休士頓民宿租 Houston Hostel USA

中國城惠康前,百利大道上,獨立屋,旅館式

套房,(房內附-書桌,餐桌,Cable電視及冰箱),

無限快速上網,包水電. 拾包入住, 免簽長約,

月租最少1個月起.16年來感謝舊客戶推薦



Sale/Rent

7

*好房分租 共四個房間,限單身 -房 \$399 主人房 \$500-\$600 包電, 水, Wifi 6510 Gdd Tee Ct Houston, TX 77036

832-853-1559

Real

Estate

房地產租售

糖城雅房出租 分租亦可,治安良好 環境優雅,重新裝璜 新地磚,好區,5分鐘到 59號,6號高速公路, 5房2衛,最優Clement 高中,初中.意者請電: 832-287-8233

新買 House

雅房出租

只限女性,不抽煙,

包水雷,

每月租金500.

聯系電話:

832-948-4668

Line/微信: houstontours 電/簡訊:832-640-3888 Ruby 陳碧如

星期-

極佳Condo售 Mid High Rise 極佳房 1房 / 1全衛浴, 870 听 內有洗衣干衣機,瓷磚 木板地,全花崗石枱面, 5分鐘到中國城. 僅售8萬7干 意者請電: 非誠勿擾

281-690-8080

福地出售 Westheimer/Dairy Ashford 黃金地段福地 高地基,可豎碑,以上 含永久地契,永久護理 低於市價,投資機會 意者請電: **626-675-6663**

2021年11月29日

ITC多間高雅辦公室租

環境高雅,安全,安静,

包水電, 免費高速光纖上網, 辦公傢具,

近中國城5分鐘,有大停車場,多間辦公室出租,\$500

281-498-4310 陳鐵梅(中文)

281-983-8152 Jennifer (英文)



每格可容中文大字(標題)6字及小字(內容)50字

英文字母及數字二字爲中文小字一字,空格標點符號均需計算。 ※English title: 12 letter ※English content: 120 letters

廣告內容均由委刊者提供,本報一概不負責任。

廣告涉有爭議,本報保留拒絕刊登及修改廣告或暫停刊登之權利。

●涉及法律責任廣告,需提供身份證件及當事人簽字負責,本報概不負責

廣告刊出如有錯誤,請於二日內前來更正,如係本報排版錯誤,將予以免費補刊,但以二天爲限。

姜南新聞刊登

分類廣告請預付廣告費,如中途停刊者,恕不退還費用。 ●刊登一個月以下者,廣告均不得改稿,若需改稿每次酌收費用5元

做飯、做家務,

開車接孩子上下學

孩子已大!

住家不住家均可!

月嫂/保姆

家住聖安東尼奧

(San Antonio)

一個月後轉爲保姆

住家通勤均可,薪優

意者請電:

210-863-3888

213-631-8631 Food Distributor

A/R, Offices Assistant

Salesperson &

Warehouse Loading

speaking Chinese & simple

English. Lily & Helen

713-383-8818

or Email: helen@

誠請 月嫂(陪月)

●本報接受 VISA 及 MASTER 信用卡付費,如電話(Tel)或傳真(Fax) 訂稿委刊,請告知信用卡號碼/姓名/有效期限/CVV號/ZIP code Address號,其訂稿如有錯誤由客戶自行負責,恕不補登。

●截稿時間: 星期一至五2:30pm, 平時/周六日請微信:AD7133021553 截稿或之前訂稿,立即上網,其稿將在第二天刊登報紙。



*誠徵老人照顧家庭看護 全職或半工.男女不拘皆可,

須報稅, 地點在糖城和休士頓地區

或:713-820-5748(私人)

Katy聘請管家

聘請住家阿姨 立Memorial,每周5天 做飯,做家務; 基本英文溝通, 簡單打掃,洗衣服, 需打好新冠疫苗, 會煮江浙菜,作息有規 說普通話;能開車。 律高標准要求的阿姨, 薪水\$4000+ 薪優,詳情請電: 最好上海人. 請電

713-927-4283



Home Service jingang749814 *誠聘(中國城) *長樂活動中心

誠聘**廚房助理** 司機● 清潔半工 意者請電:

周一到周五 281-208-7709

≣:**281-781-938**9 713-884-5612 346-383-1087

貿易公司誠聘 上門產品檢測―2 英文流利·認眞負責 需有駕照和車,性 近中國城,薪優。 別經驗不限, ●安裝技術人員

年新(5-8萬).請電

Housekeeper

*誠聘阿姨

-到四上午8-10點

77007.\$15-\$20/小時

有意請聯系微信

*誠聘家務助理 家住I-10 / 8號 煮飯及做家務 -周工作3-5天 會國語/粵語或英語 時間彈性:

約下午3-9點 917-566-2211

*聘請通勤阿姨 3口之家,4個月女寶, 說簡單英文 一周工作5天 8am-5pm,\$20/小時, 地址: Houston, near Greenway Plaza

請短信 502-833-8808

> *裝修請人 誠請

裝修師傅及小工 會英語爲佳 有意者請電:

*Katy高薪 招聘家政服務人員 誠聘 全職阿姨,

別墅包住待遇優厚 現招聘可長期住家家政服務人員, 夫妻更佳,地理位置好,居住環境佳, 繳納保險,薪水優厚。

崗位職責:

*食品公司誠徵

工廠生產線

全工操作員數名

有身份.有經驗優先.

意者請電:

832-546-7746 1、負責別墅的日常維護保養工作。 2、按雇主要求清潔、整理房間、修理草 坪,維護室外環境等相關工作。 3、按別墅雇主要求完成其他相關工作 職位要求: 男女不限,需要有相關工作 經驗,中文流利,可用英文進行簡單溝 通,身體健康,品行優秀,無犯罪記錄

聯系人∶Rainie **832–853–3126**

中國城黃金廣場

方太專門店,新優

誠聘男女員工

有意者請電:

713-772-7888



保險公司請人

誠請會計和管理.

勤奮好學,三年工作

經驗以上,待遇良好

工作環境好.可辦綠卡

請來電或短訊:

832-908-0878

Company Hiring

公司請人

誠徵醫務助理

履歷請決:

832–868–1090 Julie@hbctx.com

近中國城

LVN / RN (PT)

- Office Assistant (PT)
- 廚房幫工打雜

未接請短信稍後再覆

安防公司誠聘 ●辦公室文員

簡單英文,公司培訓 能英語交流 有木工,鉗工經驗優先 有意者請電或短信 346-970-7928

281-650-6136

微信連絡

fourseasonsfood.com AD7133021553 *

美南新聞招聘視頻剪輯

281-908-6800 713-772-2889

美南新聞集團招聘剪輯,需要會使用剪 輯軟件和導播機器,參與現場錄制。 —經錄用,待遇從優。

有意者請發郵件給: Jessie 聯系

Jessiew@scdaily.com **Office Assistant**

Fluent in English, Spanish and Chinese

Highly motivated / Organized

Excellent knowledge of MS Excel

carrie.chiang73@gmail.com

*Accountant/CPA

-CPA firm in S.W. HOUSTON, TX 1 to 5 years CPA firm experiences in tax or audit. Experiences in QuickBooks, Lacerte, CCH preferred. Bilingual English/ Chinese preferred. Also need bookkeeper. Will train, experience in QB preferred. Resume email to: email@cmcdllc.com

公司請人

誠聘機械維修工一名

需有機械及電器基礎.

~~薪金面議~~

腦系請電 Kent: 713-819-1633

公寓誠聘

有經驗空調,水電維修人員一名, 薪金面議,若試用期通過,可享有薪假 期和申請住宿,醫保,401K福利.

聯絡電話:713-777-0212 M-F 9:00AM-6:00PM

*Sugar Land Company has immediate opening for

full time accounting position. Experience preferred. Please send resume to

carolzhang531@yahoo.com or contact at: 832-335-0150

建築工程公司誠聘

工程項目助理

需有駕照和車,能英文交流。 需有責任心及良好的溝通 和解決問題的能力。

意者請電:832-289-2279 We are Signs招牌公司招聘

|●組裝工-無經驗可,男女不拘(女性優先)

意者請電: 832-266-2637

●建築焊工-需有經驗

●鉗工-需有經驗

●設計師

Bachelor Degree in accounting Fluent in English and Spanish carrie.chiang73@gmail.com

Experience Accountant

2-year related working experience

6969 N. Freeway, Houston, TX

*GMCC 萬通貸款

高速成長,Direct Lender. 直接申核 (高達五百萬) 直接放款, 誠招 有經驗的高效率的Loan Processor 工作地點在 Houston.

多成長機會, 待遇優厚 Full benefits (health insurance . 401k match) Email resume: info@gmccloan.com

公司誠徵

- ●倉管人員:可搬動50磅
- 辦公室文員:需英文流利.
- ●安裝助手: 懂水電優先, 可培訓.

有工卡。薪優。

發簡歷至: pnp650@sbcglobal.net 或電: 713-291-8225

6969 N. Freeway, Houston, TX

保險代理公司 請人 誠徵 全工或半工助理: 有經驗及執照者有bonus,

意者詰電郵簡歷及薪資要求及歷史到: jericlu@luins.com

沒經驗者可培訓。需中英文流利。

或短信到:832-876-8399

石油貿易公司招 Accountant

要求有會計工作經驗, 有貿易物流經驗者更佳, 中英文流利, 會熟練使用 Quickbook, 在美有工作許可,薪優面談

工作地點 Katy, TX. 簡歷發至郵箱: alanz@hectomind.com

急需!急需!!

休士頓窗簾廠

急招有經驗裁縫女工

意者請洽:

832-878-5686



Experienced Industrial *Sewers and Seamstresses

Apply in person at: 9350 South Point Dr. Houston, Texas 77054 Monday-Thursday 9 AM- 2 PM

> **Great Hours *Great Benefits** * Paid Time Off *Competitive Pay

Equal Opportunity Employer

Base Salary + Commission + Incentive + Bonus Email: Jason.kwon@ebankcardservice.com Ethan.jiang@ebankcardservice.com

履歷至:wearesignsusa@gmail.com 健康保險公司,誠聘辦公室職員

需有身份,簡單讀寫英文。

公司位於6號和10號附近 請電郵簡歷: jhung@neweralife.com

糖城食品進口批發公司招聘

全職財務和倉庫人員各1名。 薪優面議(電議). 周一至周五全職 財務能熟練使用 Quickbooks 者優先考慮 須會英文,合法報稅, 有意者請電郵簡歷至

sugarlandfood@gmail.com 或撥打電話:832-868-8168 Thunder Group Texas Warehouse Worker



⚠ BANKCARD SERVICES 信用卡公司急聘業務代表

業務代表多名:保障底薪+高獎金+高佣金+福利.帶薪培訓 Bankcard Services now is hiring Sales Reps

810 Hwy 6 South Suite#113 Houston, TX 77079

*An International Electronics company in Houston is currently seeking new talent to join our team.

Sr. Customer Service Representative/Logistics Specialist Bachelor's Degree or equivalent experience with business or

- supply chain background
- 1~2 years working experience • ERP - SAP experiences are preferred
- Take full ownership of customer issues & show a strong
- commitment to going above & beyond Manages logistics operations to ensure efficient and accurate delivery of shipments
- Positive Attitude. Dependable. Takes initiative. Excellent communication skills (spoken & written). Bilingual (Mandarin & English) is preferable.
 - Please email your resume to Iwang@telcointercon.com Attn: HR

態度積極,願意學習。無經驗者歡迎。 高中以上學歷。

提供健康,人壽和意外險,年假和401K

or來電 Jenny **281-599-5810**

Employment Type: Full Time (40 + hour) Warehouse worker job summary Perform an array of functions that may include receiving & processing incoming stocking materials, picking and filling orders from stock, packing and shipping orders, or managing, organizing & retrieving stock in the warehouse Address: 10702 cash road, Stafford, TX 77477

Call: 713-690-0111 or email to brianc@thundergroup.com for interview appointment

Gillman Honda Fort Bend

Automotive Technician

Service Advisors Finance manager

We are looking for people that are hardworking, committed to excellence that will go the extra mile for our customers.

Income potential up to 75,000 per year plus bonuses. Health benefits, 401k benefits, 5 day work week

Email: Ffontenot@teamgillman.com 24875 Southwest Freeway, Rosenberg, TX 7747 www.HondaFortbend.com

A STAR ALLIANCE MEMBER

International Airlines near HOU has immediate opening for full—time positions. Experience related to the position is preferred but entry—level is also welcomed. Please specify position and salary expectation on resume and email to HOUTOBR@evaair.com

Branch Office

Houston **Cargo Reservation**

Bilingual English/Chinese a plus, Good communication & customer services skills,

Benefits include zero employee contribution for group health & life insurance, free/discount air tickets, and matching 401(k). EOE-M/F/D/\



hiring for all positions Sales

Internet sales

Tel: 281-341-2277

Job Openings **Passenger Inside Sales**

Computer proficiency, Self-motivated



*美國公民(男) 70歲

誠心尋找伴侶

有無身份均可(可協辦綠卡) 最好有護理經驗,身體強壯.

誠意者請電詳談: 346-277-5978

*美國公民,男36歲

大學學歷, 廣東人, 有正職 誠徵單身女士,先友後婚.

有誠意者電或簡訊: 832-348-6640

徵婚

26歲帥氣男孩,身高186, 研究生再讀,琴棋書畫、儒雅隨和。 誠尋美麗大方女孩, 相攜一生。

聯系電話:346-475-4270



*7年正規床店請人 45公路往南方向,36出口, 離中國城40分鐘。 全職6天,兼職3~5天, 提供住宿有廚房,

能做大力有執照者優先。 832-417-4410(做黃勿擾) *邊學習邊工作,你的不二選擇! 學按摩賺錢,請來 AATMB

政府認證學校,教資深厚,彈性學習時間 收費合理, 中英文授課.

> 詳情: www.AATMB.com 713-474-5824

*足底按摩店請人,Foot Massage Store Hiring 4009 Central St, Kansas City, Missouri, Zip 64111 男女按摩師,有無執照均可, 月薪\$5000+(更多)

提供住宿(房租\$200/月).離店近,走路只要10分鐘. 請電: **816-472-9198** 微信: **660-238-5645** Hiring male/female massager - with/without license Monthly salary \$5,000 up (inclusing tips).

There is place to live- 10minutes walking to the store If interested, email/wechat 660-238-5645





實惠的價格

832-359-6141

Tiffany SPA 會所

快樂無限 激情有約 美女如雲 技術一流 環境舒適 私屬空間 水床服務 星級享受

聯系電話:832-941-7212



新人, 高顏值

832-434-9370



1000

Massage **Service** 按摩服務



個人、公司 信用貸款

個人/公司 信用貸款 \$10萬-26萬 無抵押,無擔保,信用卡多倍套現 當天兌現,安全,合法,回國資金. ~~我們幫助您恢復信用~~



公民入籍考試輔導班 保證通過

- 由專業入籍考試輔導老師一對一教學輔導
- 提供最新入籍考試基本試題,模擬考題,仿真練習,讓您100%通過 ·VIP級別輔導,時間靈活,循環輔導,依照學員的基礎量身定制
- 面試由專業律師陪同

歡迎電話容詢:713-815-5011/832-279-7772 10700 Richmond Ave, STE 230, Houston, TX 77042



會話、商業及旅遊用語,個人或集體均可. ** 協助通過<u>公民考試</u>及<u>移民局面談</u> **[;] kype:david.b.browning /Wechat: Teresina1only 832-788-3383 281-587-6912 布朗寧 5338 Beechnut St. Houston, TX 77096 http://davidbrowning.trustab.org



~鋼琴教學~

林老師 MTNA&HMTA 音樂教師會員 超過三十年教琴經驗

學生參加各種比賽,檢定等級考試,

學費低廉!歡迎比較 電話:832-235-4374

DPS 指定王朝駕校路考第



●交通安全班(取消罰單)

●成人中文筆試:天天路考(兩天取得駕照 ●靑少年駕照班



美南駕校

疫情期間有中文網絡筆試課,取消罰單課,發證書 美南駕校是官方指定考點,天天有路考。旅游簽 證等各種簽證可以考駕照。靑少年班隨時上課。

●取消罰單安全班:周六,周日有課

7001 Corporate Dr #203 832-277-7226 王教練



申請帶槍執照

取得pemit後可安排路考,不用排隊等30天 ●筆試班:每星期一至六上課,務必預約.

9896 Bellaire #G1

281-236-4723

: 務必預約

電話: 832-633-5555 周師傅 832-983-9509 Tom 發音



Realtor

FOR SALE



房地產經紀人 **Kate Zhang**

- ●個人房屋買賣
- ●商業房產買賣

電/短信:917-378-5316

Transportation



北夏接送服務

機場,碼頭,一切接送 誠信可靠,安全準時.

保證最低價.有4人7人座服務

832-382-5645 talkalkalkalkalkalkalkalka

涼棚圍欄,高壓淸洗,木工活,水泥面,篱笆墙



武林跌打傳人中醫

專精:坐骨神經痛、肩周炎 - 次治療基本痊癒, 唯我獨尊。

7001 Corporate Dr #213A, Houston 請電: 713-772-0300

跌打損傷



車輛買賣

商業大樓, 免費置換新屋頂 **趸費太陽能**

聯邦稅務 Credit

2021年-26% 2022年-22% 太陽能設備總額85% 5年內全額稅務折舊共抵扣111%5年內

電話: 832-888-2299



承接房屋大小工程

舊屋翻新,廚房浴室

地板瓷磚,水電木工

歡迎來電咨詢:楊

700 **業 Remodeling**



诚意装修

●承揽:商业/餐馆装修

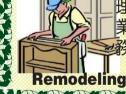
小修小补,保修3年.

~~ 百万保险 ~~

1281-787-1283

●承接:旧房翻新,

浴室厨房改建



700 澤 Remodeling

修理業務

地板地磚,衛浴改建,

櫥櫃台面,柵欄修建,

trattatte.

噴泉涼棚,籬笆水槽, 質量第一和保證誠信 832-282-8746 李

蘇揚建築裝璜

價格公道,質量保證

房屋,廚房,衛生間裝修

地板,磁磚,大理石面安裝

電氣焊,鐵柵欄安裝維修

盛家裝修

'住宅/餐館: 廚房台面,

地磚,地板,樓梯,內外

油漆,水電木工維修,

衛生間改造

華美裝修

舊屋翻新,地板地磚 內外油漆,廚衛屋頂 籬笆車道,小修小補 高壓淸洗,各種雜活 ~~價格優惠~~

832-314-6475

恆豐裝修公司

台灣專業,政府註冊, 承接:舊屋翻新,水槽,籬笆 涼棚,屋頂翻新,補漏.廚櫃 安裝,木工隔間,磁磚,實木 樓梯,木地板,廚浴改建, 內外油漆,屋內外全部工程 832-366-7510洪(國台)

安裝更換熱水爐 質量保證. 請電:

361-460-4530 832-866-2876

潮江裝修

榮盛裝修

小修小補

質量第一,誠信價優!

請電: Sam 劉

832-606-7672

廚廁改建,地板磁磚 內外油漆,木工水電 廚櫃理石,檯面安裝 香港師傅,專業守信 請電: 陳師傅 832-629-2688

誠聘裝修師傅

佳寶建築公司

本公司是一家大型建築公司

擁有各類大型建築設備及水電A/C等...

專業執照,施工團隊

專精大型倉庫,Shopping Center等大型建築

從選址,設計,請照,施工 一條龍服務.

百萬保險+質量保證+價格最低

聯系電話: 281-886-8888

百家裝修公司

政府註冊,裝修上百家餐廳,百萬保險,

26年經驗,一條龍服務,商業/住宅,大小工程

Buffet 檯,酒吧檯,水電,理石檯面,浴室翻新

油漆,餐館翻新,地磚,地板,

廚房,衛生間建造,保修三年

電話/微信 281-818-3505 鄭師傅

樓樓梯圍欄, 精優價廉.以上工程

909-800-8876 順發裝修

地板人工 90 ¢ /呎 地磚磁磚,紗窗紗門, 換熱水爐,室內外油漆

保修2年.(訂做按摩床 281-323-9938 王順

永發裝修公司 政府註冊,百萬保險 30年經驗,一條龍服務

承接:商業/餐館/住宅, 青通土木,地板,水電,油漆 保修一年,價格公道, 經驗豐富,保證質量. 646-713-4928 吳 832-207-2626

吳氏專業裝修

832-909-3658 譽

832-909-3686 🕺

大小工程,油漆間隔,泥水木工,地板門窗,

宏達建築裝修公司

政府注冊.百萬保險.15年經驗

誠信為本價格公道,另招裝修師傅

中英 Andy 801-739-5866

中 蘇師傅 832-359-2367

裝

翻新與改造等工程.

承接:商業/住宅 的

執照# LI 0019006

庭園灑水,庭園設計,籬笆 內外油漆翻新,涼棚涼檯 洗衣機,乾衣機,洗碗機 水龍頭,地板,地磚,廁浴, 更新,水務維修,電路修換, 832-818-3185 國粵語

正翔屋頂/裝修 專業住家,屋頂換新 房屋翻修,廚浴改建

商業住家,水電維修 內外油漆,籬笆車道 灑水系統,經驗豐富

832-998-5898 王(國/台語)

免費估價.請**裝修師傅** 大小工程,百萬保險

713-269-9582

理石廚櫃,地板,磁磚,浴室改建,內外油漆, 門窗,水電,涼棚,圍欄及屋頂翻新.

832-419-5588 張 ●另請工人

兄弟建築公司 832-860-1133

及住宅維修和翻新, 冤費估價. 最低成本, 最佳質量, 百萬保險! 選址: 商業租賃, 為您的生意精選最佳地點, 最旺鋪位. 設計:施工圖,3D效果圖設計,申請施工PERMIT. 建造: 裝修裝潢,專業執照工程隊伍施工,品質保障

> 6100 Corporate Dr. Ste 315, Houston www.usbrothersconstruction.com





RCH General Contractor 今第建築裝飾+設計+繪圖

各類餐館、甲店、家庭開工圖紙,

多州建築師執照,政府註冊,1.5千萬保險.



彩艷油漆

專業室內外油漆 水電維修,冤費估價

微信:USA67802

Mario Chavez 專業油漆 承接 商業/住家. 免費估價 Free Estimate

Painting, Re-paint, Pressure Washer, Staining, Drywalls Sheetrock & Texture, Carpenter, Siding & Remodeling, Ceramic & Laminate Flooring 油漆,高壓清洗,染色,壁板,石膏板,木工,地板磁磚

Call 英文電: 832-964-3030 5019 Ridgehaven Dr. Houston, TX 77053



凱 悅

輕鬆的享受

越南城 TX 77072





●成人筆試班: 周二,六10am-4:30pm



●公司做帳 地址:美國財富會計樓

6348 Corporate Dr, Houston, TX 77036 Gun License 打電話或短信: 917-378-5316





700

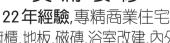
ALAKAKAKAKA 天天裝修 廣東和記裝修

高壓衝洗,室內清潔。 價格合理,質量保證 提供商業保險 天面地台,廚房浴室, 水電修理,通坑渠. **免費估價,價廉保質**

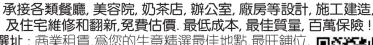
車庫門,自動門安裝維修 水電,空調,安裝維修 招**熟練工人**,需有合法身份,薪酬優厚. 832-607-7861 張 713-371-2713 戴師傅 ●誠請裝修工人

隨叫隨到裝修 專業漏雨 屋頂翻新 室內外裝修 20 年經驗













電話: 626-686-8111

教授英文&西班牙文

謝老師(MT駕校)

~~~十八年專業敎學經驗~~~ 832-863-8882



動或不動 一律高價收購 中英粤越。電話:

舊、壞車

713-482-9267

公司,住宅,地板,地磚, 內外油漆,廚浴改建, 商業住宅,水電木工, 地磚地板,浴室櫥櫃, 鋪草皮,修換圍欄 为外油漆,大理石安裝 餐廳翻新,高壓沖洗,大小工程,

浙江大余裝修

## 余:929-392-5818 eng: **646-925-9275**

價格合理,質量保證

誠實裝修 內外油漆,屋頂補漏 水電木工,籬笆水槽 多年經驗,價格合理,

誠信裝修 大理石、廚櫃、衛生間改建,磁磚、地板, 內外油漆,涼棚,圍欄及屋頂漏雨 工廠訂做,塑鋼門窗,雙層玻璃(特約) 工廠直銷 實木地板,復合地板,塑膠地板 專業屋頂,噴花,保溫棉,質量第一,誠信爲本

# 三好裝修

土木建築專業,保修二年. ●請裝修師傅

歡迎來電:832-630-1850 田師傅

誠信專業的木工和泥瓦工師傅 爲您提供裝修服務: 安裝櫥櫃大理石,瓷磚地板,木柵欄和油漆.

~~好技術、好質量、好價錢~~

聯系電話: 832-778-0090 / 832-289-2279





請電: 713-322-6333



# CLASSY 殺蟲專家

Classy Pest Control 提供專業的殺蟲服務 包括住家及商業地區

34年專業經驗. 專業白蟻檢測及殺蟲服務 電話(英): 281-437-4329, 713-516-1747



PN Pro Glasses門窗公司 品質保證+安全保證+價格便宜保證 Commercial & Residential 商業/住宅 **Shower Door, Window Glass** 

Mirror Wall, Furniture Glass 浴缸,浴室落地玻璃門, 住家辦公樓大門玻璃 一般牆上及臥室大型鏡子,傢具台面玻璃



Flooring Service

Gardening

木水石電全能 執照#LI 0019006 花草自動灑水系統, 軟水器,淨水器,籬笆,涼 亭,魚池,地板,磁磚,電 路,水路,招倒垃圾、餘泥 及以上各種維修.國粵 832-818-3185 吳

敦煌地板

地板\$1.89/**呢** &up

地毯、磁磚、花崗石



房屋理賠

Claims Service

益明淸洗地毯 華人主持,益明採用 大型蒸氣機,洗地毯, 沙發,淹水後淸潔 主家.辦公室.旅館.空房 空房沒電亦可處理 請電:713-557-0074

281-565-4788/Minh

832-202-8431

頂好排污

德州執照 TCEQ24431

抽餐館油井,

洗衣店水井,

高效強力疏通下水道

經驗豐富,不通不收費

832-462-3832

832-462-4011

滿意水電

專精各種漏水,閥門龍頭

更換,熱水器,冰箱,洗衣機

各種家電維修,增加排查

線路,更換電箱,軟水淨水

系統,加裝各種照明燈,

車庫門安裝維修

**# 832-576-6957** 

●招**助手**或學徒

合家歡冷暖氣

冷暖氣系統

26年經驗,價格合理

修補翻新各種屋頂

大小工程,質量保證

冤費估價. Min Park

832-202-8432

美國房屋理賠服務

832-683-8753英文

下水道專家

\$65 起。高科技

迅速為你解決

●地下水道堵塞

●漏水、等難題

德州大師級執照

電話832-708-8688

短信832-929-2771

專精各種漏水

舊屋水管換新,

屋頂,地下漏水

修換熱水器

832-217-6958修

713-885-4818英

-年豐富經驗面對各種保險公司,房屋遭受暴

風雨,冰雹損害,房屋漏雨,房屋水管爆裂漏水

火災,我們能幫您從保險公司爭取到您應得的

賠償.拿不到賠付冤任何費用,保證施工質量

**免費咨詢電話:713-732-8802**中文

屋頂專家風災冰雹索賠專家

吴南新闻



Door/Window Glass

通水管

Plumbing

700

Electrical

冷

暖

電

氣

大衛空調公司

修空調●修水電

找大衛,又快又好又便宜

維修費一律80元(材料費除外)

德州執照,空調技師大衛

832-923-6578 (中文)

281-866-1073 (英文)

車

房

門

專

家

精修車庫門

開門電機及傳動,

彈簧更換及線路故障

整門及部分更換.自動

鐵門維修及故障排除.

20年經驗,最低收費。

電:陸先生

281-827-5309

832-734-6808

# 專業砍樹 華人經營,專業砍樹, 清理,修建籬笆圍牆,

積水.搬家及雜活. 全市最低價100元起 832-969-5083李

明亮電工公司

德州執照 TECL34634

專業電工團隊,

百萬保險

商業民宅,大小工程

質量保證

832-260-8678

貴先生(中/英)



Long's 專業修理

多年經驗 Sears 專業技

師, 專門維修各種

家庭/商業:冷暖氣, 冰箱

製冰機,大型冷凍櫃,冰櫃

熱水爐,洗衣機,乾衣機

執照號碼:TACLA44251(

質量保證.電:通英/粵語

713-505-7534

尚美空調維修

精修更換冷暖氣系統

熱水爐、水電、家用電器

專業安裝節能空調、

漏水斷電、緊急維修

工作認真、政府認證

質量保證.(24小時)

請電: Louis 劉

646-508-3311

車房門專家

商業,住家,鐵門及鐵柵 搖控車門器更換,

彈簧維修線路安裝

品質保證, 免費估價.

通國粵英語

20年經驗,7天日夜

713-598-8118(C)

**713-777-7934** (H)

專業籬笆圍牆 專業維修,重建,新建 各型籬笆,范士,圍欄

10年質量保證, 完工後滿意付款



龍運疏通



## 小潔水管公司 832-722 2099

誠信專業水電

專精上下水管道,

漏水. 掛塞及疑難雜症

改移,換新上下水管線

熱水器,水龍頭,浴缸,

淋浴,馬桶.●維修改裝

供電線路,換電箱,加改

供電線路及電器設施

713-480-3646

廚房及廁所漏水疏通 点州 **Master** 執照 40172 水龍頭,噴頭,破碎機 商業/住宅:煤氣管,煤氣 按裝. 經驗豐富 開通與年檢,水管油井, 水表,下水道,通堵, 賈格最低(政府執照) 陸先生(中文).請電: K管系列安裝維修工程 281-818-6524 城市申報檢驗

## 水電服務公司 執照電工.經驗豐富 灑水系統,家電維修, 水電新建和修理 洗衣,烘乾,冰箱,熱水爐

打碎機,下水道, 281-610-2068

## 精藝冷氣水電 冷暖工程,家用電器 廚浴設備,修換水爐

住宅商鋪,節能空調 漏水斷電,急修急通 請電: 蕭師傅 832-490-7988

# 浩記冷暖氣維修

冷暖氣維修更換, 商用cooler,freezer 熱水爐器更換或維修

832-759-4638

請 電:

萬家樂冷暖氣

政府執照 TACLB95906E 百萬保險

安裝、精修 : 各種品牌冷暖氣

維修保養,配件更換,水務電器,專業誠信

~ 政府認可的TOP空調專業技工 ~

832-727-8888 (中文)

泰平鐵工廠

經營多年,專修鐵門護欄,碰撞銹蝕,

餐館設備,爐頭,

工藝鐵門. 金屬構件加工.

www.taipingironworks.com

281-785-9895 劉

范氏鐵工廠

防盜門窗.自動大鐵門(保證大門不會變歪

開門機修理,鐵欄杆修理,換新.陽台扶手.

出售鐵欄杆,大門,柱子等..承接各種焊接,

修理工作. 保證質量.良好的售後服務.

281-818-2990 宛 (Wan)

維修水電(開關,電路) 電風扇,熱水爐) 價格合理,質量保證 電:劉先生.●請幫手 832-552-0155

雅聖冷暖氣 專業安裝,維修,保養 專業維修、安裝

冷暖氣系統, 維修更換熱水爐 價格合理,質量保證 電話:陸先生

346-606-6871



**Electrical & AC** 



## **Legend Temp Mechanical 恆風冷暖氣公司**政府執照TACLA 115482C

安裝/維修: 家庭、商業冷暖氣、商用冰箱 冷凍冷藏設備、制冰機. 百萬保險. ~~~多年經驗,價格公道,質量保證~~~ 請電: 713-357-8868 (國/粵語) 企鵝牌制冰機500磅9成新,抓碼箱出售

吉順冷暖氣公司 安裝維修保養:各種家庭,商業冷暖氣. 精修餐館及超市冷凍,冷藏設備,電機,電路 及生活電器維修,特價代理 Goodman 產品 州政府保險及執照,**質量保證,歡迎比較** 

832-860-3388 蒲繼忠





ППП

700

**Iron Works** 

林記鐵工廠 專業定制各類防盜門窗 精工電焊,鋁,不銹鋼 修理翻新各類鐵件 (鐵欄,扶手,樓梯等),

0

安全監控系統

多年經驗,質量保證 281-889-1086

## 713-598-8889 (中文) ●誠請電焊工 報警監控安裝 **SECURITY NOTICE**

Alarm專業安裝 \$19.95月費 監控安裝每一路\$75起

四路特價,工廠直營, 倉庫在 Harwin,有 安裝執照. B09382201 雷:713-779-8788

歡迎團購,便宜5%-10%)





Gun License

申請帶槍執照

拉貨.搬家.運東西.

居民.公司.倉庫.鋼琴.

家具拆裝,跨州長途搬運

只要你需要,

我們一定"搬"到.

832-966-6077

**Garage Service** 

# 電腦維修,IT技術支持

辦公室電話/網絡佈線,VoIP電話服務 商業高淸監控安裝維修,數碼IP 4百萬像素起 POS軟硬件,保證最優惠價 **Express Computer Solutions** 

電腦專家

Tel: 713-823-6863 www.expresscs.net

# 武林跌打傳人中醫

跌打損傷

專精:坐骨神經痛、肩周炎 一次治療基本痊癒,唯我獨尊。

7001 Corporate Dr #213A, Houston

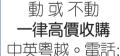
名式槍枝買賣/交換 9896 Bellaire #G1



# 車輛買賣 Car for sale

專收購舊車壞車 舊、壞 車

動或不動



# 中英粵越。電話: 713-482-9267

# 2022年度奧巴馬保險計劃

公開申請期從 11月1日到 12月 15日期間進行, 賣保和新申請計劃從1月1日2022年開始生效 中心保險事務所是資深注冊保險代理, 多年來—直竭誠的為德州各城市民衆 提供最專業保險業務服務

電話:832-323-1368 346-291-8228 地址 **7001 Corporate Dr # 222**, Houston TX 77036



# 商業大樓, 免費置換新屋頂 **免費太陽能**

個人、公司 信用貸款

個人/公司信用貸款 \$10萬-26萬

無抵押,無擔保,信用卡多倍套現

當天兌現,安全,合法,回國資金.

~~我們幫助您恢復信用~~

電話: 626-686-8111

聯邦稅務 Credit

2021年-26% 2022年- 22% 太陽能設備總額85% 5年內全額稅務折舊共抵扣111%5年內

電話: 832-888-2299



# 四季搬家公司 (需每天運者有特惠)

政府註冊 ID 200897974, 執照號碼: TXLic006575605C 品質保證,價格便宜,32 年專業經驗,免費到府估價 往Austin, Dallas, San Aotonio 特價優惠. 本公司有各大小貨車,專門長/短途搬運, 公寓、住家、辦公室、鋼琴 (10% Off w/AD 廣告

英文電洽: 281-903-7688 832-867-5467 24小時服務 832-367-6090 國,越南,廣東 或上網查詢: http://www.allseasonsmove.com

> Tony's Fast Movers 快速搬運 Moving and Delivery Services住家/公寓/公司 We move - House - Apartment - Office -Storage local and long distance, call now for free quote! MOVING be

機場,碼頭,一切接送 誠信可靠,安全準時.

# 《如意》搬家 順豐搬家快運

貨運公司.專業搬家 各種家庭/倉庫/

辦公室/搬家。 專線休斯敦-洛杉磯 電話: 281-797-9898

公寓住家,公司搬運 碼頭提貨,代客送貨 短長途專業搬運鋼琴 **究費估價,價錢便宜** 電:713-783-3789通 626-297-9888 國臺英 unitedmoving.tx@gmail.com

聯合搬家公司

More Than 18 years Experience best price Guaranteed.保證最好價格 Call: 832-289-6211 長短途搬運832-265-9258 超過23年專業經驗, 免費估價

Transportation

### 中信搬家公司(當天電話,當天搬) (O)**281-933-1555** 政府註冊TXDD363224B 優質服務,誠實可信 26年搬家經驗,質量保證。公司備有大中小型 封閉貨車,專經營長短途搬運,住家,公寓辦公室 三角鋼琴,貴重物品,碼頭提貨,有保險, **冤費提供紙箱 832-561-7776** 國語

(F) 281-933-2953 www.swmoving.com

Email: mike.kuo@swmoving.com

●公寓,住家,辦公室,倉庫遷移。 市區內、紐約、加州、全美長途、回國傢俱

包裝及白用車運送。 ●政府合法執照,25年經驗,工作保證,誠信可靠

北夏接送服務

保證最低價. 有4人7人座服務

832-382-5645

# 讓您擺脫蟑螂/螞蟻/蜘蛛/老鼠/白蟻等的困擾 本公司提供免費的估價





爽快水管專業

專通下水道, 儀器檢查, 漏水堵水.

修換: 全屋來水管,去水管,水錶漏水.

按裝:熱水器,水龍頭,馬桶,浴缸,打碎機.

通粤/國/英/墨西哥









# 居家空調水電

洗衣烘乾,熱水爐具 冷暖空調,抽風排氣 水喉水槽,滴漏堵塞 開關插座,生活電器 **住家餐館.質優價低** 

832-290-8770 陳氏專業冷氣

冷暖氣系統 保養,維修,安裝, 家電,熱水爐 政府執照,15年經驗 請電: 陳(英粵國越)

700

**Iron Works** 

**SECURITY NOTICE** 

0

安全監控系統

FOR SALE

# 281-236-2846

Chang Le Service 长乐AC 安装维修冷暖气, 换热水器 change water heater

Please Contact: Jay Yu. 请电:于先生 346-232-8970 832-868-8071

价格合理,保证质量,服务快速.

EZY鐵工廠 8年經營,專修鐵門護欄

修理翻新 各類鐵件, 遠欄,大閘,扶手樓梯等 多年經驗,技術保證。

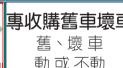
碰撞銹蝕,精工電焊,

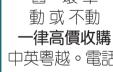
346-228-3738 832-869-0645

### 監控系統安裝 監控系統4MP超清 帶4x鏡頭,包安裝, -套\$700起,無月費

支持手機監控及回看

請來電話咨詢: 832-310-7499







Loan Agreemen









If you would like to share news or information with our readers, please send the unique stories, business

Southern Daily News is published by Southern News Group Daily

Southern Make Today

news organization events, and school news to us including your name and phone number in case more information is needed. For news and information consideration, please send to News@scdaily.com or contact

John Robbins 281-965-6390 Jun Gai 281-498-4310

**Publisher:** Wea H. Lee **President:** Catherine Lee **Editor:** John Robbins

Address: 11122 Bellaire Blvd., Houston, TX 77072 E-mail: News@scdaily.com



Inside C2

Monday, November 29 2021

# Cryptocurrencies tumble as coronavirus variant shakes markets

LONDON, Nov 26 (Reuters) - Bitcoin tumbled over 9% on Friday, dragging smaller tokens down, after the discovery of a new, potentially vaccine-resistant coronavirus variant saw investors dump riskier assets for the perceived safety of bonds, the yen and the dollar.

Bitcoin, the largest digital currency, fell as much as 9.2% to \$53,551, its lowest since Oct. 10. The second largest cryptocurrency ether fell over 13% to its lowest in a month as investors ditched cryptocurrencies.

Bitcoin, whose 13-year life has been peppered by bouts of extreme volatility, was on track for its biggest one-day drop since Sept. 20. It has slumped by more than a fifth since hitting a record high of almost \$70,000 earlier this month.

Scientists said the coronavirus variant, detected in South Africa, Botswana and Hong Kong, has an unusual combination of mutations and may be able to evade immune responses or make it more transmissible. read more

"The spread of (the variant), especially to other countries, could wither investor appetite further," said Yuya Hasegawa at Tokyo-based exchange Bitbank. "BTC's upside will likely be limited and the market should brace for further loss."

Reuters Graphics Reuters Graphics

Bitcoin hit an all-time high of \$69,000 earlier this month as more large investors embraced cryptocurrencies, with many drawn to its purported inflation-resistant qualities.

Others have piled into the digital token on the promise of quick gains, a draw that has been heightened by record low or negative interest rates. Yet bitcoin's volatility has lingered, drawing questions over its suitability as a stable store of value.

Ether was last at \$3,924. It is down almost 20% from its record high hit on Nov. 10.



A representation of the virtual cryptocurrency Bitcoin is seen in this picture illustration taken October 19, 2021. RE-UTERS/ Edgar Su/ File Photo/ File Photo

# Russia mourns 51 killed in mining disaster, police make arrests

MOSCOW, Nov 26 (Reuters) - Police in Siberia arrested two safety inspectors suspected of criminal negligence on Friday as Russia's coal mining heartland mourned the deaths of 51 people in one of its worst mine disasters since Soviet times.

Regional governor Sergei Tsivilyov said a methane explosion was the likely cause of Thursday's accident at the mine near the town of Belovo. The dead included five rescuers sent to bring out dozens of men stuck deep underground, he said. read

"There was an explosion at this mine 18 years ago and 13 people died. The whole village went mad. Just imagine how they're going to bury 46 (miners)," said Inna Piyalkina, whose 55-year-old husband was among the dead.

The Investigative Committee, a body that probes serious crimes, said they would charge and remand in custody two safety inspectors who issued a certificate for the mine this month but had not actually checked the facility.

Its move followed the arrest late on Thursday of three managers of the Listvyazhnaya mine, including its director, on suspicion of flouting safety standards. read more

The local prosecutor's office said on Friday it was carrying out safety checks at other mines across the region and had already opened 28 cases into violations found at six companies. It did not name them.

'SENSORS WERE BEEPING'

The mine, located some 3,500 km (2,200 miles) east of Moscow in the Kemerovo region, is owned by SDS-Ugol, a company that produces 27 million tonnes of coal annually and is part of the privately-owned Siberian Business Union. The SBU did not reply to a request for comment. A stop sign is seen at the entrance into mine territory following an accident at the Listvyazhnaya coal mine in the Kemerovo region, Russia, November 26, 2021. REUTERS/Alexander Patrin

A stop sign is seen at the entrance into mine territory following an accident at the Listvyazhnaya coal mine in the Kemerovo region, Russia, November 26, 2021. REUTERS/Alexander Patrin

Piyalkina said her husband, who

had worked in the mine for 33 years, had recently complained of safety problems.

"Methane was over the limit. My husband came home from work every day and said it wouldn't end well. It was so over the limit that all the sensors were beeping," she told reporters after visiting the facility on Friday.

She said there had been a fire in a part of the mine on the night of Nov. 14-15.

"No measures were taken. Here's the result. Just 10 days have gone by and they're all lying in there," she said. In a rare snippet of good news, one of the rescuers who had been assumed dead was suddenly found alive on Friday and rushed to hospital where he was put in intensive care, the Emergency Services said. read more

Emergency workers, who had been forced to halt their rescue efforts on Thursday due to the risk of an explosion, brought the bodies of three miners and three rescuers to the surface on Friday, the regional governor said.

Four other people, including a second rescue worker, were in intensive care, TASS news agency cited doctors as saying. A total of 50 people were in hospital, it said. The accident was Russia's worst since 2010 when explosions killed 91 people at the Raspadskaya mine in the same region.



<u>地址: 9600 Bellaire Blvd., #111, Houston.TX 77036</u> 長者健康保險medicare、人壽保險、長照保險、

年金健康保險(給不符合ACA條件的人) 代理數家知名公司(服務親切誠信可靠)

歡迎獨立agent 加入團隊

281-758-9152 / 346-364-8405

Email: Wonderfulsuelee@gmail.com / http://suelee.agentmedicareplans.com

**10月15日開始,週六辦公時間** 10:00am到2:30pm

# VEALEE'S GLOBAL NOTE

11/23/2021

# Waukesha Holiday Parade Became A Tragedy



Brooks allegedly drove an SUV into a crowd at the Waukesha holiday parade killing five people and injuring 40 others. This man has a history of violence and was out on bail after an incident earlier in November.

Brooks has a long criminal history with 16 criminal charges since

charged with three felony gun counts. He appeared to be an aspiring rapper and was singing to rap music inside his SUV.

Police say they are confident Brooks acted alone and it was not a case of domestic terrorism.

At Sunday's parade

brought the Milwaukee Dancing Grannies into the sad spotlight because members of the group were among the five people killed.

Today we really think our society is very sick. Many people are jobless and they are doing a lot of unbelievable crimes.

We need to come back to our education system and get more

young people to go back to school. When the economy is so bad, how can these people survive?

The tragedy in Waukesha is not just a single, isolated incident. This is a national issue.

To all the politicians and people governing the government, should you feel shameful?









Wea H. Lee

Wealee@scdaily.com

**Chairman of International District Houston Texas** 

**Publisher Southern Daily Wea H. Lee** 

**Southern News Group Chairman / CEO** 

**Chairman of International Trade & Culture Center** 

Republic of Guiana Honorary consul at Houston Texas











Wisconsin, tragedy









# **Editor's Choice**



A man with Nike bags talks on the phone in front of a Nike store as Black Friday sales begin at The Outlet Shoppes of the Bluegrass in Simpsonville, Kentucky, November 26, 2021. REUTERS/Jon Cherry



Guests wait in line to enter a Kate Spade store as Black Friday sales begin at The Outlet Shoppes of the Bluegrass in Simpsonville, Kentucky, November 26, 2021. REUTERS/Jon



Shoppers show up early for the Black Friday sales at the King of Prussia shopping mall in King of Prussia, Pennsylvania, November 26, 2021. REUTERS/Rachel Wisniewski



People wait in line at Macy's before Black Friday sales in Manhattan, New York, November 26, 2021. REUTERS/ Jeenah Moon



Shoppers line up for the Black Friday sales at the King of Prussia shopping mall in King of Prussia, Pennsylvania, November 26, 2021. REUTERS/Rachel Wisniewski

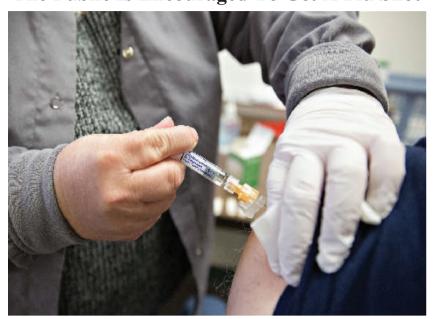




Shoppers show up early for the Black Friday sales at the King of Prussia shopping mall in King of Prussia, Pennsylvania, November 26, 2021. REUTERS/ Rachel Wisniewski



# We Still Are In The 2021 Flu Season --The Public Is Encouraged To Get A Flu Shot



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

Flu seasons are notoriously unpredictable, but there are already clues that the upcoming season may be especially difficult.

Flu season in the Southern Hemisphere can be an indication of what's to come in the Northern Hemisphere, and the recent flu season in Australia, where winter has just ended, arrived early and with a vengeance. A particularly virulent flu strain, H3N2, dominated.

Additionally, a pediatric flu death has already been reported in the U.S. — a 4 year old in California who had underlying health problems.

"We should never forget that the flu still kills," Dr. Cameron Kaiser, a public health officer for Riverside County, California, said in a news release announcing the death.

"A death so early in the flu season suggests this year may be worse than usual," Kaiser warned.

The Centers for Disease Control and Prevention estimates that last year, there were 37 million to 43 million flu illnesses in the U.S., and 36,400 to 61,200 flu-related deaths. Last year's flu season ran from Oct. 1, 2018, to May 4.

## Influenza-like illness activity level, week ending Feb. 9, 2019



Note: Based on data from the U.S. Outpatient Influenza-like Illness Surveillance Network ource: Centers for Disease Control and Prevention

### The 2019 Flu Season Has "Staying Power."

Is it too early to get the flu vaccine?

No. Doctors say people should get the flu vaccine now, and certainly before Thanksgiving.

"The concern with delaying it is that some people who might have the opportunity to get vaccinated now may not have that opportunity later," said Dr. Robert Atmar, a professor of medicine and an infectious disease expert at Baylor College of Medicine in Houston.

# BUSINESS

"The most important thing is for people to get their flu vaccine, and get it before the epidemic starts," he said.

Most healthy people who get the shot in September can expect some protection through the spring. But older adults may want to schedule their vaccination for sometime in October.

"There is a concern that some older people may have their immunity wane simply because their immune system is more frail, less robust," Dr. William Schaffner, a professor of preventive medicine and infectious diseases at Vanderbilt University Medical Center.

Flu activity usually picks up in October and November, peaks around February, and can last well into the spring months. The CDC recommends everyone over age 6 months be vaccinated against the flu, especially expectant mothers.

Pregnant women who get the flu tend to have complications similar to those over 65. The shot offers protection for both the woman and her unborn baby.

It takes about two weeks to build immunity to influenza after getting the vaccine. But even then, the flu vaccine offers only partial protection. Last year, the vaccine didn't work well: Its overall effectiveness was 29 percent.

Doctors blamed the poor match on a surprise second wave of H3N2 flu activity late in the season.



Why should I get the flu vaccine even if it doesn't work well?

There is plenty of evidence that the vaccine can ease the severity of the flu if you do get sick. Doctors say people who The flu season just ending in Australia

get the vaccine generally don't feel as sick if they do wind up with the flu, and they're less likely to develop complications of the virus, including pneumonia and death.

"Partial protection frequently gets overlooked, and we shouldn't forget that,"

"Because it's those complications that do you in."

What's more, research published last vear found the risk for heart attack or stroke increases the month after a person is diagnosed with the flu. The mechanism is likely one of inflammation and stress in the body caused by the virus.

A specific flu shot call Fluzone may be best for older adults. "For people over age 65, there is evidence that the highdose vaccine will provide greater than a standard dose vaccine," Atmar said.



Fluzone and the standard dose shots available this year include protection against several influenza strains, including H1N1 and H3N2.

FluMist, the nasal spray favored by kids and anyone else averse to needles, is also back this year. (Courtesy nbcnews.com)

## Related

Australia Just Had a Bad Flu Season. That May Be a Warning for the U.S.

is one of the country's most severe ever, sickening more than 272,000 and killing

•It also started in April, two months earlier, and peaked in June and July compared to the usual peak between August and September.



A human cell infected with the H3N2 flu virus, responsible for Australia's and the U.S.'s worst recent flu outbreaks. The same strain may dominate this year, too. Steve Gschmeissner/Science Source

•The 2017 flu season was Australia's deadliest in 20 years and was followed by the 2017-18 US season that killed nearly 80,000.

•In the US, there has already been one pediatric death recorded after a 4-yearold boy from California died from flu-related complications last year. (Courtesy https://www.dailymail.co.uk/)



# **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

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,



"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/)

## **How To Improve Your Immune Response To The COVID-19 Vaccine Shot? Expert Reveals**



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

COMMUNITY

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 af-



# before and after you get your vaccine

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



### 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/)

# 你斯顿东区社区服务中心感恩带 发放活动集岛间顾







体斯顿东区社区服务中心及老人中心在市议员 Robert Gallegos 带领团队合作下与社区政要代表进行了一系列的感恩 节食品发放活动中心内活动五彩缤纷 载歌载舞令到场民众们数不胜收开心度过佳节前夕时光。







# 你好,德州

即日起,中國信託數位銀行正式為德州居民服務。我們提供安全簡易的線上開戶流程及優惠利率!

# 儲蓄帳戶 最高可達

- 最低開戶金額 \$250
- 無帳戶管理費
- 連結其他銀行轉帳
- FDIC 保障



掃描開戶

線上開戶就是這麼簡單, 今天就上網開戶吧!

\*Annual Percentage Yield (APY) as of 10/20/2021。\$0 - \$49,9999.99 利率為0.25%APY; \$50,000+ 利率為0.50%APY。APY 在帳戶開設前後可能改變,手續費可能會減少利息收入。



