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*金山餐館請人 位 Downtown 誠請 ●企檯，拋鍋，抓碼 ~以上薪水好~ 意者請電: 阿泰 916-529-7337 2001 Jefferson Houston, TX 77003

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*餐館請人 招聘炒鍋 包吃包住. 離休斯頓 2 小時車程 聯系電話: 210-380-2645

*誠聘 ●廚房幫工/打雜 ●司機 周一到周五 位中國城. 請電: 281-781-9389

*中餐快餐店 誠請打雜 位 Humble 區 意者請電: 917-291-5895

*中餐館請人 Bellaire/Cook Rd 近中國城 5 分鐘 請有經驗男女企檯 全工或周末半工 有意者請電: 832-293-5730

*堂吃外賣店 位於 Tomball 249 與 1960 附近, 聘全職外送員一名, 小費高,需報稅. 聯系電話: 832-868-2222

*中式快餐店 誠請炒鍋及打雜 位 Westheimer / Dairy Ashford 意者請電: 周先生 281-235-3531

*快餐店誠請 有經驗,有身份 ●流利英語的收銀員 ●下單人員數名. 意者請電:陳太太 早 11am -晚 8 am 832-605-1898

中國城黃金廣場 茶顏觀色+燕窩城 環景優雅舒服, 薪金面談. 請電話: 312-818-8238 312-479-1189 9968 Bellaire Blvd #100A Houston Tx.77036

*餐館招人 位 Corpus Christi 需要有身份,可以報稅 招 炒鍋師傅:肯吃苦, 做事認真不拖拉. 年齡 60 歲以下. 有意者請電: 626-283-9496

*高薪 聘請 炒鍋, 油爐, 企檯 餐館 近 Puerto Rico 波多離各島, 誠聘 ●有經驗炒鍋 (Cook) ●有經驗油爐 (Deep Fry) ●有經驗企檯 (Waiter/Waitress) 以上新優. 包住宿. 有意者請電: 340-344-5656 Stephen 洽

*自助中餐廳 位於 Memorial 好區 徵請全工或半工 企檯及樓面工作人員 男女不拘 需有經驗兼英語. 意者請 2:30 後電: 713-984-8488

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*Zcounter 亞洲餐館請人 位 Corpus Christi 聘經驗 1 Chinese Wok, 1 Grill Cook: Sauttee, Fry, Flat Top, Net pay after tax \$3,300 or more offer if good, Provide living space, 2 meals. under 50 years old Work 6 days a week. Pay 1 week vacation every year. 誠聘熟手中餐炒鍋,燒烤師傅:會煎炸及抓碼. 稅後淨入\$3300+, 供吃住. 1 周做 6 天, 年假 1 周, 50 歲以下,會英文. 請電: 361-876-9634

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*中餐快餐店 誠請 ●有經驗炒鍋師傅 ●打雜兼幫炒 2330 Gassner 有意請聯系: 832-382-3927

*韓國餐館請人 位 Gessner/Bellaire, 誠請 ●全工或半工 Waiter/Waitress 略英文. 請英文電: 408-568-1944 832-409-6002 ●請 Kitchen Helper

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Lam Bo Buffet 誠請 ●熟手炒鍋. ●廚房幫廚 ●傳菜 有意者請電或親臨: 6159 Westheimer Houston, TX 77057 713-783-6838

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*中餐廳, 高薪 誠聘熟手炒鍋一名 廚房幫炒一名 英文流利收銀接電話 位 Cypress, 77433 無住宿, 電話: 832-696-7902

黃金茶寮, 薪優 ●樓面: 請 周末帶位及傳餐人員 ●廚房: 請 抓碼, 炒鍋. ●點心部: 請 有經驗做點心人員 2pm 後電或親臨舊店: 281-495-1688 10600 Bellaire#105

糖城中餐館 誠請前台和外送員, 半工 需英文流利, 可報稅. 有意者請電: 832-866-2625

Buffet 中餐館 大機場附近布菲店 誠請企檯 全工或半工均可 意者請電: 832-993-0116

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中餐館請人 往 I-45 南, 離百利大道中國城 35 分鐘車程 誠請企檯及收銀員 熟手炒鍋 意者請電: 張經理 832-668-6998

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黃金水餃請人 中國城黃金廣場內 新優誠請廚房員工 全工. 需有身份 請 11am-9pm 來電: 713-270-9996 281-881-9885

中餐館請人 誠請炒鍋及送外賣 意者請 2 點後電: 713-856-7272 或親臨: 6340 N. Eldredge Pkwy Green Garden 綠園

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*休斯頓 Katy 日餐鐵板店, 誠招 ●熟手企台, ●廚房師傅 ●洗碗工 要求能報稅, 有一定工作經驗, 本店工作氛圍輕鬆 小費好, 聯系電話: 618-699-1155

*超市內壽司吧 誠請 Part time 女性幫手一名, 無經驗亦可 位 610/290, 在 43 街上 意者請 5 點後電: 832-660-2521

日本餐館誠請 鐵板師傅, 經理, 服務員, Sushi Chef, Sushi Helper. 位西北區. 意者請電: 713-966-9991

全日餐請人 位休斯頓 Spring 區 全日餐廳 誠請 Sushi Man 有意請聯系: 626-636-7835

*日餐高薪誠聘 ●包卷師傅一名 ●有經驗企檯一名 意者請電: 832-373-8933

路州全日餐 Lake Charles 『高薪』誠請 壽司師傅, 學徒 廚房師傅, 油鍋打雜, 全工企檯. 包吃包住, 意者請電: 832-605-2131

中日快餐店 位於 I-10 Memorial 99 大華附近 ●Sushi Man (壽司幫手) ●Kitchen Helper (廚房幫手). 電: 832-380-0247

日本餐館請人 Nasa 附近, 誠請 有經驗英文流利 全工經理及企檯 可提供住宿 有意者請電: 979-215-2413

高級日本餐館 ●經驗經理, 壽司師傅 ●經驗 企檯及帶位 全/半工均可, 需工卡. 意者請親臨或電: 713-781-6300 6345 Westheimer, Houston, TX 77057

日本餐館請經理 位 Missouri City 近 Sugar Land, 誠請 Part Time 經理, 要求至少有二年經驗 且英語流利, 薪資面議. 有意者請聯系: 912-381-5292

日餐店請人 誠招小榮師傅 有相關經驗優先, 不會可教. 要求: 可報稅. 聯系人: Tony 408-901-9571

Japanese Rest is hiring ● Servers (Waiter/Waitress) ● Sushi Man Please call: 832-693-6534 8236 Kirby Dr. #100 Houston, TX 77054

*日餐高薪誠聘 ●包卷師傅一名 ●有經驗企檯一名 意者請電: 832-373-8933

路州全日餐 Lake Charles 『高薪』誠請 壽司師傅, 學徒 廚房師傅, 油鍋打雜, 全工企檯. 包吃包住, 意者請電: 832-605-2131

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中日快餐店 位於 I-10 Memorial 99 大華附近 ●Sushi Man (壽司幫手) ●Kitchen Helper (廚房幫手). 電: 832-380-0247

*賺錢餐館出售 位休斯頓北 Kingwood 地區, 高檔中餐, 有酒吧烈酒牌 月生意六萬多, 每周營業六天, 疫情期間一直營業, 生意穩定, 接手即賺. 415-988-5725

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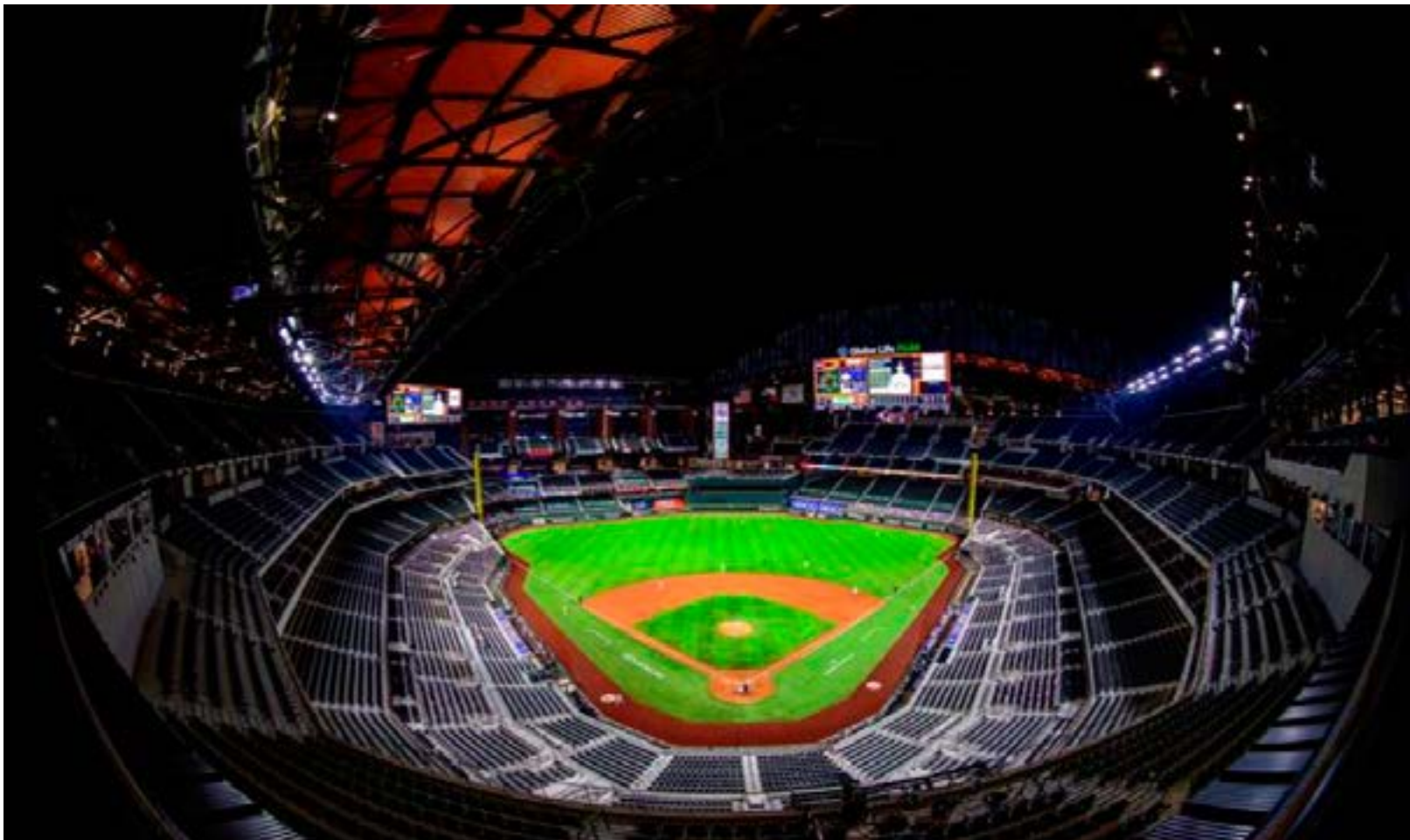
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Tuesday, April 06 2021|

Texas Governor Abbott declines Rangers' first pitch invite amid All-Star Game controversy



(Reuters) - Texas Governor Greg Abbott said he would not throw out the ceremonial opening pitch at the Texas Rangers' home opener Monday, after Major League Baseball (MLB) removed July's All-Star Game from Atlanta in a protest over Georgia's new voting restrictions.

MLB's announcement on Friday marked one of the most high-profile reactions after Georgia last month strengthened identification requirements for absentee ballots, shortened early voting periods for runoffs and made it a crime to offer food and water to voters waiting in line.

The voting law, which Georgia's Republican Governor Brian Kemp endorsed, faces legal challenges from civil rights groups and others who say it aims to suppress voting among Black people and other racial minorities, who tend to vote Democratic.

Abbott, who is also a Republican, said in an open letter to the Texas Rangers that he would "not participate in an event held by MLB" and that the state would not "seek to host the All-Star Game or any other MLB special events."

"I was looking forward to (throwing the pitch) - until Major League Baseball

adopted what has turned out to be a false narrative about the election law reforms in Georgia," Abbott said in his letter.

"It's shameful that America's pastime is not only being influenced by partisan political politics, but also perpetuating false political narratives."

MLB and the Rangers did not immediately respond to a request for comment.

The Rangers are expected to welcome back fans for their home opener Monday against the Toronto Blue Jays, the only team in the league to operate at 100% capacity after playing the entirety of last year's regular season to empty stands amid the COVID-19 pandemic.

Minneapolis police chief testifies Chauvin violated policy, ethics code in George Floyd arrest

MINNEAPOLIS (Reuters) - Derek Chauvin broke Minneapolis police department rules and its ethics code governing the "sanctity of life" in his deadly arrest of George Floyd last May, the city's police chief testified at the former officer's murder trial on Monday.

"It's not part of our training, and it is certainly not part of our ethics and our values," Chief Medaria Arradondo told the jury as prosecutors sought to undermine a central plank of Chauvin's defense.

Arradondo said he was alarmed when, a few hours after the arrest, he first saw a bystander's video showing Chauvin, who is white, kneeling on the neck of Floyd, a 46-year-old handcuffed Black man, for more than nine minutes. The video sparked global protests against police brutality.

Chauvin has pleaded not guilty to murder and manslaughter charges. Prosecutors have called Arradondo and other police officers to weaken Chauvin's defense that he did only what he was trained to do in his 19 years as a police officer.

Here are some important moments from the sixth day of testimony in Chauvin's trial. Arradondo, who in 2017 became the first Black person to lead the city's police force, fired Chauvin and three other officers who were involved the day after Floyd's death.

He also castigated Chauvin in a statement last year, saying: "This was murder — it wasn't a lack of training."

On Monday, Arradondo said it was unusual for police to take someone into custody where the alleged crime was as minor as in the case of Floyd,

who was suspected of using a counterfeit \$20 to buy cigarettes at the Cup Foods grocery store, a non-violent misdemeanor.

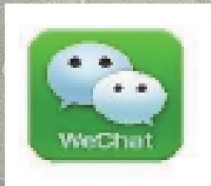
A prosecutor asked him to explain to the jury how police officers receive extensive training on how to use force and to reduce tensions. "We are oftentimes the first face of government our community will see, and we will often meet them at their worst moments," he told the jury when asked to describe the meaning of the badge the city's roughly 700 sworn officers wear. "That has to count for something." Officers carry tourniquets and are trained how to use them to treat gunshot wounds, they are taught how to do chest compressions, and they are given naloxone inhalers that can be used to rapidly reverse an opioid overdose, Arradondo said.

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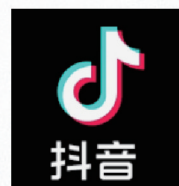
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WEA LEE'S GLOBAL NOTES

CORONAVIRUS DIARY

04/05/2021



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Let's Unite The Asian Community

After the so called "China virus" statements by President Trump last year, the whole nation was covered with many incidents including the Black Lives Matter attacks, the Atlanta murders of seven Asian people and more than five thousand hate crimes against Asian Americans. The whole country, especially in the Asian community were full of fear and insecurity.

Last week we joined Congressman Al Green and Congresswoman Sheila Jackson Lee's anti-hate crime news conference. I felt so sad and outraged because we felt like now we were second class citizens.

Many of us came to this land because of political reasons or we were looking for a better future for the next



generation. Through hard work and higher education we became middle class, but we have to admit that a lot of our people didn't make a significant contribution to our community and we didn't participate in many local activities. In other words, we still did not assimilate into the society.

Many immigrants wanted to go back to their old country. I really agree with what they wanted to do, but this is our nation and we all belong here. We need to overcome all the difficulties and be united to build a new confidence and to build a great country together.



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Southern DAILY Make Today Different

Editor's Choice



Women clash with police officers behind riot shields during a protest in support of Victoria Salazar, a Salvadoran woman who died after a Mexican female police officer was seen in a video kneeling on her back, in Mexico City. REUTERS/Raquel Cunha



People ride a roller coaster at Six Flags Magic Mountain amusement park on the first day of opening in Valencia, California. REUTERS/Lucy Nicholson



Women hide their faces in a night club during a civil police operation tackling COVID-19 restrictions violations, amid a rise in coronavirus cases and deaths in Sao Paulo, Brazil. REUTERS/Amanda Perobelli



A blue car is seen after ramming a police barricade outside the U.S. Capitol building in an incident that reportedly resulted in the death of one Capitol police officer, the injury of another



Carlos Scott and his two-year-old son Zaire visit the "Say Their Names" cemetery, while the fourth day of trial continues for Derek Chauvin, who is facing murder charges in the death of George Floyd, in Minneapolis, Minnesota. REUTERS/Octavio Jones



Demonstrators wearing costumes protest in London, Britain. REUTERS/Toby Melville

Warren Buffett Group Lobbying Texas Lawmakers For \$8 Billion To Build Emergency Power Plants



Billionaire Warren Buffett head of Berkshire Hathaway Energy

Key Points

If approved, the deal would signal a move away from decades of a competitive electricity market in Texas in which all power generators in Texas are paid for the energy they produce and sell, rather than the power they could potentially generate.

In return, lawmakers would agree to create a revenue stream for Buffett's Berkshire Hathaway through an additional charge on Texans' power bills.

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

As the Texas Legislature debated how to respond to last month's winter storm-driven power crisis, executives at billionaire Warren Buffett's Berkshire Hathaway Energy were pitching lawmakers an idea: The group would spend over \$8 billion to build 10 new natural gas power plants in the state. Lawmakers would agree to create a revenue stream to provide Berkshire a return on its investment through an additional charge on Texans' power bills. Representatives for Berkshire Hathaway Energy have been in Austin meeting with lawmakers and state leaders for the past week and a half, according to a person working closely on the issue. The proposed company, which would likely be known as the Texas Emergency Power Reserve, would build and maintain plants that sit idle during normal times, according to a slide deck obtained by The Texas Tribune. Whenever demand for power in the state threatened to surpass supply, these new plants would kick in to make up the difference, if ordered to do so by the state's grid operator. "When you flip that switch and say, look, demand has exceeded supply, it has to come on in 10 minutes," Chris

Brown, CEO of Berkshire Hathaway Energy, said in an interview Thursday with the Tribune. "That's the Texas Emergency Power Reserve Promise — that's the promise that we're making to the citizens of Texas."



In the presentation, the representatives estimated the cost of that new charge to consumers as \$1.42 per month for residential customers, \$9.61 for commercial customers and \$58.94 for industrial customers. The pitch to state leaders also included a poll conducted by Republican pollster Mike Basesslee suggesting that Texans would be broadly supportive of paying a little more on their power bills to increase reliability. The poll was conducted from March 17-21 among 800 likely voters

in Texas, according to topline of the poll obtained by the Tribune.

A senior adviser for Patrick confirmed the lieutenant governor met with Berkshire Hathaway executives earlier this month. And a spokesperson for Phelan said the speaker met with the executives recently. A spokesperson for Gov. Greg Abbott did not immediately respond to a request for comment. If approved, the deal would signal a move away from decades of a competitive electricity market in Texas in which all power generators in Texas are paid for the energy they produce and sell, rather than the power they could potentially generate. Berkshire Hathaway Energy executives say their plan would not create a "capacity" market, but instead, serve as highly regulated back-up electricity generation. The company says that building extra power generation in Texas would help ease fears of a repeat of the February power outages during which dozens of people died. "We're not in favor at all of getting rid of [the deregulated market]," Brown said. "We think competition is to Texas' benefit. We're not dipping into the market at all."



Power grids must keep energy demand and supply in balance at every moment or risk uncontrolled blackouts. The February outages were ordered by the grid operator, the Electric Reliability Council of Texas, in a move to prevent a bigger catastrophe that could have left most of the state without power for weeks.

Under Berkshire Hathaway's plan, ERCOT would control when the new power plants are activated to avoid the threat of such widespread power outages, and customers would pay a fixed fee only to cover the project's costs, while the price for energy supplied to the market would go to the state, not the company. It's a similar model to how transmission and distribution utility companies are regulated. Brown said that while the company is not against the state's procurement process, it believes it's "uniquely suited" to carry out the idea because of its \$8.3 billion investment and a commitment to have those 10 plants operational by November 2023. "Certainly there's other entities out there that could potentially do it," he said, "that list is pretty short." Texas deregulated its electricity market decades ago, theorizing that the price of electricity in the market — based on demand — would attract a sufficient amount of power supply. When demand for power is high, the price for power increases, and companies that can supply electricity to the grid make more money. The more

cheaply a power plant can generate electricity, the higher the profit margin when they sell it in the wholesale market. Conversely, a plant that has been expensively weatherized to be able to operate in the extreme cold, or a plant that only operates on the few hottest days of the year, represents a big upfront investment for what may be little return in Texas.



Power companies did not prepare plants to withstand severe winter weather, in part because companies build plants as cheaply as possible to maximize their profit margins. When the plants tripped offline during the winter storm, unprepared for the extreme cold, there wasn't enough power generation available to the grid. Power prices spiked, and the Public Utility Commission of Texas ordered ERCOT to set prices at the artificial cap — \$9,000 per megawatt-hour — to signal to power companies that any and all power was desperately needed. But energy experts have expressed doubt that merely having more power plants would have prevented the crisis. Electric generation tripped offline due to freezing temperatures and a shortage of natural gas, which fuels many plants in the state.

"We didn't have a shortage of power plants, we had a shortage of power plants that could work in the cold, and the gas to run them," said Dan Cohan, an associate professor of civil and environmental engineering at Rice University. "Texas has an enormous amount of natural gas plants already. It's not at all clear that there's a need to have more power plants built."

Berkshire Hathaway's presentation argues that adding power generation capacity would be more cost effective for the state than upgrading existing plants to withstand extreme weather. Brown, the CEO, said that the natural gas plants would be winterized and maintain seven days of natural gas storage on site to ensure it could operate during an emergency. Last Thursday, the Texas Senate Jurisprudence Committee advanced Senate Bill 3, a wide-ranging winter storm bill that also mandates winterization for power plants and the natural gas supply chain.



J.P. Urban, senior vice president and acting CEO of the Association of Electric Companies of Texas, a trade association

tion of electric companies in the state, warned lawmakers earlier this week against subsidizing new power plants in their response to last month's outages.

"We believe the program should only focus on bolstering resiliency and existing facilities to avoid disruption in the competitive market," Urban said during a committee meeting Tuesday.

But lawmakers responded that they want more power generation on Texas' grid, not just for future storms, but generally for the growing state population.

"We're going to be a little bit more open to the types of investments that need to be made," said Rep. Richard Peña Raymond, D-Laredo, responding to Urban. "We're going to need more power in Texas, period. Freeze or no freeze." The committee left the legislation pending on Tuesday, but witnesses and lawmakers indicated they would support the Huberty bill.

Even with the support of the Legislature's top leaders, the Berkshire Hathaway deal will need to win the approval of the rank-and-file members — a lesson Buffett learned in a past session. In 2017, after the billionaire met with Abbott and Patrick at the Capitol, the Senate used emergency powers to quickly craft legislation that became known as the "Buffett Bill," a special interest carve-out allowing Buffett to be exempt from a state law that was barring people from owning both a vehicle manufacturing company and auto dealerships.



The bill was effectively killed after Tea Party activists blasted it — and the attempt to fast-track it — as special treatment for a rich and powerful business owner. Other lawmakers and officials have expressed doubts about letting Buffett and his companies play too big of a role in Texas. Speaking at Texas Energy Day at the Capitol Wednesday morning, Texas Railroad Commissioner Wayne Christian, one of the state's oil and gas regulators, criticized President Joe Biden over his energy policies and in doing so, swiped at "Warren Buffett's company." Christian said canceling oil and natural gas pipelines would put more trains on railroad tracks, and "Warren Buffett's company makes a lot of money from it." (Courtesy <https://www.texastribune.org/>)

New Alief Neighborhood Center Represents Future Cultural Reality Of Area

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



The Alief Neighborhood Center combines three City of Houston departments (Library, Parks, & Health) to create a civic center at the heart of the redeveloped 37-acre urban park. Raised out of the floodplain, the building's elevated 'front porch' frames a space for the diverse community to come together, share ideas, and express an identity unique to Alief. The Center is a model for resilient design in a post-hurricane Harvey environment — a 'Lilly-pad' for those seeking shelter from the storm.

BUILDING AWARDS- Rethinking The Future Awards 2020 First Award | Public Building (Concept)

The \$52 million, 63,000-square-foot multi-purpose facility at 11903 Bellaire will combine a health clinic, community center and library into one space. The structure, which will sit in 37-acre Alief Park, will consolidate the Hennington-Alief Regional Library at 7979 South Kirkwood and the park's existing community center, both of which are aging. It also will replace the area's Women, Infants and Children Center, which today leases space at 12660 Beechnut. City council passed one item appropriating \$4.8 million for contractor EYP Inc. to begin construction on the new center, and another item giving Manhattan Construction \$100,000 for construction management services. The 70,000sf 2-story new building is elevated over a parking area providing convenient access to the building programs directly above. Health Department programs provided include W.I.C. (Special Supplemental Nutrition Program for Women, Infants, and Children), DAWN (Diabetes

Awareness Network) that provides support for a variety of chronic illnesses, and a Senior Center. The Parks Department programs include a full-size competition gymnasium with a perimeter elevated walking track above, a community fitness center and spaces to support youth after-school and summer programs.



The library, located on the second floor, and accessed through a grand 'stair-a-torium' in the lobby contains light-filled stack-space and reading

areas with expansive views both to the park to the south and to the existing grove of preserved trees on the north. Directly adjacent to the library, HPL's technology-rich TechLINK youth maker-doer program contains spaces for collaboration, the 'Tiny Techs' children's area, music recording studio, virtual reality stations, photo/video lab, and a maker space.

Site amenities include a competition soccer field, two full-size practice soccer fields, two futsal courts (fast-paced soccer played on a hard-surfaced smaller court) baseball field, skate park, tennis courts, children's playground, outdoor swimming pool facility, community gardens, a marketplace venue, and outdoor event space areas. The Alief Neighborhood Center is

Related

Community Resource Center Opens

Sponsored by the ITC Community Empowerment Organization with the collaboration of the SEONE Corporation, the Community Resource Center opens its door on Tuesday, April 6, 2021, at the Southern News Group building. The mission of the Community Resource Center is to serve as a "one stop-shop" for the underserved minority population in the southwest area of Houston. The Center will provide members of the community with information that will empower them to improve their quality of life and to also serve as a way for participants to access the rich pool of resources available to them.



Southern News Group, Houston, Texas



Members of the community who have questions about any of the variety of issues the Center will address are encouraged to schedule interviews with the Center. The Center will link the person with a professional who can best address their needs. The areas the Center will address include disaster assistance, loans and grants, small business development, tax information, immigration, legal issues, workforce, housing and renting, veterans issues, medical, healthcare service, education, skills development, children and child welfare and services. The Center's services will be led by senior educator, Dr. Tina Agosa and many other assistants.



scheduled to open in early 2022.

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SPECIAL GUEST
U.S. CONGRESSMAN AL GREEN

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Venue: Southern News Group Building
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維他命知多少？

根據國立衛生研究院指出，維他命(又稱維生素)是人體生存和保持健康所需的主要營養素之一。但在您購買一瓶綜合維他命並將其納入您的日常所需之前，您應該知道下列事實：

事實 #1 維他命補充劑可以是增加維他命攝取量的便利方法，但從食物中攝取維他命會比藥丸更好。原因是營養豐富的食物能提供額外的健康益處，例如纖維。研究指出，一份哈密瓜可以提供維他命A、C和K，以及鈣、鎂、鉀和多種抗氧化劑。大多數年長者可從食物中獲取所需的營養，但如果您不常進食健康、營養豐富的食物，明智的做法是告訴您的醫生或註冊營養師，由他推薦一種特定的維他命補充劑來幫助彌補您可能缺乏的維他命。

事實 #2 必需的維他命共有13種，而每種維他命發揮著不同的作用，以保持身體處於最佳狀態，因此，對您的整體健康至關重要。例如，維他命C攝入不足可導致貧血。以下是每種維他命功能的概述：

- 維他命A：幫助形成和維持健康的牙齒、骨骼和皮膚
- 維他命C：促進牙齒和牙齦健康並加快傷口癒合
- 維他命D：幫助身體吸收鈣
- 維他命E：幫助身體製造紅血球
- 維他命K：使血液粘在一起所必需的
- 維他命B1(硫胺素)：幫助細胞將碳水化合物轉化為能量
- 維他命B2(核黃素)：對人體生長和紅血球的形成很重要
- 維他命B3(菸酸)：幫助維持健康的皮膚和神經
- 維他命B5(泛酸)：是幫助食物新陳代謝和產生激素所必需的
- 維他命B6：幫助形成紅血球並維持大腦功能
- 維他命B7(生物素)：是在蛋白質和碳水化合物的代謝中所必需的
- 維他命B9(葉酸)：幫助形成紅血球並且是產生DNA所必需的
- 維他命B12(氰鈷胺)：對新陳代謝和維持中樞神經系統很重要

事實 #3 您可以按照建議的每日攝取量來確保攝取足夠的維他命。建議的每日攝取量可在食品包裝上的營養成分標籤找到。對於即食和生食的食物（例如熟食肉類和新鮮水果），可瀏覽 fdc.nal.usda.gov 並輸入食物類型。

請記住，根據國立衛生研究院指出，建議的每日攝取量是為了“大多數健康的人”的營養需求而制定。您的醫生和/或營養師可能針對您的個別健康需求提供更具體的建議。

事實 #4 由於飲食在維他命攝取中起著重要作用，因此盡量多進食營養豐富的食物是明智的做法。以下是一些維他命的食物來源。(哈佛醫學院的清單列有更多食物資料。
https://www.health.harvard.edu/staying-healthy/listing_of_vitamins)

瑞士芝士	維他命A	含脂肪魚類	維他命D
西瓜	維他命B1	堅果	維他命E
蘑菇	維他命B3	番茄汁	維他命B9
西蘭花	維他命C	鱈梨(又名牛油果)	維他命B5

與您的醫生討論您可能需要或可以嘗試的維他命，讓您在下次購物時能做出最佳選擇。

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共和黨人動員起來攤牌 這將有助於重塑拜登的總統職位



【美南新聞記者泉深報導】喬·拜登（Joe Biden）為重塑美國經濟所做的最新努力於週日形成了一場明確的政治衝突，共和黨人反對這項大規模的基礎設施計劃，該計劃可能使總統放在曆史上的民主黨公司上。

共和黨辦公室的官員對該一攬子計劃發動了廣泛的攻擊，認為計劃太昂貴了，而且塞滿了黨派計劃，而這些計劃與修路和建橋無關。

密西西比州州長泰特·裏夫斯（Tate Reeves）在接受美國有線電視新聞網（CNN）的傑克·塔珀（Jake Tapper）採訪時說：“拜登政府的這是一項基礎設施計劃，對我來說，這就像增加了2萬億美元的稅收。”

同時，民主黨人暗示，如果有必要，在沒有共和黨投票贊成票的情況下，用50對50票，再加上副總統的關鍵一票通過，繼續推進該計劃，立即將重點放在自己隊伍中存在的細節上。儘管大流行經濟開始復蘇，儘管就業人數有所增加，但他們還是將該法案定為工作一攬子計劃。

佛蒙特州參議員伯尼·桑德斯（Bernie Sanders）也對“國情咨文”說：“我認為這是一項嚴肅的建議，旨在解決我們面臨的一些嚴重危機。”

該措施包括數千億美元用於交通項目，還包括對傳統基礎設施計劃中通常不存在的項目的投資，包括針對美國老年人的家庭護理服務，3,000億美元用於製造業，超過2,000億美元用於住房以及數百億美元、數十億美元用於氣候友好型電動汽車等計劃。因此，從本質上講，華盛頓的鬥爭將歸結為關於“基礎設施”一詞到底意味著什麼的辯論。

華盛頓的激烈對抗標誌著雙方辯論的“基礎設施”細節開始降溫，這是拜登為使藍領和中產階級美國人受益而採取的一系列舉措的一部分，這一刻將塑造他的遺產。

該法案的廣泛範圍和價格標籤，以及對隨後將在今年晚些時候側重於教育和醫療保健的措施的狂熱，意味著拜登面臨的任務要比他最近通過的1.9萬億美元的《新冠救濟法案》（COVID Relief Law）更為艱巨。

基礎設施計劃是拜登希望通過政府權力重新制定美國經濟秩序的最新跡象，該規模已與富蘭克林·羅斯福總統和林登·約翰遜總統的計劃相提並論。



在此之際，美國政府正在加快步伐，並努力為所有美國人提供Covid-19疫苗，以防止病例激增。在周末的一個24小時內，超過400萬劑的疫苗投入使用—創下了記錄。但是共和黨人試圖放慢總統的勢頭，正在尋找他的弱點，包括在移民方面。民意調查顯示，這個問題是一個潛在的脆弱區域。他們著重強調了移民湧入南部邊境的現象，表明拜登對前總統唐納德·特朗普的嚴厲移民政策的逆轉適得其反。

共和黨人想要一項有關基礎設施的計劃

共和黨人周日提出反對該法案的論據，認為拜登的新計劃遠不只是基礎設施。

密西西比州長裏夫斯在美國有線電視新聞網上表示，由於拜登計劃通過將公司稅率提高至28%（高於特朗普政府在其稅收改革計劃中設定的21%的門檻）來為計劃提供部分資金，因此基礎設施計劃將導致增長放緩。

他還強調，拜登計劃中包括超過1500億美元的資金，以哄騙美國人改用電動汽車，這是政府應對氣候變化的更廣泛努力的一部分。

裏夫斯說：“這是一項政治聲明，這不是試圖改善美國基礎設施的聲明，因此它看起來更像是綠色新政，而不是基礎設施計劃。”

桑德斯接受共和黨的論點，認為拜登的法案更多是左翼事業的特洛伊木馬，而不是基礎設施法案，它對基礎設施的定義比對美國交通網的崩潰點更為廣泛。

桑德斯對塔珀說：“公路、橋樑和隧道是基礎設施。”

“但是我認為我們許多人看到了人類基礎設施的危機。當一個工人階級家庭找不到優質、負擔得起的托兒服務時，那就是人類基礎設施。”

密西西比州參議員羅傑·維克（Roger Wicker）提出了另一項新興的共和黨人反對該法案的主張，稱拜登的兩黨合作提議是不真誠的，因為他想撤銷特朗普政府的成就。

維克問道：“當總統的提議廢除我們在2017年提出的標誌性問題之一時，總統將如何期望兩黨合作？在降息方面，我們降低了稅率，他卻增加了稅率，最終使美國在對待創造就業者的方式方面更具競爭力？”

另一位強大的共和黨參議員、密蘇裏州的羅伊·布朗特（Roy Blunt）說，拜登白宮犯了一個大錯誤，應基於對基礎設施的更傳統理解，著重與共和黨一起通過一項法案。



布朗特週日在福克斯新聞上說：“我給白宮的建議是兩黨制勝。以一種更傳統的基礎設施方式做到這一點，然後，如果您想將其餘的一攬子計劃強加給國會和共和黨人，那麼您當然可以這樣做。”

但是交通部長皮特·布蒂吉格（Pete Buttigieg）試圖扭轉布朗特和他的共和黨人的觀點，將他們描繪成與民主黨人希望像拜登的新冠救濟計劃一樣受歡迎的法案背道而馳的局外人。

布蒂吉格在上週去匹茲堡接受媒體採訪時說：“我們在《美國就業計劃》中看到是壓倒性的支持。”

“而且，您知道，在很多方面，感覺就像我們已經說服了美國。現在，我們只需要讓華盛頓效仿就可以了。”

民主黨暗示要在沒有共和黨投票的情況下實行獨立計劃

拜登表示，他希望共和黨人加入基礎設施一攬子計劃，但他並未表現出任何削減雄心壯志以吸引參議院共和黨投票的雄心。

能源部長詹妮弗·格蘭霍爾姆（Jennifer Granholm）在“國情咨文”中露面時並未提出過兩黨法案，但為參議院的戰略制定最終可以通過黨派投票進行投票提供了廣泛的暗示。

格蘭霍爾姆告訴塔珀：“正如他所說，他（拜登）被送往總統職位為美國做一份工作。如果全國各地絕大多數美國人、民主黨人和共和黨人支持我們國家的開支，而不是讓我們在全球範圍內輸掉比賽，那麼他將這樣做。”

為了克服共和黨的阻撓努力，民主黨人似乎準備通過使用一種稱為和解的程序來嘗試通過基礎設施方案，該程序適用於影響聯邦預算狀況的立法，該程序與通過共和黨的程序相同，沒有共和黨投票的救濟方案。

但是，這樣的戰略仍然需要來自西弗吉尼亞參議員喬·曼欽（Joe Manchin）等溫和的民主黨人的支持，後者曾表示，他希望看到兩黨進程在該措施上發揮作用。擁有州參議院多數席位的煤炭州（西弗吉尼亞州）民主黨人，知道自己的核心作用，在就救濟方案的細節進行談判時，他毫不猶豫地行使自己的權力作為頻繁的搖擺投票。

預算委員會主席桑德斯預測，參議院的民主黨方面將最終統一。“如果您的問題是，我想我們會在一起做嗎？是的，我願意。”桑德斯在《國情咨文》中對塔珀說。

“我認為你將看到民主黨核心小組齊聚一堂，通過非常非常重要的立法。”

(圖片來自網絡，版權歸原作者)