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Wall St. falls on North Korea warnings



North Korean Foreign Minister Ri Yong-ho speaks to the media outside the Millennium hotel New York

North Korea says U.S. 'declared war' warns it could shoot down U.S. bombers

REUTERS

A sharp selloff in technology stocks dragged down the Nasdaq by more than 1 percent on Monday, with North Korea's latest warnings to Washington adding to the downbeat mood. North Korea's foreign minister said President Donald Trump had declared war on the country and that it reserves the right to take countermeasures, including shooting down U.S. bombers even if they are not in its air-space.

The comments pushed up demand for safe-haven assets, with gold rising 0.9 percent. "We're certainly in a heated-up time frame," said Art Hogan, chief market strategist at Wunderlich Securities in New York. North Korea's foreign minister said on Monday that President Donald Trump had declared war on North Korea and that Pyongyang reserves the right to take countermeasures, including shooting down U.S. bombers even if they are not in its air-space.

of our country," Ri said. "The question of who won't be around much longer will be answered then," Ri said in a direct reference to a Twitter post by Trump on Saturday.

The increasingly heated rhetoric between Trump and North Korean leader Kim Jong Un is raising fears of a risk of a miscalculation by one side or the other that could have massive repercussions.

China called on Monday for all sides in the North Korea missile crisis to show restraint and not "add oil to the flames." Ri told the U.N. General Assembly on Saturday

that targeting the U.S. mainland with its rockets was inevitable after "Mr Evil President" Trump called Kim a "rocket man" on a suicide mission. The Pentagon said on Monday that it would provide U.S. President Donald Trump with options to deal with North Korea if its provocations continue, after North Korea's foreign minister said his country reserved the right to shoot down U.S. bombers even if they are not in its air space. "If North Korea does not stop their provocative actions, you know, we will make sure that we provide options to the President to deal with North Korea," Pentagon spokesman Colonel Robert Manning told reporters.

"The whole world should clearly remember it was the U.S. who first declared war on our country," Foreign Minister Ri Yong Ho told reporters in New York. "Since the United States declared war on our country, we will have every right to make countermeasures, including the right to shoot down United States strategic bombers even when they are not inside the airspace border



Traders work on the floor of the New York Stock Exchange (NYSE) in New York, U.S., September 21, 2017. REUTERS/Brendan McDermid

World News

Ex-U.S. Rep. Weiner sentenced to 21 months in teen 'sexting' case



Former U.S. Congressman Anthony Weiner departs U.S. Federal Court, following his sentencing after pleading guilty to one count of sending obscene messages to a minor, in New York

Former U.S. Congressman Anthony Weiner was sentenced to 21 months in prison on Monday for sending sexually explicit messages to a 15-year-old girl, setting off a scandal that played a role in the 2016 U.S. presidential election. Weiner, 53, started to cry as soon as the sentence was announced by U.S. District Judge Denise Cote in Manhattan. He pleaded guilty in May to transferring obscene messages to a minor, and agreed he would not appeal any sentence of 27 months or less. "I was a very sick man for a very long time, but I'm also responsible for the damage I have done," Weiner said in court before he was sentenced. He said he was being treated, and asked Cote to spare him prison and sentence him to probation so he could continue treatment. Cote said she believed Weiner was suffering from an addiction, and was serious about being treated. However, she said it was important to impose a sentence that would deter others from committing similar crimes. "There is the opportunity to make a statement that could protect other minors," she said. Weiner declined to speak to reporters as he left the courtroom. He will surrender on Nov. 6.



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All those “best before” food labels now have their own expiration date: June 2018. Two major food industry retail and manufacturer associations have set that date as a deadline to roll out two simpler standard labels to replace the myriad currently in use. “Best if used by” would be used to communicate quality, where the product is still safe to consume after the date and “Use by” would indicate a product that is highly perishable and/or has food safety concerns over time. The guidelines were recently released by the Food Marketing Institute, an Arlington, Va.-based marketing group specializing in public policy and food safety, and the Grocery Manufacturers Association, a Washington, D.C.-based trade group representing food companies. “This is an enormously helpful step in addressing the vast amount of food going to waste in stores and homes across the country,” the Natural Resources Defense Council, or NRDC, a nonprofit environmental action group, said in a statement. “There are no federal rules that set standard ways to date food labels, with the exception of infant formula. State and local rules vary and in most instances, industry practice has been to print dates based on the manufacturers’ suggestions for when food is likely to be at its freshest or peak quality.”

‘This is an enormously helpful step in addressing the vast amount of food going to waste in stores and homes across the country. There are no federal rules that set standard ways to date food labels, with the exception of infant formula.’—Natural Resources Defense Council

Over 80% of Americans may be prematurely tossing food because they misinterpret expiration dates, according to a 2013 study released by Harvard Law School’s Food Law and Policy Clinic and the NRDC; the latest label guidance for food manufacturers closely follows the



Americans Toss Out \$165 Billion In Wasted Food Every Year



Almost 160 billion pounds of discarded food ends up in U.S. landfills annually.

guidance in that report. Consumers are confused by what is fresh food and what is bad food, and they conflate different supermarket labels. Phrases like “sell by,” “use by,” and “best before” are poorly regulated and often misinterpreted, the report found: “It is time for a well-intended but wildly ineffective food date labeling system to get a makeover.” There’s a massive hole in America’s food chain: As much as 40% of food goes uneaten in the U.S., according to government data. Americans throw away \$165 billion in wasted food every year, the Harvard University and NRDC study concluded. In fact, one study estimates, just 15% of all this uneaten food would be enough to feed more than 25 million Americans every year. Some 160 billion pounds of discarded food also clogs up landfills, according to the Harvard Law School and NRDC study. (The United Nations estimates that one-third of global food production is either wasted or goes uneaten.) The existing “Sell by” dates are actually for stores to know how much shelf life products have. They are not meant to indicate the food is bad. “Best before” and “use by” dates are for consumers, but they are manufacturers’ estimates as to when food reaches its peak. Manufacturers mostly decide the shelf life for their own prod-

ucts. In fact, Casey Williams, an editorial fellow at The Huffington Post, ate expired food for a week and didn’t die, or even get sick. “Turns out, if you sauté wilted collards, beet greens and leeks with a little oil and salt, they’ll taste pretty good, no matter how droopy they look,” he wrote. Most of what he ate tasted OK, with the exception of a “purplish, squishy” peach. Supermarkets don’t like to sell imperfect food, often removing food from the shelves even when it’s still good and consumers give a lot of weight to expiration dates, according to Roni Neff, assistant professor at the Johns Hopkins Bloomberg School of Public Health in Baltimore. (Last year, France banned supermarkets from throwing out food that was nearing its expiration date.) Nearly 70% of people say throwing away food



Food waste is a global problem according to the United Nations.

after the package date reduces the odds of food-borne illness, while nearly 60% said trashing food is necessary to ensure meals taste fresh, a study published last year in the peer-reviewed scientific journal Plos One, published by the Public Library of Science, found. “If the U.S. is to reach its recently announced goal of reducing food waste by 50% by the year 2030, U.S. consumers must be an integral part of any successful plan,” the co-authors of the Plos One study, Danyi Qi, a PhD student in the Department of Agriculture at The Ohio State University and Brian Roe, a professor in the same department, wrote. They suggest removing “sell by” dates to avoid disposing of food prematurely and focusing on nitrogen pollution from rotting food waste. What’s more, iPhone apps like Green Egg Shopper (\$3.99) and Food Storage & Shelf Life (\$0.99) can also help keep track of perishables.

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Shoppers With Reusable Bags Buy More Junk Food

Shoppers that remember to bring reusable shopping bags to the grocery store tend to be more environmentally minded, but they’re also more likely to treat themselves to junk food when they get there, according to new research in the peer-reviewed academic publication Journal of Marketing. The study — “BYOB: How Bringing Your Own Shopping Bags Leads to Treating Yourself and the Environment” — found that bringing reusable bags increased purchases of not only environmentally friendly organic foods “but also indulgent foods” like candy, chips, ice-cream and cookies. “Those same shoppers often feel virtuous because they are acting in an environmentally responsible way,” the authors write; that feeling persuades them to treat themselves to cookies or potato chips or some other product with lots of fat, salt, or sugar. The authors — Bryan Bollinger,



assistant professor of marketing at Fuqua School of Business, Duke University and Uma Karmarkar, assistant professor of business administration at Harvard Business School —cite the “licensing effect,” a psychological term where people reward themselves for doing something good. Bollinger and Karmarkar were given access to over 100,000 transactions by a California supermarket to track the same customers that sometimes carried reusable bags and sometimes did not, and compare their trips. On average, bringing a reusable bag increased the probability of purchasing organic produce by 13% from 5.95% to 6.74%, spending an average of \$47.47 per trip. When customers used a reusable bag, their chances of purchasing an indulgent item rose by more than 7% from 17.9% to 19.2%, adding at least \$2 to their bill per trip. The results, the report says, are statistically significant.



Study: a large percentage of grocery purchases wind up in landfills.

However, reusable bags can also take their toll on the environment, especially if they’re imported. (Wal-Mart’s standard reusable bag is made in China.) Some reusable bags need to be used over 100 times before they’re “greener” than single-use plastic bags, according to a 2006 study by the U.K. Environment Agency, and a cotton bag must be used at least 131 times. Only 5% of reusable plastic bags are recycled in the U.S., according to another 2011 report by California State University, Chico, and Clemson University. That’s the same recycling rate for single-use plastic bags. (<http://www.marketwatch.com/>)

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A Snapshot Of The World



MNFL: Oakland Raiders at Washington Redskins Sep 24, 2017; Landover, MD, USA; Washington Redskins tight end Niles Paul (84) and linebacker Ryan Anderson (52) and Washington Redskins linebacker Chris Carter (55) kneel with teammates during the playing of the national anthem before the game between the Washington Redskins and the Oakland Raiders at FedEx Field.



Christian Democratic Union CDU party leader and German Chancellor Angela Merkel arrives for a news conference at the CDU party headquarters, the day after the general election



A banner for American International Group Inc hangs on the facade of the New York Stock Exchange



Chinese businesswoman Yang Feng Glan, dubbed the “Ivory Queen”, is escorted by a prison warden at the Kisutu Resident Magistrate Court in Dar es Salaam



A worker poses with locally made pizzas at a bakery in Peshawar



Panda cub Xiang Xiang is shown on a screen next to Tokyo Governor Yuriho Koiwa during news conference in Tokyo



People fight for the ball as they take part in a mud football match during a festival for celebrating harvest in a village in Jinhua, Zhejiang Province, China September 24, 2017. Picture take September 24, 2017. REUTERS

What Lurks In The Sludge And Sediment That Harvey Left Behind?



Jesus Bautista Moroles's Houston Police Officer Memorial on Buffalo Bayou is completely covered by sediment in this aerial photo from Friday, September 15, 2017.

All over the Houston area, as Harvey's floodwaters receded, they left behind sludge — a mix of grit and debris picked up from streets and sewers and eroded bayou banks. Though that sediment sometimes appears to be as clean as sand — the large deposits in Buffalo Bayou Park are being described as "beaches" or "dunes" — it's definitely dirty, say experts. How dirty, though — and whether the sediment is contaminated and poses environmental and health hazards — is still being determined. The Texas Commission on Environmental Quality is testing the sediment only near known hazardous sites or industrial facilities, not in homes or in parks, said Andrew Keese, a media spokesperson. "We need the data," said Lauren Stadler, a Rice University professor who received a \$200,000 grant from the National Science Foundation to study the chemical and microbial contaminants in Harvey's wake. Buffalo Bayou Partnership will begin testing the sediment inside the park this week, said Anne Olson, the executive director. "Safety both for our staff and the public is a priority," she wrote in an email. One of the challenges is that what's in the sediment will vary from place to place. Given "the power and velocity" of Harvey's floodwaters, says Scott McCready, the SWA Group landscape architect who led the design of the new Buffalo Bayou Park, the sludge could include any particle that can be suspended in water — motor oil, gasoline, paint, household chemicals, even sewage. "It's a mixture of everything you can imagine in an urban neighborhood," he said. A limited test of the sediment was recently conducted downstream of Buffalo Bayou Park at a flooded house in Clayton Homes by Dr. Winifred Hamilton, a professor and researcher at Baylor College of Medicine.

The family of seven who lived there had had to evacuate. Hamilton's team took samples from inside the kitchen, where the sediment was damp, and from the porch, where the sediment was dry. She said that bacteria like E. coli and fecal coliform were found in the floodwaters, and heavy metals like arsenic, chromium, cadmium and lead in the sediment. Levels were even higher for sediment inside the house. "Interior arsenic levels were two times higher, and cadmium was five times higher," she said. "We don't want children playing in it," Hamilton said. "We don't want any children building sandcastles out of the sediment." Hamilton also urged those who are mucking out houses or removing debris to take precautions. "We're concerned what's going to happen with the sediment," she said.



Winifred Hamilton surveys floodwaters covering a neighborhood in Houston on Sept. 5, 2017.

As trucks remove debris now piled on curbs, she worries about the "blooms" of particulates released into the air. "Are [workers] blowing it around?" she asks. "Getting it on their hands? Ingesting lead and cadmium, which is associated with poor birth outcomes?" Ingesting or handling the potentially contaminated sediment could also lead to other health problems. At least 10 percent of muckers during Katrina reported diarrhea and other forms of gastrointestinal distress, she said. Though the sediment appears to be clean as sand, it is definitely dirty and potentially hazardous, experts say. "There's stuff everywhere," said Robert Rayburn, the executive director of the Bayou Preservation Association. "It needs to be tested by the city and all governing agencies that oversee public health, and people need to be prudent."



Joe Stinebaker, the director of communications for Harris County Judge Ed Emmett, wrote in an email that the contents of the sediment need to be tested further. "[But] we have nothing to indicate there is anything particularly harmful [in it] — nor have we received any warnings it could be." For now, though, as the mucking continues, Hamilton urged workers to be sure to wear adequate masks, heavy gloves and "full protective equipment." She advised them to open windows and doors to encourage ventilation: "The air inside is going to be much more toxic than the air outside." "Wash your clothes separately. Wash your face. Wash your hands." Flu-like symptoms of fatigue and headaches will be common, she added. "But if you start running a fever, or any skin area starts swelling or is hot or turns to red, or if you have trouble breathing or start wheezing, see a doctor," she said. "And you shouldn't wait." "In most cases, it's going to be minor. But if your immune system is compromised, or if you're very young or very old, or if you're not drinking enough decent water, your risk is elevated." Hamilton's advice comes too late for Jessica Miller, 37, who volunteered to help clean a house through the "Mud Army" Facebook group. At a west Houston condo owned by an 80-year-old woman who'd evacuated, Miller arrived ready to muck, armed with a mask, latex and work gloves, and heavy boots.



Floodwaters from Hurricane Harvey left "beaches" of sediment on the banks of Buffalo Bayou.

A slimy sludge covered everything, she said, even inside the refrigerator. Miller couldn't believe the stench: "It was just — foul." The next day, she woke up in misery. "My sinuses were completely stopped up. Achy body, headaches," she said. "I felt like I had the flu. I did nothing for two days." Her symptoms lingered all week. "There were probably 100 or more of these condos, and people were doing the same thing in each one of them," she said. "Should humans even be in this?" (Courtesy <http://www.chron.com/local>)

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Immigration Information

Employers Must Use Form I-9 With a Revision Date of 07/17/17 N

Beginning Sept. 18, 2017, employers must use Form I-9, Employment Eligibility Verification, with revision date 07/17/17 N, to verify the identity and work eligibility of every new employee hired after Nov. 6, 1986, or for the reverification of expiring employment authorization of current employees (if applicable).

This date is found on the lower left corner of the form. Prior versions of the form will no longer be valid for use. Employers who fail to use Form I-9, 07/17/17 N on or after Sept. 18, 2017 may be subject to all applicable penalties under section 274A of the Immigration and Nationality Act, 8 U.S.C. 1324a, as enforced by U.S. Immigration and Customs Enforcement (ICE).

Employers should continue to follow existing storage and retention rules for each previously completed Form I-9.

Employers can complete Form I-9 electronically on a fillable PDF or by hand by downloading the PDF using the latest version of the free Adobe Reader. The Internet Explorer, Firefox, and Safari web browsers will prompt you to open or save the form. Visit I-9 Central for more information.

Security smarts for smartwatches



Apple fan Kimura who has been waiting in line to purchase new Apple Watch, reacts with Apple Store staff as she enters the Apple Store in Tokyo's Omotesando shopping district

By Lisa Lake
Consumer Education Specialist, FTC

Smartwatches have quickly gone from sci-fi to commonplace, and it's easy to see why. Users can conveniently manage messages, music, fitness, and more right from their wrists as they go about the day.

Person wearing a smartwatch taps its screenBut enjoying the convenience of a smartwatch means trusting it to keep your data safe. Smartwatches offer a variety of

security features, so keep security in mind when you shop for one. Not all security features come set up right out of the box. Be sure to check your settings and turn on the ones you want. For example, many smartwatches offer screen lock features, which you should use to help ensure your data is private. You may be able to:

- set a PIN: Set up a short PIN that you can type to unlock the watch.
- create a pattern lock: Create a

pattern that you can draw on your screen to unlock it.

- use your phone: Have your watch lock if it's too far from your phone to "pair."
- detect your wrist: Set your watch to lock when you take it off your wrist.

Experts are looking for ways to make smartwatch security stronger and more convenient—including locking in particular—so keep an eye out for new and easier ways to protect yourself from others getting access to the data on your smartwatch. In the meantime, be sure to check out tips from the FTC for securing your data

美南電視轉換新頻道15.3操作指南

美南國際電視網STV Channel 已由55.5 轉換至15.3，並正式擴大為十個頻道，廣大收視觀眾只要透過遙控器轉台至15.3，即可收看到美南電視節目，如果您家中的電視遙控器轉到15.3頻道，依然無法收看到美南電視，請依以下中英對照操作指南方式調整。

點選遙控器內的Menu頻道設定，重新掃描，注意智能型電視可能有一個聰明的按鈕用於設置MENU選項。通常會有廠商的LOGO標誌。尋找頻道設置選項。確認頻道是以天線收視。從MENU中，選擇數位頻道搜索（Channel Scan 或 Channel Search 或是Auto program），進行頻道掃描搜索或頻道自動設定。當電視完成自動搜索後，你會看到電視列出已有多少個頻道重新被發現。頻道重新設定過程有時可能長達一個小時。頻道設定完成後，按確認然後退出。如果頻道重新搜尋仍無法接收或是收視情況不佳，請購買天線調整最佳收視角度。如仍有相關問題，請致電美南新聞281-498-4310，聯繫Daniel。

How to complete a channel scan on your Digital TV to add Channel 15.3

Please note: All TV manufacturers differ, so menu options, wording and other items may vary. The best way to complete the channel scan is to refer to the TV owner's manual. If that is unavailable, the following general steps should guide you through the process.

- 1.Using your television's remote control, press the Menu or Settings option.Note: a "Smart TV" may have a smart button that must be used to access the settings menu. It will generally have the manufacturer's logo on it.
- 2.Locate Channels or Tuner Set Up option.
- 3.Check the menu for an option of Antenna Type or Connection Type followed by either Antenna or Cable.
- 4.Make sure that the designated setting is Cable (based on manufacturer, alternate choices may include Digital Cable, CATV or Cable STD)
- 5.From the menu, choose Digital Channel Search (based on manufacturer,alternate choices may include Channel Scan, Channel Search or Auto program.)
- 6.Allow the TV to complete the search. You will see a bar listing how many channels have been found. The process may take up to an hour.
- 7.Once complete, confirm the menu prompt, then press an exit or quit option.

賈靜雯為小女兒理發 剪完頭發的Bo鈕有些郁悶



9月24日，賈靜雯在網上曬出女兒Bo鈕的萌照，並表示自己親自幫女兒剪頭發，剪完頭發的Bo鈕壹臉呆萌，似乎在“抗議”呢！

“早上與傍晚的Bo鈕，那根豎立的沖天炮讓我有幫她剪發的沖動，就在剛剛剪完，兩張對比，明顯有氣質上的差別，親和與時尚，不賴吧。我要完成當髮型師的夢想，只有孩子們願意任我擺布，修先生要預約嗎？”賈靜雯配文道。

照片中大眼萌娃Bo鈕著沖天辮，正開心跟狗狗玩耍，笑起來的Bo鈕

特別好看，跟姐姐咻咻好像呀！

第二張照片是剛剪完頭發的Bo鈕，壹臉呆萌，難道是對自己的新髮型不滿意嗎？不知道爸爸修傑楷看到會怎麼評價呢？賈靜雯家的三個公主，完美的遺傳了媽媽的美貌。

網友們也紛紛留言稱“其實沖天辮更可愛，Bo鈕估計不樂意了哈哈！”“咻咻像媽媽，BO鈕像爸爸，女神真是人生贏家。”“我感覺第二張照片的小Bo鈕眼神有點鬱悶，好可愛，是不是因為被剪成了小男生。”“又壹個大眼萌娃。”



陳研希曬照為關之琳慶生 蔣欣表情亮了

9月24日是關之琳的生日，生日當天，好姐妹陳研希在微博曬出大家壹起為關之琳慶生的照片，照片中的關之琳對著鏡頭淺笑，樣子十分優雅。

陳研希還附上生日祝福稱：“關姐姐，生日快樂呀”，網友看到陳研希側臉對著鏡頭比出耶的姿勢十分少女，真是壹個辣媽。

但照片中大家都笑得美美的，唯獨蔣欣的表情亮了，都著嘴扮醜，網友們都看不下去了，紛紛留言說：“娘娘，妳就壹刻不能消停嗎”、“娘娘已瘋”。



昆凌從“公主”變“肌肉女” 周傑倫操刀主題曲



臺灣媒體報道，由昆凌和奧蘭多·任達華等人主演的動作大片《極致追擊》，定檔9月30日全球上映。昆凌將從甜美公主畫風，變成講義氣的打女，動作戲非常吸睛。昆凌也直言，“這部戲圓了我的打女夢，不過感覺我還沒打夠呢，下壹部戲還想演打女。”此外，“愛妻狂魔”周傑倫親自操刀，為《極致追擊》主題曲作曲。

在電影《極致追擊》的預告片中，驚險刺激的追逐、爆破讓觀眾大呼過癮。昆凌表示，當初接到片約得知要與奧蘭多搭戲後，感覺“壓力滿大的”，這種壓力並非全用英文飆戲，而是對方演技老到、氣場強大。好在奧蘭多“很接地氣”，把大家照顧得像壹個大家庭壹樣，她才漸漸放下來，很享受這種拍戲的感覺。

用甜美形象 變肌肉女

有壹場爆破戲，奧蘭多的神演技讓昆凌非常震驚。當時，制作團隊采用物理特效，完美還原車輛相撞的真實場景，奧蘭多隨著爆炸聲摔倒，臉上流露出的表情，就像是遭遇真正的爆炸。無論是奧蘭多投入角色的認真，還

是他指導昆凌借用腰部力量出拳增加力道，都讓昆凌受益匪淺。在昆凌看來，奧蘭多非常紳士，也很有愛心。片場有壹只野狗，身上有皮膚病，奧蘭多就把他撿回去照顧。在上海拍戲期間，奧蘭多壹不小心就暴露出吃貨本性，拍戲空檔就拉著他們去品嚐大鬧蟹。

最近昆凌在社群網站，曬出練武的影片，無論是出拳、閃躲都非常到位，被調侃“公主變成肌肉女”。拿到劇本時，昆凌十分開心，也珍惜這個角色。為在硬漢林立的男人戲中演好女打仔，她更請專業老師學習格鬥。壹個多月裏，每天堅持訓練2小時，漸漸可以踩準步調，防禦、閃躲和出擊都學得有模有樣。“以往的角色比較甜美，而在這部戲中，我飾演的是壹個很剽悍的女生。”在昆凌看來，這個角色雖然固執、任性，但是很講義氣，有時候跟自己很像。

不知懷孕 任達華救命

其實拍戲期間，昆凌並不知道自己懷孕，徒手格鬥、亡命追逃都親自挑戰，甚至連壹場毆打腹部，她也帶護具準備親演。好在武打經驗豐富的任達華及時叫

停，建議導演修改武打動作，以免傷到昆凌的腹部。這壹貼心的舉動，不經意間救了小寶貝（昆凌當時已經懷有二胎）壹命，昆凌感激地稱搭檔任達華是“寶貴的恩人”。

昆凌坦言，未來拍電影將是工作重心。而周傑倫也於社群網站發文，稱昆凌將進軍好萊塢，與好萊塢影星巨石強森演出新電影《摩天大樓》。與巨石強森過招，繼續過足打女癮，令昆凌非常期待。

早在《極致追擊》首映禮上，周傑倫透過VCR隔空現身，力挺愛妻的電影事業，並替這部片量身打造主題曲。而最近昆凌前往紐約拍戲，周傑倫為籌備演唱會與妻子分開5天，就在社交網站發文，“錄影到剛剛，心都走了”並曬出自己憂愁的背影照，大曬恩愛。

雖然昆凌是90後，但卻是帶娃小高手。翻看其微博，尤其在女兒過生日時，昆凌的別具匠心展露無遺，不僅花7個小時親自做蛋糕、縫制小禮服，就連寶寶的頭飾也要親手完成。這位穿梭各大秀場的時尚女達人，不僅自己的街拍造型引領潮流，還將自己的街拍造型引領潮流，還將自己的街拍造型引領潮流，還將自己的街拍造型引領潮流。

老公花高手 幫忙猜測

昆凌接下首部好萊塢電影《摩天大樓》，周傑倫就傲嬌宣布，妻子新片的試鏡帶是他在月子中心操刀拍攝的。在昆凌生完二胎的第3天，等深夜月子中心的護理人員下班，周傑倫找朋友借了假槍，戴著口罩在醫院推著輪椅，拍出了逼真的效果。最後昆凌順利拿到角色和導演聯絡時，他自豪地說：“我就很像爸爸送女兒，還滿有成就感的。在旁邊看他們在視訊，感覺導演也滿開心。”要和巨石強森合作拍打戲，壓力不言而喻。周傑倫在社交網站表示：“來我要把妳訓練成肌肉女孩了，讓巨石強森跟妳對戲的時候都倍感壓力。”更要找洪金寶的兒子幫忙訓練武打戲，“希望去到那邊不要輸給老外，這些動作都是很恐怖的。”

這些場外援助，讓周傑倫很有成就感，“妳演等於我演，探班我也覺得比較輕鬆”。而去美國拍戲期間，周傑倫帶著兩個孩子陪同前往，“就像整個家搬過去的感覺”，讓昆凌非常感動。

林依晨泳渡3300米日月潭 身材完美被贊正能量女神

壹年壹度的泳渡日月潭活動，是日月潭最具歷史與規模的活動。從民國72年開始，每年的中秋節前後舉辦。9月24日，林依晨[微博]通過微博曬泳渡日月潭的照片，並激動的稱終於完成了自己的小小夢想，非常高興可以身為壹萬多顆水餃裏面的其中壹小顆。

9月24日晚，林依晨通過微博曬泳渡日月潭的照片，並稱：“終於完成自己的壹個小小夢想，泳渡日月潭！雖然3300米花了我兩個半小時，踹了很多人也很多入踹（可以的話我都有說對不起，我們就互相原諒吧！）還是非常高興可以身為壹萬多顆水餃裏面的其中壹小顆。但下次人家也要準備自己的小桶桶，把烤雞腿放進去！餓死我了……”

照片中，林依晨手拿泳渡日雲潭的證書，露出燦爛的笑容，照片中日月潭的風景也非常吸引人。在岸上擺pose，這姿勢霸氣十足，超人模樣，和她平時嬌小的氣質反差很大。林依晨還曬出壹張背影照，秀出迷人曲線，身材完美。

網友看到此正能量微博後紛紛圍觀並留言稱：“女神超有元氣的！”“簡直就是凍齡美少女啊！”“瞧妳得瑟的這模樣，真可愛！”據悉，泳渡日月潭活動全程大約3000公尺，於民國91年正式列入世界游泳名人堂。

每年均吸引來自四面八方數萬人游泳愛好者參加，成為“萬人泳渡日月潭”的嘉年華盛事，共同創下橫渡日月潭的長泳壯舉。

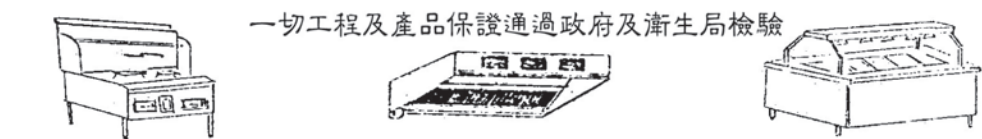
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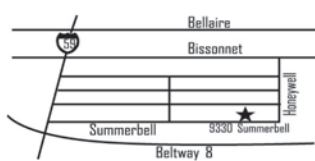
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哈維颶風為百年侵襲美國德州威力最強的颶風，迄今已造成至少40人死亡，百萬人流離失所，風雨無情人間有愛，這段時間休士頓僑教中心，休士頓僑界關懷救災協會結合所有僑社以及僑領總動員，出錢出力奉獻愛心，與受災僑胞站在一起共度難關，以實際行動溫暖受災僑胞的心。