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Mr. Lee's Commentary and Dairy

Southern DAILY Make Today Different

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New march on Washington embraces history on fraught anniversary of King's speech



Men carry rifles as people protest outside the Kenosha County Courthouse after a Black man, identified as Jacob Blake, was shot several times by police in Kenosha, Wisconsin, U.S. August 25, 2020. Picture taken August 25, 2020. REUTERS/Stephen Maturen

WASHINGTON (Reuters) - Thousands of people took part in a march in Washington on Friday to denounce racism, on the anniversary of the march in 1963 where civil rights leader Martin Luther King Jr made his historic 'I Have a Dream' speech.

"You might have killed the dreamer, but you can't kill the dream," civil rights leader Reverend Al Sharpton told Friday's crowd.

Activists and politicians gave speeches, including Democratic vice presidential nominee Kamala Harris, who appeared in a recorded video. Many referenced John Lewis, the late lawmaker, who spoke at the 1963 march.

They also referred to the importance of voting in November's election and the links between activism for Black civil rights, disability rights and LGBT rights and against gun violence, among other causes.

"In so many ways, we stand together today in the symbolic shadow of history, but we are making history together right now," said Martin Luther King III, Martin Luther King Jr's son.

"Americans are marching together, many for the first time, and we're demanding real, lasting structural change," King added.

The half-mile march from the Lincoln Memorial to the Martin Luther King Memorial, on a hot, humid day in the U.S. capital, comes amid a summer of racial unrest book-ended by two high-profile incidents in which Black men were shot by police.

Nationwide protests began in May, sparked by the killing of George Floyd, an African-American man who died after a Minneapolis police officer kneeled on his neck for nearly nine minutes.

A balloon with the words "I Can't Breathe" flies away into the sky at the "Get Your Knee Off Our Necks" Commitment March on Washington 2020 at the spot where Rev. Martin Luther King Jr delivered his "I Have a Dream" speech 57 years ago today in Washington, U.S., August 28, 2020. REUTERS/Tom Brenner TPX IMAGES OF THE DAY
And earlier this week, protests broke out in Kenosha, Wisconsin, after police officers shot another African-American man, Jacob Blake, multiple times in front of his children. Though Blake survived the shooting, lawyers have said he has been paralyzed.

George Floyd's brother, Philonise Floyd, appeared on stage, flanked by his wife and other family members. At times, he stopped to collect himself, apparently overcome with emotion.

"I wish George was here to see this," he said.

Allisa Findley, the sister of Botham Jean, an African-American

man killed in Dallas by an off-duty police officer who said she mistook his apartment for her own, said: "I am tired of adding new names, adding new hashtags to an already long list of victims of police terror. We cannot allow our brothers and sisters to only be remembered for how they died."

CONTINUING THE FIGHT

Corrada Shelby, a 49-year-old human resources executive, said she joined the march to ensure the movement for racial equality does not fizzle out.

"This year the march is extra special because it is a continuation of the George Floyd protests," she said. "I'm here to empower our people and to make sure we continue the fight."

Jamaal Budik, a 23-year-old history student from Baltimore, said it was important for elected officials to understand that what had happened to Floyd and Blake could not continue. "We just want what has been long denied to us - racial justice," Budik said.

Friday's protest, called 'Commitment March: Get Your Knee Off Our Necks,' was planned by Sharpton's National Action Network.

The march comes amid the continuing coronavirus pandemic, in which Black people have suffered disproportionately. Black people are more likely to be sickened and die from the virus and to lose jobs from the economic fallout, statistics show.

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WEA LEE'S GLOBAL NOTES

08/28/2020

CORONAVIRUS DIARY

Police Brutality Is A Sad Story

In Kenosha, Wisconsin, police officer Rusten Sheskey fired into the back of a Black man, Jacob Blake, on Sunday while he was trying to enter a vehicle as his three children watched from the backseat. Bystanders captured the shooting on a cellphone and shared the video on social media. Since then, there have been demonstrations and rioting on the city streets. In the nightly protests, a 17-year old boy shot two people to death and injured one. He claimed that he came to protect the people's property.

Jacob Blake, who remained hospitalized after sustaining multiple injuries, is now handcuffed to his hospital bed his family said.



The shooting has spurred nightly protests and wildcat strikes across the sports world.

We are very angry how the police treated the people --- they are human beings. The State of Wisconsin's use of the National Guard is not the solution. We think this is a fundamental social issue facing our nation.

We are very fortunate that Hurricane Laura did not hit the Houston area, but our neighbor, the state of Louisiana, was hit hard. This natural disaster just really adds to our agony with the pandemic.

As we know, in America one percent of the rich people control forty percent of the national wealth.

Most citizens are poor, especially when a lot of people have lost their jobs and need to depend on the government to come to their rescue. Sadly this situation will continue to create a lot of social unrest.

Today America is at a crossroad. We need to select a leader who really

understands where the problems are, not just thinking that a few political

slogans will solve all our problems.



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Publisher Southern Daily Wea H. Lee

Stay Home!

BUSINESS

Wear Mask!

Coronavirus Dashboard 08/29/20



Illustration: Sarah Grillo/Axios

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

1. **Global:** Total confirmed cases as of 8 p.m. ET: 24,028,537 — Total deaths: 822,403 — Total recoveries: 15,669,099 .

2. **U.S.:** Total confirmed cases as of 8 p.m. ET: 5,817,538 — Total deaths: 179,596 — Total recoveries: 2,084,465 — Total tests: 74,549,129 .

3. **Politics:** Carson: It would "behoove" us to move forward with COVID-19 vaccine and treatment testing

4. **Health:** Fauci says he was having surgery when CDC testing changes were approved — Black Americans are less likely than white Americans to say they'll take a first-generation vaccine.

5. **Business:** "Long-haul" COVID can lead to big bills for patients — Consumer confidence is wilting.

U.S. Coronavirus Updates 08/29/20

COVID-19 deaths in the U.S.

As of Aug. 26, 2020, 8pm EST

Deaths
171,602
+1,249
from yesterday

Confirmed cases
5,793,243
+43,130
from yesterday

Cases per day
Aug
43,130



deaths from New York City; Map: Andrew Witherspoon/Axios

The Centers for Disease Control and Prevention changed its guidance on testing to exclude asymptomatic individuals. Why it matters: Experts have said it's important to identify infections before coronavirus symptoms kick in because that's when many individuals are believed to be the most contagious, the New York Times reports. The state of play: Anthony Fauci was in the operating room under general anesthesia last Thursday when the White House coronavirus task force approved the narrowing of CDC testing recommendations to exclude asymptomatic individuals, according to CNN's Sanjay Gupta.

What's happening:

- Miami-Dade County, Florida, Mayor Carlos Gimenez announced on Tuesday that restaurant dining rooms can reopen at the end of August.
- A Florida judge struck down an emergency order from the state department of education that would have required schools to reopen for in-person learning this month.
- Zoom outages across the U.S. posed a problem for many schools and businesses that rely on the videoconferencing software during the pandemic.
- The pandemic and lockdown signifi-

cantly accelerated the rise of online commerce, compressing years of projected growth into a few months.

• The CDC has projected the coronavirus death toll in the U.S. was likely to hit 195,000 by Sept. 12.

Of note: Debates over face-covering mandates and school reopening plans have escalated throughout the country.



Trends to watch:

Vaccine: Nations around the world and the global economy are desperately waiting for a coronavirus vaccine, and experts say there is a chance one will become available in record time. **New risk factors:** The CDC included more demographic groups at risk for the coronavirus such as younger people who are obese and who have underlying health problems.

When to wear a mask: Scientific evidence shows face masks can help control the spread of the coronavirus, but nuances and changes in messaging about their use are complicating public health efforts.

Elections: States need to determine how to hold safe elections by this fall. And state governments are facing budget shortfalls that threaten layoffs for public sector employees.

School: Millions of kids are about to head back to school, but students, teachers, administrators and parents still don't have a clear picture of how it's going to work. (Courtesy axios.org)

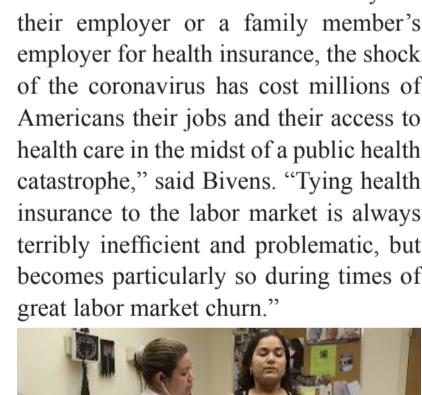
Close To 12 Million People Have Lost Employer-Sponsored Health Insurance Since February

Policymakers need to work to delink jobs and access to insurance coverage by expanding public options.

WASHINGTON - Since the onset of the COVID-19 pandemic and shock to the economy, job losses have been consistent with roughly 6.2 million workers losing access to health insurance that

they previously got through their own employer. This is the finding in a new paper by EPI Director of Research Josh Bivens and economist Ben Zipperer that surveys the limited data available to infer changes in health insurance coverage since the COVID-19 shock began. For each person who is covered under their own employer's plan, roughly two people on average are covered through employer-sponsored insurance (ESI) once spouses and dependents are included. This means that closer to 12 million people have been cut off from ESI coverage due to job losses in recent months.

"Because most U.S. workers rely on their employer or a family member's employer for health insurance, the shock of the coronavirus has cost millions of Americans their jobs and their access to health care in the midst of a public health catastrophe," said Bivens. "Tying health insurance to the labor market is always terribly inefficient and problematic, but becomes particularly so during times of great labor market churn."



The authors explain that not every worker who loses ESI through their own employer necessarily loses all access to health insurance coverage. Some workers formerly covered by their own employer could purchase continuation of benefits coverage (COBRA) or could be picked up on partners' or parents' ESI plans. By far the biggest shock absorber responding to the loss of ESI has been expansions of public health insurance rolls, which have clearly begun swelling in recent months. However, public insurance (mostly Medicaid) has not expanded enough to absorb everyone who lost job-based coverage. Medicaid rolls, for example, have likely expanded by more than 4 million since the COVID-19 shock began.

Delinking access to health insurance and specific jobs should be a top policy priority for the long term. The most

ambitious and transformational way to sever this link is to make the federal government the payer of first resort for all health care expenses—a "single payer" plan like Medicare for All. Smaller, intermediate steps could lower the age of eligibility for Medicare, raise the income thresholds for Medicaid eligibility, and/or incorporate into the Affordable Care Act marketplace exchanges a public option that enrolls all workers without job-based insurance—or even those with access to ESI if they prefer the public option. Policymakers could also require that employers either provide comprehensive and affordable insurance or pay a fee to help cover the costs of enrolling their workers in the public option.

At a minimum, policymakers concerned about Americans' health security should have the federal government pay for all testing and treatment for COVID-19 related expenses in coming months.



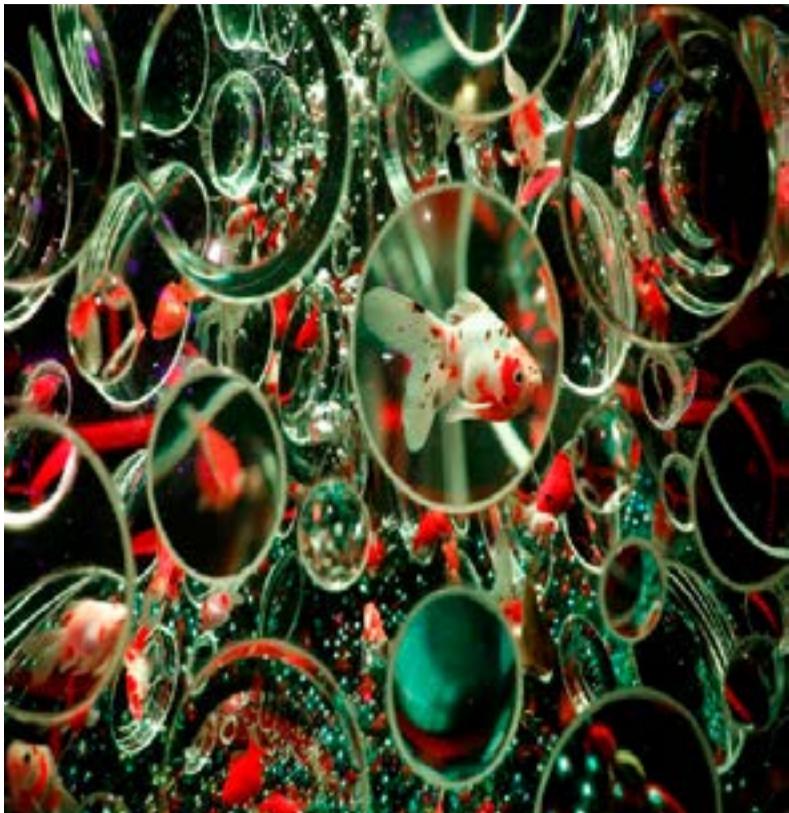
"The coronavirus pandemic has exposed how incomplete and threadbare the U.S. safety net and social insurance system is," said Zipperer. "In order to help millions of Americans during the pandemic and beyond, policymakers must take swift action to address the inequities and inefficiencies in our health care system." (Courtesy commondreams.org)



Friday, August 29, 2020

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Editor's Choice



Goldfishes are seen inside a water tank equipped with lenses on the surface in an artwork titled "Reflecterium" at the Art Aquarium Museum 2020 exhibition, produced by the Japanese Art Aquarium artist Hidetomo Kimura, in Tokyo. REUTERS/Issei



White House Senior Adviser Ivanka Trump introduces her father U.S. President Donald Trump to deliver his acceptance speech as the 2020 Republican presidential nominee during the final event of the Republican National Convention on the South Lawn



Lonnie Gatte and Teri Goleman kiss after returning to their residence, a 40-foot camping trailer, to find it completely destroyed in the aftermath of Hurricane Laura in Sulphur, Louisiana. REUTERS/Adrees Latif



A Palestinian demonstrator hurls stones at Israeli soldiers during a protest in Hebron in the Israeli-occupied West Bank. REUTERS/Mussa Qawasma



The four-year-old daughter of Marqueese Alston, who was shot and killed by Washington's Metropolitan Police on June 12, 2018, holds a photograph of her father as demonstrators gather at the Lincoln Memorial for the "Get Your Knee Off Our Necks" March...



Japanese Prime Minister Shinzo Abe reacts during a news conference at the prime minister's official residence in Tokyo. Abe said he was resigning because of poor health, ending a tenure as the country's longest-serving prime minister. Franck..



Members of the Wisconsin National Guard bow their heads in prayer at the start of a news conference, regarding the protests and shootings that came after Jacob Blake was shot by police, in Kenosha, Wisconsin. REUTERS/Brendan McDermid



A woman reacts next to the body of a person who was shot near Sao Carlos slums complex during a police operation after heavy confrontations between drug gangs in Rio de Janeiro, Brazil. REUTERS/Ricardo Moraes

Saturday, August 29, 2020

USPS Delays Could Keep 25% Of Older Americans From Getting Life-Saving Prescription Medications



(Photo/Tareq Ismail on Unsplash/Drugs, Health & Medical, Politics)

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

ANN ARBOR, Mich. — United States Postal Service delays are in the spotlight right now. On that note, a poll from the University of Michigan is illustrating just how important the mail system is for many Americans' medicinal needs.

Researchers say USPS delays could prevent millions of people from getting their prescription medications on time.

Close to one in four Americans between the ages of 50 and 80 attain at least one medication via the mail. Moreover, that percentage increases to 29% once the field is narrowed to only Americans taking at least one prescription medication.

All in all, 17% of respondents within that age group say they receive all their medicines through the mail. Also, 35% of respondents who receive medication in the mail say this arrangement is actually a requirement mandated by their insurance provider.

These numbers, while no doubt still very relevant today, were originally collected in 2017 as part of the National Poll on Healthy Aging. However, this portion of the poll had never been released up until now. It's important to note that respondents did not specify which mail delivery service (UPS, USPS, etc) they use to order

medicine.

Circling back to Americans who are required to order medication through the mail, 53% say doing so helps them save money. Another 42% feel it's simply more convenient. Meanwhile, close to 30% say they like ordering medicine via the mail because they've been taking their medications for a long time and don't need to discuss anything with a pharmacist. Another 29% say their doctor automatically sets up medication deliveries through the mail for them.

The importance of the USPS has been called into question as of late. But these stats certainly suggest that the U.S. mail system makes life easier for many among us — at least when it comes to medicine. (Courtesy <https://www.studyfinds.org/>)

Postal Service delays of prescription drugs put thousands of American lives at risk

"Without it, people are going to die," said a retired nurse in Michigan whose pain medication arrived late.

Jan Stowe saw countless patients go through withdrawals during her 40-year nursing career, but last month she experienced it herself when the U.S. Postal Service failed to deliver her medication for chronic back pain and muscle spasms.

A nurse for combat veterans during and after the Vietnam War, Stowe said she could identify her own symptoms but couldn't do anything but wait in her Traverse City, Michigan, home. "I was jittery. I was anxious. I wasn't able to concentrate. I was pacing. I was feeling nauseous. I was sweating. It was all the symptoms," Stowe said of last month's experience. "I mean, I've never taken heroin, but I've taken care of drug addicts. Now I know what it feels like."

Stowe, whose back problems forced her into retirement, is among thousands of Americans who have missed their prescription medications because of Postal Service delays. A dramatic decrease in on-time deliveries since the beginning of July has put lives in jeopardy as a growing number of people depend on getting their prescriptions by mail.

A U.S. Postal Service letter carrier walks her route in Northumberland, Pa.

The Postal Service manages 1.2 billion prescription drug shipments a year — or about 4 million each day, six days a week — the National Association of Letter Carriers reported earlier this year. That number has grown during the pandemic, and many recipients are accusing President Donald Trump and the White House of orchestrating mail delays to undermine mail-in voting. Postmaster General Louis DeJoy said last week that he would suspend any operational changes to the Postal Service until after the election to avoid any impact on voting by mail.

But that doesn't address secondary effects, such as delayed prescriptions and the economic fallout on small businesses.

Erin Fox, a pharmacotherapy professor at the University of Utah, emphasized that most prescriptions fulfilled through the mail treat chronic conditions, rather than short-term prescriptions, like a course of antibiotics.

She said these medications often treat cholesterol or high blood pressure — and without them, patients could have heart attacks or strokes — but also consist of inhalers, insulin and anti-rejection medicines for people who have had organ transplants.

"Delays with the postal system is very concerning because patients may not be able to access the chronic medications that they need," she said.

For Ray Carolin, an Air Force veteran and former Secret Service agent who lives in Lafayette, Indiana, delayed medications can be the difference between life and death. When the Postal Service doesn't deliver the medications sent by the Veterans Administration, which fulfills 80 percent of its prescriptions by mail, Carolin is left scrambling to find the drugs he needs and forced to pay out of pocket.

"Those drugs are pretty important to me — they keep me alive," Carolin said. "And on one occasion I had to drive 60 miles to go over to the VA hospital in Indy because I hadn't received some heart medicine. And on another drug that I had to have, I had to go to CVS Pharmacy locally here in Lafayette as opposed to driving over to Indianapolis, and I had to go buy my medicine because I didn't get it from VA."

Sens. Bob Casey and Elizabeth Warren, of Pennsylvania and Massachusetts, respectively, are attempting to bear down on the

issue by reaching out to the companies that actually fulfill the prescriptions.

The two Senate Democrats sent a series of letters to the top five mail-order pharmacies and pharmacy benefit managers — including Cigna's service, CVS and Walgreens — about the delivery delays of prescription drugs sent to older people, veterans and millions of other Americans, who, they wrote, face "grave risks if President Trump's efforts to degrade the mail service results in delays and disruptions."

Casey told NBC News that he had received more than 97,000 letters from constituents about the policies instituted by DeJoy, a longtime Republican ally and former logistics executive who admitted during a congressional hearing Friday that his changes had caused some of the delays.

Sen. Rob Portman, R-Ohio, pressed DeJoy about prescription drugs on Friday, telling him of the "heartbreaking stories" he's heard, sharing the anecdote of a veteran with chronic obstructive pulmonary disease who reached out to his office after enduring a long wait to receive his inhaler. "We are working here feverishly to get the system running, add stability and also to hire more workers to handle the delivery process," DeJoy said. "We all feel bad about the dip in our service level."

Constituents from all 67 of Pennsylvania's counties have reached out to Casey's office, from "veterans missing medications in Clarion County to small-business owners in Wexford who depend on reliable postal service to deliver their products to their customers," Casey said. (Courtesy <https://www.nbcnews.com/>)



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