

分類廣告c1 7月14日 星期三

●分類廣告請預付廣告費,如中途停刊者,恕不退還費用。

*誠聘(中國城)

●廚房幫工/打雜

意者請電:

281-781-9389

未接請短信稍後再覆

好好餐廳,薪優

誠聘會廣東話

立於Bellaire/Cook Rd

周一到周五

●司機

- ●刊登一個月以下者,廣告均不得改稿,若需改稿每次酌收費用5元
- ●本報接受 VISA 及 MASTER 信用卡付費,如電話(Tel)或傳真(Fax) 訂稿委刊,請告知信用卡號碼/姓名/有效期限/CVV號/ZIP code Address號,其訂稿如有錯誤由客戶自行負責,恕不補登。
- 截稿時間 : 星期一至五3:00pm。 平時/周六日請微信:AD7133021553 截稿或之前訂稿,其稿將在第二天刊登。

*中餐館請人

●有經驗服務生

能英語工作.

●廚房炒鍋師傅

以上都須有卡!

意者請text:必回覆

832 677 0288

黃金水餃請人

中國城黃金廣場內

薪優誠請廚房員工

全工. 需有身份

請 11am-9pm 來電:

713-270-9996

281-881-9885

金冠酒家誠聘

●點心幫工

713-474-7979

● 廚房幫工,油爐

281-866-5020

NOW HIRING

North China Restaurant

I-10/Energy Corridor

Now is hiring

Waiter/Waitress

Full time or Part time

Must speak English

713-470-8118

中餐館請人

靠近249中餐館,

立Westheimer近610 ●樓面: 請 周末帶位

新點心海鮮酒樓 (原 ChinaBear)

經理,企枱,收銀,帶位,廚房師傅,

點心師傅, 炒鍋, 抓碼, 油鍋, 打雜等等...

意者請電或親臨面談:

832-310-5232 713-303-8998

12755 Southwest Fwy, Stafford TX 77477

新優』 全方位誠聘

黃金茶寮,薪優

●廚房: 請抓碼,炒鍋

有經驗做點心人員

2pm後電或親臨舊店

281-495-1688

10600 Bellaire#105

*中餐館誠請

外送員一名.

環境好,小費好

要求熟手,能報稅

丘中國城10分鐘車程

聯系電話: 劉先生

832-898-6667

餐館誠請

近中國城,誠請

●熟手外送員:/小費好

●熟手炒鍋:需報稅

意者請電:

713-826-2265

Buffet 中餐館

大機場附近布菲店

請●全/半工企檯

意者請電:

832-993-0116

中越餐館請人

薪優誠請炒鍋,打雜

另Kingwood地區

Woodland 唯-

● Part time 經理

收銀兼接電話員

及傳餐人員

●點心部: 請



*麵館誠徵

女收銀服務員一名

英語流利,有工卡

位中國城

MANAGE TO SERVICE

中國城中餐館

誠請廣東炒焗

意者請電:

281-210-8392

黃師傅

*Mall 內快餐

Houston and Dallas

誠請以下職位

1. 前台服務人員

55 歲以下. 能搬遷更好

意者請電:

832-726 2629

*餐館請人

路州 Shreveport

中餐堂吃店

誠請炒鍋和企台

意者請電:

832-819-8111

(無人接聽可短信)

2.經理助理

100

●廣告內容均由委刊者提供,本報一概不負責任。

■ 廣告涉有爭議,本報保留拒絕刊登及修改廣告或暫停刊登之權利。

●涉及法律責任廣告,需提供身份證件及當事人簽字負責,本報概不負責

*外賣店誠請 ●接電話一名 ●外送員一名

意者請電: 832-798-3313

Restaurant

Hirina

ALANANANA.

*餐館招收

打台, 打雜, 送外賣

位 Spring,

249與99交界

聯系人:林先生

832-310-0739

餐館誠請

有經驗收銀帶位,

企枱, 外送員.

意者請電:

832-466-3511

糖城美式餐館

請全工和半工

收銀帶位、企枱

和外送員

需英文流利

意者請電:

281-242-7728

*日本餐館誠請

位 Missouri City 近糖城

誠請 Part Time

Sushi Helper Cashier

Server. 要求至少

做事認眞負責,能報稅

薪資面議.意者請聯系

912-381-5292

346-303-3218

超市內壽司吧

誠講 Part time

女性幫手一名,

需有些經驗

意者請5點後電:

警館服務

意者請電: 無接請發短信 **713–988–8802** 8126 Antoine Dr TX 77088

●炒鍋一名 聯系電話:

餐館請人

糖城堂吃外賣店

誠請●企台一名

832-277-2317

*中餐館請人 誠請粵菜炒鍋 全工/半工均可 位敦煌廣場內

意者請電: 832-512-3595 713-270-0888

位中國城,中國餐廳

中式快餐店

誠請

意者請電: 周先生

281-235-3531

高薪聘請

以下職位各多名

經驗炒鍋抓碼師傅

經驗北方面店師傅

●經驗企枱

有意者請電:

713-269-3936 中餐廳高薪招人

*聘請外送員

距離中國城10分鐘

路程。小費好。

有意請短信:

●打雜一名 ●企台一名 ●半工熟手外送員

位 Cypress. 電話:

誠請●企台 全工有經驗 企檯,炒鍋,打雜 ●廚房抓碼 意者請電: 意者請電: 832-866-0368

*中餐館請人

位於中國城

請熟手點心幫工

聯系電話:

832-387-1085

*糖城餐館請人

堂吃外賣店

281-313-3300 12320 Bellaire Blvd.

*湖南餐廳徵企檯&收銀帶位 多年老店,湖南餐廳 位於糖城及Katy之間,誠請

有經驗半工和全工企檯及收銀帶位

生意穩,收入佳. 請電洽: 王小姐 281-804-9514

糖城中餐館 中餐館請人 誠聘半工外送員 成請前台和外送員 有經驗,可報稅 全工或半工均可, 離中國城15分鐘 需英文流利,可報稅 4670 Beechnut 有意者請電: 意者請電:

> 713-307-2882 糖城餐館誠聘

●有經驗川菜師傅 位 290 & Fairbanks ●半工服務生 招全職/兼職 炒鍋 ●懂中英文外送員 有意者請電: Andy 油鍋,打雜和前台 832-380-9063

意者請電: 832-623-4949 4526 Hwy 6 **832-773-2913** Sugar Land, TX 77478

Cypress 休斯頓 餐館誠請 炒鍋,炒鍋兼油鍋 打雜,企檯

意者請電: 832-929-5039

832-866-2625

中餐館請人

中餐館請人 位中國城百家廣場 誠聘 企台, 後廚打雜,洗碗工.

意者請致電或短信:

誠
謝納

和全工外送員. 意者請聯系:

薪優,誠請經理 有意者請電

281-743-8013 361-649-7476 832-906-6368 832-766-2042 281-966-5342 832-229-6421

2022 年休士頓黃頁 開始登記了

糖城中餐館

位6號/290,美式中餐誠請全工炒鍋,企台, 位糖城 Sugar Land 請●熟手英文流利 半工周末外送,半工炒飯 收銀接電話

832-946-0030

撈面師傅,企台各-需報稅。以上不包住宿 ●送外賣 有意者請電 以上全工/半工均可

713-213-0086 832-593-6688

中餐館請人

杏记 甜品

誠聘全工油鍋打雜

620-757-6037

意者請電:832-818-7818

Free Listing

AD7133021553



281-498-4310

AD7133021553 : YP@scdaily.com



誠請企台及帶位

全工/半工均可

雅休士頓2小時,包食宿

高新 聘炒鍋,壽司幫手

鐵板,企台,洗碗,打雜,

以上無需經驗,可培訓

午休2小時。

●另請住家褓姆,帶4歲

337-764-7736

外賣中餐館出售

立North Eldridge Pkwy

Houston, TX 77041

售價 一萬八

小女孩. 意者請電:

需工卡.

中國城奶茶店 誠聘男女員工 需有工卡,可報稅. 全工/半工均可.

薪優面談,意者請電 713-772-7888

312-479-1188

NOW HIRING Sushi Chef

Sushi Helper full time, part time Sugar Land area Hwy6 & Hwy90 inside HEB. Contact

713-419-0980 *Sushi 餐館

位Heights地區 610/Ella, 誠請 Waiter/Waitress

位610/290,在43街上 Must speak English 新優. 意者請電:

346-406-3932

832-660-2521

*奶茶冰淇淋店 Restaurant 出售(含設備) **For Sale** 簡單易做,不會可以培訓

347-580-9341

*好生意海鮮餐館出售 **Seafood Restaurant For Sale** 月入1萬2,售18萬,易經營,即使疫情期間生意 持續增長. Sale price \$180,000, Income \$12.000 Established in 2016. Easy to manage Located next to high traffic trampoline park Consistent increase in sale volume even during covid Cypress TX. 繁忙地段,位置極佳,生意好. Call: 281-605-0487 (English only)

Res "**新優**』誠請全工 有經驗Sushi Man 全工/半工企檯,帶位 有意者請電:

281-301-1998

*路州全日餐 壽司吧&拉麵店 **Lake Charles** ●糖城 壽司 Bar 高新」誠請 ● Downtown 壽司 壽司師傅,學徒 拉麵店 廚房師傅,油鍋打雜, 沼工: 有無經驗均可 全工企檯. 可培訓.電話詳談: 3吃包住,意者請電: 832-605-2131

壽司吧 收入好,價格好,容易經營

Kroger超市內壽司吧! 機會難得.

每周收入\$2700-\$3000

Kroger Sushi Bar for Sale

Spring, TX 77386. Easy To Manage!

Good area, Good Price, Good Income!

Selling at a decent price!

936-521-9698 936-525-8387

Please call: 936-828-9110

832-520-6015 日餐店請人 誠招小菜師傅 有相關經驗優先, 不會可敎。

聯系人: Vincent

408-901-9571 中餐快餐店出售

1700 呎,獨立建築 有Drive-Thru, 租金\$3200(加 NNN) 或生意和地產一起賣 賈錢面議,離休斯頓1個 半小時 Bay City 意者請電: 非誠勿擾 713-569-2628

誠請●洗碗 Sushi Man 到四中午半天企台 意者請電或 短訊(無人接聽時) 713-820-7402

KATY ⊟餐

賺錢餐館退休售 位610東, Pasadena

外賣店,生意好 1800 呎, 獨立建築 附近工廠林立, 價格面議. 請電 **281-476-5598**(VV)

225-892-0521 *糖城餐館出售 含設備,若您想用最低 的成本,自己當老板, 這是一個絕佳的機會 1900 呎,剩4年租約, 加上5年續簽選擇.

832-755-8921 Sandra 469-789-6628(C) 713-261-8255Suzie 堂吃外賣中餐

> 意者請電: 713-614-3873 無誠勿擾

賺錢.離休斯敦兩個 小時車距.房租便官 獨立 Building. 意者請聯繫: 210-380-2645 合法主道店面

出售. 位45號南 學區好,家庭事業兼顧 生意好. 價錢面議 經營10年,網評4.5顆星 家庭餐館,月入萬元 東主急欲退休,出價合理即售 1607 N Travis Ave Cameron, TX 76520 254-697-6869 林

住家地產退休售

堂吃外賣店出售 設備齊全,接手即可

生意好,設備全, 接手馬上做生意 有意請電:黎生 737-202-6166

中國城賺錢餐館

轉讓.面積適中, 房租低,設備齊全, 本店生意不錯, 很適合做面食店, 早餐店

房租很低.外賣生意很好 適家庭經營.誠心買店 淸下午2點後電:Jasor 832-573-4862 賺錢中餐館出售 位 Rosenberg Kroger Center,老板退休出售

想買便宜請勿打擾 有意者請發信息:



Dairy Ashford/Briar Forest 歡迎看店議價 意者請電:

來電如未接可發短信

●熟手炒鍋 832-696-7902 *珍寶海鮮城 誠聘 點心師傅、點心熟籠、點心幫手

推車、企檯、傳餐

需少許英文,全工或半工均可 做滿三個月後,公司提供Bonus 獎勵金 11215 Bellaire Blvd, Houston, TX 77072 長樂活動中心 **SINH SINH**

廚師及廚房助理 誠請炒鍋、打雜 工作環境及時間好 抓碼, 粉麵 及企檯 請下午3點後電: 意者請電: 281-208-7709 713-459-1501

位糖城區, 誠聘

亞洲城,新優.誠請 位於Dairy Ashford 經驗炒河粉麵炒鍋 / Westheimer (如只有什碎,外賣店自助餐經驗者免問) 須報稅,全職半職均可 ●炒鍋 及 ●油爐 下午2:00至5:00

> 請電或短信 408-480-6035

Katy H Mart

四川美食餐館 位於Victoria 誠講炒鍋,打雜 可提供住宿

有意者請電: 361-573-6600

杏記甜品 Katy 店隆重開業

*KATY □餐

2022 年 Houston 黃頁

增加,修改,删除 281-498-4310 Email: YP@scdaily.com

*中日餐館急招

中餐師傅及洗碗打雜

有身份,可報稅

地址:7039 FM1464

Richmond, TX 77407

有意者請電

702-286-8363

*日本餐館請人

有經驗 經理、企檯

壽司師傅、炒鍋.

需有工卡,薪水面談.

有意者請電:

281-398-8885

832-715-4753

中日餐館,薪優

位路州 Baton Rouge

誠請 各一名

中餐大廚及壽司師傅

~以上提供住宿~

工資優越,住宿環境好

985-634-2580



誠講經理及企檯

全工/半工均可

小費極佳. 聯系電話

281-636-8808

*日本餐館請人

●休斯頓區誠請

廚房師傅&帶位企台

電:832-230-9405

●新奧爾良區請日餐

Sushi 師傅(包吃住)

電:832-962-2555

*日本拉麵店

45號南,27號出□

日本拉麵店,誠請

壽司師傅、廚房幫手

意者請電:

713-516-2344

也可做 Buffet,



Email *超市內壽司吧 『待優』誠請 需英文流利,懂酒水

女性人員一名 必需有經驗 意者請5點後電: 832-660-2521

意者請親臨或電: 713-781-6300 6345 Westheimer *休士頓高級日餐

近Galleria區 誠聘壽司師傅 需有經驗,懂英文.

有意者請電: Teddy or Angie 713-961-9566

路州日餐,高薪

糖城壽司BAR 招工 有無經驗均可,

可培訓,電話詳談. 832-520-6015

832-841-5399

德州南奧斯汀 中餐堂食外賣店轉讓

2400 多呎,營業中,

誠心買店者請聯系 346-397-6982

生意18萬,房租6500 包管理費, 626-757-8603

好房特價

交通便利,緊臨8號公路

距中國城5分鐘

酒店式公寓, 冤水費

帶洗衣機、烘乾機,

因搬去外州,急售。

聯系電話 (微信):

312-647-3715

休斯頓聘請保姆

照顧14個月女寶,

簡單飯菜家務,

■薪\$3700-\$4000

需有身份及經驗.

賺 錢 旅 館

蓋文斯頓25房年營\$55萬

木士頓 76 房年收 60 餘萬

地1.8畝,售225萬

地1.67畝, 售290萬

布希機場,117房,七層

年收120萬, 售550萬

2.9畝,售229萬. 黃經紀

832-348-7824

*誠徵褓姆

照顧嬰兒&簡單家務

周一至五,擅烹飪

要求有經驗,可靠,需

提供打新冠疫苗證明

交通自理.工資面談

有意請聯系:

281-310-1828

*會計師事務所

誠徵全職會計

會計本科畢業,

有1年以上經驗,

有工卡,中英文流利

比獨立作業. 履歷至

hrcorp6901

@gmail.com

Food Distributor Co.

looking for

oading & Unloading.

Staff (FT)

Call: Lily & Helen

713-383-8818

or Email: helen@

fourseasonsfood.com

櫥櫃工廠誠聘

有經驗木工師傅

待遇優厚

有意者請致電:

713-413-8818

路州88房,年收70萬

梨城誠聘阿姨

、□簡單.1周5-6天

做飯及打掃衛生,

(會做南方菜)

乾淨整潔. 薪優

住家或通勤均可

意者請電

713-269-3058

會計師事務所

誠徵全職簿記員

高職高專畢業,

具有簿記經驗

有工卡,中英文流利

勤奮肯學.履歷至:

hrcorp6901

@gmail.com

診所誠徵前檯

工作環境良好,

沒有經驗可培訓,

全工/半工均可,

需英文流利,有工卡

意者請電:

713-664-6608

713-995-8886

誠聘幼稚園老師

位糖城,有幼兒園

經驗者優先.

可辦理身份.

有意者請電

281-242-0989

832-528-0882

聘請倉庫工人

男性,有打麻包

上盤經驗爲佳.

位於中國城

意者致電:

*照顧女長者

愛心照顧起居飮食,

煮飯家務,需有身份,

已打疫苗 8:00am至7:30pm

星期一至 星期五

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請電: 楊太

713-898 -8650 **NOW HIRING**

Food Distributor Co.

looking for

A/R & Salesperson

Speak Chinese & English

Call: Lily & Helen

713-383-8818

or Email: helen@

fourseasonsfood.com

旅館請人

3.**櫃檯**: 曰班或夜班

意者請電:

*活動中心請人

誠聘文員

需英文流利,

認眞負責

意者請電:

832-866-8801

維修人員

男女均可

compucycle.com 832-660-7063

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Looking for a **Sales Person** to distribute

our amazing products to Beauty Salons,

& SPAs in Texas. Guaranteed pay,

Commission, & Flexible hours

Call: **713-703-2662**

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Experienced Bookkeeper Assistant

For Property Management Company in Chinatown

-Must-Know QuickBooks and Excel Skills

-Must speak and write English

Start with \$15 per hour (FT or PT)

Please send Resume to :

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2.淸潔房間人員

*商業地產租售

近Westhimer/距離中國城10分鐘

4500 呎辦公室。倉庫占地 5000 呎,

20 呎高。水泥牆面。 商住兩用

租價:\$0.65USD/每月NNN 售價\$1.5M

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200

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●廚房幫工/打雜

意者請電:

281-781-9389

未接請短信稍後再覆

聘請行政助理

流利英語,有責任心,

工作認眞負責,

大學畢業.

3年以上工作經驗.

Email: mlo@

公司招聘

近中國城零售店,招聘

營業員, 倉庫管理員

Full time/Part time

工作環境好,待遇優

需英文溝通流利

聯系電話:

832-558-8888

周一到周万

看

●司機

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有身份,勤勞,誠信,

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9:30am-3:30pm

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●前台工作人員

中英文流利,誠懇,

認眞,負責,熟識電腦

agapedentalcare

houston@gmail.com

牙科診所招前台

位中國城黃金廣場

需中文流利,

全工,有無經驗均可

請致電:

713-773-9971

832-316-6865

誠徵機械操作員

塑膠袋工廠

5629 Old Clinton Rd

Houston, TX 77020

誠徵機械操作員

有經驗,具合法身份

薪優. 請洽: 黃先生 832-867-7292

有意者請聯系:

●牙科助手,

-周工作五天,

*通勤半職阿姨 有身份,身體健康,有 愛心.可以接送和照顧 小孩,做飯及簡單家務 -周5-6天,下午5個 小時.具體時間及薪酬 再商量. 610西南.

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半工,通中英文,

適合中年婦女.

-周工作24-32小時

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cpaoffice588

@gmail.com

NOW HIRING

Steel Detailer

Needed

Two years of

experience required.

Please send resume:

hiring@lecgi.us

Website: www.lecgi.us

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懂電腦基本操作,

講英文,

有電腦維修經驗優先

有意者請電:

832-643-9822

300

星期三

*Condo 出售

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中国城內.

H-Mart 附近, 清靜

樓下,三房二衛,

\$269K. 電:陳小姐

713-823-8963

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Company Hiring 公司請人

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NOW HIRING 誠聘 今法工作身份,懂Excel,維修檢測人員兩名 (性別經驗不限) 前台一名 意者請短信或電

> 西南區公司請人 ●辦公室文員:認眞仔網 有良好的英文溝通能力 ●倉庫收貨出貨人員: 需懂基本英語.

281-650-6136

意者請電或 Email. 281-561-9985 732applications

@gmail.com **NOW HIRING Food Distributor**

looking for A/R Speak English & Chinese call : Lily & Helen 713-383-8818 helen@

中國城茸蔘店 誠聘男女員工 需有工卡,可報稅 薪資面議 有意者請電: 713-772-2889

fourseasonsfood.com 713-354-3233

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●倉庫員工 (會開叉車). • Sales: Sales Experience, Must be Fluent English, MS Office, Self–motivated, Customer service experience. Detailed Oriented, team player, Salary +benefit.

Resm: jobs91706@gmail.com

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中國城惠康前,百利大道上,獨立屋,旅館式 套房,(房內附-書桌,餐桌,Cable電視及冰箱) 無限快速上網,包水電. 拎包入住, 死簽長約, 月租最少1個月起.16年來感謝舊客戶推薦

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832-640-3888 Ruby 陳碧如

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832-629-1025 13715 Murphy Rd #D Stafford, TX 77477

*誠聘倉庫看管 8號和290附近,能英文 溝通, 時間8:30 - 5點

(實際上班時間可議) 如是男性 可住公司 包水電. 工作輕鬆. 有意者請聯系: Sean 713-965-3181

山水公寓誠請 前檯服務員 中文好,會英文溝通

全職,一周五天 公司有福利 意者請電: 陳先生 832-665-9097

> 辦公室助理 近中國城 中英文流利

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2. 略懂英文;

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聯系人: Wayne 626-226-9698 8年卡車公司,貨源充足,每周出車,

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Executive Secretary- Full Time (主管秘書-全職 ●Good verbal and written communication skills in English (英文聽說寫精通)

●Experienced in a secretary or administrative assistant is preferred (有秘書或行政人員經驗者佳

● Skilled in Microsoft Office products (熟悉 Microsoft Office) ●Legally authorized to work in the USA (可合法在美國工作)

Work location: Downtown Houston (工作地點:休士頓市區)

意者請 Email: tchou@opicoil.com *大型家具電商公司

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誠請有經驗的辦公室經理 1. 在總部指導下監督或管理會計賬簿

2. 負責應付賬款和應收賬款功能

3. 創建和管理人力資源政策、工資單

4. 業務操作的後台單證支持

5. 負責確保行政操作有效運行 6. 中英文一定要流利,進出口貿易經驗優先

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年薪\$60K-\$100K, Insurances + Benefits

Email: Charles.Tran@xiangyu.cn 電話: 陳鴻基 512-774-8877

Houston Community College–Central Campus Learning Hub Science Bldg. Room 100

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Looking for a native, Mandarin-speaker

with good knowledge of English to

communicate with our Chinese suppliers

Good hourly pay, and flexible hours.

Call: **713-703-2662**

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工資高(以小時計),工作時間靈活.近中國城

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有較強中文/英文寫作能力優先;有微信公衆賬

號/小視頻運營經驗,或中文媒體工作經驗優先

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溝涌,具有較強的團隊合作精神;對新聞媒體尤

其敏感者優先;熟練使用 goole sheet, Adobe

發簡歷到: lisatang@scdaily.com

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HIRING EVENT

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1300 Holman St. Houston, TX 77004 HIRING:

Front Office/Food & Beverage/Engineering/ Accounting / Valet / Housekeeping / **Laundry / Loss Prevention** *** SIGN-ON BONUS ***

\$500 for PT positions & \$1000 for FT positions For more details please call: 832-952-6137 Please visit www.blossomhouston.com/careers for a full list of positions

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中英文流利, 自備車, 電子烟愛好者優先 底薪+佣金

綜合薪酬月可達\$5000以上

意者請電: 281-409-1488 或電郵至: peter@cacuq.com

招聘倉庫文員.

中英文流利, 合法身份,可報稅.

懂電腦操作 Excel, Word. 新手公司會培訓,

發展方向爲倉庫經理.

意者語 Email 履歷至:

39f.usainc@gmail.com

裝修公司請人 誠請有經驗的裝修工人,

需要木工, 牆體, 瓷磚等師父及幫工, 有經驗者優先,待優。 聯系人:Richard

聯系電話: 832-778-0090 832-212-2051

Logistics Specialist & Operations Analyst (TelcoGreen)

Responsibilities:

- Manages logistics operations to ensure efficient and accurate delivery of shipments Maintain and administer company inventory control
- Supplier Chain management -Manage supplier relationship, forecast order planning & Sourcing new suppliers Business Reporting

Create analysis reports to management on key findings and assessments

Qualifications:

- Bachelor's Degree or equivalent experience with business administration or supply chain background
- •2-3 years working experience •ERP - SAP experiences are preferred
- •Bilingual (Mandarin & English) is preferable.
- (Mandarin and Chinese writing is a must)

Please send cover letter and resume to: lwang@telcointercon.com

Brilliant Wharehouse Service Inc

1. 倉庫工作人員3名

- ●要求: 需合法身份,休法定假曰, 工作時間: 8:30am-4:30pm 周末雙休. 工作地點: 8號與90號交□(Missouri City)
- ●工作內容: 收貨,揀貨,下貨櫃,需工作認眞負責,有良好溝通能力, 會簡單英語, 有揀貨,下貨櫃經驗,會開叉車者優先錄用.

2. 公司因發展策略急需倉庫管內勤

●要求:

熟練操作倉庫管理系統,盤庫,打單,以及安排倉庫工作人員發貨。 能夠配合協助上級管理內外事務

具有團隊精神,吃苦耐勞,工作認眞負責,善於與客戶溝通 試用期一個月,正式入用以後提供401K,醫療保險,年薪36,000

Email: yubangping@brilliantwarehouse.com 于先生 電話: 832-391-5132

Auto Fit is looking for Warehouse Associates!! Job Responsibilities:

• work as a team member with co-workers and Management • Receiving shipments arriving to dock and inspecting for damages

loading and unloading trucks with forklift or pallet jack

• Staging shipments & labeling as needed & keeping warehouse in order • performing dock checks to assure accuracy of inventory on dock and matching data

 receiving and scanning items into inventory Must be Bilingual

Job Type : Full-time

Experience: • Pallet Jack: 1 year (Preferred)

• forklift operator: 2 years (Preferred) • warehouse: 2 years (Preferred) **Language:** • Spanish (Preferred) **Benefits:** • Health insurance • Dental insurance • Vision insurance

• Paid time off Please send the resume to: adis@autofit.bz 休斯頓 牙科診所,高薪誠聘

●牙科助理 ●前檯工作人員●經理助理

有經驗者優先,無經驗者可提供培訓,需中英文流利, 全職或半職均可,工作穩定,福利優,

公司提供帶薪年休假期. 我們期待著您加入團隊!! 有意者請電:618-789-3150 簡 歴 電 郵:zjin818@gmail.com

English Editor for Online Education

Software firm is looking for editors for K12 education. **English Editor/Writer:**

Familiar with Windows, PhotoShop, Google search, and HTML. Math Editor:

Explaining math problems up to 12th grade, PhotoShop, and HTML.

Both require English writing skills. Bilingual is a plus. Recent college graduates are welcome.

Email: hr@transage.com

Auto Fit is looking for **Accounting Clerk!!**

Seeking Bilingual English and Spanish Accounting Clerk with experience and proficient in Microsoft Office applications such as Excel and Word, and knowledge of QuickBooks and Payroll.

Job Type: Full-time

Pay: \$15.00 - \$20.00 per hour **Experience:**

• Accounting: 5 years (Preferred)

quickbooks: 5 years (Preferred)

Education: • Bachelor's (Preferred)

Location: • Houston, TX (Preferred)

Additional Compensation: • Commission • Bonuses • Store Discounts

Work Location: • One location

Schedule: • Monday to Friday • Weekends required

Please send the resume to : adis@autofit.bz

Benefits: • Health insurance • Dental insurance • Paid time off

SPA. HOUSE 店 請人

誠聘經驗女按摩師

環境優, 客源多, 底薪+小費好

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留學生 台灣辣妹

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征身體健康,經濟穩定,

具身份之適合男士。

Y6258@yahoo.com

2021年7月14日

按摩請人

45南36出口,

6年正規床店請人,

全職6天,兼職3-5天

可住店,能做大力,

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好區,客源多,小費高

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因本人有餐館生意

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希望先交友再共組家庭

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Wednesday, July 14, 2021



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*正規按摩店出售

45 號北, 五個房, 一個搓澡房.

1500 呎, 地點好, 生意穩,

白人客源,小費好. 歡迎看店議價

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832-988-7118

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誠意者請短訊:713-494-5236



有意者,請寄資料及照片至: 教授英文&西班牙文

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832-863-8882



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●公司做帳

****** 報 稅 ******

●報個人稅,公司稅

地址:美國財富會計樓

6348 Corporate Dr, Houston, TX 77036

打電話或短信: 917-378-5316

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疫情期間有中文網絡筆試課,取消罰單課,發證書 美南駕校是官方指定考點,天天有路考。旅游簽

證等各種簽證可以考駕照。靑少年班隨時上課。

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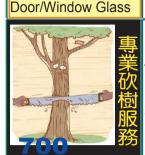


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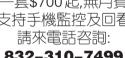
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Inside C2

Wednesday, July 14 2021

U.S warns Cubans away from sea crossings amid protests, but most cross on land

NEW YORK, July 13 (Reuters) - U.S. Secretary of the Department of Homeland Security Alejandro Mayorkas on Monday told any migrants fleeing unrest in Cuba: "Let me be clear: If you take to the sea, you will not come to the United States."

But Cuban migrants are largely flocking to the U.S.-Mexico land border, not the U.S. coast. And in a sharp break from his predecessor Donald Trump, President Joe Biden has been letting most in pending the outcome of their asylum applications, according to government data. Since Biden took office in late January, the number of Cubans arriving at the U.S.-Mexico border has risen sharply. This fiscal year through May, which began in October, border officials encountered more than 22,000 Cubans, the highest level in more than a decade.

U.S. Customs and Border Protection data shows vividly the sharp contrast between the approaches of the Trump and Biden administration toward Cuban migrants.

In December 2020 - the last full month of Trump's presidency - nearly two-thirds of all Cubans caught crossing the border were expelled to Mexico under a pandemic-related health order known as Title 42. By May of this year, the last month data is available, around 96% of Cubans



only for unaccompanied minors and most families.

The U.S. Department of Homeland Security did not immediately respond to a request for comment.

> U.S. Republican Senator Marco Rubio voiced concerns this week an explosion in anti-government protests in Cuba could spark a return to the era of massive boatlifts of Cubans seeking refuge

at U.S. shores. Rubio, a Cuban-American representing Florida, raised the specter of the iconic Mariel boatlift in the 1980s and a 1994 surge in rafts leaving the island, saying on Twitter that the Cuban government could use the protests as an excuse to lift travel restrictions and spark another crisis at sea.

Pedro Ruiz, 51, who said he had to flee

Cuba in 2016 because of his involvement in an opposition political party, encountered the stark difference between Trump and Biden policies on his journey to the United States.

Ruiz first escaped to Brazil, then discovered he could try for U.S. asylum and headed to the U.S.-Mexico border in 2019. But when he tried to cross, border agents sent him back to Mexico under a different Trump-era policy, known as the Migrant Protection Protocols, that forced migrants to wait in Mexico for U.S. court hearings.

Ruiz was stuck in a shelter in the northern Mexican city of Ciudad Juarez for two years until Biden reversed the policy soon after he took office this year. Ruiz was finally allowed across the border in March to start a new life with his family in Miami while pursuing his

"The only thing that Biden did was restore internationally protected asylum laws that Trump had violated," said Ruiz in a phone interview. "That was the only change."

In Cuba, thousands have joined recent protests in cities across the nation amid frustrations with widespread shortages of basic goods including medicine, power outages, rising prices and a surge in COVID-19 cases. Some demonstrators also called for a change in political change. The Cuban government has blamed the shortages on U.S. sanctions and says the United States has backed the opposition. read more

It is not yet clear whether the unrest could lead to even more people trying to flee the island.



were allowed into the United States to reunite with U.S.-based family members and seek legal status in immigration court.

The majority of Cuban migrants being allowed in are single adults, a notable development because Biden has continued to expel the vast majority of individual adults arriving from Central America and Mexico. He has made exceptions

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WEALEE'S GLOBAL NOTES

CORONAVIRUS DIARY 07/13/2021



Delta Variant Outbreak **Around The World**

Six fully vaccinated people who attended a wedding party in Houston, Texas, came down with COVID-19. The study said it was suspected that the Delta variant was introduced at the wedding party by two people who had traveled from India and tested negative before their flight, but later developed symptoms in the U.S.

While in Australia, the COVID-19 cases have been surging in recent weeks. The government has tightened up

the largest cities with a no-touch rule, limiting of outdoor gatherings, exercise and shopping.

As the Delta variant rapidly spreads, an expert warns that a surprising amount of death from the COVID-19 could soon follow. The United States is averaging about 19, 000 new cases in the past week, a 47% increase from the week before. These came mostly from Florida, Louisiana, Arkansas, Missouri

Pfizer's scientists met with top U.S. health officials on Monday to discuss the drug maker's request for federal authorization of third doses of its COVID-19 vaccines saying that booster shots will be needed.

and Nevada.

Dr. Antony Fauci didn't rule out the possibility, but said it was too soon for the government to recommend



another shot.

Just as millions of us begin to feel life is coming back to normal, this Delta variant emergence has put us back in the struggle against the pandemic.

We are urging all the people to be vaccinated, not just to protect yourself, but also to protect others.

We really cannot understand

why the people don't believe in the science and want to risk their lives to not vaccinate.

The world has become more chaotic. Because of what happened in Haiti, the conflict in the Asia Pacific region, the political situation in Afghanistan and all the other unstable situations around the globe--we all have reason to





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Editor's Choice



U.S. Vice President Kamala Harris attends a vaccine mobilization event at TCF center in Detroit, Michigan. REUTERS/Rebecca Cook



The Italy team drive through Rome on a open top bus tour after they won Euro 2020. REUTERS/Yara Nardi



Members of the military patrol past looted shops as the country deploys army to quell unrest linked to jailing of former President Jacob Zuma, in Soweto, South Africa. REUTERS/Siphiwe Sibeko



People make their way on a flooded street as Tropical Storm Elsa passes through Hoboken, New Jersey. REUTERS/Eduardo Munoz



A guest poses at the screening of the film "BAC Nord" Out of Competition in Cannes. REU-TERS/Reinhard Krause



Skipper

A Miami-Dade County police boat sits at anchor as emergency workers conduct search and rescue efforts at the site of a partially collapsed residential building in Surfside, near Miami Beach, Florida, June 30. REUTERS/Joe



Southern Make Today Different

World Economic Forum Launches Coalition To Tackle Harmful Online Content



Compiled And Edited By John T. Robbins, Southern Daily Editor is extremely relevant."

The World Economic Forum has announced that it is launching a Global Coalition for Digital Safety which will accelerate public-private cooperation to tackle harmful

It will serve to exchange best practices for new online safety regulations, take coordinated action to reduce the risk of online harms, and drive collaboration on programs to enhance digital media literacy

With the growing challenge of health misinformation, violent extremist and terrorist content, and the exploitation and abuse of children online, there is an urgent need for more deliberate global coordination to improve digital safety.

"The Forum recognizes this problem is only growing in size and complexity. This Coalition serves to bring together leaders in the public and private sector to cooperate globally on solutions that will ultimately reduce the consumption and distribution of material that is causing harm - especially to vulnerable members of our population," said Cathy Li, Head of Media, Entertainment, and Sport Industries at the Forum.

Coalition members highlighted the need to act more proactively when it comes to digital safety and the importance of further cooperation:

"All the processes of the modern world are connected to the internet and information technologies. But at the same time, when we speak about high-tech processes, 'digitalization', we always know about the main goal – to create a safe online environment for our citizens. Therefore, the global initiative to create purposeful cooperation between states, organizations and businesses

H.E. Mykhailo Fedorov, Deputy Prime Minister and Minister of Digital Transformation. Ukraine

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	Illegal*		Harmful
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•	Child Pornography		Online harassment / bullying
•	Copyright infringement	•	Hate speech
•	Defamation		Racism
•	Grooming	•	Bestiality
•	Sexual exploitation		Menacing / offensive

"In order to improve digital safety, it is imperative that we accelerate public-private cooperation. This is an area that the World Economic Forum's Global Coalition for Digital Safety, as an impartial platform, can look into.

H.E. Johnny G. Plate, Minister of Communications and Informatics, Indonesia "The significance of national and international collaboration, multistakeholder engagement and investment in holistic solutions to address the proliferation of global online harms has never been more important. I am so pleased to be part of the World Economic Forum's Digital Content Safety initiative and to have an opportunity to raise awareness about eSafety's multifaceted approach to helping our citizens have safer, more positive experiences online. Securing harmonization across jurisdictions to avoid a patchwork and fragmentation of online safety legislation, governance arrangements and national online safety measures should be a priority for us all.

Julie Inman Grant, eSafety Commissioner, Australia, "Global online safety is a collective goal that must be addressed by working across borders as well as

BUSINESS by individual nations. We look forward to collaborating with international Coa-

lition members to reduce the risk of online harms and build a safer life online for everyone." Dame Melanie Dawes, Chief Executive, Ofcom, UK

"We believe that everyone should be free to share without harassment or abuse." Chris Priebe, Executive Chairman, Two Hat Security



'Technology offers tools to learn, play, connect, and contribute to solving some of the world's great-

est challenges. But digital safety harms remain a threat to these possibilities. As the World Economic Forum is uniquely positioned to accelerate the public-private collaboration needed to advance digital safety globally, Microsoft is eager to participate and help build whole-of-society solutions to this whole-of-society problem." Courtney Gregoire, Chief Digital Safety Officer, Microsoft.

A framework proposed in the new report, Advancing Digital Safety, will serve to better protect users online. It is centered on industry standards, which establish a safety baseline, together with regulation to govern enforcement. Coalition members are committed to charting a course that will resolve key tensions in privacy, safety, expression, business incentives and corporate versus public responsibility to effectively minimize the risk of harms encountered online. (Courtesy weforum.org)

Advancing Global Digital Content Safety Through A Global Coalition

The Global Coalition for Digital Safety aims to accelerate public-private cooperation to tackle harmful content online and will serve to exchange best practices for new online safety regulation, take coordinated action to reduce the risk of online harms, and drive forward collaboration on programs to enhance digital media litera-

Our Approach To The Problem

Advancing Global Digital Content Safetv is an initiative focusing on solutions to tackle the spread of harmful content online. Online content has the power to influence minds, incite action, and shape the fabric of society. What is posted and shared on the internet has proliferated substantially, leading to questions on how to reduce the spread of harmful content, particularly across social networks, search engines, streaming services, and others within a layered internet ecosystem.

This initiative aims to explore solutions to advance indus-

try and regulatory progress in the area of digital content safety. Taking into account and developing further the outcomes of the previous and current initiatives on the topic, the analysis will be centered around three main workstreams:

1. Content Moderation: This workstream will look at current practices used by platforms to define harmful content and take action on such content, highlighting best practices for processes of categorizing, detecting, reporting, and governing content, as follows:

•What practices are currently in place to moderate content on major platforms?

 What is the current balance between safety and free expression implied or stated based on content moderation decisions we have seen to date?

•What are the best practices for developing and executing on the necessary tools, processes, governance, and reporting to moderate content effectively?

•For harmful content with a clear definition, how can detection and removal be improved?

•For content with a less clear definition of harm, how can decisions be made more transparently?

*What independent auditing may be needed and how would this function? •What metrics, if any, should be used to assess performance of content moderation practices?

•How can content moderation best practices be harmonized across the media ecosystem to enhance public accountability? 2. Regulation and Liability: This workstream will look at current regulation of platforms globally, highlighting various approaches to assigning responsibility / liability for third party content across social networks, search engines, and other internet companies

•What is the responsibility for addressing harmful content across the internet stack? •How do current liability laws (e-Commerce directive, section 230 of CDA) impact content on platforms?

•How should social platforms be treated when it comes to content liability (on the spectrum of publisher to distributor)? •Is a two-tiered regulatory approach need-

ed, and how would this function effectively if so? •Should concept of fiduciary duty be regu-

lated upon platforms? •Should specific measures / targets (e.g.

exposure) be enforced with regulation? •What are the most effective remedies to

put in place if a company has violated regulations related to content on its plat-



•What should be self-governed vs regulated? •Given regulations that

improve safety for con-

sumers may sometimes be in conflict with regulation that improve privacy, how should regulation be effectively coordinated to optimize for consumer well-being?

3. Business Model and Competition: This workstream will analyze the impact of an engagement-driven business model as well as the role of competition in addressing exposure to harmful content while considering impacts to innovation and growth

•What is the role of increased competition in addressing exposure to harmful content?

•Would increased competition be effective in reducing (in part) the average exposure to harmful content - how could this be modelled?

•How do various consumer well-being goals (price, security, safety from harmful content, choice, privacy, etc.) need to be balanced here?

•How do current business model practices - focused on maximizing user engagement to drive advertising revenue - impact the type of content that users see?

•Are current business model practices incompatible with long-term goals of gaining user trust and avoiding engaging in controversial content governance decisions? If so, what long-term strategic shifts could be taken by platforms to maintain or grow profits whilst reducing dependence on advertising revenues (reference to Value in Media insights)?



The three workstreams will address harmful content of the following scope: - Harms with a clear

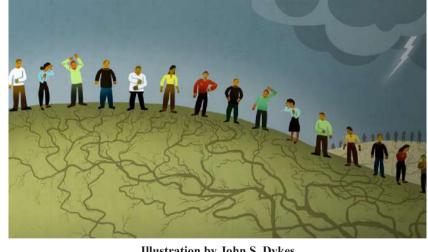
definition (e.g., child sexual exploitation) - Harms with a less clear definition (e.g., disinformation)

- In light of COVID-19, we will specifically focus on health-related misinformation The report culminating the findings of this work can be found here: https://www. weforum.org/whitepapers/advancing-digital-safety-a-framework-to-align-global-action

This initiative is now focused on driving forward solutions through the work of the Global Coalition for Digital Safety which can be found here: https://www.weforum. org/global-coalition-for-digital-safety/ home (Courtesy weforum.org)



Pandemic Brain: Half Of Americans



Fear They'll Never Fully Recover

From COVID Pandemic Stress

Illustration by John S. Dykes

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

In record numbers, Americans are anxious, worried, sleep-deprived, distracted, and depressed. The Covid-19 pandemic's triple whammy of an invisible and omnipresent threat (coronavirus infection), profound disruptions in daily life, and uncertainty for the future has thrust many people into a chronic, high-stress state that is, let's just say, less than optimal for rational thinking or any other sort of higher-order cognitive functioning.

While the Covid-19 pandemic rages on worldwide, the immediate mental health impact of this collective trauma is coming into focus even as the outlook for longterm psychological effects remains considerably fuzzier.

Are we experiencing a pandemic of mental illness? Much has been reported about the ill-termed "mental health pandemic" that seems to be surging through the U.S. and other countries in lockstep with lockdowns and the death, societal disruption, and economic devastation of the viral pandemic. Many experts have sounded the alarm for an approaching tsunami of psychological maladies that could sink an already overburdened mental healthcare system.



A growing cache of data seems to bear out those fears. One of the most recent, a population survey conducted in April and May, found a three-fold increase in depression since the pandemic began. The researchers examined mental health problems relative to 13 pandemic-specific stressors, including loss of a job, death of someone close to you due to Covid-19, and financial problems (see box for full list). The more stressors people reported, the more likely they were to also report symptoms of anxiety and depression.

Other studies show similar rises. From April to June, the Census Bureau tracked anxiety and depression symptoms among Americans in weekly emergency surveys, finding a sharp rise in both. In a Kaiser Family Foundation Health Tracking Survey conducted in July, more than half of U.S. adults (53 percent) said worry and stress related to coronavirus has had a negative impact on their mental health, up from 39 per-

COMMUNITY

cent in May

Half of Americans say that the COVID-19 pandemic has been so stressful they worry they'll never fully be able to de-stress, even after it's all over.

A survey of 2,000 Americans finds stress levels have been so bad since 2020 that 25 percent would go as far as escaping to a cabin in the woods by themselves in order to get away from the daily stresses of life. Another 15 percent would need to be even more remote, choosing a desert island as their de-stressing sanctuary. Crucially, respondents add they'd have to be totally alone to truly be able to de-stress. The study, conducted by OnePoll and commissioned by CBDistillery, also finds that for many, getting rid of stress is all about the finer things in life. In fact, 35 percent of respondents think a trip to a luxury resort would do the trick.



De-stressing still takes work The average American feels they would

need 10 days in their ideal location to completely de-stress. This is borne out by the numbers, too; 55 percent admit their current stress levels have left them feeling burnt out.

Researchers also discovered that stress has a major impact on personal relationships. Seven out of 10 Americans say they get upset or frustrated with someone in their household for no reason at least once a week. These spats aren't surprising though, as 51 percent admit they find it difficult to de-stress because they live with others.

"Sometimes it's the smallest things that can trigger stress," says a spokesperson for CBDistillery in a statement. "Our

results found 45 percent of respondents admitted their coping mechanisms for dealing with stress aren't the healthiest - which can then create a cycle of stress. making these issues worse."



With all of this in mind, it's no wonder 46 percent say they're desperate for a more effective way to handle stress. Nearly three in five respondents believe just having one extra hour of free time to do nothing every day would help their stress levels immensely.

Entertainment is the top coping mechanism for pandemic stress

In attempts to find their happy place and find peace, some of the top coping mechanisms Americans use include listening to music (45%), taking a walk (38%), binge-watching TV (33%), and exercising (29%). Other common coping mechanisms include cuddling with a pet, taking deep breaths (both 29%), eating a snack (28%), reading a book (26%), and playing video games (24%).

"It's clear Americans are desperate to find a solution for their stress," the spokesperson adds. "Whether it's grabbing your favorite snack, taking a walk there are so many things you can try until you find what works for you."

Related

From The CDC: Coping With Stress

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:

Feelings of fear, anger, sadness, worry, numbness, or frustration. Changes in appetite, energy, desires, and interests. Difficulty concentrating and making decisions. Difficulty sleeping or nightmares. Physical reactions, such as headaches, body pains, stomach problems, and skin rashes. Worsening of chronic health problems. Worsening of mental health conditions. Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.



Healthy Ways to Cope with Stress

•Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

•Take care of your body.

•Take deep breaths, stretch, or . Meditate. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Avoid excessive alcohol, tobacco, and substance use. Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider. Get vaccinated with a COVID-19 vaccine when available.

•Make time to unwind. Try to do some other activities you enjoy.

•Connect with others. Talk with people you trust about your concerns and how you are feeling.

•Connect with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail. (Courtesy https:// www.studyfinds.org/ and CDC.gov)

美南國際電視15.3《美南時事通》

星期三

《李恕信談美國》開播———

前總統川普失去言論自由了嗎?你我在美國真自由嗎?



(本報記者黃梅子)《美南時事通》開播一年多了,每天邀請全美國的著名華裔學者、評論家、社會活動家以及知名人士針砭時事,抓住社會熱點,進行深度剖析。《美南時事通》的常任評論員全美政治領袖基金會主席李恕信博士應美南傳媒集團李蔚華董事長的邀請,從本月起開辦《李恕信談美國》節目。第一期內容是:前總統川普失去言論

推特在國會暴力事件發生的當天將 川普總統的賬戶短暫凍結了12個小時, 理由是特朗普"不斷嚴重違反"推特平 臺的公民誠信政策(Civic Integrity Policy)。推特公司要求川特朗普刪除當天早 些時候的三條推文並警告,如果未來有 進一步違反平臺規則的情況發生,包括 暴力威脅政策等,將會導致賬號被永久 移除。

臉書和 Instagram 當天也決定將川普的賬戶封鎖 24 小時。臉書創始人兼CEO 紮克伯格當時在自己的賬號上發出一則聲明,指出臉書將無限期凍結川普在臉書和 Instagram 的賬號,直到總統交接和平過渡完成為止。他的理由是"讓總統在此期間繼續使用我們服務的

"讓總統在此期間繼續使用我們服務的 風險實在是太大了。"



自由了嗎?你我在美國眞自由嗎?

美國前總統川普的衆多支持者1月6日"攻占"國會山後,包括推特(Twitter)、臉書(Facebook)和YouTube等在內的衆多社交媒體平臺先後宣布限製或永久封禁特朗普總統的賬號。以"推特治國"聞名的川普被噤聲引發了一連串的疑問,總統的言論自由到底有沒有受到侵犯?科技公司禁言總統是否違反了美國憲法第一修正案?美國科技巨頭的權力是否過大?誰又來限製它們的權力。

1月8日,推特公司也在一份聲明中宣布,由於存在進一步煽動暴力的風險,已"永久封禁"川普總統的賬號。推特是川普主要的言論平臺,他的個人推特賬號有8,800多萬關註者。在推特上,川普推動政策日程,宣布內閣成員解職的消息,甚至將它當作一件外交工具,對伊朗總統發出"戰爭威脅",並為

供了一只強大的麥克風。他的做法被戲稱為"推特治國"。 川普被社交媒體巨頭集體"噤聲"

來自極端陰謀論狂熱"沼澤"的信息提





請上Google查詢美南電視或掃描QR code觀

的消息引發了美國乃至全球的關註和嘩 然。有人認為,總統被禁言來的太遲了 ,甚至還不夠充分,而另一些人,則怒 斥總統的言論自由被侵犯。

川普本人怒斥推特"禁止言論自由",美國共和黨聯邦參議員泰德●克羅茲(Ted Cruz)則說,"大型科技公司的清洗、審查和濫用權力是荒謬和極其危險的。"

中國也借此抨擊和嘲諷美國的民主以及言論自由:總統川普在社交平臺上說不了話了,失去了普通美國公民的這

一權利,不啻是對美式'言論自由'的莫大諷刺"。

然而美國的憲法學者以及分析人士指出,總統被禁言恰恰體現了美國民主體系中的權力製衡和言論自由。專家認為,"這實際上表明,政府官員,甚至美國總統也不能強迫私營企業發布他想發表的內容。從許多方面來看,它實際顯示了美國(民主)系統的良好運作,即便是美國總統也無法強推特和Youtube等企業發布他認為公衆應該聽到的

請看《美南時事通》之《李恕信談 美國》,主持人Vivan與李恕信博士談 前總統川普失去言論自由了嗎?你我在 美國眞自由嗎?

請關註美南國際電視15.3 頻道《美南時事通》,也可以通過iTalkBB 平臺收看。美南新聞網站scdaily.com,也可以在youtube 上搜索 Stv15.3 Houston, 訂閱美南新聞頻道,隨時收看美南國際電視的節目。





李恕信博士 Esther S. Lee, Ph.D.

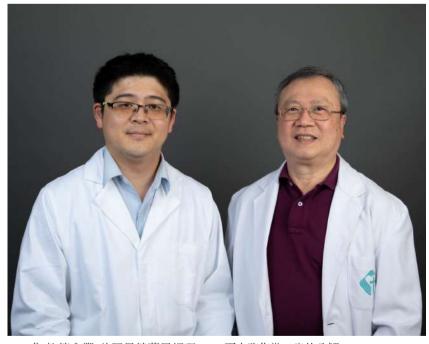
李熙信博士系非常杰出之社会学家 政治家 教育家和作家。曾任教及集行政职位于 休士镇大学满門肯克大学 施保上学1000mb (Inversity)。阿拉巴马特首第Troy附立大 学达二十五年。若书立说创作丰硕是教育部月创作人及中英文專欄作家。亦是全美 政治领袖基金会会长。经常是撤前往世界单误访问。进学及演讲。在美国政府及民间 曾相任众多型规则吴国政府和社会作出重人政献。

主要成就: 1978年 获美国杰出青年妇女 1982年 获美国雷极总统成就

1982年 获美国雷根总统成就类 1982&1984年 代表德州参加共和党全国代表大会 1990年 布什总统任命为美国联邦教育部副司长



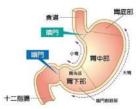
【醫藥專欄】逆流而上—談胃食道逆流



作者:符永豐(美福保健藥局經理)、 呂岳勳(美福保健藥局家庭藥師)

「逆流而上」意謂著逆水前進,比喻不管面臨多困難的事情,或環境而奮力克服。這句成語讓我們看見鮭魚「力爭上游」的畫面,回到自己的家鄉產卵,是多麼激勵人心的故事。然而,「胃食道逆流」或「胃酸逆流」,事實却相反。輕微時,會有食道發炎、紅腫現象。嚴重時,食道被腐蝕、甚至肺部受損。因此,患有「胃食道逆流」的患者不得不好好正視。

圖一 胃部的結構



1.胃部結構及胃酸介紹 (圖一)

如果用汽車解體工廠形容胃也不為過。汽車在解體時,首先送到解體車體、輪胎,座椅等零件部門,然後輸送到解體電儀表、手方向盤、電瓶及其他零組件的部門。胃部也正如此,當食物從口腔、食道、然後輸送到胃裡,首先由胃酸分解食物,而蛋白質部分由專責胃

蛋白酶作進一步的分解。

值得注意的是,肉類食品在胃酸分解游離出的維他命 B12、需要胃裡分泌一種內在的因子,協助維他命 B12的吸收。因此,長期服用胃藥或制酸劑,吃素者必須定期補充維他命 B12。當胃酸分泌旺盛時,防禦因子(胃黏液)與攻擊因子(如胃酸)失去平衡,導致胃部糜爛或潰瘍,其症狀包括上腹痛、消化不良或胃灼熱感、噁心和嘔吐。

微酸性	中酸性	強酸性	
Neutral/Mildly Acidic	Moderately Acidic	Highly Acidic	
Black Beam Chicapan Softwares Chicapan Softwares Chicapan Softwares Chicapan Seldan Seldan Contrada Seldan Contrada Seldan Selda	Fresh, National Jases Karshaye Mayorensian Mayorensian Applies Applies Basinah Rapines Basinah Rapines Basinah Rapines Basinah Rapines Manya Karshaye Papara Mayorensia Mayore	Alcohol Coffee & Siloci Ten Fruir Alice (Sweetenerd) Cocon Trivia Alice (Sweetenerd) Cocon July July Bayes B	

2.胃食物道逆流的發生

胃食道逆流是一種常見與胃酸相關 胃腸道疾病,伴隨有多種症狀,常見症 狀有胃部有灼熱感及胃酸倒流。實際上 ,大多數正常人都會有胃液逆流的現象 。然而,在食道逆流患者中,逆流的液 體中含有更多的胃酸,且胃酸在食道中 的滯留時間更長更久。

身體本身自有保護機制, 免受胃液逆流和胃酸損傷食道,例如:1.當直立時,由於重力(地心引力)的作用,逆流的液體會順流回胃裏。2.當醒著時,我們都會反復吞嚥的動作,這動作有助於減少逆流的發生。3.口腔中的唾液,含有碳酸氫鹽,可中和部分胃酸。

重力,吞嚥和唾液這三個因素,是 保護食道免受胃酸逆流侵襲的重要機制 。相對的,在晚上的睡眠時,由於重力 作用消失,吞嚥次數減少或停止,加上

熟睡時,唾液分泌也相對減少。 因此,在夜間較常發生逆流現象, 導致胃酸在食道中的停留時間更長,並 對食道造成更大的損害。此外,懷孕期 間,懷孕激素濃度上升,可降低食道下 括約肌的壓力。同時,胎兒漸漸的成長 也增加腹部的壓力,這兩種加成作用增 加胃酸逆流的現象。同樣地,患有食道 蠕動障礙患者,更容易有食道逆流的發 生。

3.病因所在:

3. 柄因所住: A、下食道括約肌的短暫鬆弛 (LES)一當吞嚥食物或唾液時,LES會鬆 弛數秒鐘,好讓食物或唾液從食道進入 胃中,然後再次關閉。患有食道逆流者 ,其LES功能減弱或異常鬆弛,導致胃 酸逆流的發生。

B、食道胃酸淸除和緩衝能力一食道 蠕動是去除胃酸逆流的主要機制。此外 ,唾液中和食道內的胃酸中也扮起重要 的角色。超過50%被診斷患有嚴重食管 炎的患者發現食道胃酸淸除能力下降。

C、胃排空現象一胃排空延遲增加 胃液滯留在胃中,提升胃酸逆流的風險 。因果關係尚未確定。胃輕癱的糖尿病 患者也有食道逆流現象,因此不能忽視 胃排空延遲與食道之間的關聯性。

D、粘膜防禦力一食道會分泌具有

墊高床架

保護性的粘液和碳酸氫鹽。當胃酸和胃蛋白酶的濃度遠遠超過粘膜提供保護的防禦機制時,食道會遭受破壞。

4.臨床症狀有哪些? 包括: 胃部灼熱 感、胃酸倒流、吞嚥困難、喉嚨痛、反 酸、咳嗽、胸痛、喘息

5.注意這些危險因子: 飲食過量、體重過胖、抽煙、飯後劇烈運動、飯後即刻睡覺或躺著、焦慮、壓迫感、刺激性飲料、刺激性食物(如圖二)、藥物

6.併發症: 哮喘惡化、食道內壁的變化增加罹患食道癌症的風險(巴雷特食道)、支氣管痙攣、慢性咳嗽或聲音嘶啞、牙齒問題、食道潰瘍、食道狹窄

7.治療

B、藥物方式

1)制酸劑:優點是藥效迅速,缺點 是藥效短。中和胃酸的能力與服用劑量 多寡有關。最好是飯後一小時服用,藥 效可維持3小時左右。需注意含鋁制酸 劑會導致便秘,含鎂制酸劑會導致腹瀉 ,而含碳酸鈣制度酸劑,會刺激胃泌激 素的分泌,導致胃酸分泌過多而有「反 」的效果。另外,同時服用制酸劑與其 他藥物會降低或是增加該藥的療效。如 您有服用其他藥物,與您的家庭藥師商 討如何服用最爲適宜。

2) H2接受器拮抗劑:作用主要是阻 斷與胃酸分泌有關的胃壁細胞的H2接受器,大大地降低胃酸的分泌。H2拮抗劑 最好在飯前30分鐘服用,理由是在飯後 大量分泌胃酸時,H2拮抗劑濃度此時在 體內達顚峰值。此外,此類藥品在睡前服用,對夜間產生酸胃也有不錯的效果。在美國有4種藥物上市爲非處方藥,但劑量較低。

3) 質子幫浦抑制劑 (proton pump inhibitors 簡稱 PPI) PPI 是前驅藥,需在 酸性環境才能轉化爲活性。這種轉化需 要質子幫浦的分泌。因此,這些藥物在 餐前30至60分鐘空腹服用時最爲有效。 常見的副作用有胃腸道不適(噁心、腹 瀉、腹痛)、中樞神經系統(頭痛、頭 量)和罕見的反應(皮疹、肝酶指教升 高)。服用此類藥物後,會降低酸的濃 度,可能會增加某些口服藥物的濃度或 降低其療效。服此類藥物時,與家庭醫 師及藥師詢問。此外,由於有些微生物 在弱酸性環境中生存,PPI增加感染(肺 炎、腸道感染)的風險有關。老年患者 長期使用高劑量PPI也與髋部骨折風險 增加有關。維他命B12的吸收需要胃酸 ,長期使用 PPI 可能會導致不足。對老 年人、素食者和長期飲酒的患者是一個

結論

人在享受美食時需要二個「メ\\\
」,就是食物的美「味」、及健康的「胃」。即使美味當前,如有「反胃」的現象,美味也變成沒口味。因此,在享受美食時,這二個「メ\\」缺一不可。患有食道逆流者,可藉著飲食習慣的改變、心情放鬆、睡姿調整、或床頭踮高,大可降低食道逆流的現象。如沒有藥物在身邊時,藉著口香糖,增加唾液的分泌,也是中和胃酸及防止胃酸逆流的一個緊急應變方法。

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