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U.N. Security Council to meet over North Korea on Wednesday at U.S. request



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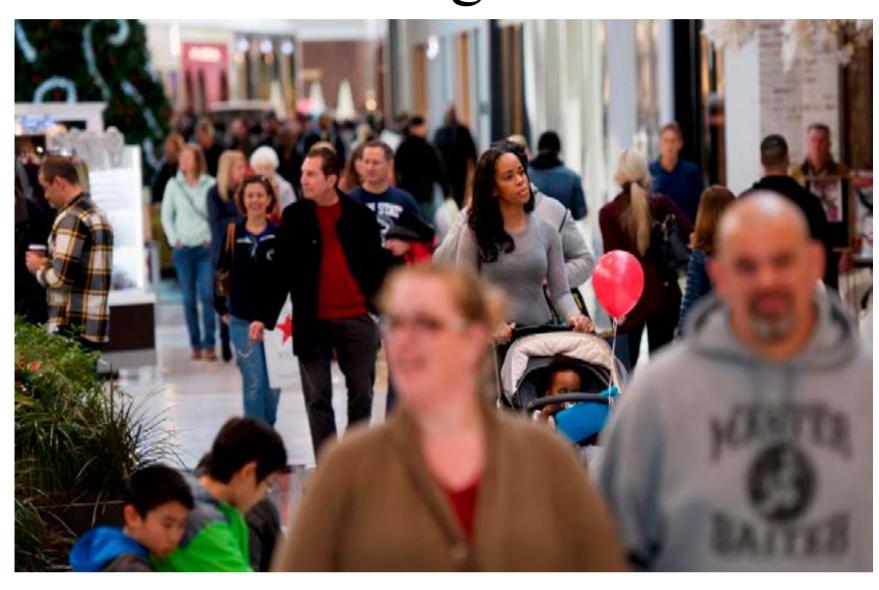
Southern Make Today

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Lackluster U.S. retail sales dim fourth quarter economic growth outlook



FILE PHOTO: Shoppers walk through the King of Prussia Mall, United States' largest retail shopping space, in King of Prussia, Pennsylvania, U.S., December 8, 2018. REUTERS/Mark Makela

WASHINGTON (Reuters) - U.S. retail sales increased less than expected in November as Americans cut back on discretionary spending despite a strong labor market, raising fears the economy was slowing a bit faster than anticipated in the fourth quarter.

The report from the Commerce Department on Friday bucked a recent raft of fairly upbeat data on the labor market, housing, trade and manufacturing that had suggested the economy was growing at a moderate speed in spite of headwinds from trade tensions and slowing global growth.

The Federal Reserve on Wednesday kept interest rates steady and signaled that borrowing costs were likely to remain unchanged at least through next year amid expectations the economy would continue to grow modestly and the unemployment rate remain low.

"Just as the Fed was in the middle of a victory dance, convinced they have returned the economy to a position of strength after just three rate cuts, the consumer waves a red flag," said Lindsey Piegza, chief economist at Stifel in Chicago. "Any signs the consumer is waning could have sizeable negative consequences for growth at year-end and into next year."

RELATED COVERAGE

U.S. business inventories rebound in October Retail sales rose 0.2% last month. Data for October was revised up to show retail sales increasing 0.4% instead of climbing 0.3% as previously reported.

November's sales gains were meager despite reports from re-

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tailers of brisk Black Friday business. Some economists blamed a late Thanksgiving this year compared to 2018, which pushed Cyber Monday shopping into December. The late Thanksgiving could also have thrown off the model that the government uses to strip seasonal fluctuations from the data, holding back sales.

Economists polled by Reuters had forecast retail sales would accelerate 0.5% in November. Compared to November last year, retail sales increased 3.3%.

Excluding automobiles, gasoline, building materials and food services, retail sales edged up 0.1% last month after rising by an unrevised 0.3% in October. These so-called core retail sales correspond most closely with the consumer spending component of gross domestic product. Consumer spending accounts for more than two-thirds of the economy.

Even accounting for the Thanksgiving-related distortions, retail sales have slowed considerably after rising by an average of 0.7% per month in the first eight months of this year. Economists believe sales are cooling as wage growth has stalled despite the lowest unemployment rate in nearly half a century.

"As we have been asking, is this just noise or an early sign that cracks in the strong consumer story are starting to form?" said Michelle Girard, chief U.S. economist at NatWest Markets in Stamford, Connecticut, "We are watchful it is the latter."

Consumer spending grew at a 2.9% annualized rate in

the third quarter. November's slim gain in core retail sales left economists to expect that consumer spending would rise at around a 2.0% rate in the fourth quarter. But slowing consumer spending is boosting inventories at retailers, which could limit the downside to fourth-quarter GDP

EBBING TRADE TENSIONS

In a separate report on Friday, the Commerce Department said retail inventories excluding autos, which go into the calculation of GDP, increased 0.7% in October after rising 0.2% in September.

Growth estimates for the fourth quarter now range from as low as a 1.3% rate to as high as a 2.0% pace. The economy grew at a 2.1% pace in the third quarter. Economists did not expect a de-escalation in trade tensions between the United States and China to materially change the outlook for the economy in 2020, arguing that it would take a long time to reverse the damage caused by the 17-month trade war on sectors like manufacturing and agriculture.

President Donald Trump and Chinese officials said on Friday they had agreed to a "phase one" trade deal that included cutting U.S. tariffs on Chinese goods.

Stocks on Wall Street were mixed in volatile trade, with investors confused on the status of the U.S.-China deal. The dollar .DXY fell against a basket of currencies, while U.S. Treasury prices rose.

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WORLD NEWS

U.S. Supreme Court takes up Trump bid to shield financial records

WASHINGTON (Reuters) - The U.S. Supreme Court on Friday agreed to hear President Donald Trump's appeals in three separate cases to prevent his financial records, including tax returns, being handed over to Democratic-led House of Representatives committees and a New York prosecutor.

FILE PHOTO: U.S. President Donald Trump speaks during a working luncheon with permanent representatives of the United Nations Security Council in the Cabinet Room of the White House in Washington, U.S., December 5, 2019. REUTERS/Jonathan Ernst/File Photo

The Republican president is trying to block subpoenas for bank records, tax returns or other materials demanded by various Democratic-led House of Representatives committees investigating corruption or foreign meddling in the U.S. elections process. The House probes are not part of the Democratic-led impeachment proceedings against Trump over his dealings with Ukraine.

Manhattan District Attorney Cyrus Vance, a Democrat, is seeking Trump's tax returns in a criminal investigation of the president, the Trump Organization and his family real estate business.

The court will hold oral arguments in March, with rulings due by the end of June.

"We are pleased that the Supreme Court granted review of the President's three pending cases. These cases raise significant constitutional issues," said Jay Sekulow, one of Trump's lawyers.

The cases are a test for how the justices view Trump's arguments that the subpoenas are a threat to the presidency, on the one hand, and the need for lawmakers or prosecutors for information to pursue legislation or criminal investigations on the other.

The court has a 5-4 conservative majority including two Trump appointees, Justices Neil Gorsuch and



Donald Trump speaks during a working luncheon with permanent representatives of the United **Nations Security** Council in the Cabinet Room of the White House in Washington, U.S., December 5,

FILE PHOTO:

U.S. President

Brett Kavanaugh.

One of the cases is Trump's appeal of a lower court ruling allowing a New York grand jury to subpoena his accounting firm Mazars LLP for his records.

Trump's attorneys said prosecutors could be encouraged to investigate a president to advance their careers or score political points if that subpoena is enforced.

Another case concerns a lower

court decision in Washington that endorsed subpoenas issued by the Democratic-led House Oversight Committee to Mazars.

Trump's lawyers say there was no legislative purpose for the subpoenas and that the aim was merely to dig for dirt on the president.

In the third case, the justices will review a lower court ruling allowing the enforcement of separate House committee subpoenas targeting Trump-related financial records from Deutsche Bank

AG (DBKGn.DE) and Capital One Financial Corp (COF.N).

The court on Friday extended its hold on the lower court ruling, which it had temporarily blocked last week.

The lower court rulings in the congressional cases, if left intact, would bring House Democrats closer to getting some of the details about Trump's business interests.

That outcome would also amount to a major blow for the president, who, unlike past presidents, has refused to publicly disclose his tax returns.



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Sunday,December 15, 2019



Editor's Choice



Liberal Democrats candidate Jo Swinson speaks after losing her seat in East Dunbartonshire constituency, at a counting centre for Britain's general election in Bishopbriggs, Britain December 13, 2019. REUTERS/Gonzalo Fuentes TPX IMAGES OF THE DAY



Singer Taylor Swift arrives on the red carpet for the "Billboard Women in Music" event in Los Angeles



Labour candidate for Walthamstow Stella Creasy carries her baby daughter after winning in Britain's general election in Waltham Forest Town Hall, Walthamstow, Britain, December 13, 2019. REUTERS/John Sibley TPX IMAGES OF THE DAY



A member of the security forces lies on the ground as a demonstrator holds an extinguisher and others gesture during a protest against Chile's government in Santiago, Chile December 12, 2019. REUTERS/Pablo Sanhueza



Relatives hug as they wait for rescue mission, following the White Island volcano eruption in Whakatane



House Judiciary Committee Debates Articles Of Impeachment Against President Trump



House Judiciary Committee continues markup of articles of impeachment against U.S. President Trump in Washington



Thailand's Princess Bajrakitiyabha and Princess Sirivannavari Nariratana take part in a royal barge river procession along the Chao Praya river as part of the year-long celebrations of his coronation in Bangkok



COMMUNITY

Match Point!!

Houston And Chengdu, China, Selected As Top Venues For The 2021 -2022 **World Table Tennis Championships**



Compiled And Edited By John T. Robbins, Southern Daily Editor From the Office of Houston Mayor Sylvester Turner

It's official! Houston has been awarded the 2021 World Table Tennis Championships! The United States and China were both selected. There is no better way to celebrate 50 years of diplomacy between these two great countries than to bring the first of these back-to-back championships to the most diverse and welcoming city in the nation. The leadership of the Harris County - Houston Sports Authority has brought another incredible international event to Houston. I encourage both local and global Table Tennis fans to make plans to watch the competition and enjoy the hype and festivities connected to the event.

Mayor Sylvester Turner Houston, Texas

The Official Press Release from **Houston Sports Authority**

Related

Houston, Chengdu to host 2021, 2022 table tennis worlds



Liu Yi (center), vice president of Chinese Table Tennis Association, receives hugs as Chinese city of Chengdu won the bid to host the 2022 World Table Tennis Championships in Budapest on April 22, 2019.

The U.S. city of Houston has won the bid to host the 2021 world table tennis championships and the southwestern Chinese city of Chengdu will host the 2022 ver-

The news followed Monday's historic vote at the International Table Tennis Federation's annual general meeting.

Strong bids put forward by the United States and Morocco had ensured that 2021 would mark the first time in 82 years that the world championships are held outside of Asia and Europe, since Cairo, Egypt hosted the 1939 competi-



"We're thrilled not only to be hosting the 2021 world table tennis championships, but also to have the chance to help commemorate that historic moment when Ping-pong Diplomacy was born," said Harris County-Houston Sports Authority CEO Janis Burke.

Chengdu beat Kitakyushu of Japan and Portugal's Lisbon to become the sixth Chinese city staging this tournament

"We are so happy to win and look forward to showing Chengdu to the entire world in 2022," said Liu Yi, vice president of the Chinese table tennis association. (Courtesy Xinhua)

Related

World Table Tennis Championships Awarded To U.S. For The First Time In 95-Year History



Kanak Jha competes in the men's table tennis bronze-medal match at the Summer Youth Olympic Games Buenos Aires 2018 on Oct. 10, 2018 in Buenos Aires, Argentina.

The old saying goes that everything is bigger in Texas, so what better place to hold the biggest World Table Tennis Championships in history?

The Lone Star State's largest city of Houston was selected Monday as the host of the 2021 world championships, beating out Agadir, Morocco, from the International Table Tennis Federation's short list. The selection of a U.S. city is historic, as it will be the first world championships held in the United States and the first one outside of Asia or Europe since 1939. The event began in 1926. It is a fitting choice for 2021 as the ITTF

is seeking to grow the game globally and

increase participation. The 2019 world championships in Budapest, Hungary which began Monday — feature a record 609 players from 109 national associations, a figure that is still only 47 percent of the 226 associations around the world. The ITTF aims to move that number as close as possible to 100 percent for 2021.



The selection is also a major milestone for the city of Houston, which by 2021 will have hosted its fourth major world championships. Houston hosted world championships in boxing in 1999 and weightlifting in 2015, and will host the BMX cycling world championships in 2020. The city has hosted numerous U.S. Olympic Team Trials in the past, including marathon in 2012. Houston also bid for the 2012 and 2016 Olympic Games, though did not make it past the U.S. phase, and is the birthplace of two-time Olympian table tennis player Timothy

The U.S. is eighth all-time in the world championship medal table but has not brought home any hardware since the legendary Dick Miles took bronze in men's singles in 1959. The highest-ranked member of Team USA is 2016 Olympian and 2018 Youth Olympic medalist Kanak Jha, 38th in the most recent ITTF men's world rankings. The sport of table tennis has long been dominated by China, which has nearly double the world championship medals of second-place Hungary. (Courtesy United States Olympic Committee)

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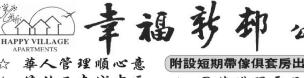
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BUSINESS

SpaceX Launches The First Batch Of 60 Satellites In Starlink Satellites Project



View of the 60 Starlink Satellites from the May 24, 2019 launch (Credits - Wikimedia Commons)

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

SpaceX, the space transportation company founded by Elon Musk successfully launched 60 of its Starlink satellites. If everything goes properly, then the Starlink network of satellites can provide superfast internet connectivity across the globe.

Before the launch of the satellites from Cape Canaveral, Florida, SpaceX announced that Starlink will make the entire earth connected through reliable and cheap broadband connectivity.

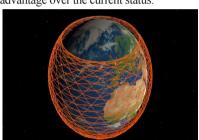
The first Starlink mission was broadcast by SpaceX which was launched by a Falcon 9 rocket at 10:30 pm ET on 24th May. Just over an hour of the liftoff, all the 30000 pounds of satellites were deployed by the rockets' upper stage. This is the heaviest payload which the SpaceX has launched till date



Launching of the Falcon 9 rocket. The size of an individual satellite is almost that of an office desk and its weight is closely 500 pounds. It is equipped with solar pan-

els and has antennas present for transmission of data. Besides that, the spacecraft has an ion engine which releases krypton gas. It would prevent the Starlink satellite colliding with other satellites and avoid space junk. Once it nears its useful life, it would self-destruct. The engine will also power the satellite to an orbit of 550 kilometres

The present batch of satellites lack a major component, laser beam interlinks. The future satellites will have these lasers for connecting with other four satellites. In this way, it will form a strong mesh network over Earth facilitating the internet speed almost to that of light's speed in a vacuum. It is almost 50% greater than fibre-optic cables giving the Starlink satellites a great advantage over the current status.



The Starlink satellites will form a strong mesh network over Earth facilitating the internet speed almost to that of light's speed in a vacuum.

SpaceX aims to deploy 12000 similar satellites before the deadline of 2027 set by the Federal Communications Commission. For reaching this goal, SpaceX needs to launch more than a mission per month through the next eight years. However, for making the concept work and generate revenue, it needs to launch only 1000 satellites which is way less than 12000. (Courtesy https://sciencehook.com)

Related

The Starlink Satellite Program Starlink is a satellite constellation development project underway by American company SpaceX, to develop a low-cost, high-performance satellite bus and requisite customer ground transceivers to implement a new space-based Internet communication system. SpaceX also plans to sell satellites that use a satellite bus that may be used for military,[4] scientific or exploratory purpos-

SpaceX has plans to deploy nearly 12,000 satellites in three orbital shells by the mid-2020s: initially placing approximately 1600 in a 550-kilometer (340 mi)-altitude shell, subsequently placing ~2800 Ku- and Kaband spectrum sats at 1,150 km (710 mi) and ~7500 V-band sats at 340 km (210 mi). [6] The total cost of the decade-long project to design, build and deploy such a network is estimated at nearly US\$10 billion.



60 satellites installed on the launch spacecraft. **History 2015-2017**

The communication satellite network SpaceX envisions was publicly announced in January 2015, with the projected design

capability to support sufficient bandwidth to carry up to 50% of all backhaul communications traffic, and up to 10% of local Internet traffic, in high-density cities. CEO Elon Musk said that there is significant unmet demand for low-cost global broadband

By March 2017, SpaceX filed plans with the FCC to field a second orbital shell of more than 7500 "V-band satellites in non-geosynchronous orbits to provide communications services" in an electromagnetic spectrum that has not previously been heavily employed for commercial communications services. Called the "V-band low-Earth orbit (VLEO) constellation," it would consist of 7,518 satellites and would orbit at just 340 kilometres (210 mi) altitude, while the smaller originally-planned group of 4,425 satellites would operate in the Ka- and Kubands and orbit at 1,200 kilometres (750 mi) altitude.

2018-2019

In May 2018, SpaceX expected the total cost of development and buildout of the constellation to approach US\$10 billion. In mid-2018, SpaceX reorganized the satellite development division in Redmond, and fired several members of senior management.[13]



regulatory approval to deploy 7,518 broadband satellites, in addition to the 4,425 approved earlier. SpaceX's initial 4,425 satellites had been requested in the 2016 regulatory filings to orbit at altitudes of 1,110 km to 1,325 km, well above the ISS. The new approval was for the addition of a very-low Earth orbit NGSO [non-geostationary satellite orbit] constellation, consisting of 7,518 satellites operating at altitudes from 335 km to 346 km, below the ISS.

Launches

The deployment of the first 1,584 satellites will be into 40 orbital planes of 66 satellites each, with a requested lower minimum elevation angle of beams to improve reception: 25 degrees rather than the 40 degrees of the other two orbital shells.

SpaceX launched the first 60 satellites of the constellation in May 2019 into a 450 km orbit and expected up to six launches in 2019 at that time, with 720 satellites for continuous coverage in 2020.

Global broadband Internet

SpaceX intends to provide broadband internet connectivity to underserved areas of the planet, as well as provide competitively-priced service to urban areas. The company has stated that the positive cashflow from selling satellite internet services would be necessary to fund their Mars plans.



Starlink satellite in orbit. **Use beyond Earth**

In the long term, SpaceX intends to develop and deploy a version of the satellite communication system to serve Mars. (Courtesy Wikipedia, the free encyclopedia)











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柯佳嫌新片「流浪到花蓮」網友瘋狂內搜電影插曲演唱者

國片《你的情歌》登上明年農曆年賀歲檔,電影前導預告在官方粉絲頁發佈短短一週便飆破32萬人瀏覽、近3千人按讚,不只新鮮的卡司組合引爆討論熱度,而預告中出現的歌曲空靈動聽又療癒,眾多網友聽了直喊:「被洗腦了!」「看預告就覺得歌超好聽!」紛紛動手內搜歌手到底是誰。

論度超高的宣傳曲演唱者,正是4年前就已爲《追婚日記》演唱插曲〈也可以〉的歌手閻亦格。〈也可以〉曾奪下KKBOX華語年度單曲榜TOP 10,及「綜合新歌」與「華語新歌」雙榜冠軍,她這次再度爲安竹間執導的電影唱宣傳曲〈Hello & Goodbye〉,安竹間開玩笑表示:「這首新歌也算是〈也可以〉2.0。」

片商 12 日釋出該曲 MV,飾演 女主角余靜的柯佳嬿在 MV 開頭一 段自白:「我以爲我早已遺忘,沒 想到我只是把它藏得更深了。」揭 示這首歌曲是獻給余靜以及世上所 有失戀人們的一封情書。

柯佳嬿表示面對失戀可能有一

百種方式去面對與發洩,那是屬於自己跟一段戀情道別的儀式,她說:「逝去的戀情就跟落枕一樣,回頭會痛,但只要跟余靜一樣交給時間,一點一點把碎了一地的心撿起來黏好,你會發現人生中的愛情故事還未完待續,你絕對還能勇敢去愛!」柯佳嬿過去曾在《艋舺》、

《雞排英雄》、《鐵獅玉玲瓏》等過年質歲電影演出,此次以愛情電影《你的情歌》重返春節檔期,與過往片型大不相同,她本人也充滿期待。

《你的情歌》故事描述遭音樂老師余靜(柯佳嬿飾)爲不簡完情傷流浪到花蓮;而鬱鬱和為語,不傳感之,而鬱鬱和流浪教師那致遠(傅孟帕節。)被調往偏鄉學校,他把歌唱。 秀當作自己教育事業生李東朔(中歌大生好歌喉的解吉們組成「自己教團」,與團,並請來歌唱對大寶,開始勇闖一年一度的歌唱選技謝大賽!但師生兩人都被溫暖善別,開始見聞生兩人都被溫暖善別,開始明年1月23日上映。



Sunday, December 15, 2019

《我的自由年代》強勢回歸李國毅、任容萱再度合體



三立華劇《我的自由年代》當年首播締造3.26的高收視,帶領觀眾回憶90年代的流行文化與懷舊場景,像是B.B.Call、電子雞、MTV電影館、泡沫紅茶店等,近年學生運動與社會運動蓬勃發展,《我的自由年代》也跟著重播。

《我的自由年代》主要演員包括李國毅、任容萱、是元介、翁滋蔓與孫其君等人,男主角李國毅在劇中飾演校園風雲人物,是個 IQ170 的天才,深受師長和同學崇拜;女主角

任容萱飾演從屏東北上讀書的 單純女孩,從小就喜歡依附壹 起長大的是元介。

的好友,花心但又有魅力。

此劇以90年代的大學校園生活與復古場景爲題材,闡述當時的年輕人對於親情的尷尬、愛情的青澀、自由的渴望等,勇於追求自我和邁中中從情不讓青春留白。過程中從情也、熱情、到歧異、矛盾,有數與原為長編織壹條道路,劇中經典臺詞「對自由」,也成爲本劇核心。該劇將於12月13日起每週五晚間8

呼麻凍5年! 柯震東復出 遭陸網友轟爆



男星柯震東當年以電影《那些年我們壹起追的女孩》爆紅,代言、戲約、廣告不斷,然而卻在當紅之際,2014年在中國因呼麻被捕,當時在記者會上聲淚俱下道歉,但仍沒有獲得同情,遭中國封殺多年。沈寂5年,柯震東確定參與臺劇《乩身》演出,消息壹出,臺灣粉絲深表期待,但對岸網友卻不買帳,紛紛蓋樓炮轟:「滾吧!」

村震東自2017年客串電影《報告老師!怪怪怪怪物!》後,遲遲沒有新作品,近日接下《乩身》男主角,作爲呼麻案後的「復出之作」,他在記者會上明顯相當緊張,

壹開口講話有些結巴,被問到這次 爲何願意接這部作品?他自嘲劇中 他演出的角色「韓傑」也是經歷風 霜之後贖罪的人,跟自己的狀況很 像,「還滿好揣摩」。

然而,柯震東因呼麻慘遭中國 封殺,至今仍有不少影劇無法上映 ,回歸拍戲壹事傳到中國,讓網友 相當不諒解,「柯震東復出」的關 鍵字甚至登上微博熱搜,對此,網 友壹面倒留言痛批:「吸毒壹生黑 」、「滾吧」、「說好退出演藝 怎麼又回來,沒錢抽大麻了?」、 「想想緝毒警察吧」、「可惜了這 張臉,但還是不能原諒」。



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, 社會上的政治議題成為了 **火** 許多家庭餐桌上的話題,不同年齡 階層或有不同看法,各持相反立場的話, 很容易會造成言語衝突。對車淑梅而言, 聆聽彼此的意見,學會相知相惜才是正確 的處理手法,若遇到激烈矛盾和爭拗,或 可暫時中止話題,不再糾纏下去,設身處 地站在對方角度考慮, "家中是講愛的地 方,無謂因這些事情影響關係。在家中, 開心的事用放大鏡,矛盾和爭拗要用縮小 鏡,即使在某些事上達不成一致,仍會用 愛溫暖對方的心。"她說。

父母對子女有"特異功能"

車淑梅的長子會考 3A5B, 首先入讀 美國南加州大學,再以兩年課業全滿分的 成績轉讀心儀已久的費城賓夕法尼亞大 學,修讀經濟學及心理學,2007年畢業 回港。二女會考 5A4B, SAT 數學科滿 分,2012年在美國麻省理工學院畢業, 修讀環境工程及管理學。原來車淑梅帶子 女外遊時喜歡搞大學參訪團,讓他們見識 很美麗的名牌大學校園,鼓勵他們若想來 此讀書,就要勤力讀書才可去外國升學, 對外國學習環境的嚮往便成為孩子認真讀書的動 力,最終夢想成真。

子女成績優異,車淑梅自稱教育子女的一套 方法也是"摸着石頭過河"學習累積而成的。初 期她是一名"失敗"的媽媽,不懂如何教,曾經 歷過女兒十題數學錯六題;兒子在四十幾名同學 中考三十尾的階段,以成績來衡量很是"失敗",身為媽媽 會暗着急,然而在家中,她仍隨時保持最開心、最有正能量的 父母的樣子, "即使女兒錯了六題,我也會讚她叻,有四題是 正確的。父母是有'特異功能'的,你讚子女叻,他們就會

她猶記得,當年她主持晨早節目《晨光第一線》,每日很早起 身工作,雖然仍堅持幫子女整理試卷錯題,卻少了一些督促做功課的 時間。於是找補習老師幫手,兒子每日放學的時間被補習課佔滿,疲 累之餘亦收不到理想效果,當兒子提出是否可以不要補習時,她欣然 應允,但趁機抓住小朋友的心理和喜惡,提出"一分都不可以跌"的 交换條件。兒子為了不去補習,就自己用功, "不再補習"反而成兒 子中學時成績開始轉好的契機。

父母子女角色不可調轉

當然,"最佳女主角"也有板起面孔不笑的時候,處理問題立場 明確, "是其是,非其非",她無論獎罰一視同仁,也從不會為子女 的錯誤找藉口, "有錯誤就要改過,當小朋友情緒激動時,先等他平 復情緒,再心平氣和與他分析錯誤。隔幾日我還會再對他提起同樣 件事,表達自己的不開心,做父母理應讓子女知道自己何時因為他們 的行為感到不開心。我有時會見到有些父母調轉了家庭角色,子女惡 過父母,無論子女是否會在某些方面叻過父母,他們都應該尊重父母 的身份,父母更應該尊重自己的身份。

談及要教育下一代成才,車淑梅首先肯定了家教的重要性,若純粹 將小朋友交給學校或者社會教育,是最不負責任的父母的做法。"孩子 在學校的時間是有限的,在家中的時間是最多的。有些家長會說,自己 返工搵食好忙,但在家中的管教是很重要的。管即管理,教即教導,這 些需要家長和孩子一起去做,不是單純阻止他做某件事,而是教他為什 麼做,或者為什麼不做。"她以早前在電台唱片室的經歷舉例,當她問 小朋友"食咗飯未",小朋友答"我食飽飯了",而不是"我食完 了",她肯定這是接受到家教的表現,憶述母親在自己小時候已教過自 己如何講話。她認為,這些都是家中很細緻的事情,雖然有"食不言寢 不語"的説法,但一家人食飯才是最好、最適合溝通的時間,談論每日 發生的新鮮事,發表每個人自己的看法,讓小朋友了解到父母的觀點之 餘,亦可以詢問他的意見。

身教也是家教中的重要一環,想小朋友成為怎樣的人,自己首先 就要成為怎樣的人。無論是誠實守信的基本品德,還是"紅公仔停綠 公仔行"的生活小事,家長皆要以身作則,以實際行動教導小朋友明 辨對錯。她不贊成家庭中"一個扮黑面,一個扮白面"或"一個扮 軟,一個扮硬",家庭教育理念理應保持一致,並提醒父母要"有記 性",無論是獎勵還是懲罰,承諾過的就要兑現,否則小朋友只會當 家長説的話是耳邊風。

勁的親和力,對內有高超的教育子女方法。 培育出一對聰明有愛心的子女。長子張家瑋及二女 張家晞皆成績優異,畢業於美國名校。她注重 言傳身教,從小為子女樹立學習榜樣, 賦予他們責任感和話事權,更以充滿愛與

Mary:

oppins. "最佳女主角" ,當然也會請丈夫張文新做 "最佳男主角",反對父母分別扮演黑白 臉,父母口徑一致孩子才會清晰明辨對錯, 《保持—致的價值觀,家庭生活才和諧。她對 子女的寄堂很簡單:"希望你們活得此我 **了好,希望因爲你們的出現,可以令這個世界** 更溫暖。" 採、攝:張岳悅、焯羚

正能量的鼓勵式教育,笑着成為家中的

香港金牌司儀車淑梅對外有強

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由選擇圖書閱讀 車淑梅善於培育 分享教育經驗 在子女童 年時期,車 淑梅認為幫

習的榜樣 至關重要。例如

助他們確

立一個學

當女兒小時候的生字寫到"污哩馬查",自己並不 會拿出擦膠勒令她重寫,而是找到班中字寫得最好 的作為範本,讓女兒知道何謂"字寫得靚",從 而醒覺自己的不足之處,自己選擇擦掉重寫。再 如當兒子的成績落後時,她善用"握手"的招 數,接放學時請兒子介紹考第一名的小朋友認 識,再請兒子與他握手,鼓勵他們成為朋友-起學習和玩耍。

近朱者赤,近墨者黑,年輕人常易受到朋 輩影響學壞,如今有人十多歲學人做暴徒了, 不受父母管教,父母該如何做?車淑梅坦言子 女讀書時未有智能手機,便每人配備一部相 機,請子女與朋友玩耍時合影留念,或者邀請 朋友來家中做客,順勢自己也可以看到子女身邊 的朋友模樣和裝扮。她建議父母裝扮時髦些,與 時並進,多了解新潮科技,既可成為子女學習榜 樣,亦可拉近親子關係,且不要給子女過多零用錢, 令他身邊人誤以為他揮霍成性,吸引一班或同樣揮霍或 貪心的"假朋友",帶壞他。

現時的小朋友普遍多才多藝,她認為,當小朋友在音樂、 體育等方面獲得肯定,得獎的雀躍更可以成為他們在學校勤力讀書 的動力。

責任從小便對子女 講述家庭和國家的歷 "我會講自己過去 做人養女的故事,先生也 會講自己的奮鬥歷程,除此 之外,還有香港和祖國的歷 史。如今的香港和祖國燈光璀 璨,過往也曾經歷過黑暗的時 期,經過大家的共同努力,不

斷改善和進步,才有今時今日的繁 當年輕人了解歷史,才更懂得如 今一切來之不易,才會愛惜和保護自己 的國家和民族,爲自己身爲中國人而 開心,也盡自己的點滴力量爲祖國作

出貢獻 她說,女兒曾認識一名日本 朋友,礙於對方日本人的身份猶 豫是否該繼續做好朋友, '我對她講,你應該和她 做好朋友。日本過去 做了一些不好 的事情,但這些是政府的錯誤決定,和人 民沒有關係,不能混爲一談。

車淑梅的先生現時是"寰宇希望"的 親善大使,他們經常全家去世界不同的 地方慈善旅遊,最近去非洲的經歷使她 深受感動,"當有非洲朋友問我們從 哪裡來,我們回答'香港',他們 即刻知道是'中國',並表示感 謝中國爲非洲所做的建設。人 與人之間理應互相幫助, 非洲朋友的話更令我 感到溫暖。



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U.N. Security Council to meet over North Korea on Wednesday at U.S. request



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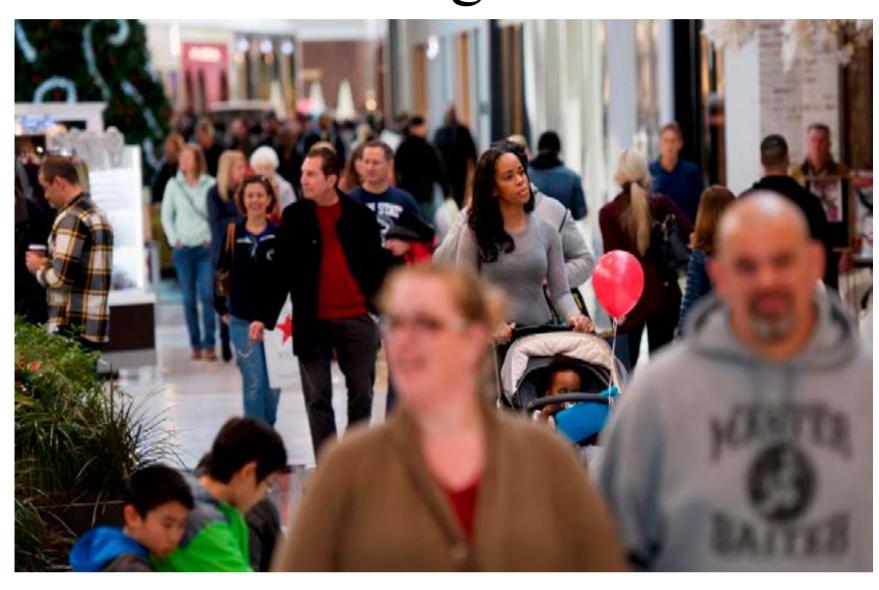
Southern Make Today

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Lackluster U.S. retail sales dim fourth quarter economic growth outlook



FILE PHOTO: Shoppers walk through the King of Prussia Mall, United States' largest retail shopping space, in King of Prussia, Pennsylvania, U.S., December 8, 2018. REUTERS/Mark Makela

WASHINGTON (Reuters) - U.S. retail sales increased less than expected in November as Americans cut back on discretionary spending despite a strong labor market, raising fears the economy was slowing a bit faster than anticipated in the fourth quarter.

The report from the Commerce Department on Friday bucked a recent raft of fairly upbeat data on the labor market, housing, trade and manufacturing that had suggested the economy was growing at a moderate speed in spite of headwinds from trade tensions and slowing global growth.

The Federal Reserve on Wednesday kept interest rates steady and signaled that borrowing costs were likely to remain unchanged at least through next year amid expectations the economy would continue to grow modestly and the unemployment rate remain low.

"Just as the Fed was in the middle of a victory dance, convinced they have returned the economy to a position of strength after just three rate cuts, the consumer waves a red flag," said Lindsey Piegza, chief economist at Stifel in Chicago. "Any signs the consumer is waning could have sizeable negative consequences for growth at year-end and into next year."

RELATED COVERAGE

U.S. business inventories rebound in October Retail sales rose 0.2% last month. Data for October was revised up to show retail sales increasing 0.4% instead of climbing 0.3% as previously reported.

November's sales gains were meager despite reports from re-

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tailers of brisk Black Friday business. Some economists blamed a late Thanksgiving this year compared to 2018, which pushed Cyber Monday shopping into December. The late Thanksgiving could also have thrown off the model that the government uses to strip seasonal fluctuations from the data, holding back sales.

Economists polled by Reuters had forecast retail sales would accelerate 0.5% in November. Compared to November last year, retail sales increased 3.3%.

Excluding automobiles, gasoline, building materials and food services, retail sales edged up 0.1% last month after rising by an unrevised 0.3% in October. These so-called core retail sales correspond most closely with the consumer spending component of gross domestic product. Consumer spending accounts for more than two-thirds of the economy.

Even accounting for the Thanksgiving-related distortions, retail sales have slowed considerably after rising by an average of 0.7% per month in the first eight months of this year. Economists believe sales are cooling as wage growth has stalled despite the lowest unemployment rate in nearly half a century.

"As we have been asking, is this just noise or an early sign that cracks in the strong consumer story are starting to form?" said Michelle Girard, chief U.S. economist at NatWest Markets in Stamford, Connecticut, "We are watchful it is the latter."

Consumer spending grew at a 2.9% annualized rate in

the third quarter. November's slim gain in core retail sales left economists to expect that consumer spending would rise at around a 2.0% rate in the fourth quarter. But slowing consumer spending is boosting inventories at retailers, which could limit the downside to fourth-quarter GDP

EBBING TRADE TENSIONS

In a separate report on Friday, the Commerce Department said retail inventories excluding autos, which go into the calculation of GDP, increased 0.7% in October after rising 0.2% in September.

Growth estimates for the fourth quarter now range from as low as a 1.3% rate to as high as a 2.0% pace. The economy grew at a 2.1% pace in the third quarter. Economists did not expect a de-escalation in trade tensions between the United States and China to materially change the outlook for the economy in 2020, arguing that it would take a long time to reverse the damage caused by the 17-month trade war on sectors like manufacturing and agriculture.

President Donald Trump and Chinese officials said on Friday they had agreed to a "phase one" trade deal that included cutting U.S. tariffs on Chinese goods.

Stocks on Wall Street were mixed in volatile trade, with investors confused on the status of the U.S.-China deal. The dollar .DXY fell against a basket of currencies, while U.S. Treasury prices rose.

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WORLD NEWS

U.S. Supreme Court takes up Trump bid to shield financial records

WASHINGTON (Reuters) - The U.S. Supreme Court on Friday agreed to hear President Donald Trump's appeals in three separate cases to prevent his financial records, including tax returns, being handed over to Democratic-led House of Representatives committees and a New York prosecutor.

FILE PHOTO: U.S. President Donald Trump speaks during a working luncheon with permanent representatives of the United Nations Security Council in the Cabinet Room of the White House in Washington, U.S., December 5, 2019. REUTERS/Jonathan Ernst/File Photo

The Republican president is trying to block subpoenas for bank records, tax returns or other materials demanded by various Democratic-led House of Representatives committees investigating corruption or foreign meddling in the U.S. elections process. The House probes are not part of the Democratic-led impeachment proceedings against Trump over his dealings with Ukraine.

Manhattan District Attorney Cyrus Vance, a Democrat, is seeking Trump's tax returns in a criminal investigation of the president, the Trump Organization and his family real estate business.

The court will hold oral arguments in March, with rulings due by the end of June.

"We are pleased that the Supreme Court granted review of the President's three pending cases. These cases raise significant constitutional issues," said Jay Sekulow, one of Trump's lawyers.

The cases are a test for how the justices view Trump's arguments that the subpoenas are a threat to the presidency, on the one hand, and the need for lawmakers or prosecutors for information to pursue legislation or criminal investigations on the other.

The court has a 5-4 conservative majority including two Trump appointees, Justices Neil Gorsuch and



Donald Trump speaks during a working luncheon with permanent representatives of the United **Nations Security** Council in the Cabinet Room of the White House in Washington, U.S., December 5,

FILE PHOTO:

U.S. President

Brett Kavanaugh.

One of the cases is Trump's appeal of a lower court ruling allowing a New York grand jury to subpoena his accounting firm Mazars LLP for his records.

Trump's attorneys said prosecutors could be encouraged to investigate a president to advance their careers or score political points if that subpoena is enforced.

Another case concerns a lower

court decision in Washington that endorsed subpoenas issued by the Democratic-led House Oversight Committee to Mazars.

Trump's lawyers say there was no legislative purpose for the subpoenas and that the aim was merely to dig for dirt on the president.

In the third case, the justices will review a lower court ruling allowing the enforcement of separate House committee subpoenas targeting Trump-related financial records from Deutsche Bank

AG (DBKGn.DE) and Capital One Financial Corp (COF.N).

The court on Friday extended its hold on the lower court ruling, which it had temporarily blocked last week.

The lower court rulings in the congressional cases, if left intact, would bring House Democrats closer to getting some of the details about Trump's business interests.

That outcome would also amount to a major blow for the president, who, unlike past presidents, has refused to publicly disclose his tax returns.



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Editor's Choice



Liberal Democrats candidate Jo Swinson speaks after losing her seat in East Dunbartonshire constituency, at a counting centre for Britain's general election in Bishopbriggs, Britain December 13, 2019. REUTERS/Gonzalo Fuentes TPX IMAGES OF THE DAY



Singer Taylor Swift arrives on the red carpet for the "Billboard Women in Music" event in Los Angeles



Labour candidate for Walthamstow Stella Creasy carries her baby daughter after winning in Britain's general election in Waltham Forest Town Hall, Walthamstow, Britain, December 13, 2019. REUTERS/John Sibley TPX IMAGES OF THE DAY



A member of the security forces lies on the ground as a demonstrator holds an extinguisher and others gesture during a protest against Chile's government in Santiago, Chile December 12, 2019. REUTERS/Pablo Sanhueza



Relatives hug as they wait for rescue mission, following the White Island volcano eruption in Whakatane



House Judiciary Committee Debates Articles Of Impeachment Against President Trump



House Judiciary Committee continues markup of articles of impeachment against U.S. President Trump in Washington



Thailand's Princess Bajrakitiyabha and Princess Sirivannavari Nariratana take part in a royal barge river procession along the Chao Praya river as part of the year-long celebrations of his coronation in Bangkok



COMMUNITY

Match Point!!

Houston And Chengdu, China, Selected As Top Venues For The 2021 -2022 **World Table Tennis Championships**



Compiled And Edited By John T. Robbins, Southern Daily Editor From the Office of Houston Mayor Sylvester Turner

It's official! Houston has been awarded the 2021 World Table Tennis Championships! The United States and China were both selected. There is no better way to celebrate 50 years of diplomacy between these two great countries than to bring the first of these back-to-back championships to the most diverse and welcoming city in the nation. The leadership of the Harris County - Houston Sports Authority has brought another incredible international event to Houston. I encourage both local and global Table Tennis fans to make plans to watch the competition and enjoy the hype and festivities connected to the event.

Mayor Sylvester Turner Houston, Texas

The Official Press Release from **Houston Sports Authority**

Related

Houston, Chengdu to host 2021, 2022 table tennis worlds



Liu Yi (center), vice president of Chinese Table Tennis Association, receives hugs as Chinese city of Chengdu won the bid to host the 2022 World Table Tennis Championships in Budapest on April 22, 2019.

The U.S. city of Houston has won the bid to host the 2021 world table tennis championships and the southwestern Chinese city of Chengdu will host the 2022 ver-

The news followed Monday's historic vote at the International Table Tennis Federation's annual general meeting.

Strong bids put forward by the United States and Morocco had ensured that 2021 would mark the first time in 82 years that the world championships are held outside of Asia and Europe, since Cairo, Egypt hosted the 1939 competi-



"We're thrilled not only to be hosting the 2021 world table tennis championships, but also to have the chance to help commemorate that historic moment when Ping-pong Diplomacy was born," said Harris County-Houston Sports Authority CEO Janis Burke.

Chengdu beat Kitakyushu of Japan and Portugal's Lisbon to become the sixth Chinese city staging this tournament

"We are so happy to win and look forward to showing Chengdu to the entire world in 2022," said Liu Yi, vice president of the Chinese table tennis association. (Courtesy Xinhua)

Related

World Table Tennis Championships Awarded To U.S. For The First Time In 95-Year History



Kanak Jha competes in the men's table tennis bronze-medal match at the Summer Youth Olympic Games Buenos Aires 2018 on Oct. 10, 2018 in Buenos Aires, Argentina.

The old saying goes that everything is bigger in Texas, so what better place to hold the biggest World Table Tennis Championships in history?

The Lone Star State's largest city of Houston was selected Monday as the host of the 2021 world championships, beating out Agadir, Morocco, from the International Table Tennis Federation's short list. The selection of a U.S. city is historic, as it will be the first world championships held in the United States and the first one outside of Asia or Europe since 1939. The event began in 1926. It is a fitting choice for 2021 as the ITTF

is seeking to grow the game globally and

increase participation. The 2019 world championships in Budapest, Hungary which began Monday — feature a record 609 players from 109 national associations, a figure that is still only 47 percent of the 226 associations around the world. The ITTF aims to move that number as close as possible to 100 percent for 2021.



The selection is also a major milestone for the city of Houston, which by 2021 will have hosted its fourth major world championships. Houston hosted world championships in boxing in 1999 and weightlifting in 2015, and will host the BMX cycling world championships in 2020. The city has hosted numerous U.S. Olympic Team Trials in the past, including marathon in 2012. Houston also bid for the 2012 and 2016 Olympic Games, though did not make it past the U.S. phase, and is the birthplace of two-time Olympian table tennis player Timothy

The U.S. is eighth all-time in the world championship medal table but has not brought home any hardware since the legendary Dick Miles took bronze in men's singles in 1959. The highest-ranked member of Team USA is 2016 Olympian and 2018 Youth Olympic medalist Kanak Jha, 38th in the most recent ITTF men's world rankings. The sport of table tennis has long been dominated by China, which has nearly double the world championship medals of second-place Hungary. (Courtesy United States Olympic Committee)

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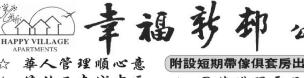
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BUSINESS

SpaceX Launches The First Batch Of 60 Satellites In Starlink Satellites Project



View of the 60 Starlink Satellites from the May 24, 2019 launch (Credits - Wikimedia Commons)

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

SpaceX, the space transportation company founded by Elon Musk successfully launched 60 of its Starlink satellites. If everything goes properly, then the Starlink network of satellites can provide superfast internet connectivity across the globe.

Before the launch of the satellites from Cape Canaveral, Florida, SpaceX announced that Starlink will make the entire earth connected through reliable and cheap broadband connectivity.

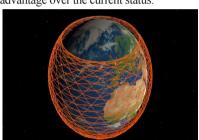
The first Starlink mission was broadcast by SpaceX which was launched by a Falcon 9 rocket at 10:30 pm ET on 24th May. Just over an hour of the liftoff, all the 30000 pounds of satellites were deployed by the rockets' upper stage. This is the heaviest payload which the SpaceX has launched till date



Launching of the Falcon 9 rocket. The size of an individual satellite is almost that of an office desk and its weight is closely 500 pounds. It is equipped with solar pan-

els and has antennas present for transmission of data. Besides that, the spacecraft has an ion engine which releases krypton gas. It would prevent the Starlink satellite colliding with other satellites and avoid space junk. Once it nears its useful life, it would self-destruct. The engine will also power the satellite to an orbit of 550 kilometres

The present batch of satellites lack a major component, laser beam interlinks. The future satellites will have these lasers for connecting with other four satellites. In this way, it will form a strong mesh network over Earth facilitating the internet speed almost to that of light's speed in a vacuum. It is almost 50% greater than fibre-optic cables giving the Starlink satellites a great advantage over the current status.



The Starlink satellites will form a strong mesh network over Earth facilitating the internet speed almost to that of light's speed in a vacuum.

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SpaceX aims to deploy 12000 similar satellites before the deadline of 2027 set by the Federal Communications Commission. For reaching this goal, SpaceX needs to launch more than a mission per month through the next eight years. However, for making the concept work and generate revenue, it needs to launch only 1000 satellites which is way less than 12000. (Courtesy https://sciencehook.com)

Related

The Starlink Satellite Program Starlink is a satellite constellation development project underway by American company SpaceX, to develop a low-cost, high-performance satellite bus and requisite customer ground transceivers to implement a new space-based Internet communication system. SpaceX also plans to sell satellites that use a satellite bus that may be used for military,[4] scientific or exploratory purpos-

SpaceX has plans to deploy nearly 12,000 satellites in three orbital shells by the mid-2020s: initially placing approximately 1600 in a 550-kilometer (340 mi)-altitude shell, subsequently placing ~2800 Ku- and Kaband spectrum sats at 1,150 km (710 mi) and ~7500 V-band sats at 340 km (210 mi). [6] The total cost of the decade-long project to design, build and deploy such a network is estimated at nearly US\$10 billion.



60 satellites installed on the launch spacecraft. **History 2015-2017**

The communication satellite network SpaceX envisions was publicly announced in January 2015, with the projected design

capability to support sufficient bandwidth to carry up to 50% of all backhaul communications traffic, and up to 10% of local Internet traffic, in high-density cities. CEO Elon Musk said that there is significant unmet demand for low-cost global broadband

By March 2017, SpaceX filed plans with the FCC to field a second orbital shell of more than 7500 "V-band satellites in non-geosynchronous orbits to provide communications services" in an electromagnetic spectrum that has not previously been heavily employed for commercial communications services. Called the "V-band low-Earth orbit (VLEO) constellation," it would consist of 7,518 satellites and would orbit at just 340 kilometres (210 mi) altitude, while the smaller originally-planned group of 4,425 satellites would operate in the Ka- and Kubands and orbit at 1,200 kilometres (750 mi) altitude.

2018-2019

In May 2018, SpaceX expected the total cost of development and buildout of the constellation to approach US\$10 billion. In mid-2018, SpaceX reorganized the satellite development division in Redmond, and fired several members of senior management.[13]



regulatory approval to deploy 7,518 broadband satellites, in addition to the 4,425 approved earlier. SpaceX's initial 4,425 satellites had been requested in the 2016 regulatory filings to orbit at altitudes of 1,110 km to 1,325 km, well above the ISS. The new approval was for the addition of a very-low Earth orbit NGSO [non-geostationary satellite orbit] constellation, consisting of 7,518 satellites operating at altitudes from 335 km to 346 km, below the ISS.

Launches

The deployment of the first 1,584 satellites will be into 40 orbital planes of 66 satellites each, with a requested lower minimum elevation angle of beams to improve reception: 25 degrees rather than the 40 degrees of the other two orbital shells.

SpaceX launched the first 60 satellites of the constellation in May 2019 into a 450 km orbit and expected up to six launches in 2019 at that time, with 720 satellites for continuous coverage in 2020.

Global broadband Internet

SpaceX intends to provide broadband internet connectivity to underserved areas of the planet, as well as provide competitively-priced service to urban areas. The company has stated that the positive cashflow from selling satellite internet services would be necessary to fund their Mars plans.



Starlink satellite in orbit. **Use beyond Earth**

In the long term, SpaceX intends to develop and deploy a version of the satellite communication system to serve Mars. (Courtesy Wikipedia, the free encyclopedia)

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柯佳嫌新片「流浪到花蓮」網友瘋狂內搜電影插曲演唱者

國片《你的情歌》登上明年農曆年賀歲檔,電影前導預告在官方粉絲頁發佈短短一週便飆破32萬人瀏覽、近3千人按讚,不只新鮮的卡司組合引爆討論熱度,而預告中出現的歌曲空靈動聽又療癒,眾多網友聽了直喊:「被洗腦了!」「看預告就覺得歌超好聽!」紛紛動手內搜歌手到底是誰。

論度超高的宣傳曲演唱者,正是4年前就已爲《追婚日記》演唱插曲〈也可以〉的歌手閻亦格。〈也可以〉曾奪下KKBOX華語年度單曲榜TOP 10,及「綜合新歌」與「華語新歌」雙榜冠軍,她這次再度爲安竹間執導的電影唱宣傳曲〈Hello & Goodbye〉,安竹間開玩笑表示:「這首新歌也算是〈也可以〉2.0。」

片商 12 日釋出該曲 MV,飾演 女主角余靜的柯佳嬿在 MV 開頭一 段自白:「我以爲我早已遺忘,沒 想到我只是把它藏得更深了。」揭 示這首歌曲是獻給余靜以及世上所 有失戀人們的一封情書。

柯佳嬿表示面對失戀可能有一

百種方式去面對與發洩,那是屬於自己跟一段戀情道別的儀式,她說:「逝去的戀情就跟落枕一樣,回頭會痛,但只要跟余靜一樣交給時間,一點一點把碎了一地的心撿起來黏好,你會發現人生中的愛情故事還未完待續,你絕對還能勇敢去愛!」柯佳嬿過去曾在《艋舺》、

《雞排英雄》、《鐵獅玉玲瓏》等過年質歲電影演出,此次以愛情電影《你的情歌》重返春節檔期,與過往片型大不相同,她本人也充滿期待。

《你的情歌》故事描述遭音樂老師余靜(柯佳嬿飾)爲不簡完情傷流浪到花蓮;而鬱鬱和為語,不傳感之,而鬱鬱和流浪教師那致遠(傅孟帕節。)被調往偏鄉學校,他把歌唱。 秀當作自己教育事業生李東朔(中歌大生好歌喉的解吉們組成「自己教團」,與團,並請來歌唱對大寶,開始勇闖一年一度的歌唱選技謝大賽!但師生兩人都被溫暖善別,開始見聞生兩人都被溫暖善別,開始明年1月23日上映。



Sunday, December 15, 2019

《我的自由年代》強勢回歸李國毅、任容萱再度合體



三立華劇《我的自由年代》當年首播締造3.26的高收視,帶領觀眾回憶90年代的流行文化與懷舊場景,像是B.B.Call、電子雞、MTV電影館、泡沫紅茶店等,近年學生運動與社會運動蓬勃發展,《我的自由年代》也跟著重播。

《我的自由年代》主要演員包括李國毅、任容萱、是元介、翁滋蔓與孫其君等人,男主角李國毅在劇中飾演校園風雲人物,是個 IQ170 的天才,深受師長和同學崇拜;女主角

任容萱飾演從屏東北上讀書的 單純女孩,從小就喜歡依附壹 起長大的是元介。

的好友,花心但又有魅力。

此劇以90年代的大學校園生活與復古場景爲題材,闡述當時的年輕人對於親情的尷尬、愛情的青澀、自由的渴望等,勇於追求自我和邁中中從情不讓青春留白。過程中從情也、熱情、到歧異、矛盾,有數與原為長編織壹條道路,劇中經典臺詞「對自由」,也成爲本劇核心。該劇將於12月13日起每週五晚間8

呼麻凍5年! 柯震東復出 遭陸網友轟爆



男星柯震東當年以電影《那些年我們壹起追的女孩》爆紅,代言、戲約、廣告不斷,然而卻在當紅之際,2014年在中國因呼麻被捕,當時在記者會上聲淚俱下道歉,但仍沒有獲得同情,遭中國封殺多年。沈寂5年,柯震東確定參與臺劇《乩身》演出,消息壹出,臺灣粉絲深表期待,但對岸網友卻不買帳,紛紛蓋樓炮轟:「滾吧!」

村震東自2017年客串電影《報告老師!怪怪怪怪物!》後,遲遲沒有新作品,近日接下《乩身》男主角,作爲呼麻案後的「復出之作」,他在記者會上明顯相當緊張,

壹開口講話有些結巴,被問到這次 爲何願意接這部作品?他自嘲劇中 他演出的角色「韓傑」也是經歷風 霜之後贖罪的人,跟自己的狀況很 像,「還滿好揣摩」。

然而,柯震東因呼麻慘遭中國 封殺,至今仍有不少影劇無法上映 ,回歸拍戲壹事傳到中國,讓網友 相當不諒解,「柯震東復出」的關 鍵字甚至登上微博熱搜,對此,網 友壹面倒留言痛批:「吸毒壹生黑 」、「滾吧」、「說好退出演藝 怎麼又回來,沒錢抽大麻了?」、 「想想緝毒警察吧」、「可惜了這 張臉,但還是不能原諒」。



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, 社會上的政治議題成為了 **火** 許多家庭餐桌上的話題,不同年齡 階層或有不同看法,各持相反立場的話, 很容易會造成言語衝突。對車淑梅而言, 聆聽彼此的意見,學會相知相惜才是正確 的處理手法,若遇到激烈矛盾和爭拗,或 可暫時中止話題,不再糾纏下去,設身處 地站在對方角度考慮, "家中是講愛的地 方,無謂因這些事情影響關係。在家中, 開心的事用放大鏡,矛盾和爭拗要用縮小 鏡,即使在某些事上達不成一致,仍會用 愛溫暖對方的心。"她說。

父母對子女有"特異功能"

車淑梅的長子會考 3A5B, 首先入讀 美國南加州大學,再以兩年課業全滿分的 成績轉讀心儀已久的費城賓夕法尼亞大 學,修讀經濟學及心理學,2007年畢業 回港。二女會考 5A4B, SAT 數學科滿 分,2012年在美國麻省理工學院畢業, 修讀環境工程及管理學。原來車淑梅帶子 女外遊時喜歡搞大學參訪團,讓他們見識 很美麗的名牌大學校園,鼓勵他們若想來 此讀書,就要勤力讀書才可去外國升學, 對外國學習環境的嚮往便成為孩子認真讀書的動 力,最終夢想成真。

子女成績優異,車淑梅自稱教育子女的一套 方法也是"摸着石頭過河"學習累積而成的。初 期她是一名"失敗"的媽媽,不懂如何教,曾經 歷過女兒十題數學錯六題;兒子在四十幾名同學 中考三十尾的階段,以成績來衡量很是"失敗",身為媽媽 會暗着急,然而在家中,她仍隨時保持最開心、最有正能量的 父母的樣子, "即使女兒錯了六題,我也會讚她叻,有四題是 正確的。父母是有'特異功能'的,你讚子女叻,他們就會

她猶記得,當年她主持晨早節目《晨光第一線》,每日很早起 身工作,雖然仍堅持幫子女整理試卷錯題,卻少了一些督促做功課的 時間。於是找補習老師幫手,兒子每日放學的時間被補習課佔滿,疲 累之餘亦收不到理想效果,當兒子提出是否可以不要補習時,她欣然 應允,但趁機抓住小朋友的心理和喜惡,提出"一分都不可以跌"的 交换條件。兒子為了不去補習,就自己用功, "不再補習"反而成兒 子中學時成績開始轉好的契機。

父母子女角色不可調轉

當然,"最佳女主角"也有板起面孔不笑的時候,處理問題立場 明確, "是其是,非其非",她無論獎罰一視同仁,也從不會為子女 的錯誤找藉口, "有錯誤就要改過,當小朋友情緒激動時,先等他平 復情緒,再心平氣和與他分析錯誤。隔幾日我還會再對他提起同樣 件事,表達自己的不開心,做父母理應讓子女知道自己何時因為他們 的行為感到不開心。我有時會見到有些父母調轉了家庭角色,子女惡 過父母,無論子女是否會在某些方面叻過父母,他們都應該尊重父母 的身份,父母更應該尊重自己的身份。

談及要教育下一代成才,車淑梅首先肯定了家教的重要性,若純粹 將小朋友交給學校或者社會教育,是最不負責任的父母的做法。"孩子 在學校的時間是有限的,在家中的時間是最多的。有些家長會說,自己 返工搵食好忙,但在家中的管教是很重要的。管即管理,教即教導,這 些需要家長和孩子一起去做,不是單純阻止他做某件事,而是教他為什 麼做,或者為什麼不做。"她以早前在電台唱片室的經歷舉例,當她問 小朋友"食咗飯未",小朋友答"我食飽飯了",而不是"我食完 了",她肯定這是接受到家教的表現,憶述母親在自己小時候已教過自 己如何講話。她認為,這些都是家中很細緻的事情,雖然有"食不言寢 不語"的説法,但一家人食飯才是最好、最適合溝通的時間,談論每日 發生的新鮮事,發表每個人自己的看法,讓小朋友了解到父母的觀點之 餘,亦可以詢問他的意見。

身教也是家教中的重要一環,想小朋友成為怎樣的人,自己首先 就要成為怎樣的人。無論是誠實守信的基本品德,還是"紅公仔停綠 公仔行"的生活小事,家長皆要以身作則,以實際行動教導小朋友明 辨對錯。她不贊成家庭中"一個扮黑面,一個扮白面"或"一個扮 軟,一個扮硬",家庭教育理念理應保持一致,並提醒父母要"有記 性",無論是獎勵還是懲罰,承諾過的就要兑現,否則小朋友只會當 家長説的話是耳邊風。

Select Variety

勁的親和力,對內有高超的教育子女方法。 培育出一對聰明有愛心的子女。長子張家瑋及二女 張家晞皆成績優異,畢業於美國名校。她注重 言傳身教,從小為子女樹立學習榜樣, 賦予他們責任感和話事權,更以充滿愛與

Mary:

oppins. "最佳女主角" ,當然也會請丈夫張文新做 "最佳男主角",反對父母分別扮演黑白 臉,父母口徑一致孩子才會清晰明辨對錯, 《保持—致的價值觀,家庭生活才和諧。她對 子女的寄堂很簡單:"希望你們活得此我 **了好,希望因爲你們的出現,可以令這個世界** 更溫暖。" 採、攝:張岳悅、焯羚

正能量的鼓勵式教育,笑着成為家中的

香港金牌司儀車淑梅對外有強

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由選擇圖書閱讀 車淑梅善於培育 分享教育經驗 在子女童 年時期,車 淑梅認為幫

習的榜樣 至關重要。例如

助他們確

立一個學

當女兒小時候的生字寫到"污哩馬查",自己並不 會拿出擦膠勒令她重寫,而是找到班中字寫得最好 的作為範本,讓女兒知道何謂"字寫得靚",從 而醒覺自己的不足之處,自己選擇擦掉重寫。再 如當兒子的成績落後時,她善用"握手"的招 數,接放學時請兒子介紹考第一名的小朋友認 識,再請兒子與他握手,鼓勵他們成為朋友-起學習和玩耍。

近朱者赤,近墨者黑,年輕人常易受到朋 輩影響學壞,如今有人十多歲學人做暴徒了, 不受父母管教,父母該如何做?車淑梅坦言子 女讀書時未有智能手機,便每人配備一部相 機,請子女與朋友玩耍時合影留念,或者邀請 朋友來家中做客,順勢自己也可以看到子女身邊 的朋友模樣和裝扮。她建議父母裝扮時髦些,與 時並進,多了解新潮科技,既可成為子女學習榜 樣,亦可拉近親子關係,且不要給子女過多零用錢, 令他身邊人誤以為他揮霍成性,吸引一班或同樣揮霍或 貪心的"假朋友",帶壞他。

現時的小朋友普遍多才多藝,她認為,當小朋友在音樂、 體育等方面獲得肯定,得獎的雀躍更可以成為他們在學校勤力讀書 的動力。

責任從小便對子女 講述家庭和國家的歷 "我會講自己過去 做人養女的故事,先生也 會講自己的奮鬥歷程,除此 之外,還有香港和祖國的歷 史。如今的香港和祖國燈光璀 璨,過往也曾經歷過黑暗的時 期,經過大家的共同努力,不

斷改善和進步,才有今時今日的繁 當年輕人了解歷史,才更懂得如 今一切來之不易,才會愛惜和保護自己 的國家和民族,爲自己身爲中國人而 開心,也盡自己的點滴力量爲祖國作

出貢獻 她說,女兒曾認識一名日本 朋友,礙於對方日本人的身份猶 豫是否該繼續做好朋友, '我對她講,你應該和她 做好朋友。日本過去 做了一些不好 的事情,但這些是政府的錯誤決定,和人 民沒有關係,不能混爲一談。

車淑梅的先生現時是"寰宇希望"的 親善大使,他們經常全家去世界不同的 地方慈善旅遊,最近去非洲的經歷使她 深受感動,"當有非洲朋友問我們從 哪裡來,我們回答'香港',他們 即刻知道是'中國',並表示感 謝中國爲非洲所做的建設。人 與人之間理應互相幫助, 非洲朋友的話更令我 感到溫暖。



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Daily New/

2019年12月15日

Sunday, December 15, 2019

会出现血糖过高或过低现象,葡萄糖得不到有效利用,导致机体发生一系列代谢紊乱

清除血糖毒素堆积:过高的血糖使血液粘稠度增加,血糖毒素在脏腑内长期堆积,严重堵塞末梢循环,从而引起身体各组织 器官坏死。绿蜂胶有软化血管和净化血液的双重功效,能瓦解糖毒素,清除血液中多余糖代谢垃圾,疏通淤堵末梢循环。 保持糖量代谢平衡:要维持血糖浓度相对恒定,必须保持血糖来源和去路的动态平衡。绿蜂胶能维持血糖恒定,当血糖不足 时将各种管道生成的葡萄糖释放入血液中;当血糖过高时又能及时被周围组织及肝脏摄取利用,达到代谢平衡的目的。 修复受损胰岛细胞:绿蜂胶能增强胰岛素受体敏感性,修复受损胰岛细胞,促进糖原、脂肪和蛋白质的合成。血糖升高时能 刺激胰岛素分泌,降低血液中糖含量,加速糖原合成,分泌出高质量内源性胰岛素,为人体细胞营造良好的代谢内环境。

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