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Inside C2

# Southern DAILY

Make Today Different

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## UN political affairs chief urges U.S. to lift, waive New York undergoes heat waves with

UNITED NATIONS, June 30 (Xinhua) -- UN Undersecretary-General for Political and Peacebuilding Affairs Rosemary DiCarlo on Wednesday echoed the secretary-general's appeal to the United States to lift or waive its sanctions outlined in the Joint Comprehensive Plan of Action (JCPOA), known commonly as the Iran nuclear deal or Iran deal.

"I echo the secretary-general's appeal to the United States to lift or waive its sanctions outlined in the plan, extend the waivers with regard to the trade in oil with the Islamic Republic of Iran, and to once again facilitate nuclear-related activities consistent with the plan and the resolution," DiCarlo told a Security Council briefing on non-proliferation regarding the implementation of the Resolution 2231.

Security Council Resolution 2231 was a July 20, 2015 resolution endorsing the JCPOA on the nuclear program of Iran. It sets out an inspection process and schedule while also preparing for the removal of United Nations sanctions against Iran. The 15 nations on the Security Council unanimously endorsed the resolution, which had been negotiated by the permanent members of the United Nations Security Council - China, France, Russia, the United Kingdom, and the United States - plus Germany, the European Union, and Iran.

The United States announced its withdrawal from the Iran deal on May 8, 2018.

DiCarlo called on Iran to resume the temporary technical understanding with the International Atomic Energy Agency without delay, to refrain from taking further steps to reduce its commitments, and to return to full implementation of the plan.

She said that the context for the implementation of the JCPOA and Resolution 2231 has improved considerably since last year.

The continued diplomatic efforts in Vienna, she said, offer a critical opportunity for both the United States and Iran to return to the full and effective implementation of the plan and of the resolution. This would be "a welcome and crucial development."

DiCarlo said it is essential that all member states promote a "conducive environment" and avoid any action that may have a negative impact on these ongoing diplomatic efforts, as well as on regional stability.



## New York undergoes heat waves with cooling centers open

NEW YORK, June 29 (Xinhua) -- New York City is gripped by multi-day scorching heat and humidity as much of the East Coast is expected to see temperatures top 90 degrees Fahrenheit (about 32 degrees Celsius) until Wednesday.

New York City will keep hundreds of cooling centers open across its five boroughs through Wednesday, according to the local emergency management department.

People are advised to stay in cool places as much as possible and drink plenty of water even if they do not feel thirsty.

Speaking of the heat wave, New York City Mayor Bill de Blasio Monday said, "Please do not treat it as business as usual. Don't go outside any more than you have to, stay hydrated, check on your neighbors, family members."

Local residents could get a spray cap installed at a nearby hydrant by the local firefighters for free so as to get a sprinkle of water, according to the Department of Environmental Protec-



tion in New York City.

New York City's Department of Social Services issued a red alert on Tuesday requiring enhanced outreach efforts to help people access cooling centers.

National Weather Service New York issued a heat advisory on Sunday for northeast New Jersey, New York City, the Lower Hud-

son Valley and parts of Connecticut and further expanded its heat advisories eastward to include southwest Suffolk County on Tuesday.

Meanwhile, record-breaking heat waves are baking the West Coast of the United States, drawing rising concerns on climate change around the globe.

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# WEA LEE'S GLOBAL NOTES

## CORONAVIRUS DIARY

07/27/2021



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# Texas House Speaker Signs Arrest Warrant For Democrat

Texas House speaker Dade Phelan signed a civil warrant for the arrest of San Antonio democratic state representative Philip Cortez who rejoined his colleagues in DC.

The warrant is not likely to have a legal impact since Texas law lacks jurisdiction outside of the state. More

than 50 House Democratic representatives left the state and flew to DC to block Republicans from having the quorum needed to pass a new voting bill.

Cortez chairs the House Urban Affairs Committee and didn't reply to the warrant and said that this is his duty to do everything he can to



stop this harmful legislation.

The current special session is slated to end on August 6 and the Democrats said they don't plan to return to Texas. But Governor Greg Abbott said he plans to call another special session to get his priority legislation passed.

In the last few years the political landscape of Texas has changed rapidly. Many

newcomers and immigrants are coming to Texas and most of them are Democrats. Republicans are losing their majority control in many of the state's urban areas.

We really want to see this political drama come to an end soon. Our state is still facing so many challenges and we need the lawmakers to solve our problems.



**Southern DAILY** Make Today Different

## Editor's Choice



Edie Armstrong reacts when she hears that her son, U.S. swimmer Hunter Armstrong, will be moving on after just making it through the men's 100m backstroke preliminary race during the 2021 Olympic Games, in Dover, Ohio. "That gave me a small heart attack," Edie Armstrong said jokingly. "Don't ever do that to me again Hunter." REUTERS/Gaelen Morse



A rainbow is seen during the Tokyo Olympics. REUTERS/Hannah Mckay



Mary Simon conducts an inspection of the guard after being sworn in as Canada's first indigenous Governor General during a ceremony in Ottawa, Canada. REUTERS/Christinne Muschi



A bulldozer operator rests as ash from the Dixie Fire blankets Crescent Mills, California. REUTERS/David Swanson



Gold medalist Momiji Nishiya of Japan celebrates after winning the street skateboarding final at the Tokyo Olympics. REUTERS/Lucy Nicholson

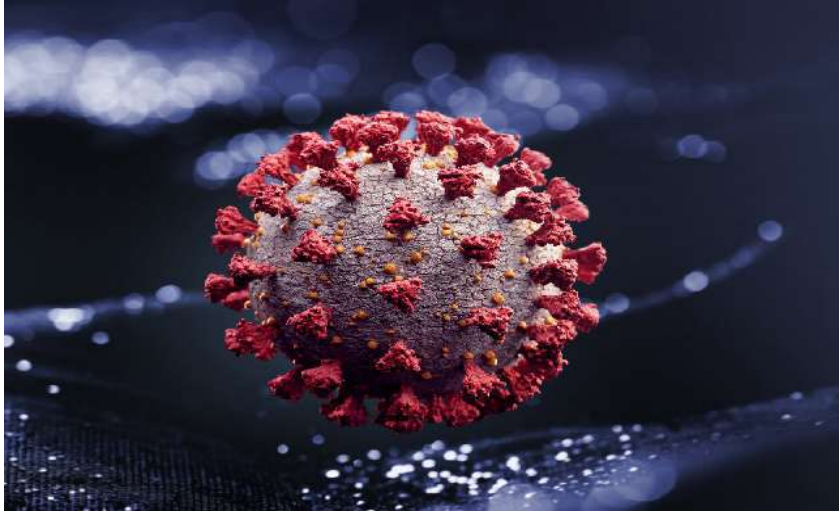


People gather around a car where volunteers distribute food to refugees at a shelter for families displaced by gang violence at the Saint Yves Church in Port-au-Prince, Haiti. REUTERS/Ricardo Arduengo



OVERVIEW OF THE GLOBAL HEALTH CATASTROPHE

## Why The Novel Coronavirus Had The Power To Launch A Pandemic



A computer rendering of SARS-CoV-2, the virus that causes COVID-19. (Photo/Radoslav Zilinsky/Getty Images)

By Guest Writer Pien Huang

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

On January 30, the World Health Organization declared the novel coronavirus — then unnamed — to be a “Public Health Emergency of International Concern.” The virus, first reported in China in late 2019, had started to spread beyond its borders, causing 98 cases in 18 countries in addition to some 7,700 cases in China at the time.

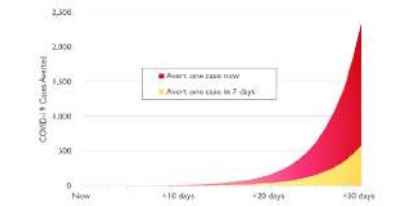
Six months later, the tiny coronavirus has spread around the world, infecting more than 16 million people worldwide and killing more than 650,000. It is one of the leading causes of death in the U.S. in 2020.

“This is the sixth time a global health emergency has been declared under the International Health Regulations, but it is easily the most severe,” said Tedros Adhanom Ghebreyesus, WHO’s director-general, on Monday.

What was it about this coronavirus — later named SARS-CoV-2 — that made it the one to spark a global pandemic?

Virologists point to several key traits that this virus possesses. Any one of them might be problematic. When combined in

one microscopic virus, the result is what coronavirus researcher Andrea Puijssers of Vanderbilt University calls a “perfect storm” — a one-in-a-million virus capable of triggering a worldwide health crisis.



### It’s a super-fast spreader ...

One of the novel coronavirus’s biggest advantages is how easily it spreads from human to human, says Dr. Megan Freeman, a virologist at Children’s Hospital of Pittsburgh, who conducted her doctoral research on coronaviruses.

The coronavirus causes COVID-19, a respiratory disease that infects the sinuses, throat, lungs — all parts of the body involved with breathing. As a result, the virus can be readily passed onward through breath and spittle expelled from the nose and mouth. Unlike Ebola, where direct contact with blood and other bodily flu-

ids is the main route of infection, you don’t have to touch someone to be infected with SARS-CoV-2 — all it takes is getting close enough to an infected person and breathing in respiratory droplets they exhale. And because it’s transmitted rapidly through the respiratory route, “it’s a virus that [also] has the capacity to spread across the globe fairly easily,” Puijssers says. All it takes to introduce the illness to a new continent is a single person who travels there while infectious.

### ... but not so fast that it’ll knock itself out

When a virus spreads too quickly, enough people in a community may catch it to create “herd immunity.” With fewer people to infect, the virus’s rapid spread can ensure its own demise, says Malik Peiris, a virologist at the University of Hong Kong. “It’s a balance,” he says, pointing out that other viruses such as dengue fever and chikungunya have surged and then died down in certain locations.



### It’s transmittable even with no symptoms

Even before symptoms develop, infected people can spread this virus by speaking, singing, coughing and breathing out virus-laden droplets in close proximity to others. “For SARS-CoV-2, a lot of the transmission is from asymptomatic, [pre-

symptomatic] or mildly symptomatic people,” Puijssers says.

By contrast, SARS-CoV-1, a related coronavirus that caused an epidemic in Asia in 2003, was most infectious when people were symptomatic. So as soon as someone showed symptoms, they were quarantined — which effectively stopped that virus from transmitting, Peiris says. The SARS epidemic officially ended in 2004 after sickening 8,098 people; there have been no known cases reported since.

### The severity of symptoms puts a strain on health systems

Even though some people who are infected have no symptoms or mild symptoms, the novel coronavirus can inflict serious damage. “This coronavirus has the capacity to cause really debilitating respiratory disease and even death” for a higher proportion of infected people compared with, say, the flu, Freeman says.

Because COVID-19 can make people sick enough to require hospitalization, high rates of spread have strained hospital systems, making it difficult to provide optimal care for patients, as is happening in California and Texas. When hospitals run low on staff and supplies, the result can be care rationing and excess deaths. Since its emergence, in late 2019 in China, the novel coronavirus has killed more than 600,000 globally.



### Then there’s the pet theory ...

Not only did the novel coronavirus come from animals, it also appears to have the ability to jump from humans to animals, including their pets — and possibly back again.

The virus likely originated in bats and spilled over to humans because of some unlucky coincidence, where a person

was “in the wrong place at the wrong time” and came in contact with a bat or an intermediary animal that happened to be infected with this particular virus, says Carlos Zambrana-Torrel, an ecologist with the nonprofit organization EcoHealth Alliance.

Now, researchers have found humans have occasionally infected their pet dogs and cats as well as lions and tigers at the Bronx Zoo. There’s no evidence yet of dogs and cats passing it to people, but sick minks on Dutch fur farms are thought to have given the coronavirus back to humans.

This could mean that if the virus starts circulating regularly among animals that we handle or live with, it may be really hard to get rid of it, Freeman says. “[If] there’s an animal reservoir, there’s always that possibility that the virus could come back in a spillover event,” she says. In other words, a community could be virus-free only to have it reintroduced by a visiting animal.



### ... and this virus has the element of surprise

The world has never dealt with a pandemic caused by a highly dangerous coronavirus before. This means everyone in the world is likely susceptible to it and also that, in the beginning “we knew nothing about it — it was a brand new virus,” Puijssers says. And that lack of knowledge about treatments and control has contributed to the virus’s ability to spread.

Unlike flu, which has been known to researchers for centuries, this novel coronavirus has required researchers to figure out everything from scratch — how it spreads, who’s most likely to get sick from it and how to combat it with drugs and vaccines.

There’s still a lot we don’t know, Puijssers says, and we’re learning fast. But not fast enough to have stopped this pandemic from happening. (Courtesy npr.org)

July 21, 2020 -- With coronavirus cases surging under California’s reopening plan, Gov. Gavin Newsom recently ordered certain sectors, including bars, indoor dining, theaters, and bowling alleys, to close again. Online, crisis fatigue erupted. Residents vented long-simmering frustrations, casting blame on the governor and on each other. Half a year into the coronavirus pandemic, mental health experts worry that many Americans have reached a point of becoming emotionally overwhelmed.

Anger, frustration, disappointment, and hopelessness have flared across the nation. In California, people took to social media to express their feelings. Some even pushed for recalling Newsom.

“The dictator continues on his path of destruction,” David Wohl tweeted about the governor. Others pushed back at perceived scofflaws. The effort to recall the governor, according to Twitter user Nancy Lee Grahn, “is from the same selfish incredibly stupid bunch who just had to brunch, beach, bar maskless & spread their infected droplets all over the state. You did this & now you’re mad? Tough luck, jerks. The Gov is correct & protecting ur undeserving a--, so stop whining.”

### It’s Natural to Feel Anxiety and Grief

It’s not only the pandemic. Americans are facing economic distress and racial injustice, too.

“Most of us are equipped to manage one crisis or maybe a couple of crises simultaneously,” says Arianna Galligher, associate director of Ohio State University’s Stress, Trauma and Resilience (STAR) Program, which treats people who have psychological trauma. “But when everything is sort of coming to a head all at once, there comes a point where our typical means of coping becomes overwhelmed, and the result is crisis fatigue.”



While crisis fatigue is not an official diagnosis, its effects are real. People can feel so overwhelmed that they’re unsure of how to move forward, she says. When people have crisis fatigue, it’s natural for them to feel a mixture of exhaustion, rage, disgust, despair, desperation,

hypervigilance, anxiety, and grief, according to Galligher. As the crises have worn on, not only have tempers frayed, but many people feel less energetic and motivated, says Karestan Koenen, PhD, a professor of psychiatric epidemiology at the Harvard T.H. Chan School of Public Health.

“In the beginning [of the pandemic], people were scheduling Zoom dates, Zoom parties, Zoom gaming nights,” she says. But she’s noticed more stress

and burnout, including among workers who are sheltering in place and

perhaps raising children, too. “We’re privileged if we can work at home,” Koenen says. “But if we work at home, there’s no division anymore between home and work.” Being unemployed is even more dire. As various parts of the country have reopened, some employees have been able to go back to work cutting hair, waiting tables, and selling movie tickets. But even with attempts to restore parts of our previous life, many people remain sad and disappointed that things haven’t gotten better, Koenen says. “In places where things are reopening some, it’s not the same. They realize it’s going to be a long haul.” Some people appear to have given up trying. In early July, Jennifer Morse, MD, a public health official in Michigan, told the news organization Bridge that she’s seeing a new complication: COVID fatigue. She has spotted more crowds and fewer masks, as has Peter Gulick, DO, an infectious disease expert in Lansing, MI. “It’s like they’re tired of it, they don’t care,” he said. “It’s, ‘Doggone it, I’m not going to eat my spinach anymore.’”



### A Different Type of Threat

Despite crisis fatigue, the threat remains real and pervasive. As a psychiatric epidemiologist, Koenen studies the mental health

## COVID-19 Crisis Fatigue: Are We Emotionally Overwhelmed?



### The new flu strain is similar to the swine flu that spread globally in 2009

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

fallout of disasters. This crisis is different from disasters such as a hurricane or terrorist attack. With those events, “It’s very severe initially, and then there’s sort of a linear improvement” as affected communities recover, she says. But with the coronavirus, there’s no recovery yet, she says. “That’s what’s been different. We’re still in it.” She compares the pandemic to other chronic, severe stressors with no obvious end point -- more similar to long-term conflicts and war, or displacement and refugee camps. “For most of us, if there’s a clear end in sight, it’s a little easier to gather the necessary energy to cope in the short term. But when a crisis crosses over into more of a chronic crisis, it’s more difficult to tap into those energy reserves,” Galligher says. “A lot of people are starting to ask some of those more existential questions, like ‘What are we going to do, and is this the new normal? How do we proceed as a culture?’”

### Moving Forward

Galligher and Koenen, who have counseling backgrounds, offered advice on how to combat the challenges of crisis fatigue.

### Spend your energy intentionally

Instead of feeling daunted by so many crises in the world, choose one or two priorities where you want to have an impact, Galligher says. You can use your personal efforts, voice, or money to contribute to a meaningful goal. For example, some of her colleagues were deeply troubled by the wildfires in Australia during the past year. “They weren’t in a position to head to Australia with fire hoses,” she says. “But they were absolutely in a position to send

some extra capital toward wildlife rescue and to support the folks who were on the front lines trying to fight these fires.”



### Pursue things that give you joy and hope

No one needs to be reminded that the world is awash in problems.

In the midst of the turmoil, “You have to actively decide to find joy,” Koenen says. “Make that an active practice.”

She takes time from her busy schedule to walk outside, pull up a favorite song, or hang out with her son and dog. Such moments make life worthwhile, Galligher says. Notice the things, big or small, that bring lightness and humor to your day.

### Take breaks, take care

Pay attention to when you’re feeling tired and overwhelmed, Galligher says. Allow yourself to take a break from the stress and engage in a healthy, soothing distraction. You’re not being selfish, she says. Taking care of yourself is an act of maintenance and self-preservation. Koenen agrees. While giving and altruism are valuable in times of trouble, they can come at a cost if we’re not careful. “The needs are so great that it’s easy for the average person, in the interest of being helpful, to burn themselves out.”

### Pick your battles wisely

The mask vs. no mask battle rages on, producing some uncomfortable and occasionally violent confrontations. Black Lives Matter protesters have gotten into arguments with those who proclaim that all lives matter.



Right now, many of us are engaging in important conversations with those who disagree

with us, Galligher says. You can’t control how others will behave during such exchange-

es, but you can control your own actions and decide when it’s time to end a discussion that’s going nowhere -- or to not engage in the first place.

### Take a break from the news

“We all need to turn off the media at times,” Koenen says. Leaving the TV on in the background all day can increase our sense of crisis fatigue. Instead, take a few hours away from the news and from social media to refresh yourself. Much of Koenen’s career has focused on trauma, so she’s learned to create boundaries to avoid becoming overwhelmed by her subject matter. For instance, she doesn’t do any studying on trauma before bedtime, she says.

### Seek support

We’re already feeling isolated because of shutdown orders, but emotional connection and support can be healing for those who feel overwhelmed. Talk to someone you trust about how stress is affecting you, Galligher says. Don’t consider your crisis fatigue as something abnormal, she says. Feeling angry and despairing in the face of intense and prolonged stress is a common and understandable reaction.



### Remember that we’ll come out on the other side.

While the crises confronting us are vast, we can draw on the personal strengths that have helped us in the past, Koenen says.

“Most people have had times in their lives where things have been really bad and have gone on for a long time -- a family member who’s been sick or had a chronic illness. Thinking about those times and how you got through them would be helpful.” The country has faced calamities before, “things like the Great Depression, these other large, catastrophic events that went on for many years at a societal level,” she says.

“We have had major crises before, and there’s always another side -- where we’ve come out of that.” (Courtesy <https://www.webmd.com/>)