

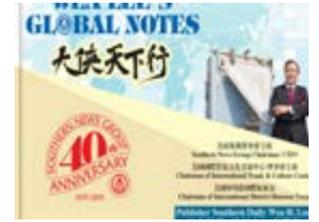


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John Robbins 832-280-5815
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Mr. Lee's Commentary and Dairy



Inside C2

Southern DAILY

Make Today Different

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Publisher: Wea H. Lee
President: Catherine Lee
Editor: John Robbins, Jun Gai
Address: 11122 Bellaire Blvd., Houston, TX 77072
E-mail: News@scdaily.com

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Congressional Democrats to pursue second impeachment of Trump -sources



WASHINGTON (Reuters) - Democrats in the House of Representatives plan to introduce misconduct charges on Monday that could lead to a second impeachment of President Donald Trump, two sources familiar with the matter said, after a violent crowd of Trump supporters stormed the U.S. Capitol in an assault on American democracy.

With a majority in the House, Democrats appear poised for a historic first: No president has ever been impeached twice.

But it is unclear whether lawmakers would be able to remove Trump from office, as any impeachment would prompt a trial in the Senate, where his fellow Republicans hold sway.

Top Democrats have called on Vice President Mike Pence and Trump's Cabinet to invoke the U.S. Constitution's 25th Amendment, which allows them to remove the president if he is unable to discharge his official duties. Pence is opposed to the idea, an adviser said.

Democrats, who said a House vote on impeachment could come next week, hope the threat could intensify pressure on Pence and the Cabinet to act to remove Trump before his term ends in less than two weeks.

The sources said the articles of impeachment, which are formal charges of misconduct, were crafted by Democratic Representatives David Cicilline, Ted Lieu and Jamie

Raskin.

A copy of the measure circulating among members of Congress charges Trump with "inciting violence against the government of the United States" in a bid to overturn his loss to President-elect Joe Biden in the 2020 presidential election.

The articles also cite Trump's hour-long phone call last week with Georgia Secretary of State Brad Raffensperger, in which Trump asked the official to "find" enough votes to overturn Biden's victory in that state.

PELOSI SAYS TRUMP 'UNHINGED'

House Speaker Nancy Pelosi called Trump "unhinged" on Friday and said Congress must do everything possible to protect Americans, even though Trump's term in office will end on Jan. 20 when Biden is sworn in.

She also said she had spoken with the nation's top general, Joint Chiefs of Staff Chairman Mark Milley, about preventing Trump from initiating military hostilities or launching a nuclear weapon.

RELATED COVERAGE

Biden says Trump's impeachment is for Congress to decide. Impeaching Trump would further divide the country, says White House

The extraordinary developments came two days after Trump exhorted thousands of followers to march to the Capitol, prompting a chaotic scene in which crowds breached the building, forced the evacuation of both chambers and left a police officer and four others dead in their wake.

At least one Senate Republican, Ben Sasse of Nebraska, said he would consider supporting an impeachment proceeding.

Sasse, a frequent Trump critic, told CBS News on Friday he would "definitely consider" any articles of impeachment because the president "disregarded his oath of office."

Trump allies, including Senator Lindsey Graham and the House Republican leader, Kevin McCarthy, had urged Democrats to shelve talk of impeachment to avoid further division.

"If Speaker Pelosi pushes impeachment in the last days of the Trump presidency it will do more harm than good," Graham said on Twitter.

If the House impeaches Trump, the decision on whether to remove him would fall to the Republican-controlled Senate, which has already acquitted him once before. With Trump's term ending a day after the Senate is scheduled to return from recess on Jan. 19, the chances of an actual ouster appear slim.

Removing a U.S. president requires a two-thirds majority in the Senate. Republican Senate Majority Leader Mitch McConnell has not commented on a possible impeachment.



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WEA LEE'S GLOBAL NOTES

01/08/2021

CORONAVIRUS DIARY

Wealee@scdaily.com

Trump Finally Concedes He Lost The Election

This is a very shameful and sad day in American history. The pro-Trump rioters attacked not only a building, but also the Constitution of the United States. As President-elect Joe Biden said, "Our democracy is under unprecedented assault unlike anything we have seen in modern times." He described it as an assault on the "citadel of liberty," the Capitol itself.

Wednesday was a horrifying and shameful moment in American history. A lot of countries have had coups in their governments. Now it has finally happened in our country.

Trump was talking for democracy, still

saying that the election was stolen. Almost 62 percent of Republicans believed that what he said was laying the groundwork for the kind of violence that occurred.

The rest of the world watched as an angry mob stormed the heart of the world's most powerful democracy as the suspense was unfolding in Washington, D. C. with dismay and disbelief.

Today Secretary of Transportation Elaine Chow resigned from her post. We applaud her for her right decision. Many congressmen also wanted to impeach the president and some of them suggested the cabinet should force him to



resign.

We are very happy that the new administration will be inaugurated within two weeks.

On Thursday, Trump finally conceded

publicly for the first time that he will not serve a second term and said that, "A new administration will be inaugurated on January 20th."

Yes, Mr. President, you just did the right thing.



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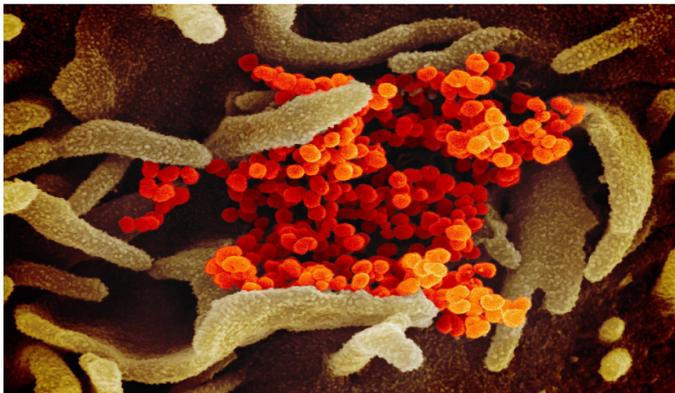
Stay Home!

BUSINESS

Wear Mask!

501Y.V2 Variant May Escape Immunity From Antibody Drugs, Convalescent Plasma And Prior Infection

South African Coronavirus Variant May Block Antibody Drugs, Former FDA Head Says



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

Though COVID-19 vaccines will likely render effective against the South African coronavirus variant -- according to an infectious disease expert -- the former head of the U.S. Food and Drug Administration (FDA) said the strain may "obviate" other countermeasures, including antibody drugs. The South African virus variant, known as 501Y.V2, has sparked serious concern, and the strain has already been described as more infectious than the COVID-19 virus identified at the start of the pandemic. In South Africa, it has rapidly become dominant in the country's coastal areas.



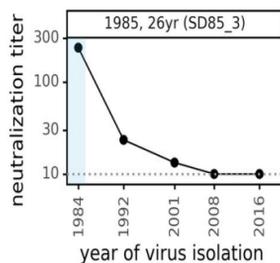
Bloom Lab

The variant involves mutations on the spike protein, including E484K, though the laboratory said the changes "reduce neutralization activity, they don't ablate it." What do results mean for possible #SAR-CoV2 immune escape? Certainly mutations like E484K are concerning. But they *reduce* neut activity, they don't ablate it. Again, look at CoV-229E: takes years of evolution to escape serum neut of most people https://twitter.com/jbloom_lab/status/133993973252911040... (16/n)Next we tested how well human sera collected shortly after 1984 neutralized each viral spike. Below is serum from 26 yr old collected in 1985: it neutralizes 1984 virus well, but 10-fold less activity against 1992 virus & no activity against viruses after 2008. (3/n) Gottlieb stressed that prompt vaccination is crucial amid the worrying strain, which has already been identified in Austria, Swit-

zerland, Japan, France, Zambia and the U.K., per a report by CNBC. "The vaccine can become a backstop against these variants really getting more of a foothold in the United States but we need to quicken the pace of vaccination," the former FDA head said.



Dr. Scott Gottlieb, the former commissioner of the FDA.



A top official with the World Health Organization said Tuesday there's no indication the virus is more or less transmissible than the separate mutated strain detected in the U.K. "There's no indication that the 501Y.V2 variant has increased transmissibility compared to the U.K. variant," Dr. Maria Van Kerkhove, WHO technical COVID-19 lead, said during a briefing, noting many ongoing studies in South Africa are looking at the variant's circulation and transmissibility in modeling and neutralization studies. "But there's no indication that it's more or less transmissible than the Variant of Concern that was identified in the United Kingdom."

That said, Britain's health secretary on Monday warned that the coronavirus variant first detected in South Africa is a "very significant problem" and poses more of a risk than others. "My concern is that it seems to be even [easier] to transmit than the new variant that we've seen here, and obviously it's been a huge challenge controlling the new variant in the U.K.," Hancock said, noting two cases of the South African variant were detected in the U.K., as of Monday.

South African Researchers Testing Current Vaccines Against Variant South African Coronavirus Variant 'Very Significant Problem,' UK Health Secretary Says



Britain's Health Secretary Matt Hancock

Britain's health secretary on Monday warned that the coronavirus variant first detected in South Africa is a "very significant problem" and poses more of a risk than others. Matt Hancock told BBC radio that he's "incredibly worried" about the new variant as others questioned whether currently approved vaccines would be effective against it. "I'm incredibly worried about the South African variant," Hancock told BBC Radio 4's Today. "That's why we took the action that we did to restrict all flights from South Africa, and to insist that anybody who's been to South Africa self isolates. This is a very, very significant problem." South African researchers are already working to determine whether the vaccines developed to combat COVID-19 will see the same success against the new variant, identified as 501.V2. "This is the most pressing question fac-

ing us right now," Dr. Richard Lessells, an infectious disease expert who is working on the country's genomic studies of the variant, told the Associated Press. "We are urgently doing experiments in the laboratory to test the variant." The tests, called neutralizing assays, will test the variant against the blood of people with antibodies and against the blood of people who have already received vaccines, the Associated Press reported.



The variant has already been described as more infectious than the COVID-19 virus identified at the start of the pandemic. On Monday, Austria announced that it had discovered one case of the South African mutation in a 30-year-old woman who returned from a trip on Dec. 6. The country also said it had detected four cases of the U.K. variant, which has also been detected in the U.S. Britain is expected to expand further lockdown measures in a bid to stifle the spread of the new variant, which was discovered several weeks ago. The U.K. variant is believed to be the driving force of a new wave of coronavirus cases throughout the country. "The spread of the new variant of COVID-19 has led to rapidly escalating case numbers across the country," a spokesperson for Prime Minister Boris Johnson said, according to Reuters. "The prime minister is clear that further steps must now be taken to arrest this rise and to protect the NHS and save lives. He will set those out this evening." (Courtesy Foxnews.com)

Editor's Choice



People are observed after receiving coronavirus vaccinations in Los Angeles, California. REUTERS/Lucy Nicholson



A man gestures towards the municipality building as it is lit up in the colors of the American flag, in a show of solidarity for democracy, according to their spokesperson, in Tel Aviv, Israel. REUTERS/Corinna Kern



A woman waves her puppy's paw at the motorcade of U.S. President-elect Joe Biden as he departs his home in Wilmington, Delaware. REUTERS/Kevin Lamarque



A girl plays in a mustard field in Munshiganj, Bangladesh. REUTERS/Mohammad Ponir Hosain



Zac applauds in the snow during the Clap for Heroes campaign, outside his house in Keele, Staffordshire, Britain. REUTERS/Carl Recine



A child sleds after snowfall at the Angel of The North in Gateshead, Britain. REUTERS/Lee Smith



A person feeds pigeons at Piazza Navona, as the region enters the 'yellow zone' after the government relaxed some coronavirus curbs on weekdays, following a strict lockdown over the holidays, in Rome, Italy. REUTERS/Yara Nardi



Workers install heavy-duty security fencing around the U.S. Capitol a day after supporters of President Trump stormed the building. REUTERS/Erin Scott

Hackers Access Documents Related To Authorized COVID-19 Vaccines



Illustration/Sarah Tew/CNET

KEY POINTS

Attackers were able to target the European Medicines Agency, which regulates vaccines, including Pfizer and BioNTech's COVID-19 treatments

'Big game hunting' (BGH) has escalated, and ransom demands have soared into the millions, causing unparalleled disruption

Cybercriminals are weaponizing sensitive data to increase and maximize pressure on ransomware victims

The 'eCrime ecosystem' is evolving, increasing in specialization, tailor-making their actions to the victim

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

Hackers were able to get documents related to approved COVID-19 vaccines after they hit the European Medicines Agency with a cyber-attack.

The European Medicines Agency, which is responsible for reviewing vaccine effectiveness, confirmed the hack in its own statement but declined to provide additional details during an ongoing investigation.

BioNTech said that its own servers weren't af-

ected and that it's unaware of a theft of any personal data belonging to its 43,500 test subjects being.

It's unclear who was behind the cyberattack, but hackers from countries including China, Russia and North Korea have targeted pharmaceutical firms that are developing COVID-19 vaccines.

The United Kingdom began its mass vaccination program on Tuesday, becoming the first country to start delivering the vaccine on a wide scale.



BioNTech didn't respond to a request for comment on what details about the vaccine the hackers were able to access.

The UK's National Cyber Security Centre said that it is supporting vaccine research and helping its defense against hackers.

'We are working with international partners to understand the impact of this incident affecting the EU's medicine regulator, but there is currently no evidence to suggest that the UK's medicine regulator has been affected.'

Related

Hackers Are Going After

COVID-19 Vaccine's Rollout The cyberattacks are targeting distributors who will be distributing and storing vaccines for the coronavirus pandemic

Hackers aren't just looking to steal information on the vaccines for COVID-19 -- they're also going after its distribution and suppliers, security researchers warned in a report released on Thursday.

The companies and government agencies are all connected to the Cold Chain Equipment Optimization Platform (CCEOP), a partnership between UNICEF, Gavi the Vaccine Alliance and other organizations to help with vaccine

distributions.

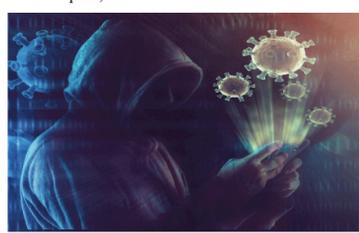


One hacking campaign posed as a cold storage container company. Pfizer's vaccine needs to be stored at extremely low temperatures.

The attacks came as emails pretending to be from Haier Biomedical, a Chinese company that says it's the world's only complete cold chain provider.

Haier Biomedical is working CCEOP, the World Health Organization and the United Nations to help with the COVID-19 vaccine's rollout, and the hackers sent emails to targets asking for price quotes, IBM's researchers said.

'Moving laterally through networks and remaining there in stealth would allow them to conduct cyber espionage and collect additional confidential information from the victim environments for future operations.'



The hacking targets included the European Commission's Directorate-General for Taxation and Customs Union, who would be in direct contact with several countries and could open pathways for more targeted attacks.

cold storage containers in countries without access to electricity, and IT companies in South Korea and Germany who support pharmaceutical manufacturers.

'A breach within any part of this global alliance could result in the exposure of numerous partner computing environments worldwide.'

The report didn't indicate who was behind this hacking campaign, but suggested that it's likely a nation-state behind it because of how sophisticated the targeting is.

IBM Warns Hackers Targeting COVID-19 Vaccine Operations

In a blog post released Thursday, IBM said it had uncovered a phishing plot targeting 'organizations associated with a COVID-19 cold chain,' referring to the chain of people and businesses responsible for storing the vaccine at the necessary cold temperatures.



'The Cybersecurity and Infrastructure Security Agency (CISA) encourages Operation Warp Speed (OWS) organizations and organizations involved in vaccine storage and transport to review the IBM X-Force report.'

On Wednesday, the Wall Street Journal reported that North Korean hackers have targeted at least six pharmaceutical companies on the US, UK and South Korea that have been working on COVID-19 vaccines.

婚姻觀 Daily News

幸福的婚姻共同成长 不幸的婚姻彼此消耗



婚姻是两个人的，需要夫妻共同参与，一起进步，而不是谁都不管或只有一方独自承担。

林聪仁，台湾成功大学医学院临床心理博士，高雄市安心心理治疗所所长，壹心理专家委员会顾问，从业20余年，擅长临床心理治疗督导、网络成瘾的评估与治疗、药物成瘾的评估与治疗、内观(正念)团体治疗等。

从业20多年间，我见过各式各样的婚姻问题。接触越多，我发现，尽管时代发展了，但很多人仍没有意识到亲密关系是需要经营的，自我也是要不断发展的，而是更多地在此消耗，使婚姻不再是亲密关系，成了仇恨关系。

他们是怎么把婚姻消耗至死的呢？从根本上来讲，是成长的问题。

有人停滞不前，有人退回原点，也有的人步调不一致，一个太快一个大慢，不管是哪一种，都很容易让感情走向破裂。

停滞不前：“我”一直停留在原地 有人把婚姻当成感情的终点，以为

拿到了结婚证，就可以尽享幸福的果实，从此高枕无忧了。

于是，就出现了所谓的爱情变亲情，甚至是分床睡的兄弟情。

有人看不到亲密关系是一直在往前走的，认为婚前婚后两个人不会也不该有什么变化，所有的状况都应该以刚建立亲密关系时的标准来判断。

结果，忙于工作的丈夫被指责顾家少，忙于顾家的妻子被指责挣钱少，却忘了，要想兑现婚姻的承诺，每个人都不得不更务实些。

还有一种情况非常隐蔽——我每天都在为了家庭认真工作，却依然不幸福。其实，这是变相的停滞不前。

丈夫负责挣钱，妻子就负责顾家（或者反过来，前者居多）。彼此的交集越来越少，越来越没有共同话题，无话可说的婚姻是最折磨人的。

在我的咨询经验中更为普遍的是，当家庭的经济状况稳定之后，丈夫认为自己的任务完成了，这段关系不需要自己了，他就会产生另外一段关系。

妻子也面临同样的问题，尤其是当

孩子读了大学之后，家里没有那么多事情要做了，和丈夫又无话可讲，情感需求怎么满足？自然而然地就去外面寻找了。

往回走：“我”非但没有进步，反而还退步了

除了停滞不前，还有一些“我”是在往回走，这种“往回走”大致分为以下几种情况：

需求层次的退回

随着互联网技术的发展，我们接收的信息越发繁杂，一些人对亲密关系产生了很多想象：认为爱必须要跟金钱绑在一起，不舍得为我花钱就是不爱我；强调阶层的重要性，总是和他人比较……感情原本是心与心的交流，却变成了谈物质、讲条件，退回到了生存层面的需求，家庭功能也随之受到损害。

角色功能的退回

从爱情到婚姻多了义务和责任，与之对应的就是角色的转换：从女儿、儿子变成妻子、丈夫，从男女朋友变成夫妻。然而，并不是所有人都能顺利完成这一成长的。

我听过很多妈妈说，你知道我家里有几个孩子吗？我一算，噢，怎么多一个？这个多出来的孩子是谁呢？就是她的丈夫。丈夫全程扮演的是儿子的角色，而妻子则成了妈妈，内心的委屈可想而知。

关系模式的退回

家庭中的长辈其实一直都在示范亲密关系应该用什么方式来呈现，有时候我们会觉得这种关系不好，就会努力去去做完全相反的事情。

当一件事需要花力气去控制的时候，其实是非常煎熬的。就像戒烟、减肥一样，是在和我们的生活习惯甚至是本能反应做斗争。

如果正向回馈不足，比如另一半动不动就说你和你爸一个样，比如年纪越来越大，顾忌越来越少，就很容易退回上一辈的模式，也就是心理学所讲的代际传递。

过往遗憾的退回

一种是寻求过往匮乏的经验，因为成长少了些什么，到了某个阶段就想要去弥补遗憾。有位丈夫以前想读摄影专业，却被父母强迫学了经济学，儿女成家后，他要去弥补这个缺憾，坚持要和妻子离婚，要独自去拍遍全球。

一种是把注意的焦点放在了过去。

妻子缺乏安全感，总是通过“作”的方式吸引丈夫的注意力，日子过得一团糟。后来，妻子发现，这和自己的童年经历有很大关系，于是她就回到这个原点，反复思考我的父母怎么可以这样对我，为什么我要受到这么多不公平的对待。

单飞：“我”走得太快，他跟不上

这几年经常被拿来讨论的一个话题就是，婚姻里，一方成长太快，另一方却跟不上，这样的婚姻还要不要继续下去？

乍一看，这样的“我”比前面提到的“停滞不前”和“往回走”要优秀很多，但实际上并非如此。

我会把家庭比喻成公司。公司想要长久经营，每个人都必须是往前走的。这个过程中，一定有人进步快有人进步慢，快的带领慢的，慢的向快的学习，遇到问题时，才能够一起承担。而不是有一个人走得特别快，有一大群人都落在后面。

走得快的那个人会觉得很累，为什么冲在前面的总是我，为什么你们都不努力？

落在后面的人也觉得委屈，一方面为自己跟不上而自责，另一方面感觉自己被抛弃了，公司的发展也必然受到影响。

婚姻也是如此。

如果两个人差距越来越大，也就越来越无法沟通。因此，需要通过觉察和成长来保持平衡。

共同参与，一起成长

看到这儿，有人可能会觉得，我太难了，还是继续单身吧。

我想强调的是，亲密关系可以为个体的成长提供很好的机会。另一半就像一面镜子，通过与他互动，可以照见我们的优势和不足，帮助我们获得更多的成长。

我们可以经常和自己对对话。我是怎么样的一个人，有哪些优缺点？发现自己的优势，建立自信，发挥更多的能量；承认自己的不足，学会示弱和求助，找到成长的可能。我想要的关系是什么样的？我怎么做可以达到想要的状态？如果另一半也有能力做自我对话，可以跟他来共同讨论这种状态。

我们要用好奇的心态来看待另一半。我为什么会跟这个人在一起？他有什么优点是让我很欣赏的，有哪些地方是我不习惯的？有哪些地方是值得我学习的？有哪些地方是我可以帮到他的？我怎么做才能够让他发挥得更好？比如不要有太多的评价，而是对他的优势多加称赞，同时协助他比较弱的能力进行提升。

只有保持觉察和好奇，我们才能够更好地指导自己的行为，调整自己的速度。

在“停滞不前”的婚姻里，我们要觉察到变化。妻子要看到丈夫是为了这个家才更忙了，学着调整自己的期待，提升独处的能力；丈夫要看到妻子对陪伴的需求，适当调整工作节奏，提升陪伴质量。

在“往回走”的婚姻里，夫妻双方要把注意力更多地放在当下。觉察到角色的转换，试着去承担应有的责任；看到当下的问题，自己努力或寻求伴侣的帮助，跳出代际传递的怪圈，必要时可以寻求专业人士的帮助。

在“单飞”的婚姻里，我们要学会调整心态，既不要把对方当作依靠，也不要认为对方是扶不起来的阿斗，而要互相尊重，彼此扶持，做到一个也不能少。

每段婚姻都有课题要攻克，更加具体的做法也因人而异，但有一点是共通的，那就是：婚姻是两个人的，需要夫妻共同参与、一起进步，而不是谁都不管或只有一方独自承担。在共同参与的过程中，我们才有机会模仿、学习，优势的部分更进一步，比较弱的地方也会得到调整。只有这样，才有能力过得更幸福。