

Friday, November 13, 2020

Editor's Choice



President Donald Trump departs after placing a wreath at the Tomb of the Unknown Soldier as he attends a Veterans Day observance in the rain at Arlington National Cemetery in Arlington, Virginia. REUTERS/Carlos Barria



Resident kisses a relative through a plastic sheet installed in a special 'hug room' at a care home in Castelfranco Veneto, Italy. Centro residenziale per anziani Domenico Sartor/via REUTERS



Woman receiving supplemental oxygen reacts as rescuers evacuate her from a submerged village, as her supply was running low, following Typhoon Vamco, in Marikina, Metro Manila, Philippines. REUTERS/Eloisa Lopez



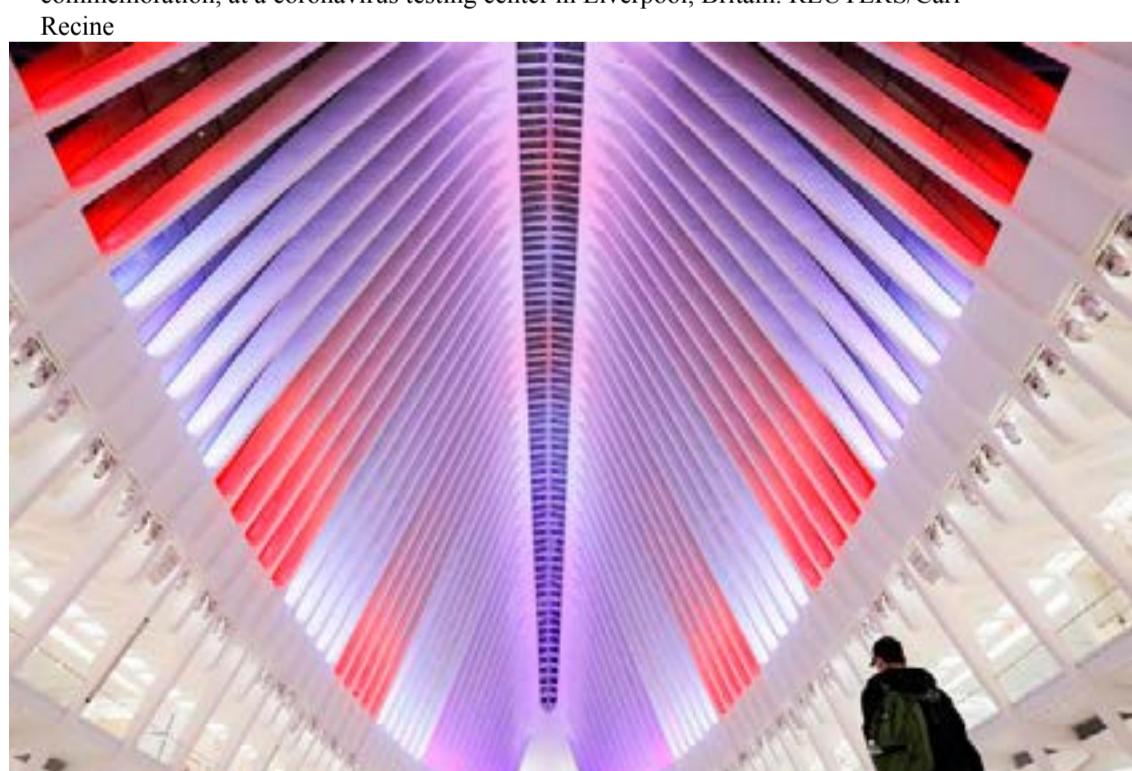
A man helps a patient who was beaten by unknown assailants after leaving the San Juan de Dios hospital, as the coronavirus outbreak continues, in Guatemala City, Guatemala, July 15, 2020. REUTERS/Luis Echeverria



Soldiers stand as they observe a two-minute silence as part of Armistice Day remembrance, at a coronavirus testing center in Liverpool, Britain. REUTERS/Carl Recine



A member of a feminist collective paints the helmet of a riot police officer during a protest against gender and police violence, in Mexico City. REUTERS/Toya Sarno Jordan



LED lights are seen illuminated to honor Veterans Day at The Oculus Transportation Hub in New York City. REUTERS/Andrew Kelly



A demonstrator gestures towards law enforcement officers standing guard during an opposition rally to demand the resignation of Armenian Prime Minister Nikol Pashinyan following the signing of a deal to end the military conflict over the Nagorno-Karabakh region, in Yerevan, Armenia. REUTERS/Artem Mikryukov

Friday, November 13, 2020

Southern DAILY Make Today Different

COMMUNITY

(Article continued from page C2)

Most States Aren't Ready For Distribution Of The Leading COVID-19 Vaccine

Officials Are Trying To Hit "a Moving Target"

Health officials stressed that the plans are still evolving as they receive changing information. Even though Pfizer's vaccine has long been seen as the likely front-runner, details from the trial, including the vaccine's efficacy in specific populations like the elderly, have yet to be published. Shipping and storage logistics are also expected to continue to be fine-tuned with each passing week.

"It's a moving target," Dr. Philip Huang, director of the Dallas County Health and Human Services Department, said. "There's new info every day."

The changing details make it harder to plan, and some officials acknowledged they haven't gotten very far.

"There are too many variables still to be worked out at the federal level," a spokeswoman for the Georgia Department of Public Health said by way of declining an interview request for this article. "Much of what happens going forward will depend on the vaccine itself, when we receive it and what the protocols will be for prioritizing distribution among various populations."

The problem with waiting for details on the vaccine to be revealed is that mass immunization is a multilayered process, involving public communication campaigns, ordering of equipment, hiring of staff, training of vaccine providers and the added complexity, in this pandemic, of making sure all vaccine sites are safe and won't contribute to the spread. Operation Warp Speed has said its goal is to begin shipping the day that a vaccine is given the green light by the FDA, so states need to be ready at any moment.

WHO COULD GET COVID-19 VACCINE FIRST?

December

- Adults with underlying medical conditions that are risk factors for severe COVID-19 illness
- People 65 years of age or over

January

- Healthcare personnel
- Non-healthcare essential workers

March - April

- Rest of the population (priority to be determined)

ers and at-risk populations such as nursing home residents. Access would expand to the general public as manufacturing ramps up to make more doses available.

Who will get the vaccine first and when will it be rolled out?

HHS secretary Alex Azar offered up a timeline on Tuesday regarding who would be the first to receive the COVID-19 vaccination if they can start rolling out the jabs next month as planned.

The elderly in nursing homes and assisted living facilities will likely be the first to be vaccinated. Adults with underlying medical conditions that put them at risk of severe COVID-19 illness and people over 65 years of age could also fall into this initial category, according to Operation Warp Speed's strategy plan. Inoculations of healthcare workers and first responders will follow, with a goal to complete those shots by the end of January. Azar said he expects to have enough vaccinations for 'all Americans' by the end of March to early April.

A final priority list is still being determined by the CDC's Advisory Committee on Immunization Practices that will base, in part, on vaccine efficacy data from the various trials, including Pfizer and Moderna. But there are a lot of details left to determine within those broad categories. Some health care workers have more exposure than others; North Dakota wants hospitals to document how they decided whom to vaccinate first. Maryland is prioritizing people in jails and prisons (where sharing close quarters has led to severe outbreaks), but states like Idaho and Mississippi have scheduled them for later.



HHS secretary Alex Azar offered up a timeline on Tuesday regarding who would be the

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

first to receive the COVID-19 vaccination if they can start rolling out the jabs next month as planned.

Arkansas, which has a large chicken industry, considers meatpacking workers to be essential. Oklahoma is prioritizing its long-term care population. Some states stressed communities of color, which have been disproportionately sickened and killed by the virus. "We are currently in the midst of a social justice movement across the country," Kentucky's plan notes.

Rural Communities Are "the Greatest Challenge"

Across the country, authorities are grappling with how to accommodate the Pfizer vaccine's finicky specifications. So far, state plans show few have come up with clear solutions. Oregon, for instance, said it still needs to "develop [a] plan" for how to handle 1,000-dose orders in "remote Oregon locations, while maintaining the ultracold chain and avoiding wastage."

Perna, the general leading logistics for Operation Warp Speed, told NPR that it's up to states to buy more freezers. That contradicts the CDC's instruction to not invest in more equipment. But many states said they're doing so anyway, or at least looking into it. They're also taking stock of what facilities already exist in their states at hospitals and universities, or where they can get dry ice. North Dakota, where the virus has killed roughly 1 out of every 1,200 people, is considering whether to break down the 1,000-dose packages and, on its own, distribute smaller quantities to individual hospitals and clinics.

"The greatest challenge will be to moving small amounts of vaccine to widely scattered locations during Phase 1 since only a small percentage of the small population will be eligible for the vaccine," the state's plan said. It describes one health district that has three hospitals, two of which are more than an hour's drive away from the nearest city via a two-lane road, and eight long-term care facilities that are even more remote. "Reaching small populations with-

out redistribution may not [be] possible."



Even in the case where prioritized health care workers were physically capable of driving themselves to the city to get a vaccine, relying on doctors and nurses to get themselves to a vaccine "doesn't compute," said Tim Size, executive director of the Rural Wisconsin Health Cooperative, which represents 43 rural acute hospitals. Wisconsin is battling its worst outbreak of the pandemic, and every hospital is stretched thin on staff, he said. Requiring everyone to take time off, twice, to get the Pfizer vaccine "means two days of lost staff time at a time we're desperately short of staff."

Size urged Pfizer to figure out a way to package its vaccine in smaller shipments so it could be delivered directly to rural hospitals. A spokeswoman for Pfizer declined to comment on whether the company is working on that. Later vaccines will likely have less onerous storage requirements, and at least one, made by Johnson & Johnson, only requires one dose instead of two, so many states are hoping to have multiple options to work with that may make it easier to reach remote populations. Some states appeared to be avoiding the issue of Pfizer's packaging for now. The Kansas Department of Health and Environment's plan assumes any approved vaccine will be "available in minimal quantities such as 100 doses per order." Kansas' department did not respond to requests for comment.

"If Pfizer comes out and says they're going to provide doses of 25 instead of 1,000, that's a game changer," said Imelda Garcia, associate commissioner for the Texas Department of State Health Services' Division for Laborato-

ry and Infectious Disease Services. "The manufacturers were imagining mass vaccination efforts and not really thinking about rural areas. We've been pushing pretty hard at the federal level for them to provide smaller packages. We don't know if that will occur or not."



The Trump administration has paid \$1.95 billion for 100 million initial doses of the Pfizer vaccine. Pfizer says it could have up to 50 million doses available by the end of this year if approved.

As Texas and other states consider the need to break down the 1,000-dose packages into smaller shipments, that's an additional cost that they'd have to shoulder, since the federal government will only pay to move the vaccines once. Several states identified funding as a major problem.

Virginia's plan included a "preparedness gap analysis" that estimates that it will need \$71 million to establish and operate mass vaccination clinics, which would include hiring temporary staff and covering facility rental costs, translation services, signage and other operating costs.

The plan also calls for a further \$2.5 million in equipment such as refrigerators and thermometers and \$3 million for public education, including TV, radio and social media ads, as well as "targeted outreach to clinicians, vulnerable populations and other key groups."

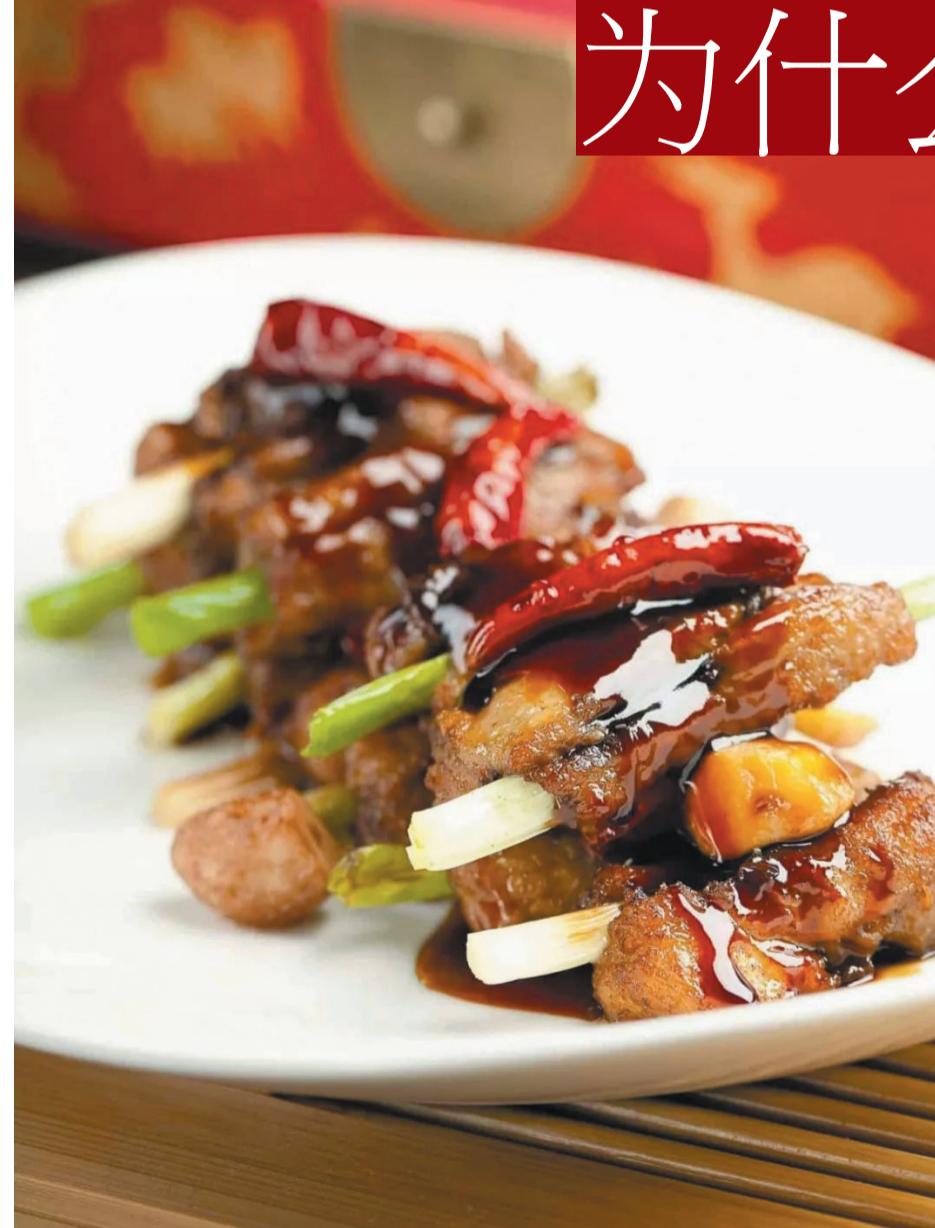
CDC Director Robert Redfield has said Congress will need to provide up to \$6 billion for vaccine distribution, but funding negotiations stalled ahead of the election. To date, the federal government has allocated 3% of that amount, \$200 million, to the states to immunize the nation.

Much of the implementation will spill into the next administration. President-elect Joe Biden on Monday named a team of public health experts to advise him on the COVID-19 response. But so far the Trump administration is refusing to cooperate with the transition. (Courtesy www.propublica.org and www.dailymail.co.uk)

For the initial months after the Food and Drug Administration signs off on a vaccine, the CDC advised state and local health authorities to prioritize health care workers, then move on to other essential workers,

SC 食在中国 Daily News

为什么鲁菜馆这么少？



加之肥厚的土壤，物产十分丰富。境内蔬菜、水果种类繁多，有着“世界三大菜园之一”的称号。山东半岛三面环海，水产品的生长环境得天独厚。丰富的物产，为鲁菜的制作提供了充足的原料。

鲁菜走入“高端”，与其做工不无相关。讲究精细的鲁菜，在“雕工”和“切工”上也有着非同一般的工致追求，著名的北京烤鸭就是正宗的鲁菜。薄如蝉翼的鸭肉片，细如发丝的葱丝，都十分考验厨师的切功。

鲁菜发源于春秋战国时期，很早就形成了完备的烹饪体系。因为距离中原政权中心最近，鲁菜天然具备登上殿的条件。明清时期，大量山东厨师和菜品进入宫廷，鲁菜“宫廷菜”的叫法，更是“名副其实”。

在孔孟之乡的山东，饭桌礼仪的重要性不容小觑。而鲁菜，承载了山东人长幼有序、矩步方行的文化体系。

鲁菜，不仅仅是一个菜系，更是完备的饮食礼仪。

鲁菜的精巧，在于精雕细琢。

环山傍海的山东，造就了鲁菜的包罗万象。济南派的火候、胶东菜的海鲜、孔府菜的豪华，共同融合为菜系之首的鲁菜。

济南风味是鲁菜的主体，在山东境内的影响颇大。济南菜又分为“历下派”、“淄潍派”和“泰素派”等。

济南菜古称历下菜。“唱戏的腔，厨师的汤。”汤菜是济南菜的重头，其高汤有清汤和奶汤两种。《齐民要术》中，曾详细记载了清汤和奶汤的制法。

济南汤菜中的清汤以肥鸡、肥鸭、猪肘子做主料，反复沸煮、微煮，中间用鸡腿、肉泥和鸡脯肉泥两次清绍，这样做成的汤底清澈见底，味道极为鲜美。

奶汤熬制的关键是大火，中间无需添加清绍，汤底熬制呈乳白色。

奶汤蒲菜有着济南汤菜之冠的称号。

大火熬制的奶白色高汤，加入脆嫩的蒲菜段，辅以冬菇、玉兰片、火腿片炖煮，香浓的高汤充分浸入蒲菜。

一碗奶汤蒲菜，奶白翠绿，雅致的配色，为鲁菜涂抹了几笔清淡色彩。

九曲黄河，孕育了多种生命。

《诗经》中曾记载：“岂食其鱼，必河之鲤。”济南北临黄河，鲜嫩肥美。

的黄河鲤鱼，自然成为了济南厨师眼里的绝佳食材。

腌制好的鲤鱼裹上淀粉，在油锅内炸至金黄，葱姜蒜爆香后，淋上红色的糖醋浓汁，便是一道色泽金黄的糖醋鲤鱼。对于期盼年年有余的山东人而言，金鳞赤尾、形态可爱的糖醋鲤鱼，是过年宴会上必不可少的佳肴。

淄潍菜虽源于济南，但因为物产、地理位置的不同，形成了自己的特色。淄潍菜指淄博、潍坊风鲁中地区的菜肴，多选用肉、禽、蛋作为食材原料，采用烧、炸、拔丝等制法，口味略咸。怀胎鲤鱼、拔丝地瓜、麻花肘子都是淄潍菜的典型代表。

一座泰山，让本就厚重的山东更具分量。被视为“仙山佛国”的泰山，僧道云集，建有许多宫观寺庙。泰安一带的饮食，颇受佛道两教的影响，以素为主。

济南菜里的泰素菜就是指以泰安为代表的素菜和寺庙菜肴流派。或许是接受了泰山“仙风道骨”的浸淫，泰素菜也带着些超卓的雅致。

泰山的豆腐、白菜、泉水是为一绝，被誉为三美。锅塌豆腐、软烧豆腐、炸豆腐丸子、炸豆腐皮、烧二冬、三美豆腐等淡雅的菜肴，虽简单易得，但凭借清鲜滑嫩的口感，备受推崇。

据资料记载，当年爱国将领冯玉祥隐居泰山时，整日“泰山三美”为食，并为之赋诗作画，喜爱之情溢于言表。

在山东3000多公里的海岸线上，生长了琳琅满目的海参、扇贝、鲍鱼、海螺、海胆、蛤蜊等海鲜食材，这也决定了胶东人的餐桌自带大海的味道。

胶东菜起源于烟台福山，后普及至威海、青岛等地。2001年，中国烹饪协会特意前往烟台福山进行了专门的调研，并对其进行“山东烟台福山—鲁菜之乡”的冠名。

胶东菜肴擅长海鲜烹饪，以保留食材最原始的味道见长。胶东菜深谙炸、熘、爆、炒、蒸、煎、扒、焖等烹饪之道，所创菜肴用料讲究，色、香、味、形并重。

胶东菜擅长“一菜多食”，一种食材，通过不同的烹饪方法，可以做

出不同的味道。单单一味海参，在胶东便有生吃、凉拌、葱烧、红煨等多种方法。一条海参，也可以做出“爆鱼肝丁”、“糟溜鱼片”、“糖醋鱼块”等上百种菜品。

清雅滑嫩的芙蓉干贝，葱香味醇的葱烧海参，亮油泡汁的油爆乌鱼花……每一道菜都在保留食材原本味道的同时，放大其特有的滋味。

当然，胶东菜并非高不可攀的海鲜佳肴。丰富的小海鲜，也是胶东人餐桌上的亮眼点缀。

在胶东人的眼里，日久归乡时，母亲端来的那盘辣炒蛤蜊、红烧海螺、炸蛎黄、韭菜炒蛏子……是最鲜美的家乡味道。

说到鲁菜，不能不提及鲁菜里的隐形大佬——孔府菜。

作为“天下第一家”的孔府，在几千年的繁衍过程中形成了孔氏家族特有的饮食系统。孔子所言“食不厌精，脍不厌细”的理念，是孔府菜饮食文化的具体体现。

孔府菜的制作，精美、讲究。火候的是孔府菜烹饪的关键，软烂柔滑是其特色。在儒家文化的熏陶下，孔府菜十分重视饮食的时与节、量与度。

在孔府，一蔬一菜不再只是具象的一蔬一菜，而是被赋予了文化的意趣。

孔府菜是典型的官府菜，不仅在选材、烹饪上精细考究，食物的餐具同样精益求精，甚至有着“美食不如美器”的说法。每道菜肴的名称，也都被赋予了深远雅致的意趣。

孔府的一道菜，就是一首诗、一个典故。相传，秦始皇下令焚书坑儒时，大臣张良老为了保全孔氏后人，以自己的儿子替换了孔家人。为了铭记张良的赤胆忠心，孔家人特意创作了孔府菜“知者不惑”，将排骨中的骨头剔除，换上葱白，意为“偷梁换柱”。

诗礼银杏、带子上朝、御带虾仁、知者不惑等典雅的菜名，诗意又缱绻。食物，承载了一个人的味蕾记忆，也涵盖了一个的过往经历。或许在恪守礼学的孔家人眼里，食物本身早已与文化融为一体，融进“饮食和德”的修养中去。

魯、川、粵、苏、浙、闽、湘、徽

八大菜系味道迥异、花样纷呈

魯菜凭什么脱颖而出

被尊为八大菜系之首呢？

“食不厌精，脍不厌细”。针对

饮食文化，早在两千五百年前，山东人孔子就提出了自己的看法。

在很多人的印象中，山东人的日

常就是“煎饼卷大葱”。其实，这种

刻板印象也不无存在的道理，大葱与

山东人的关系从来都很亲密。

《谷梁传》中曾有记载：“齐兵，献戎菽于齐。”可见，自齐公北伐之后，大葱在山东一带就已得到广泛种植。鲁菜以咸鲜为主，多使用葱姜蒜爆锅提味，烹饪海鲜时，使用大葱做调料可以去除腥味。

作为八大菜系之首，鲁菜的街头占有率却寥寥无几。纯正的鲁菜，不仅精细、讲究，更有一套内在的规矩礼仪。很长一段时间，“宫廷菜”是鲁菜的另一个名字。

山东位于黄河下游，温和的气候