

分類黃告c1 wechat: AD7133021553

分類廣告價目表 CLASSIFIED AD. RATE 淍 淍 三週 一月 3 wks 1 wk 2 wks 1 mon 格數 Size 1格 (1unit) \$105 \$80 \$45 \$125 \$250 2格 (2units) \$90 \$160 \$210 3格 (3units) \$375 \$135 \$240 \$315

EFFECTIVE: 從2009年11月1日起實施

\$320

Restaurant

Hiring

糖城美式餐館

請全工和半工

收銀帶位、企枱

和外送員

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薪優誠請廚房員工

全工. 需有身份

請 11am-9pm 來電:

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281-881-9885

Lam Bo Buffet

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廚房幫廚,傳菜

有意者請電或親臨:

6159 Westheimer

Houston, TX 77057

\$420

美南國際電視網 Southern Television **Place Your AD** 

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Call(電話服務專線): 281-498-4310 Fax (傳真): **832-399-1355** 

> Email (電郵): cla@scdaily.com Wechat(微信): AD7133021553

Click止網: www.scdaily.com Stop by (登門): 11122 Bellaire Blvd

Houston TX 77072

須報稅,全職半職均可

請電或短信

美式快餐請人

近中國城,

請●經理: 懂英語

● 半工/全工收銀員

英語流利.

2580 Fondren Dr

**Houston TX77063** 

832-661-8881

中越餐館請人

Woodland 唯——家

薪優誠請炒鍋,打雜

另Kingwood地區

薪優,誠請經理

有意者請電:

832-229-6421

糖城中餐館

誠請前台和外送員

全工或半工均可,

需英文流利,可報稅

有意者請電

832-866-2625

金山餐館請人

位Downtown誠請

408-480-6035

下午2:00至5:00

**Business Hours:** Monday-Friday: 8:30am-5:30pm Saturday: 9am.-12pm 上班時間: 週一至週五: 上午八時至下午五時

2022 年休土頓黃頁 開始登記了

281-498-4310 AD7133021553 : YP@scdaily.com

E-mail: cla@scdaily.com





新點心海鮮酒樓 (原 ChinaBear)

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經理,企枱,收銀,帶位,廚房師傅

點心師傅,炒鍋,抓碼,油鍋,打雜等等...

意者請電或親臨面談:

832-310-5232 713-303-8998

12755 Southwest Fwy, Stafford TX 77477

請●全/半工企檯 ● Part time 經理 意者請電:

大機場附近布菲店

\$500

832-993-0116

誠聘(中國城)

周一到周五

意者請電:

281-781-9389

未接請短信稍後再覆

●廚房幫工/打雜

●司機

\*Katy H Mart \*外賣店請人 亞洲城,新優.誠請 位290,外賣店 經驗炒河粉麵炒鍋, 請熟手炒鍋 (如只有什碎,外賣店 白肋餐經驗者受問) 五天熟手接電話

> 可住宿. 有意者請聯系:

713-382-4927

手抓海鮮餐館

請收銀和企台

位 Pearland,誠請

full time 及part time

收銀和企台,要求

有責任心,薪資面議

有意向請聯系

912-381-5292

346-303-3218

糖城中餐館

位糖城 Sugar Land

請●熟手英文流利

以上全工/半工均可

832-946-0030

Mall 內快餐

Houston and Dallas

誠請以下職位

1. 前台服務人員

2.經理助理. 3.經理.

55 歲以下. 能搬遷更好

意者請電

832-726 2629

中餐館請人

位 610/290 交界

離中國城20分鐘,

誠請

有經驗炒鍋及幫炒

全工或半工均可

有意者請電

713-577-9039

●送外膏

收銀接電話

\*中餐館滅淸 收銀兼接電話員-外送員一名 環境好,小費好

美南印刷网

要求熟手,能報稅 丘中國城10分鐘車程 聯系電話: 劉先生

高新聘請

以下職位各多名

經驗炒鍋抓碼師傳

●經驗北方面店師傅

●經驗企枱

有意者請電

281-743-8013

中餐館請人

位6號/290,美式中餐

誠請全工炒鍋,企台,

半工周末外送,半工炒飯

**撈面師傅,企台**各一名

需報稅。以上不包住宿

713-213-0086

832-593-6688

糖城餐館請人

堂吃外賣店

誠請●企台

(底薪高,小費好)

●廚房抓碼

意者請電:

281-313-3300

\*Now HIRING

誠請外送員

**Delivery Driver** 

Please Call 或親臨:

JASMINE FOODS at

713-228-1909

2401 McKinney St

Houston, TX 77003

\*Sushi 餐館

位Heights地區

610/Ella, 誠請

Waiter/Waitress

新優. 意者請電:

346-406-3932

832-898-6667 連鎖素食餐館.誠徵

英文好店長,經理及助理,收銀員,熟手企枱,

練習服務員,周末學生工,幫廚,壽司助手

長短工,收入好,需要有身份能報稅.意者請短信

702-768-6766 or 626-389-7600

微信: usavpay 年齡,時間 不限制

素食者結緣!歡迎有志者加入我們的團隊,

位於休斯頓中國城附近

地址: 6128 Wilcrest Dr Houston TX 77072

\*中餐館請人 誠請熟手炒鍋

能看英文單

需要報稅.近中國城 意者請電:

713-826-2265

珍寶海鮮城 誠聘

廚房炒鍋、 點心師傅、 推車

需少許英文,全工或半工均可

\*餐館請人

路州 Shreveport

中餐堂吃店

誠請炒鍋和企台

意者請電:

832-819-8111

(無人接聽可短信)

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位於Victoria

誠講炒鍋,打雜

可提供住宿

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361-573-6600

361-649-7476

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全工打台,收銀,

外賣,打雜,油鍋.

薪優,面議!

立 Spring, 249 與 99 交界

聯系人:林先生

832-310-0739

長今韓國餐館

Jang Guem Tofu & BBQ

**急徵 urgent** need of

全工廚房 Cooker & Dishwash, Server

請 Eamil 或親臨:

tofu3528@gmail.com

Sugar Land, TX 77479

中國城奶茶店

誠聘男女員工

需有工卡,可報稅.

全工/半工均可

薪優面談,意者請電

713-772-7888

312-479-1188

超市內壽司吧

誠講 Part time

女性幫手一名,

需有些經驗

3528 Hwv-6.

6月22日 星期二

休士頓旅游指南

\*杏記甜品 Katy 店隆重開業

\$180

4格 (4units)

100

誠聘全工油鍋打雜

意者請電:832-818-7818 620-757-6037

\*底薪高,小費好 位糖城,中餐館 請**有經驗企檯**數名 最好能報稅 意者請電: 281-980-8886

需英文流利 意者請電: 281-980-8887 281-242-7728 中餐館請人 Cypress休斯頓

餐館誠請 炒鍋,炒鍋兼油鍋 打雜,企檯 意者請電: 832-929-5039 832-906-6368

快餐店,薪優 位Humble區 「新優」誠語 全工炒鍋、炒麵 可以提供住宿 意者語雷: 917-291-5895

SINH SINH

位中國城,中國餐廳 誠請炒鍋、打雜 抓碼,粉麵及企檯 請下午3點後電: 713-459-1501

713-783-6838  $\Box$ laurant Hiring 餐 請

日餐店請人 誠招小菜師傅 全工或半工均可 有相關經驗優先, 不會可敎。

聯系人: Vincent 408-901-9571

KATY日餐 誠請●洗碗

Sushi Man 到四中午半天企台 意者請電或 短訊(無人接聽時) 713-820-7402

200

餐館租售

Restaurant

for sale

日本餐館誠聘 **Sushi Chef** 

小費好,薪水好. 意者請 Email 或親臨 Ra Sushi Restaurant Ekim@rasushi.com 3908 Westheimer Houston, TX 77027

中日餐館,薪優 位路州Baton Rouge 誠請 各一名 ~以上提供住宿~

中餐大廚及壽司師傅 工資優越,住宿環境好 985-634-2580 225-892-0521

中餐館請人 位中國城百家廣場, 靠近 249 中餐館,

誠聘 企台, 誠請炒鍋: 後廚打雜,洗碗工 和全工外送員. 意者請致電或短信: 意者請聯系: 832-766-2042

281-966-5342 黃金水餃請人 黃金茶寮,薪優

> 及傳餐人員 ●點心部: 請 有經驗做點心人員

●樓面: 請 周末帶位

2pm後電或親臨**舊店**: 10600 Bellaire#105

281-495-1688

貝城快餐店 招請打雜及包外賣 每天\$100,包吃包住 企檯,帶位,懂英文收銀 離休士頓4個小時車程 灭狗巴士從終點站到貝 成終點站,試工包車票.

225-772-8584 225-202-1157

Restaurant Hiring 中日餐請人

日本餐館誠請

經理、壽司師傅

**企台**及帶位 全工/半工均可

有意者請親臨或電

713-781-6300

6345 Westheimer

●企檯,抛鍋,抓碼 ~以上新水好~ 意者請電: 阿泰 916-529-7337 2001 Jefferson

Houston, TX 77003 \*日本餐館請人 ●休斯頓區誠請

廚房師傅&帶位企台 **832-230-9405** 

●新奧爾良區請日餐 Sushi 師傅(包吃住) **3:832-962-2555** 

日餐高新誠聘

壽司師傅一名

近糖城

意者請電:

832-373-8933

\*美日餐館,高薪 家 Galleria &1960

誠請**經理**及**企檯** 需英文流利,懂酒水 全工/半工均可 Must speak English 小費極佳. 聯系電話

281-636-8808

日本餐館誠請

企檯及服務員

全工/半工均可

近醫學中心

713-533-9098

832-768-0299

713-838-9812

Asian City 中日鐵板燒店 Chinese & Japanese Hibachi Restaurant

誠請有經驗鐵板燒師傅 is hiring experienced Hibachi Chef, speak English.

Call: 281-319-4567 Arun 或親臨: 20205 Hwy59 North, Humble, TX 77338

KATY 日餐 壽司師傅,助手,廚房助手 高新」聘請 Sushi Chef

●有經驗全工半工 企檯及帶位. 意者請電: 281-301-1998

外賣中餐館出售 \*德州南奥斯汀 位 North Eldridge Pkwy 中餐堂食外賣店轉讓 Houston, TX 77041 2400多呎,營業中, 售價 一萬八 生意好,設備全, 房租很低.外賣生意很好 接手馬上做生意

請下午2點後電:Jasor 737-202-6166 832-573-4862

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適家庭經營.誠心買店

**請電:281-988-8898** 或親臨面談 11215 Bellaire Blvd, Houston, TX 77072 糖城中餐館 急聘●半工炒鍋

●廚房幫 手 ●前台收銀:全半工□ 意者請電洽:

281-759-0775 中餐館請人

誠請全工或半工 炒鍋,油鍋及送外賣 請2點後電或親臨: 713-856-7272 6340 N. Eldredge Pkwy

Green Garden 緑園

中餐館請人 Pearland **Buffet** 店 誠請企檯,收銀帶位 炒鍋,廚房幫手.

意者請電: 281-741-4269

好好餐廳請人 立於 Bellaire/Cook Rd 誠聘全工有經驗 炒鍋,打雜及 企檯:廣東話/越南話 意者請電:

832-866-0368 12320 Bellaire Blvd

糖城壽司BAR 招工 有無經驗均可,

可培訓,電話詳談. 832-520-6015

立610/290,在43街上 意者請5點後電: 832-841-5399 832-660-2521

HEB超市內壽司吧請人 Sushi Chef & Kitchen Helper

Full time & Part time. Little bit English is OK Medical Center/ Hwy-288 / Rice Universty

Please call: **832-808-0206** 誠請全工/半工壽司師傅及廚房幫手,

懂少許英文即可,近醫學中心及 Rice 大學 **Qin Dynasty** 

路州日餐,高薪 城中區中日餐館。 離休士頓2小時,包食福 高新 聘炒鍋,壽司幫手 ●半/全工有經驗企檯 英文流利,懂酒水. 鐵板,企台,洗碗,打雜, ●另請外送員: 以上無需經驗,可培訓

午休2小時。 ●另請住家褓姆,帶4歲 小女孩. 意者請電: 337-764-7736

\*新餐館新設備

西北區,2300呎,含新 家具,新廚房設備,租金 極便宜,家中有事, 售:\$60000,預約看店 請英文電或傳訊息 713-820-5799 7758 W. Tidwell #133,

713-614-3873 Houston, TX 77040 西南區賺錢

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Target 門口, 生意穩定,人流量大 設備齊全,有酒牌, 意者請電:

熟悉醫療中心,需報稅

請下午3-5點親臨:

5115 Bufflo Speedway#900

713-660-8386

\*堂吃外賣中餐

出售. 位45號南

生意好. 價錢面議

意者請電:

無誠勿擾

Kroger超市內壽司吧! 機會難得. 每周收入\$2700-\$3000 **Kroger Sushi Bar for Sale** Spring, TX 77386. Easy To Manage! Good area, Good Price, Good Income! Selling at a decent price! Please call: 936-828-9110 936-521-9698 936-525-8387

壽司吧 收入好,價格好,容易經營

月入1萬2,售18萬,易經營,即使疫情期間生意

持續增長. Sale price \$180,000, Income \$12,000 Established in 2016. Easy to manage Located next to high traffic trampoline park onsistent increase in sale volume even during covid Cypress TX. 繁忙地段,位置極佳,生意好. Call: 281-605-0487 (English only) 中國城賺錢餐館 合法主道店面

\*好生意海鮮餐館出售

**Seafood Restaurant For Sale** 

\*休士頓高級日餐

近Galleria區

誠聘壽司師傅

需有經驗,懂英文.

有意者請電: Teddy or Angie

713-961-9566

住家地產退休售 學區好,家庭事業兼顧 經營10年,網評4.5顆星 家庭餐館,月入萬元 3年回本售25萬機會難得 早餐店. 1607 N Travis Ave Cameron, TX 76520 254-697-6869 h

轉讓.面積適中 房租低,設備齊全,本店生意不錯, 很適合做面食店, 誠心買店者請聯系 346-397-6982

賺錢中餐館出售 立 Rosenberg Kroger Center,老板退休出售 生意18萬,房租6500 包管理費, 想買便宜請勿打擾 有意者請發信息: 626-757-8603

有意請電: 黎生

包水費,物業管理費,垃圾費,營業6天, 意 3.5.非誠勿擾.電話 832-966-6616

中餐館出售,無外送 離中國城15分鐘, 2000呎, 租金\$2200, 生意穩定,設備齊全, 收入2萬,售價4萬. 意者請電:非誠勿擾 832-755-0022

646-341-7189

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\*誠徵家政助理

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近醫學中心

主要陪伴健康女長者

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有責任心。要住家,

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usababy333

713-410-4900

\*大夜班職員

誠徵大夜班櫃檯,

懂電腦,限男性.

會一點維修.

意者請電:

\*電腦維修招聘

懂電腦基本操作,

講英文,

有電腦維修經驗優先

有意者請電:

832-643-9822

中國城茸蔘店

誠聘男女員工

需有工卡,可報稅

薪資面議

有意者請電:

Ruby 陳碧如

家政求職

素質好,善烹飪,會養生

懂長壽,脾氣好,絕對誠

信可靠.可以先熟悉、

后受雇.意者請將您的

要求和薪酬送到:

coolhelper128

@gmail.com

\*休士頓窗簾厰

●有經驗或會用

縫級機女員工

●辦公室助理:

(中英文流利)

全職或半工皆可

832-878-5686

\*半工會計助理

通中英文,合法工作

身份,懂Excel,

周工作24-32小時

意者請 Email:

cpaoffice588

@gmail.com

\*中國城奶茶店

誠聘男女員工

需有工卡,可報稅.

全工/半工均可.

薪優面談,意者請電

713-772-7888

312-479-1188

春卷廠請員工

適合中年婦女.

·學歷,英語很好,

200

Home

Service

家庭服務

Housekeeper

\*Office助理

全工/半工,可培訓

中英文一定要流利

有責任心,反應靈敏和

勤勞.工作態度認眞負責

大學畢業歡迎. Email:

Jacquelinech.gmpinc

@gmail.com

Fax:713-952-3605

冷氣公司請人

誠請學徒工一名

年齡在40歲以下

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832-256-4779

薪資面談

\*電子維修公司

誠聘●網絡推廣兼

網站維護一名,

●檢測人員一名

意者請短信或電

281-650-6136

Free Listing

請電: 281-498-4310

Responsibilities:

inventory control

Business Reporting

Qualifications:

chain background

AD7133021553

**2022** 年 Houston 黃頁

Email: YP@scdaily.com

\*Experience Accountant

/ Manager Assistant Needed

Location: Stafford, TX 77477

College degree in Accounting, At least 3 years

Accounting experience (QuickBook, AP/AR, Bank

Recon, Monthly Closing, GL, Financial Statement,

Payroll) Fluent in English and Chinese

Shipping Experience prefer.

Pla send resume to: iackkho@gmail.com

\*Logistics Specialist &

Manages logistics operations to ensure

Manage supplier relationship, forecast

order planning & Sourcing new suppliers

Create analysis reports to management

Bachelor's Degree or equivalent experience

with business administration or supply

•ERP - SAP experiences are preferred

•Bilingual (Mandarin & English) is preferable.

(Mandarin and Chinese writing is a must)

Please send cover letter and resume to:

lwang@telcointercon.com

Maintain and administer company

on key findings and assessments

•2-3 years working experience

Supplier Chain management -

efficient and accurate delivery of shipments

●前檯―名

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200 \*糖城長者看護 成徵有愛心開朗護理 護 有經驗照顧長者 會家務及烹飪 周五天,每天4小時 時薪 \$13-\$15

意者請電/短訊/留言 **Health Care Service** 281-650-0588

誠聘做晚飯阿姨 Memorial/Beltway 8 附近 薪優.一周5天或6天 每天下午3-4小時, 做晚飯和簡單打掃, 要求:已打新冠疫苗: 交通自理。 意者請電 Housekeeper

713-306-5965 \*\*\*\*\*\*\*

Company

Hiring

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薪資面談

公司聘請

辦公室財務人員,

Bookkeeping.

有一年的薄記經驗

中英文流利。電話:

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Email: hrwant36

@gmail.com

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\*糖城住家看護 24小時看護(6天) 照顧行動不便女長者 及做少許家務 **必需體健,月薪\$4000** 

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\*全職牙科前台 中國城牙科,

713-773-1300 txdentist101 @gmail.com

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對長期穩定工作 且能力強者. 713-772-2889 有意者請寄履歷至

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281-561-9985

300

732applications @gmail.com

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待遇優厚 有意者請致電:

713-413-8818

大量聘請男女員工 需有(肺炎打針報告 有意者請電: 劉小姐

713-548-7067

11920 Beechnut St Houston, TX 77072 info@werlty.com

\*聘工廠員工數名,須具合法身份 上班時間: 7:00am-5:00pm 薪水依個人能力做調整,每兩週發一次薪水

有獎金和提供健保補助. 公司網站: http://www.polysac.net/

地址:7920 Westpark Dr. Houston, TX 77063 請電: 713-978-7888

休士頓食品批發公司

誠聘 銷售人員: 可全職或兼職 底薪+佣金,有無經驗均可 可在家接單,中英雙語,電腦可培訓.

履歷詩傳章 : 713-895-9663

或電郵至:

debra@westlakewholesaler.com

裝修公司請人

誠請有經驗的裝修工人, 需要木工,牆體,瓷磚等師父及幫工, 有經驗者優先,待優。 聯系人: Richard

聯系電話: 832-778-0090

832-212-2051

升值空間大,需要報稅. 近中國城.

有意者電:281-306-2115

## \*OPICOIL AMERICA, INC. 徵才 OPICOIL AMERICA, INC. Job Vacancy

Executive Secretary- Full Time (主管秘書-全職)

●Good verbal and written communication skills in English (英文聽說寫精通)

●Experienced in a secretary or administrative assistant is preferred (有秘書或行政人員經驗者佳)

● Skilled in Microsoft Office products (熟悉 Microsoft Office) ●Legally authorized to work in the USA (可合法在美國工作)

Work location: **Downtown Houston** (工作地點:休士頓市區)

意者請Email: tchou@opicoil.com \*English Editor for Online Education

Software firm is looking for editors for K12 education. **English Editor/Writer** 

Familiar with Windows, PhotoShop, Google search, and HTML.

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懂電腦操作 Excel, Word.

新手公司會培訓,

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意者請 Email 履歷至:

# \* 糖城 好氏食品公司, 誠聘

職位:全職倉庫人員1名(長期員工) 工資:面議(電議) 法定假日休息

時間:從8:30 到 5:00(午休30分鐘),周末雙休 地點:糖城 Sugar Land

內容:主要負責幫助經理協調倉庫與辦公室的 具體事宜,可以運50lb的貨品;備貨,點貨,出貨

要求:須工作認眞負責,有良好的溝通能力,會 簡單英語. 有開叉車經驗者, 有揀貨以及提貨經 驗,有倉庫管理經驗者,會說流利英語者優先考 慮·需合法在美工作·誠聘長期員工·酬薪面議· 待遇從優。

意者請電郵簡歷至: steve@jascole.com 或撥打 Steve 電話: 626-378-0092

# \*Stafford TX塑料廠招聘

. 車間塑料磨邊工人: 起薪: 18美元一小時。 有進升空間做管理崗,年齡不限,學歷不限,英文水平不限 要求:需要報稅,吃苦耐勞,心細,做事認眞負責,踏實肯干

2.模具工程師: 年薪6W-10W.未來有進升空間做管理崗,年齡不限 要求:熟練使用STP,Soildwork,AutoCAD,Proe等3D繪圖軟件。 須有3-5年以上從業經驗,特別是模具設計和維修保養經驗。 須會使用 CNC, 車床, 銑床, 磨床, 以及模具設計機構經驗。

3.**業務經理**:年薪:7W起+提成年齡不限。 要求:銷售經驗5年以上,業績良好,零售渠道資源豐富。

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<del>\*\*\*\*\*\*</del>\*\*\*

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415-568-1077

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或Email 簡歷至:

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中英文流利

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糖城。高薪招聘 \*誠聘家政助理

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工資面談.有意請聯繫 713-376-2854

\*『高薪』誠聘通勤阿姨

位 Memorial area 附近, 須擅長中餐烹飪,北方口味,干淨勤快. 工作時間: 每天2點-8點,每周5天或6天

需提供打針證明. 非誠勿擾

有意者請電: 832-917-3489 孫女士 \*牙醫診所誠聘 \*卡車公司誠聘

西南區,誠聘前檯小姐 ●A 牌長途司機 需中英文流利. 工作環 境好,時間好,待遇優

●C牌市內送貨司機

●卡車調度員 意者請電:

281-299-9688

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醫學中心附近,招收 有經驗牙科助手,

有執照的優先考慮 需合法工作身份,

會英文. 聯系電話: 713-665-0700

\*產權保險公司 誠徵助理 Full time & Part time

中英文流利 意者請 Email 或電:

lawresume2016 @swrealtygroup.com

@gmail.com

\*聘請廚師 需要在懷俄明州的

油田工作 公司提供公寓

食物和交通。 請發簡歷至

mmo@greenreser veenergy.com

# \*公司聘辦公室文員

熟悉辦公軟件,中英文流利, 全職/半職均可。 有意者請聯系:

> 713-988-4698 713-269-3816

\*某食品公司誠聘

業務員,跟單員,文員:需英文流利. 待遇好,可辦身份!

位 Stafford, TX 77477. 意請發郵件:

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# 公司誠請員工多名

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# \*SEAMSTRESS NEEDED

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方太集團美國 分公司休斯頓旗艦店 召聘全職零售銷售專員 需合法工作身份。 優渥福利,良好的薪酬 水平,外加獎金。發送 簡歷: shun.ouyang

@fotile.com **132-208-0877** \*公司誠聘

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需身份英文,有經驗優先 地點Houston TX77055 請電或 Email: Jimmv

626-255-8323 gaic@gaicusa.com

39f.usainc@gmail.com

詳情面談, 意者電:

\*梨城誠聘阿姨 人□簡單.1周5-6天

意者請電: 713-269-3058

誠聘幼稚園老師

281-242-0989

需中英文,可訓練 意者請電或 Email:

:學本科畢業,較年輕

請電或 Email 履歷至

Company

公司請人

Hiring

\*石山地產公司請人 會計部誠征 **AP 會計**一名, 需有合法工作身份和會計學歷背景或在美 國實際會計工作經驗。公司提供帶薪休假, 醫療保險, 401K等福利.地點在中國城附近

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湿信 346-434-1613

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姻

教授英文&西班牙文

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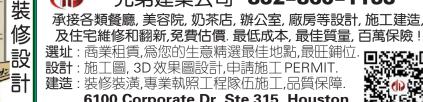
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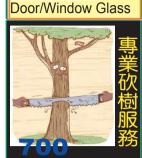
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Inside C2

Tuesday, June 22 2021

# U.S. Fed Chair Powell says pandemic continues to pose risks to economic outlook

WASHINGTON, June 21 (Xinhua) -- U.S. Federal Reserve Chair Jerome Powell said on Monday that the COVID-19 pandemic continues to pose risks to the U.S. economic outlook as the pace of vaccinations has slowed.

"Progress on vaccinations has limited the spread of COVID-19 and will likely continue to reduce the effects of the public health crisis on the economy," Powell said in written testimony released Monday afternoon on the Fed's website, which was prepared for a Tuesday hearing before the House Select Subcommittee on the Coronavirus Crisis.

"However, the pace of vaccinations has slowed and new strains of the virus remain a risk. Continued progress on vaccinations will support a return to more normal economic conditions," he said.

Powell's testimony came as public health experts warned that the highly contagious Delta variant continues threatening the United States, especially in states with the lowest vaccination numbers.

The Delta variant, which is believed to be more transmissible and cause more severe disease, could cause an upsurge in infections, but the levels will vary depending on the rates of vaccination in each area, said Scott Gottlieb, former commissioner of the U.S. Food and Drug Administration.

Powell also said in testimony that U.S. inflation has increased notably in recent months as the economy continues to reopen.

"This reflects, in part, the very low readings from early in the pandemic falling out of the calculation; the pass-through of past increases in oil prices to consumer energy prices; the rebound in spending as the economy continues to reopen; and the exacerbating factor of supply bottlenecks," he explained.

"As these transitory supply effects abate, inflation is expected to drop back toward our longer-run goal," said the Fed chair.

Core personal consumption expenditures price index, the Fed's preferred inflation measure, is expected to rise to 3 percent by end of 2021, and then decelerate to 2.1 percent over the next two years, according to the Fed's latest Summary of Economic Projections released last week.



# Iran's president-elect says U.S. must lift all "unjust" sanctions



Iran's President-elect Ebrahim Raisi said on Monday that the United States must lift "all unjust sanctions" on Iran and Europe abide by their commitments under the 2015 nuclear agreement.

"What I am saying to the United States is that according to the nuclear deal, you were obliged to lift all sanctions and you did not. Go back and fulfill your commitments," Raisi said when asked about his message to the United States and the European countries at his first press conference held after election.

Addressing European partners in the nuclear agreement, the Iranian president-elect said they should not succumb to the "pressures and foreign policies" of Washington but instead fulfill their commitments under the deal.

Iran, he noted, will negotiate neither its regional policies nor its national defense with foreign parties

When asked whether he is ready to meet U.S. President Joe Biden in case all U.S. sanctions on Iran are cancelled and Iran's demands are met, Raisi just said "no."

Judiciary Chief Raisi won Iran's presidential race by securing over 60 percent of votes, the Iranian Interior Ministry announced Saturday.





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# EALEE'S GLOBAL NOTES

CORONAVIRUS DIARY 06/21/2021



Remembering Father's **Encouragement** 



hanging on the wall is the calligraphy written by him. Especially today, I felt I heard his voice and encouragement.

My parents spent their their voung adult time during the war time. I still remember my dad's only hobby and good time was reading the daily newspaper at night time. When I was still a kid I always slept by him to "share" the news and ask him some questions about the local news and news of the world. Most of the time I could not understand until I fell asleep. Up until I was in college and got a job at a local radio station, every time my dad met with me, he always remembered my habit of

My dad never really reached his goal in life and he felt very depressed in his final days.

reading the newspaper with

Fortunately, we can continue his vision to build a media

business in America.

A couple of months ago our daughter Margaret and son-in-law Jack brought us a pair of Rolex watches. On today's Father's Day she brought me a summer pair of socks and we felt such joy and happiness.

We remembered when Margaret was just four or five years old when she always tried to help us to put the inserts into the newspapers. After she graduated from

Columbia University and Texas Medical School, she became a very outstanding physician. Her patients always told me that Dr. Lee is such a friendly doctor and always treats everyone like members of their family.

Today, when all of us are remembering our fathers, the voices of our loved ones who have gone from the world sometime come back to us as if in a trance. The voices and teachings of our fathers will always be in our hearts.





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Taipei Airport from San

Francisco. I rushed to the

hospital to try to meet my

wrote to me. He felt I was

coming back. That was the

last time I saw my father.

Today is Father's Day. I

passed by my office where

father. I took a lot of letters he















# **Editor's Choice**



A man works to retrieve belongings from a house partially submerged in mud after the area was hit by flash floods along the bank of Melamchi River in Sindhupalchok, Nepal. REU-TERS/Navesh Chitrakar



Terrence Floyd, brother of the late George Floyd who was killed by a police officer, reacts during the unveiling event of Floyd's statue, as part of Juneteenth celebrations, in Brooklyn, New York. REUTERS/Jeenah Moon



Addis Ababa police officers take part in a parade to display their new uniforms, and their readiness for the upcoming Ethiopian parliamentary and regional elections, in Addis Ababa, Ethiopia. REUTERS/Baz Ratner



A fan holds a sign as people queue to attend Foo Fighters' show, which required proof of vaccination to enter, at the Madison Square Garden, in New York City. REUTERS/Andrew Kelly



People hug each other as they participate in a reunification event named "Hugs Not Walls" on the borderline between Ciudad Juarez, Mexico and El Paso. REUTERS/Jose Luis Gonzalez



An aerial view shows Elizabeth Lake, that has been dried up for several years, as the region experiences extreme heat and drought conditions, in Elizabeth Lake, an unincorporated community in Los Angeles County, California. REU-TERS/Aude Guerrucci

# BUSINESS

<u>Public-Health Officials Say Vaccinations</u> <u>Are Key To Holding Virus In Check</u>

# Delta Covid-19 Variant Likely To Become Dominant In U.S., CDC Director Says



CDC Director Dr. Rochelle Walensky speaks to the press after visiting the Hynes Convention Center FEMA Mass Vaccination Site on March 30, 2021 in Boston, Massachusetts. (Photo/Erin Clark-Pool/Getty Images)

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

The highly contagious Delta variant could soon become the dominant strain of coronavirus in the U.S., the director of the Centers for Disease Control and Prevention said Friday.

know the real prevalence of new coronavirus variations due to the relatively low amounts of genetic analysis being done on the virus. Delta is already the dominant strain in the U.K., where a rise in

"It's more transmissible than the Alpha variant, or the U.K. variant, that we have here," Dr. Rochelle Walensky told ABC News in an interview on "Good Morning America." "We saw that quickly become the dominant strain in a period of one or two months, and I anticipate that is going to be what happens with the Delta strain here."

The Delta variant, also known as B.1.617.2, is the most worrying of the lineage of the virus, wreaking havoc earlier this year in India, where it was first identified in late 2020. Since then, the variant has spread to almost 70 countries, including the U.S. The latest CDC data estimates the Delta variant makes up 9.9% of reported U.S. Covid-19 cases, while Alpha stands at 65.5%. It is difficult to

virus variations due to the relatively low amounts of genetic analysis being done on the virus. Delta is already the dominant strain in the U.K., where a rise in new Covid-19 cases linked to the variant recently prompted Prime Minister Boris Johnson to postpone a planned lifting of public-health restrictions by four weeks. The World Health Organization last month named it a "variant of concern." Delta is more infectious and appears to be more effective at evading vaccines, though fully vaccinated individuals are believed to have significant protection against illness. Studies from the U.K. suggest Covid-19 shots developed by Pfizer Inc. and BioNTech SE, and the University of Oxford and AstraZeneca PLC, offer substantial protection against infection with Delta and even greater protection against severe illness, especially after two doses.



Still, the U.K.'s experience offers a cautionary tale on how quickly the variant can spread, even among populations with high vaccination rates. Daily cases in the country averaged more than 8,700 over the past seven days, a rate not seen since early February and more than four times the average daily caseload in early May. Delta now accounts for more than 90% of all cases in England, according to England's public-health agency. The variant is spreading mostly in unvaccinated, younger age groups, U.K. data shows. British scientists estimate the variant is

40% to 80% more transmissible than the Alpha variant, which is itself a more transmissible strain than the original virus that emerged from China in late 2019. In recent months, the U.S. has reported a significant slowdown in all Covid-19 metrics after a winter surge that reached every corner of the country and strained healthcare systems. The seven-day average of newly reported cases is just above 12,000, according to Johns Hopkins. At the height of the pandemic, the average in mid-January was above 240,000 cases. Since the rollout of vaccines, deaths from Covid-19 have plummeted, recently reaching their lowest point since March 2020, even as the total number of confirmed deaths surpassed 600,000 earlier this week, according to data from Johns Hopkins University.

At a White House Covid-19 Response Team press conference on Thursday, Jeffrey Zients, coordinator of the team, said the best protection against new variants is Covid-19 vaccines.

"The low vaccination rates in some communities is an even bigger concern now that we face the threat of a new, more dangerous variant, including specifically the Delta variant," Mr. Zients said.

Covin-19 TESTING

CovinTestors receiving results at a free

Visitors receiving results at a free Covid-19 test site in New York on Thursday as the city begins to end coronavirus restrictions. (Photo/Betancur/Corbis/ Getty Images)

According to the latest CDC data, 143 million individuals, or 55% of the adult U.S. population, are fully vaccinated. The rate of vaccinations has slowed in recent weeks, and regional numbers vary widely. At the top of the list is Vermont, where 74% of the adult population is fully vaccinated. In portions of the South, those numbers are much lower. In Alabama, 40% of adults are fully vaccinated, and in Arkansas it is 42%.

"Our COVID 19 vaccine public education efforts have continued in earnest and, in fact, with even greater urgency given the spread of the Delta variant, which is significantly more transmissible, may be more dangerous than prior variants, and which serves as a stark reminder that if you are vaccinated, you are protected; if you are not, the threat of variants is real and growing," said Vivek Murthy, surgeon general of the U.S. (Courtesy https://www.wsj.com)

# Related Gottlieb says Delta virus variant likely to become dominant U.S. strain

Washington — Dr. Scott Gottlieb, the former commissioner of the Food and Drug Administration, said Sunday that a coronavirus strain known as the Delta variant is likely to become the dominant source of new infections in the U.S. and could lead to new outbreaks in the fall, with unvaccinated Americans being most at risk.

"Right now, in the United States, it's about 10% of infections. It's doubling every two weeks," Gottlieb said on "Face the Nation." "That doesn't mean that we're going to see a sharp uptick in infections, but it does mean that this is going to take over. And I think the risk is really to the fall that this could spike a new epidemic heading into the fall." The Delta variant, also known as B.1.617.2, was first discovered in India and is one of

COMMUNITY

three related strains. It has become infamous for its ability to outpace and replicate quicker than other variants in its lineage.



# Dr. Scott Gottlieb, former commissioner of the Food and Drug Administration (FDA).

Gottlieb says the Delta strain is going to continue to spread, citing new data from prominent British epidemiologist Neil Ferguson, who told reporters last week that the variant is about 60% more transmissible than the original B.1.1.7 variant first found in the United Kingdom. However,



Gottlieb said the COVID-19 vaccines approved for use in the U.S. and overseas appear to be effective at containing the Delta variant, highlighting the importance of the public vaccination campaign.

"The mRNA vaccine seems to be highly effective, two doses of that vaccine against this variant. The viral vector vaccines from J&J and AstraZeneca also appear to be effective, about 60% effective. The mRNA vaccines are about 88% effective," he said, referring to the vaccines developed by Moderna and Pfizer/BioNTech. "So we have the tools to control this and defeat it. We just need to use those tools." Gottlieb said the risk of new outbreaks is most pronounced in the parts of the country that have low vaccination rates.

"I think in parts of the country where you have less vaccination, particularly in parts of the South, where you have some cities where vaccination rates are low, there's a risk that you could see outbreaks with this new variant," he said. (Courtesy https://www.cbsnews.com/)



# Record Temperatures Hitting The



West Are Not Your Average Heat Wave

Visitors feel the heat in California's Death Valley earlier this week. This record-setting heat wave's remarkable power, reach and unusually early appearance is giving meteorologists yet more cause for concern about extreme weather in an era of climate change. (Photo/Patrick T. Fallon/AFP via Getty Images)

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

It might be tempting to shrug at the scorching weather across large swaths of the West. This just in: It gets hot in the summer. But this record-setting heat wave's remarkable power, size and unusually early appearance is giving meteorologists and climate experts yet more cause for concern about the routinization of extreme weather in an era of climate change.

These sprawling, persistent high-pressure zones popularly called "heat domes" are relatively common in later summer months. This current system is different.

"It's not only unusual for June, but it is pretty extreme even in absolute terms," says Daniel Swain, climate scientist at the UCLA Institute of the Environment and Sustainability. "It would be a pretty extreme event for August," Swain says, when these typically occur.



From the Great Plains to the coast, cities are

# setting record temps This heat dome's reac

This heat dome's reach is remarkable, too: It has set record highs stretching from the Great Plains to coastal California. And these aren't just records for that specific date or month, but in a few spots, they are records for the singularly hottest day in the entire period of record, sometimes stretching back 100 to 150 years. "That's a pretty big deal," Swain says.

"It's unusual in that it's more intense in terms of the maximum temperature," says Alison Bridger, a professor in the Meteorology and Climate Science department at San Jose State University. "And how widespread the impact

For example, Palm Springs, Calif., recently hit 123 degrees, equaling its highest recorded temperature.

Las Vegas set a daily record of 114 degrees. Phoenix reached a record 118 degrees, the earliest the city has hit that high a mark. It broke the previous record of 114 set in 2015.

Sacramento, Calif., set a new daily record of 109 degrees. The National Weather Service just extended its excessive heat warning through Sunday night in the Central Valley



Denver this week hit 100 for three straight days, the earliest date of such a streak on record, tweeted meteorologist Bob Henson. He noted that all of the 100-degree streaks in Denver's 150 years of climate record keeping have occurred in the last three decades.

And in the Plains, several cities including Omaha, Neb., set records, including a daily record high of 105 degrees. That breaks an Omaha daily record set in 1918.

Just last year, several cities in the West also hit record highs. This current heat dome "fits with climate change ideas, global warming, meaning that it's just a little bit warmer than it would have been last year," Bridger says. "And if we have this next year, it'll be just a little bit warm-

# The "heat dome" is making droughts even

It's also coinciding with and worsening record drought across big parts of the West. These two things, Daniel Swain says, are now making each other worse.

"The drought is leading to extremely low soil moisture, which is making it easier for these high pressure systems to generate extreme heat waves because more of the sun's energy is going into heating the atmosphere rather than evaporating nonexistent water in the soil." And that is only making things hotter and drier.

"That's sort of the vicious cycle of drought and extreme heat in a warming climate," he says.

It's more evidence of human-caused climate

The excessive heat and widening drought continues to elevate wildfire risk across much of the West. New federal data show that the number of new wildfires in the U.S. so far this year is at a 10-year high, signaling a long, potentially dangerous summer and fall for wildfires.



Experts say this current heat dome is yet more evidence of the impact of human-caused climate change. Bridger at San Jose State says while that is most likely the case, "it takes a lot of work to figure that out. A lot of hard scientific work in order to be statistically sure that it's associated with climate change," she says.

"It's just so clear at this point," says climate scientist Swain, "when it comes to record-breaking heat events, the study has been run for event after event after event in region after region after region in year after year."

Others are more certain.

And the answer is almost always the same, he says: "There's a crystal clear human fingerprint on extreme heat and extreme heat events ... climate change is making these sorts of things

And what was historically rare is now becoming almost commonplace: Forecasters say there's a chance of yet another heat wave of similar magnitude in the West about 10 days from now.



"That sounds crazy, except that last summer we saw like three to five of these, you know, 'unprecedented events' in different regions of the West," Swain points out. (Courtesy npr.org)

Related

## As Temperatures Soar, California And Texas Urge Power Conservation

June 16 (Reuters) - Searing heat across the U.S. Southwest and soaring electricity demand for air conditioners this week are prompting grid operators in Texas and California to warn consumers about energy conservation to avoid outages. Peak temperatures are forecast to reach 115 degrees Fahrenheit (46°C) in interior California through the week, according to the state's electric grid operator, which warned the biggest supply deficit could occur on Thursday after the sun goes down and solar power is no longer available. Similarly, temperatures in other states, including Arizona and Utah, were in line for several more days of sweltering heat even before the start of summer, which officially starts on Sunday.

Grid operators in Texas and California both dealt with rotating outages over the last year to

avoid widespread collapses of their power systems - California due to the heat in August 2020 and Texas in February 2021 after a deep freeze that left millions without heat - some for days.



The California Independent System Operator (ISO), which operates most of the state's electric system, projected demand plus reserves required in case something goes wrong with a generating plant or transmission line, would exceed power supplies for several days this week. The ISO forecast peak demand in California would rise from 40,858 megawatts (MW) on Wednesday to 43,323 MW on Thursday, compared with the all-time peak of 50,270 MW in July 2006. One hundred megawatts typically powers around 20,000 homes on a summer day. On Wednesday, solar power was providing about 30% of California ISO's supply, and the grid warned that it would be unlikely to be able to rely on additional supplies from other states due to the extreme heat hitting much of the Western United States. The ISO was currently getting 13% of its power from other states. The ISO has said it expects to have about 50,734 MW of supply available this summer, but some of that comes from solar. The Electric Reliability Council of Texas (ERCOT), which operates most of the state's power system, projected electric demand would break the June record set on Monday in coming days

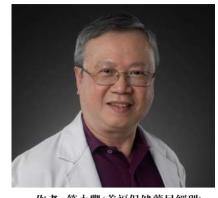


ERCOT said demand reached 69,943 MW on Monday and is expected to reach 70,391 MW on June 17. The state's grid is separate from the rest of the country, so it can draw only small amounts of power from other grids to offset greater-than-normal demand.

In Houston, the biggest city in Texas, the mercury is expected to reach the upper 90s on Wednesday and Thursday, about five degrees higher than usual, according to AccuWeather. (Courtesy https://news.trust.org/)

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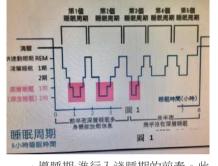
作者: 符永豐(美福保健藥局經理) 前言

每一個人每天至少花6-8小時與 「床」爲伍,人生花三分之一的時間在 「床」上打滾。「一覺到天明」是一般 人每天的期盼與夢想。但是,對於患有 焦慮、憂鬱、日有所思、慢性疾病的患 者、或是不良飲食生活習慣、加上現今 生活腳步加快的人來說,這些對他們來 說是一種「奢求」,尤其是對上了年紀 的老年人而言,「好好的睡一覺」是每 天渴望能夠實現的夢想。

睡眠不足會導致精神不濟,恍惚且 無法集中,辦事效率將大大的降低,甚 至是零效率。現今汽車發生事故,除了 不專心之外,不少就是精神恍惚所致。 因此,如何維持「好的睡覺品質|非常 重要。

失眠的定義:怎樣叫做失眠?上床 後超過30分鐘後方可入睡,整夜無法入 眠,三更半夜醒來後無法再次入眠,經 常清晨醒來,或者睡眠時間每天少於6 小時稱之。

睡眠的週期:一週期約1.5小時, 一整晚約有5個週期的產生。一週期共 有5個階段。(如圖)



a.導睡期:進行入淺睡期的前奏。此 時眼球轉動趨緩,時間約為5分鐘至15 分鐘。

b.淺睡期:在此階段,您的肌肉開始 放鬆,心跳和呼吸減慢,一個週期的 50%時間都落在淺睡期,由於淺淺入睡 一旦有動靜會驚醒。

c.熟睡期及深層熟睡期:這階段對於 體力的恢復、及身體機能修復扮演重要 的角色。有一句話形容此階段很貼切: 「休息是爲了走更長遠的路」。在這二 個階段裡,體內分泌許多與睡眠有關的 傳導物質,及與免疫系統有關的物質如 serotonin, adenosine, cholecystokinin以及 IL-1。此外,熟睡階段也有利於促進生 長激素的分泌。

這二個睡眠階段在小孩時發生頻率 高且時間長,隨著年齡增長,此階段發 生率少且時間縮短。65歲時,熟睡的階 段只剩10%,但75歲以後,這個熟期幾 乎接近零。這也是爲什麼年長者無法入 眠的原因。此外,這段期間即使有動靜 , 難以喚醒, 小偷選擇三更半夜竊取東 西就是這個緣故。

d.眼球轉動轉快速期(REM):介於 深層熟睡期及導睡期之間。這段期間你 的全身肌肉仍在放鬆狀態,但腦部已逐 漸開始運轉。您的呼吸變得更快且不規 則,體溫降低,輸出量和尿量減少,血 液變稠,心跳和血壓上升接近甦醒的水 平。最重要的,大部份「夢鄉」都在此 階段展開,您的手臂和腿部肌肉仍暫時 不聽使喚,這也是爲什麼我們在作噩夢 時,手腳卻無法動彈,因爲全身肌肉仍 在放鬆階段。

3.快速的眼球運動潛伏期(REM latency): 指從真正入眠開始,到快速眼球 轉動睡眠期的時間,一般約為90分鐘。

4.睡眠潛伏期(sleep latency):指真正 入眠之前所花的時間,一般約為15分鐘

5.睡覺的腦波變化:小孩,成年人 ,老人的腦波如圖示。

## 失眠的因素

a.身體疾病:心肺疾病、腸胃病、 關節疼痛、高血壓、睡眠呼吸暫停症候 群、甲狀腺功能亢進、夜間肌陣攣症候 群、腦部疾病等。

b.生理及環境因素:工作環境的改 變,乘坐車、船、或飛機橫越海洋導致 時差、溫度變化差異大

c.心理精神因素:焦慮、煩躁不安 、情緒低落、心情浮動、精神不穩、濫 用藥物

d.服用藥物和其他物質引起的失眠 :服用摻有中樞興奮藥成分的感冒藥或



糖漿,減肥藥等。茶、咖啡、可樂類飲 料等含有中樞神經興奮劑—咖啡鹼、及 含酒精飲料等。

## 失眠症狀

a.無法入眠。b.不能熟睡,睡眠時 間減少。c.早醒,醒後無法再入睡。d. 頻頻從惡夢中驚醒,自感整夜都在做惡 夢。e.睡覺醒來精力沒有完全。f.容易被 驚醒。

### 保健食品療法

如果你是偶爾失眠,或短暫失眠, 首先考慮服用天然性助眠保健食品-褪黑激素。有單方及複方製劑,依病患 的失眠程度而有所不同。服用的時間點 是重要關鍵,配合體內自褪黑激素的分 泌使濃度在導睡期達最高峰以發揮療效

## 有助改善睡眠品質的食材

a.紅棗:補中益氣,養血安神。 b.百合:清心安神,改善神經衰弱

c.柏子仁:養心寧神。 d.酸棗仁:平息焦躁情緒,安定神

e.桂圓:安神補血。

f.蓮子: 寧心安神 g.蘋果:含果糖,蘋果酸生成血清

,從而有助於進入夢鄉 h.菊花茶:適度的鎮靜效果。

I.杏仁:含色胺酸,又含有適量的鎂

j.葡萄:葡萄汁含有睡眠輔助的激素 一褪黑激素

k.杏仁:含褪黑激素和促進睡眠的礦 物質鎂的來源。

1.奇異果:含5-羥色胺和抗氧化劑,

睡前食用時可改善睡眠品質。 m.酸櫻桃汁:含有褪黑激素

n.魚:含維生素D和omega-3,兩者 均具有可改善睡眠品質的特性。

## 藥物的治療

如果食療法無效,這時考慮服用催 眠製劑。首先評估患者失眠的問題:上 床後輾轉難眠,無法維持熟睡,還是三 更半夜清醒後再無法再入眠。市面上可 購買得到的成藥含抗組織胺藥物如 Benadryl具有嗜睡的作用。但嗜睡作用 不具有催眠的作用(嗜睡與催眠不同) 。服用抗組織胺藥物隔天精神不振,疲 倦,有時全身無力感。這種「宿醉效應

與藥物的親脂溶性,易通過腦血屏障 有很大的關聯。新一代抗組織胺藥物篩 檢了這方面的副作用而避免「宿醉效應 Ⅰ。一般服用7-10天,嗜睡作用會減

催眠藥物(一般俗稱安眠藥)的作 用主要1.改善導睡期,2.壓縮淺腄期, 延長熟睡期時間,3.降低清醒後無法在 入睡,4.或縮短轉球快速轉動的時間 (作夢期)以改善腄眠的品質。

## 催眠藥與鎮靜藥差別

安眠藥只有催眠作用。它們使導睡 期及淺睡期變短,延長熟睡期及沉睡期 , 使病患睡得更甘甜, 但對睡眠的整個 周期比較絲毫沒有影響。

鎮靜劑含有催眠及鎮靜的效用。它 會縮短導睡期,眼球運動轉快速期(作 夢期)及熟睡及沉睡期,相對的延長淺 睡期時間。對於睡眠週期有所更動。一 旦停藥,導睡期恢復原有狀態,作夢期 也加長,這也是病什麼鎮靜劑停藥後無 法入眠的原因。與成瘾性無關。

### 催眠藥Zolpidem服用時間及劑量 Zolpidem受食物及胃酸的影響,應

空服爲宜,可加速它的吸收。此外,女 性服用此藥催眠效果比男性好,這可能 與的身體使人用率有關。劑量可考慮減 半。

催眠藥及鎮靜劑常見的副服用:頭 痛,噁心,頭暈,嗜睡,口乾舌燥,幻 覺,短期健忘,反彈性失眠,便祕。

## 如何避免失眠

1.養成規律的睡眠習慣;保持規律 的睡眠和起床的時間,保持睡眠充足。 2.避免賴床的習慣

3.避免白天睡覺:如需要,應少於1 小時,且避免在下午3點後睡覺

4.每日定時進餐,服藥,做家務事 和其他活動有助於保持生理時鐘正常運

5.床上禁止閱讀,書寫,吃零食, 觀賞電視節目,或玩紙牌

6.午餐後避免喝有刺激性含咖啡因

飲料或睡前飲酒。 7.不要餓著肚子睡覺,且避免睡前

暴飮暴吃。 8.穿寬鬆睡衣,聽輕柔的音樂。

室內溫度保持適中。

10.傍晚後避免做劇烈運動。 11.如無法在15-30分鐘內入睡,勿

9.卧室保持黝暗,安静,舒適,且

強迫自己入睡,起床做一些如在房間裡 看書報雜誌,避免凝視著時鐘,或憂心 無法入眠的後果。

# 結論

「知己知彼,百戰百勝」,了解自己的 睡眠週期,容易在哪個階段甦醒,找出 哪些飲食,生活習慣會影響睡眠品質, 然後避開它。「知足常樂,知足得福| 乃是千古箴言。知足常樂是一種健康養 生之道。知足則常樂,常樂則「無憂」 ,心不煩則神不擾 ,神不擾則精神飽 生活無憂無慮,保持身心健康,自然夜 夜平安入好眠。

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# Sleep across life span 睡眠周期隨年紀而不同



# 性學重選手有資格參加東京奧



【美南新聞泉深】一名過去曾參加男子賽事的新西蘭男子舉重運動員通過變性 後將成爲第一位有資格參加 2020 年東京奧運會女子舉重比賽的變性選手。

據英國廣播公司(BBC)報道,這位43歲的變性選手名叫勞雷爾·哈伯德 (Laurel Hubbard),"她"是第一位參加奧運會的跨性別運動員,"她"因爲兩

次舉起628磅晉級爲女子超重量級舉重選手。 勞雷爾·哈伯德在一份聲明中說: "我對這麼多新西蘭人給予我的善意和支持感到感 激和謙卑。"

報道指出,2015年,國際奧委會修改規則,允許跨性別運動員參加比賽,只要他們 的睾丸激素水平低於一定水平並維持一年。確定標準爲雄激素水平每升血中睾酮的最大 讀數爲 10 納摩爾(nanomoles),這個數量至少是生物學女性的五倍。

一些評論家堅持認爲,八年前變性的哈伯德在八月份參加女子超重量級比賽時仍將 擁有不公平的優勢。

《衛報》(The Guardian)援引國際奧委會的指導方針報道稱,允許從男性過渡到女 性的運動員無需手術切除睾丸即可參加比賽。該報告說,最近的一些研究表明,男性靑 春期獲得的力量可以在未來持續存在。

哈伯德在兩次舉重中舉起了628磅,獲得女子超重量級的參賽資格。 2017年世界錦標賽上獲得銀牌,在2019年薩摩亞太平洋運動會上獲得金牌。 加了 2018 年英聯邦運動會,但因嚴重受傷,使"她"的職業生涯受挫。





新西蘭奧委會首席執行官凱琳·史密斯(Kereyn Smith)表示,很明顯哈伯德已經達 到了參加東京奧運會比賽的所有標準。

史密斯說:"我們承認,體育運動中的性別認同是一個高度敏感和複雜的問題,需 要在比賽領域的人權和公平之間取得平衡。" "作為新西蘭隊,我們擁有強烈的好客 (manaaki)文化,包容和尊重所有人。"

比利時的安娜·範貝林亨(Anna Vanbellinghen)很可能會與哈伯德競爭,她說新西蘭 變性人的出現對女性參賽者來說"就像一個壞笑話"(like a bad joke)。

她說: "一些運動員錯過了改變生活的機會——獎牌和奧運會資格-這方面有優勢,壓倒女性獲獎的機會,我們無能爲力。當然,這場辯論是在更廣泛的對 跨性別者歧視的背景下進行的,這就是爲什麼這個問題永遠不會擺脫意識形態。"

舉重比賽完全靠實力,這種仍保留男性睾丸,僅憑借睾酮水平低於每升血 10 納摩爾 的狀態參加女子舉重比賽,對純女性選手來講,極不公平。

(圖片來自網絡,版權歸原作者)













