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John Robbins 281-965-6390 Jun Gai 281-498-4310

Publisher: Wea H. Lee **President:** Catherine Lee **Editor:** John Robbins

Address: 11122 Bellaire Blvd., Houston, TX 77072 E-mail: News@scdaily.com

More than 150 National Guard in Washington for inauguration test positive for coronavirus



Inside C2

Monday, January 25 2021

Chicago teachers vote on job action, claim schools not ready to reopen



CHICAGO (Reuters) - Chicago teachers will vote on Saturday on a resolution to not return to classrooms next week, claiming the third largest school system in the United States lacks an adequate plan to safely reopen schools amid the pandemic.

FILE PHOTO: People wearing protective face masks walk, as the global outbreak of the coronavirus disease (COVID-19) continues, along the shores of Lake Michigan in Chicago, Illinois, U.S., December 6, 2020. REUTERS/Shannon Stapleton/Files/

The results of the vote, expected on Sunday, could jeopardize Chicago Public Schools' phased reopening as the district plans to offer in-person instruction for 70,000 elementary and middle school students.

Some 10,000 educators are scheduled to report to work at their schools on Monday to prepare for those classes. On Friday, Chicago Public Schools (CPS) CEO Janice Jackson said if those educators do not show up for work, it would constitute an illegal

have more than 60 times in the past several months — and we are optimistic that an agreement is within reach," she said in a letter to parents Friday evening.

Jackson said public health officials agree schools can reopen safely with mitigation strategies in place. She added the district has invested \$100 million and "countless hours of planning" to ensure our school communities are safe.

The vast majority of the Chicago's teachers have been teaching the system's 355,000 students remotely since last spring when the spread of the virus forced the district to close schools.

Since then, the Chicago Teachers Union has insisted that the Chicago schools lack proper ventilation, cleaning supplies, personal protective equipment to re-open.

It has also claimed CPS does not have adequate safety protocols in place while urging the district to "move swiftly' to vaccinate teachers, who are expected to begin to get shots in mid-February.

our school buildings," the union said in a statement on Friday.

Public school teachers across the nation have voiced similar concerns, urging their districts not to reopen until they have more thorough plans to protect them and students from the virus

The possible work action in Chicago comes 15 months after the city's teachers went on strike for 11 days during a bitter labor dispute over overcrowded classrooms and support staff levels and pay.

"The rhetoric, the walkouts, the fighting. These are having a devastating effect on families across this city," a group of parents on the city's north side wrote in a letter to the district and union, according to the Chicago Tribune.

Earlier this month, CPS began implementing it's re-opening plan, allowing for 6,500 pre-kindergarten and special education students to attend in-person class.

87 of those educators remained locked out of their virtual classrooms for failing to report, according to the district.

The next step in the district's reopening plan comes on Feb. 1, when some 70,000 elementary and middle school students are scheduled back in classrooms after

they opted to take some of their classes in-person and the reminder online.

The district has yet to announce when high school students will have the option to return to school buildings.

Police clamp down on Russian protests against jailing of Kremlin foe Navalny

MOSCOW (Reuters) - Police detained over 2,500 people and used force to break up rallies across Russia on Saturday as tens of thousands of protesters ignored extreme cold and police warnings to demand the release of Kremlin critic Alexei Navalny.

Navalny had called on his supporters to protest after being arrested last weekend as he returned to Russia from Germany for the first time since being poisoned with a nerve agent he says was slipped to him by state security agents in August.

The authorities had warned people to stay away from Saturday's protests, saying they risked catching COVID-19 as well as prosecution and possible jail time At one point, protesters surroundfor attending an unauthorised event.

But protesters defied the ban and, in at least one case in temperatures below -50 Celsius (-58 Fahrenheit), turned out in force. Leonid Volkov, a Navalny ally, called on them to do the same next weekend to try to free Navalny from what he called "the clutches of his killers".

In central Moscow, where Reuters reporters estimated at least 40,000 people had gathered in one of the biggest unauthorised rallies for years, police were seen roughly detaining people, bundling them into nearby vans.

tioned Reuters' crowd estimate.

"Why not just immediately say 4 million?," it suggested sarcastically on its official Telegram messenger channel.

Ivan Zhdanov, a Navalny ally, put turnout in the capital at 50,000, the Proekt media outlet reported.

Some protesters chanted "Putin is a thief", and "Disgrace" and "Freedom to Navalny!"

Navalny's wife Yulia was briefly detained at the rally before being released. Some of Navalny's political allies were detained in the days before the protest; others on the day itself.

ed a sleek black car with a flashing light used by senior officials, throwing snowballs at it and kicking it. A group of policemen were also pelted with snowballs by a much bigger crowd.

The OVD-Info protest monitor group said that at least 2,509 people, including 952 in Moscow and 374 in St Petersburg, had been detained at rallies in around 100 towns and cities.

Navalny, a 44-year-old lawyer, is in a Moscow prison pending the outcome of four legal matters he describes as trumped up. He accuses President Vladimir Putin of ordering his attempted murder. Putin has dismissed that, alleging Navalny is part of a U.S.-backed dirty tricks campaign to discredit



Monday, January 25, 2021



LOCAL NEWS

More than 150 National Guard in Washington for inauguration test positive for coronavirus

WASHINGTON (Reuters) - Between 150 and 200 National Guard deployed to Washington, D.C., to provide security for President Joe Biden's inauguration have tested positive for the coronavirus, a U.S. official said on Friday.

The U.S. government imposed unprecedented security measures in the city following the deadly Jan. 6 attack on the Capitol by supporters of former President Donald Trump, including fences topped with razor wire and checkpoints manned by National Guard.

The official, speaking on the condition of anonymity, said the number of National Guard troops who tested positive could rise but was still a small fraction of the more than 25,000 troops deployed in city over the past few days.

The United States reported more than 4,000 daily deaths from COVID-19 for a second consecutive day on Thursday, according to a Reuters analysis of

public health data, bringing the cumulative number of U.S. lives lost to almost 410,000.

The National Guard said in a statement that it would not discuss coronavirus cases, but personnel were following Centers for Disease Control and Prevention guidelines, including temperature checks when they left their home state and arrived in the city, along with a screening questionnaire.

The military has said arrangements are being made for thousands of troops to return home, and that about 15,000 are expected to leave Washington within the next five to 10 days.

Some 7,000 National Guard personnel are expected to stay at least through the end of the month, officials have said.

About 5,000 troops are expected to stay through mid-March, but that number and time period could change.



Taiwan reports large incursion by Chinese air force

TAIPEI (Reuters) - Eight Chinese bomber planes and four fighter jets entered the southwestern corner of Taiwan's air defence identification zone on Saturday, and Taiwan's air force deployed missiles to "monitor" the incursion, the island's Defence Ministry said.

China, which claims Taiwan as its own territory, has conducted almost daily flights over the waters between the southern part of Taiwan and the Taiwan-controlled Pratas Islands in the South China Sea in recent months.

However they have generally consist-

ed of just one or two reconnaissance aircraft.

The presence of so many Chinese combat aircraft on this mission - Taiwan said it was made up of eight nuclear-capable H-6K bombers and four J-16 fighter jets - is unusual. A map provided by Taiwan's Defence Ministry showed that the Chinese aircraft, which also included a Y-8 anti-submarine aircraft, flew over the same waters where the most recent Chinese missions have been taking place near the Pratas Islands, though still well away from mainland Taiwan.

Taiwan's air force warned away the

Chinese aircraft and deployed missiles to monitor them, the ministry added, using standard wording for how it responds to such activities.

"Airborne alert sorties had been tasked, radio warnings issued and air defence missile systems deployed to monitor the activity," it said in a brief statement.

There was no immediate comment from China. In the past China has said it has been carrying out exercises to defend the country's sovereignty and security.

Beijing has watched with growing

concern increasing U.S. support for democratic Taiwan, especially during Donald Trump's administration which left office on Wednesday.

Last year during visits by senior U.S. officials to Taipei Chinese aircraft briefly crossed the median line of the Taiwan Strait, which normally serves as an unofficial buffer.

The flight by the Chinese bombers and fighters on Saturday came just days after Joe Biden assumed the U.S. presidency.

Emily Horne, spokeswoman for

Stay Home!

BUSINESS

Wear Mask!

U.S. Records 400,000 Lives Lost To The Coronavirus As Death Rate Accelerates



a friend lost to COVID-19 on a symbolic tombstone that is part of a pandemic memorial at Griffing Park in North Miami in October. (Photo/Joe Raedle/Getty Images)

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

While millions wait for a lifesaving shot, the U.S. death toll from the coronavirus continues to soar upward with horrifying speed. On Tuesday, the last full day of Donald Trump's presidency, the official death count reached 400,000 — a once-unthinkable number. More than 100,000 Americans have perished in the pandemic in just the past five weeks. In the U.S., someone now dies from COVID-19 every 26 seconds. And the disease is now claiming more American lives each week than any other condition, ahead of heart disease and cancer, according to the Institute for Health Metrics and Evaluation at the University of Washington.

Given its relatively large population, the U.S. death rate from COVID-19 remains lower than that of many other countries. But the cumulative death toll of 400,000 now exceeds any other country's overall mortality — close to double what Brazil has recorded, and four times the death count in the United Kingdom.

"It's very hard to wrap your mind around a number that is so large, particularly when we've had 10 months of large numbers assaulting our senses and really, really horrific images coming out of our hospitals and our morgues," says Dr. Kirsten Bibbins-Domingo, chair of epidemiology at the

University of California, San Francisco.



Kristin Urquiza and her father, Mark, at a family celebration in Phoenix in 2016. After her father's death on June 30, Urquiza co-founded a group for grieving family members, Marked By COVID. (Photo/ Christine Keeves)

"It's important to understand virology. It's important to understand epidemiology. But ultimately, what we've learned is that human behavior and psychology is a major force in this pandemic," she says.

The U.S is now averaging more than 3,300 deaths a day — well above the most devastating days of the early spring surge when the daily average deaths hovered around 2,000. "At this point, looking at the numbers, for me

the question is: Is there any way we can avoid half a million deaths before the end of February?" says Dr. Ashish Jha, dean of the Brown University School of Public Health. "I think of how much suffering as a nation we seem to be willing to accept that we have this number of people getting infected and dying every day." How did the U.S. go from 300,000 deaths to 400,000?

The path to 400,000 deaths was painfully familiar, with patterns of sickness and death repeating themselves from earlier in the pandemic. A shocking number of people in nursing homes and assisted living facilities continue to die each week - more than 6,000 of those residents died just in the first week of January. Deaths linked to long-term care now account for more than a third of all COVID-19 deaths in the U.S. since the beginning of the pandemic. In a handful of states, long-term care contributed to half of the total deaths. Certain parts of the country have a disproportionately high death rate. Alabama and Arizona, in particular, have experienced some of the highest death rates, given their populations. The virus continues to kill Black and Indigenous Americans at much higher rates than white Americans.



Artist Suzanne Brennan Firstenberg walks among thousands of white flags planted in remembrance of Americans who have died of COVID-19, near Robert F. Kennedy Memorial Stadium in Washington, October 27, 2020. (Photo/Patrick Semansky/AP File)

In rural America, the chance of dying from COVID-19 remains much higher than in the urban centers. People over 65 make up the overwhelming majority of deaths, but Jha says more young people are dying than earlier in the pandemic simply because the virus is so widespread. In this newest and grimmest chapter of the pandemic, the virus has preyed upon a public weary of restrictions and rules, and eager to mix socially with family and friends over the holiday season.

Like many health care workers, Dr. Panagis Galiatsatos at Johns Hopkins Hospital is now witnessing the tragic consequences in his daily

Galiatsatos still recalls a grandmother who was transported six hours from her home to his hospital — because there were no beds anywhere closer. On the phone, he heard her family's shock at her sudden passing.

"They said: 'But she was so healthy, she cooked us all Thanksgiving dinner and we had all the family over,' "he says. "They were saying it with sincerity, but that's probably where she got it."

Vaccine rollout has yet to catch up with an

accelerating mortality rate
The enormous loss of life this winter has happened paradoxically at a time that many hope marks the start of the final chapter of the pandemic. A quarter of all COVID-19 deaths have happened during the five-week period since the Food and Drug Administration authorized the first vaccine on Dec. 14.



A health worker carries a special refrigerated box of Moderna's COVID-19 vaccines for use at the East Boston Neighborhood Health Center in Boston on December 24, 2020. (Photo/ by J. Prezioso/AFP via Getty Images)

"The trickle of vaccine is so tragically scant — what we need is more of a river of it," says Dr. Howard Markel, who directs the University of Michigan's Center for the History of Medicine. Markel, who has written about the 1918-19 flu pandemic, says it's estimated that killed upward of 700,000 Americans. Regarding the current coronavirus pandemic, Markel says, "I hope we're not talking ...600,000 or more."

The first COVID-19 vaccine in the U.S. was given on Dec. 14. A disjointed and often frustrating rollout followed as states, counties and even individual hospitals struggled to store the first refrigerated shipments of vaccine and arrange for busy health care workers to get it. So far, about 3 in every 100 people have gotten at least one dose of the vaccine, placing America

ahead of many other countries, but behind the optimistic promises made in the early days of

Given the current pace of vaccination, experts warn Americans cannot depend solely on the vaccine to prevent a crushing number of additional deaths in the coming months. Bibbins-Domingo of the University of California, San Francisco worries the relief of knowing that a vaccine will eventually be widely available — the so-called light at the end of the tunnel — may lull millions of more Americans into a false sense of safety.

"This tunnel is actually a very long tunnel, and the next few months, as the last few months have been, are going to be very dark times," she says.



The emergence of new, more contagious variants of SARS-CoV-2 only complicates the picture and makes it all the more imperative that Americans spend the coming months doubling down on the same tactics — face masks and physical distancing — that have kept many people safe from the virus so far. But Jha says the country now faces a different task compared with the fall when "big behavioral changes and large economic costs" were required to prevent deaths.

"Right now what is required is getting people vaccinated with vaccines we already have," he says. "The fact that's going super slow still is incredibly frustrating."

It is this polarity — the advent of a lifesaving

vaccine and hospitals filled with more dying patients than ever before — that makes this particular moment in the pandemic so confounding. "I can't help but feel this immense somberness," Urquiza says. "I know that a vaccine isn't going to make a difference for the people that are in the hospital right now, or who will be in the hospital next week, or even next month." (Courtesy npr.org)

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Editor's Choice



Busts of civil rights leader Rosa Parks and President Abraham Lincoln decorate the Oval Office. REUTERS/Jonathan Ernst



A bust of President Harry Truman, a portrait of Benjamin Franklin and a lunar sample from the moon share space in the Oval Office. REUTERS/Jonathan Ernst



President Joe Biden rests his hands on the Resolute Desk before signing multiple executive orders. A portrait of former President Andrew Jackson, who espoused a populist political style that has sometimes been compared with that of Trump, is...MORE



A bust of former first lady Eleanor Roosevelt sits on a shelf with The Works of Theodore Roosevelt. REUTERS/Jonathan Ernst



A lunar sample from the Apollo 17 moon mission shares space with written works b George Washington and Nathaniel Hawthorne. REUTERS/Jonathan Ernst



A bust of Mexican American labor leader Cesar Chavez joins family photos. REUTERS/Jonathan Ernst



A picture of President Joe Biden greeting Pope Francis joins family photos. REUTERS/Jonathan Ernst



The presidential seal decorates a doorknob in the Oval Office. REUTERS/Jonathan Ernst

COMMUNITY

A COVID-19 Recovery Tutorial

The Road To Recovery After COVID: How To Manage Your Long COVID Symptoms

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



Learning to manage your long COVID symptoms after recovery

Recovery from novel coronavirus can take a while, depending on your symptoms. For many, it can also span into weeks, often a months battle, leaving them vulnerable to other medical frailties. Known as long COVID, it has been estimated that 1 in 4 patients suffer from post COVID complications after recovery.

What does post COVID or long COVID mean?



With symptoms ranging from heart ailments, impaired lung functions, cognitive decline and compromised immunity, long COVID-19 tends to affect the ones who have severe COVID-related illness. Dealing with long COVID-19 can also be problematic. Post-COVID syndrome can go on to affect anywhere between 25-30% of people suffering from COVID. In cities across the world, special post COVID care clinics have also been

What are the symptoms you can experience with long COVID?



Considering the nature of the virus, the infection strain can affect people differently. Expect a multitude of symptoms, which can be mild or moderate in nature. Headache, extreme and chronic exhaustion, backache, muscle pain, appetite loss, lingering cough can be experienced commonly in the first few weeks after recovery. It could be a persisting symptom or result of the remainder viral load in the body. Reports that have come out in the recent months suggest that the most common longterm complications are damage to the heart, respiratory system, nervous system,

Dealing with different symptoms post



Since long COVID symptoms are varied. they are managed and treated, depending on the type and severity of the signs you have. While some may slowly recover over time, some symptoms of long COVID-19 can demand acute attention from day 1. If you suffer from respiratory problems such as chest pain, experience shortness or difficulty in breathing, you might have to prepare yourself to make some changes in your routine, and additions. Some respiratory symptoms can also induce stress on your body and take longer to recover. Since oxygen saturation is a common complication associated with COVID, many patients are often advised to use medical equipment like a nebulizer, oxygen concentrators and cylinders to make up for the deficiency.

Be prepared for long-term care



Heart problems, which can occur when there

is sizeable damage to the heart valves or blood clotting can worsen over years. Hence, longtime care and prevention tactics may need to be adopted

You may face fatigue and tiredness



Exhaustion and fatigue is also something that needs to be taken into concern. Remember, your body has just fought off a major infection. So, try and not exert yourself and take your time to recover, no matter how long or how arduous it may seem. What one also needs to know is that COVID-19 also impairs your immunity to an extent and makes you vulnerable to chronic diseases. To safeguard vourself, adopt all preventive strategies and stay safe from danger. Good hygiene habits and post-op plans may also cut down your risk of reinfection.

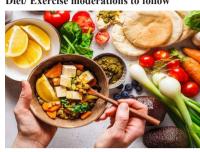
Keep up with the medications and devised treatment



Even though the viral load may have gone away, but it's doubly important to keep a track of your vitals when you are on the road to recovery. Follow up on doctor's appointments, keep taking medications on time and any precautionary measures you may have been advised. If you suffer from co-morbidities of any kind, you might be in need of altering or changing some of your medications. Diabetic patients report a major spike/ loss in blood sugar levels after recovery. BP levels may remain unstable too.

Keep your doctor in the loop about any changes, or health prognosis. Lastly, remember to go for regular scans and checkups, which you may have been advised. Even if you feel well and healthy, the virus can often cause silent damage to the body which may create problems over time. Preventive checkups and tests may rule out problems before it gets too troublesome.

Diet/ Exercise moderations to follow



Now more than ever should be the time one needs to concentrate on getting health back to normal and strengthen immunity. Following a good diet can help you with that. Ensure that you consume a rich source of important nutrient groups- Vitamin C, D, B12, Zinc and Protein should be had in abundance. These will help your body recover faster, smoothen metabolism as well. If you have been following a diet or special eating plan before COVID-19, pause for a while before getting back. The only focus should be eating plenty of nutrient-rich foods right now. Extreme weight loss can also be a side-effect after fighting any viral infection so make sure you eat well during recovery. At the same time, do not pressure yourself to follow extreme workouts right after recovery. Slow down, adopt easy physical exercises which keep you brisk and get the heart rate up. Give your body the time it needs to heal first.

When should one approach a doctor?



While most of the symptoms can be managed

well, it is also important to be aware of any unforeseen or major symptoms which could be a cause of worry during your days of recovery. Health problems like stroke, pulmonary distress can strike up out of nowhere, so consider seeking help or calling a doctor if you experience any of the symptoms:

-Extreme shortness of breath-Oxygen deprivation-Chest pain-Built-up pressure around the

-Appetite loss-Fever for more than 10 days-Losing sensation in any part of your body.

Remember to alert your doctor about any new or worsening symptom(s).

Devoting time for your mental well-being and seeking help



Lastly, fighting COVID-19- even after you have made a healthy recovery can be cumbersome. There's a lot of stress which patients may experience. A changed, or degraded quality of life can also be difficult to accept for some. Some may also require help in completing normal tasks or chores which they were once able to do easily. This can drain you mentally. Long haulers should consider seeking help or support to deal with physical as well as psychological symptoms of the virus. There are a lot of support groups online, as well as offline which help coronavirus survivors on their road to recovery and resume life. As you heal, also make space for mindful practices like yoga and meditation. Not only can these practices relieve stress and anxiety, it can also help heal faster. (Courtesy https://timesofindia.indiatimes.com/)



所谓入乡随俗,刚到美国不久的华人,常常会 因为生长的文化背景不同,和对美国社会生活 、风俗习惯的了解不够,而"出洋相"闹笑话。 小窍门,或应该了解的美国人的社会风俗习惯

1、许多中国人刚到美国时完全没有付小费 的概念,常常因此搞得大家很尴尬。其实,在美 国很多地方都需要小费,例如餐厅、理发等通 常占10%-15%的消费;旅馆、计程车等通常只 需要1至3美元。此外,您还应该了解,美国的餐 点菜的,待会有什么事情就找他,因为你的小费 只付给他,所以其他服务生没有义务帮你。

2、Rebate和 cash back都是在美国经常用到 的促销方式。所谓 rebate 就是把东西买回家之后 ,填一份申请书,付上产品的电脑条码(UPC), back就是在结帐的时候直接退还现金给你。附 记:良好的节俭习惯是留学生活的根本。

3、很多场合会要求出示身份证件,特别是附 有照片的证件,如银行开户,餐厅酒吧点酒,使 用支票购物,到邮局领包裹等。可用来证明身份 的证件有驾照(可持护照、出生证明、居住地 证明向各地汽车监理站申请)、学生证、信用 卡等。附记:驾照于笔试后即可得到,但无法开 车,需要另外考路试才可驾驶。

用大约是五百至一千美元。整个家庭大约在 千至三千美元之间。选择保险要注意可能发生 的疾病,是否在 Cover 的范围,还有 Cover 的比 下面就为大家介绍一些在美国生活应该掌握的 例是多少。美国保险是部分给付,而且要超过-定金额,称之(deductible)。一般保险 Cover 的范 围是"医疗上必须"的。附记:如果学校没有一 定要申请,另外治牙费用不在保险范围内;大病 通常都需要自己购买保险

5、美国社会现在几乎是持卡时代,随身不带 太多现金,以免招来危险。有时在餐馆使用百元 大钞,还会引来不便,不如随身携带提款卡及信 厅一般一桌只有一个服务生,一开始是谁帮你 用卡,使用方便。虽是如此,但随身不妨多带些 quarter,一来可打电话,二来可付小费,或其他 投币之用。附记:如提取大量现金(超过2000美 元)需要提前电话预定。

6、各种帐单应准时支付,帐单上多会载明付 费截止日期,最好能够提早一周左右支付。万一 连同收据寄给制造商,他们回寄你支票;而 cash 误时,不仅可能会遭罚款,同时也会使自己信用 扫地。附记:在美国信用大于一切,信用不好今 后买房、买车困难,甚至连工作都难以找到。

7、美国人喜欢养宠物,特别是狗和猫,但是 在未经主人同意时,最好别随意逗主人家的狗。 美国人带狗去住宅区散步时,会带著为狗清除 粪便的工具与袋子。有责任心的美国人会将家 中养的狗猫带去兽医那儿做节育手术的。在美 国虐狗等同于虐人,不喜欢狗的朋友需要避让。

8、有人打喷嚏时,美国人就会异口同声地对 4、在美国念书,一定要强制保险,多数学校 他说"Bless you",打喷嚏的人也都会说"Thank 明文规定没有保险,就不能注册。学生保险的费 you"致谢;在公共场所避免打嗝,如果不小心打



并遵从简单的生活习惯,有助于让你很好地融 入美国社会

9、在美国公共场合例如公交车、地铁不要 大声喧哗,注意排队上车。

10、万圣节在北美有习俗,小孩子会挨家挨 户敲门,你需要准备些糖果,否则你的窗户可能 不保。附记:这是北美的习惯,警察不会管的,自 己多准备些才是硬道理。

11、租房在美国很关键,学校里面比较贵但

了嗝,就得赶快说声\"Excuse me\"。切记,了解 是安全系数比较高;外边自租相对自由也可以 有更多选择,费用也会相对便宜,但要看清楚房 费是否包含各种水电费。附记:自租尽量避免在 犯罪率高的区域,那里相对便宜但是安全系数 真的不高。

12、BOXING日是美国一年一度的打折日, 也是华人采购的最好时机。如你需要购买心仪 的商品,需要提早去排队,否则好东西都没有了

趣事一:美国最土的是什么?

满大街都是穿著印著州名的 T 恤还有卫衣。想像一下,如果中 国人都在衣服上印上[河南、河北、湖南、江西......]会是怎样-

除了穿印有州名的衣服,穿印著各个大学名字衣服的也不少。 在机场候机的时候,都能看到机场的商店里在卖这种衣服。去过 几个大学参观,大学里面的纪念品商店里也都是卖这些,此外还 有印有学校名字的杯子、钥匙扣等生活用品。尽管只是高中,也 到处都是学校的纪念物品,也是一种美国文化。

趣事二:冰箱贴 到了美国你难免会出去逛,去几个景点,景点里也都有纪念品 商店,卖印有标志建筑、当地风光的周边产品。明信片自是不必 说,另外一个哪儿都能看到的东西就是冰箱贴,无处不在。

除了最普通的冰箱贴,还有一些冰箱贴做成了开瓶器。有的学 生去到当地的家里冰箱上就贴满了各地搜罗来的冰箱贴,很有

意思。 趣事三:无处不在的冰块

明的地方,冬天在餐厅要杯水,上来的 都是冰水混合物。

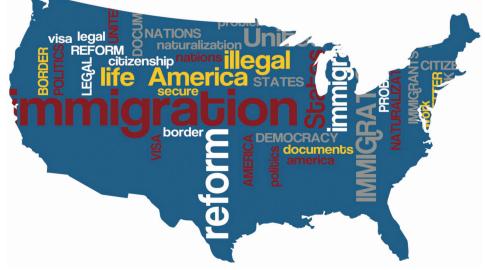
这个让很多学生一开始就完全没法 理解了。其实有的说法是因为在冰水的 刺激下,人都会吃得比需要的多一些。 趣事四:为「糖」而狂

只要你看过美国人做饼干,不用多, 看一次,估计就再也不敢吃那些饼干了 。基本上一半都是糖。特别是 chocolate chip cookies 和 peanut butter cups c

关于糖最明显的体现就是在万圣节。 美国孩子万圣节要到的糖果能吃很久。 真的是很多很多。2014年,美国人在万 圣节花了22亿美元买各种糖果。 趣事五:结婚礼物

说到中西方的婚礼。大家对「份子钱」这件事情很好奇。

各大购物网站上都提供一个功能,叫做 gift registry 或者 想像一下如果是在热带,冷饮里都放冰块是能理解的,除了气 wedding registry。如果你要结婚,你就可以在上面创建一个单子 候原因,也是因为加冰可以减少糖的摄入。但是美国这个四季分 把你想要的礼物都加进去,发链接给你的朋友。更常见的是参加



婚礼的朋友,可以在指定的大型购物网站上面搜你的名字,找到 你的清单,从清单中选一个作为礼物,选了之后,这个选项就会 从清单上消失。非常人性化的设计对不对?

清单上比较常见的包括厨具之类的,有贵的也有便宜的,朋友们 就挑著买。大家也可以想想自己的礼物清单哟。