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| <div>*科州餐館請人,新優</div> <div>丹佛科州中日餐,誠請 壽司師傅,打包外賣員,企檯 各一名 以上需懂英文,全工半工均可。 包吃住,待遇好,工資電議。 意者請電: 562-508-1964</div> | <div>珍寶海鮮城 誠聘</div> <div>點心師傅、點心熟籠、點心幫手 推車、傳餐、帶位。 需少許英文,全工或半工均可 請電: 281-988-8898 或親臨面談 11215 Bellaire Blvd, Houston, TX 77072</div> | <div>新皇宮點心海鮮酒樓 (ChinaBear)</div> <div>『高新』誠聘: 經理,企枱,收銀,帶位 廚房: 煎炸,蒸籠,腸粉,炒鍋,抓碼,油爐 意者請電 New Palace 或親臨面談: 281-240-8383 713-303-8998 12755 Southwest Fwy, Stafford TX 77477</div> | <div>老美中餐館</div> <div>誠請 ● 企檯 Server ● 壽司學徒 需懂英文,全工/半工 位 45 南, 25 出口 意者請電或短信: 832-225-2948</div> | <div>堂吃外賣店</div> <div>離中國城 30 分鐘靠近 糖城 6 號。誠請 熟手全工半工接電話 熟手炒鍋、幫炒、外送員 需要報稅。有意者電: 832-380-0129 沒接到發短信,謝謝</div> | | | |
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| <div>Buffet 店請人</div> <div>距中國城 8 分鐘 Buffet 店, 誠請 兼職帶位, 兼職經理 意者請電: 713-789-0845</div> | <div>餐館招人</div> <div>位 Corpus Christi Kitchen Cook Helper (廚房廚師幫手) 月薪 \$4000 及假期 提供食宿。50 歲以下。 少許英文。英文電/短訊: 361-876-9634</div> | <div>中餐館誠聘</div> <div>● 半工外送員 ● 半工收銀接電話打包 ● 全工炒鍋 有經驗,要報稅 離中國城 15 分鐘 4670 Beechnut 713-307-2882</div> | <div>Timmy Chan Restaurant Looking for PT Cook</div> <div>Can speak simple English Please call: Julie 832-782-2088</div> | <div>餐館誠請</div> <div>打雜, 油爐, 炒鍋 企檯, 收銀。 有住宿 意者請電: 707-848-0625</div> | <div>餐館招聘</div> <div>廚師, 抓碼, 打雜, 距離休斯頓 2 小時 車程, 包吃住。 意者請電: 361-649-7476</div> | <div>中餐館請人</div> <div>位 Woodlands 區 誠聘 外送員及接線員 意者請電: 832-788-1283</div> | <div>金冠酒家誠聘</div> <div>點心幫工 有身份·可報稅 意者請電: 713-474-7979</div> |
| <div>中國城中餐館</div> <div>『高新』 聘請廣東炒鍋, 每周工作 50 個小時, 每周休息 2 天 意者請電: 黃師傅 281-210-8392</div> | <div>糖城翠苑中餐館</div> <div>誠請 點心助理。 全職/兼職 有意者請電: 832-606-3731</div> | <div>外賣店,新優</div> <div>位 45 號北 Woodlands 區,誠請 全工或半工收銀員 聯系電話: 832-457-5542</div> | <div>美式中餐急需</div> <div>全職外送員,兼職企枱 餐館人事簡單好相處, 可報稅,位於 77469, 靠近糖城 59 號方向, 離中國城 25 分鐘, 有興趣請短信或致電: 832-812-7612</div> | <div>外賣快餐店,新優</div> <div>誠請 ● 廚房打雜 ● 收銀兼接電話 需英文流利。\$15/時 半工/全工均可 位 59 號北。請電: 713-732-8729</div> | <div>糖城餐館誠請</div> <div>全工半工 Cashier 無需經驗,可培訓 需說英文。電/親臨: 281-277-8383 1730 Williams Trace Sugar Land, TX 77478</div> | <div>餐館請人</div> <div>位 45 號南,近 Nasa 誠請 炒鍋、打雜, 打包、Sushi。 以上半工全工均可 包吃住。請電: 832-206-1789</div> | <div>餐館 Hiring</div> <div>位於 Pearland 誠請 全工或半工 企檯,收銀員及外送員 Full/Part Time ● Waiter/Waitress ● Cashiers ● Delivery Drivers Call: 832-594-0540</div> |
| <div>餐館請人</div> <div>靠近 249 『高新』誠聘 炒鍋, 打雜, 外送員 企枱, 聽接電話。 意者請電聯: 281-966-5342</div> | <div>餐館請人</div> <div>中餐堂吃外賣店 請 炒鍋一名 聯系電話: 281-265-0302</div> | <div>美式中餐館</div> <div>位 6 號/290, 誠請 全工炒鍋, 油鍋, 接電話打包, 外送員 & 半工周末外送員 各一名。需報稅。 以上包吃住。請電: 電: 713-213-0086 832-593-6688</div> | <div>中餐館請人</div> <div>● 290/ 8 號附近 招炒鍋,送外賣, 中午半天企檯 ● Midland TX 中式快餐 招經理,炒鍋,油鍋,收銀 以上包吃住。請電: 832-623-4949 832-773-2913</div> | <div>Mamak 糖城店</div> <div>Malaysian Restaurant 誠聘企枱。環境好, 小費高,新手可培訓。 有意者請電: 346-874-7913 每周二公休</div> | <div>餐館請人,新優</div> <div>生意好外賣店,誠聘 收銀員,打雜,炒鍋 全工/半工均可 909 Southmore Ave Pasadena, TX 77502 713-818-0335</div> | <div>德州手抓海鮮店</div> <div>● 前檯:需要英文佳 ● 後廚:夫妻工也可 工資 1 萬以上。 長期合作有機會入股! 意者洽: 鄭 631-264-9124</div> | <div>中國城奶茶店</div> <div>『新優』聘男女員工 需有工卡,可報稅。 全工/半工均可。 薪優面談,意者請電: 713-772-7888 312-479-1189</div> |
| <div>壽司餐館請人</div> <div></div> <div>Restaurant Hiring</div> | <div>壽司店招工</div> <div>位糖城&Downtown 誠招 壽司師傅及幫廚 意者請電: 832-520-6015</div> | <div>超市內壽司吧</div> <div>急徵工作人員一名 男女 / 年齡不拘 需有些經驗 待遇 \$\$ 優優優 \$\$ 請 5 點後電或簡訊 832-660-2521</div> | <div>HEB 超市內壽司吧請人</div> <div>HEB, Kroger Sushi Roll Available People Priority (Training Available) 10 mins from Pearland Medical Center/ Hwy-288 / Rice University Address: 6055 South Freeway, Houston, TX Please call: 832-808-0206 誠請全工/半工壽司師傅及廚房幫手, 懂少許英文即可,近醫學中心及 Rice 大學</div> | <div>壽司鐵板店招工</div> <div>位 Downtown 誠招 收銀及廚房幫工 周一到周五 電話詳談: 832-520-6015</div> | <div></div> <div>Restaurant Hiring 中日餐請人</div> | <div>Japanese Rest</div> <div>is hiring ● Servers (Waiter/Waitress) ● Sushi Help Please call: 832-693-6534 8236 Kirby Dr. #200 Houston, TX 77054</div> | <div>西南區日餐</div> <div>鐵板店「高新」招聘 ● Hibachi 鐵板師傅 ● 日餐廚房師傅 ● 企檯(Water/Waitress) 全職/半職均可 提供住宿。意者請電: 832-289-1003</div> |
| <div>200</div> <div>餐館租售</div> <div>Restaurant for sale</div> | <div>200</div> <div>餐館租售</div> <div>Restaurant for sale</div> | <div>*賺錢好餐館讓</div> <div>位 Galleria 區 1000 呎賺錢外賣店 房租 2500, 生意 5 萬 有意者請電: 832-661-5840</div> | <div>出售賺錢中餐館</div> <div>位於西北休斯頓,離中 國城 15 分鐘,八號邊。 一周開 6 天,1500 尺, 生意 4 萬 3。不送外賣, 人手不足售。適家庭經營 歡迎看店議價。請信息: 917-951-8859</div> | <div>*糖城超市內</div> <div>壽司吧轉讓 位置佳,生意穩定, 易經營。電話詳談: 832-520-6015 832-846-2345</div> | <div>外賣店出售</div> <div>近中國城,交通方便 墨西哥旺區 1600 呎,設備齊全, 租金低(包水) 目前無營業。 請電: 非誠勿擾 832-661-8881</div> | | |
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| <p>有工作經驗,勤奮及具責任心</p> <p>意者請電郵履歷至:</p> <p>racheltse7@gmail.com</p> | <p>● 工作內容: 1. 各項活動業務聯繫及接待 2. 駕車外出寄信,採購,洽公及辦理活動等公務事宜 3. 一般文書、庶務行政工作 4. 其他交辦事項</p> <p>意者請於2022年4月18日(星期一) 4PM前將以下文件Email寄至sachen@mofa.gov.tw,符合資格者本處將另行通知面試及測試事宜</p> <p>● 應徵所需文件: 1. 中英文履歷(含照片) 2. 學、經歷證明 3. 身分證明文件 4. 駕照影本 5. 其他證明文件</p> | <p>Experience: ADP, PAYROLL, QUICKBOOKS</p> <p>Education: Bachelor's</p> <p>Work Location:</p> <p>6969 North Freeway Houston TX 77076</p> <p>Please send the resume to : adis@autofit.bz</p> | <p>誠徵中英文雙語:會計、商業、經濟與金融等... 相關科系畢業。</p> <p>(Good verbal and written communication skills in English and Chinese)</p> <p>(Major in Accounting, Business, Economics, Finance, or related fields)</p> <p>工作地點位於休士頓市區,意者E-mail: i927a@firstbank.com.tw</p> |
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Inside C2

Southern DAILY

Make Today Different

Southern Daily News is published by Southern News Group Daily

Sunday, April 17 2022|

Russia strikes Kyiv suburb, presses offensive in Mariupol ruins

KYIV/MARIUPOL, Ukraine, April 16 (Reuters) - Russian air raids and missile strikes hit Ukraine's capital Kyiv and other major cities on Saturday as Moscow launched more long-range attacks following the sinking of its Black Sea fleet's flagship.

In the besieged port of Mariupol, scene of the war's heaviest fighting and worst humanitarian catastrophe, Russian troops pressed their advances, hoping to make up for their failure to capture Kyiv by seizing their first big prize of the war.

"The situation is very difficult" in Mariupol, President Volodymyr Zelenskiy told the Ukrainska Pravda news portal. "Our soldiers are blocked, the wounded are blocked. There is a humanitarian crisis ... Nevertheless, the guys are defending themselves."

Moscow said its warplanes had struck a tank repair factory in Kyiv. An explosion was heard and smoke rose over the southeastern Darnytskyi district. The mayor said at least one person was killed and medics were fighting to save others. read more

The Ukrainian military said Russian warplanes that took off from Belarus had fired missiles at the Lviv region near the Polish border and four cruise missiles were shot down by Ukrainian air defences.

The western city has been relatively unscathed so far and serves as a haven for refugees and international aid agencies.

In Mariupol, Reuters journalists in Russian-held districts reached the Ilyich steelworks, one of two metals plants where defenders have held out in underground tunnels and bunkers. Moscow claimed to have captured it on Friday.

The factory was reduced to a ruin of twisted steel and blasted concrete, with no sign of defenders present. Several bodies of civilians lay scattered on nearby streets, including a woman in a pink parka and white shoes.

Someone had spraypainted "mined" on a fence by an obliterated filling station. In a rare sign of life, one red car drove slowly down an otherwise empty street, the word "children" scrawled on a card taped to the windshield.

The Russian defence ministry said its troops had cleared the entire urban area of Mariupol of Ukrainian forces and had blockaded a few fighters in the Azovstal steelworks, RIA news agency



said. It cited ministry spokesman Igor Konashenkov as saying that as of Saturday, Ukrainian forces in the city had lost more than 4,000 people.

The governor of Kharkiv province in the east said at least one person had been killed and 18 were injured in a missile strike.

Smoke billowed from burning cars and the remains of what appeared to be an office building at the scene of an attack in the city as rescuers cleared mounds of debris that blocked the road outside.

In Mykolaiv, a city close to the southern front, Russia said it had struck a military vehicle repair factory.

The attacks followed Russia's announcement on Friday that it would intensify long-range strikes in retaliation for unspecified acts of "sabotage" and "terrorism", hours after it confirmed the sinking of its Black Sea flagship, the Moskva.

Kyiv and Washington say the ship, whose sinking has become a symbol of Ukrainian defiance, was hit by Ukrainian missiles. Moscow says it sank after a fire and that its crew of around 500 were evacuated.

Russia's Defence Ministry published video of the head of the navy, Admiral Nikolai Yevmenov, meeting on a parade

ground with about a hundred sailors it said were members of the crew.

Ukraine says it has so far held off Russian advances elsewhere in the Donbas regions of Donetsk and Luhansk, where at least one person was killed in shelling overnight. read more

In the front-line Luhansk town of Lysychansk, civilians crouched and then fled for safety from incoming shells as thick smoke rose from a blackened shop and burned-out cars.

Ukraine gained the upper hand in the early phase of a war, in part by successfully deploying mobile units armed with anti-tank missiles supplied by the West against Russian armoured convoys confined to roads by muddy terrain.

But Putin appears determined to capture more Donbas territory to claim victory in a war that has left Russia subject to increasingly punitive Western sanctions and with few allies.

An advisor to Zelenskiy said the country needed a swifter supply of weapons from its European Union partners. "Ukraine needs weapons. Not in a month. Now," Mykhailo Podolyak said in a Twitter post.

Zelenskiy said about 2,500-3,000 Ukrainian troops have been killed so far and up to 20,000 Russian troops.

Moscow has given no updates on its casualties since March 25, when it said 1,351 had died. Western estimates of Russian losses are many times higher, while there are few independent estimates of Ukraine's losses.

Ukraine says civilian deaths are impossible to count, estimating at least 20,000 killed in Mariupol alone.

Overall, around a quarter of Ukrainians have been driven from their homes, including a tenth of the population that has fled abroad.

Despite the attack in Darnytskyi, Kyiv continued to reopen slowly in the wake of the Russian withdrawal from its outskirts in recent weeks, with the French embassy staging a flag-raising ceremony to mark its reopening.

Zelenskiy held a ceremony to award medals to soldiers in the lobby of an office building with sandbags partly blocking the doors.



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WEA LEE'S GLOBAL NOTES

04/16/2022

Ramadan Month of Mercy

Ramadan is the ninth month of the Islamic calendar observed by Muslims worldwide as the month of fasting, prayer, reflection and community. People pray to Allah and do extra good deeds during this time.

During Ramadan the people fast with patience. Fasting also helps people to be thankful for all the blessings we have. Fasting teaches the people to have patience not to be angry. We need to be nice to people and care for one another.

I was invited to a big Ramadan event sponsored by local community leaders at the Sugar Land Marriott hotel. More than one thousand

people and members of the Consular Corp were in attendance.

We should be very grateful that we came to

this land from all over the world. We brought our own culture and religion to practice the way we like. The most important thing is that our next

generation will still keep their traditional language and culture.

We believe that religion is a very important moral

power for our nation. No matter what religion you may follow, religious beliefs always want you to be good man. This kind of power can really keep many people from committing crimes.

Fasting is also a shared experience between Muslims and strengthens the bonds of brotherhood. Overall, it benefits our bodies and the society as a whole.



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Southern DAILY Make Today Different

Editor's Choice



Nuns take part in the Catholic Washing of the Feet ceremony on Easter Holy Week in the Church of the Holy Sepulchre in Jerusalem's Old City, April 14. REUTERS/Ammar Awad



Penitents belonging to Los Gitanos brotherhood wait inside a church to take part in a Palm Sunday procession, after processions were cancelled for the last two years due to the coronavirus pandemic, in Ronda, Spain, April 10, 2022. REUTERS/Jon Nazca



A man sits on a domestic gas cylinder as he waits in line to buy gas on a main road, amid the country's economic crisis in Colombo, Sri Lanka. REUTERS/Dinuka Liyanawatte



Pilgrims celebrate Easter as they walk over the tidal causeway to Lindisfarne during the final leg of their Good Friday pilgrimage in Berwick-upon-Tweed, Northumberland, Britain, April 15. REUTERS/Lee Smith



Western lowland gorilla Fatou, the world's oldest according to the Berlin zoo, receives a rice cake with fruit on her 65th birthday at the zoo in Berlin, Germany. REUTERS/Lisi Niesner



A man dressed as a demon rests as he participates in a ceremony known as Los Talciguines, as part of religious activities to mark the start of the Holy Week in Textistepeque, El Salvador, April 11. REUTERS/Jose Cabezas

Hundreds Of Russian Troops And Equipment Are Being Pounded Elon Musk's Starlink Internet Connection Dominates The Ukraine Skies Allowing Zelinsky's Drone Warriors To Rule The Digital War



Artist Depiction Of Elon Musk (Left) And Ukraine President Zelensky (Right) Showing Their Partnership With The Starlink Satellite System And Drone Initiative. (Artist/Alex Andro/Donna, Texas)

Key Points

- *Aerorozvidka (Aerial Reconnaissance) is being used to attack Russian drones and target Vladimir Putin's army of tanks with the help of the newly available Starlink system which improves internet and connection speeds.*
- *US billionaire Elon Musk's new technology helps to keep Ukrainian drones connected with their bases.*
- *It comes as the country has continued to suffer through internet and power outages throughout the invasion.*
- *The Starlink app is the most downloaded in Ukraine with global downloads tripling in the last two weeks.*

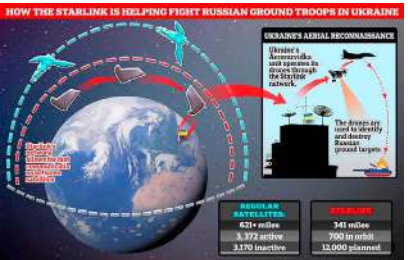
Compiled And Edited By John T. Robbins, Southern Daily Editor

Elon Musk's Starlink satellite system is giving Ukrainian forces the edge in winning the drone war as the nation fights back with technology to track down invading Russians.

Aerorozvidka (Aerial Reconnaissance) is being used to attack Russian drones and target Vladimir Putin's army of tanks and track down their positions in the conflict, which has been ongoing since February 24, according to The Telegraph. Drones used in the field are able to use the newly available Starlink to keep connected and provide intelligence as internet and power outages plague Ukraine.

With the technology, the drones can be directed to drop anti-tank munitions to help ward off the Russian attack.

The so-far-successful implementation of the satellites into the defense of the war-torn nation makes good on a promise outspoken mogul Musk - who



Drones used in the field are able to use the newly available Starlink to keep connected and provide intelligence as internet and power

er outages plague Ukraine.

The president of the embattled country took to Twitter to thank the Tesla CEO, 50, for the support, and invited the tech mogul to visit Ukraine once the war is over.

'Talked to @elonmusk. I'm grateful to him for supporting Ukraine with words and deeds. Next week we will receive another batch of Starlink systems for destroyed cities,' Zelensky wrote at the time.

Meanwhile, more Musk satellites are still coming.

Early Saturday morning, a further 53 Starlink internet satellites were launched into space via rocket from Cape Canaveral Space Force Station in Florida, further bolstering the burgeoning surveillance network.

SpaceX said Saturday that the 230-foot rocket, dubbed the Falcon 9, launched the satellites into low orbit without a hitch.

The Ukrainians are also enlisting the help of PD-1 unmanned aerial vehicles fitted with infrared sensors. With a wingspan of 10 feet, the vehicles are being used to collect vital information on the movements of Russian troops.



Musk (pictured above) delivered the terminals for satellite-based internet following a request by Ukraine's minister of digital transformation, Mykhailo Fedorov. The Ukrainian drone unit uses a 'Delta' system, which has been perfected in recent years with the help of Western advisers. It can be accessed by basic laptops, and has a 'situational awareness' software installed, which creates an interactive map using images from drones, satellites, human intelligence and sensors to build a physical picture to help in tracking the enemy.

The system, which is said to be on par with similar NATO technology, is believed to have been tested in the Sea Breeze military exercise held in the Black Sea in 2021, which involved the USA, Ukraine and 30 other countries.

The Ukrainians have perfected the system with

the help of Western countries, who have provided radio communications superior to Soviet-era technology. The US is said to have spent millions of dollars on the system to protect against Russian hacking.

Over the past week, the US has contributed roughly \$1 billion in new assistance to Ukraine.

The Most Downloaded App In Ukraine
More than 100,000 people have now downloaded the Starlink app, with global downloads more than tripling in the last two weeks. Sensor Tower, a firm that provides App Store and Google Play data, said the app was downloaded 21,000 times globally across the two stores on Sunday. That is the most global installs in a single day, the company added, with the majority of the downloads coming from Ukraine.

SWITCHBLADE 600



The US has opted to send Switchblades - known as kamikaze drones - to Ukraine, which were initially designed for US special forces, and have the ability to take down a tank.

US President Joe Biden on Wednesday detailed how much military aid the US is already providing - and will provide - to the country, after President Zelensky recorded an impassioned plea for aid from the superpower, asking Biden to back a no-fly zone his administration has repeatedly rejected.

In the remotely held address to the US senate, Zelensky urged Americans to remember Pearl Harbor and the 9/11 attacks when looking at the recent events in Ukraine, and firmly asked the president, by name, in English, to step in.

'It's not enough to be the leader of the nation. Today it takes to be the leader of the world,' Zelensky said. 'Being the leader of the world means to be the leader of peace. Peace in your country doesn't depend anymore only on you and your people. It depends on those next to you and those who are strong.'

Following Zelensky's speech, Senate Minority Leader Mitch McConnell also criticized the Biden administration for what he's seen as a lackadaisical response to the conflict in Ukraine.



Early Saturday morning, a further 53 Starlink satellites were launched into space by rocket from Cape Canaveral Space Force Station in Florida, further bolstering the relatively new surveillance network

Biden Wednesday called Zelensky's speech 'convincing and significant,' as he announced an additional \$800 million in military assistance on top of an already \$13.6 billion aid package for the country, in a spending bill signed into law Tuesday, which includes weapons sought-after by Ukrainian forces to quell the Russian onslaught, such as anti-armor and anti-air systems. Speaking from the White House, Biden said the new package will consist of 9,000 anti-armor systems, 7,000 small arms, 800 Stinger anti-aircraft systems, 20 million rounds of ammunition, and 100 drones, 'so [Ukrainians] can continue to defend their space.'

During the speech, Biden asserted that the US is 'fully committed' to getting those weapons to Ukraine in the coming days.



SpaceX said Saturday the 230-foot rocket, called the Falcon 9, successfully launched the satellites into orbit without a hitch.

Watch Full Starlink Rocket/Satellites Liftoff Video Here:

https://videos.dailymail.co.uk/video/mol/2020/01/07/7861132804827099738/640x360_MP4_7861132804827099738.mp4

With that said, there are still fears that the system could be impacted by internet disruption as Russia continues its assault, leading to power outages and internet connectivity issues. Starlink, however - now the most popular app in Ukraine, with more than 100,000 downloads in the few weeks since it went live - uses terminals that resemble TV dishes equipped with antennas that have so far addressed those concerns, with the satellites mounted on roofs to allow Ukraine citizens to access the Internet via satellite in rural or disconnected areas.

(Article Continues Below)

(Article Continues From Above) Elon Musk's Starlink Internet Connection Dominates The Ukraine Skies Allowing Zelinskiy's Drone Warriors To Rule The Digital War



Drones used in the field are able to use the newly available Starlink to keep connected and provide intelligence as internet and power outages plague Ukraine.

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

Ukraine has so far received thousands of antennas from Musk's companies and European allies, which the country's minister of digital transformation, Mykhailo Fedorov, saying the tech has already proved 'very effective,' in an interview with The Washington Post Friday. 'The quality of the link is excellent,' Fedorov, 31, told the paper from an undisclosed location in , the country, in remote interview made possible by a Starlink connection.

'We are using thousands, in the area of thousands, of terminals with new shipments arriving every other day,' the official revealed, speaking on how the satellites have proved instrumental in helping citizens and leaders communicate as the Kremlin continues its large-scale attacks in cities across Ukraine.



Shortly after the invasion, Fedorov, who also serves as the country's vice-prime minister, had sent a tweet to Musk, asking to be given access to Starlink stations. Musk, currently valued at \$232 billion according to the



A Russian tank destroyed by Ukrainian forces. The lower orbit of Starlink also allows signals to trav-

el even faster. Over 2,000 satellites have been sent up to space so far, and there are plans to launch around 12,000 in total. The usefulness of the system has now reached into military operations, with the Ukrainian drone armies of 'Aerorozvidka' being able to use it to continue communicating with their bases by sending signals from Starlink terminals and using ground stations in neighboring countries, including Poland.

The Aerorozvidka unit was formed by a group of civilian model airplane enthusiasts and those with a background in engineering in 2014 following the outbreak of war in eastern Ukraine. The group helped to build drones and sensors for the military to monitor the border, and helped to adapt commercially available drones to gather intelligence and even drop homemade explosives. Eventually, the system was integrated into the Ukrainian armed forces.

It is proving so effective that the US feels supplying the Ukrainians with aircraft is unnecessary, and have opted to send Switchblades - known as kamikaze drones - which were initially designed for US special forces, and have the ability to take down a tank.

General James Dickinson, commander of US Space Command, told the Senate armed services committee: 'What we're seeing with Elon Musk and the Starlink capabilities is really showing us what a megaconstellation, or a proliferated architecture, can provide in terms of redundancy and capability.'



Prior To Deployment Of Satellite-Guided Drones, Russian Forces Made Steady Gains

The US however, has remained adamant about not deploying actual troops into Ukraine, out of fears for its own national security - or as Biden has put it, to avoid a possible 'World War III.'

White House Press Secretary Jen Psaki reiterated Tuesday that the administration does not and will not support Zelensky's no-fly zone request for those reasons.

'We have the responsibility to do here is to assess what the impact is on the United States and our own national security,' the White House spokesperson said. But Russians have so far reacted angrily to the US' - and particularly Starlink's - support for Ukraine. Dmitry Rogozin, director general of Roscosmos, the Russian space agency, said: 'This is the West that we should never trust.'

'When Russia implements its highest national interests on the territory of Ukraine, Elon Musk appears with his Starlink which was previously declared as purely civilian.'

'I warned about it, but our 'muskophiles' said he is the light of world cosmonautics. Here, look, he has chosen

the side.'

The use of Starlink as a method for citizens and the government to stay connected during the invasion serves a major test of the relatively new technology, experts say, and could have lasting implications for the future of conflict. Aside from powering weapons and aiding the military, Musk's satellites have so far allowed citizens to stay informed against an enemy known for their misinformation efforts. Britain's Ministry of Defense warned last week that Moscow is 'probably' targeting Ukraine's communications infrastructure.

With that said, despite repeated attempts by Putin's forces to disconnect Ukrainians from the web, Russia has threatened its own independent journalists with jail time if they report 'fake' news about the war. The Russian forces have been using their fair share of hypersonic weapons, unleashing its 'unstoppable' Kinzhal hypersonic missiles for the first time in Ukraine this week. Russia has never before admitted using the high-precision weapon in combat, and state news agency RIA Novosti said it was the first use of the Kinzhal hypersonic weapons during the conflict in pro-Western Ukraine.

Moscow claims the 'Kinzhal' - or Dagger - is 'unstoppable' by current Western weapons. The missile, which has a range of 1,250 miles, is nuclear capable. This was a conventional strike. Aerial footage released by the Russian military claimed to show the missile strike. Large, long buildings are shown in the footage in a snowy region, before one is obliterated by a huge explosion - sending flames, earth and debris high into the air. People can be seen on the ground fleeing as smoke pours from the site.

A Virtual Graveyard Of Totally Destroyed Russian Tanks And Armored Vehicles Is Left After Direct Hits From Rockets Deployed By Drones Guided By Ukraine Forces



Photos of destroyed or captured Russian BM-21 Uragan MLRS 9P140 launcher, Tigr-M, and a T-72B3 tank near Pryluky in Chernihiv Oblast, Ukraine. With the technology, the drones can be directed to drop anti-tank munitions to help ward off the Russian attack. Drones have been instrumental in targeting Russian equipment as it travels into Ukraine.

Ukrainian air force spokesman Yuri Ignat confirmed that a storage site had been targeted, but added that Kyiv had no information regarding the type of missile that was used. Russia reportedly first used the weapon during its military campaign in Syria in 2016 to support the Assad regime, although it was unclear if this was the same model.

Some of the most intense bombing came in 2016 during the battle for Aleppo, resulting in hundreds of civilian deaths. Russian President Vladimir Putin has termed the missile 'an ideal weapon' that flies at 10 times the speed of sound and can overcome air-defence systems.

Hypersonic missiles can be used to deliver conventional warheads, more rapidly and precisely than other missiles. But their capacity to deliver nuclear weapons could add to a country's threat, increasing the danger of a nuclear conflict. Russia's announcement of the missile strike came as Kyiv's army high command claimed to have killed a fifth Moscow general since the war in Ukraine began. Lieutenant General Andrey Mordvichev was one of Vladimir Putin's most senior commanders, in charge of the 8th All-Military Army of the Kremlin's vast Southern Military District. Moscow did not initially confirm his death in keeping with most previous claims of the 'liquidation' of Generals. Ukraine now claims to have killed five holding the rank of General. The Ukrainians also claimed that wounded Russian soldiers have filled all hospital facilities in Gomel city in Belarus.



Kiev's Missiles Are All That Stand Between The Russian Air Force And Control Of Ukraine's Skies

Overnight, Zelensky said Russian forces are blockading his country's largest cities to wear the population down into submission, but he warned Saturday that the strategy will fail and Moscow will lose in the long run if it doesn't end its war. Zelenskyy accused the Kremlin of deliberately creating 'a humanitarian catastrophe' and appealed for Russian President Vladimir Putin to meet with him, using a huge Moscow stadium rally where Putin lavished praise on Russian forces Friday to illustrate what was at stake.

'Just picture for yourself that in that stadium in Moscow there are 14,000 dead bodies and tens of thousands more injured and maimed. Those are the Russian costs throughout the invasion,' Zelenskyy said in a nightly video address to the nation recorded outside the presidential office in Kyiv. The rally took place as Russia has faced heavier-than-expected losses on the battlefield and increasingly authoritarian rule at home. The event was surrounded by suspicions it was a Kremlin-manufactured display of patriotism. Russian police have detained thousands of people from protests of Russia's invasion of Ukraine. Fighting continued on multiple fronts in Ukraine. In the besieged port city of Mariupol, the site of some of the war's greatest suffering. (Courtesy <https://www.dailymail.co.uk/news/>)

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(本報記者黃梅子)在美國，每個人都要開車，如果出了車禍怎麼辦？一般來講，傷員要被送到急診室進行一系列檢查，比如腦部CT、胸腔CT、腹腔CT等。如果需要手術，你就不需要猶豫了，馬上進行。如果內部器官完好，也沒有傷筋動骨，只是肌肉或軟組織受傷，可以尋求中醫或西醫復健治療。這時候，找李醫生，他可以幫你免費治療！不用你自己掏一分錢，全部由保險公司買單！不管是你的過錯還是對方的過錯導致的車禍，只要汽車買了保險，你把保險號告訴給李醫生，由他負責免費將你治好！

有些人怕麻煩不願意看醫生，車禍之後開始沒感覺，3—4星期之後才

會覺得肩痛、背痛，才想起來去求醫；也有人雖然車禍後很快去看醫生，但看了幾次感覺稍好之後，就三天打魚，兩天曬網。這些對於車禍賠償都是不利的，對自己身體更是有害。對於沒有傷筋動骨的小車禍，2—3個月的推拿按摩康復治療之後，大多數人都會感覺好了；對於大小手術治療後的傷員，1—2年之後，也會慢慢好轉，這個時候，絕大多數人都會忘記車禍這檔子事兒，繼續開車。遺憾的是，5年、10年，甚至20年之後，大多數人（尤其是老年時期）就開始出現了病癥。一般是頭部、視力、手腕、肩部、腰部以及骨骼其它部位等，總是感覺哪兒不對勁兒，找不到原因。其實，這就是車禍後遺癥。腦震盪是比較容易查出來的，但軟組織受傷是很難查出來的，CT、超聲波都不行，最多是核磁共振（NMR）可能會發現一些問題（醫學檢查稱為磁共振成像，Magnetic Resonance Imaging, MRI）。但如果自己記得當年的車禍，發生

的部位，便可很容易聯想起來。

這就提醒車禍傷者，需要及時進行腦部、背部、骨關節和軟組織恢復治療與保養，千萬不要等到10年20年之後才想起來，那就晚了。建議您去找李醫生，他是這方面的專家，他會幫您設計治療方案，保險公司支付您全部的費用，經過精心治療之後，您不會有任何後遺癥。

車禍後遺癥有一個顯著的表現就是長期腰痛背痛頸痛，腰椎間盤發生退行性變異導致纖維環破裂，造成髓核脫出壓迫神經根或硬膜囊而引起坐骨神經痛等一系列腰腿痛癥狀，患者常常感覺下肢放射性疼痛（坐骨神經痛）下肢麻木、感覺異常、前行困難。嚴重時出現神經肌肉癱瘓和萎縮。腰部長期反覆疼痛，休息時減輕，勞累就加重，常常有彎腰困難，久坐後疼痛，彎腰過久後疼痛加重等癥狀。部分患者出現眩暈、頭痛等癥狀，甚至引發鼻炎、耳炎，也伴有手麻、手酸。

Texas Spinal Care的李醫生治車禍後遺癥和療椎間盤突出有20多年的經驗，李醫生畢業於加州大學聖荷西分校，行醫多年，信譽卓著。他採用非手術治療，運用推拿、注射、器材和營養相搭配的方法，治療車禍後遺癥和腰椎、頸椎間盤突出非常有效，病人無痛苦、不用專門請假，可以邊工作邊治療，而且整個療程的費用比手術治療時的copay還低。

李醫生診所使用最新技術MRI診斷治療，病人躺在治療床上，電腦很快就能診斷出是哪一節椎間盤受損或突出、有無炎症、缺水程度等，李醫生根據電腦診斷的結果針對受損的那一節椎間盤治療，既準確又見效快，一次治療下來疼痛馬上減輕80%。李醫生專精車禍後的復健，車禍後PI與PIP都收。請打電話給李醫生免費諮詢。中文請與queen陳聯繫。

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髌骨外側壓縮綜合癥？李醫生引進最新設備治療下肢疼痛！

(本報記者黃梅子)步入中年，不少人會發現膝關節靈活不比從前，患有膝關節炎（Osteoarthritis of the knee）的風險也隨著年紀大了而提高。膝關節炎由軟骨及其周圍細胞耗損而引發，屬於相當常見的人體老化疾病之一。膝關節炎病發是由關節細胞耗損程度和修復程度失去平衡而導致



，癥狀包括關節疼痛、僵硬和功能減弱。情況嚴重時，還需要手術治療。

還有一部分患者下肢疼痛是Lateral Patellar Compression Syndrome 髌骨外側壓縮綜合癥。另有些患者是因為頸椎腰椎或坐骨神經引起的下肢疼痛。還有些患者是車禍後遺癥，有些人在車禍過去幾年以後才感覺到身體各種疼痛。

總之，不管您是哪種原因引起的下肢疼，都要引起重視，積極做康復治療，不管是膝關節炎還是車禍後遺癥，康復治療總是比動手術更保險。康復治療一定要在醫生的指導下進行，否則有可能使得病情惡化。Texas Spinal Care的李醫生引進最新的多功能下肢牽引治療儀，幫您減輕疼痛，快速恢復健康！其組成包括固定裝置，放松裝置，牽張裝置，能刺激雙腿內側肌群及穴位，可通經活絡，緩解肌肉攣縮，激活運動神經元，恢復下肢運動功能。李醫生還有儀器測試足底，電腦掃描足部做康復鞋墊，

能很大程度地緩解下肢疼痛以及行走困難。

我們首先來看一看膝關節炎的病因，常居潮濕、寒冷環境的人多有癥狀，與溫度低，引起血運障礙有關。第二是體重因素，肥胖和粗壯體型的人中發病率較高。第三是年齡因素，從中年到老年，隨年齡增長，常發生關節軟骨退行性變，關節多年積累性勞損是重要因素。第四，營養不良也有可能致病，關節軟骨內沒有血管，其營養依靠從關節液中吸取。軟骨的修復是靠外層的軟骨細胞分裂繁殖和軟骨細胞分泌基質來完成的，由於營養和氧供應不足，影響到軟骨細胞的增殖時，就會導致軟骨基質減少，軟骨新生不足而變軟弱，極易在負重部位發生磨損。

髌股關節綜合征占到了所有運動相關的膝關節問題的25—40%，在膝關節功能障礙與運動損傷中十分常見。髌股疼痛綜合征風險最大的人群是跑步者，騎自行車者，籃球運動員以及

相關跑跳較多的愛好者到運動員，當然主要還是動作模式問題與過度不正確使用所引起，病癥發作可能是由於慢性損傷或者單次急性損傷直接引起，癥狀包括膝關節彌漫性疼痛和局部髌下疼痛。髌骨周圍和下方、膝蓋前部、膝蓋骨的內側邊緣經常有壓痛，髌骨周圍後方發生持續的鈍疼疼痛，運動後有時會出現腫脹。在上下山坡、上下樓梯、久坐起身時，髌股關節位置疼痛往往更嚴重。膝蓋彎曲時可能伴隨發出嗶嗶聲「關節噪音」，髌股關節綜合癥往往伴隨著大腿肌肉「股四頭肌」的肌張力異常，髌骨周圍的圓圈性疼痛範圍，久坐後癥狀加劇，無力疼痛伴有膝關節屈曲減少。

髌骨與股骨組成髌股關節，髌骨關節和我們的脛股關節共組成了我們身體上著名的——膝關節，而我們的髌股關節形成在髌骨和股骨遠端之間，可謂是在夾縫中成長。治療中最重要的第一步是避免使問題惡化的活動，並且及時休息，光讓「疼」而不

去治療的人是打算坐輪椅過下半生？

我們的髌骨本身沒有血液和淋巴液供應，所以一旦損傷恢復會非常的緩慢，停止進一步的損害是十分必要的。

李醫生治療下肢疼痛，先用電腦掃描儀掃描足部，幫您定製復健矯正鞋墊，能極大地緩解走路時的疼痛，然後再用下肢牽引治療儀來復健治療，配合使用醫用去痛風濕乳液和營養素，是目前治療下肢疼痛的最佳治療組合。

李醫生還專精車禍後的復健，車禍後PI與PIP都收。請打電話給李醫生免費諮詢。中文請與queen陳聯繫。

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休士頓華人園藝協HCHC三月份月會活動



俞希彥老師上課會場，桂花飄香



旗袍秀演出的三位麗人，右起：周依，周明明和梁少英。



劉燕梅教練帶領太極拳隊表演功夫雙扇



俞老師示範如何空中嫁接白蘭花

本報記者
黃麗珊報導



現場榮獲頒獎桂花樹的三位熱心公益的義工，由右至左：王咏琴、花立和梁少英。



會員們享受美食佳餚，並開心交流



會員們認真聽課，座無虛席