

<p>店面生意租售 Business Opportunity</p> 	<p>賺錢美甲店出售 位 Katy Mill 對面, 富人區, 1300 呎, 房租便宜, 生意穩定, 小費高. 意者請電: 713-502-3973 512-284-1211</p>	<p>專業地產經紀 Realtor / Agent</p> 	<p>買新屋, 送最大佣金回扣 買全新房屋, 返饋建商高額佣金. 15 年地產經紀, 土木工程師. 現代地產公司 請電: 713-385-1188 林祿壽 Johnathan Ling</p>	<p>民宿出租 Sale/Rent</p> 	<p>休士頓民宿租 Houston Hostel USA 中國城惠康前, 百利大道上, 獨立屋, 旅館式套房, (房內附—書桌, 餐桌, Cable 電視及冰箱), 無限快速上網, 包水電. 拾包入住, 免簽長約, 月租最少 1 個月起. 16 年來感謝舊客戶推薦 Line/微信: houstontours 電/簡訊: 832-640-3888 Ruby 陳碧如</p>
<p>房地產租售 Sale/Rent</p> 	<p>*好房分租 共四個房間, 限單身 月租: 一房 \$390 包電, 水, Wifi 6510 Gold Tee Ct Houston, TX 77036 意者請電: 832-853-1559</p>	<p>*房屋買賣出租 位中國城惠康超市對面公寓, 有空房 一房 & 二房 & 三房, 可隨時入住 長短期, 價格合適, 交通便利. 意者請洽: 832-317-6315</p>	<p>Home for Rent—Galleria Area CONVENIENTLY LOCATED Feel at home in this comfortable spacious Patio Home Located next to the Mandarin Immersion Magnet School and the Galleria at 5335 Fayette Street, Houston TX 77056 5 Bedrooms, 4-1/2 Baths for LEASE \$4950 per month Visit this stunning property at HAR.com, MLS 646 120 26 For a private visit, contact Albert Schneuwly, Realtor at Evan Howell Inc. at imswiss@sbcglobal.net or 713-542-0070 (Mobile) Galleria 高級地段, 方便+舒適+寬敞, 5臥室+4個半衛浴, 月租 \$4950</p>	<p>ITC 多間高雅辦公室租 環境高雅, 安全, 安靜, 包水電, 免費高速光纖上網, 辦公傢具, 近中國城 5 分鐘. 有大停車場. 共多間辦公室出租, \$600 起 (Room#209 及 大會議室) 281-498-4310 陳鐵梅 (中文) 281-983-8152 Jennifer (英文)</p>	<p>Office for Rent International Trade Center</p> 
<p>房地產租售 Sale/Rent</p> 	<p>*別墅平房出租 四臥二衛, 大房間, 大花園, 干淨整潔. 在 Stafford 77477 近糖城. 整棟出租. \$1600/月. 832-997-7117</p>	<p>公寓出租 位中國城如意公寓 二房二衛浴 意者請電: Steven 832-977-6288</p>	<p>吉屋出租 中國城, 金城銀行後面 整棟出租 \$1150 3房二廳, 運動場對面, 停車方便, 環境清幽. 吉屋分租, 去超市 5 分鐘, 供水電上網. 請洽: 832-283-0285</p>	<p>Home for Rent—Galleria Area CONVENIENTLY LOCATED Feel at home in this comfortable spacious Patio Home Located next to the Mandarin Immersion Magnet School and the Galleria at 5335 Fayette Street, Houston TX 77056 5 Bedrooms, 4-1/2 Baths for LEASE \$4950 per month Visit this stunning property at HAR.com, MLS 646 120 26 For a private visit, contact Albert Schneuwly, Realtor at Evan Howell Inc. at imswiss@sbcglobal.net or 713-542-0070 (Mobile) Galleria 高級地段, 方便+舒適+寬敞, 5臥室+4個半衛浴, 月租 \$4950</p>	<p>Office for Rent International Trade Center</p> 
<p>Home Service 家庭服務 200</p> 	<p>*誠聘通勤阿姨 家住西南區, 8號/Westheimer 交界, 需有經驗+愛心+責任心 照顧 2 個月大女嬰兒, 及簡單家務. 週一至五, 7:30am-6:30pm 請電: 281-248-3025</p>	<p>*聘請住家阿姨 位 Memorial, 基本英文溝通, 會開車 簡單打掃, 洗衣服, 會煮江浙菜, 作息有規律 高標準要求的阿姨, 薪水 \$4000+ 意者請電: 832-908-0878</p>	<p>*誠聘長期保姆 預產期 6 月底 糖城. 主要照顧嬰兒 彈性時間, 通勤, 北 610 內 薪優面議, 請電: 713-376-6861</p>	<p>誠聘長期保姆 照顧嬰兒, 簡單家務 彈性時間, 通勤, 北 610 內 薪優面議, 請電: 832-755-7171</p>	<p>新優, 請家教 兩個 7 歲孩子請家教, 對美國學校教育經驗 補習中英文和數學 全/半工均可, 報酬優. 15-20/時, 時間彈性 位 Sugar Land 832-630-4683</p> <p>聘長期住家保姆 家住糖城 主要照顧嬰兒, 簡單家務, 需有經驗, 有愛心. 薪新面議. 聯繫電話: 周女士 832-378-8809</p>
<p>看護服務 Health Care Service 200</p> 	<p>*家庭護理機構 位西南區, 徵中英雙語 全工專職服務員 競爭力的報酬及福利. 意者請將履歷 Email: assistmedHR@gmail.com 傳真: 832-300-3106</p>	<p>看護服務 Health Care Service 200</p> 	<p>*Home Care Agency based in West Houston is hiring bilingual English/Chinese Special attendants to take care of clients in their homes. Full time position, competitive pay with benefits. Email resumes to: assistmedHR@gmail.com or fax to 832-300-3106</p>	<p>西南區餐具公司 誠請收銀、收發貨員: 需懂英語, 會基本電腦操作. 另請修理員、機械工: 需具有基本電路常識 意者請電: Lisa 713-539-8179</p>	<p>貨運代理 Cargoworld Express 商業, 出口, 進口, 報關 Full Logistics Service 25 年經驗, 誠實, 可靠 華人專線: 832-229-9293</p> 
<p>Company Hiring 公司請人 300</p> 	<p>Pharmacy Technician CPhT 負責勤快, 有耐心, 客服好 Cantonese and/or Spanish preferred. Tel: 713-541-1234 Fax: 713-541-1101 evgrxhou@gmail.com</p>	<p>窗簾廠招人 縫紉工、安裝工, 木工, 有一定經驗, 可培訓, 薪優. 請電: 張先生 281-793-1768</p>	<p>Food Distributor A/R, Offices Assistant Sales & Warehouse speaking Chinese & simple English. 713-383-8818 or Email: helen@fourseasonsfood.com</p>	<p>*Hiring 電子廠誠請組裝工人 Purchasing, Supervisor, Project Manager 意者請電或送簡歷至: 713-349-4559 GI-HR@gicircuits.com</p>	<p>房地產開發公司 位休斯頓, 誠徵會計, 需英文流利, 大學學歷 工作 4 年以上, 需做報表. 請 Email: orianao@lovetcommercial.com</p> <p>電腦維修招聘 懂電腦基本操作, 講英文, 有電腦維修經驗優先 有意者請電: 832-643-9822</p>
<p>電子烟批發公司 『高薪』聘全職銷售代表 中英文流利, 自備車, 駕照 電子烟愛好者優先 底薪+佣金 薪酬月可達 \$5000 以上 工作: 德州區(需出差) 電: 832-208-4394 微信: Ead6022</p>	<p>醫療公司, 高薪 聘請大樓維修工, 會簡單英語、中文流利。 有興趣高薪者, 請致電 346-239-0859</p>	<p>安防公司誠聘 ●辦公室文員(長工)英文流利, quick book 經驗優先, 近中國城, 薪優 ●安裝技術人員, 簡單英文, 需出差, 公司培訓, 有木工, 鉗工, 修車, 裝修經驗優先, 年薪 6w+ 電: 346-970-7928</p>	<p>眼科診所誠聘 前臺工作人員, 半工 需中英文流利, 熟識電腦, 態度誠懇, 負責 意者請寄履歷至: och760@hotmail.com</p>	<p>貿易公司請人 誠請貨車司機, 有經驗開 24 呎手排檔 一周五天, 送貨到倉庫. 意者請電: 832-863-8876</p>	<p>木材公司請員工 近中國城, 需有機電經驗 略懂英文, 周一到五 3:30pm-12:00am 意者請電或 email: 281-561-9985 732applications@gmail.com</p> <p>進出口物流 倉庫現誠聘叉車司機和倉庫管理員. 辦公地點 靠近 Starfford, 77071 一年以上鏟車經驗優先 有意者請撥打電話: 346-319-3738 或加微信: 603954007</p> <p>能源化工類 國際貿易公司, 誠徵 採購助理: 化工能源專業 辦公室工作, 轉正機會 \$20/時. 請電/Email: 832-847-0887 sagevacancies@gmail.com</p>
<p>公司成立新部門 誠聘 Book Keeper 需豐富 QB 經驗 請遞簡歷至: Peter@corepacificinc.net</p>	<p>『高薪』聘 倉庫管理 石油設備公司招倉庫 經驗全職, 會開叉車, 日常收發貨, 會操作電腦, 基本英文, 提供健保和月獎 意者請電: 713-320-2103 或簡歷: usa@gnsolidscontrol.com</p>	<p>*『高薪』聘 倉庫管理 石油設備公司招倉庫 經驗全職, 會開叉車, 日常收發貨, 會操作電腦, 基本英文, 提供健保和月獎 意者請電: 713-320-2103 或簡歷: usa@gnsolidscontrol.com</p>	<p>裝修公司請人 誠請有經驗的裝修工人, 需要木工, 牆體, 瓷磚等師父及幫工, 有經驗者優先, 侍優. 聯系人: Richard 聯系電話: 832-778-0090 832-289-2279</p>	<p>公司誠聘 電訓, 網路, 安保 技術人員 無經驗可培訓 意者請電: 281-208-4848</p>	<p>塑膠編織袋工廠 位休斯頓近中國城, 誠徵具身份操作工 懂機器修理佳. 意者請電: 713-978-7888</p> <p>電腦公司招聘 技術人員或業務員 2-3 名 職責: 電腦維護維修, 庫存管理, 產品物流. 公司也可以 sponsor 身份. 有意者請將求職信及簡歷發至 info@zeeknox.com</p>
<p>*誠聘機器維修工 食品生產工廠, 聘請機械維修工 需有相關機械維修知識 及經驗且略懂英文 公司年假, 醫療保險, 401K 有意者請電: 832-366-1280 找 Helen</p>	<p>聯禾地產 UMRE 菁英招募 ●行銷銷售幹部: 善溝通與表達, 具平面設計能力, 市場調研與分析 熱情, 具行銷及企劃經歷佳. ●商業 & 住宅地產業務幹部及物業管理助理: 相關學歷及經驗, 具學習精神, 敏銳市場洞察力, 地產執照佳 ●會計助理: 基本掌握 Quickbooks, 工作細心, 可以全職/半職 Email 至: hr9889@gmail.com 公司地點: Houston 中國城, Katy 亞洲城</p>	<p>Fortune Fish & Gourmet Seafood Distributor & Processor 誠聘 ●Account Receivable 需中英文, 有工卡。 電話: 713-224-3474 Fax 履歷至: 713-673-3121 8751 Flagship Dr. Houston, TX 77029</p>	<p>誠徵會計助理 糖城 和 休斯頓 食品公司 需 AR 會計助理 中英文書寫流利, 可獨立作業, 一年以上 Quickbooks 和 Excel 經驗. 有意者請將履歷寄至: Debra@westlakewholesaler.com</p>	<p>公司聘請 辦公室財務經理和財務人員 各一名 ●財務經理: 要求 3-5 年經驗 ●財務人員: 要求 1-3 年經驗 會 Quickbook, 中英文流利. 電話: 281-782-3280 Email: hrwant36@gmail.com</p>	<p>*奧斯汀 數據中心誠招 有 IT 技術背景或者具備基礎網絡知識人員, 中英文流利. 全職崗位, 可以簽訂長期工作合同, 年薪+獎金+保險+年假. 同時招聘有合法身份合同工, 薪資優厚, 沒有經驗可培訓 有意者請聯系: 571-524-6858</p>
<p>建材公司誠請 門店經理, 辦公助理 無年齡限制, 可報稅, 熱情善於人際溝通, 學習能力強, 會應用基本辦公軟件, 中英雙語, 會西班牙語優先, 可協辦身份, 薪水面議 意者請發簡歷至: yixing2022@yahoo.com</p>	<p>誠徵電腦繪圖員 Civil CAD Operator Experienced in utility plan and profile for roadway and site improvement work. Skill in AutoCAD, Civil 3D Pipeline Network & Microstation. Houston Company. e-mail: kim.khong@kuoassociates.com</p>	<p>*Sales 石油設備 『高薪』誠聘機械經驗銷售, 提供健保、月獎和年獎, 中英流利, 良好 TX 駕照 意者請電: 713-320-2103 或簡歷: usa@gnsolidscontrol.com</p>	<p>誠徵會計助理 糖城 和 休斯頓 食品公司 需 AR 會計助理 中英文書寫流利, 可獨立作業, 一年以上 Quickbooks 和 Excel 經驗. 有意者請將履歷寄至: Debra@westlakewholesaler.com</p>	<p>兼職 PT 程序員 * 全棧工程師 / Full Stack Software Developer * 熟練 PHP Laravel * 熟練 React Email: accounting@scdaily.com</p>	<p>Office Assistant (Part or Full Time) Financial Services in S.W. Houston, TX Misc customer services, office admin., trainable, multitasking, detail oriented, good communication & computer software skills, bilingual English/Chinese, good personality, ethical, 1-2 years experiences. Resume to: leng.www@gmail.com</p>
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Inside C2

Southern DAILY

Make Today Different

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Ukraine’s Zelenskiy declares ‘day of unity’ for Feb. 16, cited as possible invasion

MOSCOW/KYIV, Feb 14 (Reuters) - President Volodymyr Zelenskiy called on Ukrainians to fly the country’s flags from buildings and sing the national anthem in unison on Feb. 16, a date that some Western media have cited as a possible start of a Russian invasion.

Ukrainian officials stressed that Zelenskiy was not predicting an attack on that date, but responding with skepticism to foreign media reports. Several Western media organisations have quoted U.S. and other officials citing the date as when Russian forces would be ready for an attack. “They tell us Feb. 16 will be the day of the attack. We will make it a day of unity,” Zelenskiy said in a video address to the nation.

“They are trying to frighten us by yet again naming a date for the start of military action,” Zelenskiy said. “On that day, we will hang our national flags, wear yellow and blue banners, and show the whole world our unity.”

Zelenskiy has long said that - while he believes Russia is threatening his country - the likelihood of an imminent attack has been overstated by Ukraine’s Western allies, responding to Moscow’s efforts to intimidate Ukraine and sow panic.

Mykhailo Podolyak, an adviser to Zelenskiy’s chief of staff, told Reuters the president was responding in part “with irony” to media reports of the potential date of the invasion.

“It is quite understandable why Ukrainians today are skeptical about various ‘specific dates’ of the so-called ‘start of the invasion’ announced in the media,” he said. “When the ‘start of the invasion’ becomes some sort of rolling tour date, such media announcements can only be taken with irony.” Zelenskiy’s office released the text of a decree calling for all villages and towns in Ukraine to fly the country’s flags on Wednesday, and for the entire nation to sing the national anthem at 10 am. It also called for an increase in salaries of soldiers and border guards.

U.S. officials said they were not predicting an assault ordered by Russian President Vladimir Putin on a specific day, but repeated warnings that it could come at any time.



“I won’t get into a specific date, I don’t think that would be smart. I would just tell you that it is entirely possible that he could move with little to no warning,” Pentagon spokesperson John Kirby told reporters. Earlier, Kirby said Moscow was still adding to its military capabilities on the Ukrainian frontier.

Secretary of State Antony Blinken said Washington, which has already sent most of its diplomats home, was moving its remaining diplomatic mission in Ukraine from Kyiv to the western city of Lviv, much further from the Russian frontier. He cited a “dramatic acceleration in the buildup of Russian forces”.

Russia has more than 100,000 troops massed near the border of Ukraine. It denies Western accusations that it is planning an invasion, but says it could take unspecified “military-technical” action unless a range of demands are met, including barring Kyiv from ever joining the NATO alliance.

Russia suggested on Monday that it was ready to keep talking to the West to try to defuse the security crisis.

In a televised exchange, Putin was shown asking his foreign minister, Sergei Lavrov, whether there was a chance of an agreement to address Russia’s security concerns, or whether it was just being dragged into tortuous negotiations.

Lavrov replied: “We have already warned more than once that we will not allow endless negotiations on questions that demand a solution today.”

But he added: “It seems to me that our possibilities are far from exhausted... At this stage, I would suggest continuing and building them up.”

Western countries have threatened sanctions on an unprecedented scale if Russia does invade. The Group of Seven large economies (G7) warned on Monday of “economic and financial sanctions which will have massive and immediate consequences on the Russian economy”.

After speaking with the foreign minis-

ters of Russia and Ukraine, U.N. Secretary-General Antonio Guterres said he still believed “from his own analysis, his own hopes” that there would not be a conflict, a U.N. spokesperson said. [read more](#)

Moscow says Ukraine’s quest to join NATO poses a threat. While NATO has no immediate plans to admit Ukraine, Western countries say they cannot negotiate over a sovereign country’s right to form alliances.

ECONOMIC DAMAGE

Ukraine is already suffering economic damage from the standoff. A surge in the price of 5-year credit default swaps on Ukrainian sovereign bonds suggested that markets gave Kyiv a 42% probability of defaulting.

U.S. national security adviser Jake Sullivan told congressional leaders on Monday that Washington was considering offering Ukraine up to \$1 billion in sovereign loan guarantees to calm markets, a source familiar with the adviser’s call told Reuters.

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WEA LEE'S GLOBAL NOTES

02/14/2022

Contribution To Our Community



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Republic of Guiana Honorary consul at Houston Texas

In order to support and encourage local kids, entrepreneurs at the fun event last weekend participated in the Love Bugs Children's Business Fair hosted at Holy Cross Lutheran Church.

In the last two years, because of the spread of the pandemic and social unrest, we have witnessed so many people living in poverty and helplessness. The gap



between the poor and rich is increasing. No matter how much politicians promise, they turn a blind eye to the dark side of social justice.

We were so glad last weekend that we were able to participate with our granddaughter and her friends. She made a beautiful bookmark and sold

it at the fair.

As part of society, we as Asian American citizens need to do more to help the needy people and the less fortunate.

We are so glad that our younger generation fully understands their role in the community.



Southern DAILY Make Today Different

Editor's Choice



A protestor stands atop a vehicle as cars parade during their "Convoi de la liberte" (The Freedom Convoy), a vehicular convoy to protest coronavirus vaccine and restrictions in Paris, France, February 12. REUTERS/Benoit Tessier



People stand next to a car with the flags of Israel and Canada as it takes part in an Israeli "Freedom Convoy" heading towards Jerusalem, near Ein Hemed, February 14. REUTERS/Ronen Zvulun



A protestor waves a Canadian flag on the Champs-Elysees avenue as cars parade during their "Convoi de la liberte" (The Freedom Convoy) to protest coronavirus vaccine and restrictions in Paris, February 12. REUTERS/Benoit Tessier



A protestor holds a flag and takes a selfie before heading to Jerusalem as part of an Israeli "Freedom Convoy" in Latrun, Israel, February 14. REUTERS/Amir Cohen

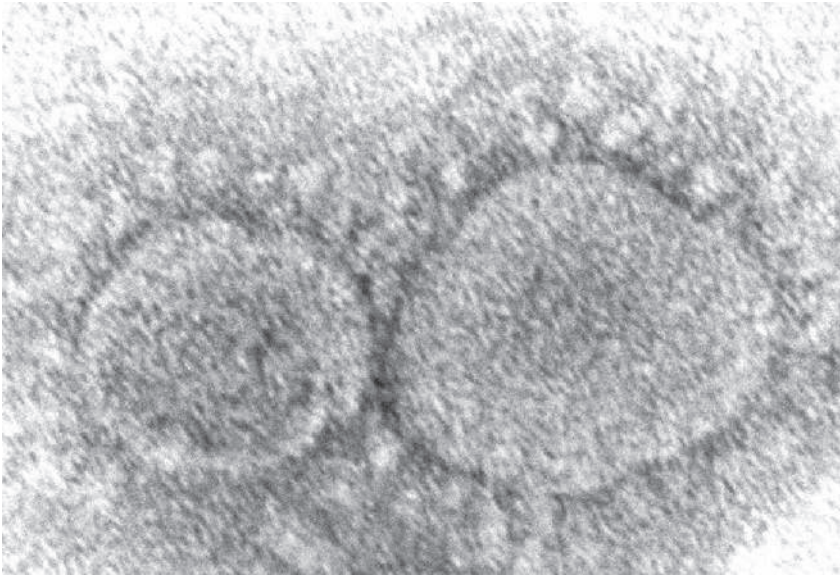


Tear gas grenades are fired during a protest on the Champs-Elysees avenue as cars try to block the traffic during their "Convoi de la liberte" (The Freedom Convoy) in Paris, France, February 12. REUTERS/Benoit Tessier



Arianna Fontana of Italy celebrates after winning gold in the Women's Short Track Speed Skating - 500m. REUTERS/Aleksandra Szmigiel

New COVID-19 Variants Raise Concerns About Virus Reinfections



A 2020 electron microscope image made available by the Centers for Disease Control and Prevention shows SARS-CoV-2 virus particles which cause COVID-19. According to research released in 2021, evidence is mounting that having COVID-19 may not protect against getting infected again with some of the new variants. People also can get second infections with earlier versions of the coronavirus if they mounted a weak defense the first time. (Hannah A. Bullock, Azaibi Tamin/CDC via AP)

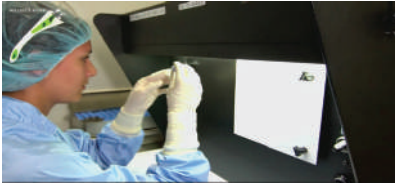
Compiled And Edited By John T. Robbins, Southern Daily Editor

Evidence is mounting that having COVID-19 may not protect against getting infected again with some of the new variants. People also can get second infections with earlier versions of the coronavirus if they mounted a weak defense the first time, new research suggests.

How long immunity lasts from natural infection is one of the big questions in the pandemic. Scientists still think reinfections are fairly rare and usually less serious than initial ones, but recent developments around the world have raised concerns.

In South Africa, a vaccine study found new infections with a variant in 2% of people who previously had an earlier version of the virus. In Brazil, several similar cases were documented with a new variant there. Researchers are exploring whether reinfections

help explain a recent surge in the city of Manaus, where three-fourths of residents were thought to have been previously infected. In the United States, a study found that 10% of Marine recruits who had evidence of prior infection and repeatedly tested negative before starting basic training were later infected again. That work was done before the new variants began to spread, said one study leader, Dr. Stuart Sealfon of the Icahn School of Medicine at Mount Sinai in New York.



“Previous infection does not give you a

free pass,” he said. “A substantial risk of reinfection remains.”

Reinfections pose a public health concern, not just a personal one. Even in cases where reinfection causes no symptoms or just mild ones, people might still spread the virus. That’s why health officials are urging vaccination as a longer-term solution and encouraging people to wear masks, keep physical distance and wash their hands frequently.

“It’s an incentive to do what we have been saying all along: to vaccinate as many people as we can and to do so as quickly as we can,” said Dr. Anthony Fauci, the U.S. government’s top infectious disease expert. “My looking at the data suggests ... and I want to underline suggests ... the protection induced by a vaccine may even be a little better” than natural infection, Fauci said.



Doctors in South Africa began to worry when they saw a surge of cases late last year in areas where blood tests suggested many people had already had the virus. Until recently, all indications were “that previous infection confers protection for at least nine months,” so a second wave should have been “relatively subdued,” said Dr. Shabir Madhi of the University of the Witwatersrand in Johannesburg. Scientists discovered a new version of the virus that’s more contagious and less susceptible to certain treatments. It now causes more than 90% of new cases in South Africa and has spread to 40 countries including the United States. Madhi led a study testing Novavax’s vaccine and found it less effective against the new variant. The study also revealed that infections with the new variant were just as common among people who had COVID-19 as those who had not.

“What this basically tells us, unfortunately, is that past infection with early variants of the virus in South Africa

does not protect” against the new one, he said. In Brazil, a spike in hospitalizations in Manaus in January caused similar worry and revealed a new variant that’s also more contagious and less vulnerable to some treatments.



“Reinfection could be one of the drivers of these cases,” said Dr. Ester Sabino of the University of Sao Paulo. She wrote an article in the journal Lancet on possible explanations. “We have not yet been able to define how frequently this is happening,” she said. California scientists also are investigating whether a recently identified variant may be causing reinfections or a surge of cases there.

“We’re looking at that now,” seeking blood samples from past cases, said Jasmine Plummer, a researcher at Cedars-Sinai Medical Center in Los Angeles.

Dr. Howard Bauchner, editor-in-chief of the Journal of the American Medical Association, said it soon would report on what he called “the Los Angeles variant.”

A study by the Naval Medical Research Center involved several thousand Marine recruits who tested negative for the virus three times during a two-week supervised military quarantine before starting basic training. Among the 189 whose blood tests indicated they had been infected in the past, 19 tested positive again during the six weeks of training. That’s far less than those without previous infection — “almost half of them became infected at the basic training site,” Sealfon said.



Evidence is mounting that having

COVID-19 before may not protect against getting infected again with some of the new variants emerging around the world. (Feb. 8)

The amount and quality of antibodies that previously infected Marines had upon arrival was tied to their risk of getting the virus again. No reinfections caused serious illness, but that does not mean the recruits were not at risk of spreading infection to others, Sealfon said.

“It does look like reinfection is possible. I don’t think we fully understand why that is and why immunity has not developed” in those cases, said an immunology expert with no role in the study, E. John Wherry of the University of Pennsylvania.

“Natural infections can leave you with a range of immunity” while vaccines consistently induce high levels of antibodies, Wherry said. “I am optimistic that our vaccines are doing a little bit better.” (Courtesy apnews.com)



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How Do We Prevent Future Pandemics?



There are 1.7 million ‘undiscovered’ viruses in mammals and birds, 827,000 of which could infect humans. (Image: Unsplash/Mika Baumeister)

KEY POINTS

- Human activity is to blame for COVID-19, say 22 international experts.
- But we can prevent future pandemics by better protecting Earth’s natural resources.
- There are 1.7 million ‘undiscovered’ viruses in mammals and birds, 827,000 of which could infect humans.
- But it’s not too late to change course and rebuild our defences.
- Experts say switching our efforts to prevention would reduce the threat.

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

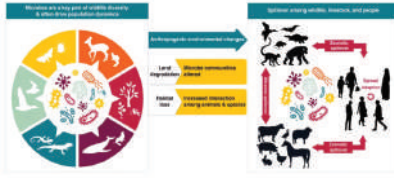
The good news: we can prevent future pandemics. But only if we take steps to protect the environment and restore its natural defences, according to an international group of 22 leading scientists.

“There is no great mystery about the cause of the COVID-19 pandemic – or of any modern pandemic,” said Dr Peter Daszak, chair of the panel which was convened by the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES).

COVID-19 is the sixth global health crisis since the flu pandemic of 1918 and “its emergence has been entirely driven by human activities,” the report says, adding

that there are 1.7 million “undiscovered” viruses in mammals and birds – up to 827,000 of which could infect people.

“The same human activities that drive climate change and biodiversity loss also drive pandemic risk through their impacts on our environment. Changes in the way we use land, unsustainable trade, production and consumption disrupt nature and increase contact between wildlife, livestock, pathogens and people.” This contact allows viruses to cross over between species and spread more rapidly around the world.



This is how pandemics start and spread – and their frequency is increasing, say scientists. (Image: IPBES)

Prevention is better than reaction

The group says that, rather than tackling pandemic outbreaks after they occur, we should be acting now to prevent them through greater conservation efforts and ending the overexploitation of Earth’s resources.

“The overwhelming scientific evidence points to a very positive conclusion,” said Daszak. “We have the increasing ability to prevent pandemics – but the way we are tackling them right now largely ignores that ability.”

Daszak says the fact that human activity has brought about such a rapid change in the natural environment proves we also have the ability to make change in the right direction – but “our approach has effectively stagnated”.

Global action needed

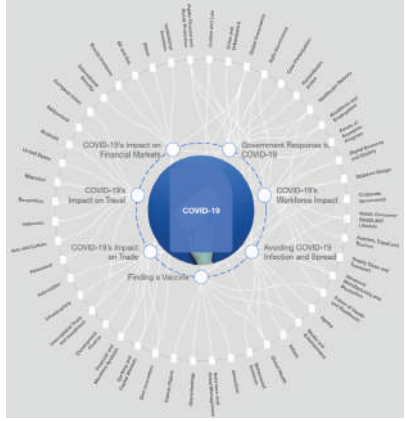
Forecasting that the global cost of the COVID-19 pandemic may already be as high as \$16 trillion, the IPBES report calls for the creation of a high-level intergovernmental council on pandemic prevention to coordinate a global action to prevent future outbreaks. If no action is taken, the report says future pandemics will happen more often, spread faster and kill more people than COVID-19. The panel says the economic cost of the current pandemic is 100 times the estimated cost of preventing it by protecting nature.

They call for “changes to reduce the types of consumption, globalized agricultural expansion and trade that have led to pandemics. This could include taxes or levies on meat consumption, livestock production and other forms of high pandemic-risk activities,” the report says.

The UN Food and Agriculture Organization (FAO) forecasts that by 2030

global meat consumption per head will reach 45.3 kg, almost double the level in the mid-1960s. Although COVID-19 lockdowns have reduced air pollution, a recent study warned that increased poverty caused by the pandemic could lead to more environmental damage as people return to activities like wildlife poaching and clearing forests for crops to survive.

COVID-19 – Connected To The World



COVID-19 threatens to become one of the most difficult tests faced by humanity in modern history. As the pandemic has spread it has taken lives, stirred anxiety and political drama, overwhelmed health systems, and triggered potentially lasting geopolitical change. The International Monetary Fund says the global economy faces a critical juncture, and Oxfam International has warned that half a billion people could be pushed into poverty as a result of the crisis. Around the world, desperate efforts are underway to contain what has become a profoundly disruptive outbreak.

The World Economic Forum’s recent report, Vision Towards a Responsible Future of Consumption, called on consumer industries to encourage sustainable consumption, reducing environmental impacts and developing a circular economy, reusing resources to reduce waste. They call for “changes to reduce the types of consumption, globalized agricultural expansion and trade that have led to pandemics. This could include

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中華老人服務協會上周六舉行第一季會員慶生會 曹沈迦寶女士專題講座：「美國養老面臨的挑戰」



「老協」會長趙婉兒（左二）及貴賓僑教中心陳奕芳主任（右一）黃依莉副主任（左一）頒發獎狀給當天的專題演講主講人曹沈迦寶（Karen Tso）女士（右二）。（記者秦鴻鈞攝）

（休士頓/ 秦鴻鈞報導）休士頓中華老人服務協會於上周六（2月12日）下午一點半，假中國城希爾頓花園旅館二樓舉行今年度第一季會員慶生暨慶祝農曆新春，僑教中心主任陳奕芳、副主任黃依莉、僑聯總會美南地區主任李迎霞等人應邀參加。在僑教中心陳奕芳主任首先向大家拜年，希人人平安度過疫情、健康快樂，希望三個月後，疫情稍緩後能在僑教中心大禮堂舉行。趙婉兒會長也說明「老協」現在每天的活動都已恢復，包括每月一次的「一日遊」活動。接著邀請老協本季度壽星廿餘人登台大合影留念。

會中也邀請曹沈迦寶（Karen Tso）女士主講「美國養老面臨的挑戰」。曹女士首先說：由於「老協」平時安排了各種學習、運動、健康講座、娛樂活動。這些活動使會員保持活躍和參與、解決了許多年長者面臨的挑戰，因此，她把演講的大部分時間花在長期護理的選擇上。

根據國立衛生研究院、國家老齡研究所的說法，長期護理針

對於滿足個人健康的各項服務或個人在短期或長期內的健康護理需求的服務。當人們無法再獨自進行日常生活時，這些服務可幫助人們盡可能獨立和安地生活。

長期護理由不同的護理人員在不同的地方提供，具體取決於一個人的需要。大多數長期護理是在家裡由家庭的成員和朋友提供無薪的照顧。它也可以在社區中所提供的設施如療養院或成人日託中心。可參閱長者精選搜索的網站：<https://elderlyselect.org/>

關於高齡老化人口的事實：

- 1，根據美國退休人員協會（AARP）2021年7月29日的報告，與其他選擇相比，90%的老年人更願意在家中養老。因此，以下針對不同服務的評估。偏愛居家養老的人以及在不同設施的老年人服務機構。
- 2，家庭主婦或專人護理服務（personal Care service）或到家健身輔助服務（Home Health Aide Service）。

成人日托（Adult Day Care）生活輔助住處（A、B、和C）。－還包括記憶護理。Assisted Living（A、B、& C）－Also include Memory Care。

- 3，安老院（Residential Care Homes）
- 4，療養院－通常包括記憶護理。
- 5，什麼是持續護理退休社區。

曹女士談到如何支付長期護理費用？其中包括：

- 1，長期護理保險（Long-term care insurance）
- 2，人壽保險附加長期護理險（Life Insurance with Long-term Care Riders）
- 3，具有長期護理保險的混合年金（Hybrid Annuities with Long-Term Care Coverage）
- 4，反向抵押貸款（Reverse Mortgages）
- 5，退伍軍人護理（Veterans Care）
- 6，PACE

曹女士也在演講中比較 Assisted Living(退休照料住宅) 和



圖為「中華老人服務協會」第一季度的壽星出列，接受禮物並合影留念。（記者秦鴻鈞攝）

Nursing Home（療養院）有那些不同？

其中「退休照料住宅」相對較少的醫療監護，有緊急電話呼叫系統；家政服務；社交活動；餐食；交通；以及相對較多的客戶自由時間。每州收費不同，德州平均每月收費\$3515，但 Medicare PartA 或B 都不覆蓋提供全面的持續性長期照料。

而 Nursing Home (療養院) 則是所有服務加上更廣泛的醫療照顧。在客戶的自由時間上可能會有一定限毛。每月半私人房及私人房的平均價為\$4502 元及\$5931 元。這些療養院都已通過 Medicare, Medicaid 或同時兩者的認證，Medicare 為受益者覆蓋長達一百天的服務。

曹女士也提到有關這種 Long Turn Care 的保險必須從較年輕時（中年時）買起，年長後則公司則不接受。

當天也有哈里斯縣第四區區長候選人周浩恩（Ben Chou）前來拜訪大家，談到參選的動機，及2月14日至25日的提前投票，有專車載運「老協」的成員投票。



為嚴女士（前排中）參加活動，與「台北經文處」陳家彥處長（前排中右）合影。

喪訊

（休士頓/ 秦鴻鈞報導）僑界著名的慈母、熱心公益的長輩嚴金佩珍女士，慟於2022年2月6日，與世長辭，享年103歲。嚴女士一生，學驗俱豐、熱心公益。她在1942年拿到化工系學士學位，同年跟同學嚴叔平結婚，生二男一女。1948年隨夫攜子女到台灣。她多才多藝，曾任教於台北第一女子中學，教化學17年，於1978年退休。因子女到美國休士頓定居。在84歲那年受洗歸主耶穌。在90歲以前熱心公益。並為中華老人服務協會、保健中心活躍成員。嚴女士的追思安息禮拜，將於2月19日（星期六）上午十時，假「永福殯儀館」（8514 Tybor Dr. Houston TX 77074）舉行。



為嚴金佩珍女士（中）參加活動，攝於僑教中心大禮堂。

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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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