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Inside C2

Southern DAILY

Make Today Different

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Cryptocurrencies tumble as corona-virus 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. REUTERS/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 more](#)
“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 Patrino
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 Patrino
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 Rapsadskaya mine in the same region.



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WEA LEE'S GLOBAL NOTES

11/23/2021



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Waukesha Holiday Parade Became A Tragedy



39-year-old Darrell 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

1999. In 2020 he was 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

in Waukesha, Wisconsin, tragedy



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?



Southern DAILY Make Today Different

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



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



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 Cherry



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



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.

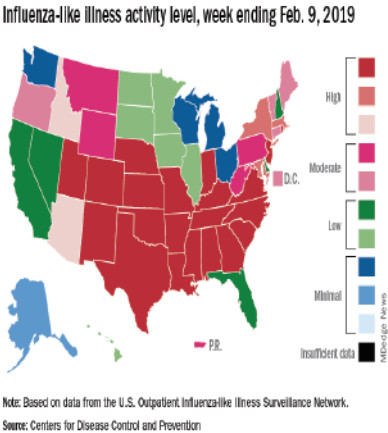
Flu season in the Southern Hemisphere can be an indication of what’s to come in the Northern Hemisphere, and the recent flu season in Australia, where winter has just ended, arrived early and with a vengeance. A particularly virulent flu strain, H3N2, dominated.

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.



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.

“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

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,” Schaffner said.

“Because it’s those complications that do you in.”

What’s more, research published last year 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 high-dose 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.

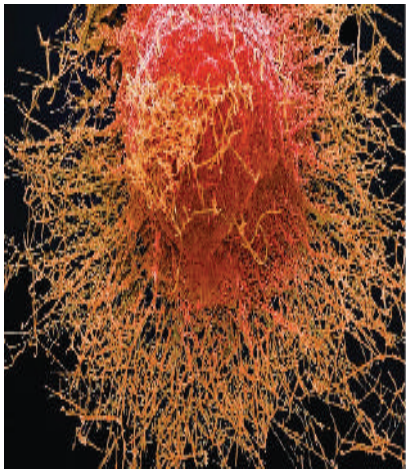
FluMist, the nasal spray favored by kids and anyone else averse to needles, is also back this year. (Courtesy nbcnews.com)

Related

**Australia Just Had a Bad Flu Season.
That May Be a Warning for the U.S.**
The flu season just ending in Australia

is one of the country’s most severe ever, sickening more than 272,000 and killing 662:

•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-year-old 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 EPA 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*

COMMUNITY

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/>)