

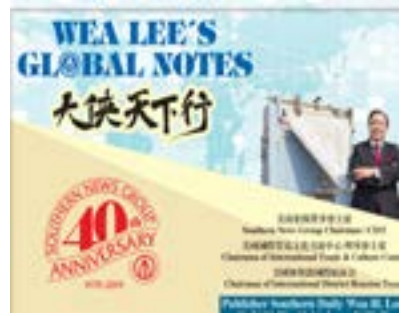


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Mr. Lee's Commentary and Dairy



Inside C2

# Southern DAILY

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## Georgia Secretary of State's office launches probe into Trump



WASHINGTON (Reuters) - The Georgia Secretary of State's office opened an investigation on Monday into former U.S. President Donald Trump's efforts to overturn the state's 2020 election results, an official in the office told Reuters.

FILE PHOTO: U.S. President Donald Trump holds a campaign event for Republican U.S. senators David Perdue and Kelly Loeffler in Valdosta, Georgia, U.S., December 5, 2020. REUTERS/Jonathan Ernst Secretary of State Brad Raffensperger's office had faced calls to open a probe after Trump was recorded in a Jan. 2 phone call pressuring Raffensperger to overturn the state's election results based on unfounded voter fraud claims.

"The Secretary of State's office investigates complaints it receives," said Walter Jones, a spokesman for the Secretary of State's office, describing the investigation as "fact finding and administrative."

"Any further legal efforts will be left to the attorney general," he said.

Legal experts said Trump's phone calls may have violated at least three state criminal election laws: conspiracy to commit election fraud, criminal solicitation to commit election fraud, and intentional interference with performance of election duties. The felony and misdemeanor violations are punishable by fines or imprisonment. In the Jan. 2 phone call, Trump urged Raffensperger, a fellow Republican, to "find" enough votes to overturn his Georgia loss. The transcript quotes Trump telling Raffensperger: "All I want to do is this: I just want to

find 11,780 votes," which is the number Trump needed to win. Trump made another phone call in December to Georgia's chief elections investigator, Raffensperger's office said.

Additionally, two Democratic members of the U.S. Congress - Kathleen Rice, of New York, and Ted Lieu, of California - have asked in a Jan. 4 letter to the Federal Bureau of Investigation for a criminal probe into Trump's call to Raffensperger.

On Jan. 6 - the day of the U.S. Capitol riots - Trump bragged about the call in a speech to supporters: "People love that conversation because it says what's going on," he said. "These people are crooked."

The push for investigations are one illustration of the legal perils facing Trump since he lost the constitutional protections that shield sitting presidents from prosecution. Trump now faces nearly a dozen legal battles, including a criminal probe by Manhattan District Attorney Cyrus Vance into his business dealings and several civil lawsuits.

Trump has described the investigations into his family business as politically motivated.

David Worley, the lone Democrat on Georgia's state election board had planned to introduce a motion at Wednesday's board meeting urging state Attorney General Chris Carr and Fulton County District Attorney Fani Willis to open a criminal investigation into Trump's phone calls with election officials.

He said such a move would be unnecessary if the Secretary of State's office has opened an investigation. "If they've done this, I won't need to make my motion," Worley told Reuters.

## Ex-Trump aide Manafort cannot be prosecuted in NY following pardon

NEW YORK (Reuters) - New York state's highest court has rejected the Manhattan district attorney's effort to prosecute Paul Manafort, the onetime campaign chairman for former U.S. President Donald Trump.

FILE PHOTO: Former Trump campaign chairman Paul Manafort, exits the courtroom after his arraignment in New York Supreme Court in New York, U.S., June 27, 2019. REUTERS/Eduardo Munoz The decision by the Court of Appeals ends Manhattan District Attorney Cyrus Vance's attempt to pursue Manafort on 16 felony charges, including mortgage fraud, that were similar to crimes for which Manafort had been convicted in federal court and pardoned by Trump.

Vance had been appealing a 4-0 ruling in October by an intermediate-level state appeals court that prosecuting Manafort violated state double jeopardy laws, or trying someone twice for the same conduct.

A spokesman for Vance on Monday declined to comment on the Court of Appeals' Feb. 4 order, which let stand the indictment's dismissal.

Manafort's lawyer Todd Blanche said he was pleased. "This is a case that should never have been brought because the dismissed indictment is a clear violation of New York law," he said.

Manafort worked on Trump's White House campaign for five months in 2016.

Vance announced Manafort's indictment in March 2019, less than an hour after a judge sentenced Manafort to 7-1/2 years in prison on federal tax evasion and bank fraud charges.

The federal case stemmed from former U.S. Special Counsel Robert Mueller's probe into Russian interference in the 2016 U.S. presidential election.

Trump pardoned Manafort on Dec. 23, seven months after he was released to home confinement.

Manafort's lawyers had said he faced health risks, including from possibly contracting the coronavirus, in prison.

U.S. presidents cannot pardon people for state crimes.

Steve Bannon, a former Trump adviser pardoned after being charged by federal prosecutors with defrauding donors in a border wall project, is being investigated by Vance over his role in that project, The New York Times reported this month.

Bannon had pleaded not guilty in the federal case, but double jeopardy may not apply because he was never tried.

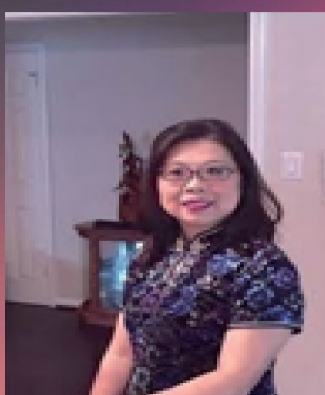
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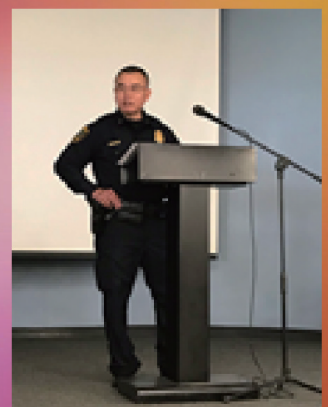
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## WEA LEE'S GLOBAL NOTES

02/08/2021

CORONAVIRUS DIARY

Wealee@scdaily.com

Ambassador Gary Locke  
Lead Committee Of 100

I was with the Committee of 100 last week with the newly elected President Gary Locke in a virtual meeting. The topic was, "Rebuilding America's Promise: The Chinese American Perspective."

The Committee of 100 is a non-partisan leadership organization of prominent Chinese Americans in government, business, academia and arts. The founding the committee came from the renowned architect, the late I.M. Pei. He teamed up with master cellist Yo-Yo Ma and Shirley Young to recruit distinguished Chinese Americans from the arts, business, public service and the sciences to serve on the committee.

The mission of the committee is to provide leadership and act as a constructive force in the dual mission of promoting the full participation of all Chinese Americans in American society and acting as a public policy resource for the Chinese-American community.

Advancing constructive dialogue and relationships between the people and leaders of the United States and greater China is the overriding goal and focus.

Gary Locke was the first governor in the continental United States of Asian descent and the only Chinese American who had ever served as a governor of



any state. He was also the first Chinese American to serve as a U.S. ambassador.

Today we as Chinese Americans are

facing a big challenge. We hope that under the leadership of Ambassador Locke we will definitely find more answers to address it.



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!

Experts Are Confused By A 50% Drop In New Infections  
And Only 8.7% Of U.S. Vaccinated With NO Herd Immunity

New COVID-19 Cases Plunge  
More Than 25% As Experts  
Cite Behavior Changes

## CORONAVIRUS LATEST

U.S. CASES: 26,680,261

U.S. DEATHS: 455,875

Dateline: Coronavirus Pandemic™ February 9, 2021

## Key Points

\*The U.S. saw its deadliest day on record Last Thursday with 5,077 new fatalities despite falling cases

\*The nationwide seven-day average for new coronavirus cases has fallen to 121,645. This marks a 50.5% decrease from the peak on January 12 when the average was close to 250,000

\*For the first time in weeks, the seven-day average is below 20,000 cases in every single state

\*Texas and California still lead with average daily cases over 15,000

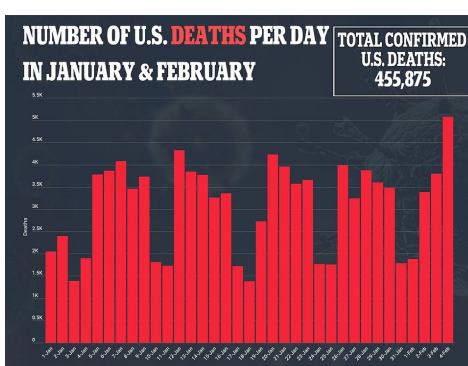
\*National hospitalizations from COVID-19 have also fallen to 88,668 - the first time they have fallen below 90,000 since November 27

\*The drop in cases and hospitalizations comes as the vaccine rollout continues, but slowly, with just 8.7 percent vaccinated

A dozen states are reporting drops of 25% or more in new COVID-19 cases and more than 1,200 counties have seen the same, federal data released last Wednesday shows. Experts say the plunge may relate to growing fear of the virus after it reached record-high levels, as well as soaring hopes of getting vaccinated soon.

Nationally, new cases have dropped 21% from the prior week, according to Department of Health and Human Services data, reflecting slightly more than 3,000 counties. Corresponding declines in hospitalization and death may take days or weeks to arrive, and the battle against the deadly virus rages on at record levels in many places.

Health officials, data modeling experts and epidemiologists agreed it's too early to see a bump from the vaccine rollout that started with health care workers in late December and has, in many states, moved on to include older Americans. Instead, they said, the factors involved are more likely behavior-driven, with people settling back home after the holidays, or reacting to news of hospital beds running out in places like Los Angeles. Others are finding the resolve to wear masks and physically distance with the prospect of a vaccine becoming more immediate while some people are hoping to avoid the new, more contagious variants of the virus, which some experts say appear to be deadlier as well. America recorded its deadliest day of the pandemic yet on Thursday, with a staggering 5,077 fatalities in 24 hours, dwarfing the previous record of 4,466 deaths on January 12 by 611. It comes despite encouraging and sustained declines in daily coronavirus infections. At 121,645, the average number of new daily infections is half what it was at the peak of the pandemic, on January 12, according to a DailyMail.com analysis of Johns Hopkins University data. But the trend in fatalities consistently lags weeks behind trends in cases and hospitalizations, which have both been falling for the past three weeks, with fewer than 90,000 people getting inpatient treatment for COVID-19 for the first time since Thanksgiving, COVID Tracking Project data shows.



Hospitalizations fall after cases, and deaths are expected to follow hospitalizations, despite last week's record-high fatalities. CDC director Dr Rochelle Walensky said earlier in the week that 'the pace of deaths appears to be slowing.' Meanwhile, experts are encouraged, but perplexed by the decline in infections. Vanderbilt University infectious diseases professor Dr William Shaffner told DailyMail.com he is 'bumfuzzled' by what's driving the trend. It's too soon for vaccines to be a significant driver of the downturn; just 8.7 percent of the U.S. population has had one or more shots, according to Bloomberg data, and the US is nowhere near herd immunity yet.

And while CDC director Dr Rochelle Walensky called this week's encouraging downward trend in cases 'consistent,' Dr Shaffner echoed her warnings that the trend could be reversed by the arrival of variants and potential super-spreader events. Holidays led to the last surge of infections that followed the triple-threat of Thanksgiving, Christmas and New Year's Eve. With the lags between infections, hospitalizations and deaths, yesterday's record fatalities likely still reflect patients infected in that period.

At least 645 cases of 'super COVID' variants from the UK, Brazil and South Africa have been reported in 33 states

At least 645 cases of coronavirus variants from the UK, South Africa and Brazil have been reported across 33 states. Of that number, at least 626 have been linked to the UK variant known as B.1.1.7, a DailyMail.com analysis of state and federal data reveals.

More than half of those cases have been reported in Florida and California, and there are two deaths linked to the strain, one in New Jersey and one in Alabama. Experts have warned that this variant is expected to become the dominant strain in the U.S. by March.

There are currently five cases of the B.1.351 variant, which was first detected in South Africa, three of which are in Maryland and two in South Carolina.

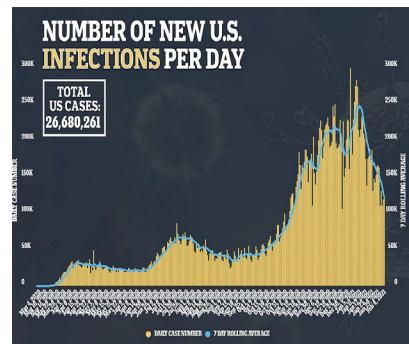
In addition, two cases of the P.1 strain that originated Brazil have been identified in Minnesota.

'Just as we are smiling,' about the downturn in cases 'there

are a couple of three countervailing factors,' Dr Shaffner told DailyMail.com.

'The arrival of variants could create more cases, more illnesses and hospitalizations down the road. The last massive surge of infections in January may mean slightly fewer people are vulnerable now because they were previously infected, the US is long way off from herd immunity.

Scientists estimate that as many as 100 million Americans, or about a third of the population, have had COVID-19. At least 70 percent of the population needs to have protection from prior infection or vaccines to reach herd immunity. Daily COVID-19 cases have been falling steadily over the past three weeks with only 123,907 new infections reported on Thursday.



The seven-day average has dropped to 130,569, as hospitalizations have also fallen to 88,668. Nationwide, there have been more than 26.6 million American infected with COVID-19 and 455,735 deaths.

+11 The average number of new infections a day has declined consistently over the past three weeks, with just 122,473 recorded on Thursday

The drop in new cases and hospitalizations comes as the vaccine rollout continues and as many states maintain mask mandates and social distancing requirements in public spaces. It also comes as the U.S. gets one step closer to having a single-dose coronavirus vaccine. The effects of the decrease in cases is being felt across the country, with no state recording a seven-day average of more than 20,000 on Thursday.

This is the first time in weeks that the average remained under the 20,000 threshold in every state. The state that came the closest is Texas which has a seven-day average of 19,637 new cases.

California was second with an average of 15,405. In mid-January, an average of 42,000 new cases a day was being reported in the state. (Courtesy <https://www.dailymail.co.uk/news>)



Editor's Choice



The Weeknd performs during the Super bowl halftime show. REUTERS/Brian Snyder



Newly confirmed Transportation Secretary Pete Buttigieg is embraced by his husband Chasten Buttigieg after being ceremonially sworn as Vice President Kamala Harris watches with her hand on her heart at the White House. REUTERS/Kevin Lamarque



Tampa Bay Buccaneers' Tom Brady and his family celebrates after winning Super Bowl LV. REUTERS/Eve Edelheit



Snowmen are seen on a snow-covered car during snowfall in Dortmund, Germany. REUTERS/Leon Kuegeler



Tampa Bay Buccaneers quarterback Tom Brady (12) and tight end Rob Gronkowski (87) celebrate after beating the Kansas City Chiefs in Super Bowl LV. Mark J. Rebilas-USA TODAY Sports



A nursing home resident receives a dose of Sinovac's CoronaVac coronavirus vaccine as Chile starts to vaccinate elderly people living in nursing homes in Santiago, Chile. REUTERS/Ivan Alvarado



Police fire a water cannon at protesters demonstrating against the coup and demanding the release of elected leader Aung San Suu Kyi, in Naypyitaw, Myanmar. REUTERS/Stringer



Eyad Alsous and Zugneily Santana, both from Florida, kiss under an umbrella as snow falls in Times Square in Manhattan. REUTERS/Andrew Kelly



Higher Omega-3 Levels May Reduce Risk Of Death From COVID-19



(© Cozine - stock.adobe.com)


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

**SIOUX FALLS, S.D.** — Anyone ready for salmon? A new study finds higher omega-3 levels in the bloodstream may reduce one’s risk of dying from a COVID-19 infection. Conducted by the Fatty Acid Research Institute in collaboration with Cedars-Sinai Medical Centers in Los Angeles and Orange County, these findings are the first to uncover direct evidence linking omega-3 fatty acids with improved coronavirus health outcomes. Numerous scientists had theorized that omega-3 fatty acids may be beneficial for COVID-19 patients, but all of that was ultimately conjecture at best. The new study involved blood samples taken from 100 COVID-19 patients taken to a local hospital. After collecting information on whether each patient eventually recovered or passed away, researchers analyzed those blood samples according to the Omega-3 Index. More specifically, the team measured O3I and red blood cell membrane EPA+DHA levels. Fourteen of the COVID-19 patients in the study ended up passing away from their illness. **Omega-3 is keeping more COVID patients alive**

Based off of those omega-3 readings, study authors separated all 100 patients into four groups based on their O3I levels. Each group accounted for 25 percent of the total patient group. Only one person died within the highest O3I group (O3I>5.7%) while 13 passed away from the remaining three groups (O3I<5.7%). After performing a series of age and sex-adjusted analyses, study authors discovered that patients with the highest levels of omega-3 (O3I >5.7%) had been 75 percent less likely to pass away in comparison to the other three groups. In simpler terms, the “relative risk” of death is four times greater for those with lower omega-3 levels. “While not meeting standard statistical significance thresholds, this pilot study – along with multiple lines of evidence regarding the anti-inflammatory effects of EPA and DHA – strongly suggests that these nutritionally available marine fatty acids may help reduce risk for adverse outcomes in COVID-19 patients. Larger studies are clearly needed to confirm these preliminary findings,” says lead study author Arash Asher,

MD, in a media release.



“Asher et al have demonstrated that a low Omega-3 Index might be a powerful predictor for death from COVID-19. Although encouraging, their findings clearly need to be replicated,” adds Clemens von Schacky, MD. **How do omega-3 fatty acids combat COVID-19?** Researchers find they will need to do more research to conclusively figure that out. However, Dr. James H. O’Keefe, Jr., an omega-3 expert at Saint Luke’s Mid America Heart Institute, has one theory. “An excessive inflammatory response, referred to as a ‘cytokine storm,’ is a fundamental mediator of severe COVID-19 illness. Omega-3 fatty acids (DHA and EPA) have potent anti-inflammatory activities, and this pilot study provides suggestive evidence that these fatty acids may dampen COVID-19’s cytokine storm,” he concludes. Dr. O’Keefe was not directly involved in this study. The study is published in Prostaglandins, Leukotrienes and Essential Fatty Acids. (Courtesy <https://www.studyfinds.org/>) **Related** **How To Improve Your Immune Response To The COVID-19 Vaccine Shot? Expert Reveals**  **KEY POINTS** *Maintain healthy habits before and after you get your vaccine shot.* *A healthy diet can help build a healthy immune system* *Do not let rumour mongering affect*

**your decision making; call your doctor** A Russian government advisory on refraining from alcohol consumption for 45 days after the first vaccine jab has left many people confused and contemplating whether or not alcohol can cause any ill impact on the vaccine response. However, there is no mention of alcohol in the printed material available along with the two vaccines approved in India; this certainly adds to the confusion. According to experts from the UK, Russia and the US, alcohol is said to suppress immune functioning and render a person incapable of developing adequate immunogenicity after receiving the vaccine dose. A research study on alcohol consumption and vaccination highlighted that that alcohol can cause inflammation in the gut and can alter the makeup of the microbiome, potentially damaging the microorganisms that maintain immune system health. Heavy alcohol use is also associated with a few other health problems, including an increased risk of Heart disease, cancer, and liver disease. All this and more indicate that it is best to maintain healthy habits before and after you get your vaccine shot.



**Covid-19: Maintain healthy habits before and after you get your vaccine shot.** Here is what you can do to maintain a healthy lifestyle and improve your chances of a better immune response to the vaccine: **1. Stay Away From Alcohol And Smoking** Consumption of alcohol, smoking or indulging in other unhealthy practices should be avoided to get the maximum benefit of the vaccine. People who have taken the vaccine shot must ensure a healthy lifestyle and avoid binge drinking around the time of the vaccination. **2. Get Enough Sleep**

Another way to ensure your immune system is in perfect shape to make the most of the COVID shot is to get plenty of sleep. A study, published in the International Journal of Behavioral Medicine, says that those who did not get more than five hours of sleep per night leading up to their flu shot made the vaccine only half as effective as those who had adequate sleep. The same will apply to the COVID shot too.



**Covid-19: To make the most of the COVID shot is to get plenty of sleep.** **3. Exercise Regularly** Staying active and exercising is another way to make sure your body is healthy. Staying physically fit and maintaining a healthy weight can help reduce your risk of chronic illness, which can make you more susceptible to any complications. **4. Eat Right, Eat Healthy** While no foods give you an immediate immunity boost, eating a healthy diet may help build a healthy immune system. Specific foods, particularly probiotics, can play an important role in keeping you healthy. Be sure to have a lot of vegetables, fruits, whole grains, yogurt, and fermented foods to keep your body nourished.



**Covid 19: Eating a healthy diet may help build a healthy immune system.** **Bottom Line:** COVID-19 vaccine shot is extremely important to fight this pandemic and improve immunity among people. Stay healthy and be wise. Do not let rumor mongering affect your decision making; call your doctor when in doubt. (Courtesy <https://food.ndtv.com/>)



# Why

## is my MRI normal and I still hurt?

Go to [www.thepaindiagnostest.com](http://www.thepaindiagnostest.com) to find out why