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Inside C2

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Teen skater's doping test draws global wrath against Russia

BEIJING, Feb 11 (Reuters) - Russian skating prodigy Kamila Valieva's failed drug test prior to her dazzling Winter Games team gold threw the 15-year-old's Olympic future into doubt and reawakened global anger over Moscow's doping history on Friday.

But the Kremlin - already facing Western diplomatic wrath over a troop buildup near Ukraine - was also defiant in the sporting terrain, calling Valieva's case a "misunderstanding".

"Hold your head up, you're a Russian," government spokesman Dmitry Peskov urged her. "Go proudly and beat everyone."

The teenager became the first woman to land a quadruple jump at the Olympics on Monday, winning a team figure skating gold with the Russian Olympic Committee (ROC).

However, the International Testing Agency (ITA) said she had tested positive for banned heart drug Trimetazidine in a urine sample collected by Russian authorities back on Dec. 25 - though confirmation of that only came this week. [read more](#)

She is one of the youngest Olympians ever to test positive.

Many fans and fellow athletes were furious at how Valieva came to have a prohibited drug in her system, blaming coaches, medics and authorities rather than her.

"It is a shame, and the responsible adults should be banned from the sport forever!!!" said German figure-skating great Katarina Witt. "What they knowingly did to her, if true, cannot be surpassed in inhumanity and makes my athlete's heart cry infinitely." [read more](#)

Former U.S. figure skater Adam Rippon, who is in Beijing as a coach, summed up Valieva's plight by saying: "This entire situation is heartbreaking... she is a minor. The adults around her have completely failed her. They've put her in this awful situation and should be punished."

One Twitter user under the name "Fran" said despite widespread sympathy towards Valieva, she had to be banned.

"Kamila Valieva is absolutely a victim in this scenario. However now that we know she really did test positive to TMZ, they

absolutely can NOT let her compete," the post said.

'HONEST' MEDAL?

Russian athletes are already competing in Beijing as the Russian Olympic Committee (ROC) - without their national flag and anthem - due to past sanctions for state-sponsored doping.

The latest controversy blew up after a testing lab in Sweden reported on Tuesday that Valieva's sample had been positive - the day after she wowed the world at the Capital Indoor Stadium.

Questions hang over why there was such a delay between her test and the result, which allowed her to travel to Beijing. Russian Olympic Committee president Stanislav Pozdnyakov said Valieva's test may have been deliberately held back to coincide with the end of the team competition.

The ROC said it was taking comprehensive measures to protect its athletes and to keep an "honestly" won gold. It said Valieva's tests were negative before and

after Dec. 25.

In an Instagram post featuring Valieva as an angel, the ROC urged fans to show their support to "a very young, fragile, charming girl" as she "faced the hardest test" of her life.

Russia's own anti-doping agency RUSADA imposed a provisional suspension on Valieva after Tuesday's result then lifted it a day after on appeal. On Friday, RUSADA said it was investigating her support team and attributed the delay in results to COVID-19 cases at the Swedish laboratory, TASS news agency reported.

With their reputations for fairness on the line, the International Olympic Committee (IOC) and the World Anti-Doping Agency (WADA) asked CAS to reinstate the suspension.

"We have a 100% policy against doping," IOC spokesman Mark Adams said.

Late on Friday CAS confirmed it had received applications from the IOC and

2022 Beijing Olympics - Figure Skating - Training Rink Capital Indoor Stadium, Beijing, China - February 10, 2022. Kamila Valieva of the Russian Olympic Committee

WADA appealing RUSADA's decision to lift the suspension and said a decision will be made in due course.

STILL SKATING

Valieva, wearing a navy hoodie and black tights under padded shorts, skated again in practice on Friday afternoon.

The controversy over her has delayed the medal ceremony for the team event, with the United States and Japan waiting in the wings after taking silver and bronze positions. Canada finished fourth.

CAS's ruling will not only determine if the ROC will be disqualified from the team event, thus losing their gold medal, but also if Valieva will be allowed to compete in the women's individual competition.





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WEA LEE'S GLOBAL NOTES

02/12/2022



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We Are Proud Of Chinese Americans



The Chinese American youth led by Eileen Gu and Nathan Chen showed their incomparable power and skills at the Beijing Olympics games creating a new record and winning the gold medals.

According to statistics, nearly 40 % of the U.S. winter games delegations

are Asian, while Asians account for only 7 % of our total population. Most of the reasons are due to the success of Asian families in their child's education and the special attention given to extracurricular sports.

Today America is facing major challenges in school education. The school

districts are run by local governments and federal government subsidies are very limited in the rich areas because of the higher taxable incomes. The schools are much better there so many Chinese Asian families will select the better school districts, but in some poor areas, the school districts have less resources. Most working families just want their kids

to graduate from high school and go straight into the job market. These kids very rarely have an opportunity to learn much more about, or participate in, the arts or sports.

We always have believed that education should be our top priority and the basic element that will change our future.



Southern DAILY Make Today Different

Editor's Choice



Neja Dvornik of Slovenia falls during her run in the women's alpine skiing slalom at the Beijing Olympics, February 9. REUTERS/Christian Hartmann



Vehicles block the route leading from the Ambassador Bridge, linking Detroit and Windsor, as truckers and their supporters continue to protest against the coronavirus vaccine mandates, in Windsor, Canada, February 8. REUTERS/Carlos Osorio



General view of an eruption of the South East volcano of Etna, as seen from Nicolosi, Italy. REUTERS/Antonio Parrinello



Andrzej Szczechowicz of Poland trains in the nordic combined normal hill/10km at the Beijing Olympics, February 8. REUTERS/Kai Pfaffenbach



People holding Canadian flags protest at the Ottawa International Airport, as truckers and their supporters continue to protest against coronavirus vaccine mandates, in Ottawa, Ontario, Canada. REUTERS/Patrick Doyle



Britain's Prime Minister Boris Johnson poses for a photograph with British troops in front of a Union flag during a visit to Warszawska Brygada Pancerna military base near Warsaw, Poland. Daniel Leal/Pool

Coffee, Wine, And Wheat Varieties Are Among The Foods We Could Lose Forever

The Extinction Crisis That No One Is Talking About



Tractors harvest a monoculture of soybeans in Mato Grosso, Brazil. (Getty Images/iStockphoto)

Key Point

Supply chain challenges and inflation spikes in the midst of the Covid-19 pandemic have now been joined by growing and documented concerns for the potential extinction of endangered foods and the lack of food choices along with the diversity of foods as well as the nutritional values they represent that are in serious danger of disappearing from the global marketplace. Scientific observers are now saying it is time to act and make efforts to bring diversity back into the food system while being motivated by the health of society.

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

Your morning coffee is in a perilous state. There are just two species of coffee plants on which the entire multibillion-dollar industry is based: One of them is considered poor-tasting, and the other, which you're likely familiar with, is threatened by climate change and a deadly fungal disease. Thankfully, there's another kind of coffee out there, known as *stenophylla*. It has a higher heat tolerance, greater resistance to certain fungal pathogens, and it tastes great. There's just one problem: It's incredibly rare, and until recently, scientists believed it was extinct. *Stenophylla* is just one of dozens of important foods that are threatened with extinction, according to Dan Saladino, a BBC journalist and author of the new book, "Eating to Extinction: The World's Rarest Foods and Why We Need to Save Them." While grocery stores may seem as abundant as ever, Saladino argues that the diversity of food is actually in decline. Of the hundreds of thousands of wheat varieties that farmers once cultivated, for example, only a handful are now farmed on a large scale, he told Vox. As we grow and harvest fewer varieties of plants

and animals, the foods you can buy in the grocery store may become less nutritious and flavorful, and — as the current state of coffee demonstrates — the global food system could become less resilient. That's why it's so crucial to lift up communities that are protecting foods from disappearing, Saladino told Vox in an interview about his new book.

The important conversation that followers was held between author Dan Saladino and Vox.com interviewer Benji Jones and pinpoints the food diversity challenges that face us all.

Grocery stores may be stocked, but the variety of food is in decline



Benji Jones

BUSINESS

pull nutrients out of the air. (Photo/Allen Van Deynze et. al/PLOS Biology)

Why should we care? If we understand how this plant works, could we potentially use it to reduce our use of fertilizer globally? We know there is a way in which some plants are feeding themselves. We need to give thanks to the Indigenous people who have looked after this maize for centuries, if not thousands of years.

Benji Jones

A wider variety of crops also makes our food system more resilient to threats like disease and climate change, right?

Dan Saladino

That's another really important lesson. I traveled to eastern Turkey to get as close as I could to the Fertile Crescent, where wheat was first domesticated. I found farmers who had saved a type of emmer wheat that had been growing for 8,000 to 9,000 years. It's been growing in high altitudes where it's damp. If you put a modern wheat variety in that environment, fungal diseases would ruin the crop. And so what they have in Turkey is a precious genetic resource that has forms of resistance, such as to fungal pathogens.



A field of kavlca, or emmer, wheat. (Dan Saladino)

You can also find those principles of disease resilience among ancient varieties of rice and maize — really, in all of the crops. Over thousands of years, our ancestors created these adaptations through farming under different conditions.

What we've done since is create these incredibly high-performance plants that need specific conditions to grow, and a lot of inputs, like fertilizer. Each wheat or maize plant is almost a clone, whereas in traditional farming, there's a huge amount of genetic diversity in the field. If you get a bad summer or too much or too little rain, some of those traditional varieties are still going to bear grains because there is diversity within the crops.

You can breed out bitterness, but you might lose deliciousness

Benji Jones

Is there a flavor extinction happening as well?

Dan Saladino

Absolutely. I tell the story of a type of wild citrus from northern India called *memang narang*. It has a cultural, culinary, and medicinal function, but the striking thing is how bitter these fruits are. The people who live here place huge value

on bitterness, a flavor that's disappearing from most of our palates. Fruit breeders, over centuries, have been ingenious at giving us something that we love: sweetness. They have bred out the bitterness.

When you realize that the bitter taste comes from compounds that help plants protect themselves from pests, then you understand why it might be beneficial to retain that flavor. We've taken the beneficial bitter compounds out, and we've cloaked plants in pesticides and other chemicals to protect them.



A type of rare coffee, *Coffea stenophylla*. (Getty Images)

Another example comes from coffee. We live in a world where we can enjoy a lot of different types of arabica coffee. There's robusta as well. But these are just two of more than a hundred different types of coffee around the world.

Historically, there were cultures in parts of Africa that had more distinctive types of coffee, including one called *stenophylla* that was prized in parts of East Africa up until the 1960s, when it pretty much went extinct because farming systems changed. It has greater disease resistance than arabica. And arabica is under pressure now because of climate change — it's an extremely delicate plant. *Stenophylla* offers the benefit of disease resistance, and it's an amazing-tasting coffee.

Coffee as we know it is in danger. Can we breed a better cup?

Benji Jones

Another example that helps explain the decline of flavor comes from a region of France, home to the *Salers* cow. It really shows the connection between biodiversity and flavor, right?

Dan Saladino

"*Salers*" is a place, a breed of cow, and a cheese. Farmers would take their cattle in the spring and summer to [mountain] places where the pasture is richest, often ending up in remote places. It was a monastic experience; they were up there living a solitary life. At the end of the summer, the cheese would end up back down in the village. It's this mind-blowing process that highlights the power of cheese: The pasture captures the energy of the sun, the animals convert the pasture into milk and cheese, and the villagers then eat the cheese during the winter when other foods are running out.

(Article Continues Below)

Southern

DAILY

Make Today Different

(Article Continues From Above)

Coffee, Wine, And Wheat Varieties Are Among The Foods We Could Lose Forever

The Extinction Crisis That No One Is Talking About

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

Dan Saladino

The remarkable thing is that the pasture is so rich in microbes that these farmers don't even need a starter culture to coagulate the milk and turn it into cheese. As soon as the milk hits these wooden barrels, it's inoculated with microbes. For a modern health inspector, it would be a nightmare to watch.

We've been talking about the endangered genetics of crops and endangered tastes. Here, we're talking about endangered microbes that are not only missing from the cheese making process, but also from our gut microbiomes.



A breed of cattle called *Salers* in the Cantal region of France. (Photo/Andia/Universal Images Group via Getty Images)

Benji Jones

You also explain that when these cows have access to a wide diversity of plants in the pasture, their milk and cheese end up tasting richer. That's because different grasses have different types of defense chemicals called terpenes, which can translate to flavor in the milk.

Dan Saladino

Terpenes can be found in milk from rich pastures, but not in cheese made from cattle that have been fed on grains. We're only beginning to understand the connections between biodiversity and our food and our health and our flavors.

Benji Jones

You traveled the world sampling all of these foods with unique flavors. What were some that stood out?



Dan Saladino

Skerpikjøtt is this food from the Faroe Islands. There's not enough sunlight or firewood there to produce salt to preserve food. People instead built these huts that have gaps that allow the sea air in. They raise sheep and hang the meat in these huts, which gets bathed by the salty air and slowly fermented and preserved. It doesn't look like food. It's covered in mold. It needs to be washed. It's almost as if this sheep meat is gently rotting away in these huts, but actually, the conditions are exactly right so it doesn't rot or become too funky. It becomes this wonderful preserved meat.

Benji Jones

You also have an incredible chapter about a type of wine in the country Georgia, which you explain is where some of the world's first — or the first — winemakers were practicing their craft.

Dan Saladino

Georgia is the most likely country in which grapes were domesticated and the first winemakers were practicing their craft. They have a technology that predates the barrel by thousands of years — the *qvevri*. These are terracotta vessels that you bury underground with whole branches of grapes with skin and pips [seeds] inside. Many people think France and Italy and Spain and California are great wine-producing regions. Here is a place where the relationship with wine just goes up another level. There is a reverence and spiritual dimension to wine drinking.



A workshop where Georgian *qvevris* are being made. (Photo/Dan Saladino) Our relationship with food mirrors our relationship with nature

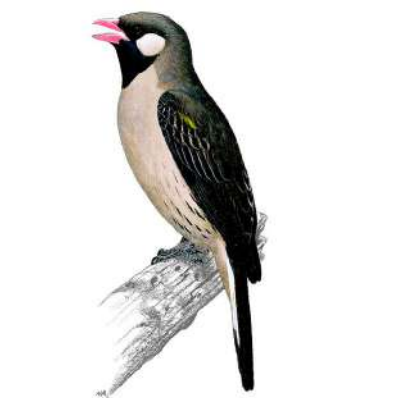
Benji Jones

In your book, you talk about how losing certain foods isn't just about losing resilience, flavor, and culture, but also about our changing relationship with nature. You explain that some groups, like the Hadza people of Tanzania, are deeply connected to their environment through food — and by losing certain foods, we may be losing these connections.

Dan Saladino

The Hadza story brilliantly sums that up. I followed some of these hunter-gatherers out within a landscape of baobab trees. In those trees, some of which are a thousand years old, you can find bees' nests and one of the greatest prizes the Hadza can find: honey. It's an extremely important food — and their favorite food — but it's hard for them to find the hives high up in the trees.

The Hadza whistle, and after a period of time, if they're lucky, a very humble-looking bird will fly down. The bird will start a "conversation" with the hunter-gatherers and lead them to a tree with honey. The bird knows where the honey is, whereas the hunter-gatherers have the fire and the smoke to get rid of the bees, which are a risk for the bird. The Hadza can go up, extract the honey, and then leave something behind for the birds.



An illustration of a greater honeybird

eyguide. (Photo/Brown Bear/Windmill Books/Universal Images Group via Getty Images.)

Toward the end of the Hadza visit, we went to a mud and brick hut, and inside there were cans and cans of soda. This was a source of sugar and energy that could mean that they no longer use that skill to find honey within our lifetimes — something so fundamentally important to human history could disappear.

Benji Jones

Do we run the risk of glorifying some of these older cultures? Don't some of these groups want soda — or access to health care, or other benefits that come with Western or modern life?

Dan Saladino

There's story after story of another culture coming in and imposing its food and

phone and sold rice through WeChat to people in Beijing and Chengdu, some of the biggest cities in the world. Modern technology can actually connect us.

Benji Jones

The food industry is massive and largely run by just a small number of companies. How does one person help prevent these unique foods from going extinct?

Dan Saladino

It's important to understand what we mean by endangered foods and diversity. I think we should all choose our favorite foods and interrogate the diversity of that food. Explore cacao, coffee, or different types of cheeses. Then maybe develop a relationship with a cheesemaker and become a different kind of customer — somebody who's supporting a local farmer.



A man dries a rare, prized type of Venezuelan cacao called *criollo*. (Photo/Dan Saladino)

This also needs to be dealt with on a much larger scale. I was inspired by stories of cities, such as Copenhagen, where schools use diversity as a criterion for the contracts they're issuing to farmers: Don't just give me the cheapest apples — give me a choice of apples, and we will reward you. That's also happening in Brazil. Over the last few decades, they've had a policy that requires schools to source 30 percent of ingredients from local family farms.

These levers do exist for governments to make a big, significant change. I also think we have the most selfish reasons to embrace diversity — our own health. We know what's happening in many parts of the world, in terms of type 2 diabetes, cancers, and other diseases that have a food dimension. Perhaps we will be motivated by health to try and bring diversity back into the food system. The science says we need to. (Courtesy vox.com)

溶脂針快速消除雙下巴 和羊腮 奧斯丁NeoSoma專業醫美幫您養成側顏殺



（本報記者黃梅子）你有因為長相而被誤會年齡嗎？當你自認為顯得很年輕，但被人自動升級成“大媽”的時候，你心頭的怒火是否在熊熊燃燒？也許你臉上皺紋不多，但松垂的中下面部和雙下巴卻告訴了別人你年齡的秘密。我們可以留意到，身邊年輕的姑娘們都擁有清晰的下頷線和緊實的臉部輪廓。

有些愛美的小姐姐因為咬肌去注射瘦臉針，忽略了下頷線的問題，導致瘦臉卻出現了羊腮，反而顯得老。

這都是因為下頷線的原因，你知道嗎？其實下頷線才是年齡的分界線！

什麼是下頷線？
下頷線其實就是從耳垂到下巴的側臉線條，也有人把這道線以一代經典美人奧黛麗赫本為名，叫做赫本線。赫本的下頷線真的非常的清晰，整張臉看起來真的很精緻，完全沒有一點多余的脂肪。

前一陣，因為發胖而有點羊腮罵到熱搜的劉亦菲是一個典型，大家可以看到發胖後的劉亦菲因為下頷線的不清晰，導致整個人都顯得年長了很多歲。那麼，一條清晰、形狀圓潤、與臉型適合的下頷線應該怎麼打造呢？首先我們就是要消除雙下巴！形成雙下巴有兩種原因，一種是胖出了肥厚的雙下巴，從側面看臉和脖子都連在一起，沒有明顯的分界線。還有一種是老出了雙下巴，隨著我們年齡的增大，膠原蛋白也會隨著慢慢的流失

，從而出現肌肉下垂松弛等現象的發生，在一定程度上會影響下頷線，導致下頷線變得不那麼的清晰。

除了雙下巴，有些人還有羊腮。羊腮有兩種形成原因，一種是因為注射瘦臉針，因為肉毒劑量太大而導致咬肌過度萎縮，而出現羊腮，臉小了但反而顯得老了；還有一種是因為衰老，臉部肌肉松弛下垂得厲害，而出現羊腮。

雙下巴和羊腮是下頷線的殺手，你知道嗎？

其實下頷線才是年齡的分界線！想要立竿見影地消除雙下巴，最快的辦法有兩種：手術吸脂和打溶脂針。手術吸脂去雙下巴是效果最快的辦法，但是要動刀子住院，而且還有創口，沒有十天半個月的不能出門見人。所以很多人選擇注射溶脂針，既見效快又沒有創傷恢復期。

而羊腮呢，可以用拉皮手術、線雕或者溶脂針來解決，無疑溶脂針是最快最經濟也是最安全的辦法。

2015年4月29日，美國FDA批准了全球首個“雙下巴”溶脂針Kybella（ATX-101），用於中度至重度“雙下巴”成人，該針劑是用於消除多余頸下脂肪（雙下巴）的首個也是唯一一個非手術治療產品。ATX-101是一種人造的脫氧膽酸（deoxycholic acid），這是人體內天然存在的一種物質，幫助分解脂肪。

溶脂針瘦臉是否會反彈？據研究，溶脂針減的是脂肪不是水分，相對來說不容易反彈。溶脂針瘦臉技術對注射醫師的技能要求比較高，多打一

點會塌陷，少打一針則看不出效果。奧斯丁NeoSoma專業醫美是美國政府註冊的專業醫美，注射師是在美國正規持牌醫生（M.D.）或正規持牌護士（R.N.），藥品都是FDA認證安全有效的針劑，安全和資質有保證。尤其是注射師王老師從事醫療工作多年，並且積累了豐富的亞洲客人臨床經驗，熟悉亞洲客人的審美喜好，對劑量把控嚴格精準。她技術嫺熟，對於童顏針的施打已達爐火純青的水平，做過的客人都贊不絕口。

王老師介紹說，打針過程也就幾分鐘吧，一周之內就能看到很明顯的效果，雙下巴和羊腮幾天內就會消滅很多，效果的顯著程度是因人而異的，有的人打一次溶脂針效果就很明顯，但是有的人就需要多次注射以後才會比較明顯的效果。除此之外，打完溶脂針以後自身對手術部位的護理也會影響到溶脂針見效的速度與效果的好壞。溶脂針可以打面部，也可以打在腰腹和腿上，溶脂針是目前非手術局部減肥較為安全、有效的方法，適其適合於小面積局部減肥，比如雙下巴、羊腮等面部，也特別適合腰、腹、大腿等部位處積累的“頑固”脂肪。

溶脂針的效果好不好？

據臨床研究表明，溶脂針的溶解脂肪率大約在30%左右，值得一提的是這個數字改變的是脂肪細胞的體積而非數量。所以注射溶脂針並不是一勞永逸的事情，要想保持好身材還需要配合健康合理的飲食習慣和運動計劃。

溶脂針和傳統手術吸脂的區別？

- 哪些人不能打溶脂針？
- 1.過敏體質者慎用。
 - 2.女性經期、哺乳期、妊娠期及計劃妊娠者禁用。
 - 3.已知對於注射藥物容易過敏的的患者和皮膚潰爛發炎者。
 - 4.長期或正在服用抗凝藥物、擴血管藥、皮質類激素等藥物的求美者。
 - 5.有心腦血管疾病、糖尿病、凝血功能異常、重要臟器功能受損者的求美者。

溶脂針的副作用？

- 1、頭暈。這是在注射溶脂針過程中普通出現的現象，因為多數溶脂針裏面的成分有類似“咖啡因”的成分，受術者會出現輕微頭暈現象，24小時後會有所緩解。
- 2、注射部位腫脹。幾乎每個注射溶脂針的人都會出現注射部位腫脹，這是由藥物的刺激作用引起的，一般24小時即可消除。
- 3、瘀青。注射溶脂針採用多點、小部位注射，如果專家技術不當容易產生淤青。
- 4、疼痛。疼痛感跟個人耐受程度有關。

注射溶脂針要註意什麼？

- 1、溶脂針注射後24小時內面部不要碰水，不要使用化妝品，不能劇烈運動；
 - 2、注射後一周內禁止吸煙喝酒，不吃刺激性食品、辣椒、海鮮等，不吃多脂多糖的食物，要多運動增強體質；
 - 3、注射後72小時不能在注射部位和注射周邊部位塗抹外用藥物，避免讓患處接觸其他刺激性物品。
- 女人如花需要呵護！溶脂針快速消除雙下巴和羊腮，奧斯丁NeoSoma專業醫美幫您養成側顏殺！

NeoSoma 医美



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王老師手機：469-210-1113

	溶脂针	传统吸脂
方法	以针注射的形式，将溶脂	在身体肥胖的隐蔽部位沿皮纹做个一厘米内的
原理	改变脂肪细胞体积	改变脂肪细胞数量
是否开刀	否	是
是否拆线	否	如果是可溶线不用拆，否则需要拆
是否疼痛	无痛	微疼
是否住院	无需住院	有的医院医院需要留院1天，有的不需要。
手术时间	10分钟	依据部位和脂肪量而定，最快30分钟。
恢复时间	即做即走，1周见效	最快两周恢复，术后穿1个月束身衣
创伤大小	无疤无痕	微创



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本報記者
黃麗珊報導

台北經文處處長羅復文與來賓在葛瑪蘭麵包店合影

葛瑪蘭麵包坊 城中分店嶄新開幕



葛瑪蘭麵包坊，負責人連憲武，在休士頓市中心 240 Westheimer 開第二家店，羅復文處長前往加油打氣



休士頓辦事處羅復文處長誠摯祝賀葛瑪蘭麵包坊業績長紅