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| <div><div><div>Restaurant Hiring</div><div>餐館服務</div></div><div><div>*珍寶海鮮城 誠聘</div><div>點心師傅、點心熟籠、點心幫手 炒鍋師傅、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></div> | <div><div><div>Restaurant Hiring</div><div>餐館服務</div></div><div><div>*『高薪厚職』餐館誠請</div><div>炒鍋,打雜,燒臘師傅, 企台,執碼(幫廚) 各幾名,包食和住宿。 有意請電: 512-483-1284</div></div></div> | <div><div><div>Restaurant Hiring</div><div>餐館服務</div></div><div><div>Subway 三明治店招工</div><div>地址: 9105 W Sam Houston Pkwy N 500 Houston TX 77064 13050 Louetta Rd 2208, Cypress TX 77429 全職或者兼職都可以,英文基本交流, 其他可以教,正常工資加上小費,收入可觀。 請短訊(為佳): 832-274-2581 或電郵: subwayxy@outlook.com</div></div></div> | <div><div><div>Restaurant Hiring</div><div>餐館服務</div></div><div><div>新皇宮點心海鮮酒樓 (ChinaBear)</div><div>『高薪』誠聘: 經理,企枱,收銀,帶位,傳菜 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></div> | | | | |
| <div><div><div>餐館請人 Restaurant Hiring</div></div><div><div>*中餐廳請人</div><div>位 Katy 凱蒂 誠招 外送員,廚師 收銀員,服務員。 全工或半工均可 意者請電: 978-549-4604</div></div></div> | <div><div><div>*中餐館招聘</div><div>美式中餐,位西北區, 529 和 Barker Cypress 請熟手炒鍋、企檯、 收銀。全工/半工均可 薪優,可包住。電話: 832-830-3906</div></div></div> | <div><div><div>*冰淇淋連鎖店</div><div>誠徵全職店長一名, Hillcroft St./8 號交界 需略通英文能報稅。 有意者請洽: 281-795-9096</div></div></div> | <div><div><div>SINH SINH</div><div>位中國城,中國餐廳 誠請炒鍋、打雜 抓碼,麵粉 及企檯 請下午 3 點後電: 713-459-1501</div></div></div> | <div><div><div>*永華餐館誠請</div><div>炒鍋,油鍋, 打雜,企檯。 9600 Bellaire #126 Houston, TX 77036 意者請電: 713-271-3122</div></div></div> | <div><div><div>*龍記潮州餐館</div><div>糖城 (Sugar Land) 六號公路旁,誠請 廣東炒鍋(抓碼,幫廚) 一位。薪優, 意者請電: 832-513-5699</div></div></div> | <div><div><div>活動中心誠聘</div><div>1.麵包車司機: 駕技良好,有愛心 2.廚房幫廚: 週一至五 3.兼職打掃: 週一一次 (周二或周三) 薪資優,請電: 廖先生 832-866-8801</div></div></div> | |
| <div><div><div>西北區中餐館</div><div>薪水優,誠聘 炒鍋及打雜 全工半工均可 有意者請電: 832-782-9884 832-782-8001</div></div></div> | <div><div><div>糖城翠苑中餐館</div><div>誠請油爐 ~ 薪資優厚 ~ 有意者請電: 832-606-3731</div></div></div> | <div><div><div>餐館請服務員</div><div>Full Time / Part Time 需報稅。 中國城上班 意者請電: 713-981-8818</div></div></div> | <div><div><div>*美式中餐館</div><div>●位 Tomball 地區, (99 和 249 附近) 誠請炒鍋: 全職/兼職可 ●靠 290/8 號 中餐館 周四 周五下午請打包 待遇優,意者請電: 832-773-2913</div></div></div> | <div><div><div>金冠酒家誠聘</div><div>廚房油爐,打雜,炒鍋 有身份,可報稅。 意者請電: 281-866-5020</div></div></div> | <div><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></div> | <div><div><div>*餐館請人</div><div>誠請油鍋或炒鍋 全工或半工均可 位 Spring 地區 意者請電: 713-775-2148</div></div></div> | <div><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></div></div> |
| <div><div><div>糖城美式餐館</div><div>誠請全工和半工 需英文流利 收銀,帶位,企枱 意者請電: 281-242-7728</div></div></div> | <div><div><div>美國中餐館請人</div><div>位於糖城 59-99 之間 廚房師傅,油鍋打雜 半工時間 4pm-打烊 收銀打包適學生,主婦 半工兩班制 11-4pm 晚班 4-8pm 薪水好 外加小費,需工卡可報稅 電: 281-759-0775</div></div></div> | <div><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></div> | <div><div><div>餐館誠聘</div><div>外賣員(全工半工) 位 Spring, 249 與 99 交界 聯系人: 林先生 832-310-0739</div></div></div> | <div><div><div>糖城中餐館</div><div>誠請一名 收銀帶位兼接電話, 全工或半工均可, 需英文流利,可報稅 有意者請電: 832-866-2625</div></div></div> | <div><div><div>美式中餐館</div><div>位 6 號/290,誠請 全工炒鍋,油鍋, 打雜,外送員 各一名 需報稅。 以上不住住宿。請電: 713-213-0086 832-593-6688</div></div></div> | <div><div><div>餐館請人</div><div>靠近 249, 誠請 全工或半工送外員, 企枱,炒鍋 前熱手接電話 意者請電: 281-966-5342</div></div></div> | <div><div><div>外賣店,薪優</div><div>外賣店位於 45 北。 (Woodland 區) 誠請 長工 & 半工電話接線員 薪優! 電話: 832-457-5542</div></div></div> |
| <div><div><div>金山餐館請人</div><div>位 Downtown 誠請 企檯,收銀,帶位 拋鍋,抓碼,全工半工 薪水好。電: 阿泰 916-529-7337 2001 Jefferson Houston, TX 77003</div></div></div> | <div><div><div>路州餐館請人</div><div>位 路易斯安那州 誠請炒鍋一名, 需報稅。請電: 832-819-8111</div></div></div> | <div><div><div>餐館請人,薪優</div><div>生意好外賣店,誠聘 收銀員,炒鍋 全工/半工均可 909 Southmore Ave Pasadena, TX 77502 713-818-0335</div></div></div> | <div><div><div>富仔記請人</div><div>誠徵有經驗企檯 有身份 有意者請電: 713-988-7288</div></div></div> | <div><div><div>貝城快餐店</div><div>招請打雜及包外賣 每天 \$110, 包吃包住, 離休士頓 4 個小時車程, 灰狗巴士 從 終點站到貝城終點站, 試工包車票。請電: 225-772-8584</div></div></div> | <div><div><div>糖城餐館誠請</div><div>●Part time 有經驗 Waiter/Waitress ●Part time 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></div> | <div><div><div>餐館急徵</div><div>Waiters: 略懂英文 免費供吃住 地點: Texas City 請洽: Kim 409-500-3300</div></div></div> | <div><div><div>Pearl Dynasty</div><div>位糖城 Sugar Land, 請 全工半工 Part/Full Time Cook & Fryer 炒鍋 & 油鍋 Cashier 收銀員 Delivery Driver 外送員 意者請電: Lisa 832-594-0540</div></div></div> |
| <div><div><div>壽司餐館請人</div><div> Restaurant Hiring</div></div></div> | <div><div><div>超市內壽司吧</div><div>位 610 北, 過 I-10 誠徵女性幫手一名 ~~ 待優 ~~ 請 5 點後電或短訊 832-660-2521</div></div></div> | <div><div><div>壽司餐館請人</div><div> Restaurant Hiring</div></div></div> | <div><div><div>Kroger 壽司吧</div><div>New Caney, TX 77357 『高薪』誠聘 壽司師傅或助手 意者請電: (英文) 832-401-9179</div></div></div> | <div><div><div>壽司餐館請人</div><div> Restaurant Hiring</div></div></div> | <div><div><div>壽司吧急聘</div><div>The Sushi Bar is Hiring We are in urgent need of Part-time Sushi Helper in Kroger. 9325 Katy Fwy, Houston, TX 77024. 281-520-6774 (英)</div></div></div> | <div><div><div>壽司餐館請人</div><div> Restaurant Hiring</div></div></div> | <div><div><div>HEB 內壽司吧</div><div>Tomball Woodland 誠招壽司助手 有無經驗均可 意者請電: 713-865-6886</div></div></div> |
| <div><div><div>中日餐館請人</div><div> Restaurant Hiring</div></div></div> | <div><div><div>日餐薪優請人</div><div>Yamato Japanese Rest. 誠徵 Hibachi Chef 鐵板燒師傅 Sushi Chef 壽司師傅 2104 61 St., Galveston 409-739-4735</div></div></div> | <div><div><div>KATY 日餐</div><div>『薪優』誠請 ●全工壽司師傅 ●廚房師傅 ●洗碗 ●熟手全工半工企檯 包吃住。意者請電 或短訊(無人接聽時) 713-820-7402</div></div></div> | <div><div><div>美日餐館,高薪</div><div>二家 Galleria & 1960 誠請經理,企檯,帶位 Bartender 調酒師 需英文流利,懂酒水 全工/半工均可 小費極佳。聯系電話: 281-636-8808</div></div></div> | <div><div><div>日本餐館,誠請</div><div>全職經理 & Sushi 師傅 位 Missouri City 近糖城, 需有經驗,做事認真負責 可提供住宿。 薪資優異面議,請聯系 912-381-5292 346-303-3218</div></div></div> | <div><div><div>休斯頓高級日餐</div><div>位 Galleria 旁邊, 誠聘 ●全工壽司師傅 ●全工及半工幫手 以上需有經驗,略懂英文,可協辦綠卡。 有意者請電: Teddy 713-961-9566 (手機) 281-685-4272 留言</div></div></div> | | |
| <div><div><div>日餐店請人</div><div>誠招廚房師傅 有相關經驗優先, 不會可教。 聯系人: Vincent 408-901-9571</div></div></div> | <div><div><div>餐館 租售</div><div> Restaurant for sale</div></div></div> | <div><div><div>Restaurant For Sale</div><div> 餐館出售</div></div></div> | <div><div><div>美式中餐老店售</div><div>近中國城,美式中餐 快餐老店,不外送, 生意 3.8 萬,租金 \$1800 非誠勿擾! 機會難得 意者請電: 馬女士 832-206-2005</div></div></div> | <div><div><div>賺錢中日餐館售</div><div>休斯頓北,面積 1750 呎 房租 4400, 包水, 生意 5 萬多。一手老店 有錢白人區,潛力巨大 老板年老退休, 故售好店。請聯系: 281-636-1673</div></div></div> | <div><div><div>賺錢中日餐館售</div><div>休斯頓北,面積 1750 呎 房租 4400, 包水, 生意 5 萬多。一手老店 有錢白人區,潛力巨大 老板年老退休, 故售好店。請聯系: 281-636-1673</div></div></div> | <div><div><div>美式中餐館轉讓</div><div>位奧斯汀,生意興旺, 生意 6 萬 5, 一周做 5 天, 做足 7 天生意上 8 萬, 現尚未加第三方外送平台 沒開放外送,只堂吃與 來取,增長空間大,潛力大, 2500 呎,房租 5000,致電或 短信: 832-289-3951</div></div></div> | <div><div><div>中日餐外賣店售</div><div>Spring 1700 呎 房租 4570, 有送餐, 生意 75000-8000, 合同剩 7 年半, 開店 12 年,價格面議 聯系人: 阿陣 832-748-1728</div></div></div> |
| <div><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></div> | <div><div><div>堂吃外賣店轉讓</div><div>位西北高尚白人區 因人手不足轉讓 生意穩定,租金便宜 有意者請電: 281-813-6809 非誠勿擾</div></div></div> | <div><div><div>堂吃外賣</div><div>兼小 Buffet 轉讓 設備齊全, Lunch Buffet, 低價轉讓, 詳情請致電: 210-380-2645</div></div></div> | <div><div><div>超市壽司吧售!</div><div>19300 W. Lake Houston Humble TX 77346 好價錢, 好收入 每周 \$5000-\$5500 (英文) English only Text/Call: Ms. Young 832-527-2271</div></div></div> | <div><div><div>轉讓賺錢堂吃</div><div>兼外賣店 離中國城 15 分鐘車程 長年經營生意穩定。 意者請聯系: 713-373-2947 非誠勿擾!</div></div></div> | <div><div><div>糖城中日堂吃</div><div>外賣餐館出售 有酒牌, 6 年老店, 生意穩定, 旺季來臨, 即買即賺, 聯系電話: 281-903-6795</div></div></div> | <div><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 呎, 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></div> | <div><div><div>出售美式中餐</div><div>外賣店 開業十年, 生意穩定 有上升空間, 穩賺的店。 聯系電話: 832-339-0111</div></div></div> |
| <div><div><div>*賺錢生意急售</div><div>●近 Memorial 高級區中餐館: 設備齊全, 有酒牌 年收入近 60 萬, 業主榮休, 僅售 \$5 萬。 ●好運大道, 禮品批發店: 生意出讓, 業主經營 20 年, 年收入 60 萬, 8000 平方呎倉庫, 存貨 \$240,000, 生意僅售 \$45,000, ~~機會難得~~。有意者請洽: 德州地產 713-988-1668, 832-734-6888 (中文)</div></div></div> | <div><div><div>*三明治店出售</div><div>二十層辦公樓內三明治店售。 靠近中國城, 在 59 & 610 交界處, 店主已經營 20 年, 現退休出售。 租金 \$750。無水電及其它費用。 意者請電或留言: 713-572-3354</div></div></div> | <div><div><div>醫療中心黃金地段旺鋪轉讓</div><div>5000 呎餐館轉讓 新裝修, 新設備, 有固定客源。 3835 Bellaire Blvd, Houston, TX 77025 聯系電話: 346-801-5176</div></div></div> | <div><div><div>Kroger 超市內壽司吧售! 機會難得</div><div>每周收入 \$10500-\$11750 美元, 易於管理! New Caney, TX 77357 好面積, 好價格, 好收入! Sushi bar in Kroger supermarket! A rare opportunity. Weekly income \$10500-\$11750 Kroger Sushi Bar for Sale New Caney, TX 77357. Easy To Manage! Good area, Good Price, Good Income! 請傳短訊或電: 832-401-9179</div></div></div> | | | | |

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Inside C2

Southern DAILY

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Ukraine says troops may retreat from eastern region as Russia advances

KYIV/POPASNA, Ukraine, May 27 (Reuters) - Ukraine said on Friday its forces may need to retreat from their last pocket of resistance in Luhansk to avoid being captured by Russian troops pressing a rapid advance in the east that has shifted the momentum of the three-month-old war.

A withdrawal could bring Russian President Vladimir Putin closer to his goal of capturing Ukraine's Luhansk and Donetsk regions in full. His troops have gained ground in the two areas collectively known as the Donbas while blasting some towns to wastelands.

Luhansk's governor, Serhiy Gaidai, said Russian troops had entered Sievierodonetsk, the largest Donbas city still held by Ukraine, after trying to trap Ukrainian forces there for days. Gaidai said 90% of buildings in the town were damaged.

"The Russians will not be able to capture Luhansk region in the coming days as analysts have predicted," Gaidai said on Telegram, referring to Sievierodonetsk and its twin city Lysychansk across the Siverskiy Donets River. read more

"We will have enough strength and resources to defend ourselves. However it is possible that in order not to be surrounded we will have to retreat."

Moscow's separatist proxies said they now controlled Lyman, a railway hub west of Sievierodonetsk. Ukraine said Russia had captured most of Lyman but that its forces were blocking an advance to Sloviansk, a city a half-hour drive further southwest.

Ukrainian presidential adviser Oleskiy Arestovych said overnight that the well-organised attack on Lyman showed Moscow's military, which was driven back from the capital Kyiv in March, was improving its tactics and operations.

'AT GREAT COST'
British Prime Minister Boris Johnson told Bloomberg UK that Putin "at great cost to himself and to the Russian military, is continuing to chew through ground in Donbas".

Report ad
Russian troops advanced after piercing Ukrainian lines last week in the city of Popasna, south of



Sieverodonetsk. Russian ground forces have now captured several villages northwest of Popasna, Britain's Defence Ministry said.

Reached by Reuters journalists in Russian-held territory on Thursday, Popasna was in ruins. The bloated body of a dead man in combat uniform could be seen lying in a courtyard.

Natalia Kovalenko had left the cellar where she sheltered to live in the wreckage of her flat, its windows and balcony blasted away. She said a shell hit the courtyard outside, killing two people and wounding eight.

"I just have to fix the window somehow. The wind is still bad," she said. "We are tired of being so scared."

Russia's eastern gains follow a Ukrainian counter-offensive that pushed Moscow's forces back from Ukraine's second city Kharkiv in May. But Ukrainian forces have been unable to attack Russian supply lines to the Donbas.

In the south, where Moscow has seized a swathe of territory since the Feb. 24 invasion, including the strategic port of Mariupol, Ukrainian officials believe Russia aims to impose permanent rule.

A garage burns following a military strike on a garage near the railway station, amid Russia's invasion of Ukraine, in the frontline city of Lyman, Donetsk region, Ukraine April 28, 2022. REUTERS/Jorge Silva

Ukraine's military said Russia was shipping in military equipment from Russian-annexed Crimea to build defences against any Ukrainian counter-attack and was mining the banks of a reservoir behind a dam on the Dnipro River that separates the forces.

STRUGGLING TO LEAVE
In the Kherson region, north of Crimea, Russian forces were fortifying defences and shelling Ukraine-controlled areas on a daily basis, the region's Ukrainian governor Hennadiy Laguta told a media briefing.

He said the humanitarian situation was critical in some areas and people were finding it almost impossible to leave occupied territory, with the exception of a 200-car convoy that left on Wednesday.

On the diplomatic front, European Union officials said a deal might be reached by Sunday to ban deliveries of Russian oil by sea, accounting for about 75% of the bloc's supply, but not by pipeline, a compromise to win over Hungary and unblock new sanctions. read more

Ukrainian President Volodymyr Zelenskiy has criticised the EU for dithering over a ban on Russian energy, saying the bloc was funding Moscow's war effort and that delay "merely means more Ukrainians being killed."

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Volkswagen rejects shareholder push for climate lobbying disclosures

BERLIN, April 9 (Reuters) - Volkswagen (VOWG_p.DE) has rejected a shareholder proposal for it to explain how its lobbying activities align with its climate goals - something two of the carmaker’s leading competitors have already promised to do, one of the investors said on Friday.

A filing by a group of seven shareholders said that while Volkswagen does disclose its trade association memberships, it should go further and say whether the associations’ aims are compatible with its emissions-cutting targets.

Fellow carmakers Mercedes-Benz (MBGn.DE) and BMW (BMWG.DE) have already committed to doing that.

“The Board is failing to deliver transparent oversight of the company’s climate lobbying,” said Charlotta Sydstrand, sustainability strategist at Swedish pension scheme AP7, one of the shareholders involved in the proposal.

Her comments were included in a statement issued by the Church of England Pensions group, which also backed the filing.

The statement said Volkswagen had rejected the proposal on the grounds that the issue was deemed to be beyond the competence of the general meeting.

Volkswagen was not immediately available for comment.

Other supporters of the proposal included Britain’s biggest listed asset manager Schroders and a range of Swedish pension funds.

Pressure by investors on climate-related issues is growing rapidly.

Last week, 34 investors managing more than \$7 trillion in assets warned 17 of Europe’s largest companies, including Volkswagen, they could challenge board directors over their accounting of climate risks. “Investors cannot understand the true value of a company without knowing the embedded climate risks,” Natasha Landell-Mills, partner and head of stewardship at investment manager Sarasin & Partners, one of the signatories to the letters, said in an interview.

Others to sign include the fund arm of HSBC (HSBA.L), French public



The logo of German carmaker Volkswagen is seen on a rim cap in a showroom of a Volkswagen car dealer in Brussels, Belgium July 9, 2020. REUTERS/Francois Lenoir/ File Photo

pension scheme ERAFP, and BMO Global Asset Management EMEA, part of U.S. asset manager Columbia Threadneedle.

Investors have tried to press the companies on the issue before. In 2020, through the Institutional Investors Group on Climate Change, they laid out a series of steps boards needed to take to align their accounts with the Paris Agreement on climate, including changing key accounting assumptions.

The investors found that most companies failed

to adequately respond, prompting the latest string of letters warning boards they faced opposition at their upcoming annual general meeting. [read more](#)

“From next voting season you should increasingly expect to see investors vote against Audit Committee directors’ reappointment, where high-risk companies fail to meet the expectations,” the letters said.

Editor’s Choice



Lee Ji-eun (known as IU) poses as she leaves at the screening of the film “Broker” (Les bonnes etoiles) at the 75th Cannes Film Festival. REUTERS/Stephane Mahe



U.S. Senator Chris Murphy checks his phone in an elevator outside the Senate floor in the United States Capitol building in Washington. REUTERS/Evelyn Hockstein



General view of the AS Roma fans celebrating outside the Colosseum after winning the Europa Conference League. REUTERS/Guglielmo Mangiapane



Birds fly on a smoggy morning in Jakarta, Indonesia. REUTERS/Willy Kurniawan



A view of damages on a building’s roof after a shelling at a residential area, as Russia’s attack on Ukraine continues, in Kharkiv, Ukraine. REUTERS/Ivan Alvarado



Police officers work at the scene where police shot and injured a suspect who was walking down a city street carrying a gun, as four nearby schools were placed on lockdown, in Toronto, Ontario, Canada. REUTERS/Chris Helgren

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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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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，癥狀包括膝關節彌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咔嚓聲「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，髕骨周圍的圍圈性疼痛範圍，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，髕骨關節和我們的股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，光讓「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。

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總校長唐藝杰主持 2021 及 2022 休士頓華夏中文學校畢業典禮

本報記者黃麗珊報導