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Inside C2

# Southern DAILY

Make Today Different

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Sunday, April 03 2022|

## Europe signals unity against Russian gas payment demands

LONDON, April 1 (Reuters) - Europe vowed to stay united against Russia's demand that they pay for its gas in roubles, as the threat of an imminent supply halt eased on Friday.

European capitals have been bracing for a disruption to gas imports as Russian President Vladimir Putin seeks retaliation over Western sanctions for the Feb. 24 invasion of Ukraine. Some buyers and governments were working on ways to potentially pay for gas in roubles as Moscow in recent days has raised the spectre of cutting gas supply if its payment terms are not met.

With weeks left before bills are due, governments in Europe, which relies on Russia for more than a third of its gas, are talking to energy companies about Russia's demand.

However, the European Commission said on Friday that those with contracts requiring payment in euros or dollars should stick to that.

"Agreed contracts must be respected. 97% of the relevant contracts explicitly stipulate payment in euros or dollars. Companies with such contracts should not accede to Russian demands," a European Commission spokesperson said.

"The EU will respond in a united manner to this latest attempt by Russia to circumvent our sanctions," the spokesperson said. read more

The Kremlin said on Friday it would not immediately turn off the taps to Europe as payments on deliveries due after April 1 come in the second half of this month and May.

That message, and signs Europe would take a pragmatic approach, were a relief for markets. Gas prices, which had risen on fears of disruption, fell. read more  
"If things remained like this, all in all not a lot would change," Italy's Ecology Transition Minister Roberto Cingolani told state broadcaster RAI.

On Thursday, Moscow decreed that foreign buyers of Russian gas would have to open rouble accounts in state-run Gazprombank from Friday or else risk being cut off. read more

Analysts said the rouble payment plan, which cements Gazprom's (GAZP.MM) position at the heart of Russian gas trading, was more about shielding the oil and gas company from future sanctions than depriving Europe of



fuel.

Gazprombank has been spared from the harsh sanctions imposed on other Russian banks so European gas buyers could open an account with it and let the lender buy roubles on their behalf. It would have to remain unsanctioned for trade to continue.

Although energy exports are Putin's most powerful lever against sweeping Western sanctions, his room for manoeuvre is also limited because Moscow does not have alternative markets for its gas, which is piped to Europe.

"If Putin turns off the gas, it might only be for a relatively short period of time. He needs our money and cannot reroute all the natural gas," one European gas trader said.

Gas pipelines are pictured at the Atamanskaya compressor station, facility of Gazprom's Power Of Siberia project outside the far eastern town of Svobodny. Gas pipelines are pictured at the Atamanskaya compressor station, facility of Gazprom's Power Of Siberia project outside the far eastern town of Svobodny, in Amur region, Russia November 29, 2019. REUTERS/Maxim Shemetov. Germany meanwhile said it was examining Putin's decree. An economy ministry spokesperson said private contracts were valid and that the country, which depends on Russia for 40% of its gas needs, was

paying in euros.

Berlin has already activated an emergency plan that could lead to gas rationing if supplies drop too low.

Gazprom said on Friday it was exiting its business in Germany, although it was not immediately clear how this would affect the supply of Russian gas into Europe's largest economy. read more

### PRICE PRESSURE

Putin's decision to enforce rouble payments has boosted the Russian currency, which fell to historic lows at the start of the invasion, which Moscow calls a "special military operation". The rouble has since recovered much lost ground.

European buyers are still prepared to buy gas under existing contracts while they seek clarity on Putin's demand, while Gazprom said on Friday it had started to notify clients of a requested switch of end-payment currency to roubles.

Austria's OMV (OMVV.VI) and Gazprom have had initial contact regarding paying for gas in roubles as demanded by Moscow, a spokesperson for OMV said on Friday, adding

that the company is now waiting for written information.

Denmark's Orsted (ORSTED.CO), which has a take-or-pay contract with Gazprom running until 2030, said it had received a demand from Gazprom Export to pay for gas supplies in roubles.

"We have no intention of paying in roubles. We are in close dialogue with other energy companies and the authorities regarding a common European response to Gazprom Export," it said in a statement.

Poland's dominant gas company PGNiG said it had been formally notified by Gazprom about changes to payment terms for gas supplies.

German utilities Uniper (UN01.DE), RWE (RWE.DE) and VNG all declined to comment. Italian energy group Edison, which has a contract with Gazprom for 1 bcm of gas per year which expires at the end of this year, also did not comment.

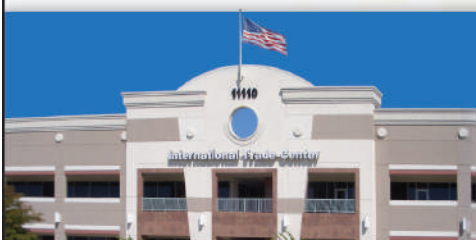


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# WEA LEE'S GLOBAL NOTES

04/02/2022

## Southern News Group Will Innovate Again



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With the advent of the 5G era, our newly built Houston International Studio will be the beginning of a new era for our media business.

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We will continue to make the effort to bring you all the current updates to serve everyone.



**Southern DAILY** Make Today Different

## Editor's Choice



A U.S. border patrol officer grabs the shirt of a migrant trying to return to the United States, after having crossed the Rio Grande from the U.S. into Mexico to buy food, as seen from Ciudad Acuna, in Ciudad Acuna, Mexico S. REUTERS/Daniel Becerril



Nanook Gordon, from Inuvik, dances while wearing grass dance regalia during Canada's first National Day for Truth and Reconciliation in Toronto, Ontario, Canada



People march from Parliament Hill during Canada's first National Day for Truth and Reconciliation in Ottawa, Ontario, REUTERS/Blair Gable



A member of the Coastal Wolf Pack dancers performs for the crowd on Canada's first National Day for Truth and Reconciliation at the former Vancouver Art Gallery North Plaza near Pacific Centre shopping mall in Vancouver, British Columbia, . REUTERS/Amy Romer



Teddy bears, shoes, artwork and flowers left in memory of the Kamloops residential school victims remain on the steps of the former Vancouver Art Gallery North Plaza in Vancouver, British Columbia, Canada September 30, 2021. REUTERS/Amy Romer



Children run holding flags during a candlelight vigil on Canada's first National Day for Truth and Reconciliation at Chiefswood Park in Ohsweken, Ontario, Canada REUTERS/Carlos Osorio



## Russia's Invasion Of Ukraine Changes The Global Order Forever

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



**A Russian tank enters a region controlled by Moscow-backed rebels in eastern Ukraine on Feb. 24, 2022. (Photo/Nanna Heitmann—Magnum Photos)**

On Wednesday, February 23, 2022, Vladimir Putin declared war on Ukraine with tanks, rockets, and a slap to the face. The optics of the President of Russia, a permanent member of the U.N. Security Council, announcing the invasion of a sovereign nation during an emergency meeting of its members—presided over by Russia's U.N. ambassador, no less—were stark: the ultimate repudiation of the rules-based world order that the organization embodies. U.N. Secretary-General Antonio Guterres was shocked enough to call it the “saddest moment in my tenure.” Though as the bombardment of Ukrainian cities escalated alongside the testiness of exchanges inside the chamber, feelings shifted to outrage at the impotence of members’ calls for peace and dialogue. “At the exact time as we were gathered in the council seeking peace, Putin delivered a message of war in total disdain for the responsibility of this council,” said U.S. permanent representative Linda Thomas-Greenfield. “This is a grave emergency.” It would be reductive to attribute these failings simply to Putin’s belligerence. It’s been an open secret that global governing institutions have been broken for a long time, spotlighted by a series of recent crises that have received limp attention: the annexation of Crimea, the COVID-19 pandemic, the return of the Taliban to power in Afghanistan, popular uprising in Kazakhstan, coup d’état in Myanmar, and now, most drastic of all, invasion

of Ukraine.



**People wave a huge Ukrainian national flag during an action in support of their country in Kramatorsk, Ukraine, Wednesday, Feb. 23, 2022. (Andriy Andriyenko—AP)**

“It’s the biggest crisis since World War II, in the [heart] of Europe, and will have huge consequences,” former Mongolian President Tsakhagiin Elbegdorj told TIME on Thursday. “It will require great effort to settle this issue and update the world order.” “It seems that the old Cold War tensions never really went away,” former Thai Prime Minister Abhisit Vejjajiva tells TIME. “It’s almost as if we’re back to a situation of war and potential flash points around the world.” On Wednesday, the Biden Administration called out Beijing for its role underwriting this shift. “Russia and [China] also want a world order,” U.S. State Department spokesman Ned Price told reporters. “But this is an order that is and would be profoundly illiberal, an order that stands in contrast to the system that countries around the world ... have built in the last seven decades.”



But partial blame must also be placed on the hubris of the U.S., which never strengthened international institutions in those 70 years when it was the only dominant power. The Bretton Woods institutions set out global economic rules around which we still operate, including the World Trade Organization, International Monetary Fund, and others, in terms of trade, commerce, and sanctions for noncompliance. Up until recently, because of the wealth of America and the potency of developed European nations, the West largely called the shots. Today, however, Washington finds itself unable to freely exert its will as a result of Beijing’s

swelling economic and diplomatic clout. Tellingly, Chinese officials lead four of the 15 U.N. specialized agencies. In January, China was the only U.N. Security Council member to vote with Russia in a failed attempt to stop a U.S.-requested meeting regarding Moscow’s troop build-up at its border with Ukraine. Meanwhile, Russia has stunningly co-opted the language of the U.N. Charter 2(4) regarding sovereignty and territorial integrity to justify its actions. “So it’s sort of claiming the mantlepiece of international order, while fundamentally and quite dramatically undermining it,” says Leslie Vinjamuri, dean of the Queen Elizabeth II Academy for Leadership in International Affairs at Chatham House.



The difference between Beijing and Moscow, says Rana Mitter, professor of the history and politics of modern China at Oxford University, is that the former wants to influence the international order to its own benefit from within, while the latter wants to tear it up entirely: “Because of the kind of state that China wants to be, that is globalized in terms of its trading capacity but able to be as self-sufficient as possible at home, the international order actually suits it very well.”

That makes it arguably a larger challenge for the West than even the Cold War, when the West was up against a country that was in military terms a superpower, but economically weak. With China, “all of a sudden we’re looking at a country that has the economic capability to take us all on,” says Iain Duncan Smith, an MP and former leader of the U.K. Conservative Party. “That means the rule-based order can be debauched, which is what’s happening now.” Beijing supports international institutions and agreements aligned with its goals, such as the World Bank and the Paris climate pacts. But where Beijing’s interests diverge from established norms, especially human rights, it aims to corrupt those values and bring in alternative models. In fields where standards are yet to be established, like internet governance, Beijing works with Moscow and other illiberal nations to push standards that align with their interests. It can do so because those institutions in themselves are weak



**The United Nations security council gathers for an emergency meeting at the request of Ukraine over the threat of a full-scale invasion by Russia, in New York City on Feb. 23, 2022. (Photo/David Dee Delgado—Getty)**

**Images)** China’s ambivalence on Putin’s aggression against Ukraine spotlights the new normal. While calling for “dialogue and negotiation” on Thursday, Chinese Foreign Minister Wang Yi effectively gave his blessing to the invasion, telling his Russian counterpart, Sergei Lavrov, on a call that “the Chinese side understands Russia’s legitimate security concerns.” “Beijing thinks this one’s probably going to bypass China, as it is a war between two European countries,” says Mitter. “And that the role of NATO and the United States is really what’s at the heart of the dispute.”



**Firefighters work on a building fire after bombings on the eastern Ukraine town of Chuhuiv on Feb. 24, 2022. (Aris Messinis—AFP/Getty Images)**

It’s wrong to think of inaction as completely new, though. In truth, the exceptional moments in U.N. history have been when consensus has been reached among the P5—the officially recognized nuclear-weapons states—to stand up for the international order when one of them was involved. “It just doesn’t happen,” says Vinjamuri. “So this [kind of Ukraine situation] isn’t really out of keeping; it’s built into the structure of the U.N.”

**Conclusion**  
**Moscow’s Military Push Has Upended Post-Cold War Security, United NATO Allies And Renewed Foreign-Policy Debates**

Much will depend on whether meaningful costs are inflicted on Putin. The U.S., E.U., U.K., Australia, Canada, and Japan have unveiled sanctions on Russian banks and wealthy cronies of Putin, while Germany halted certification of the Nord Stream 2 gas pipeline from Russia. However, China along with other Kremlin friends can likely compensate. Bilateral trade between China and Russia rose 33.6% year-on-year to some \$140 billion in 2021. Pakistan Prime Minister Imran Khan was in Moscow on Wednesday to discuss, among other things, the \$2.5 billion Pakistan Stream gas pipeline, which Moscow wants to build between Karachi and Kasur, expressing bewilderment at arriving during “so much excitement.”



**A Ukrainian service member on patrol along the Russian border on Wednesday. (Photo/**

**ANTONIO BRONIC/REUTERS)** “The [Ukraine] situation has escalated due to pure mistrust,” he says. “Russia is uncomfortable with having NATO installed on its doorstep. Ukraine feels threatened. And the West is suspicious of Russian motives.” A meaningful discussion about the expansion of NATO and the sovereignty of Ukraine by a neutral party might have led to a more desirable outcome, he adds. “I don’t pretend it’s easy, but I can’t see that that happening when it’s just being dealt with by the conflicting parties.” Russia’s military incursion deeper into Ukraine is one of those rare events that won’t merely affect the world. It will change the world. By moving further into a sovereign state to bring it under his thumb, Russian President Vladimir Putin has shattered the security architecture that has prevailed in Europe since the end of the Cold War, and no one knows what will take its place. The ability of the U.S. to do what three consecutive presidents have pledged to do—clear away other international entanglements to focus on competition with China—has been undercut again. Military expenditures will likely increase in the West. Economic globalization will be set back.



Meanwhile, fissures that have been lying just beneath the surface in American politics, separating internationalists and neo-isolationists, are becoming more visible, particularly in the Republican Party. Those are just some of the ripple effects. Like the 9/11 terrorist attacks, the onset of what could become the largest ground warfare in Europe since World War II marks such a departure from the norm that some of its consequences are impossible to know for sure, and some figure to play out in unexpected ways for years to come. The most immediate help China can give Russia is simple relief from the sanctions imposed on Moscow, which are now set to expand and deepen. More broadly, China and Russia share a motivation to work together to build a kind of parallel international financial system apart from the dollar-denominated, American-dominated one that currently exists. Dreaming of such an outcome and achieving it are two quite different things, but the dream now might have new resonance. Still, China has other interests in its relationship with the U.S. and doesn’t seem interested in seriously breaking ties, which could limit Sino-Russian cooperation. Those competing interests might explain Beijing’s awkward reaction so far, in which it has refrained from endorsing Moscow’s move but has talked vaguely about respecting “relevant countries’ legitimate security concerns” in Ukraine. (Courtesy time.com) (Courtesy time.com)

## Southern DAILY Make Today Different

# COMMUNITY

## Ukraine History Holodomor, Ukraine 1932

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



(Editor’s Note: Because we right now in 2022 are witnessing a full frontal military invasion of the country of Ukraine by Russia, research shows that the friction between these two countries has existed for several decades going back to the Joseph Stalin era in Russia. In this article, we can only provide a general overview of what has occurred in the past to try and ascertain where the ongoing conflict of today may be headed. Between 1932 and 1934, millions of Ukrainians lost their lives, while today, the combined losses of the Ukrainian people and Russian combatants is on the rise daily. We hope this article will better assist you in understanding this current conflict and how it will affect our community and the rest of the world/ John Robbins) After the end of the First World War, Ukraine was an independent state, but in 1919 the Soviet Union “sucked” it into the community of Soviet states. The Ukrainians considered themselves a Central European country, like Poland, and not an Eastern European country like Russia. They tried to restore Ukraine’s independence. Holodomor was a man-made famine that convulsed the Soviet republic of Ukraine from 1932 to 1933, peaking in the late spring of 1933. It was part of a broader Soviet famine (1931–34) that also caused mass starvation in the grain-growing regions of Soviet Russia and Kazakhstan.



In 1932, not wanting to lose control of Europe’s main source of grain, Stalin took away the

grain-producing land from the Ukrainian peasants and also all the grain, creating an artificial famine. The goal was to “teach Ukrainians to be smart” so that they would no longer oppose Moscow. The people who produced the most grain in Europe were left without a crumb of bread.



**At the entrance to the memorial park in Kyiv, there is a sculpture of an extremely thin girl with a very sad look holding a handful of wheat in her hands. Behind her back is the Candle of Remembrance. This monument commemorates the Holodomor.** The peak of the Holodomor was in the spring of 1933. In Ukraine at that time, 17 people died of hunger every minute, more than 1,000 every hour, and almost 24,500 every day! People were literally starving to death in

the streets. Stalin settled Russians into the emptied Ukrainian villages. During the next census, there was a huge shortage of population. Therefore, the Soviet government annulled the census, destroyed the census documents, and the census takers were shot or sent to the gulag, in order to hide the truth. Today, 28 countries around the world present the Holodomor as genocide against Ukrainians. You couldn’t learn about in school because almost all evidence was destroyed and victims were covered up for decades. To this day mass graves are being uncovered.



**The Holodomor: Total death estimates range from 3 million to 5 million.** The Holodomor, also known as the Terror-Famine or the Great Famine, was a famine in Soviet Ukraine from 1932 to 1933 that killed millions of Ukrainians. Wikipedia **Number of deaths:** 3,900,000 **Start date:** 1932 **Location:** Ukrainian Soviet Socialist Republic **End date:** 1933

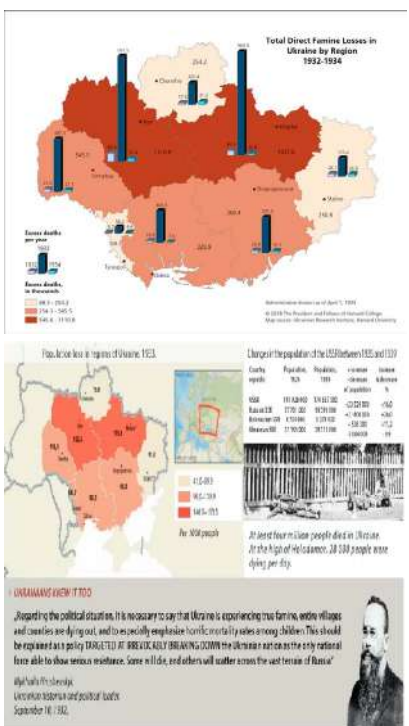
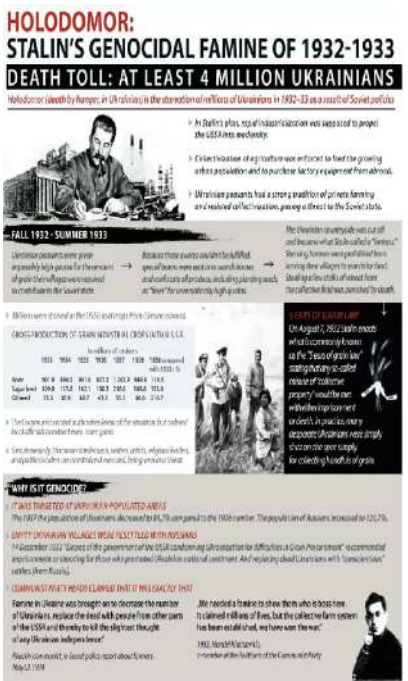


The Holodomor at that time broke the Ukrainian resistance, but it made the desire for Ukraine’s independence from Russia eternal. -- Author Unknown. (Courtesy Clive Leighton and Laura Lian 2022) **Holodomor: Stalin’s Genocidal Famine Of 1932-1933 | Infographic** Holodomor (“death by hunger” in Ukrainian) refers to the starvation of at least four million Ukrainians in 1932–33 as a result of Soviet policies. The Holodomor can be seen as the culmination of an assault by the Communist Party and Soviet state on the Ukrainian peasantry, who resisted Soviet policies. This assault occurred in the context of a campaign of intimidation and arrests of Ukrainian intellectuals, writers, artists, religious leaders, and political cadres, who were seen as a threat to Soviet

ideological and state-building aspirations.



**Joseph Stalin**  
The Ukrainian peasants were given impossible high quotas of the amount of grain to submit to the Soviet state. Special teams were sent in to search homes and confiscate all produce to the last grain. A particularly brutal law called “5 ears of grain law” was passed, following which starving Ukrainians were shot on the spot for gathering grain that remained on the field after the harvest. As a result, at least four million people starved to death in Ukraine. At the height of the Holodomor, 28,000 people were dying per day. This number does not include the ethnic Ukrainians outside the Ukrainians SSR who died, the half million people deported from Ukraine during collectivization or the thousands of religious, cultural and political leaders who were destroyed. The USSR attempted to cover up the Holodomor, and Russia continues to deny or diminish it to this very day.



**RUSSIA CONTINUES TO DENY THE HOLODOMOR TO THIS DAY** (Courtesy <https://euromaidanpress.com/>)

Ukraine Today 2022



**“The desire for Ukraine’s independence from Russia is eternal.”**  
— Author Unknown



# 出了車禍不要緊，李醫生免費幫你治！



(本報記者黃梅子)在美國，每個人都要開車，如果出了車禍怎麼辦？一般來講，傷員要被送到急診室進行一系列檢查，比如腦部CT、胸腔CT、腹腔CT等。如果需要手術，你就不需要猶豫了，馬上進行。如果內部器官完好，也沒有傷筋動骨，只是肌肉或軟組織受傷，可以尋求中醫或西醫復健治療。這時候，找李醫生，他也可以幫你免費治療！不用你自己掏一分錢，全部由保險公司買單！不管是你的過錯還是對方的過錯導致的車禍，只要汽車買了保險，你把保險號告訴給李醫生，由他負責免費將你治好！

有些人怕麻煩不願意看醫生，車禍之後開始沒感覺，3--4星期之後才

會覺得肩痛、背痛，才想起來去求醫；也有人雖然車禍後很快去看醫生，但看了幾次感覺稍好之後，就三天打魚，兩天曬網。這些對於車禍賠償都是不利的，對自己身體更是有害。對於沒有傷筋動骨的小車禍，2--3個月的推拿按摩康復治療之後，大多數人都會感覺好了；對於大小手術治療後的傷員，1--2年之後，也會慢慢好轉，這個時候，絕大多數人都會忘記車禍這檔子事兒，繼續開車。遺憾的是，5年、10年，甚至20年之後，大多數人（尤其是老年時期）就開始出現了病癥。一般是頭部、視力、手腕、肩部、腰部以及骨骼其它部位等，總是感覺哪兒不對勁兒，找不到原因。其實，這就是車禍後遺癥。腦震蕩是比較容易查出來的，但軟組織受傷是很難查出來的，CT、超聲波都不行，最多是核磁共振（NMR）可能會發現一些問題（醫學檢查稱為磁共振成像，Magnetic Resonance Imaging, MRI）。但如果自己記得當年的車禍，發生

的部位，便可很容易聯想起來。

這就提醒車禍傷者，需要及時進行腦部、背部、骨關節和軟組織恢復治療與保養，千萬不要等到10年20年之後才想起來，那就晚了。建議您去找李醫生，他是這方面的專家，他會幫您設計治療方案，保險公司支付您全部的費用，經過精心治療之後，您不會有任何後遺癥。

車禍後遺癥有一個顯著的表現就是長期腰痛背痛頸痛，腰椎間盤發生退化性變異導致纖維環破裂，造成髓核脫出壓迫神經根或硬膜囊而引起坐骨神經痛等一系列腰腿痛癥狀，患者常常感覺下肢放射性疼痛（坐骨神經痛）下肢麻木、感覺異常、前行困難。嚴重時出現神經肌肉癱瘓和萎縮。腰部長期反覆疼痛，休息時減輕，勞累就加重，常常有彎腰困難，久坐後疼痛，彎腰過久後疼痛加重等癥狀。部分患者出現眩暈、頭痛等癥狀，甚至引發鼻炎、耳炎，也伴有手麻、手酸。

Texas Spinal Care的李醫生治車禍後遺癥和療椎間盤突出有20多年的經驗，李醫生畢業於加州大學聖荷西分校，行醫多年，信譽卓著。他採用非手術治療，運用推拿、注射、器材和營養相搭配的方法，治療車禍後遺癥和腰椎、頸椎間盤突出非常有效，病人無痛苦、不用專門請假，可以邊工作邊治療，而且整個療程的費用比手術治療時的copay還低。

李醫生診所使用最新技術MRI診斷治療，病人躺在治療床上，電腦很快就能診斷出是哪一節椎間盤受損或突出、有無炎癥、缺水程度等，李醫生根據電腦診斷的結果針對受損的那一節椎間盤治療，既準確又見效快，一次治療下來疼痛馬上減輕80%。李醫生專精車禍後的復健，車禍後PI與PIP都收。請打電話給李醫生免費諮詢。中文請與queen 陳 聯繫。

網址：http:txspinalcare.com  
診所地址：9610 westheimer road, Houston, Texas 77063  
診療時間：每週一至五全天，周六上午。



Texas Spinal care  
電話：713-278-2225

# 髌骨外側壓縮綜合癥？李醫生引進最新設備治療下肢疼痛！

(本報記者黃梅子)步入中年，不少人會發現膝關節靈活不比從前，患有膝關節炎（Osteoarthritis of the knee）的風險也隨著年紀大了而提高。膝關節炎由軟骨及其周圍細胞耗損而引發，屬於相當常見的人體老化疾病之一。膝關節炎病發是由關節細胞耗損程度和修復程度失去平衡而導致



，癥狀包括關節疼痛、僵硬和功能減弱。情況嚴重時，還需要手術治療。

還有一部分患者下肢疼痛是Later-al Patellar Compression Syndrome 髌骨外側壓縮綜合癥。另有些患者是因為頸椎腰椎或坐骨神經引起的下肢疼痛。還有些患者是車禍後遺癥，有些人在車禍過去幾年以後才感覺到身體各種疼痛。

總之，不管您是哪種原因引起的下肢疼，都要引起重視，積極做康復治療，不管是膝關節炎還是車禍後遺癥，康復治療總是比動手術更保險。康復治療一定要在醫生的指導下進行，否則有可能使得病情惡化。Texas Spinal Care的李醫生引進最新的多功能下肢牽引治療儀，幫您減輕疼痛，快速恢復健康！，其組成包括固定裝置，放松裝置，牽張裝置，能刺激大腿內側肌群及穴位，可通經活絡，緩解肌肉攣縮，激活運動神經元，恢復下肢運動功能。李醫生還有儀器測試足底，電腦掃描足部定做康復鞋墊，

能很大程度地緩解下肢疼痛以及行走困難。

我們首先來看一看膝關節炎的病因，常居潮濕、寒冷環境的人多有癥狀，與溫度低，引起血運障礙有關。第二是體重因素，肥胖和粗壯體型的人中發病率較高。第三是年齡因素，從中年到老年，隨年齡增長，常發生關節軟骨退化性變，關節多年積累性勞損是重要因素。第四，營養不良也有可能致病，關節軟骨內沒有血管，其營養依靠從關節液中吸取。軟骨的修復是靠外層的軟骨細胞分裂繁殖和軟骨細胞分泌基質來完成的，由於營養和氧供應不足，影響到軟骨細胞的增殖時，就會導致軟骨基質減少，軟骨新生不足而變軟弱，極易在負重部位發生磨損。

髌股關節綜合征占到了所有運動相關的膝關節問題的25--40%，在膝關節功能障礙與運動損傷中十分常見。髌股疼痛綜合征風險最大的人群是跑步者，騎自行車者，籃球運動員以及

相關跑跳較多的愛好者到運動員，當然主要還是動作模式問題與過度不正確使用所引起，病癥發作可能是由於慢性損傷或者單次急性損傷直接引起，癥狀包括膝關節彌漫性疼痛和局部髌下疼痛。髌骨周圍和下方、膝蓋前部、膝蓋骨的內側邊緣經常有壓痛，髌骨周圍後方發生持續的鈍疼疼痛，運動後有時會出現腫脹。在上下山坡、上下樓梯、久坐起身時，髌股關節位置疼痛往往更嚴重。膝蓋彎曲時可能伴隨發出嗚嗚聲「關節噪音」，髌股關節綜合癥往往伴隨著大腿肌肉「股四頭肌」的肌張力異常，髌骨周圍的圓圈性疼痛範圍，久坐後癥狀加劇，無力疼痛伴有膝關節屈曲減少。

髌骨與股骨組成髌股關節，髌骨關節和我們的脛股關節共組成了我們身體上著名的——膝關節，而我們的髌股關節形成在髌骨和股骨遠端之間，可謂是在夾縫中成長。治療中最重要的第一步是避免使問題惡化的活動，並且及時休息，光讓「疼」而不

去治療的人是打算坐輪椅過下半生？

我們的髌骨本身沒有血液和淋巴液供應，所以一旦損傷恢復會非常的緩慢，停止進一步的損害是十分必要的。

李醫生治療下肢疼痛，先用電腦掃描儀器掃描足部，幫您定制復健矯正鞋墊，能極大地緩解走路時的疼痛，然後再用下肢牽引治療儀來復健治療，配合使用醫用去痛風濕乳液和營養素，是目前治療下肢疼痛的最佳治療組合。

李醫生還專精車禍後的復健，車禍後PI與PIP都收。請打電話給李醫生免費諮詢。中文請與queen 陳 聯繫。

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# 美南第一所臺灣華語中心揭牌 童振源視訊祝賀

美南地區第一所臺灣華語文學習中心3月23日在德州El Paso正式揭牌，僑務委員會委員長童振源偕同海華文教基金會董事長吳明穎、駐休士頓臺北經濟文化辦事處副處長王韋龍、休士頓文教中心主任陳奕芳及副主任黃依莉以視訊方式自休士頓遙送祝福。他感謝艾華中文學校校長祁沁萍及德州大學艾爾巴索分校語文部主任 Hector Gonzo Gonzales 合力促成設置，共同為臺灣優質成

人華語文教學在當地奠基。

童振源致詞時表示，El Paso華語教學資源不多，艾華中文學校卻能排除萬難，設置美南地區第一所臺灣華語文學習中心，對於祁校長對臺灣的支持及推廣正體華語的熱情令人感佩，並代表政府表達感激之意。他也期盼學習中心的設立能讓更多的美國朋友學習華語，同時有機會認識臺灣文化。他希望學習中心成為臺美文化交流的重要據點，協



童振源（前排中）偕同僑委會同仁及海華文教基金會見證重要的一刻。



El Paso 臺商及華文教師線上共襄盛舉。

助在地多元族裔認識具有臺灣特色的華語文教學。

祁沁萍表示自己在海外深耕華文教育22年，長期以來堅持推廣正體字及傳統文化，以教育海外華裔子弟了解及認同臺灣為宗旨。感謝僑委會不間斷提供華語文教材與教具等資源及相關協助，希望透過臺灣華語文學習中心的設立，帶動當地社區學習華語文的熱潮。

El Paso 地處美墨邊界，臺灣廠商超過

10家，當地員工對華語學習有需求。艾華中文學校做為當地唯一教授正體華語的中文學校，責無旁貸的肩負起推廣成人華語課程的責任。為擴大宣傳效益，艾華中文學校臺灣華語文學習中心已經設置 Instagram(@el-paso\_aihwa) 及 Twitter(@ElPaso\_AiHwa) 等粉絲專頁，歡迎大家上線瀏覽留言。



童振源以視訊和祁沁萍進行線上揭牌