

分類廣告 C1

E-Newspaper: www.scdaily.com Tel: 281-498-4310 Fax: 832-399-1355

wechat: AD7133021553 E-mail: cla@scdaily.com

美南新闻网站 www.scdaily.com

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●每格可容中文大字(標題)6字及小字(內容)50字:

英文字母及數字二字為中文小字一字,空格標點符號均需計算。 ※English title: 12 letter ※English content: 120 letters

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分類廣告價目表 CLASSIFIED AD. RATE

週數Week	一週	二週	三週	一月
格數 Size	1 wk	2 wks	3 wks	1 mon
1格 (1unit)	\$45	\$80	\$105	\$125
2格 (2units)	\$90	\$160	\$210	\$250
3格 (3units)	\$135	\$240	\$315	\$375
4格 (4units)	\$180	\$320	\$420	\$500

EFFECTIVE: 從2009年11月1日起實施

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By phone, Fax, Email or in person: 電話,傳真,電郵,上網或登門刊登

姜南新聞刊登

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Monday-Friday: 8:30am-5:30pm Saturday: 9am.-12pm 上班時間: 週一至週五: 上午八時至下午五時

Business Hours:

paper: www.scdaily.com 點 "分類廣告"

美南新聞分類廣告 公告欄

全面改版新網站 www.scdaily.com 是最受歡迎的 招工/買賣/宣傳 最佳平台

目前也推出網路促銷活動, 只要您己刊登美南新聞分類廣告

即可享有刊登一次『10元』的特價活動

請微信: AD7133021553 或致電: 281-498-4310

100 Restaurant Hiring

*中國城中餐館

誠請有經驗企檯 會越南話更佳 意者請電:

713-271-3122

中餐館請人

位 PearLand, 誠請

有經驗,英文好的

*餐館請人

路州,離休斯頓4.5 小時,中餐堂吃店, 誠請企檯 意者請電:

832-588-1996

餐館請人

位Spring, 249

誠請

全工或半工炒鍋

有意者請電:

281-966-5342

*餐館招聘 Cashier

●接電話兼打包 距離中國城15分鐘

●另外招聘**夫妻工** 聯系電話:長期有效

832-339-0111

奧斯汀餐館

誠聘Cashier,企檯

幫廚,打雜,炒鍋

有意者請電:

737-843-8186

中國城黃金廣場 ~ 茶顏觀色 ~ 環景優

薪金面談. 請電話: 312-818-8238

雅舒服,年青人有活力

312-479-1189 9968 Bellaire Blvd #100A Houston Tx.77036

中餐外賣店

位於45號南

薪優,誠請

●幫炒(能炒雙飛)

●打雜兼包外賣

提供住宿. 意者電

713-614-3873

●另有好餐館出售

意者請洽:鄭 631-264-9124

*手抓海鮮店

位於McAllen

手抓海鮮店,誠請

炒鍋或油鍋數名

Mall內快餐

55 歲以下.會英文

5 天工作曰

能搬遷更好.

意者請電:

214-924-8009

*KATY中餐館

誠招●全工炒鍋, ●全工/半工企台

> 薪優需報稅. 意者請電:

713-855-2384

金山餐館請人

位 Downtown 誠講

●企檯,抛鍋,抓碼

~以上新水好~

意者請電: 阿泰

916-529-7337

2001 Jefferson

Houston, TX 77003



中餐外賣店 位 Missouri City 誠請 Part time 熟手接電話 星期一至星期五 早11點-下午4點

646-339-7703

Waiter/Waitress **Cashier** 意者請電

832-768-9888

Buffet店請人 近中國城 Buffet 店 誠請全工/半工 熟手企台,帶位

713-789-0845

意者請電:

糖城中餐館

中日餐館請人

誠請●全工和半工企檯: 小費好

熟手壽司包卷師傅和二手師傅

有意者請電:

713-623-3937

HEB壽司吧請人

聯系電話:

請外送員一名

281-265-0302

西北區餐館 Cypress1960

誠請 全工接電話打包

半工外送員 713-302-0321

中餐館請人

哈比機場附近,誠徵 包外賣兼送外賣

意者請電:

832-643-8183



*Lake Charles 路州全日餐

*Dokyo Dauntaun餐館誠聘

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我們提供住宿,靈活的假期,及任何菜單上的

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主要處理我們菜單上有限的韓菜部分。

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或Email至: dokyomail@gmail.com

『高新』誠詩 壽司師傅,學徒 廚房師傅,油鍋,打雜,全工企檯. ~~ 包吃包住 ~~

意者請電: 832-605-2131

日餐**高新**誠聘

位 Cypress,誠請

●熟手企檯:全工或半工均可

●熟手Sushi Man

住附近者優先. 有意者請電:

832-398-2383 832-653-3111

壽司吧招工

Kroger 內 壽司吧

急需 - 壽司師傅和 幫手

地址: 9325 Katy Fwy Houston, TX 77024

請意者聯系:

713-299-4129 Wendy

位於糖城6號HEB

誠聘壽司師傅及助手

意者請電: 832-213-7345

KATY 日本餐館

誠請 ●熟手企檯: 需能報稅

Part time / Full time 均可

意者請電或短訊(無人接聽時)

832-232-1001

●熟手炒鍋師傅(Cook)

日餐誠請 (中國城)

●Sushi Man:熟手,有經驗,不限男女

• Cashier: Part time or Full time

Text: 832-744-6376

Call: 832-618-2791

奥斯汀中日餐館.薪優誠聘

\$13-\$18/hr

- ●熟手油鍋 (Fryer)
- ●Sushi Chef 壽司師傅
- ●Kitchen Helper幫廚

~~~ 住宿環境佳, 交通方便~~~ 有意者請電:512-639-9599

### 路州日餐。高新請人

離休士頓2小時車程,包食宿. 高薪聘請油鍋,壽司,鐵板, 企台,洗碗,打雜,

●另請住家褓姆,帶3歲小孩.

200

餐館租售

Restaurant

以上無需經驗,可培訓.午休2小時。

請電: 904-238-9399

### **HEB (Super Market)** Sushi Bar, hiring Sushi Chef Littler bit English

Hwy 288 & Medical Center 6055 South Freeway, Houston, TX

832-808-0206

HEB 超市內壽司吧,請壽司師傅/助手

## 高級日本餐館誠請

●有經驗 壽司師傅, 企檯及帶位 全工或半工均可,以上需工卡. 意者請親臨:

6345 Westheimer, Houston, TX 77057

或電:713-781-6300

### 超市壽司吧誠徵

壽司師傅和助手:有責任心者、男女不拘 提供住宿, 需報稅.

請傳簡訊至: 832-401-9179

地點在: New Caney, TX 77365 在高速公路59N上,離中國城約45分鐘路程

## 200 餐館租售



●\$180,000 Sales price

● Lease term until 2027



# 200 餐館租售



### for sale for sale

Please call if you are interested at

### 糖城最大自助餐廳招租

●8000多呎,有私人套房 ●另有1000呎 冰果小吃店和辦公室

家樂廣場 Colony Center (6號 / Dulles)

### 好區奶茶店出售(3年新)

位於Spring Branch, 白人好區. 生意穩定,設備齊全,面積寬敞,大停車場 因店主另有他業,無瑕兼顧,出售. 適合家庭經營.~歡迎看店議價~ 請短迅或留言: 832-668-6556

### 小餐館轉讓

位於Galleria附近,950呎 房租便宜(僅\$950), 因人手不足店轉讓,售價4萬.

# \*美式炸蝦店

位 Pasadena 區, 房租 2000. 因店主急需回國,現出售, 意者請撥打電話:

832-289-3112 非誠勿擾

### 賺錢美式素餐館低價轉讓

15年賺錢美式素餐館, 位 Upper Kirby 區,機會難得!

> 有意者請電: 張先生 713-789-0807

●另請前檯及打雜員工

### 豪華中餐館出售

**Chinese Restaurant for sale.** 1800 SqFt, Great location & Traffic, Very busy for To-go business **Energy Corridor Houston.** 

1800 呎, 地點極佳, 地處交通繁忙地段, 外賣生意好, 歡迎看店議價.

有意者請電:281-725-4664

## \*Sushi Restaurant for Sale Location: Hwy-6 North, TX 77084 •\$700,000 Annual sales

Owner financing available, very good location Many regular customers Business is doing well during Covid.

Please text first: 713-206-2048(英文)

●\$4,700 Rent(plus NNN), 1,800 Sqft

臟錢壽司餐館出售:機不可失\$\$\$\$\$ -年營業額 70萬,僅售18萬 1,800 呎, 地點極佳.\$ 4,700 租金(加上NNN) 租期至2027年,業主可貸款,

很多老客户新冠肺炎疫情期间生意很好

### **Kroger Sushi Bar For Sale** \*超市內壽司吧出售. 機會難得!!!

一周營業額\$3000, 現僅售2萬 Weekly Sales \$3000 Selling for a good price of \$20,000

832-461-3495

可分租

有意者請洽: 713-397-1681

(如購買,可教會所有食品配方) 意者請電: 832-270-6187



2021年2月25日

Thursday, February 25, 2021

Email: cla@scdaily.com

Fax: 832-399-1355





館 **Equipment for sale** 

餐館設備和用具 電話:張先生

346-801-5169

休士頓民宿租 Houston Hostel USA

收購,拆卸,安裝,維修

店面辦公室 鋪位.各種生意 出租或出售

**Business Opportunity** 



\*自助式賺錢洗車場出售

離中國城約20哩 己經營25年,

現退休連地產一起出售 意者請電:

713-540-9607



中國城惠康前,百利大道上,獨立屋,旅館式 套房及多間單房(房間皆附 Cable 電視及冰箱) 無限上網,傢俱水電包.拎包入住,冤簽長約, 月租特優. 最少1個月起《感謝舊客戶推薦》 Line/微信: houstontours

832-640-3888 Ruby 陳碧如

中國城聯合賓館 6468 Corporate Dr (企業路) 中國人自建,自營,華人經理,

語言方便,可微信訂房. 曰或月租 2 臥室 (有廚房,電飯煲,可炊) 公寓式酒店 水電,網路,炊具,寢具,安全密碼閉路監控

電話/微信:832-488-8399

肝舗出和: 詩電: 281-235-6317

### ITC多間高雅辦公室租

環境高雅,安全,安静,包水電, **冤費高速光纖上網, 辦公傢具** 近中國城5分鐘.有大停車場. 共多間辦公室出租,\$500

( **#209 #218 #233**)

281-498-4310 Lisa (中文) 281-983-8152 Jennifer (英文)

International Trade Center



### 中國城辦公室租 位於福祿大廈3層 6100 Corporate Dr. 環境高雅,安全,安静 包水電,免費高速上網 有辦公家具,大停車場 300 呎,價格優惠.請電

832-860-1133

.樓多間辦公室出租 環境高雅,安全,安静,包水電, 冤費高速上網,辦公傢具, 近中國城5分鐘.有大停車場. 月租 \$500 - \$2500

有多間辦公室**整租或分租**,價格面議 281-498-4310 Lisa 辦公室 **281-983-8152** Jennifer 英文

( Leader Texas Realty ) 位於Bellaire上, 近中國城 2700 呎, 停車方便

適合做寫字樓,辦公室,診所... 等其它各行各業



**2021 Yellow Book - NOW PUBLISHED** 

歡迎至美南新聞索取

誠聘保姆

近 Galleria,聘住家或

通勤保姆,准備晚飯



Health Care Service

聘請倉庫工人

有倉庫經驗

需要有叉車認證

會中英文

電話:

### 高薪聘廚師管家 要求: 必須精通做飯菜

F淨整潔、勤勞敬業,能 完成主人每天安排的工作 每周五天,每天5小時 故一餐晚飯,料理家務 薪酬:每小時\$20

**電:678-739-9274** 

聘女住家看護 家住糖城,

281-650-0588

倉庫招聘

### 300 照顧女長者及家務, 少許烹飪 -周工作2或3天 請留短訊或留言:

### NOW HIRING **Food Distributor**

2021 Yellow Book - NOW PUBLISHED

誠聘阿姨

一周五天,

做飯打掃衛生,

要求干淨整潔,勤快

住家或通勤均可.

故飯好吃. 聯系電話

832-558-8888

至美南新聞索取

GOEYA LLC 新建倉庫 中國城西南5哩8號旁 招男性倉管: 50歲內 可搬重物,需報稅, Monday 7AM 試用期1個月,14元/H

713-295-1396 832-248-2100

# Company

公司請人

Hiring

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looking for Transfer Invoices. PT: Sunday 11PM to

Call: Helen & Lilv

## 電腦維修招聘 懂電腦基本操作,

講英文,

有電腦維修經驗優先 有意者請電:

713-383-8818 | 832-643-9822

# \*公司聘請

●資深會計: 二年以上1 Quickbook 經驗. ●會計部經理

請電或Email: 281-782-3280 Mwant110

@gmail.com 休士頓旅館 請白班前台一人.

活輕薪優。 意者電話:Spring

210-592-3886

需有工卡,會說英文,

## **Service** 家庭服務 旅館請人

Home

200

維修人員 2.淸潔房間人員

男女均可 **3.櫃檯**: 曰班或夜班 意者請電:

832-660-7063

電腦公司誠聘 電腦主板修理員 高中畢業,能識別 及更換微小零件. 意者請電:

713-566-1270 -mail : **admin**@ internash.biz

### 有愛心,每周5-6天, 有意者請電

做簡單家務,需有經 做早飯和晚飯。 臉,身體健康,對孩子 一周工作5/6天。 薪資:\$130-\$150/天。 位置:休斯頓 Cypress

誠聘住家褓姆

休斯頓需要住家陪夜

主要照顧快兩歲女寶寶

989-854-9693 **502-833-8808** 



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# 分類廣告專頁 Classified AD

www.scdaily.com/ classified ads

\*貿易公司請人

200

聘請 經理助理/業務助手

公司位 Missouri City,需中英文流利, 合法身份報稅,薪資待遇而議. 有意者請發送簡歷到郵箱:

dwc4501@gmail.com

Ocean Harvest Wholesale Inc.

**Seafood Distributor & Processor** 

●司機 (**Driver**): 有Class C牌

需中英文,有工卡。

Fax履歷至:713-673-3121

8751 Flagship Dr. Houston, TX 77029

招聘辦公室文員

要求:中英文流利,

精通Word / Excel等辦公軟件,

2年以上相關工作經驗。薪優

聯系方式: 送英文簡歷至

yassiritovar2@gmail.com

電話:713-224-3474

## 公司誠請員工多名

●會英文,懂電腦,收銀及電腦出貨員工 一周五天10點至6點,每小時\$12元起, 升值空間大,需要報稅.

●另請打雜. 近中國城.

有意者電:281-306-2115

**Experienced Accountant** 

SW Houston Import and Export company

needs an experienced accountant:

1. Must have 3 years or more experience.

Send resume and expected salary to:

barrykuan@qmail.com

誠聘機器維修工和生產線員工

需有相關機械維修經驗,略懂英文更好

●生產一線員工: 有公司車在中國城接送

公司年假, 醫療保險, 401K

請電: 832-366-1282 找 Helen

2. Warehouse.

●食品生產工廠, 聘請機械維修工:

2. Computer proficiency

3. Accounting degree preferred.

### \*Management Assistant

**Retail Distribution** 

Prefer Engineering background

### Peter@corepacificinc.net

地產管理公司請人

糖城地區 和 西南區 聘請**全職或兼職租賃經理助理**各一名,

英語流利,認眞負責 意者請 Email 履歷至:

hswr79@gmail.com

全豐海產批發公司 招聘 全職Sales

有食品行業經驗優先,

懂英語,越語,中文,懂電腦操作. 意者請電聯系: 281-879-8388 或 Email Resume to:

evelyn@allharvest.com

**JOB OPENING-Now Hiring** 

Customer service experience.

1. Accounting Assistant / Customer Service.

## 誠徵 船務助理

• 需有貨代或採購部門相關經驗

● 工作地點: 德州休士頓

提供:

年休,年終獎金,醫療保險,退休計畫.

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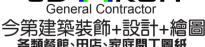
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Southern News Group

Mr. Lee's Commentary and Dairy



Inside C3

Thursday Febuary 25 2021

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Southern

www.today-america.com

# White House to roll out Johnson & Johnson vaccine doses next week, pending authorization



(Reuters) - The United States expects to roll out three to four million doses of Johnson & Johnson's COVID-19 vaccine next week, pending authorization from the Food and Drug Administration, White House COVID-19 response coordinator Jeff Zients said on Wednesday.

FILE PHOTO: Vials labelled "COVID-19 Coronavirus Vaccine" and sryinge are seen in front of displayed Johnson&Johnson logo in this illustration taken, February 9, 2021. REUTERS/Dado Ruvic/Illustration

A Johnson & Johnson executive on Tuesday said the company expected to ship nearly 4 million doses of the vaccine once it gained authorization.

The additional vaccine will help President Joe Biden's administration in its goal of ramping up vaccination across the country as it seeks to control the pandemic that has cost more than 500,000 lives in the United States and pummeled the economy.

Zients described J&J's manufacturing as being behind schedule when the new president took over from former President Donald Trump.

"It was disappointing when we arrived. I think the prog-

ress is real and we look forward to continuing to work with the company to accelerate ... their delivery and their capacity," Zients told a briefing.

The FDA said on Wednesday that the Johnson & Johnson one-dose vaccine appeared safe and effective in trials, paving the way for its approval for emergency use as soon as this week.

The company has a contract to deliver 100 million doses to the United States by the end of June. Zients said the administration was working to accelerate that timeline.

The Biden administration told governors this week that it would allocate about 2 million doses of the first J&J distribution to states. The remainder will go to federal distribution programs, like the federal pharmacy and community health center programs, Zients said.

### CASES DOWN, STORM CATCH-UP

Zients told reporters that the government had caught up from a backlog of vaccine distribution caused by the winter storm that hit Texas last week.

Administration officials also shared statistics showing that COVID-19 cases, hospitalizations and deaths in the United States were trending down, though the administration is urging

Americans to continue to wear masks and practice social distancing.

Dr. Rochelle Walensky, director of the Centers for Disease Control and Prevention, said daily U.S. cases in the past week declined to approximately 64,000.

Dr. Anthony Fauci, who serves as director of the National Institute of Allergy and Infectious Diseases as well as chief medical advisor to Biden, said the NIH had launched a new initiative to study long term effects of COVID-19 and related disorders.

The White House also announced on Wednesday that it would deliver millions of masks next month to food banks and community health centers to ensure less well-off communities were getting access to a key tool to prevent the spread of COVID-19.

Zients said that effort would cost \$86 million.



# WEALEE'S GLOBAL NOTES

02/24/2021

# **CORONAVIRUS DIARY** Wealee@scdaily.com

Thursday, February 25, 2021

# Sending Warmth To The Community

Our dear brother Congressman Al Green 's Winter Storm Recovery Drive came to the International Trade Center today. With the help of the Houston Food Bank s sponsorship, we will be able to help many families in this area to get some much needed food and water. Over the last several years our community has suffered so much in many natural disasters. We are doing our best to help each other.

Last week's power outages and loss of running water have left Texas and other parts of the south still feeling the affects of the deep freeze up until this week. The storms have also delayed the federal government's delivery of vaccines to several states and has caused a serious shortage of food and water.

President Biden has now signed a major disaster declaration for Texas and he will





pay a visit to Houston on Friday.

Texas Governor Greg Abbott has convened a meeting of state legislators to discuss how the weather crisis happened last week. The state's power plants were not ready for the freezing conditions and natural gas was hit the hardest. Production froze as did the pipelines that transport the gas.

We are so worried that if the government

does not take care of this problem now, we might be facing the same problem in the future.



Southern News Group Chairman / CEO **Chairman of International Trade & Culture Center** Chairman of International District Houston Texas





A man stands holding a candle next to the grave of Ahmaud Arbery, an unarmed young Black man shot and killed after being chased by a white former law enforcement officer and his son, during a candlelight vigil to mark the one year anniversary of his death, at New Springfield Baptist Church in Waynesboro, Georgia, February 23. REUTERS/Dustin Chambers



Workers from the entertainment industry hold a demonstration against the government's coronavirus disease (COVID-19) restrictions and demand the reopening of cinemas and theatres, outside a theatre, in Rome, Italy, February 23. REUTERS/Yara Nardi



Snow-covered figures are pictured at a local park of miniatures in Bakhchisaray, Crimea February 23. REU-TERS/Alexey Pavlishak

# **Editor's Choice**



Los Angeles County Sheriff's Deputies inspect the vehicle of golfer Tiger Woods, who was rushed to hospital after suffering multiple injuries, after it was involved in a single-vehicle accident in Los Angeles, California, February 23, 2021. REUTERS/Gene Blevins



President Joe Biden gestures to Canada's Prime Minister Justin Trudeau, appearing via video conference call, during closing remarks at the end of their virtual bilateral meeting from the



A pro-democracy protester with a haircut showing a three-fingers salute demonstrates in front of Royal Thai police headquarters demanding a discussion on police corruption in Bangkok, Thailand February 23. REU-TERS/Soe Zeya Tun



Stay Home!

# BUSINESS

Wear Mask!

Experts Are Confused By A 50% Drop In New Infections And Only 8.7% Of U.S. Vaccinated With NO Herd Immunity

## **New COVID-19 Cases Plunge** More Than 25% As Experts **Cite Behavior Changes**



**CORONAVIRUS LATEST** 

U.S. CASES: 26,680,261 455,875 U.S. DEATHS:

Dateline: Coronavirus Pandemic<sup>TM</sup> February 9, 2021

**Key Points** 

\*The U.S. saw its deadliest day on record Last Thursday with 5,077 new fatalities despite falling cases

\*The nationwide seven-day average for new coronavirus cases has fallen to 121,645. This marks a 50.5% decrease from the peak on January 12 when the average was close to 250,000

\*For the first time in weeks, the seven-day average is below 20,000 cases in every single state

> \*Texas and California still lead with average daily cases over 15,000

\*National hospitalizations from COVID-19 have also fallen to 88,668 the first time they have fallen below 90,000 since November 27

\*The drop in cases and hospitalizations comes as the vaccine rollout continues, but slowly, with just 8.7 percent vaccinated

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

A dozen states are reporting drops of 25% or more in new COVID-19 cases and more than 1,200 counties have seen the same, federal data released last Wednesday shows. Experts say the plunge may relate to growing fear of the virus after it reached record-high levels, as well as soaring hopes of getting vaccinated soon.

Nationally, new cases have dropped 21% from the prior week, according to Department of Health and Human Services data. reflecting slightly more than 3,000 counties. Corresponding declines in hospitalization and death may take days or weeks to arrive, and the battle against the deadly virus rages on at record levels in many places.

Health officials, data modeling experts and epidemiologists agreed it's too early to see a bump from the vaccine rollout that started with health care workers in late December and has, in many states, moved on to include older Americans. Instead, they said, the factors involved are more likely behavior-driven, with people settling back home after the holidays, or reacting to news of hospital beds running out in places like Los Angeles. Others are finding the resolve to wear masks and physically distance with the prospect of a vaccine becoming more immediate while some people are hoping to avoid the new, more contagious variants of the virus, which some experts say appear to be deadlier as well. America recorded its deadliest day of the pandemic yet on Thursday, with a staggering 5,077 fatalities in 24 hours, dwarfing the previous record of 4,466 deaths on January 12 by 611. It comes despite encouraging and sustained declines in daily coronavirus infections. At 121,645, the average number of new daily infections is half what it was at the peak of the pandemic, on January 12, according to a DailyMail.com analysis of Johns Hopkins University data. But the trend in fatalities consistently lags weeks behind trends in cases and hospitalizations, which have both been falling for the past three weeks, with fewer than 90,000 people getting inpatient treatment for COVID-19 for the first time since Thanksgiving, COVID Tracking Project data shows.



Hospitalizations fall after cases, and deaths are expected to follow hospitalizations, despite last week's record-high fatalities. CDC director Dr Rochelle Walensky said earlier in the week that 'the pace of deaths appears to be slowing.' Meanwhile, experts are encouraged, but perplexed by the decline in infections. Vanderbilt University infectious diseases professor Dr William Shaffner told DailyMail.com he is 'bumfuzzled' by what's driving the trend. It's too soon for vaccines to be a significant driver of the downturn; just 8.7 percent of the U.S. population has had one or more shots, according to Bloomberg data, and the US is nowhere near herd immunity yet.

And while CDC director Dr Rochelle Walensky called this week's encouraging downward trend in cases 'consistent,' Dr Shaffner echoed her warnings that the trend could be reversed by the arrival of variants and potential super-spreader events Holidays led to the last surge of infections that followed the triple-threat of Thanksgiving, Christmas and New Year's Eve. With the lags between infections, hospitalizations and deaths, yesterday's record fatalities likely still reflect patients infected in that period.

At least 645 cases of 'super COVID' variants from the UK, Brazil and South Africa have been reported in 33 states

At least 645 cases of coronavirus variants from the

UK, South Africa and Brazil have been reported across 33states. Of that number, at least 626 have been linked to the UK variant known as B 1.1.7. a DailyMail.com analysis of state and federal data reveals.

More than half of those cases have been reported in Florida and California, and there are two deaths linked to the strain, one in New Jersey and one in Alabama. Experts have warned that this variant is expected to become the dominant strain in the U.S. by March.

There are currently five cases of the B.1.351 variant, which was first detected in South Africa, three of which are in Maryland and two in South Carolina.

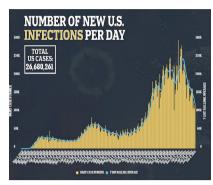
In addition, two cases of the P.1 strain that originated Brazil have been identified in Minnesota.

'Just as we are smiling,' about the downturn in cases 'there

are a couple of three countervailing factors,' Dr Shaffner told DailyMail.com.

'The arrival of variants could create more cases more illnesses and hospitalizations down the road. The last massive surge of infections in January may mean slightly fewer people are vulnerable now because they were previously infected, the US is long way off from herd immunity

Scientists estimate that as many as 100 million Americans, or about a third of the population, have had COVID-19. At least 70 percent of the population needs to have protection from prior infection or vaccines to reach herd immunity. Daily COVID-19 cases have been falling steadily over the past three weeks with only 123,907 new infections reported on Thursday.



The seven-day average has dropped to 130,569, as hospitalizations have also fallen to 88,668. Nationwide, there have been more than 26.6million American infected with COVID-19 and

+11The average number of new infections a day has declined consistently over the past three weeks, with just 122,473 recorded on Thursday

The drop in new cases and hospitalizations comes as the vaccine rollout continues and as many states maintain mask mandates and social distancing requirements in public spaces. It also comes as the U.S. gets one step closer to having a single-dose coronavirus vaccine. The effects of the decrease in cases is being felt across the country, with no state recording a seven-day average of more than 20,000 on Thursday.

This is the first time in weeks that the average remained under the 20,000 threshold in every state. The state that came the closest is Texas which has a seven-day average of 19,637 new cases.

California was second with an average of 15,405. In mid-January, an average of 42,000 new cases a day was being reported in the state. (Courtesy https://www.dailymail.co.uk/news)

# COMMUNITY

## **Higher Omega-3 Levels May Reduce Risk Of Death From COVID-19**



(© Cozine - stock.adobe.com)

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

**SIOUX FALLS, S.D.** — Anyone ready for salmon? A new study finds higher omega-3 levels in the bloodstream may reduce one's risk of dying from a COVID-19 infection.

Conducted by the Fatty Acid Research Institute in collaboration with Cedars-Sinai Medical Centers in Los Angeles and Orange County, these findings are the first to uncover direct evidence linking omega-3 fatty acids with improved coronavirus health outcomes. Numerous scientists had theorized that omega-3 fatty acids may be beneficial for COVID-19 patients, but all

of that was ultimately conjecture at best. The new study involved blood samples taken from 100 COVID-19 patients taken to a local hospital. After collecting information on whether each patient eventually recovered or passed away, researchers analyzed those blood samples according to the Omega-3 Index. More specifically, the team measured O3I and red blood cell membrane EPA+DHA levels.

Fourteen of the COVID-19 patients in the study ended up passing away from their

Omega-3 is keeping more COVID patients alive

Based off of those omega-3 readings, study authors separated all 100 patients into four groups based on their O3I levels. Each group accounted for 25 percent of the total patient group. Only one person died within the highest O3I group (O3I>5.7%) while 13 passed away from the remaining three groups (O3I<5.7%).

After performing a series of age and sex-adjusted analyses, study authors discovered that patients with the highest levels of omega-3 (O3I >5.7%) had been 75 percent less likely to pass away in comparison to the other three groups. In simpler terms, the "relative risk" of death is four times greater for those with lower omega-3 levels.

"While not meeting standard statistical significance thresholds, this pilot study - along with multiple lines of evidence regarding the anti-inflammatory effects of EPA and DHA - strongly suggests that these nutritionally available marine fatty acids may help reduce risk for adverse outcomes in COVID-19 patients. Larger studies are clearly needed to confirm these preliminary findings," says lead study author Arash Asher,

MD, in a media release.



"Asher et al have demonstrated that a low Omega-3 Index might be a powerful predictor for death from COVID-19. Although encouraging, their findings clearly need to be replicated," adds Clemens von Schacky, MD.

### How do omega-3 fatty acids combat

COVID-19? Researchers find they will need to do more research to conclusively figure that out. However, Dr. James H. O'Keefe, Jr., an omega-3 expert at Saint Luke's Mid America Heart Institute, has one theory. "An excessive inflammatory response, referred to as a 'cytokine storm,' is a fundamental mediator of severe COVID-19 illness. Omega-3 fatty acids (DHA and EPA) have potent anti-inflammatory activities, and this pilot study provides suggestive evidence that these fatty acids may dampen COVID-19's cytokine storm," he concludes.

Dr. O'Keefe was not directly involved in

The study is published in Prostaglandins, Leukotrienes and Essential Fatty Acids. (Courtesy https://www.studyfinds.org/)

### **How To Improve Your Immune Response To The COVID-19 Vaccine Shot? Expert Reveals**



**KEY POINTS** 

Maintain healthy habits before and after you get your vaccine shot. A healthy diet can help build a healthy immune system

Do not let rumour mongering affect

A Russian government advisory on refraining from alcohol consumption for 45 days after the first vaccine jab has left many people confused and contemplating whether or not alcohol can cause

your decision making; call your doctor

any ill impact on the vaccine response. However, there is no mention of alcohol in the printed material available along with the two vaccines approved in India; this certainly adds to the confusion. According to experts from the UK, Russia and the US, alcohol is said to suppress immune functioning and render a person incapable of developing adequate immunogenicity after receiving the vaccine dose. A research study on alcohol consumption and vaccination highlighted that that alcohol can cause inflammation in the gut and can alter the makeup of the microbiome, potentially damaging the microorganisms that maintain immune system health. Heavy alcohol use is also associated with a few other health problems, including an increased risk of Heart disease, cancer, and liver disease.



All this and more indicate that it is best

to maintain healthy habits before and af-

### Covid-19: Maintain healthy habits before and after you get your vaccine

Here is what you can do to maintain a healthy lifestyle and improve your chances of a better immune response to the vaccine:

### 1. Stay Away From Alcohol And **Smoking**

Consumption of alcohol, smoking or indulging in other unhealthy practices should be avoided to get the maximum benefit of the vaccine. People who have taken the vaccine shot must ensure a healthy lifestyle and avoid binge drinking around the time of the vaccination.

2. Get Enough Sleep

Another way to ensure your immune system is in perfect shape to make the most of the COVID shot is to get plenty of sleep. A study, published in the International Journal of Behavioral Medicine, says that those who did not get more than five hours of sleep per night leading up to their flu shot made the vaccine only half as effective as those who had adequate sleep. The same will apply to the COVID shot too.



### Covid-19: To make the most of the **COVID** shot is to get plenty of sleep. 3. Exercise Regularly

Staying active and exercising is another way to make sure your body is healthy. Staying physically fit and maintaining a healthy weight can help reduce your risk of chronic illness, which can make you more susceptible to any complications.

### 4. Eat Right, Eat Healthy

While no foods give you an immediate immunity boost, eating a healthy diet may help build a healthy immune system. Specific foods, particularly probiotics, can play an important role in keeping you healthy. Be sure to have a lot of vegetables, fruits, whole grains, yogurt, and fermented foods to keep your body nourished.



Covid 19: Eating a healthy diet may help build a healthy immune system. **Bottom Line:** 

COVID-19 vaccine shot is extremely important to fight this pandemic and improve immunity among people. Stay healthy and be wise. Do not let rumor mongering affect your decision making; call your doctor when in doubt. (Courtesy https://food.ndtv.com/)

星期四

2021年2月25日



(休士顿/秦鸿钧报导)国会议员 Al Green 在休士顿 食物银行和 「国际区 」区长李蔚华先生的帮助 下,于今天(2月24日,星期三) 上午十时起,在美南新闻旁的「国 际贸易中心|主持第二次赠送食品 和供水的活动,以帮助此次遭受冬

季暴风雨乌里 (URI)影响的选民。 将有500个家庭获得食物和水,供 应持续。此供应给所有需要的人前 来领取。「国际贸易中心」(International Trade Center ) 的地址 在: 11100 Bellaire Blvd. Houston TX. 77072





















**FEBRUARY 18** 



《人潮汹涌》不仅笑果十足,同样是壹 部发人深思的作品。很多网友在观影后都给 出了很高的评价,称这是壹部很高级、有质 感的佳作,给人欢笑和温暖,也是春节档最 不应该错过的壹部影片!

2021春节档,我们壹起和刘德华、肖央 换个活法,牛转干坤!扫码下方的上映图可 直达购票网站哦!













