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Mr. Lee's Commentary and Dairy



Inside C3

# Southern DAILY

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## 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 syringe 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.



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# WEA LEE'S GLOBAL NOTES

02/24/2021

CORONAVIRUS DIARY

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## 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



Publisher Southern Daily Wea H. Lee

**Southern DAILY** Make Today Different

## Editor's Choice



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



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



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



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



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

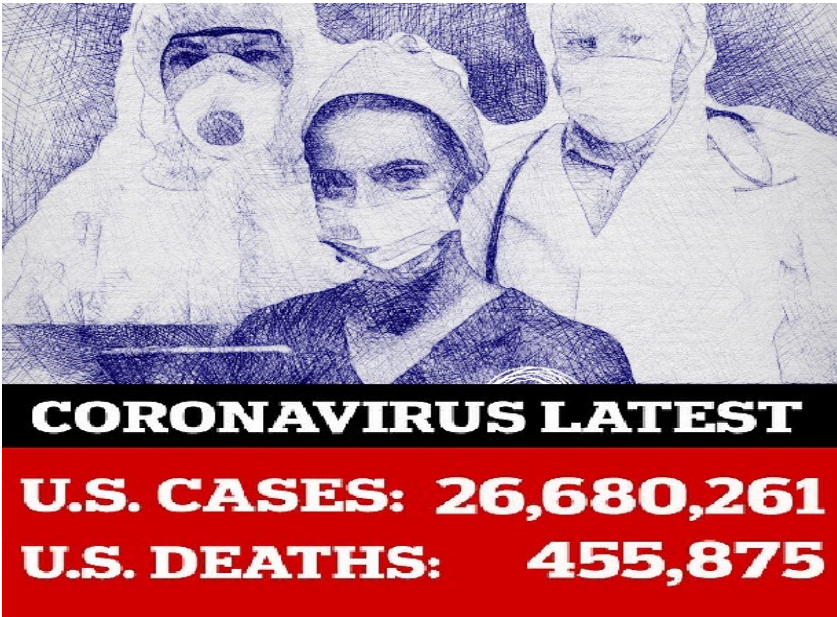


A pro-democracy protester with a haircut showing a three-fingers salute demonstrates in front of Royal Thai police headquarters demanding a discussion on police corruption in Bangkok, Thailand February 23. REUTERS/Soe Zeya Tun



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



Dateline: Coronavirus Pandemic™ 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*

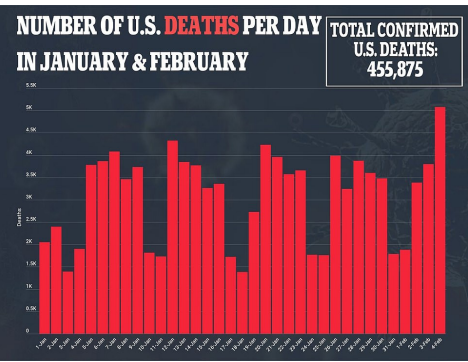
*\*Texas and California still lead with average daily cases over 15,000*

*\*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.



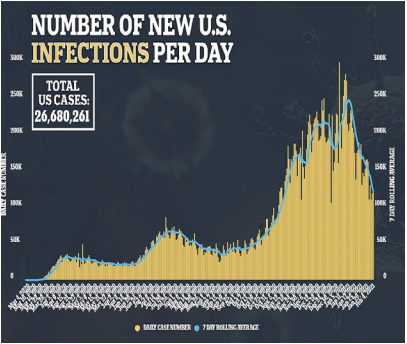
Hospitalizations fall after cases, and deaths are expected to follow hospitalizations, despite last week's record-high fatalities. CDC director Dr Rochelle Walensky said earlier in the week that 'the pace of deaths appears to be slowing.' Meanwhile, experts are encouraged, but perplexed by the decline 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 33 states. 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 26.6 million American infected with COVID-19 and 455,735 deaths.

+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 DHA and red blood cell membrane EPA+DHA levels. Fourteen of the COVID-19 patients in the study ended up passing away from their illness. **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 this study. The study is published in Prostaglandins, Leukotrienes and Essential Fatty Acids. (Courtesy <https://www.studyfinds.org/>) **Related**

### 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

### your decision making; call your doctor

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 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 after you get your vaccine shot.



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

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

- 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.
- 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/>)