



男花世盃首奪金 港劍隊創歷史

Fencing won the first gold medal in the World Cup, Hong Kong made history

原文

摘錄自5月5日香港《文匯報》：日前在個人賽十六強止步的張家朗，昨日偕隊友轉戰團體賽。港隊在早上已獲近百觀眾入場助威。團體世界排名第六位的港隊，今站以全新組合出戰，名列5號種子的他們在首輪輪空後，於十六強面對世界排名低5位的匈牙利隊未受威脅，以45：18輕鬆晉級。港隊在八強迎來真正硬仗，對戰東京奧運團體金牌功臣Enzo Lefort坐鎮的法國隊。

港隊由張家朗打頭陣領先5：2後，19歲小將梁千雨面對世界排名第三的Enzo Lefort果敢進攻，把比數拉開至10：6，獲觀眾報以熱烈掌聲。港隊在中段雖被對手反擊一度落後6分，但梁千雨在蔡俊彥力追至27：30時上陣，這名小將打出個人代表作，大膽搶攻並單局獨取8分，助港隊反超35：34，令全場歡呼聲如雷。

最終，港隊在蔡俊彥及「守尾門」的張家朗末段頂住壓力，以45：39淘汰對手殺入四強，

獲勝後眾劍手與法籍教練Greg Koneig擊掌、擁抱慶祝。

氣勢如虹的港隊在四強面對排名低2位的韓國，蔡俊彥打頭陣雖落後1：5，張家朗隨即在下局打出9：2為港隊反超，其後狀態大勇的梁千雨繼續超水準發揮，加上蔡俊彥積極搶攻，港隊在全場領先下以45：31擊敗對手，勇闖決賽與意大利爭奪歷史首金。

這是港隊繼2019年世界盃聖彼得堡站後，时隔5年再次躋身世界盃團體賽決賽。他們在全場爆滿的觀眾歡呼聲下登場。世界排名第二的意大利隊實力強橫，坐擁三名世界前十劍手，包括今站個人賽季軍Tommaso Marini。港隊曾在去年世界錦標賽團體賽八強以45：40反勝意軍，最後在該賽事勇奪香港劍擊史上首面世錦賽銅牌。

昨日冠軍戰，港隊在蔡俊彥、張家朗和梁千雨輪流上陣後，初段落後11：15，其後一度被

拉開8分差距。張家朗在17：25時上場，單局取得11分力追至僅有兩分差距，梁千雨與蔡俊彥在末段合取12分，加上張家朗在終局穩定發揮，終以45：41獲勝，再創香港劍史。

張家朗以東京奧運金牌得主之姿主場出擊，不負眾望率領隊友奪下史上首金，再寫香港劍擊新篇章。他坦言主場奪冠倍有意義，「第一次在香港舉辦世界盃也可以奪金，也是第一次，其實是很開心的事。首先要多謝隊友，我們一起努力，在這麼多市民支持下，取得這面金牌。」

今次更以新組合亮相，他說：「證明了新的火花是有用的，也希望我們接下來可以繼續努力。接下來還有亞洲錦標賽，希望我們可以再次創造歷史。」

文化體育及旅遊局局長楊潤雄祝賀港隊歷史性勇奪金牌。他表示：「張家朗、蔡俊彥、梁千雨和李逸朗在比賽中表現出色，他們奪得獎



◆左起：中國香港選手張家朗、蔡俊彥、李逸朗和梁千雨在頒獎儀式上。
資料圖片
牌實至名歸，展現了香港運動員的堅毅鬥志和團結精神，我們同感欣喜和光榮。香港劍擊運動員在國際賽事中屢創佳績，值得我們引以為傲。」

譯文

Cheung Ka-long, who stopped at the round of 16 in the individual competition, and his teammates switched to the team competition yesterday. The Hong Kong team received nearly 100 spectators in the morning. Team Hong Kong, ranked No. 6 in the world, played with a new combination in this tournament. The No. 5 seed was not threatened by Hungary, ranked five places lower in the world, in the Round of 16, and easily advanced to the Round of 16 with a score of 45:18 after a blank in the first round. The Hong Kong team had a really tough match in the Round of 8 against the French team of Enzo Lefort, who won the team gold medal at the Tokyo Olympics.

After Cheung Ka-long took a 5:2 lead, 19-year-old Leung Chien-yu faced a bold attack from world No. 3 Enzo Lefort and brought the score to 10:6, which was applauded by the crowd. In the middle of the match, the Hong Kong team fell behind by 6 points due to the opponent's counter-attack. However, Leung came into the match when Choi Chun-yin was chasing him down to 27:30, and the youngster played a personal masterpiece, boldly attacking and scor-

ing 8 points in a single set to help the Hong Kong team overtake the lead to 35:34, which made the whole crowd cheering like thunder. In the end, Choi Chun-yin and Cheung Ka-long, the "tail gate keeper" of the Hong Kong team, withstood the pressure at the end of the game and eliminated their opponents from the quarter-finals with a score of 45:39. After the victory, all the fencers celebrated the victory with French coach Greg Koneig by giving them high fives and hugs.

The Hong Kong team faced Korea, ranked two places lower, in the quarterfinals. Although Choi Chun-yin was 1:5 behind in the first game, Cheung Ka-long immediately hit 9:2 in the second game to give Hong Kong a comeback, and then Leung Chien-yu continued to play superbly, coupled with Choi Chun-yin's aggressive attacking, the Hong Kong team took the lead in the whole game to beat their opponents 45:31 and bravely went through to the finals to fight with Italy for the first-ever gold medal.

This is the first time in five years that the Hong Kong team has reached the World Cup Team Final after the 2019 World Cup in St. Petersburg. They took to the stage to the cheers of

a sold-out crowd. Italy, ranked No.2 in the world, has three top ten fencers in the world, including Tommaso Marini, the third runner-up in this year's individual event, while Hong Kong won the first ever bronze medal in Hong Kong's fencing history in last year's World Championships Team Championships with a 45:40 comeback victory over the Italians in the Round of 8 of the World Championships.

In yesterday's championship match, after Choi Chun-yin, Cheung Ka-long and Leung Chien-yu took turns in the match, Hong Kong's team won the first leg 11:15, and then the gap was widened to 8 points. Cheung Ka-long came on the court at 17:25 and scored 11 points in a single game to close the gap to only two points. Leung Chien-yu and Choi Chun-yin scored a total of 12 points in the final period, coupled with Cheung Ka-long's steady performance in the final game, the team finally won the match with 45:41, which is a new record for Hong Kong's fencing history.

Cheung Ka-long, as a gold medalist of Tokyo Olympics, led his teammates to win the first gold medal in the history of Hong Kong fencing and wrote a new chapter in the history of Hong Kong fencing. He confessed that winning at

home is very meaningful, "It's the first time that we can win a gold medal in the World Cup held in Hong Kong, and it's also the first time that we can win a gold medal in the World Cup held in Hong Kong. First of all, I would like to thank my teammates, we worked hard together and with the support of the public, we won the gold medal".

He said, "This new combination proves that the new spark is useful, and I hope we can continue to work hard in the future. I hope we can continue to work hard in the future. We have the Asian Championships coming up, so I hope we can make history again."

The Secretary for Culture, Sports and Tourism, Mr. Kevin Yeung Yun-hung, congratulated the Hong Kong team on their historic gold medal win. He said, "We are delighted and honored that Cheung Ka-long, Choi Chun-yin, Leung Chien-yu and Lee Yat-long performed so well in the competition. Their medals are well deserved, and they have demonstrated the perseverance and solidarity of Hong Kong athletes. We are delighted and honored that Hong Kong fencers have achieved so many successes in international competitions."

◆ 琬琰

美國州名有山有水

貼地英文

學習英語時要與人交談，總需要話題。與一位美國朋友交談，假如能說出他故鄉名字的出處，可能會給他一個驚喜。

今天我會對話句例來介紹美國五十州的山水。日常社交中我們會輕鬆一點，所以內容會盡量簡化，同時盡可能把一個單詞的意思拓展到兩三句話。

原住民喜歡依河而居，並告知他人他們的住處有條大河。慢慢地，人、河和地均用上同一個部落詞，中文可說是三合一，英語是a trinity rule。

密歇根 Michigan：Michigan means big lake. So Lake Michigan is big big lake.密歇根的意思是「大湖」。

密西西比 Mississippi：Mississippi means great river. It's massive.密西西比是偉大的河。

康乃狄克 Connecticut：Connecticut has a meaning of "beside the long tidal river". 康乃狄克即是「浪花四濺的長河邊」。

俄亥俄 Ohio：The native meaning for Ohio is "a good river". Those water must be good for drinking. 俄亥俄的原意是「一條好河」，這河的水可能很可口。

內布拉斯加 Nebraska：Nebraska is a native word for flat river. Its' main river is Platte River. Platte is flat in French.內布拉斯加是「平坦的河」，Platte 在法語中是「平坦」的意思。

明尼蘇達 Minnesota：Minnesota means "cloudy water" or "sky-tinted water". That's the mirror image projected to the clam water 明尼蘇達的意思是「水中的雲與天」，但也可以是「天空色的水」。

肯塔基不是炸雞是草地

懷俄明 Wyoming：The name Wyoming means "on the great plain". 懷俄明的意思是「在大平原上」。

肯塔基 Kentucky：Kentucky was derived from a Native language as "meadow", not fired chicken. 肯塔基來自原住民語，意思是「草地」，不是炸雞。

亞利桑那 Arizona：Arizona could mean "small

spring". Or, it could be "the Good Oak". 亞利桑那可能是「小泉水」，又或是「好橡樹」。

阿肯色 Arkansas：The word "Arkansas" is a native word for "people who live downstream". 「阿肯色州」這個詞是一個土著詞，意思是「住在下游的人們」。

田納西 Tennessee：Tennessee was an old native word for "meeting place", "blend of river", or named after a native king. 田納西是一個古老的原住民詞，意思是「相聚點」、「河的拐彎」或一個部落領袖之名。

馬薩諸塞 Massachusetts：Massachusetts means "at or about the great hill". The hill refers to the Blue Hills southwest of Boston. 馬薩諸塞是指「在大山上或附近」的人，即波士頓西南部的藍山。

猶他 Utah：Utah was said to be "the people of the mountain", or those "living higher up". 據說猶他就是「山上的人」，或「住在高地的人」。

蒙大拿 Montana：In Spanish, Montana means mountain. 於西班牙語，「蒙大拿」就是山。

內華達 Nevada：A Spanish expedition leader gave the name of "Sierra Nevada" which means mountain range covered in snow. Nevada is "snow-capped". 西班牙人起名「內華達山脈」(Sierra Nevada)，意思是被雪覆蓋的山脈。內華達就是「白雪所蓋」。

佛蒙特 Vermont："Verd" and "mont" were translated from French for "green" and "mountain" respectively. That's the Green Mountain State. Verd 和 mont 分別是法文的綠色和山，即是「綠山州」。

愛達荷州 Idaho：When applying as the official name, Idaho was believed to be a native word for "Gem of the Mountains". Later found, there wasn't such a native word. It's a phony

在申請為官方名稱時，人們起初相信 Idaho 是一個原住民的詞，意思是寶石之山，後來才發現，這個字並不是原住民語，他們是被愚弄了。

下篇會講及以人名命名的州，你能說出多少個？
◆康源 專業英語導師

六穀之首菰米 能否重現餐桌？

恒大清思

曾有老師問學生：「米」從哪裏來？部分天真爛漫的學生搶着答：「從超市來。」城市小孩根本從沒見過米的種植過程，又怎會明白「誰知盤中餐，粒粒皆辛苦」的辛酸。

今年1月，筆者有幸到台東池上一遊。池上處於約300米低海拔的大平原，四周群山環抱，加上無污染空氣和水源，配合優質的土壤，因此能種出獲獎無數的生態米。煮出來的飯，每一口都充滿飯香。經此一遊，也引發筆者對認識古人吃米情況的興趣。

原來古人餐桌上所進食的不止有白米，有時也有菰米。菰米是什麼？按中國科學院植物研究所系統與進化植物學国家重点實驗室的說明：「菰米是禾本科下的一個屬，主要產於東亞，其穎果有菰米、菰實、菰粟、雕胡米等稱號。」杜甫著名的《秋興八首·其七》云：「波漂菰米沉雲黑，露冷蓮房墜粉紅。」王維的詩《送友人南歸》也記載：「鄒國稻苗秀，楚人菰米肥。」李白在《宿五松山下荀媪家》也得到：「跪進雕胡飯，月光明素盤」般詩情畫意的殷勤款待。

在三千年前的中國，《周禮》已把菰米與稻、黍、稷、麥，一起列為常見的六穀。其營養價值更在六穀中居首位，是名副其實的全穀米。《本草綱目》也提及：「菰米的藥用價值可止咳、解煩熱、理腸胃。」既為常見六穀，那為什麼到了宋代，菰米卻悄悄地從中國人餐桌上淡出了呢？

菰米被淘汰 因茭白美味？

菰米之所以被淘汰，那可能是因為菰米多是野生的，株型高、易落粒，花期偏



◆菰米與茭白。網上圖片

晚、成熟期不一致，導致管理不便，且一旦受黑粉菌感染，便無法開花結果，是以後來沒法和水稻一樣，得到大規模推廣。宋代因經濟發展迅速，人口增長已達一億，必須確保糧食供應充足，因而大家都喜歡種植產量穩定且每年可收穫1次至3次的稻米。

菰米消失的另一原因，也可能是因為中國古代的農夫發現，受黑粉菌感染的菰不再抽穗結成菰米，但這種菌卻會刺激菰的莖部生長，成為另一種舌尖上的美食——茭白筍。

古人也有詩頌讚茭白，唐寅《江南行》便描述：「梅子聚花茭孕筍，江南山郭朝暉靜。」茭白嫩白肥美，口感上乘，人見人愛，難怪入選江南三大名菜。想起茭白筍炒臘肉，葷素搭配得宜，也令人垂涎三尺。

近年城市人十分注重養生保健，致力推廣有機食品。菰米的膳食纖維比大米高，更齊備蛋白質中18種必需的氨基酸，倘若可藉科技改良菰米的種植方式，令它重上現代人的餐桌，大家便有幸一嘗李、杜餐桌上的古味，同時改善健康了。

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