

WEA LEE'S GLOBAL NOTES

06/25/2020

CORONAVIRUS DIARY



Coronavirus Politics

Today is Dragon Boat Festival day. Chinese around the world observed the holiday to commemorate the patriotic poet Qu Yuan and to eat the traditional rice-pudding.

My daughter, Dr. Margaret Lee, brought us some of it. We are very proud our cultural heritage.



This morning the Houston weather was covered with the sounds of thunderstorms and heavy rain. The City issued a flood warning awareness for flooding water for this bayou city. Flooding is not unusual here.

We've all been hearing about states with spiking cases, especially AZ TX FL and NC, but there are five other states where the data is also very concerning. They also have rising case counts, rising test positivity and rising hospitalization.

Texas Governor Greg Abbott said yesterday that the state is facing a massive outbreak of the coronavirus pandemic and that some new local restrictions may be needed to protect hospital space for new patients.

Houston Mayor Sylvester Turner is asking all citizens to take the proper precautions. He said it is important now that we take things very seriously.

Abbott, who reopened the state in May wants all hospitals to have enough beds for COVID-19 patients.

We all hope the new vaccine will come out soon. That will be the only thing that we all depend on to control the pandemic. Texas surpassed 100,000 cases yesterday with 6,200 new infections.

Harvard professor Ashish Jha said we'



Southern News Group Chairman / CEO
Chairman of International Trade & Culture Center
Chairman of International District Houston Texas



Publisher Southern Daily Wea H. Lee

Stay Home!

BUSINESS

Wear Mask!

Texas Reports 5K Coronavirus Cases--Highest Single-Day Hike



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

In noon-time TV interviews on Tuesday, Gov. Greg Abbott said Texas is hitting an all-time high for COVID-19 cases Tuesday and told Texans to stay home unless they need to be out.

"Texas will report an all-time high in the number of cases of people testing positive of more than 5,000," Abbott said in an interview on KBTX. "The hospitalization rate is at an all-time high. Coronavirus is spreading in Brazos County and across the entire state of Texas, which is exactly why action is being taken."

Hours later, state health officials reported a record 5,489 new COVID-19 cases.

And the state broke its record for hospitalizations for the 12th day in a row, with the Department of State Health Services reporting 4,092 COVID-19 patients in Texas hospitals. "We want to make sure everyone reinforces the best safe practices of wearing a mask, hand sanitation, maintaining safe distance, but importantly, because the spread is so rapid right now, there's never a reason for you to have to leave your home unless you need to go out," Abbott said. "The safest place for you is at your home."

@GovAbbott's pandemic tone of the day on KBTX: "There's never a reason for you to have to leave your home unless you do need to go out. The safest place for you is at your

home."



38

12:11 PM - Jun 23, 2020

Twitter Ads info and privacy 46 people are talking about this

With mounting intensity, the governor has been sounding the alarm since a Monday briefing on a troubling spike in the pandemic's spread, and his concern that some Texans are not taking the threat nearly seriously enough. In an interview on KRIS-TV in Corpus Christi Abbott said, "There still remain some people in Nueces County, as well as in the entire region, who seem to think the COVID-19 is not a challenge. People need to recognize this is a very swift-spreading virus, for which there is no cure."

Abbott was introduced on KRIS with a grim report that Nueces County has "already eclipsed Dallas and San Antonio in the number of new cases per day, per capita."

Abbott said Monday that reversing the reopening of Texas would be a last resort. "Closing down Texas again will always be

the last option," he said. But, he said Tuesday, "If we are unable to contain the spiraling spread of COVID-19, there will be more requirements put on businesses, including even considering have to ratchet back on the expansion of opening businesses in Texas."

"That's the last thing that either I or those businesses want to do," he said. "So the best thing that we can all do is work on continuing to open up businesses but do so in ways that use safe practices that include wearing a mask."

Texas Democrats, who have been warning this day would come, greeted the governor's new tone with a "we told you so."

"The record-breaking number of COVID-19 cases today and the fact that Texas has seen 12-straight days of record hospitalizations, is because of Greg Abbott's failure to lead," said Texas Democratic Party Communications Director Abhi Rahman. "Texans are suffering. Our sacrifices might be for nothing. From day one of this crisis, Abbott has undermined, hid and outright refused to listen to science or doctors. We're seeing the catastrophic results of his failures."



The percentage of tests that come back positive has also continued to increase. The state's seven-day rolling average rate of positive cases reached nearly 10% on Monday, according to state health officials. The rolling rate is calculated by taking a week's worth of new COVID-19 cases and dividing it by the total tests performed in those seven days.

Public health experts say that number should ideally stay below 6%, and Abbott previously said that a positivity rate above 10% would be cause for alarm.

State health officials also reported 23 new coronavirus-related deaths Tuesday, bringing the statewide total to 2,220 fatalities. More than 70,000 people have recovered

from the virus, a number the health agency says is an estimate based on "several assumptions related to hospitalization rates and recovery times." Recovery statistics are not a factor that indicate a state's readiness to reopen, according to guidelines from the White House.

After health officials reported Tuesday's COVID-19 totals, Abbott issued a proclamation to expand local authority on outdoor gatherings and directed the Texas Health and Human Services Commission to provide strict health and safety standards for child care centers.

Under Abbott's updated order, local governments have the power to impose restrictions on gatherings with more than 100 people. Previously, local officials could impose restrictions on outdoor gatherings of more than 500 people.

Related

Known Cancer Drug Might Help Curb Severe COVID-19

(HealthDay News) -- Could a cancer drug spare hospital patients from the ravages of severe COVID-19? Yale doctors think it can after giving the medication, known as tocilizumab, to severely ill patients back in March.

How does tocilizumab work? It has a long history of dampening the life-threatening immune system reactions cancer patients often experience while undergoing treatment. Since the same kind of dangerous response develops in many COVID-19 cases, the researchers thought the drug might make a difference for the sickest patients.



The result -- while preliminary -- appears to be a dramatically lower death rate among patients placed on mechanical ventilators.

How much lower? Among the first 239 COVID-19 patients treated at Yale New Haven Hospital, in Connecticut, during the early weeks of the pandemic, 153 were treated with tocilizumab, including all 48 pa-

tients who had been placed on ventilators. "Instead of survival rates of 10% to 50% reported elsewhere, it was 75% in [ventilated] patients treated with tocilizumab," said study author Dr. Christina Price, Yale's chief of clinical allergy and clinical immunology.

In addition, among those seriously ill patients who ultimately survived COVID-19, tocilizumab appears to have significantly shortened overall ventilation time. While hospitals around the country were having to keep patients hooked up for between 12 to 14 days, ventilations at Yale typically lasted only about five days.



How tocilizumab works against COVID-19

What accounts for its apparent success against COVID-19?

It all originates in the threat posed by a deadly immune system phenomenon known as "cytokine release syndrome" (CRS), an out-of-control inflammatory response that the virus triggers in some patients.

CRS is "when the body's response to fighting the virus goes so unchecked it ends up being harmful, damaging the liver, the kidney, the lungs. You need an immune response. You can't totally shut it down completely. But you can't let it get out of control, which is what can happen to cancer patients undergoing treatment. And to COVID patients," Price said.

The problem? "There were no [U.S. Food and Drug Administration]-approved medications for COVID in March," she stressed. (Courtesy <https://www.webmd.com/>)

Editor's Choice



People enjoy the hot weather on Margate beach in Margate, Britain. REUTERS/Andrew Coultridge



U.S. President Donald Trump and first lady Melania Trump are reflected in a memorial wall as they arrive for a wreath laying ceremony at the Korean War Veterans Memorial in Washington. REUTERS/Tom Brenner



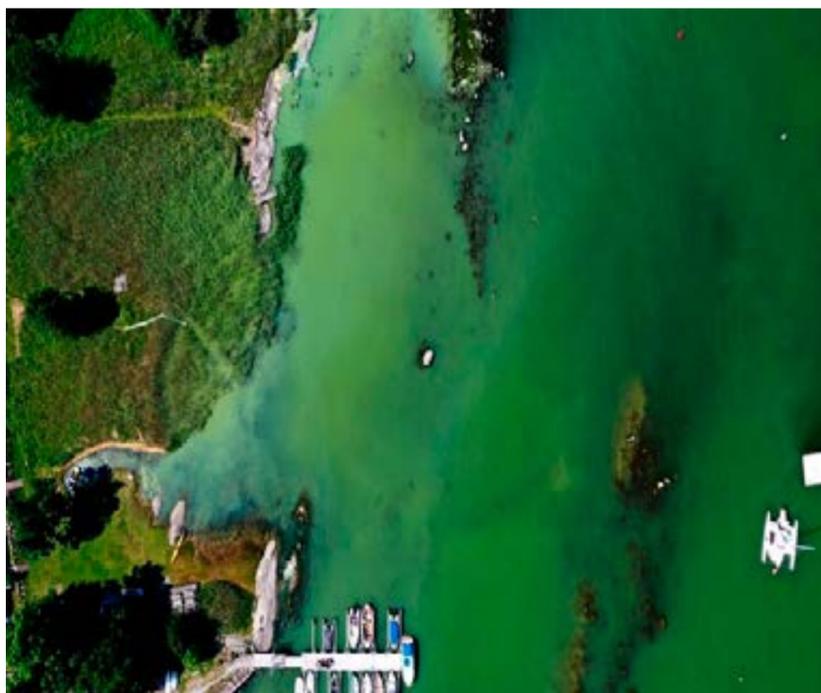
A memorial to George Floyd is lit by morning light one month after his death, in Minneapolis, Minnesota. REUTERS/Nicholas Pfosi



A Palestinian man argues with an Israeli soldier during a protest against Israel's plan to annex parts of the occupied West Bank, in Jordan Valley. REUTERS/Mohamad Torokman



Noah, 10, cools himself off in his garden during hot weather in Hertford, Britain. REUTERS/Andrew Coultridge



An aerial view of a toxic blue-green algae bloom on the Baltic Sea coast at Tyreso near Stockholm, Sweden. Pontus Lundahl/TT News Agency/via REUTERS



First responders treat the injured at the scene of a public bus crash, where the bus fell from a viaduct on the Armia Krajowa route in Warsaw, Poland. Agencja Gazeta/Dariusz Borowicz via REUTERS



Members of Youth Army movement march during the Victory Day Parade in Red Square in Moscow, Russia. REUTERS/Maxim Shemetov

It's Hard To Keep Calm And Carry On When Our Schedules And Very Lives Have Been Turned Upside Down. But There Are Proven Ways To Cope And They Can Make A Difference

Ways To Stay Calm And Relax During Quarantine



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

Even if you aren't anxious in normal circumstances, the pandemic we're living in is not normal. Staying indoors for such a long time, away from family and friends, and only hearing bad news week after week can take a toll on the mind. This article gives you some simple suggestions to help you feel some semblance of calm during this difficult time. Note: These are not meant to treat serious anxiety disorders—that should be discussed with your doctor or therapist.

Create a Sanctuary While it might be especially obvious right now, your surroundings affect your mood. If I'm feeling bad about myself or the world and I let my apartment get messy, it only amplifies those emotions and makes me feel more overwhelmed. No matter how much you meditate, exercise, or pick up a new hobby, if your sink is full of dirty dishes and you're stepping over last week's clothes to get to bed, you aren't setting yourself up for much success. Start with a clean state and then fill your space with things that make you calm just by looking at them. Candles, plants, crystals, and cozy blankets for a start.

Add Fresh Scents Oil diffusers are another great way to turn your home into a sanctuary,

and you won't have to worry about an open flame. (Just be careful if you have pets.) Senior associate editor Julian Chokkattu says that watching a stream of mist shoot out of MUJI's diffuser is "as calming as the scents it brings to the room." Its design is simple, and it's easy to use, plus it lights up for added effect. Most diffusers are designed similarly, some with faux wood and modern shapes if that's more your style.

Diffusers are generally simple to operate. Pour water in the main chamber, add a few drops of your favorite essential oil, then choose the desired run time. MUJI's can run up to three hours, and its whirs aren't very audible. It's recommended for spaces around 100 to 133 square feet, but the Japanese brand has a larger version for bigger rooms.

Let Greenery Grow Plants can transform any living space, making it feel like your own oasis. I tend to lean toward the artificial kind, eliminating my unwavering ability to kill plants with even the lowest amount of maintenance. **Target and West Elm** have a lot of great faux options. If you want the real deal, **Lula's Garden** has excellent succulents that are easy to take care of, including this Glow

Garden that I am currently attempting to keep alive. Everything comes in a pretty gift box that doubles as a planter, so you don't have to repot them until they grow out of it; they also come with plastic droppers for easy watering.

Learn to Knit



Now is a good time to pick up a hobby. That doesn't mean you need to be an expert overnight. Take it slow. Hobbies should be fun, not stressful. I've found knitting to be relaxing (and it takes up a lot of time), perfect for the present moment. I'm not sure if the rectangle I'm knitting will turn into anything wearable, but the repetitive motions have kept my mind occupied and my hands off my phone. It's easier to learn than it might seem. All you need to get started is **yarn, knitting needles**, and a darning needle to sew completed projects together. Plus your phone or TV to watch how-to videos on YouTube. There's a ton of good tutorials on the web. I've found Kristen Mangus of GoodKnit Kisses to be an exceptional guide.

Color Outside the Lines Creating art is soothing and rewarding, but it can be daunting when you don't feel like an artist, and expensive if you need supplies. No one expects you to emerge from quarantine as the next Jean-Michel Basquiat, but if you want to get out some creative energy, consider coloring to reduce stress. There are **adult coloring books** that might appeal to how you're feeling right now. Might I suggest coloring in curse words? Or how about This Annoying Life, which features frustrating scenes we can all surely relate to, like going to get ice only to find the trays empty.

Write It Down If coloring in a picture of the F-word doesn't do it for you, try **writing it down** instead. There are many ways you can go about journaling. You can write about what happened in a day, try gratitude journaling to remind yourself about the good things in your life, write poems or short stories, or jot down profanities for five entire pages—whatever it is, journaling can really help you deal with

difficult days. It's easy enough to start a digital journal, but I recommend pen and paper.

Miquelrius notebooks are my favorite for everything from journaling to to-do lists because the paper is so delightfully soft.

Sip Some Tea I set my coffee pot on a timer so the smell gets me out of bed in the morning, because coffee is my lifeline. My brain has associated it with getting my day started and therefore I can never be without it. Tea, on the other hand, I associate with relaxing at the end of the day, maybe while curled up in a robe or soaking in a warm bath. So when I brew myself a cup, I know it's time to wind down. But being a more prolific coffee drinker, I never know what tea to get.



That's where a **Sips By** subscription comes in. First, you take a quiz to figure out the types of tea you might be interested in—pick your favorite flavor profiles, select caffeinated or caffeine-free, loose leaves or bagged—and then you'll receive a curated selection of four teas (I chose bagged tea and got four bags of each, equaling about 16 cups altogether). If you choose loose leaves, you'll get filters as well.

After trying them, you can rate the teas so the next month's box will be more in line with your preferences. It's not the best option for experienced tea lovers, but now's a good time to try out some calming brews if you haven't before.

Try an Epsom Salt Bath There is nothing else that makes me feel as good as a warm bath. If everyone took two baths a day, I'm pretty sure we'd achieve world peace. If you're feeling overwhelmed and have a bathtub, fill it with warm **water and Epsom salts** (Dr. Teal's with lavender is my favorite). Light some candles and pour yourself a glass of wine or cup of tea. Now close your eyes and try to turn your brain off for a few minutes.

Work Out Some people work out to relieve stress and feel calm. I am not one of those people, but I do take their word for it. WIRED

senior writer Adrienne So put together a guide on **How to Work Out From Home** that will help even the laziest and out of shape of us (me) to get moving. If working out sounds more stress-inducing than stress-relieving, but you still want to stay somewhat active, try **yoga**. It keeps me centered, focused, and melts away my stress. And while some practices are harder than others, yoga helps build muscle. I use a half-inch thick mat that helps with my back pain, but any mat or comfortable spot in your home will do. If you need some assistance, Yoga With Adrienne is my favorite YouTube channel for practicing at home.



Clear Your Mind Meditation is an extremely beneficial tool to feel calm. We are constantly plugged-in with what's going on in the world, and right now it's weighing on us. Setting aside time to meditate, with your phone on silent, will give you at least a few minutes of peace. All you need to effectively meditate is yourself and a quiet place. But it can be hard to turn off your thoughts and focus on the task at hand, so there are tools to help you get started. The **Headspace app** (available on iOS and Android) has an easy-to-follow beginner's course and a decent free library of guided meditations, plus more if you subscribe. **Unplug** (also available on iOS and Android) doesn't have a free version, but there is a seven-day trial. Both have super short courses, which are perfect for when you're in desperate need of a cool down. I've been using the **Core Meditation Trainer**, which is a small device that uses vibrations to help focus your mind and breath as its connected app walks you through practices. (The app also analyzes your practices and heart rate to show your improvement in reaching calm and focus levels over time.) I especially like the vibrations that sync to your breath as you breathe in and out along with the teacher's cues. Unfortunately, it's expensive at \$169, especially for an activity that doesn't really need accessories. (Courtesy wired.com)

SC 軍事天地 Daily News

美国空军唯一的防空导弹CIM-10波马克



使用冲压发动机，配备核战斗部，射程高达离谱的700公里！这是账面数据看似很厉害的一款地对空导弹。但实际上它却不好用，在它的服役生涯中非但没什么战绩，反倒把自己坑惨了，差点造成核灾难。它就是波音的CIM-10“波马克”（Bomarc），也是美国空军部署过的唯一一种地对空导弹。

发展历程
二战的结束并未能给世界带来铸剑为犁的平安安宁，反倒是冷战，军备竞赛，各种新生武器涌现的开始。在战时致力于武器生产的厂商们这时有闲情折腾新东西了，波马克也是这样的产物。

二战末期，美国空军（当时仍属陆军，1947年才独立出来）提出研制一种用于防空的无人驾驶截击机MX-606。波音接下了该项目，从1946年到1950年，波音试射了过百枚各种构型和配置的火箭用于测试论证。1949年8月，苏联的原子弹爆炸，美国的核垄断被打破，本土已经有来自苏联核打击的威胁。美国空军已经不能再等，修改技术指标后当年就给波音研发无人拦截机的合同，项目名称MX-1599。无人拦截机，这是美国空军当时对防空导弹的称呼。

正式的项目开始后，密歇根大学航空航天研究中心（MARC）也加入与波音合作，于是也就有了Bomarc（波马克）这名称。而美国空军当时也刻意赋予它飞机的代号，波马克此后也有了一串让人眼花缭乱的编号。

波马克的研发并不顺利，1952年8月进行的首次试射以坠毁告终，直到1954年10月第7个原型飞行成功。前期的试验集中在用于把波马克加速到冲压发动机点火速度的液体火箭发动机上。1955年2月开始液体火箭发动机和冲压发动机整合在一起的综合测试。这时的波马克真是一架无人驾驶飞机，制导系统和战斗部都没有。1957年10月，波马克首次成功的在设计的杀伤半径内和靶标交错而过，这预示着它已经成为一枚合格的防空导弹。随后美国空军下单订购生产型波马克A。1959年9月，首批3枚波马克A开始进入服役。

技术特征和性能
波马克导弹外形像一架流线修长没有座舱的飞机，有外翼尖端内切角的三角形机翼，还有跟普通飞机类似的水平尾翼和垂尾。波马克A机体尾部是液体火箭发动机，用于发射升空以及把导弹加速到2马赫，此时机体

中部的两具冲压发动机点火，继续把导弹加速到2.5~2.8马赫。

波马克A使用的是LR59-AJ-13液体火箭发动机作为发射和加速的动力，发射前需要2分钟左右加注燃料，由于燃料不稳定，在服役过程中多次发生事故。而两具冲压发动机是马夸特公司的RJ43-MA-3。

波马克导弹采用无线电指令加主动雷达制导的方式，阵地与北美防空司令部联网，接受半自动地面管制系统（SAGE）指挥。当导弹被引导到距目标约16公里时，弹上AN/DPN-53雷达开机继续引导导弹飞向目标。在目标进入杀伤范围后，无线电引信起爆战斗部对目标进行摧毁。

服役的波马克有AB两种型号，B型使用更可靠的固体火箭发动机，具有更大的射程和射高。
波马克长14.2米（B型长13.7米），翼展5.54米，弹体直径0.89米。重7020公斤（B型7250公斤），最大速度2.8马赫（B型3马赫），射程400公里（B型710公里），射高20000米（B型30000米）。

波马克A型使用LR59-AJ-13液体火箭发动机，最大推力156千牛（15907公斤）。两具马夸特RJ43-MA-3冲压发动机，单台推力51

千牛（5200公斤）。战斗部为450公斤高爆炸药或者当量约1万吨的W-40核弹头。

波马克B型使用齐柯尔M51固体燃料火箭发动机，最大推力222千牛（22637公斤）。两具马夸特RJ43-MA-7冲压发动机，单台推力53千牛（5404公斤）。波马克B型只装备W-40核弹头作为战斗部。

服役部署
1959年9月，新泽西州的美国空军第46战术导弹中队接收了首批波马克A型导弹。

与苏联第一代防空导弹SA-1一样，波马克也使用固定式阵地，并且有专门的发射掩体，这种掩体呈长方体，被称为棺材。在接到发射命令后，掩体顶部打开，波马克起竖并加注燃料后才能进入待发状态。

为应付预想中的苏联轰炸机的威胁，波马克原计划装备40个中队，每个中队120枚导弹，共需要4800枚，部署在全美国52个发射阵地（站点）。但由于计划的变动和预算的削减，至1964年停产，只生产了269枚波马克A和301枚波马克B，共计570枚。美国本土也只部署了8个发射阵地，另外加拿大有2个。

加拿大从1961年开始部署波马克导弹。由于波马克可以装备核弹头，此举在加国内引起很大争议，还导致当年迪芬贝克政府下台。同时加拿大当年正在研制的CF-105“箭”截击机下马也跟部署波马克有很大关系。尽管波马克是部署在加拿大国土上，但由于并入了北美防空体系，导弹特别是核弹头完全处在美军的管控之下。

波马克的服役时间很短暂，1964年波马克A就开始退役。波马克B于1961年6月开始服役，1969年12月开始退役，至1972年4月最后的波马克B也被撤装退役。加拿大的波马克也于同年退役。

在波马克短暂的生涯里，最高光的时刻应该是1961年3月。当时进行测试的波马克B在30000米高空拦截

了一枚狮子座II巡航导弹。

退役后的波马克导弹大约有15枚被保留收藏，其余作为无人靶机被消耗掉了。

核泄露事故

由于波马克A使用液态火箭发动机，不稳定的燃料在储存和加注时都充满风险并引发多次事故。其中最严重的一起是1960年6月7日发生于新泽西州麦奎尔空军基地的事故。当天该基地204号发射掩体内的一个氮气罐发生爆炸引发大火。火灾持续了30分钟，所幸导弹上的W-40核弹头没被引爆，但外壳被烧毁，造成严重核泄露事故。受污染区域的处理一直折腾到2007年还没搞定。

波马克从研发到退役，经历过多次编号命名的变动。1946年时项目名称称为MX-606。波音开始测试时用的是XSAM-A-1GAPA的名称，GAPA意为地对空无人驾驶飞机。1949年获得研发合同时名称为MX-1599。1951年空军为强调这是无人驾驶飞机，赋予飞机的编号F-99。波马克在测试时自然也获得X前缀称为XF-99，进入预生产阶段名称又改为YF-99。1955年美国空军又取消波马克的飞机编号，给予IM的编号前缀，于是又变成IM-99。1963年美国空军又把波马克编号名称改为CIM-10A/B。这是波马克的最终编号定名。退役后根据用途的变化，波马克作为无人靶机改编号为CQM-10A/B。

作为早期的防空导弹，波马克有着前卫的冲压发动机作为动力和傲人的射程。但庞大复杂的系统和导弹本身的不完善使得它实际的作战效能堪忧。随着洲际导弹的出现，它更是被加速淘汰。

在空军发展波马克时，陆军也发展了奈基系列防空导弹。空军和陆军还因为谁的更好打过口水仗。但显然奈基系列更为成功，最少人家有十几个国家都装备了。自波马克后，美国空军也放弃了地空导弹，交由陆军去发展和装备。