroy North Korea," Trump told the 193-member world body, sticking closely to a script. (here)

As loud, startled murmurs filled the hall, Trump described Kim in an acid tone, saying, "Rocket man is on a suicide mission for himself and his regime."

His remarks rattled world leaders gathered in the green-marbled U.N. General Assembly hall, where minutes earlier U.N. Secretary-General Antonio Guterres appealed for statesmanship, saying: "We must not sleepwalk our way into war."

Trump's most direct military threat to attack North Korea, in his debut appearance at the General Assembly, was his latest expression of concern about Pyongyang's repeated launching of ballistic missiles over Japan and underground nuclear tests.

His advisers say he is concerned about North Korea's advances in missile technology and the few means available for a peaceful response without China's help.

Inside the hall, one man in the audience covered his face with his hands shortly after Trump made his "totally destroy" comment. Swedish Foreign Minister Margot Wallstrom crossed her arms.



North Korea's Ambassador to the U.N. Ja Song Nam leaves his seat

"It was the wrong speech, at the wrong time, to the wrong audience," Wallstrom later told the BBC.

Trump did not back down, instead later tweeting out the line in his speech vowing to destroy North Korea if needed.

Local News

Recent rains set yearly record for IAH measuring site



By Keri Blakinger

With the rains came the worry. Just weeks after Hurricane Harvey thrashed the Houston area, a new round of rain Monday snarled traffic, sparked concerns and set off flash flood warnings.

By the time the downpour dissipated around 9 p.m, the Houston area saw a new rainfall record for the year - sort of.

The 0.42 inches that pelted George Bush Intercontinental Airport topped the site's previous record, set in 2001 after Tropical Storm Allison devastated the region.

But it's still not the Bayou City's all-time high - though that's not far off.

Houston nightclub shuts down after 15 years



HOUSTON – TDRINK Houston, the well-known nightclub and bar in the Marq E Entertainment Center, is closing its doors.

The business announced it was shutting down on its Facebook page on 3 p.m. Monday, citing Hurricane Harvey and the city's resulting curfew as the main culprits.

"Since reopening after the hurricane, our sales have decreased significantly and we have not been able to catch up from our losses," the group said in a statement. Officials are asking for patience during their growing pains.







BUSINESS



President Trump announced Foxconn is opening a new factory in Wisconsin, a \$10 billion investment for the company. The Trump administration said the Apple supplier will create thousands of manufacturing jobs in the area. Foxconn Chairman Terry Gou (center) shakes hands with President **Donald Trump during the White** House event. (Photo/Reuters)

On Monday, Gov. Scott Walker approved \$3 billion in incentives for the Taiwanese electronics manufacturer to build a new plant in the state. The hefty gift, which was first announced in July, was hotly debated by state legislators before they gave their approval last week.

"We are honored Foxconn chose Wisconsin, and I'm grateful to [Foxconn CEO] Terry Gou and the members of both parties in the Legislature for all they have done to make this historic event a reality," Walker, a Republican, said in a statement. Foxconn has pledged to invest \$10 billion to build a factory that makes LCD screens. The facility is expected to create between 3,000 and 13,000 new jobs and should be up and running by 2020.

The deal has been touted by President



Wisconsin Gov. Scott Walker, left, speaks while at the podium with **House Speaker Paul Ryan (center)** and Terry Gou, chairman of Foxconn (right).

Wisconsin's Foxconn Deal Is A "Go...."

Huge "Game Changer For Region

It's Official: Gov. Scott Walker **Approves \$3 Billion In Incentives** For New Foxconn Plant In Wisconsin

Donald Trump, who has referred to Gou as "one of the great businessmen anywhere in the world."

But in Wisconsin, the agreement's price tag has made it controversial.

The annual payout to Foxconn will be between \$200 million and \$250 million, according to the Wisconsin Economic Development Corporation.

That means the state will pay between \$15,000 and \$19,000 dollars per job per year, assuming 13,000 positions are actually created.

The incentives include up to \$1.5 billion in state income tax credits for job creation, up to \$1.35 billion in state income tax credits for capital investment and up \$150 million for the sales and use tax exemption, according to the development

Radio Commentator Personal-



ity Rush Limbaugh Comments On The Foxconn Deal

"Foxconn, have you seen the details of that? I mean, it's amazing what's gonna happen in southeastern Wisconsin. Foxconn manufactures the iPhone for the most part. There are three different manufacturers that assemble the iPhone. Foxconn, Hon Hai Precision company does the majority. Pegatron and Wistron are the other two that assemble the iPhone.

"You ever stop to think how many iPhones Apple has to make a day to sell 80 million in a quarter? They've run the numbers down to the number of iPhones per second that have to roll off the assembly line, and it's like 800,000 iPhones a second, if they're gonna make enough of them to sell 80 million in a quarter. It's astounding, the numbers are astounding.

"They're gonna make LCD displays at Foxconn in Wisconsin, not iPhones. The LCD displays will be for computers, TV sets, dashboard in your car displays. That's what they're gonna make. "

The typical deal would be closer to \$2,400 per job per year, according to Timothy Bartik, an economist at the W.E. Upjohn Institute for Employment Research.

"[Foxconn is] looking to automate. They're looking to make money. Let's not get lost in the excitement of it," state Sen. Chris Larson, a Democrat, told fellow lawmakers last week.

Ultimately, the Republican-controlled legislature gave its okay. The deal even garnered support from some Democrats.

"Today Wisconsin is officially saying yes to a \$10 billion development project, 13,000 careers and new opportunities throughout Wisconsin," Robin Vos, the state Assembly's top Republican, said in a press release. "This law allows the state to move forward on the largest economic development project in state history." (Courtesyhttp://money.cnn.com/2017/09/18/)

Related

Comment By Guest Writer Ramon Vredeling

Foxconn's American Dream: Wisconsin Shells Out \$3 Billion To Hon Hai Precision Industry

Hon Hai Precision Industry, better known through its subsidiary Foxconn, is the world's largest contract

electronics manufacturer and the third-largest information technology company by revenue. Since the iPhone was introduced in 2007, Foxconn Technology has become a virtual household name as one of Apple's main suppliers.

After last year's acquisition of Sharp, Hon Hai has now set its sights on Toshiba's lucrative memory-chip business, with Apple and Amazon to inject funds.

Hon Hai also plans to invest up to \$10 billion in the U.S. starting with a large LCD plant in Wisconsin, with Wisconsin Governor Walker offering \$3 billion in commitments.

Michigan Governor Snyder on Thursday: "You have to ask what price is Wisconsin paying to get them to come there?", adding: "I don't believe in buying companies into our states."



Workers at a Foxconn plant in China assemble orders.

Terry Gou, founder and CEO of Taiwan's largest company Hon Hai Precision Industry (OTCPK:HNHAF) (OTCP-K:HNHAY), better known as Apple (NASDAQ:AAPL) supplier Foxconn Technology Group (OTC:FXCOF), is full of ambition and ready to move up the value chain.

After last year's decision to acquire Japanese electronics manufacturer Sharp (OTCPK:SHCAY), which makes display panels for iPads and iPhones, Hon Hai has now set its sights on Toshiba's (OTCPK:-TOSBF) lucrative memory-chip business. According to Gou, both Apple and Amazon (NASDAQ:AMZN) will be injecting funds into the deal.

And this week POTUS took to Twitter with the following news: "Thank you Foxconn, for investing \$10 BILLION DOLLARS with the potential for up to 13K new jobs in Wisconsin! MadeInThe-USA", tweeted President Trump after the company announced a new plant to make display panels.

This single event perhaps highlights Hon Hai's impressive ability throughout its 43year history to plan ahead and adapt, and thereby continue its stellar growth path despite an ever-changing global business environment. This key trait of Gou has ultimately made Hon Hai Precision Industry what it is today, the world's largest contract electronics manufacturer and the third-largest information technology company by revenue. (Courtesy https://seekingalpha.com/article)



iPhone-maker Foxconn to open Wisconsin plant expected to create as many as 13,000 jobs - Chicago Tribune

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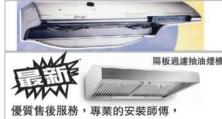


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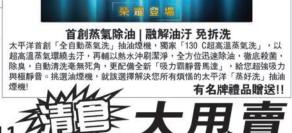
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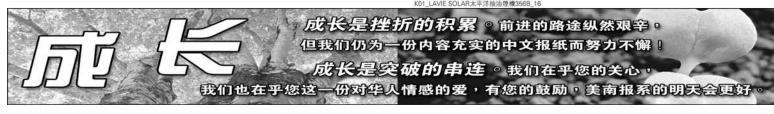
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A Snapshot Of The World



People react after an earthquake hit in Mexico City, Mexico September 19, 2017.



Medical personnel with medical supplies look for places where it might be needed in Mexico City



People are seen injured after an earthquake hit in Mexico City



Rohingya refugee children pictured in a camp in Cox's Bazar, Bangladesh



Activists assemble in Grand Central Terminal while taking part in the "Rise and Resist Against White Supremacy" rally in Manhattan



Christian Democratic Union Party (CDU) for the upcoming general elections, in Schwerin, Germany, September 19, 2017. The posters read, "Merkel must go away" and "Leave!" REUTERS/



C Myanmar State Counselor Aung San Suu Kyi delivers a speech to the nation over Rakhine and Rohingya situation, in Naypyitaw, Myanmar



COMMUNITY

No One's Buying Tickets To The 2018 Winter Olympics



NBC's coverage of the 2018 Winter Olympics will be live in all time zones. (Photo/Getty Images)

Olympic tickets usually sell pretty quickly, but when the country on your northern border makes regular threats about launching nuclear weapons, that can have a chilling effect on sales.

South Korea's learning that lesson, as domestic ticket sales for the PyeongChang games, which start in roughly five months, have been incredibly slow. Of the 750,000 seats organizers hope to sell to South Koreans, just 52,000 have been sold so far.

International sales have been a bit better, with half of the 320,000 allocated tickets

It's a big difference from the 1988 Seoul games, when demand was incredibly strong. But times are a lot different – and the country has less to prove, as it's already a big player in the technology industry.

Lee Hee-beom, president of PyeongChang's organizing committee, says he doesn't expect North Korea to cause problems during the games, since it is expected to have athletes participating. But even though PyeongChang is a ski town, neither North nor South Korea are known for their winter sport athletes, which could also be a factor in the poor sales.

Organizers downplay the softness, saying

PyeongChang tickets are selling at a faster pace than the 2014 Sochi games were at this

The 2018 Winter Olympics will kick off on Feb. 9. (Courtesy http://fortune.com/2017/)

In Latest test, North Korea detonates its most powerful nuclear device yet

North Korea sharply raised the stakes one week ago last Sunday in its standoff with the rest of the world, detonating a powerful nuclear device that it claimed was a hydrogen bomb that could be attached to a missile capable of reaching the mainland United

Even if Kim Jong Un's regime is exaggerating its feats, scientific evidence showed that North Korea had crossed an important threshold and had detonated a nuclear device that was vastly more powerful than its last and almost seven times the size of the bomb that destroyed Hiroshima.

Tensions had already been running high, with Kim repeatedly defying international condemnation and increasingly blunt warnings by President Trump, and continuing to launch ballistic missiles

This undated image distributed



on Sunday, Sept. 3, 2017, by the North Korean government, shows North Korean leader Kim Jong Un at an undisclosed location. North Korea's state media on Sunday, Sept 3, 2017, said leader Kim Jong Un inspected the loading of a hydrogen bomb into a new intercontinental ballistic missile, a claim to technological mastery that some outside experts will doubt but that will raise already high worries on the Korean Peninsula.

But Sunday's blast - North Korea's sixth nuclear test but the first since Trump took office — could escalate those tensions to a new level.

Trump sharply condemned the test, saying North Korea is "very hostile and dangerous to the United States.'

In a pair of tweets issued Sunday morning, Trump wrote: "North Korea has conducted a major Nuclear Test. Their words and actions continue to be very hostile and dangerous to the United States ... North Korea is a rogue nation which has become a great threat and embarrassment to China, which is trying to help but with little success."

Trump also delivered an admonishment of sorts to South Korea, saying that "appeasement with North Korea will not work" and suggesting that more severe steps must be taken to influence Kim's regime.

China said Sunday that it "resolutely opposes and strongly condemns" the launch, adding to denunciations from South Korea and

The nuclear device that North Korea tested appeared to be so large that Vipin Narang, an expert on nuclear proliferation and strategy at the Massachusetts Institute of Technology, called it a "city buster." (Courtesy https:// www.washingtonpost.com/world/

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COMMUNITY

Thousands file travel insurance claims during this year's busy hurricane

season



By Andrea Rumbaugh

The vacation is booked and one nagging question remains. Should we get travel insur-

Thousands are relieved they opted for the extra expense during this year's active hurricane

"Hurricane Irma has caused thousands of our customers to cancel their trips to Florida," Daniel Durazo, director of communications at Allianz Global Assistance USA, said in a statement.

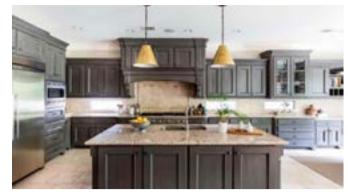
As of Friday, Allianz Travel Insurance received almost 7,000 claims, and the insurer reports that its customer service center has fielded more than 1,200 calls from customers seeking support following Hurricane Irma.

Allianz has also received more than 2,800 claims related to Hurricane Harvey and a handful of claims for Hurricane Jose. Durazo said those affected by Irma should contact airlines and hotels before canceling a trip. Many are allowing customers to reschedule without additional fees. State Farm customers throughout Texas had filed 35,200 auto claims and 41,400 property claims related to Harvey. The Texas Windstorm Insurance Association, the insurer of last resort for wind and hail coverage along the coast, reported 59,368 claims as of Friday. The Texas FAIR Plan Association, which provides residential property insurance in underserved areas, reported 13,874 claims

12 tips for renovating your kitchen

Getting your home back in order after storm and flood damage will have many Houston-area residents facing the prospect of putting in new kitchens.





By Diane Cowen

Those who hire contractors and interior designers will get their professional advice, but those on more limited budgets will make decisions on their own - some driven by wants, others driven by needs. Pinterest and Houzz websites are full of great ideas and are great places to begin your planning. Save photos of the kitchens you love to either of these sites, then assess the common threads. It will help you determine your style.

Here's a list of current trends in kitchen design, from Missy Stewart Designs:

1. Cabinets: Nothing dates your kitchen faster than out-of-style cabinets. Modern cabinets inherently come in a sleek, flat style. If you opt for transitional or contemporary styles, look at flat-panel or Shaker-style cabinet doors.

While you can't go wrong with white paint, you also should consider gray paint or a dark espresso stain.

2. Counters: Our countertop vocabulary used to include laminate, marble and granite. Now, consider porcelain. It's more durable than granite or marble, and won't stain or nick. Big sheets of it can wrap an island and can be placed as perimeter counters, just as marble would. Look for veiny gray-white styles that mimic Cararra or Calacatta marble. You can use this same porcelain for your backsplash, in a smaller tile.

3. Island: The island does not have to match your perimeter cabinets or counters. If you have white cabinets, a splash of color could work on the island. Right now, Stewart loves navy, Homeowners also should think about their favorite colors - and what would blend with rooms visible from the kitchen. If your budget allows, consider installing a microwave drawer or refrigerated drawer in your

4. Flooring: Rule No. 1 - square is out when it comes to tile flooring. Stewart says. For a bigger kitchen, go with a 24 x 32 format. For a smaller kitchen, use planklike tile that's 8 inches wide by 36 inches long. When you're shopping, look for "rectified" tile - the edges are a sharp 90 degrees - which allows it to be set with a super-thin grout line. Let your installer know that you want tight, almost non-existent grout lines; most will use the wider grooves by default.

5. Lighting: This could be one of your most important decisions. You'll want a combination of recessed lighting and ceiling fixtures. Consider one large hanging fixture or a group of pendants for over an island - and pick something with personality.

If your kitchen is stripped to the studs, consider where you have/want electrical outlets. Think about tucking them underneath cabinets so they don't show on the walls.

6. Plumbing: Stewart recommends Delta's Touch2O Technology for faucets. If your hands are full or messy, all you have to do is tap the faucet with your arm or wrist, and the water comes on. (Motion-sensor options may not work as well as you think; they'll come on any time you're near whether you really want the water or not.)

7. Hardware: For cabinet knobs and pulls, satin brass is in. It looks great in a modern kitchen, especially combined with dark cabinets. Mixed metals are another option, combining gold/brass with silver/nickel.

8. Minimalism: If your post-storm mantra is "less is more," apply that minimalist philosophy to your kitchen. Don't keep small appliances out on the counter; they just add to visual clutter. Another option is to use floating shelves instead of upper cabinets. It will save money and look like a contemporary update. Just don't pile too much on them. Nice glass, pretty dishes and serving pieces should create an attractive display.

9. Appliances: Even if you can't afford high-end appliances such as Gaggeneau, Thermador or Wolf, you can take cues from all they have to offer. If you have room for a double oven, get one with an

oven warmer or steam option - you'll wonder how you ever lived without

When buying a refrigerator, get one with plenty of pull-out drawers for fresh produce. If you like to entertain, consider using some under-the-counter space for a wine/ beverage refrigerator.

10. Window treatments: Roller shades with or without valances give you privacy while allowing diffused light in. Hang the valance so that it covers the base of the roller shade, but not so low that it eats up a lot of window space. "Those arched roman valances over windows are long gone," Stewart says of '80s-style window treatments. "Today they're very linear."

11. Kitchen tech: Create a hidden charging station in a kitchen drawer. Have the electrical wiring installed in the back of the drawer and tuck away phones and iPads while they're charging. This will help eliminate clutter.

12. TV: Do you really want or need a TV in your kitchen? Your kitchen is likely the heart of your home, where family and friends gather. Are they really there to watch TV?





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■林安琪(右)殺入女子60米決 香港奧委會提供

香港文匯報訊(記者潘志南)香港"女飛人" 陳佩琦19日在土庫曼進行的亞室運女子60米比賽失 望而回。她小組賽跑出7秒62,位居第三名,可惜總 排名第9無緣決賽。但同是來自德望中學的師姐林安 琪則在小組賽以7秒46完賽,總排名第5躋身決賽。

好勝的陳佩琦落敗也調皮,她說: "未參加過室 內賽,好好玩!若我起跑時再快一點,應入到決賽 的,有點可惜……"

為香港奪得今屆亞室運第一金的"欄后"呂麗 瑶,則一吐烏氣。當地時間周一在女子60米跨欄決 賽以8秒41的佳績封后,摘下港隊在今屆亞室運的首 金,同時刷新個人最佳成績。

呂麗瑤於2015年卡塔爾亞洲室內田徑錦標賽因

偷步犯規被DQ,今次呂麗瑤放開心鎖享受比賽,最 終登上頒獎台。"上一次站上頒獎台,已經是2012 年的亞青賽了。現在,我只想感謝教練、田總職員、 奧委會人員……給我時間及機會!"

另外,在男子60米欄比賽,港將張宏峰以8秒 正的成績小組第2晉級決賽,其後這位110米欄香港 紀錄保持者在當地時間18日晚的決賽延續強勢,緊 隨沙特阿拉伯及韓國選手衝過終點,以7秒85獲得 銅牌。

得悉自己獲得銅牌後,張宏峰興奮得"彈起", 不過他也坦言技術方面仍未滿意: "第一次跑室內賽 做到約7秒8都開心,但畢竟自己一向以起跑及前段 為重點,覺得現在自己還可以跑快一點。"





傅家俊世界公開賽首輪過關

中國 · 上饒 · 玉山 "三清 山"盃2017桌球世界公開賽,中 國香港球手傅家俊以5:3力挫英 格蘭球手Ian Burns,將與老對手 艾頓爭入16強。而18日晚的資格 賽,中國名將丁俊暉、梁文博雙 雙戰勝對手,晉級正賽。

傅家俊19日面對Ian Burns開 局強勢,連下四城,以4:0的優 勢進入小休。但他在下半場略有 放鬆,被對手一口氣連贏3局,總 局數追至3:4。在關鍵的第8局賽 事,傅家俊不敢怠慢,把握先機 "上手"拉開比分,最終以87: 20 奠勝,以5:3淘汰對手躋身32

至於18日晚的資格賽上,據 新華社消息,丁俊暉開局狀態良 好,首局打出單桿64分,並以 107:0獲勝,第二局丁俊暉又以 73:0輕鬆拿下,隨後的三、四局 説。

丁俊暉也輕鬆勝出。直到第五局 英國選手哈馬德 · 米亞才扳回-城,但丁俊暉未給對手過多機 會,最終以5:1拿下比賽,晉級 正賽。

"對手給我機會很多,讓我 取得了明顯的優勢,雖然對手很 努力,但可能落後太多了,贏下 比賽對他來說比較困難。"丁俊 暉賽後謙虛地看待本次勝利。

在另一名中國選手梁文博對 陣泰國選手阿卡尼的資格賽中, 梁文博在先失兩局的情況下絕地 反擊,最終以5:4反勝晉級。

"剛開始狀態不太好,自己 也在慢慢調整,上半場2:2自己 還是比較滿意的;對手下半場開 始兩桿過百還是給我一定的壓 力,靠自己的防守和堅持拿下比 賽還是比較滿意的。"梁文博 ■香港文匯報記者 陳曉莉





郎平:高水平運動員需德智體



中國女排總教練郎平日前出席 "全民,共建,共享——健康中國高 端論壇",在論壇上,她坦誠地説: "當你認為自己的健康是非常重要的 時候,你一定會騰出時間去鍛煉。把 鍛煉身體作為一種生活方式,就會非 常愉悦地去接受它。"

"真正的高水平運動員,德智體 都要全面發展。"郎平認為,"體育 到了世界尖端水平的時候,智商和情 商要非常高。怎麼樣協調你的隊友,

外,你的自我犧牲 精神,為了集體可 以放棄或者改變自 己,在場上怎樣跟

對手周旋,怎樣去 做臨場調整, 跟智 商都是相關的。 據《光明日報》報道,當日的論 壇郎平還講述了她小時候運動的故 事。"學校作業做完,還有一串事 情:幹家務活,切菜,買米。我就以

■香港文匯報記者 陳曉莉

怎麼樣跟教練以及

醫生合作,遇到問

題怎麼樣去解決,

怎樣調整自己的心

態非常重要。另

去玩。我們幾個小夥伴約好跳皮筋, 有一段時間還打乒乓球。有時候,還 跟男的小夥伴去爬樹、爬牆頭, 我那 時候身體素質好就是這麼練出來

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德州大學休士頓緊學院緊學博士 約翰霍普金斯大學傳染病學、病毒學碩士、博士 美國内科醫師學會專科醫師 美國内科醫師學會院士

休士頓德州醫學中心Hermann Hospital 主治醫師 休士頓德州醫學中心St. Luke's Hospital主治醫師 西南紀念醫院Southwest Memorial Hospital主治醫師 德州休士頓醫學院內科指導教授

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星期三 2017年9月20日

Wednesday, September 20, 2017

(本報記者黃梅子)位於中國城王朝超市內的王朝駕校AK Driving新張開業,已經成立好幾年了,在休斯敦華人社區聲譽 卓著,是華人學車考駕照的首選。王朝駕校的顧問周師傅是大家 的老朋友,他是原來百利駕校的負責人,面慈心善技術好,很多 新移民都是在他的駕校裡學車考上美國的駕照。據周師傅介紹, 目前的王朝駕校比不光可以考筆試,還可以由教練 Alison 直接考 路考,別提多方便了!王朝駕校就是要把複雜的事情簡單化,給 大家方便!

美國是車輪上的國家,不會開車寸步難行,等於殘廢一樣。 所以,不管是初來乍到的新移民還是剛夠年齡考駕照的青少年, 找個駕校學開車時當務之急。華人要想快速又安全地學會開車, 最好找華人開的駕校。王朝駕校的教練們不但駕駛經驗豐富,會 講廣東話、英語和國語,而且收費合理,上課時間靈活,教學方 法豐富,針對不同需求的個人,可以設計不同的教學計畫,適應 排隊浪費時間,6小時就可以拿到學車證,輕鬆上路。王朝駕校 的師傅們教路考也很有經驗,經過他們指點後路試通過率奇高。 最近,又傳來好消息,王朝駕校的教練 Alison 可以在王朝駕校作 爲第三方考場直接給學員考路考,不用去交通局忍受各種奇葩主 考官,學習和考試是同一考官會讓學員有親切感,考試時不緊張 ,而且練習時就會對路線有所熟悉,這樣考試時通過率高

王朝駕校的宗旨是服務社區,爲新移民服務。所以,如果您 英文不好,如果您初來乍到不熟悉情況,請找王朝駕校學習開車 ,可以直接在王朝駕校考筆試和路試,快速考到駕照,把複雜的 事情簡單化,邁出您美國生活的第一步。

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一些車主認為,車輛跑得少會讓 車子顯得更新,對車挺好的。實際上 ,車輛只要超過一周不開,車輛的零 部件就會老化得更快。

這主要是兩個方面的原因。首先 是電瓶容易出問題,其次是容易造成 機油氧化和橡膠老化,還有就是輪胎 會變形。因爲車輛在行駛過程中,發 動機會給電瓶充電,如果長期不開, 電瓶沒了充電源,卻還要給防盜器等 電子設備供電,時間一長就容易出現

虧電,導致車輛發動不起來。車輛每 天都正常行駛,電瓶可以用三四年, 如果隔一段時間不開的話,電瓶就容 易出問題。另外,機油長期不工作容 易變質,產生凝固物,導致發動機積 碳,潤滑效果大打折扣,一些酸性物 質還會對機件造成一定的腐蝕。輪胎 、雨刮器等橡膠製品長期不動,其膠 質會變松,影響性能。至於輪胎,汽 車停駛後,汽車重量由4個輪胎接觸 地面的部位承受,從而造成接觸部位

受壓而收縮變形。汽車停駛時間越長 ,變形部位越不易恢復,使輪胎四周 的重量分佈發生變化,滾動半徑不均 匀,造成輪胎不平衡。

如果必須要長期停放車輛,其實 也有辦法應對。應對辦法一:可以將 車鑰匙交給朋友,讓代勞每隔三天動 一動車子,哪怕每次開個十幾分鐘也 好,這樣可以讓電池充充電。讓車輛 各零部件都活動一下,用一下雨刮器 ,開一下大燈,搖動一下電動車窗。

應對辦法二:車輛最好停在車庫 裡,不要暴露在外面。有些車主把家 裡的車庫堆滿雜物,卻把愛車聽在外 面日曬雨淋,這樣車壞得很快。

停放前的建議:首先要對車輛進

行徹底的清洗,全車都不要留下泥漬 。胎壓要調到上限,油箱內要加滿油 , 並確認關閉全車電路; 停下車之後 ,要拔下電瓶椿頭,汽車在停駛前,

電瓶應在充足電後摘下椿頭; 另外, 汽油油箱要嚴密封閉,汽車長期停駛 , 汽油的辛烷值會隨著輕質成分的損 失和膠質含量的增加而下降,從而使 抗爆性隨之降低。因此,汽油油箱要 嚴密封閉,並且避免溫度過高,汽油 儲存的時間最好不要太長。

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T-Mobile網絡轉來的號碼都沒問題)

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> 新世紀通訊, MetroPCS 專營店在 休斯頓中國城的地址: 9600 Bellaire Blvd Ste 132, Houston TX 77036 (王朝 廣場)

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(本報訊)著名的林志豪律師將於2017年 10月7日星期六上午10點到12點於中華文化中 心舉辦法律講座,主題爲:遺屬,生前信託, 遺囑認證及繼承人認定程序等。內容將包括法 律規定與各類遺產規劃文件使用及分析,您不 能錯過。

林志豪律師是美南大家熟知超過20年執業 經驗的大律師。林律師指出近年來各地天災頻 傳,尤其在哈維颶風肆虐蹂躪休士頓地區後,許 多華人朋友感受到世事無常,紛紛與林志豪律 師事務所聯繫,想了解萬一災難發生,不論是 本人喪失行爲能力或不幸喪生,應該如何預先

做好財務及法律上面的準備。因此,林律師想 透過這次講座跟社區的朋友們詳細說明及介紹 各類文件準備的重要性,及如果沒有預先簽好 各類規劃文件的後果及處理。

在講座中,林律師也將講解如果家人過世 沒有留下潰囑的處理,包含某些有限的替代潰 囑認證程序,以及復雜的繼承人認定程序。林 律師也會詳細講解遺囑與生前信託的不同及使 用。另外林律師也會說明爲何必須要有法定授 指定監護人等等。

提供專業的法律服務是林志豪與包德士律

師事務所的一貫目標。多年來該所在林志豪律 師的領導下不斷精進,並與社區共同成長。出 自關心與服務社區的宗旨,該所特別舉辦了這 次講座,提供華人僑社實用的法律訊息。講座 內容豐富,精彩可期,讀者們千萬不要錯過這 個寶貴的機會。請把您2017年10月7日上午10 點到12點空下來參加這場盛會。講座地點在中 華文化中心 (Houston Chinese Community Center) 二樓,地址是9800 Town Park, Houston, 權書,醫療授權書,醫師指令,及幫自己預先 TX 77036.有興趣的朋友們請盡量事先去電林志 豪律師事務所,好方便該所統計人數。林志豪

律師事務所的聯繫電話是: (713)339-4200 物,酸性的食物能收而不散;潤肺和滋潤的食物如百合,梨子,



王榕中醫師

(綜合報導)現在的Houston雖 然白日依舊炎熱,但早晚有了涼意 ,大地在漸漸地轉涼。你可以去嘗 試下水游泳,就會立即感到水溫涼

透了,尤其是早上。

面對秋季的轉換,我們的養生也要轉換。過去夏季一直出汗 ,人的氣血大都浮在體表,所以夏季人的消耗很多,內部卻是空 的,加上南方的夏季很長,所天一涼我們就要加快呵護身體

古人說"春夏養陽,秋冬養陰",經過整個夏季的消耗,我 們的身體容易疲倦,乏力,所以秋季就要把過去消耗的開始重拾

秋季與冬季不同的養陰是,秋季從夏季過度而來,涼意和高 氣壓使身體容易乾燥;夏季消耗的多,我們身體的陰液更容易不 足。秋季的髒腑最重要的是肺;秋季大氣走 肺,肺的滋潤變得 很重要。同時,從中醫五行看,肺屬金,腎屬水。當秋季肺滋潤 了,到冬天走腎時,就順著大自然五行的法則而得以健康了。

秋季的起居要早起早睡,及時添加衣服,不讓肺受涼。同時 要保持一個平穩的心緒,避免悲傷情緒,悲傷傷肺,肺傷就不得 養。早起要喝一大杯溫蜂蜜水,就是對全身的滋補。

潤肺就不能或少吃辛辣的食物,如蔥薑等;而多用酸性的食

木耳。中醫五行講,白色走肺,以上那些食物都屬白色,且有 很好的滋潤作用。另外,蜂蜜,糯米,豆腐,雞湯,百合紅棗粥 ,西洋參茶,乳製品等多不錯。還有沙參茶,芝麻粥,海參木耳 等也是很好的秋季食物。秋季的食物要清淡, 免多油膩。

秋季對女性來說,是每年養陰的開始。秋季重點養陰,是給 長久的夏天后的身體一個彌補和建造。養肺也就是養皮膚,因 爲肺和皮膚緊密相連,肺失去了滋潤,皮膚就乾燥;養肺,也 就是養腎,因爲從中醫五行開排,肺是母,腎是子,母能將精華 給子,也就養腎了。

可以做銀耳紅棗蜂蜜湯,或芝麻核桃阿膠粥,更清淡的如白 梨百合熬粥,早睡或晚上喝。

白日屬陽,夜晚屬陰。所以要養陰,就要早睡,而秋天的早 晨不再如夏天炎熱,早起去室外運動,呼吸氧氣對肺是天然的滋 補。秋季年輕的女孩要作息正常,晚上11:00前睡眠,因爲是 走膽經,如果這時不按時睡眠,容易導致腦下垂體紊亂,月經不 正常,週期不定,流血量或多或少。

由於秋季天氣多陰沉,容易傷感,許多女性容易情緒低沉憂 鬱,這是對肺的一個傷害。中醫五行說,悲傷肺,就是這個意思 。每天睡前數算自己今天的快樂事,更要用感恩的心去看待每一 件不如意的事 - - 人生好事壞事都是功課,讓人成長,使你從內 向外的成熟。

過了青春期的女人運動以自我能適應爲度。特別是秋季的運 動,以緩和,少出汗爲上。如太極拳,游泳,打坐瑜伽等都很不

錯。輕步快走能 讓人有好心情, 即便是落葉蕭

條,也是上帝的季節的安排;秋季的豐收碩果代替了滿樹的綠葉 ,也是欣喜的事。步行能減輕內在的壓力,帶給人全天的精力, 所以秋季的清早快走尤其適合不知 如何運動的女性。但是很重 要的是秋季要防風,風讓肺致病,所以不提倡大風中運動。外出 風大,要加風衣或絲巾擋風,因爲頭部和肩頸是身體的外經絡, 容易被外感侵襲。

休士頓知名華人律師林志豪。

當然就是因爲肺的保養,應該避免霧霾,吸煙或被動吸煙。 因爲這樣對肺是個傷害。秋季也容易便閉,大便不通則肺氣無法 下降;也是對肺的傷害,有便閉的人,要及時服藥,不可延遲。 平日多吃芝麻,香蕉,杏仁,蜂蜜等避免便閉。秋季溫差大,也 是容易高血壓復發的季節,要堅持服用藥物,常有好心情,以防

秋季因爲早晚溫差大,也容易犯舊病,特別是婦科病,如, 女性陰道炎,尿路感染和盆腔炎等。要在秋季運動和好心情,注 意保暖,以防疾病;要及時耐心的治療,以上的病的療程長久, 要有耐心。

秋季女性男性都能適度的泡腳,特別是睡前,能幫助睡眠, 還能養腎。一般以15-30分鐘爲宜

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