

<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>店面生意租售</div><div>Business Opportunity</div></div><div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>For Rent</div><div>FOR SALE</div></div><div>Business Opportunity</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*40年老針灸所</div><div>出讓或合作</div><div>租金低</div><div>意者請電:</div><div>713-661-0346</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>牙醫診所退休售</div><div>10分鐘至中國城</div><div>黃金地段,容易經營.</div><div>設備齊全,客源穩定</div><div>接受各種保險.</div><div>意者請電:</div><div>713-805-8023</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>旅館出售</div><div>位德州南部海邊,距離休士頓2小時車程,</div><div>附近有大化工廠</div><div>假日遊客多,客源穩定,</div><div>旅館各項設備全部新裝修</div><div>有意者請電: 832-660-7063</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>專業地產經紀</div><div>Realtor / Agent</div></div><div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>For Rent</div><div>FOR SALE</div></div><div>Business Opportunity</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>買新屋,本經紀人只收\$1000佣金</div><div>新屋地產佣金-\$1000 = 買家回扣</div><div>休士頓,達拉斯,奧斯汀,聖安東尼奧</div><div>www.ModernLifeRealty.com</div><div>林祿壽 Johnathan Ling</div><div>地產經紀,地產檢查師(22277),土木工程師</div><div>電: 713-319-6456 713-385-1188</div><div>15年地產經紀人,信用第一</div></div></div>		
<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>店面生意租售</div><div>Business Opportunity</div></div><div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>For Rent</div><div>FOR SALE</div></div><div>Business Opportunity</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*招商/轉讓</div><div>休斯頓唯一的UL 認證</div><div>招牌工廠.產品質量高.</div><div>生產制作安裝一條龍.</div><div>因老闆身體因素需要長期調養,願意轉讓經營權.</div><div>意者請備資金證明</div><div>洽談.非誠勿擾!</div><div>832-310-0659 阿明</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>房屋租售</div><div>Sale/Rent</div></div><div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>For Sale</div></div><div>Sale/Rent</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*吉屋出租</div><div>街角單邊屋,</div><div>步行五分鐘到中國城</div><div>美南銀行,新裝修,</div><div>三房兩廳兩衛浴,開放式廚房,雙車房,地方</div><div>光猛潔淨.電:駱先生</div><div>281-889-1886</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>房屋租售</div><div>Sale/Rent</div></div><div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>For Sale</div></div><div>Sale/Rent</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*三房吉屋出讓</div><div>金城銀行後面</div><div>意者請電:</div><div>713-661-0346</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>自動販賣機生意</div><div>立即賺錢\$\$\$</div><div>大好機會</div><div>自動販賣機生意</div><div>已有販賣地點和</div><div>仍有(現貨)多台機器</div><div>有意者請洽:</div><div>281-827-0205</div></div></div>	
<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Home Service</div><div>家庭服務</div><div>200</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>誠招通勤阿姨</div><div>照顧一歲多女孩</div><div>及簡單家務,</div><div>一周五天,薪資面議</div><div>位 Galleria 附近</div><div>請短訊或電話聯系:</div><div>865-283-2583</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>家住能源走廊</div><div>77077 聘通勤阿姨,</div><div>一周五天或者6天,</div><div>需要能開車,工作時間</div><div>10-7點,弄孩子,</div><div>做飯,打掃衛生等家務</div><div>新僱.請聯系:</div><div>832-449-1221</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>【招聘管家】1-2名男/女(全職)</div><div>糖城,工作簡單,負責幫屋主處理日常瑣碎事物.</div><div>如:開車,加油,送取乾洗衣物,居家物品分類,拆閱</div><div>雇主的私人信函,察看私人電子郵件,接聽雇主的</div><div>私人電話,做簡單家務等瑣碎事物.需會簡單英文,</div><div>有責任心和主動性,細致周密;較強溝通能力</div><div>吃苦耐勞,勤奮.工作時間可以調整.</div><div>月入:\$2000-\$3000,無需工卡 可支付現金</div><div>電話:281-845-1338 微信:wx_zhaopin99</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Company Hiring</div><div>公司請人</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>請倉庫經理助理</div><div>會開叉車,有倉庫工作</div><div>經驗者優先,新僱,</div><div>有醫療保險,位於休斯</div><div>頓西南區.</div><div>有意者請聯系 Bryan</div><div>832-475-9026 或</div><div>發簡歷到 bryan.bian</div><div>@rigmore.com</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Warehouse</div><div>~~急徵~~</div><div>點貨、上下貨人員</div><div>略懂英文</div><div>時薪\$16</div><div>意者請洽:Helen</div><div>713-383-8818</div></div></div>	
<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>公司請人</div><div>Company Hiring</div></div><div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*Now Hiring</div><div>Female Inside Sales,</div><div>Retail. 女零售銷售員</div><div>Mon. to Sat. 9am-5pm.</div><div>Salary \$2k/month +</div><div>commission.</div><div>Fluent English required.</div><div>Contact Mary at</div><div>713-467-7409</div></div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*Now Hiring</div><div>Car Wiping Job</div><div>Memorial City area.</div><div>Mon. to Sat. 9am-5pm</div><div>Salary \$1600/month.</div><div>Basic English required.</div><div>713-467-7409 Mary</div><div>汽車擦拭工作: 簡單英文</div><div>周一至五,月薪\$1600</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*長樂活動中心</div><div>位糖城區,</div><div>誠聘司機</div><div>工作環境及時間好</div><div>意者請電:</div><div>281-208-7709</div><div>713-884-5612</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*Now Hiring</div><div>Japanese Seafood</div><div>Company</div><div>●Outside Sales Rep</div><div>●Inside Sales Rep</div><div>Email resume to :</div><div>info@owaves.net</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*冷氣公司,高薪</div><div>誠請冷氣助手(長工)</div><div>需能吃苦耐勞</div><div>有興趣者請電:</div><div>713-857-1492</div><div>832-552-0155</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>誠徵牙科前台</div><div>中國城. 需英文</div><div>無經驗可訓練.</div><div>請電或 Email:</div><div>713-773-1300</div><div>txdentist101</div><div>@gmail.com</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>律師事務所</div><div>hiring Full Time</div><div>Case Manager</div><div>中英文流利.</div><div>13155 Westheimer Rd</div><div>意者請電:</div><div>832-290-1200</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>誠聘幼稚園老師</div><div>位糖城,有幼兒園</div><div>經驗者優先.</div><div>可辦理身份.</div><div>有意者請電</div><div>281-242-0989</div><div>832-528-0882</div></div></div>
<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>『薪優』誠聘</div><div>公寓管理助理</div><div>有無經驗均可,可培訓</div><div>會英文,懂電腦</div><div>誠實可靠. 薪優.</div><div>意者請 Email 履歷:</div><div>Lingw@msn.com</div><div>電:713-385-1188</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>美容院請人</div><div>中國城惠康超市旁</div><div>誠聘</div><div>Part time美髮師</div><div>9266 Bellaire Blvd</div><div>意者請電或親臨:</div><div>713-774-6400</div><div>832-729-2345</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Food Distributor</div><div>looking for</div><div>Sales & Warehouse</div><div>Speak Chinese &</div><div>Simple English</div><div>Call: Lily & Helen</div><div>713-383-8818</div><div>or Email: helen@</div><div>fourseasonsfood.com</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>德信行中醫診所</div><div>誠聘住診中醫師</div><div>位中國城</div><div>(星期三休息)</div><div>請電:下午1-5點</div><div>713-995-8530</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>高薪聘機械銷售</div><div>石油設備公司招銷售,</div><div>經驗全職,高提成,</div><div>有健保,月獎和年獎,</div><div>中英流利,良好TX駕照</div><div>電:713-320-2103</div><div>或簡歷: usa@</div><div>gnsolidscontrol.com</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>誠徵牙科前台</div><div>中國城. 需英文</div><div>無經驗可訓練.</div><div>請電或 Email:</div><div>713-773-1300</div><div>txdentist101</div><div>@gmail.com</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>SEAMSTRESS NEEDED.</div><div>位 Stafford,誠聘女裁縫師: 至少3年以上經驗</div><div>會工業車衣機,少許英文,一周40小時,</div><div>Minimum 3 years experience sewing on</div><div>industrial straight stitch & overlock machines.</div><div>40 hrs. per week at Stafford location.</div><div>Need to speak a little English.</div><div>Please call : 281-617-7056</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>誠徵工作夥伴*</div><div>汽車零配件商誠徵:</div><div>出納、採購、倉儲管理、司機.</div><div>簡歷請寄:</div><div>hr@capstone-auto.com</div><div>或傳真: 832-467-4505</div></div></div>
<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>公司請人</div><div>Company Hiring</div></div><div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>NOW HIRING</div><div>●倉庫員工(會開叉車).</div><div>●Sales: Sales Experience, Must be</div><div>Fluent English, MS Office, Self-motivated,</div><div>Customer service experience.</div><div>Detailed Oriented, team player,</div><div>Salary +benefit.</div><div>Resm: jobs91706@gmail.com</div></div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Fortune Fish & Gourmet</div><div>Seafood Distributor & Processor</div><div>誠聘 ●Account Receivable</div><div>需中英文,有工卡。</div><div>電 話 : 713-224-3474</div><div>Fax 履歷至 : 713-673-3121</div><div>8751 Flagship Dr. Houston, TX 77029</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>食品公司誠聘</div><div>機修人員和管理人員,薪資從優.</div><div>如有需要公司可提供資料中辦綠卡.</div><div>趙小姐 電話: 314-489-6212</div><div>Email: Amyzhaoyong1981@hotmail.com</div><div>王先生 電話: 314-600-4303</div><div>Email: Wangkaikyle@yahoo.com</div><div>公司地址: 610 State Highway 64 W.,</div><div>Henderson, TX-75652</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>【招聘客服】2名男士(全職)</div><div>邏輯思維清晰,溝通能力強,熟悉電腦基本操作</div><div>流程,電腦打字速度快;</div><div>服務意識強,積極主動,工作熱情高;</div><div>需會中/英文.</div><div>早班或夜班,工作時間可以調整,可在家工作</div><div>月入:\$2500-\$4500,無需工卡 可支付現金</div><div>電話:281-845-1338 微信:wx_zhaopin99</div></div></div>				
<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Drilling Software Company</div><div>looking for Business Analyst.</div><div>● B.S or M.S in Petroleum or Mechanical</div><div>Engineering.</div><div>● Basic knowledge of VB.net & Web Applications.</div><div>● Good oral and written communication skills</div><div>● Bilingual (English and Mandarin)</div><div>Send resume to: hr@pvisoftware.com</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Drilling Software Company</div><div>Multimedia Designer Position</div><div>Skilled with Adobe Creative Suite.</div><div>Knowledge of animation, film, or</div><div>video editing. Coding skill is a plus.</div><div>E-mail : HR@pvisoftware.com</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>中國城奶茶店</div><div>『薪優』聘男女員工</div><div>需有工卡,可報稅.</div><div>全工/半工均可.</div><div>薪優面談,意者請電:</div><div>713-772-7888</div><div>312-479-1189</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Auto Fit is looking for Accounting Clerk!!</div><div>Seeking Accounting Clerk with experience and proficient in</div><div>Microsoft Office applications such as Excel and Word, and</div><div>knowledge of QuickBooks and Payroll.</div><div>Job Type: Full-time</div><div>Experience:</div><div>● Accounting: 5 years (Preferred)</div><div>● quickbooks: 5 years (Preferred)</div><div>Education: ● Bachelor's (Preferred)</div><div>Location: ● Houston, TX (Preferred)</div><div>Additional Compensation: ● Commission ● Bonuses ● Store Discounts</div><div>Work Location: ● One location</div><div>Benefits: ● Health insurance ● Dental insurance ● Paid time off</div><div>Schedule: ● Monday to Friday ● Weekends required</div><div>Please send the resume to : adis@autofit.bz</div></div></div>				
<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>*貿易公司誠招司機一名</div><div>希望應征者擁有以下資質和能力:</div><div>● 持有有效駕照,10年-15年以上駕齡,</div><div>無任何不良駕駛記錄;</div><div>● 強烈的責任心和安全意識;</div><div>● 優秀的導航技能和熟練使用導航程序</div><div>● 出色的時間統籌和管理能力;</div><div>● 良好的中文交流能力和人際交往素養,</div><div>會簡單英語更佳</div><div>工作內容包括:</div><div>● 接送公司總裁</div><div>● 機場接送 CEO,如果 CEO 來德州辦公室</div><div>● 接送客戶,如果客戶需要的時候</div><div>● 包括其它應急用車事務</div><div>工作時間及薪酬待遇</div><div>● 全職小時工,每小時\$20</div><div>● 一周工作5天,雙休日及聯邦假日休息;</div><div>一周工作時間超過40小時支付加班費</div><div>● 接送總裁用總裁私人汽車,接送 CEO</div><div>及其它事務用公司車</div><div>● 提供醫療保險(包括牙醫和眼科)</div><div>● 提供 401K 退休計劃,公司匹配 5%</div><div>請將應征信發送 HR@healgen.us</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>裝修公司請人</div><div>誠請有經驗的裝修工人,</div><div>需要木工,牆體,瓷磚等師父及幫工,</div><div>有經驗者優先,待優。</div><div>聯系人: Richard</div><div>聯系電話: 832-778-0090</div><div>832-289-2279</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>公寓管理助理</div><div>有無經驗均可,可培訓</div><div>英文流利,懂電腦</div><div>誠實可靠.</div><div>請 Email 履歷:</div><div>Lingw@msn.com</div><div>或電話:</div><div>713-385-1188</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>An International Electronics Co</div><div>in Houston is seeking new talent to join our team.</div><div>Operation/Accounting Specialist (On-Site)</div><div>The Operation/Accounting Specialist will be Performs</div><div>a wide variety of duties deemed necessary to</div><div>fulfill the requirements established for accounting</div><div>and operation area</div><div>● 1-2 years experience in an office operation or</div><div>related role</div><div>● Bachelor's degree in a related field preferred</div><div>● Excellent communication skills (spoken & written)</div><div>● Experience using Microsoft Office Programs,</div><div>Outlook & ERP system (such as SAP) preferred</div><div>● Reliable, organized, detail oriented & trustworthy</div><div>● Demonstrates a professional positive attitude</div><div>Please email your resume to</div><div>lwang@telcointercon.com Attn: HR</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>F/P Time Accounting Assistant</div><div>Seeking Bilingual Accounting Assistant</div><div>with min. 1-year experience, detail-oriented,</div><div>and proficiency in MS Word and Excel, and</div><div>knowledge of QuickBooks.</div><div>Pay: \$20.00+ depending on experience and</div><div>qualification</div><div>Education: Bachelor's degree is required</div><div>Location: 610 N. loop close to Downtown</div><div>Benefits: Health and Dental Insurance, Paid</div><div>Vacation</div><div>Language: Fluent in verbal & written English</div><div>and Prefer Bilingual (Chinese, Korean or Thai)</div><div>Sponsor Green Card application for the right</div><div>candidate.</div><div>Send resume to</div><div>producehr18@yahoo.com</div></div></div>			
<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>BESCUTTER誠招會計一名</div><div>●工作類型: 全職</div><div>●薪資: USD 20 - USD 28 每小時</div><div>●工作要求:</div><div>中英文流利,</div><div>會計本科學歷,熟練掌握 QuickBooks</div><div>一年以上會計工作經驗</div><div>具體工作內容面議</div><div>●工作地點: 14915 E Hampton Cir,</div><div>Houston, TX 77071</div><div>●時間: Monday-Friday 9:00am-5:00pm</div><div>感興趣者,發簡歷到:</div><div>info@bescutter.com</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>公司誠徵會計一名</div><div>需具會計本科文憑,</div><div>中英文筆流利</div><div>有工作經驗,勤奮及具責任心</div><div>意者請電郵履歷至:</div><div>racheltse7@gmail.com</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>HR/Payroll Coordinator</div><div>Seeking HR/PAYROLL Coordinator</div><div>with experience in Microsoft Office</div><div>applications such as Excel and Word.</div><div>and knowledge of Quickbooks and ADP.</div><div>Pay: \$20-\$25 per hour</div><div>Experience: ADP, PAYROLL, QUICKBOOKS</div><div>Education: Bachelor's</div><div>Work Location:</div><div>6969 North Freeway, Houston TX 77076</div><div>Please send the resume to :</div><div>adis@autofit.bz</div></div></div>	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Gorgeous Trading Ltd</div><div>是紐約納斯達克上市公司 (股票代號:SGLY)</div><div>Singularity Future Technology 旗下全資子公司.</div><div>現因業務發展招聘: 海運物流船(貨)代業務代表</div><div>(Shipping Agency Representative)</div><div>●崗位說明:</div><div>1. 熟悉船(貨運)代理相關業務流程、運營模式</div><div>獨立處理日常工作.</div><div>2. 具備良好的表達、溝通、交流能力,能帶團隊.</div><div>●職位要求:</div><div>1. 合法身份,中英文流利;</div><div>2. 3-5年船(貨)代經驗,有客戶和行業資源者優先</div><div>3. 為人誠實、積極上進、愛崗敬業,有團隊協調能力;</div><div>4. 有較強的市場開拓能力,人際交往與溝通能力,</div><div>以及商務處理能力;</div><div>●薪資福利:</div><div>1. 時間: 8:30-16:30, 周末雙休,享受國家法定節假日;</div><div>2. 試用2個月,轉正後提供 401K 等福利;</div><div>3. 辦公條件優越,公司氣氛活躍;</div><div>4. 提供行業競爭力的薪資,提供廣闊職業上升空間.</div><div>簡歷 Email: gorgeous trading tx@gmail.com</div><div>TEL: 281-310-7655</div></div></div>				



If you would like to share news or information with our readers, please send the unique stories, business

news organization events, and school news to us including your name and phone number in case more information is needed.

For news and information consideration, please send to News@scdaily.com or contact
John Robbins 281-965-6390
Jun Gai 281-498-4310

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

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



Inside C2

Southern DAILY

Make Today Different

Southern Daily News is published by Southern News Group Daily

Sunday, April 24 2022|

Russia renews attack on Mariupol and missiles hit Odesa, Ukraine says

KYIV, April 23 (Reuters) - Russia resumed its assault on the last Ukrainian defenders holed up in a giant steel works in Mariupol on Saturday, days after Moscow declared victory in the southern city and said its forces did not need to take the plant.

Ukrainian President Volodymyr Zelenskiy said the country's army was not ready to try break through the siege of the port city by force. But he told an evening news conference that Kyiv had every right to do so.

Zelenskiy also announced that the top American diplomat, Secretary of State Antony Blinken, and U.S. Defense Secretary Lloyd Austin would visit Kyiv on Sunday and that he planned to discuss the types of weapons Ukraine needs to battle the Russian invasion and he expected concrete results.

U.S. President Joe Biden's administration has not yet confirmed any travel plans for Blinken and Austin. The U.S. State Department declined to comment on the matter. The Pentagon also declined comment.

The attack on Mariupol, the biggest battle of the conflict, has raged for weeks as Russia seeks to capture a city seen as vital to its attempts to link the eastern Donbas region with Crimea, the Black Sea peninsula Moscow seized in 2014.

Moscow-backed separatists have held territory in the Donbas region for years.

In the Black Sea port city of Odesa, at least eight people were killed, Zelenskiy said. Two missiles struck a military facility and two residential buildings and two more were destroyed on Saturday, the Ukrainian armed forces said. [read more](#)

The death toll could not be independently verified. The last big strike on or near Odesa was in early April.

"The only aim of Russian missile strikes on Odesa is terror," Ukrainian Foreign Minister Dmytro Kuleba wrote on Twitter. Russia has denied targeting civilians in its "special military operation" that began on Feb. 24.

The Russian defence ministry said it used high-precision missiles on Saturday to destroy a logistics terminal in Odesa where a large number of weapons supplied by the United States and European nations were being stored. [read more](#)

It also said Russian forces had killed up to 200 Ukrainian troops and destroyed more than 30 vehicles on Saturday.



Russian General Rustam Minnekayev on Friday said Moscow wanted control of the whole of southern Ukraine, comments Ukraine said indicated Russia had wider goals than its declared aim of demilitarising and "denazifying" the country. Kyiv and the West call the invasion an unjustified war of aggression. [read more](#)

Russian forces have besieged and bombarded Mariupol since the early days of the war, leaving in ruins a city usually home to more than 400,000 people. A new attempt to evacuate civilians failed on Saturday, an aide to Mariupol's mayor said. [read more](#)

Russia's defence ministry on Friday said Mariupol's last fighters had been "securely blockaded" at the steel plant. On Thursday, President Vladimir Putin had declared the city "liberated", declaring that troops would not storm Azovstal.

Ammunition boxes are seen inside a Ukrainian military vehicle left behind at the front line during a fight, amid Russia's invasion in Ukraine, between Lyman and Zarichne
Cars destroyed amid Russia's attack on Ukraine are pictured after being collected, in Hostomel
Russia's invasion of Ukraine

Cars destroyed amid Russia's attack on Ukraine are pictured after they were collected from different places, in Hostomel, Kyiv region, Ukraine April 23, 2022. REUTERS/Zohra Bensemra

Oleksiy Arestovych, a political adviser to Zelenskiy, said Ukrainian troops in the steel complex were holding out and attempting counterattacks. More than 1,000 civilians are also in the plant, according to Ukrainian authorities. [read more](#)

The Azov battalion, a nationalist militia prominent in the defence of Mariupol, released a video it said showed women and children sheltering in the complex. Reuters could not independently verify where or when the video was shot. [read more](#)

One woman holding a young child said food was running out, while an unnamed boy in the video said he was desperate to get out after two months in the bunker.

"I want to see the sun because in here it's dim, not like outside. When our houses are rebuilt we can live in peace. Let Ukraine win because Ukraine is our native home," he said.

Ukraine estimates tens of thousands of civilians have been killed in Mariupol and says 100,000 civilians are still there. The

United Nations and Red Cross say the civilian toll is at least in the thousands.

Russia's current offensive is focused on the Donbas, which includes the Donetsk and Luhansk regions.

Serhiy Gaidai, the governor of Luhansk, on Saturday said Ukrainian forces were pulling back from some settlements to new defensive lines to preserve their units in the face of an intensifying barrage on all cities in the region.

Three people were killed and seven were wounded by Russian shelling in the eastern region of Kharkiv on Saturday, the region's governor said.

The governor of a Russian border region said on Saturday that Ukraine had shelled a crossing point on Russia's territory, causing a fire but no casualties. It was not immediately possible to confirm details of the incident or determine who was responsible.



國際貿易中心

INTERNATIONAL TRADE CENTER

WE BUILD BRIDGES TO INTERNATIONAL BUSINESS

國際化商貿 從這裡出發



Southern News Group
Corporate Office-Houston, Texas USA

11110 Bellaire Blvd., Suite 200, Houston, Texas 77072
Tel: (832) 448-0190 Fax: (281) 498-2728

WEA LEE'S GLOBAL NOTES

04/23/2022



Wea H. Lee
Wealee@scdaily.com

Chairman of International District Houston Texas

Publisher Southern Daily Wea H. Lee

Southern News Group Chairman / CEO
Chairman of International Trade & Culture Center
Republic of Guiana Honorary consul at Houston Texas

Interest Rate Rises Again

The mortgage rate has continued to rise again, having now reached the highest level in more than a decade.

At the end of April 21st, the 30-year fixed rate reached 5.11% , up 5% from a week ago. Last year at this time the rate was 2.97%. The last time rates reached this high was in April 2010.

With the cost of financing a house being about 40% higher than a year ago, demand for housing is visibly cooling as many first-time buyers are unable to qualify for the loans.

The Federal Reserve Bank is actually not the entity that sets the interest rate, but its



actions strongly influence it indirectly.

The Fed is expected to raise the rate again sometime next month.

The Wall Street stock market fell again this weekend. The Chinese government announced that it would help some enterprises in Shanghai resume their

production lines.

The Shanghai's situation has really affected the global economy and the global supply chain.

We don't want to see the world's economy face big challenges unless the big powers are willing to come to agreement and cooperation.



Southern DAILY Make Today Different

Editor's Choice



A U.S. border patrol officer grabs the shirt of a migrant trying to return to the United States, after having crossed the Rio Grande from the U.S. into Mexico to buy food, as seen from Ciudad Acuna, in Ciudad Acuna, Mexico S. REUTERS/Daniel Becerril



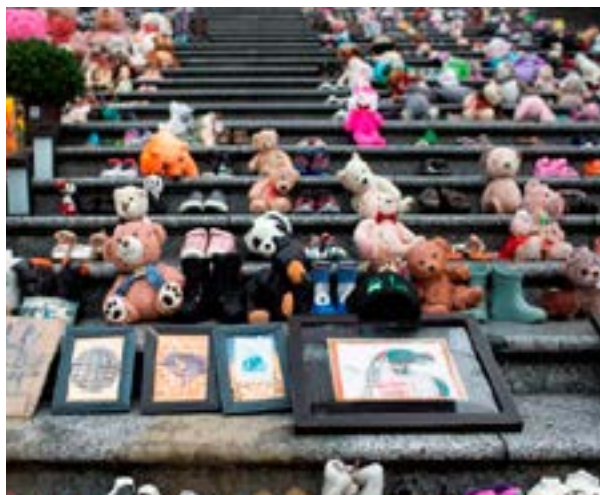
Nanook Gordon, from Inuvik, dances while wearing grass dance regalia during Canada's first National Day for Truth and Reconciliation in Toronto, Ontario, Canada



People march from Parliament Hill during Canada's first National Day for Truth and Reconciliation in Ottawa, Ontario, REUTERS/Blair Gable



A member of the Coastal Wolf Pack dancers performs for the crowd on Canada's first National Day for Truth and Reconciliation at the former Vancouver Art Gallery North Plaza near Pacific Centre shopping mall in Vancouver, British Columbia, . REUTERS/Amy Romer



Teddy bears, shoes, artwork and flowers left in memory of the Kamloops residential school victims remain on the steps of the former Vancouver Art Gallery North Plaza in Vancouver, British Columbia, Canada September 30, 2021. REUTERS/Amy Romer



Children run holding flags during a candlelight vigil on Canada's first National Day for Truth and Reconciliation at Chiefswood Park in Ohsweken, Ontario, Canada REUTERS/Carlos Osorio

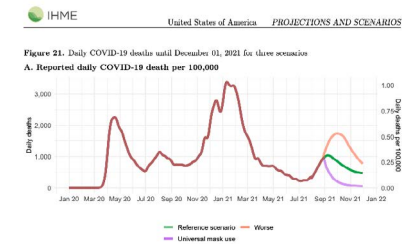
We'll Be Dealing With Covid-Related Fallout As Long As There Is The Possibility Of New Variants

The ‘New World’ After The Pandemic – What’s In Store?



Covid-19 Testing Site On The Streets Of New York City, January 2022.
Compiled And Edited By John T. Robbins, Southern Daily Editor

As a virus-weary world limps through the third year of the outbreak, experts are sending out a warning signal: Don't expect omicron to be the last variant we have to contend with — and don't let your guard down yet. In the midst of a vast wave of milder infections, countries around the world are dialing back restrictions and softening their messaging. Many people are starting to assume they've had their run-in with Covid-19 and that the pandemic is tailing off. But that's not necessarily the case. The crisis isn't over until it's over everywhere. The effects will continue to reverberate through wealthier nations — disrupting supply chains, travel plans and health care — as the coronavirus largely hits under-vaccinated developing countries over the coming months.



Before any of that, the world has to get past the current wave. Omicron may appear to cause less severe disease than

previous strains, but it is wildly infectious, pushing new case counts to once unimaginable records. Meanwhile, evidence is emerging that the variant may not be as innocuous as early data suggest. There's also no guarantee that the next mutation — and there will be more — won't be an offshoot of a more dangerous variant such as delta. And your risk of catching Covid more than once is real. "The virus keeps raising that bar for us every few months," said Akiko Iwasaki, a professor of epidemiology at Yale School of Medicine. "When we were celebrating the amazing effectiveness of booster shots against the delta variant, the bar was already being raised by omicron." "It seems like we are constantly trying to catch up with the virus," she said. It's sobering for a world that's been trying to move on from the virus with a new intensity in recent months. But the outlook isn't all gloom. Anti-viral medicines are hitting the market, vaccines are more readily available and tests that can be self-administered in minutes are now easy and cheap to obtain in many places. Nevertheless, scientists agree it's too soon to assume the situation is under control.

BUSINESS



A medical worker waits for antigen test results at the Erez Crossing on the Israel-Gaza border in December. (Photo/ Kobi Wolf/Bloomberg)

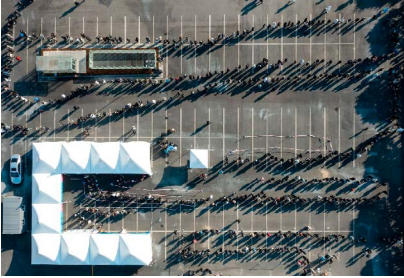
In six months' time, many richer countries will have made the transition from pandemic to endemic. But that doesn't mean masks will be a thing of the past. We'll need to grapple with our approach to booster shots, as well as the pandemic's economic and political scars. There's also the shadow of long Covid. **Is Covid-19 Here to Stay?**

"There is a lot of happy talk that goes along the lines that omicron is a mild virus and it's effectively functioning as an attenuated live vaccine that's going to create massive herd immunity across the globe," said Peter Hotez, dean of the National School of Tropical Medicine at Baylor College of Medicine in Houston. "That's flawed for a number of reasons." Experts now believe that the virus will never go away entirely, and instead will continue to evolve to create new waves of infection. Mutations are possible every time the pathogen replicates, so surging caseloads put everyone in danger.

The sheer size of the current outbreak means more hospitalizations, deaths and virus mutations are all but inevitable. Many people who are infected aren't making it into the official statistics, either because a home test result isn't formally recorded or because the infected person never gets tested at all. Trevor Bedford, an epidemiologist at Fred Hutchinson Cancer Research Center in Seattle known for detecting early Covid cases and tracking the outbreak globally, estimates that only about 20% to 25% of omicron infections in the U.S. get reported.

With daily cases peaking at an average

of more than 800,000 in mid-January, the number of underlying infections may have exceeded 3 million a day — or nearly 1% of the U.S. population, Bedford estimates. Since it takes five to 10 days to recover, as much as 10% of people in the country may have been infected at any one time.



Long lines Queues at a testing station in Seoul on Feb. 6. (Photo/SeongJoon Cho/Bloomberg)

He's not alone in projecting astronomical numbers. At the current infection rate, computer modelling indicates more than half of Europe will have contracted omicron by mid-March, according to Hans Kluge, a regional director for the World Health Organization. Meanwhile, a sub-variant known as BA.2 is spreading rapidly in South Africa. It appears to be even more transmissible than the original strain and may cause a second surge in the current wave, one of the country's top scientists said.

And just because you've already had the virus doesn't mean you won't get re-infected since Covid doesn't confer lasting immunity.

New evidence suggests that delta infections didn't help avert omicron, even in

vaccinated people. That would explain why places like the U.K. and South Africa experienced such significant outbreaks even after being decimated by delta. Reinfection is also substantially more common with omicron than previous variants.

"With omicron, because it has more of an upper respiratory component, it's even less likely to result in durable immunity" than previous variants, Hotez said. "On that basis, it's incorrect thinking to believe that this is somehow going to be the end of the pandemic."

Preparing for New Variants
Preparing for the next Covid strains is critical.

"As long as there are areas of the world where the virus could be evolving, and new mutants arriving, we all will be susceptible to these new variants," said Glenda Gray, chief executive officer of the South African Medical Research Council.



A child receives a vaccine shot in San Francisco on Jan. 10. (Photo/ David Paul Morris/Bloomberg)

Lockdowns and travel curbs aren't going away, even if they are becoming less restrictive on the whole.

"The things that will matter there are whether we are able to respond when there is a local surge," said Mark McClellan, former director of the U.S. Food and Drug Administration and director of the Duke-Margolis Center for Health Policy. "Maybe going back to putting on more masks or being a little bit more cautious about distancing."

Inoculation is still the world's primary line of defense against Covid. More than 62% of people around the globe have gotten at least one dose, with overall rates in wealthy countries vastly higher than in developing ones. At the current pace, it will take another five months until 75% of the world's population has received their first shot.

(Article Continues Below)

COMMUNITY

(Article Continues From Above)
The ‘New World’ After The Pandemic – What’s In Store?

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

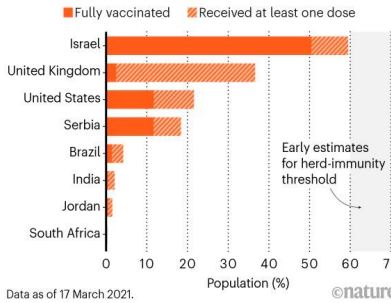


Results of trials on a daily pill to treat COVID-19 could be available within months.(Image/Unsplash/Halacious)

Uneven Access to Vaccines

DISPARITIES IN DISTRIBUTION

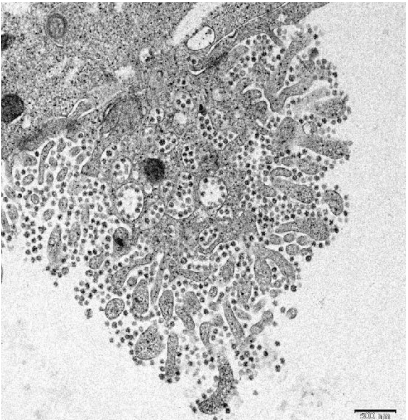
The worldwide roll-out of COVID-19 vaccinations is uneven, as shown by this selection of countries. Even as some nations approach a theoretical threshold for herd immunity, quashing the spread of the virus will prove difficult.



But studies show one or two injections don't ward off the pathogen. The best bet at this point is a booster shot, which triggers the production of neutralizing antibodies and a deeper immune response. People inoculated with more traditional inactivated vaccines, such as the widely used shots from China's Sinovac Biotech Ltd., will need at least two boosters — preferably with different vaccines — to control the virus, Yale's Iwasaki said. In the next six months, more countries will contend with whether to roll out a fourth shot. Israel has started and the U.S. backs them for vulnerable people, but India is pushing back and refusing to "blindly follow" other countries.

How We'll Know When the Covid-19 Crisis Is Over

While the virus won't be overwhelming hospitals and triggering restrictions forever, it's still unclear when — or how — it will become safe to leave on the back burner. Experts Bloomberg News spoke to agree that in developed countries including the U.S. and much of Europe, the virus could be well in hand by mid-2022. There will be better access to pills such as Pfizer Inc.'s Paxlovid, rapid antigen tests will be more readily available and people will have become accustomed to the idea that Covid is here to stay.



Transmission electron micrograph of a green monkey kidney cells 24 hours

after infection by the SARS-CoV-2 virus. (Source/The University of Hong Kong)

Robert Wachter, chair of medicine at the University of California, San Francisco, puts the odds at 10-to-one that by the end of February, most parts of the U.S. and the developed world will no longer be struggling with severe outbreaks. Vaccinations and new treatments, widespread testing and immunity as a result of previous infections are helping. Countries like Denmark are getting rid of all pandemic restrictions despite ongoing outbreaks.

"That is a world that feels fundamentally different from the world of the last two years," he said. "We get to come back to something resembling normal." "I don't think it's irrational for politicians to embrace that, for policies to reflect that."

When Will the Pandemic End?

Elsewhere in the world, the pandemic will be far from over.

The threat of new variants is highest in less wealthy countries, particularly those where immune conditions are more common. The delta mutation was first identified in India while omicron emerged in southern Africa, apparently during a chronic Covid infection in an immunocompromised HIV patient.

"As long as we refuse to vaccinate the world, we will continue to see new waves," Hotez said. "We are going to continue to have pretty dangerous variants coming out of low- and middle-income countries. That's where the battleground is."



A "door-to-door" vaccination team inoculates residents at a village in the Budgam district of Jammu and Kashmir, India, in August 2021. (Photo/Sumit Daya/Bloomberg)

Amesh Adalja, senior scholar at the Johns Hopkins University Center for Health Security in Baltimore, sees the pandemic continuing into 2023 for parts of the developing world.

"For me, the transition from pandemic

to endemic is when you're not worried about hospitals getting crushed," he said. "That will happen in most Western countries in 2022, and it will take a little bit longer for the rest of the world."

In parts of Asia, public health officials aren't even willing to consider calling the end of the pandemic.

While most of the world now seeks to live alongside Covid, China and Hong Kong are still trying to eliminate it. After spending much of 2021 virtually virus-free, both places are currently dealing with outbreaks.

"We do not possess the prerequisites for living with the virus because the vaccination rate is not good, especially amongst the elderly," said Hong Kong Chief Executive Carrie Lam. "I could not stand seeing a lot of old people dying in my hospitals."

Harsh virus restrictions including border closures and quarantines may well be in place until the end of 2022, though the higher contagiousness of the new variants is making that harder to maintain, as Hong Kong's current challenges show. Walling out the virus completely, like a swathe of countries did early in the pandemic, may no longer be possible.

With so much of the world still mired in the pandemic, virus-related dislocations will continue everywhere.



Covid-19 testing outside a building placed under lockdown at the City Garden housing estate in Hong Kong, in Jan. 2022. (Photo/Louise Delmotte/Bloomberg)

The immense strain on global supply chains is only worsened by workers sickened or forced to quarantine as a result of omicron. The problem is especially acute in Asia, where much of the world's manufacturing takes place, and means global concerns about soaring consumer prices are unlikely to disappear any time soon. China's increasingly vehement moves to keep quashing Covid are also becoming disruptive.

With many countries only partially open to visitors, international travel is still very far from what we considered normal in 2019. Hospitals and health care

systems around the world face a long, slow recovery after two years of monumental pressure.

And for some individuals, the virus may be a life sentence. Long Covid sufferers have now been experiencing severe fatigue, muscle aches and even brain, heart and organ damage for months.

How long will we be dealing with the long-term ramifications of the virus?

"That's the million-dollar question," South Africa's Gray said. "Hopefully we can control this in the next two years, but the issues of long Covid will persist. We will see a huge burden of people suffering from it."



A temporary Covid treatment facility at the Commonwealth Games Village Sports Complex in New Delhi on Jan. 5. (Photo/T. Narayan/Bloomberg)

Life After the Pandemic

Over the coming months, a sense of what living permanently with Covid really looks like should take shape. Some places may forget about the virus almost entirely, until a flareup means classes are cancelled for a day or companies struggle with workers calling in sick. Other countries may rely on masking up indoors each winter, and an annual Covid vaccine is likely to be offered in conjunction with the flu shot.

To persist, the virus will need to evolve to evade the immunity that's hitting high levels in many parts of the world.

"There could be many scenarios," Yale's Iwasaki said. "One is that the next variant is going to be quite transmissible, but less virulent. It's getting closer and closer to the common cold kind of virus."

If that evolution takes a more toxic path, we will end up with a more severe disease.

"I just hope we don't have to keep making new boosters every so often," she added. "We can't just vaccinate everyone around the world four times a year." "It's really hard to predict."

(Courtesy Bloomberg.com)

出了車禍不要緊，李醫生免費幫你治！



txspinalcare.com 713.278.2225

（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，他也可以幫你免費治療！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。腦震蕩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。

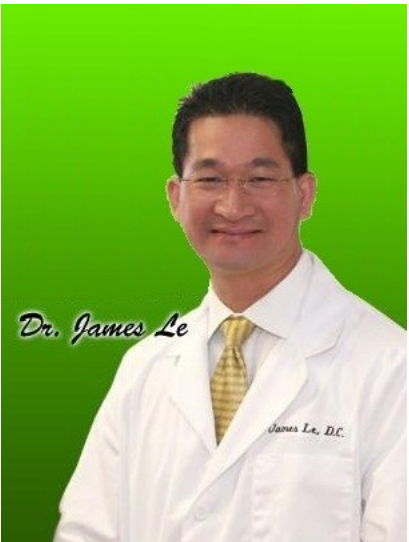
車禍後遺癥有一個顯著的表現就是長期腰痛背痛頸痛，腰椎間盤發生退行性變異導致纖維環破裂，造成髓核脫出壓迫神經根或硬膜囊而引起坐骨神經痛等一系列腰腿痛癥狀，患者常常感覺下肢放射性疼痛（坐骨神經痛）下肢麻木、感覺異常、前行困難。嚴重時出現神經肌肉癱瘓和萎縮。腰部長期反覆疼痛，休息時減輕，勞累就加重，常常有彎腰困難，久坐後疼痛，彎腰過久後疼痛加重等癥狀。部分患者出現眩暈、頭痛等癥狀，甚至引發鼻炎、耳炎，也伴有手麻、手酸。

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。

Texas Spinal care
電話：713-278-2225

網址：http://txspinalcare.com
診所地址：9610 westheimer road, Houston, Texas 77063
診療時間：每周一至五全天，周六上午。



髕骨外側壓縮綜合癥？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 髕骨外側壓縮綜合癥。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，放鬆裝置，牽張裝置，能刺激大腿內側肌群及穴位，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，電腦掃描足部定做康復鞋墊，

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。

髕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。髕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，癥狀包括膝關節瀰漫性疼痛和局部髕下疼痛。髕骨周圍和下方、膝蓋前部、膝蓋骨的內側邊緣經常有壓痛，髕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，髕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」，髕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，髕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。

髕骨與股骨組成髕股關節，髕骨關節和我們的髕股關節共組成了我們身體上著名的——膝關節，而我們的髕股關節形成在髕骨和股骨遠端之間，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，光嚷嚷「疼」而不

去治療的人是打算坐輪椅過下半生？

我們的髕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。

Texas Spinal care
電話：713-278-2225
網址：http://txspinalcare.com
診所地址：2600 S Gessner RD, Suite 120, Houston, TX 77063
診療時間：每周一至五全天，周六上午。

德州潮州會館本頭公廟熱烈歡迎 中國駐華盛頓大使館總領事鐘瑞明一行到訪



本報記者
黃麗珊報導

德州潮州會館本頭公廟劉義安會長、理事長徐耀德贈送紀念品給中國駐華盛頓大使館總領事鐘瑞明



中國駐華盛頓大使館總領事鐘瑞明一行與德州潮州會館鄉親合影于牌樓前



中國駐華盛頓大使館總領事鐘瑞明贈香油錢由德州潮州會館本頭公廟劉義安會長、理事長徐耀德代表接受



中國駐華盛頓大使館總領事鐘瑞明贈送紀念品由德州潮州會館本頭公廟會長劉義安代表接受



中國駐華盛頓大使館總領事鐘瑞明以正宗潮州話向鄉親問好



中國駐華盛頓大使館總領事鐘瑞明，僑務一等祕書連淑鈺，隨員李雪、德州越棉寮華裔聯誼會天后廟會長翁作華，副會長楊贊榮，理事長周滿洪夫婦，德州潮州會館本頭公廟會長劉義安，前會長孫偉根，副會長馬克通，理事蔡海驅，朱國興，謝禮明，稽核王國燦，總務許益明，廖明雄，會計文書陳秀英，陳福英等一起向福德正神敬拜



中國駐華盛頓大使館總領事鐘瑞明一行到訪德州潮州會館本頭公廟