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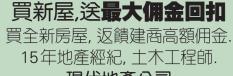
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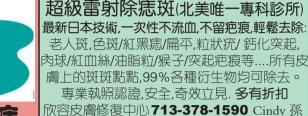
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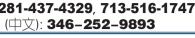
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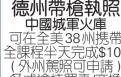
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Inside C2

Tuesday, Febuary 22 2022

# Putin orders troops to breakaway regions in eastern Ukraine

MOSCOW, Feb 21 (Reuters) - Russian President Vladimir Putin recognised two breakaway regions in eastern Ukraine as independent on Monday and ordered the Russian army to launch what Moscow called a peacekeeping operation into the area, upping the ante in a crisis the West fears could unleash a major war.

Putin told Russia's defence ministry to deploy troops into the two regions to "keep the peace" in a decree issued shortly after he announced recognition for Russia-backed separatists there, drawing U.S. and European condemnation and vows of new sanctions.

It was not immediately clear whether the Russian military action was the start of an invasion of Ukraine that the United States and its allies have warned about for weeks. There was no word on the size of the force Putin was dispatching, when they would cross the border and exactly what their mission would be.

In a lengthy televised address, Putin, looking visibly angry, described Ukraine as an integral part of Russia's history and said eastern Ukraine was ancient Russian lands and that he was confident the Russian people would support his decision. read more.

Russian state television showed Putin, joined by Russia-backed separatist leaders, Psaki said in a statement. signing a decree recognising the independence of the two Ukrainian breakaway regions along with agreements on cooperation and friendship.

Defying Western warnings against such a move, Putin had announced his decision in phone calls to the leaders of Germany and France earlier, both of whom voiced disappointment, the Kremlin said.

Moscow's action may well torpedo a last-minute bid for a summit with U.S. President Joe Biden to prevent Russia from invading Ukraine. The rouble extended its losses as Putin spoke, at one point sliding beyond 80 per dollar. read more

Biden will issue an executive order soon prohibiting "new investment, trade, and financing by U.S. persons to, from, or in"



the two breakaway regions, the White House said. It will "also provide authority to impose sanctions on any person determined to operate in those areas of Ukraine," White House spokesperson Jen

Psaki said measures being rolled out in response to Putin's decree were separate from sanctions the United States and its allies have been readving if Russia invades Ukraine.

U.S. Secretary of State Antony Blinken said the executive order "is designed to prevent Russia from profiting off of this blatant violation of international law."

Dutch Prime Minister Mark Rutte said European Union countries have agreed to impose a limited set of sanctions "targeting those who are responsible" for Russia's recognition of the rebel regions.

British foreign minister Liz Truss said in a Twitter post that on Tuesday the government will announce new sanctions on Russia in response to Putin's decision.

NATO Secretary-General Jens Stoltenberg

accused Russia of continuing to fuel the conflict in eastern Ukraine and "trying to stage a pretext" for a further invasion. Russia annexed Crimea from Ukraine in 2014.

In his address, Putin delved into history as far back as the Ottoman empire and as recent as the tensions over NATO's eastward expansion - a major irritant for Moscow in the present crisis. read more

With his decision, Putin brushed off Western warnings that such a step would be illegal, would kill off peace negotiations and would trigger sanctions against Moscow.

"I deem it necessary to make a decision that should have been made a long time ago - to immediately recognise the independence and sovereignty of the Donetsk People's Republic and the Luhansk People's Republic," Putin said.

He said earlier that "if Ukraine was to join NATO it would serve as a direct threat to the security of Russia."

Russian President Vladimir Putin attends a ceremony to sign documents, including a decree recognising two Russian-backed breakaway regions in eastern Ukraine as independent entities, with leaders of the self-proclaimed republics Leonid Pasechnik and Denis Pushilin seen in the background, in Moscow, Russia, in this picture released February 21, 2022. Sputnik/Alexey Nikolsky/ Kremlin via REUTERS

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## VEALEE'S GLOBAL NOTE

02/21/2022

# Say Goodbye To s. Doris K. Yen



**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



Last Saturday many friends and former students attended the memorial service for Mrs. Doris Yen in Houston, Texas. Reverend Peter Leong said in the ceremony that, "She had been received into Heaven.

Don't be sad. We want to celebrate her life."

Mrs. Doris K. Yen arrived in Taiwan in early 1948 from Shanghai. She once taught chemistry in many famous high schools in Taipei. A lot of her students became the elite of society.

After she retired, she moved to Texas to join her family and still participated many community activities and spent very good times with her grandkids.

Today thousands of her students live all around the world. Most of them are very successful people. When we look back at our history, all of us really need to appreciate Mrs. Yen and many teachers for their lifetime contributions to education.

Her daughter, Carol Ma represented the whole family and thanked all the people who had been helping her mother. She also mentioned my wife Catherine who brought her

mother to visit a doctor one time in the past. Actually, Mrs. Yen was my-mother-in-law's old friend in Taipei.

In her 102-year journey, Mrs. Yen already has had a full life.

























## **Editor's Choice**



U.S. Army soldiers assigned to the 82nd Airborne Division, deployed to Poland to reassure NATO allies and deter Russian aggression, encamp at an operating base 6KM from the Ukrainian border, near Przemysl, Poland, February 21. REUTERS/Bryan Woolston



A view shows a temporary accommodation centre for evacuees from the separatist-controlled regions of eastern Ukraine, which is located at a local sports school in the city of Taganrog in the Rostov region, Russia, February 21. REUTERS/Sergey Pivovarov



A protestor adds to a burning barricade during a demonstration against high prices and fuel shortages, in Port-au-Prince, Haiti October 21, 2021. REUTERS/ Ralph Tedy Erol



Local resident Valeriy, 63, shows a building, which he said was damaged by recent shelling in the village of Taramchuk in the Donetsk region, Ukraine, February 20. REUTERS/Maksim Levin



A child looks out of a dust-covered window of a train next to a heart symbol depicted on it, as evacuees board a train before leaving the rebel-controlled city of Donetsk, Ukraine, February 20. REUTERS/Alexander Ermochenko



A Ukrainian service member smokes in a trench at a position on the front line near the village of Travneve in Donetsk region, Ukraine, February 21. REUTERS/Gleb Garanich

BUSINESS

# Southern Make Today Different

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## Is No More. Welcome To Meta



(Editor's Note: In what may be the most ambitious and far-reaching "corporate pivots" of our time, Facebook is changing its name to Meta and introducing a corporate redo that will include features and services aimed to touch and influence every area of our lives. What this will all mean going forward is impossible to totally understand at the outset because the "Meta universe" as introduced to the media by Facebook CEO Mark Zuckerberg will be an offering of services ranging from gaming to altered reality that will be constantly be changing, evolving and growing right in front of our eyes. Will it be good for us, or only another array of digital distractions from our "real lives?" The company says the concept has been in the works for years and that there will be many new choices for consumers. I say give it a chance, but keep an open mind./John T. Robbins)

#### What Is The Metaverse? How Will It **Change Our Lives?**

that will now be called Meta.

its image from a social media platform to a products in the world. It's an iconic so-"metaverse" company that focuses on build- cial media brand, but increasingly, it just ing virtual work and social communities.

**Details:** Speaking at Facebook's annual • "Building our social media apps will al-Connect AR and VR event, Zuckerberg said ways be an important focus for us, but right

· Moving forward, he said, users will not The basics: Facebook CEO Mark Zucker- need to log into Facebook to be able to acberg on Thursday, October 28, 2021, said the cess the company's other apps and features. social media giant is renaming its company • "I've been thinking a lot about our identity as we think about this next chapter," Why it matters: The effort is meant to shift he said. "Facebook is one of the most used doesn't encompass everything that we do."

that Facebook's future "is beyond any one now our brand is so tightly linked to one

product that can't possibly represent everything we do and will be linked to in the future," he added."



The company's corporate structure is not changing. Monday it announced that it would separate its "Family of Apps" financial reporting from Facebook Reality Labs, which is spearheading the metaverse project.

• The company intends to start trading under the new stock ticker, MVRS, on December 1. Facebook says it has already reserved that ticker name.

The big picture: The rebrand comes amid one of Facebook's most dramatic public relations crises in recent memory. Over the past week, dozens of news outlets released reports about the tech giant based on leaked whistleblower documents.

• The stories suggested that Facebook has known about harms caused by its policies and products, but opted not to address them at the expense of the company's bottom line — an allegation the company vehemently denies.

Be smart: Dozens of companies have rebranded over the years, typically representing a shift in focus. For example, Apple rebranded from Apple Computers and Tesla rebranded from Tesla Motors

· Google in 2015 famously rebranded to Alphabet and announced a restructure that made Google a subsidiary of the bigger Alphabet holding company. The new structure was meant to help separate Google's other companies and investments, like YouTube and Android, from Google.

Critics: Critics argue that Facebook's rebrand signals more than just a business shift, but also a chance to save its reputation to avoid further press and regulatory scrutiny. (Courtesy axios.com)

Meta's Formal Introduction To The Media On Thursday, October 28, 2021, CEO Mark Zuckerberg introduced Meta, which brings together our apps and technologies under one new company brand. Meta's focus will be to bring the metaverse to life and help people connect, find communities



The metaverse will feel like a hybrid of today's online social experiences, sometimes expanded into three dimensions or projected into the physical world. It will let you share immersive experiences with other people even when you can't be together — and do things together you couldn't do in the physical world. It's the next evolution in a long line of social technologies, and it's ushering in a new chapter for our company. Mark shared more about this vision in a founder's letter. Our annual Connect conference brings to-

gether augmented and virtual reality developers, content creators, marketers and others to celebrate the industry's momentum and growth. This year's virtual event explored what experiences in the metaverse could feel like over the next decade from social connection, to entertainment, gaming, fitness, work, education and commerce. We also announced new tools to help people build for the metaverse. including Presence Platform, which will enable new mixed reality experiences on Quest 2, and a \$150-million investment in immersive learning to train the next generation of creators

You can watch the full Connect keynote and learn more about how the metaverse will unlock new opportunities at meta.com. You can also learn more about our work over the past several months to develop the Meta brand on our design blog. Read all our news in the posts below:

- · Connect 2021: Our Vision for the Metaverse
- Horizon Home, the Future of Work, Presence Platform, and More
- Project Aria Update
- · How VR Is Changing the Way We Collaborate and Get Things Done
- Gaming News
- · 'Blade & Sorcery: Nomad' Is Coming to Oculus Ouest
- Spark AR Roundup
- Spark AR Certification & Professional Course Preview



Our corporate structure is not changing, however, how we report on our financials will. Starting with our results for the fourth quarter of 2021, we plan to report on two operating segments: Family of Apps and Reality Labs. We also intend to start trading under the new stock ticker we have

reserved, MVRS, on December 1. Today's announcement does not affect how we use or share data.

Meta builds technologies that help people connect, find communities, and grow businesses. When Facebook launched in 2004, it changed the way people connect. Apps like Messenger, Instagram and WhatsApp further empowered billions around the world. Now, Meta is moving beyond 2D screens toward immersive experiences like augmented and virtual reality to help build the next evolution in social technology.

"Connection is evolving and so are we." The metaverse is the next evolution of social connection. Our company's vision is to help bring the metaverse to life, so we are changing our name to reflect our commitment to this future.

"The metaverse will be social." Virtual reality, Augmented reality, Smart







Discover all you can do with virtual reality.



For additional information, go to https:// about facebook com/meta (Courtesy facebook.com)

(Article continues below.)



(Article continues from above.)

## Founder's Letter, 2021



Screen shot of CEO Mark Zuckerberg at the company's "Connect" virtual event.

(Editor's Note: Below is the complete, unedited Founder's Letter as delivered by Facebook CEO Mark Zuckerberg on Thursday, October 28, 2021, as published on the internet. The only addition to Mr. Zuckerberg's statement has been photos and graphics for the purpose of emphasizing his announcement.)

(October 28, 2021) We are at the beginning stantly as a hologram to be at the office withof the next chapter for the internet, and it's the out a commute, at a concert with friends, or next chapter for our company too.

In recent decades, technology has given peo- will open up more opportunity no matter ple the power to connect and express ourselves where you live. You'll be able to spend more more naturally. When I started Facebook, we time on what matters to you, cut down time mostly typed text on websites. When we got in traffic, and reduce your carbon footprint. phones with cameras, the internet became Think about how many physical things you more visual and mobile. As connections got have today that could just be holograms in faster, video became a richer way to share ex- the future. Your TV, your perfect work setup periences. We've gone from desktop to web to with multiple monitors, your board games mobile; from text to photos to video. But this and more — instead of physical things asisn't the end of the line.

The next platform will be even more immer- designed by creators around the world. sive — an embodied internet where you're in You'll move across these experiences on difthe experience, not just looking at it. We call ferent devices — augmented reality glasses this the metaverse, and it will touch every to stay present in the physical world, virtual product we build. The defining quality of the reality to be fully immersed, and phones and metaverse will be a feeling of presence — like computers to jump in from existing platyou are right there with another person or in forms. This isn't about spending more time another place. Feeling truly present with an- on screens; it's about making the time we other person is the ultimate dream of social already spend better. technology. That is why we are focused on building this.

In the metaverse, you'll be able to do almost anything you can imagine — get together with friends and family, work, learn, play, shop, create — as well as completely new experiences that don't really fit how we think about computers or phones today. We made a film that explores how you might use the metaverse one

In this future, you will be able to teleport in- massively larger creative economy than the

in your parents' living room to catch up. This

sembled in factories, they'll be holograms



sponsibility The metaverse will not be created by one company. It will be built by creators and developers

making new experiences and digital items that are interoperable and unlock a their policies.

Our role in this journey is to accelerate the development of the fundamental technologies, social platforms and creative tools to bring the metaverse to life, and to weave these technologies through our social media apps. We believe the metaverse can enable better social experiences than anything that exists today, and we will dedicate our energy to helping achieve its potential.

As I wrote in our original founder's letter: "we don't build services to make money; we make money to build better services.'

This approach has served us well. We've built our business to support very large and long term investments to build better services, and that's what we plan to do here. The last five years have been humbling for me and our company in many ways. One of the main lessons I've learned is that building products people love isn't enough.

I've gained more appreciation that the internet's story isn't straightforward. Every chapter brings new voices and new ideas, but also new challenges, risks, and disruption of established interests. We'll need to work together, from the beginning, to bring the best possible version of this future to life.

Privacy and safety need to be built into the metaverse from day one. So do open standards and interoperability. This will require not just novel technical work - like supporting crypto and NFT projects in the community — but also new forms of governance. Most of all, we need to help build ecosystems so that more people have a stake in the future and can benefit not just as consumers but as creators.

This period has also been humbling because as big of a company as we are, we've also learned what it's like to build on other platforms. Living under their rules has profoundly shaped my views on the tech industry. I've come to believe that the lack of choice for consumers and high fees for developers are stifling innovation and holding back the internet economy.



We've tried to take a different approach. We want our services to be accessible to as many people as possible, which means working to make them cost less, not more. Our mobile apps are free. Our ads model is designed to

one constrained by today's platforms and provide businesses the lowest prices. Our as two different segments: one for our famcommerce tools are available at cost or with modest fees. As a result, billions of people love our services and hundreds of millions of businesses rely on our tools.

That's the approach we want to bring to helping to build the metaverse. We plan to sell our devices at cost or subsidized to make them available to more people. We'll continue supporting side-loading and streaming from PCs so people have choice, rather than forcing them to use the Quest Store to find apps or reach customers. And we'll aim to offer developer and creator services with low fees in as many cases as possible so we can maximize the overall creative economy. We'll need to make sure we don't lose too much money along the way though.

Our hope is that within the next decade, the metaverse will reach a billion people, host hundreds of billions of dollars of digital commerce, and support jobs for millions of creators and developers.

## Who We Are

COMMUNITY

As we embark on this next chapter, I've thought a lot about what this means for our company and our identity. We're a companv that focuses on connecting people. While most tech companies focus on how people interact with technology, we've always focused on building technology so people can interact with each other.

Today we're seen as a social media company. Facebook is one of the most used technology products in the history of the world. It's an iconic social media brand.

Building social apps will always be important for us, and there's a lot more to build. But increasingly, it's not all we do. In our DNA, we build technology to bring people together. The metaverse is the next frontier in connecting people, just like social networking was when we got started.



Right now our brand is so tightly linked to one product that it can't possibly represent everything we're doing today, let alone in the future. Over time, I hope we are seen as a metaverse company, and I want to anchor our work and our identity on what we're

We just announced that we're making a fundamental change to our company. We're now looking at and reporting on our business ily of apps and one for our work on future platforms. Our work on the metaverse is not just one of these segments. The metaverse encompasses both the social experiences and future technology. As we broaden our vision, it's time for us to adopt a new brand.

To reflect who we are and the future we hope to build, I'm proud to share that our company is now Meta. Our mission remains the same — it's still about bringing people together. Our apps and their brands aren't changing either. We're still the company that designs technology around people.

But all of our products, including our apps, now share a new vision: to help bring the metaverse to life. And now we have a name that reflects the breadth of what we do.

From now on, we will be metaverse-first, not Facebook-first. That means that over time vou won't need a Facebook account to use our other services. As our new brand starts showing up in our products, I hope people around the world come to know the Meta brand and the future we stand for.

I used to study Classics, and the word "meta" comes from the Greek word meaning "bevond". For me, it symbolizes that there is always more to build, and there is always a next chapter to the story. Ours is a story that started in a dorm room and grew beyond anything we imagined; into a family of apps that people use to connect with one another, to find their voice, and to start businesses, communities, and movements that have



I'm proud of what we've built so far, and I'm excited about what comes next - as we move beyond what's possible today, the constraints of screens, beyond

the limits of distance and physics, and towards a future where everyone can be present with each other, create new opportunities and experience new things. It is a future that is beyond any one company and that will be made by all of us. We have built things that have brought people together in new ways. We've learned from struggling with difficult social issues and living under closed platforms. Now it is time to take everything we've learned and help build the next chap-

I'm dedicating our energy to this — more than any other company in the world. If this is the future you want to see, I hope you'll join us. The future is going to be beyond anything we can imagine. — Mark Zuckerberg (Courtesy facebook.com)

## 休士頓中華公所頒發感謝狀與切蛋糕慶



(圖左起)原任共同主席黃泰生、新任共同主席黃以法、僑教中心陳奕芳主任、新任共同主席李迎霞和原任共同主席江麗君等共同切慶賀蛋糕

(本報訊)休士頓中華公所 2022 年共同主席李迎霞和共同主席黃以法於 2 月 20 日下午在僑教中心 203 室舉辦本年度第一次例行會議,李迎霞和黃以法頒發感謝獎狀"熱心公益、造福僑社"予 2021 年共同主席黃泰生和江麗君,四位新舊共同主席邀請僑教中心陳奕芳主任共切慶賀蛋糕。

會中當場提名並投票通過秘書長羅秀娟、財務長胡小蓮和核數林國煌,其他職員還有中文秘書陸忠、英文秘書董元慶、活動 唐心琴、郭蓓麗、宓麥蘭、蔡茂禮和公關李成純如。

僑教中心陳奕芳主任撥冗與會宣佈中華民國僑務委員會委員長童振源博士將於三月下旬走訪休士頓且拜會傳統僑社休士頓中華公所,屆時將舉辦僑情座談會。兩位新任共同主席同聲祝賀僑胞們牛辭勝歲、虎躍新程、虎年行大運。

## 嚴金佩珍女士安息禮拜周日上午舉行



圖為上周六上午,在「永福殯儀館」舉行嚴金佩珍女 士安息禮拜現場

(休士頓/秦鴻鈞報導)僑界著名的慈母、熱心公益的長輩嚴金佩珍女士,慟於2022年2月6日,與世長辭,享年103歲。嚴女士的追思安息禮拜,於上周六(2月19日)上午十時,在永福殯儀館舉行,共有主內弟兄姊妹50餘人參加,由梁德舜牧師主禮

、宣召及禱告

嚴女士一生,學驗俱豐,熱心公益,她在1942年拿到化工系學士學位,同年跟同學嚴叔平結婚,生二男一女。1948年隨夫攜子女到台灣。她多才多藝,曾任教於台北第一女子中學,教化學17年,於1978年退休。因子女到美國定居。在84歲那年受洗歸主耶穌。90歲以前熱心公益。並為中華老人服務協會、中華保健中心活躍成員。

嚴女士的女兒嚴崇芳女士在追思會上致謝詞,感謝在場來參加追思會的親友們。她謝謝西南國語教會在過去三十多年對她母親的照顧。尤其在1987-2007那些年她在路州還未來到休市的歲月。尤其美南新聞的社長朱勤勤女士。她說:「朱女士的媽媽和我媽媽在復興中學教書的同事,我媽媽稱她"湯老師"。當我們在路州2007年以前,每次我媽打電話來跟我說"湯老師的女兒(朱勤勤女士)帶我去看醫生,她還在外面等我"。我們聽了眞很感動。在此表達我們眞誠的謝意。|

美南新聞朱勤勤社長,當天也由夫婿-美南報業傳媒集團董事長李蔚華先生陪同,出席嚴女士的追思會。



新任共同主席李迎霞(圖右)、新任共同主席黃以法(圖中)頒發感謝 獎狀予原任共同主席黃泰生(左二)和原任共同主席江麗君(右二), 由僑教中心陳奕芳主任(圖左)監證

## 最新選舉消息:您的每一張票都極為珍貴 初選至2月25日止,3月1日為正式投票日



圖為周浩恩 (Ben Chou )的選區圖

(本報訊)最新消息,這次初選2/14-21所有民主黨第四選區只有6000人投票!投票率非常低。可能只要几千票就可以在初選中勝出!華人的票是關鍵!每張票都非常非常重要!!懇請大家幫忙邀請在選區的親戚朋友出來投票!2/22-25和3/1都可以投票。Ben Chou 團隊可以免費到府上接送投票,并且在選票所幫助翻譯。

Benjamin"Ben"Chou的名字在民主黨選票的第87或88頁。民主黨選票共有89-90頁。需要耐心的翻到最後幾頁才看的到Benjiamin"Ben"Chou的名字。萬一找不到,可以請選務人員幫忙找。如果拿錯選票,可以要求重新拿票。

哈里斯縣第四區涵蓋了華人密集的中國城、Sharpstown、Alief、Galleria、Gulfton, Memorial Park、Energy Corridor、及部分 Katy 和 Cypress 地區。郵遞區號包括:77019、77027、77036、77042、77043、77056、77057、77063、77072、77074、、77077、77079、77081、77082、77083、77084、77094、77096、77098、77099、77377、77447、77449、77450、77484、77493、77494。

敬請各界人士把握最後一周,前往投票,讓「華人」面孔出頭,實現我們的「美國夢」!「中國城」最近的投票所,是位於 Westpark 近 8 號公路附近的 Tracy Gee 社區服務中心。

Tracy Gee Community Center地址: 3599 Westcenter Dr. Hous-ton TX 77042



# 環保酵素天然清潔 一舉數得多用途 愛護環境自己動手 廚房垃圾變成寶

#### 自己DIY動手做環保酵素 1份的 放讲10份 再放进 发酵 黑糖 3份的 三个月 的水 (水 剩菜 后即可 (桶的60%) 的10%) 果皮 使用

製作環保酵素,黑糖、菜葉果皮、水的比例是1:3:10,放在寬 口塑膠瓶中,擺上3個月,就完成了。

【本報休斯頓報導】一日三餐,每個家庭免不了會製造許多廚房的菜葉果皮與廚餘,除了當成垃圾扔掉,還有更有創意的處理方式,那就是做成環保酵素。爲此,本報特別專訪製作環保酵素多年的趙女士,教導民衆如何將廚餘果皮製作成爲有用的淸潔用品以及種花、種菜的天然肥料,不但減少許多垃圾,又有天然的淸潔劑可以用,還可以種菜澆花施肥,一舉數得。用過環保酵素的人都會驚訝於它的好用,而且真實能爲地球盡一分心力!

趙女士最初是在台灣知道環保酵素 ,從一名自馬來西亞到台灣推廣的環保 專家溫醫師所學的。作法很簡單,只要 把黑糖、果皮、跟水依一定比例混合, 放在寬口塑膠瓶中,擺上3個月,就可 以做出好用的環保酵素,不僅是天然的 去污劑,加水稀釋之後,噴灑在植物上 ,無論是盆花或是植物,都會長的特別 健康翠綠。

做成功的環保酵素,據說還有神奇的功效,在臭水溝中倒入環保酵素之後,只要幾天,就會變得淸澈不少。趙女士表示,她從溫醫師那裏知道,環保酵素不但能去污,幾滴酵素放入淸水中,還可以維持蔬果的新鮮度,這原理到底是什麼呢?原來,微生物裡頭有一種作用,叫桔抗作用,就是通過一種微生物的現活動而抑製、或殺死另一種微生物的現象,好的微生物會壓抑壞的微生物,因

而產生保鮮的作用。

環保酵素還可以洗碗、洗水果、拖 地、洗馬桶、澆花、種菜施肥等等,用 途非常廣,若是能夠推廣的話,將大量 減少廚房垃圾,本來民衆不要的果皮與 菜渣,經過簡單的處理,都可以廢物再 利用,還可以減少使用化學清潔劑的量 ,既環保又健康。

趙女士表示,她曾進一步了解環保 酵素(ECO Enzyme),才發現這種技術是

泰國的樂素昆·普潘翁博士 (Dr Rosukon Poompanvong)所 研究出來的,她是泰國有機 農耕協會的創始人,經過30 多年努力才研發出來,樂素 昆博士將環保酵素的製作方 式傳授給民衆,並且不申請 專利,無私的精神感動許多 人,因而有人稱她爲「泰國 的德蕾莎」。

根據樂素昆博士所說,如果做了十萬桶的環保酵轉,其效果相當於一百萬棵樹,這點很值得大家來思臭精。 製作環保酵素所得功能。 製作環保酵素所得功能含氧的類別空氣中增加氧的毒氣, 類類助空氣中的廢氣與學污。 運可以分解人工化學污染物。運用環保酵素,可以代替家中的化學清潔用品,流 到下水道之後,還可以淨化河流與海洋,達到環保的效果。

#### ,達到環保的效果。 環保酵素怎麼做呢?

趙女士表示,其實很簡單,黑糖、 菜葉果皮、水的比例是1:3:10。經過 她不斷的試驗,最方便的方法是:找一 個有蓋的寬口塑膠容器(最好容量2磅以 上),先用皮尺量出15等分,加入一等 分的黑糖,再加入十等分的水,搖晃一 下讓糖與水均匀,每次有果皮或是不用 的菜葉,都可以放進去,直到水位上升 至14等分爲止,留一等分的空間不用, 在蓋子上面寫下最後加入果皮的日期, 靜待三個月便完成,聽起來真的不難!

在材料方面要注意的是,黑糖(用 黑糖或紅糖,不用白糖,因黑糖有許多 礦物質)、菜葉/果皮(蔬菜的根莖葉 、果皮、蘋果核、馬鈴薯皮等皆可,鳳 梨、柑橘類的果皮效果最好,不要有油 )、水(一般自來水即可)。

另外,容器內要留一些空間,避免 酵素發酵時會溢出容器外。每次加入菜 葉或果皮後要將容器蓋緊。製作過程中 會產生一些氣體,每天要將瓶口稍微打 開來洩放氣體。不時可把浮在液面上的 果皮往下按,讓它浸泡在液體中。環保 酵素最好放在空氣流通的陰涼處,避免 陽光直照。

## 製作環保酵素應注意的事項:

1.不要用玻璃或金屬等無法膨脹的容異。

2. 不可用塑膠、廢紙、金屬罐頭和 瓶子,用新鮮垃圾包括鮮菜葉、水果皮 、馬鈴薯皮等準備丟掉的蔬菜或植物。

3.避免使用魚、肉、或油膩的廚餘 ,因爲會造成腐臭味;如果要製作出來 的酵素有淸香氣味,可以加橘皮、檸檬 皮等氣味香的果皮。若放比較多菜類的 話,就會有一點像鹹菜味道,如果放多 點果皮,味道就會很香。做完後記得寫 上製作日期。

4.成功的環保酵素呈棕黃色液體, 且有橘子般的氣味,可將完成的環保酵 素過濾到瓶子中待用。如果酵素變成黑 色,就是失敗了,只要加入同樣分量的 黑糖,重新發酵3個月即可。

5.三個月過後,不一定要馬上把酵素倒出來,它可以存放一年,兩年都沒問題,發酵期越久,裡面的分子會越小,因爲它會繼續發酵、分解。不要放置冰箱裡,低溫會降低酵素的活性。

6.如果發現液體表面產生白色、或 棕色的漂浮物,沒有關係,讓它繼續發 酵。有些人做好酵素之後放著,隔了一 段時間後,會有一層好像果凍的東西, 這本身就是酵素。

7.製作酵素後留下的垃圾渣,可以 拿來攪碎後埋在土裡當作肥料,或繼續 留在容器內,加入新的鮮果皮再次製作 酵素。

8.如果一時沒有足夠份量的鮮果皮 ,可陸續加入。所謂3個月的時間,是 從最後一次加入那天算起。

環保酵素的用途非常廣,包括以下: 1. 園藝或菜圃:用水稀釋1000倍, 可當作天然除蟲、除草劑和有機肥料, 會引來蚯蚓,讓土地重現生機。

2. 家用清潔劑:使用環保酵素摻入 洗髮精、沐浴露、洗碗劑和洗衣水等, 用作洗頭、洗澡、洗碗、洗衣服之用, 可減少化學品用量。(比率是:1份環 保酵素:1份洗條劑:10份清水。)

3. 清洗蔬菜水果:1公升清水裡加入30毫升或兩湯匙環保酵素,浸泡45分鐘。

4. 拖地:在拖地水中加入30毫升或 兩湯匙環保酵素,可消毒地板。 5. 洗碗:一份酵素、一份清潔劑加十份

水。 6. 洗衣:四至五瓶蓋的酵素,可減

少洗衣粉或洗衣精用量的一半。

7. 澆花、種菜: 1.5 公升的水中加 人一瓶蓋的酵素即可。



成功的環保酵素呈棕黃色液體,可 將完成的環保酵素過濾到瓶子中待 用。如果加入橘皮、檸檬皮等氣味 香的果皮,會有一股清香的味道。



物上,會長的特別健康翠綠



環保酵素,既減少垃圾,又有 天然的清潔劑可以用,還可澆 花施肥,一舉數得。