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Inside C2

Southern DAILY

Make Today Different

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India reports 366,161 new COVID-19 cases

NEW DELHI, May 10 (Xinhua) -- India's COVID-19 tally rose to 22,662,575 on Monday, as 366,161 new cases were registered across the country in the past 24 hours, said the health ministry.

Besides, as many as 3,754 deaths have taken place in the country since Sunday morning, taking the total death toll to 246,116, added the ministry.

This is the first time after four consecutive days when the number of cases fell below 400,000 in 24 hours, and first time after two consecutive days when the number of deaths in a day fell below the 4,000-mark.

There are still 3,745,237 active cases in the country, with an increase of 8,589 active cases through Sunday. A total of 18,671,222 people have been cured and discharged from hospitals so far across the country.



The COVID-19 figures continue to peak in the country, as the federal government has ruled out a complete lockdown to contain the worsening situation though some states have imposed night curfews or partial lockdowns.

Delhi has been put under a third successive lockdown till May 17. Some school exams have been cancelled or postponed in the wake of COVID-19 situation.

The number of daily active cases has been on the rise over the past few weeks. In January the number of daily cases in the country had come down to below-10,000.

Over 170 million vaccination doses (170,176,603) have been administered across the country since India kicked off a nationwide vaccination drive on Jan. 16.

Online registration began last Wednesday for vaccinating people aged above 18. This is the third phase of COVID-19 vaccination, which began on May 1.

Meanwhile, the Indian government has ramped up COVID-19 testing facilities across the country, as over 303 million tests have been conducted so far.

As many as 303,750,077 tests have been conducted till Sunday, out of which 1,474,606 tests were conducted on Sunday alone, said the latest data issued by the Indian Council of Medical Research (ICMR) on Monday.

Highest single-day death toll from COVID-19 reported in Nepal

KATHMANDU, May 10 (Xinhua) -- Nepal on Monday reported 139 deaths from COVID-19, the highest number of deaths ever logged in the country.

It is the first time that more than 100 patients were confirmed dead at one time in Nepal since the country was first hit by the pandemic early last year.

The Ministry of Health and Population did not confirm whether all the new deaths occurred in the past 24 hours.

"I cannot say whether all of them died in the last 24 hours. It is the figure of deaths reported in the last 24 hours. A few of them might have died in earlier days too," Sameer Adhikari, joint spokesperson at the ministry, told Xinhua.

According to the ministry, the latest fatalities have brought the total deaths to 3,859 in the country.

The death toll grew at a time when hospitals are complaining about the shortage of oxygen and beds. Several hospitals in the country have stopped admitting new COVID-19 patients, while social media platforms have been flooded with desperate calls for oxygen and intensive care unit beds for patients.

"Oxygen shortage also might have contributed to significant rise in deaths," said Adhikari.

Meanwhile, Nepal reported a record high of 9,127 new infections on Monday, taking the total cases to 403,794. It is the sixth day in a row that the country has seen over 8,000 new cases in a day.



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WEA LEE'S GLOBAL NOTES

CORONAVIRUS DIARY 05/10/2021



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Care For The Elderly In Our Community

It was my great pleasure to meet with a group of our Asian community leaders led by Theresa Chow, Margaret Chang and Stanley Sun. They visited our newly opened ITC Community Resource Center at the Southern News Group building.

Along with the thousands of members of the Chinese College Alumni Association they are very much interested in finding out more information about the senior citizens housing projects in our area.

We also invited two experts in this field to join us, including Mr. Jim Noteware. He is the former Housing Department Director for the City of Houston. Another guest was Ray Richardson who served in the federal housing department for almost twenty years.

In the meeting both of them talked about how HUD's many program can help the local community, especially for seniors.

Ray also mentioned that the Biden Administration will have more funds available to help



where needed with local housing projects.

Theresa Chow was our community leader over the past several years. She has helped many people get into housing projects and apply for federal and state funds. This is a very critical time for our community and we need more help for the elderly, not just for housing, but also other government benefits.

The ITC Community Resource Center is a service

platform to help all the community people connect to different government agencies.

Many people are running very small businesses and because of the language barrier, they can't get information directly from the government agencies and need assistance.

We really appreciate that Theresa Chow came to visit us. Her efforts really will get more help to our community.



Southern DAILY Make Today Different

Editor's Choice



Rescue attempts are made as a small whale stranded in the River Thames is seen in London, Britain. DAVID KORSAKS @dkfitldn



A part of a wheat field goes up in flames after Palestinians in Gaza sent incendiary balloons over the border near Nir Am, southern Israel. REUTERS/Amir Cohen



Russian service members march during a military parade on Victory Day, which marks the 76th anniversary of the victory over Nazi Germany in World War Two, in Red Square in central Moscow, Russia. REUTERS/Maxim Shemetov



Florida Congressman Matt Gaetz and Georgia Congresswoman Marjorie Taylor Greene attend an "America First" rally in The Villages, Florida. REUTERS/Octavio Jones



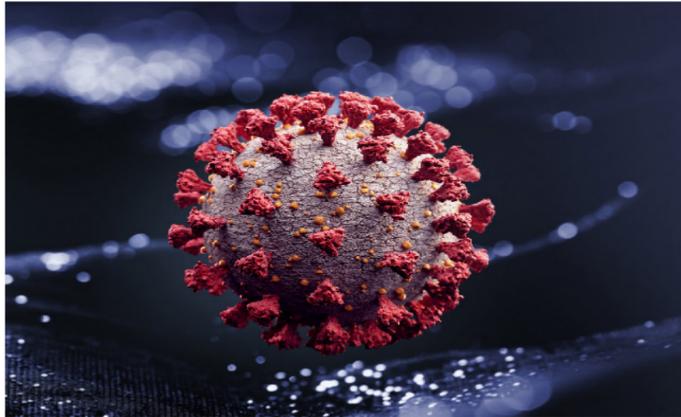
An injured woman is transported to a hospital after a blast in Kabul, Afghanistan. REUTERS/Stringer



People enjoy beverages at a bar in central Brussels, while Belgium reopens their outdoor spaces, including bar and restaurant terraces, after closing down for months. REUTERS/Yves Herman

OVERVIEW OF THE GLOBAL HEALTH CATASTROPHE

Why The Novel Coronavirus Had The Power To Launch A Pandemic



A computer rendering of SARS-CoV-2, the virus that causes COVID-19. (Photo/Radoslav Zilinsky/Getty Images)

By Guest Writer Pien Huang

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

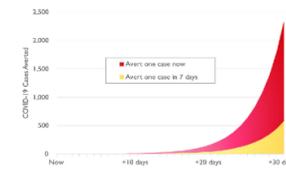
On January 30, the World Health Organization declared the novel coronavirus — then unnamed — to be a “Public Health Emergency of International Concern.” The virus, first reported in China in late 2019, had started to spread beyond its borders, causing 98 cases in 18 countries in addition to some 7,700 cases in China at the time.

Six months later, the tiny coronavirus has spread around the world, infecting more than 16 million people worldwide and killing more than 650,000. It is one of the leading causes of death in the U.S. in 2020.

“This is the sixth time a global health emergency has been declared under the International Health Regulations, but it is easily the most severe,” said Tedros Adhanom Ghebreyesus, WHO’s director-general, on Monday.

What was it about this coronavirus — later named SARS-CoV-2 — that made it the one to spark a global pandemic? Virologists point to several key traits that this virus possesses. Any one of them might be problematic. When combined in

one microscopic virus, the result is what coronavirus researcher Andrea Puijssers of Vanderbilt University calls a “perfect storm” — a one-in-a-million virus capable of triggering a worldwide health crisis.



It’s a super-fast spreader ...

One of the novel coronavirus’s biggest advantages is how easily it spreads from human to human, says Dr. Megan Freeman, a virologist at Children’s Hospital of Pittsburgh, who conducted her doctoral research on coronaviruses.

The coronavirus causes COVID-19, a respiratory disease that infects the sinuses, throat, lungs — all parts of the body involved with breathing. As a result, the virus can be readily passed onward through breath and spittle expelled from the nose and mouth. Unlike Ebola, where direct contact with blood and other bodily flu-

ids is the main route of infection, you don’t have to touch someone to be infected with SARS-CoV-2 — all it takes is getting close enough to an infected person and breathing in respiratory droplets they exhale.

And because it’s transmitted rapidly through the respiratory route, “it’s a virus that [also] has the capacity to spread across the globe fairly easily,” Puijssers says. All it takes to introduce the illness to a new continent is a single person who travels there while infectious.

... but not so fast that it’ll knock itself out

When a virus spreads too quickly, enough people in a community may catch it to create “herd immunity.” With fewer people to infect, the virus’s rapid spread can ensure its own demise, says Malik Peiris, a virologist at the University of Hong Kong. “It’s a balance,” he says, pointing out that other viruses such as dengue fever and chikungunya have surged and then died down in certain locations.



It’s transmittable even with no symptoms

Even before symptoms develop, infected people can spread this virus by speaking, singing, coughing and breathing out virus-laden droplets in close proximity to others. “For SARS-CoV-2, a lot of the transmission is from asymptomatic, [pre-

symptomatic] or mildly symptomatic people,” Puijssers says.

By contrast, SARS-CoV-1, a related coronavirus that caused an epidemic in Asia in 2003, was most infectious when people were symptomatic. So as soon as someone showed symptoms, they were quarantined — which effectively stopped that virus from transmitting, Peiris says. The SARS epidemic officially ended in 2004 after sickening 8,098 people; there have been no known cases reported since.

The severity of symptoms puts a strain on health systems

Even though some people who are infected have no symptoms or mild symptoms, the novel coronavirus can inflict serious damage. “This coronavirus has the capacity to cause really debilitating respiratory disease and even death” for a higher proportion of infected people compared with, say, the flu, Freeman says.

Because COVID-19 can make people sick enough to require hospitalization, high rates of spread have strained hospital systems, making it difficult to provide optimal care for patients, as is happening in California and Texas. When hospitals run low on staff and supplies, the result can be care rationing and excess deaths. Since its emergence, in late 2019 in China, the novel coronavirus has killed more than 600,000 globally.



Then there’s the pet theory ...

Not only did the novel coronavirus come from animals, it also appears to have the ability to jump from humans to animals, including their pets — and possibly back again.

The virus likely originated in bats and spilled over to humans because of some unlucky coincidence, where a person

was “in the wrong place at the wrong time” and came in contact with a bat or an intermediary animal that happened to be infected with this particular virus, says Carlos Zambrana-Torrel, an ecologist with the nonprofit organization EcoHealth Alliance.

Now, researchers have found humans have occasionally infected their pet dogs and cats as well as lions and tigers at the Bronx Zoo. There’s no evidence yet of dogs and cats passing it to people, but sick minks on Dutch fur farms are thought to have given the coronavirus back to humans.

This could mean that if the virus starts circulating regularly among animals that we handle or live with, it may be really hard to get rid of it, Freeman says. “[If] there’s an animal reservoir, there’s always that possibility that the virus could come back in a spillover event,” she says. In other words, a community could be virus-free only to have it reintroduced by a visiting animal.



... and this virus has the element of surprise

The world has never dealt with a pandemic caused by a highly dangerous coronavirus before. This means everyone in the world is likely susceptible to it and also that, in the beginning “we knew nothing about it — it was a brand new virus,” Puijssers says. And that lack of knowledge about treatments and control has contributed to the virus’s ability to spread.

Unlike flu, which has been known to researchers for centuries, this novel coronavirus has required researchers to figure out everything from scratch — how it spreads, who’s most likely to get sick from it and how to combat it with drugs and vaccines.

There’s still a lot we don’t know, Puijssers says, and we’re learning fast. But not fast enough to have stopped this pandemic from happening. (Courtesy npr.org)

July 21, 2020 -- With coronavirus cases surging under California’s reopening plan, Gov. Gavin Newsom recently ordered certain sectors, including bars, indoor dining, theaters, and bowling alleys, to close again. Online, crisis fatigue erupted. Residents vented long-simmering frustrations, casting blame on the governor and on each other. Half a year into the coronavirus pandemic, mental health experts worry that many Americans have reached a point of becoming emotionally overwhelmed.

Anger, frustration, disappointment, and hopelessness have flared across the nation. In California, people took to social media to express their feelings. Some even pushed for recalling Newsom.

“The dictator continues on his path of destruction,” David Wohl tweeted about the governor. Others pushed back at perceived scofflaws. The effort to recall the governor, according to Twitter user Nancy Lee Grahn, “is from the same selfish incredibly stupid bunch who just had to brunch, beach, bar maskless & spread their infected droplets all over the state. You did this & now you’re mad? Tough luck, jerks. The Gov is correct & protecting ur undeserving a--, so stop whining.”



While crisis fatigue is not an official diagnosis, its effects are real. People can feel so overwhelmed that they’re unsure of how to move forward, she says. When people have crisis fatigue, it’s natural for them to feel a mixture of exhaustion, rage, disgust, despair, desperation,

COVID-19 Crisis Fatigue: Are We Emotionally Overwhelmed?

hypervigilance, anxiety, and grief, according to Galligher. As the crises have worn on, not only have tempers frayed, but many people feel less energetic and motivated, says Karestan Koenen, PhD, a professor of psychiatric epidemiology at the Harvard T.H. Chan School of Public Health.

“In the beginning [of the pandemic], people were scheduling Zoom dates, Zoom parties, Zoom gaming nights,” she says. But she’s noticed more stress and burnout, including among workers who are sheltering in place and perhaps raising children, too. “We’re privileged if we can work at home,” Koenen says.

“But if we work at home, there’s no division anymore between home and work.” Being unemployed is even more dire. As various parts of the country have reopened, some employees have been able to go back to work cutting hair, waiting tables, and selling movie tickets. But even with attempts to restore parts of our previous life, many people remain sad and disappointed that things haven’t gotten better, Koenen says. “In places where things are reopening some, it’s not the same. They realize it’s going to be a long haul.” Some people appear to have given up trying. In early July, Jennifer Morse, MD, a public health official in Michigan, told the news organization Bridge that she’s seeing a new complication: COVID fatigue. She has spotted more crowds and fewer masks, as has Peter Gulick, DO, an infectious disease expert in Lansing, MI. “It’s like they’re tired of it, they don’t care,” he said. “It’s, ‘Doggone it, I’m not going to eat my spinach anymore.’”



A Different Type of Threat
Despite crisis fatigue, the threat remains real and pervasive. As a psychiatric epidemiologist, Koenen studies the mental health



The new flu strain is similar to the swine flu that spread globally in 2009

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

fallout of disasters. This crisis is different from disasters such as a hurricane or terrorist attack. With those events, “It’s very severe initially, and then there’s sort of a linear improvement” as affected communities recover, she says. But with the coronavirus, there’s no recovery yet, she says. “That’s what’s been different. We’re still in it.” She compares the pandemic to other chronic, severe stressors with no obvious end point -- more similar to long-term conflicts and war, or displacement and refugee camps. “For most of us, if there’s a clear end in sight, it’s a little easier to gather the necessary energy to cope in the short term. But when a crisis crosses over into more of a chronic crisis, it’s more difficult to tap into those energy reserves,” Galligher says. “A lot of people are starting to ask some of those more existential questions, like ‘What are we going to do, and is this the new normal? How do we proceed as a culture?’”

Moving Forward
Galligher and Koenen, who have counseling backgrounds, offered advice on how to combat the challenges of crisis fatigue.

Spend your energy intentionally
Instead of feeling daunted by so many crises in the world, choose one or two priorities where you want to have an impact, Galligher says. You can use your personal efforts, voice, or money to contribute to a meaningful goal. For example, some of her colleagues were deeply troubled by the wildfires in Australia during the past year. “They weren’t in a position to head to Australia with fire hoses,” she says. “But they were absolutely in a position to send

some extra capital toward wildlife rescue and to support the folks who were on the front lines trying to fight these fires.”



Pursue things that give you joy and hope

No one needs to be reminded that the world is awash in problems.

In the midst of the turmoil, “You have to actively decide to find joy,” Koenen says. “Make that an active practice.”

She takes time from her busy schedule to walk outside, pull up a favorite song, or hang out with her son and dog. Such moments make life worthwhile, Galligher says. Notice the things, big or small, that bring lightness and humor to your day.

Take breaks, take care

Pay attention to when you’re feeling tired and overwhelmed, Galligher says. Allow yourself to take a break from the stress and engage in a healthy, soothing distraction. You’re not being selfish, she says. Taking care of yourself is an act of maintenance and self-preservation. Koenen agrees. While giving and altruism are valuable in times of trouble, they can come at a cost if we’re not careful. “The needs are so great that it’s easy for the average person, in the interest of being helpful, to burn themselves out.”

Pick your battles wisely

The mask vs. no mask battle rages on, producing some uncomfortable and occasionally violent confrontations. Black Lives Matter protesters have gotten into arguments with those who proclaim that all lives matter.



Right now, many of us are engaging in important conversations with those who disagree

with us, Galligher says. You can’t control how others will behave during such exchanges, but you can control your own actions and decide when it’s time to end a discussion that’s going nowhere -- or to not engage in the first place.

Take a break from the news

“We all need to turn off the media at times,” Koenen says. Leaving the TV on in the background all day can increase our sense of crisis fatigue. Instead, take a few hours away from the news and from social media to refresh yourself. Much of Koenen’s career has focused on trauma, so she’s learned to create boundaries to avoid becoming overwhelmed by her subject matter. For instance, she doesn’t do any studying on trauma before bedtime, she says.

Seek support

We’re already feeling isolated because of shutdown orders, but emotional connection and support can be healing for those who feel overwhelmed. Talk to someone you trust about how stress is affecting you, Galligher says. Don’t consider your crisis fatigue as something abnormal, she says. Feeling angry and despairing in the face of intense and prolonged stress is a common and understandable reaction.



Remember that we’ll come out on the other side.

While the crises confronting us are vast, we can draw on the personal strengths that have helped us in the past, Koenen says.

“Most people have had times in their lives where things have been really bad and have gone on for a long time -- a family member who’s been sick or had a chronic illness. Thinking about those times and how you got through them would be helpful.” The country has faced calamities before, “things like the Great Depression, these other large, catastrophic events that went on for many years at a societal level,” she says.

“We have had major crises before, and there’s always another side -- where we’ve come out of that.” (Courtesy <https://www.webmd.com/>)