

廣告刊出如有錯誤,請於二日內前來更正,如係本報排版錯誤,將予以免費補刊,但以二天爲限。

誠聘(中國城)

*美式中餐館

招收銀接電話

需熟手,有經驗

意者請電:

- 分類廣告請預付廣告費,如中途停刊者,恕不退還費用。
- ●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

分類廣告c1

8月3日 星期二

CLASSIFIED AD. RATE

三週

\$105

\$210

\$315

\$420

*快餐+奶茶店

●全職或半職

收銀+做飲料小姐

●全職或半職

廚房炸油爐,有經驗

意者請電: Jackie

832-668-0501

*中餐館請人

位於中國城

請熟手點心幫工

聯系電話:

832-387-1085

中餐館請人

誠聘半工外送員

有經驗,可報稅

離中國城15分鐘

4670 Beechnut

意者請電:

杏记

3 wks 1 mon

一月

\$125

\$250

\$375

\$500

淍

2 wks

\$80

\$160

\$240

\$320

EFFECTIVE: 從2009年11月1日起實施

*Katy 杏記甜品誠聘

●前台領班:全工,有2年以上餐館經驗

- ●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。

分類廣告價目表

淍

1 wk

\$45

\$90

\$135

\$180

週數 Week

格數 Size

1格 (1unit)

2格 (2units)

3格 (3units)

4格 (4units)

Pearland 餐廳

誠聘 點心師傳.炒鍋和

董說少少英語,高新聘請

請英語電或短訊:

Mai Thai pho & grill

3145 Silverlake village #112

Pearland, TX 77584

832-232-8892

●前台服務生: 全工或半工

廚房幫手,要有經驗



*中餐館請人

位Woodlands區

誠請

●收銀兼接電話

有意者請電:

832-788-1283

*餐館請人

路州 Shreveport

中餐堂吃店

誠請炒鍋和企台

無人接聽可短信:

*餐館招人

位 Corpus Christi

Chinese wok 中餐炒鍋

Grill cook 燒烤師傅

月淨入\$3800 及假期

提供食宿.50歲以下

需英文. 英文電/短訊

361-876-9634

黃金茶寮,薪優

▶樓面: 請 周末帶位

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

金冠酒家誠聘

●點心幫工

713-474-7979

●廚房幫工,油爐

281-866-5020

Restaurant Hiring

及傳餐人員

●點心部: 請

新點心海鮮酒樓 (原 ChinaBear)

新優』 全方位誠聘

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

●有經驗炒鍋

●護士 Restaurant ●廚房幫工/打雜 ●司機 周一到周五.請電 281-781-9389 未接請短信稍後再覆

●涉及法律責任廣告,需提供身份證件及當事人簽字負責,本報槪不負責

*外賣中餐館 Conroe,45號公路北 88出口, 講一名熟手 前台接電話或打包 薪優,不包住 -周工作5-6天都可 電話:楊

底薪 100+小費 832-782-8237 832-291-1499 *餐廳誠請 ●洗碗打雜:工資高 環境輕鬆

●另請炒鍋一名 意者請聯系:

832-819-8111 832-696-7902

Buffet店請人

距中國城8分鐘

Buffet店

誠請全工/半工

熟手企台,帶位

意者請電:

713-789-0845

*糖城餐館請人

堂吃外賣店

誠請●企台

●廚房抓碼

意者請電:

*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

奧斯汀日式餐館

聘●企台, part time,

學生,全工都可以,

●油鍋 3500-4000,

4000-4500加小費

夫妻工也可,需報稅,

Napa Udon

House 位敦煌廣場

現在招廚師,學徒:

壽司,烏冬麵,廚房

不需要日本的烹飪經驗。將提供培訓。

薪資:\$13 起/小時

www.napaudon.com

原信 832-687-5223

3:832-863-8504

●壽司一手師傅

2.經理助理

281-313-3300 281-881-9885

*餐館請人 位於休士頓中國城, 百佳超市附近

味佳香Tainan Bistro 聘**廚房助手**:男女不掉近中國城10分鐘車程 意者請洽: 許先生 832-506-3316 832-898-6667

*麵館新優誠徵

女收銀服務員一名

通英文,有工卡

位中國城

意者請電:

713-988-8802

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

餐館誠請

有經驗收銀帶位,

企枱, 外送員.

意者請電:

832-466-3511

*超市內壽司吧

位610北,近290

女性人員一名

需有些經驗,

能周六日上班

意者請5 pm後電

832-660-2521

日餐鐵板店

新優』招聘

●鐵板師傅

●廚房師傅

『待優』誠請

多年老店,湖南餐廳

位於糖城及Katy之間. 誠請

●有經驗會看英文單的炒鍋

生意穩,收入佳. 請電洽: 王小姐

281-804-9514

●半工和全工企檯

832-493-9598 *中餐館,薪優 收銀兼接電話員一名 外送員一名. 環境好,小費好

*西北區餐館

誠請

全工炒鍋和企枱

意者請聯系:

281-966-5342

*中餐廳招聘

位置Spring區

招聘

全工前場經理一位

有經驗,能報稅。

聯繫方式:Laurence

要求熟手,能報稅 聯系電話: 劉先生 *餐館請人

*中餐館,薪優

誠請炒鍋,油爐,打雜

提供吃住

離中國城1小時

有意者請電:

972-989-8396

中國城中餐館

誠請廣東炒煱

意者請電:

281-210-8392

黃師傅

中餐館請人

位 290 & Fairbanks

招全職/兼職 炒鍋

油鍋,打雜和送外賣

意者請電:

832-623-4949

*日式快餐請人

位於1–10 Memorial

99大華附近,聘請

壽司師傅

●廚房幫手(可培訓)

薪優,待遇好.男女不限

意者請電

832-380-0247

KATY 日餐

『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

*KATY中餐館 招全工炒鍋

*快餐店,薪優

位Humble區

全工炒鍋、炒麵

可以提供住宿

意者請電:

917-291-5895

*中式快餐店

位於Dairy Ashford

/ Westheimer

誠請

●炒鍋 及 ●油爐

意者請電: 周先生

281-235-3531

新優」誠請

薪優, 需報稅. 意者請雷:

油鍋,打雜,洗碗工

打包,Sushi包卷師傅

位45南,近明湖區

意者請雷:

409-539-1548

832-206-1789

*餐館招收

打台, 打雜, 送外賣

付 Spring,

249與99交界

聯系人:林先生

832-310-0739

餐館請人

糖城堂吃外賣店

誠請●企台一名

聯系電話:

*糖城中円餐館

誠請●全職炒鍋

●企台

聯系電話:

832-350-9107

美日餐館,高薪

二家 Galleria &1960

誠請經理及企檯

需英文流利,懂酒水

全工/半工均可

小費極佳. 聯系電話

281-636-8808

●Sushi 師傅

832-773-2913 832-277-2317

●外送員一名

東禾酒家請人 中國城,敦煌廣場內 誠請炒鍋和企枱 抓碼和油爐 意者請電:

*招聘炒鍋

工資面議,

包吃包住,

離休斯頓2小時車程

聯系電話:

210-380-2645

薪優,餐館請人

外賣店

誠聘 打雜,收銀員

909 Southmore Ave

Pasadena, TX 77502

有意者請電:

713-818-0335

粤菜餐館,薪優

281-665-9299 713-981-8803

*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 請電:281-988-8898 或親臨面談 11215 Bellaire Blvd, Houston, TX 77072 *餐館誠請

●出餐員: 全工半工或周末 有甜品和奶茶店經驗者爲佳 ●早上備貨阿姨:全工 意者請電 : 832–818–7818 四川美食餐館 位於Victoria

糖城美式餐館 請全工和半工 收銀帶位、企枱 誠講炒鍋,打雜 可提供住宿 和外送員 需英文流利 有意者請電 361-573-6600 意者請電:

361-649-7476 281-242-7728

SINH SINH 誠請炒鍋、打雜

位中國城,中國餐廳 抓碼, 粉麵 及企檯 請下午3點後電: 713-459-1501

外賣店請人

位290 Cypress

誠請

意者請電:

832-330-1775

若沒接電話請發短信

*KATY □餐

誠請●洗碗

Sushi Man

●兼職企檯

意者請電或

短訊(無人接聽時)

713-820-7402

832-232-1001

超市內壽司吧

『待優』誠請

女性人員一名

必需有經驗

意者請5點後電:

832-660-2521

名炒鍋或油鍋,

誠請**前台**和**外送員** 有意者請電:

全工或半工均可, 需英文流利,可報稅

糖城中餐館

713-307-2882 832-866-2625 **NOW HIRING** 中餐館請人 North China Restaurant 誠請粵菜炒鍋 I-10/Energy Corridor Now is hiring

全工/半工均可 位敦煌廣場內 Waiter/Waitress 意者請電: Full time or Part time 832-512-3595 Must speak English 713-270-0888 713-470-8118

NOW HIRING - SERVER Woodlands Japanese Restaurant

is hiring for full time/part time Server, must speak English , have 1+ year experience, have own transportation to work, have TABC & Texas food handler certificate. if interested please contact Trevor at 281-789-4445 / 281-919-7295 **NOW HIRING**

*路州日餐,高薪 雛休士頓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

小女孩. 意者請電: 337-764-7736 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

346-303-3218

Lake Charles 高新」誠請 壽司師傅,學徒 廚房師傅,油鍋打雜, 全工企檯

1700 呎,獨立建築

有Drive-Thru,

租金\$3200(加 NNN)

或牛意和地產一起賣

半小時 Bay City

意者請電: 非誠勿擾

713-569-2628

●新奧爾良區請日餐 Sushi 師傅(包吃住) **3:832-962-2555**

中日餐館無招 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

3500 呎中日餐.

位休士頓西北方

房租低(包水),

位置佳,評價好.

近期有超市入住為鄰

1:832-606-2784

-周開六天.生意穩定

for sale

300 呎+2個 Drive Thru

位多間中學高校旁

地點佳,生意穩,易經營

可教會可轉做其它生意

電:512-966-1165

歡迎看店,價面談



忍痛割愛出售 餐館位於糖城, 每周六天,周二公休 主意五萬,疫情期間影 響甚微,最終因管理不 善,忍痛出讓.意請電 713-291-5975

日本餐館請人

誠請**企台**及帶位

全工/半工均可

意者請親臨或電:

713-781-6300

6345 Westheimer

需工卡.

713-922-0137

646-341-7189

Restaurant **For Sale**

*奶茶冰淇淋店

出售(含設備)

簡單易做,不會可以培訓

Dairy Ashford/Briar Forest

歡迎看店議價

意者請電:

347-580-9341

來電如未接可發短信

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\$3200-\$3500 **Kroger Sushi Bar for Sale**

Spring, TX 77386. Easy To Manage! Good area, Good Price, Good Income! Selling at a decent price! Please call: 936-828-9110 936-521-9698 936-525-8387 中餐快餐店出售

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,

賈錢面議,離休斯頓1個 價格面議. 請電: 281-476-5598(VV) 469-789-6628(C)

*糖城餐館出售 **Restaurant for Sale** 價格合理,剩3年半租約, 加上5年續簽選擇. Remaining lease is 3.5 years with 5 year option to renew. 機不可失 誠意者電: Suzie

713-261-8255

堂吃外賣店出售 也可做 Buffet, 設備齊全,接手即可 賺錢.離休斯敦兩個 小時車距.房租便宜 獨立 Building.

210-380-2645

有意請電: 黎生 意者請聯繫: 737-202-6166

Sushi Bar出售 13年老店,月銷3萬5 東主退休 有意者請電或簡訊:

832-858-3378

德州南奥斯汀 中餐堂食外賣店轉讓 2400 多呎,營業中, 生意好,設備全, 接手馬上做生意

中日餐飯店出售 Galveston方向

25號出口 生意好,富人區. 聯系電話:

832-498-9988

*中餐出讓 離中國城20分鐘 中餐外賣老店 生意月均7萬5, 缺人手售。 意者請短信聯系 912-381-6945

Sushi Chef

● Sushi Helper

full time, part time

Sugar Land area

Hwy6 & Hwy90

inside HEB. Contact

713-419-0980

*海鮮餐廳轉讓

位Westheimer.

Target 門口,

生意穩定,人流量大

設備齊全,有酒牌,

意者請電:

832-776-5953 *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)

912-381-5292

路州全日餐 包吃包住,意者請電 832-605-2131

●壽司師傅 以上全工/半工均可

832-289-1003 日本餐館請人 ●休斯頓區誠請 廚房師傅&帶位企台

1:832-230-9405

*餐館出售

Restaurant









護

星期二

2021年8月3日

Tuesday, August 3, 2021



Business Opportunity

全部單獨使用,含

713-909-0842

通勤家政助理

近610 Loop/ 288

2-3天/周,7-8時/天

每天7點或9開始

協助簡單家務, 包含 淸

潔/煮飯/照顧嬰兒.適用

期 2-4 週. 12-6pm 電:

832-419-3996

*公司誠聘

Office Assistant

有倉庫物流經驗者

優先.

Email: **bryan.bian**

@rigmore.com

:832-475-9026

NOW HIRING

Food Distributor Co.

looking for

Loading & Unloading

Staff (FT)

Call: Lily & Helen

713-383-8818

or Email: helen@

fourseasonsfood.com

300

一小時 12-\$15.

老牌財務公司出讓

田納西州曼菲斯市, 40多年唯一華人老牌財務公司出讓, 經營退休金,保險,理財,地產,房屋貨款, 利潤豐厚. 東主退休出讓, 歡迎有 呆險投資地產牌照專業人士全部或分購均可

請電: KC 901-338-9111

房地產和

Sale/Rent

誠徴褓姆

深顧嬰兒&簡單家務

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:

石油設備公司

誠招倉庫管理.

會叉車優先,

能用英文溝通

外地薪優包住.

電話: HR

346-241-0822

NOW HIRING

Food Distributor Co

Looking for an

Office Assistant

call: Lily & Helen

713-383-8818

or Email: helen@

fourseasonsfood.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

一至五, 擅烹飪

商業地產租售

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txdentist101

@gmail.com

旅館請人

3.櫃檯: 曰班或夜班

意者請電:

832-660-7063

1. 維修人員

2.淸潔房間人員

男女均可

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簡訊至: hr9889@gmail.com

公司地點:Houston中國城, Katy亞洲城

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(80mil revenue)

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意者請電: 713-664-6608 會廣東話,越南話優先 713-995-8886 **1**: 281-299-9688

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*公司誠聘 貿易公司請人 辦公室助理 誠講貨車司機, 英文流利,熟悉電腦 有經驗開24呎手排檔 操作. 工作時間: 一周五天, 9:00am-5:30pm

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誠聘**維修人員**兩名

(性別和經驗不限)

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surewin.re@gmail.com

knowledge of payroll and bookkeeping

Fluent English & Chinese Send resume to: taxprovider@gmail.com

Location: Stafford, TX 77477 College degree in Accounting, At least 3 years Accounting experience (QuickBook, AP/AR, Bank Recon, Monthly Closing, GL, Financial Statement, Payroll) Fluent in English and Chinese

Shipping Experience prefer.

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- 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)

Please send the resume to: adis@autofit.bz

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

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簡歷電郵: zjin818@gmail.com

●前檯工作人員

倉庫工作人員3名

●牙科助理

●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.

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●要求:

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電話: 832-391-5132

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)

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Please send the resume to: adis@autofit.bz

2021年8月3日

星期二



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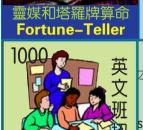
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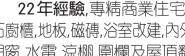
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Inside C2

Tuesday, August 03 2021

Delta spreads 'like wildfire' as doctors study whether it makes patients sicker

LOS ANGELES, Aug 2 (Reuters) - With a new wave of COVID-19 infections fueled by the Delta variant striking countries worldwide, disease experts are scrambling to learn whether the latest version of coronavirus is making people - mainly the unvaccinated - sicker than before.

The U.S. Centers for Disease Control and Prevention warned that Delta, first identified in India and now dominant worldwide, is "likely more severe" than earlier versions of the virus, according to an internal report made public on Friday.

The agency cited research in Canada, Singapore and Scotland showing that people infected with the Delta variant were more likely to be hospitalized than patients earlier in the pandemic.

In interviews with Reuters, disease experts said the three papers suggest a greater risk from the variant, but the study populations are limited and the findings have not yet been reviewed by outside experts. Doctors treating patients infected with Delta described a more rapid onset of COVID-19 symptoms, and in many regions an overall increase serious cases. But the experts said more work is needed to compare outcomes among larger numbers of individuals in epidemiologic studies to sort out whether one variant causes more severe disease than another.

"It's difficult to pin down increase in severity and population bias," said Lawrence Young, a virologist at the UK's Warwick Medical School.

In addition, it is likely that the extraordinary rate of Delta transmission is also contributing to a greater number of severe cases arriving at hospitals, the experts said.

Delta is as contagious as chickenpox and far more contagious than the common cold or flu, according to the CDC report.



Shane Crotty, a virologist at the La Jolla Institute for Immunology in San Diego, said the clearest indication that the variant may cause more severe disease comes from the Scotland study, which found that Delta roughly doubled the risk of hospitalization compared to an earlier version. read more

The majority of hospitalizations and deaths from coronavirus in the United States are occurring in people who have not been vaccinated. But there is evidence that the shots are less effective in people with compromised immune systems, including the elderly.

For vaccinated, otherwise healthy individuals, the odds are that if they contract COVID-19 they will only experience asymptomatic or mild disease, said Dr. Gregory Poland, infectious disease expert at the Mayo Clinic.

Medical workers are reflected on a window during a tour in nightclubs and restaurants to check that they do not exceed the allowed capacity, amid the coronavirus disease (COVID-19)

on the outskirts of Monterrey, Mexico July 24, 2021. Picture taken July 24, 2021. REUTERS/Daniel Becerril/File Photo



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world as well as our community. Many people have passed away and many

businesses have shut down. So many tragedies are still affecting our community.

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pandemic attacked the

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n the last fourteen months we have never missed a day of operation. This is a real miracle and we are so proud of you all my working partners.

Almost every day I arrive at my office in the morning. I pick up a fresh copy of the Southern Daily newspaper and still

smell the fresh ink. I open the TV channel and the scdaily.com website. My heart starts beating. It has been my daily work routine for the last 42 years.

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international media.

























Editor's Choice



A Libyan girl, who suffered burns in a fire on a boat of migrants, sits on the German NGO migrant rescue ship Sea-Watch 3 as it reaches a rendezvous point with the Italian Coast Guard to medically evacuate injured and sick migrants, off the coast of the Italian island of Lampedusa in the western Mediterranean Sea. REUTERS/Darrin Zammit Lupi



Lamont Marcell Jacobs of Italy crosses the finish line and wins gold in the 100m final at the Tokyo



Trees burn in flames during a wildfire near Marmaris, Turkey. **REUTERS/Umit Bektas**



Olympics. REUTERS/Fabrizio Bensch



Health care workers stand near dead bodies prior moving them to a container, after a hospital morgue overwhelmed by COVID-19 deaths begun to store bodies in refrigerated containers, as the country struggles to deal with its biggest outbreak to date, in Pathum Thani, Thailand. REUTERS/Soe Zeya Tun



Elaine Thompson-Herah of Jamaica celebrates crossing the finish line to win gold in the 100m final a the Tokyo Olympics. REUTERS/Hannah Mckay



A car stands amongst the smoke from the Dixie Fire along Bucks Lake Road, Meadow Valley, California. REUTERS/David Swanson



Dr. Scott Gottlieb: One Million Americans Daily Possibly Infected With COVID As Delta Variant spreads



"I wouldn't be surprised if, on the whole, we're infecting up to a million people a day right now, and we're just picking up maybe a 10th of that or less than a 10th of that." - Dr. Scott Gottlieb, Former Head of the FDA. **KEY POINTS**

The highly transmissible delta variant is driving a surge in Covid cases across the U.S.

However, Dr. Scott Gottlieb told CNBC on Friday he believes the coronavirus is significantly more widespread in the U.S. than official case counts reflect.

"I wouldn't be surprised if, on the whole, we're infecting up to a million people a day right now," the former FDA chief said.

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

Dr. Scott Gottlieb told CNBC last Friday he believes the coronavirus is significantly more widespread in the U.S. than official case counts reflect as the highly contagious delta variant sweeps the nation.

"I wouldn't be surprised if, on the whole, we're infecting up to a million people a day right now, and we're just picking up maybe a 10th of that or less than a 10th of that," the former Food and Drug Administration commissioner said in an interview on "Squawk Box." Gottlieb now serves on the board of Covid vaccine maker Pfizer. The current seven-day average of new daily coronavirus cases in the U.S. is roughly 67,000, according to a CNBC analysis of Johns Hopkins University data. That's up 53% compared with a week ago, as the country grapples with a surge in new infections driven largely by delta, first discovered in India and now the dominant variant in the U.S.

"What it reflects is a reality where you have a highly transmissible variant that's

BUSINESS

widely spread across the U.S. right now that's spreading mostly in a population that's either vaccinated and developing mild symptoms or no symptoms at all; or spreading in a younger population that's also less likely to develop symptoms because they're younger, healthier," Gottlieb said, when asked by "Squawk Box" cohost Andrew Ross Sorkin how the physician arrived at his "staggering" estimation of 1 million new infections a day.



ple who are showing up in the hospital are younger people. If that's where the infection is occurring, then there must be a lot more infection underneath the small numerator that's showing up in the hospital," added Gottlieb, who led the FDA from 2017 to 2019 in the Trump administration. He's become a closely watched voice during the pandemic, routinely appearing on CNBC and other media outlets to offer his analysis on the health crisis.

The highest seven-day day average of new Covid cases recorded in the U.S. was roughly 251,000 on Jan. 8, according to CNBC's analysis. Case counts had dropped off dramatically in the spring as the country's vaccination campaign picked up speed.

But in recent weeks, as U.S. cases again started to accelerate, Gottlieb has said a large number of coronavirus infections were likely going unreported, partly because the testing landscape is different now than at previous stages in the pandemic. In the early days, Gottlieb suggested the actual case counts were much higher than official tallies due to scarce testing resources. Now, he has said it's a different situation, where the discrepancy between case counts and true infection levels stems from people who remain asymptomatic or develop only mild symptoms not going to get tested. Additionally, Gottlieb previously told CNBC people can now complete at-home tests and those results are unlikely to make their way to health authorities and then show up in official case counts.



Gottlieb reiterated his delta-driven infections than others believe. "This delta wave will pass, probably at some point in September," he predicted. (Courtesy cnbc.com)

Major Medical Groups Call for **Mandatory COVID-19 Vaccinations for All Health Workers**

Dozens of major medical groups, including the American Medical Association and the American Academy of Pediatrics, are calling for employers to mandate COVID-19 vaccines for all health care workers.

"Our health care organizations and societies advocate that all health care and longterm care employers require their workers to receive the COVID-19 vaccine. This is the logical fulfillment of the ethical commitment of all health care workers to put patients as well as residents of long-term care facilities first and take all steps necessarv to ensure their health and well-being," the groups wrote in a July 26 statement



A health care worker administers a shot of the Moderna COVID-19 vaccine to a woman at a pop-up vaccination site operated by SOMOS Community Care during the COVID-19 pandemic in Manhattan in New York City, on Jan. 29, 2021. (Mike Segar/Reuters)

They argued that because of the "Delta" variant, which is believed to be more contagious, and more reports of COVID-19 hospitalizations, health care settings should make vaccines mandatory. An increase in vaccinations, the statement says, will prevent the possibility of more lockdowns or other COVID-19-related orders. Their statement made no mention of individuals who had already contracted COVID-19 but recovered and developed natural immunity. Because health care workers come into frequent contact with COVID-19 cases, previous studies have shown they are more likely to have contracted the virus. Another study from the National Institutes of Health showed that those who recovered from the virus had a "lasting immunity" to the pathogen because, as the agency noted, "after people recover from infection with a virus, the immune system retains a mem-

ory of it" and "immune cells and proteins

that circulate in the body can recognize and

COMMUNITY

kill the pathogen if it's encountered again, protecting against disease and reducing illness severity."



Meanwhile, a number of workers in the health care field aren't vaccinated, according

to data collected by the Centers for Medicare and Medicaid Services and analyzed by LeadingAge, reported the Washington Post. About 38 percent of nursing home staff, for example, weren't vaccinated as of July 11, the data shows.

A recent analysis by WebMD and Medscape revealed that an estimated 25 percent of hospital workers who had regular contact with patients weren't fully vaccinated. About 56 percent of Americans aged 12 and older are fully vaccinated, according to the U.S. Centers for Disease Control and Prevention in July.

Ezekiel Emanuel, a University of Pennsylvania bioethicist who organized the joint statement released on July 26, told the Washington Post that he believes mandating vaccines among health care workers will boost the overall uptake in Americans getting the vaccine.

"Despite everything—cajoling, making access readily available at any pharmacy, making it free, having the president plead—all of this hasn't really moved the needle very much in the nation," he told the paper on July 26.

Weeks ago, the largest union of health care workers in the United States, 1199SEIU, said it opposed mandatory COVID-19 vaccines for employees.



"Whether there is a legal challenge that we can make, or whether it's ganizational

challenge that we can make, we are not going to just give in," George Gresham, the head of the union, told local news website Gothamist in June. The Epoch Times has contacted the 1199SEIU for comment.

It comes as protests erupted across the UK. Ireland, Italy, France, Greece, and elsewhere over the past weekend over vaccine mandates. European leaders have proposed vaccine passport-like systems to mandate that people show whether they're vaccinated or have tested negative for COVID-19 before entering certain businesses or public spaces. (Courtesy https://www.usnews.



The Global Pandemic Has **Made Mental Well-Being** A Public Health Priority



at the Tokyo Olympics. (Photo: REUTERS/Lindsey Wass) **Key Points**

With mental health symptoms surging during the pandemic, nurturing mental wellness has become a collective social responsibility.

•Early diagnosis and self-care can help manage the progression of mental illnesses and reduce healthcare costs.

•Great self-care means expanding the range of mental-health services available to the public.

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

With the psychological impact of the pandemic likely to linger for years, self-care is not a luxury but a public health necessity. Focusing on mental wellness is a collective social responsibility. As third and fourth waves of COVID-19 surge in some parts of the world, highly vaccinated countries are cautiously reopening, breathing more freely, hopeful in early indications that inoculation will keep virus and variants under control. As we look ahead, we must also find solutions to supporting and improving mental health.

During the pandemic, nearly half of US adults reported symptoms of anxiety or depression, a figure that has been largely consistent, up from one in 10 who reported these symptoms from January to June 2019. In France, cases of depression doubled. We can see similar mental health

concerns growing worldwide. It's disproportionately affecting young adults, people of color and essential workers, even people without prior mental health disorders. Lockdowns have also limited access to mental health services, creating backlogs in care. Not to mention the remote working lifestyle we have been in for more than a year now, which often creates feeling of being disconnected from colleagues, even when connected technologically to them. The pandemic has

put mental health and wellness into sharp focus. It's reassuring to see initiatives doubling down

World Health Organization (WHO), the US Centers for Disease Control and Pre-

vention, the UK's Royal Family and the Global Self-Care Federation are just a few among many others that have championed it as a priority and have undertaken large-scale public service campaigns to destigmatize symptoms and raise awareness of available solutions. Taking care of mental health is good for individuals and good for public health systems in the future, as early intervention and prevention helps keep many people out of more burdensome clinical settings. Insomnia is one example that comes to mind, a condition that has grown upwards of an estimated 20% since the pandemic. By working closely with healthcare communities, we can help raise awareness of insomnia's repercussions on overall mental and physical wellness. Over-the-counter medicines can help support people in their manage-

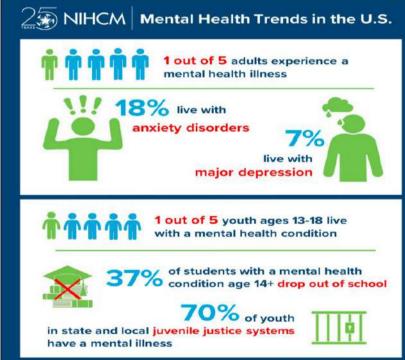


ment of early sleep issues.

Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep.

There's much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more homecooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren't doing enough. We can close this gap with better preventive mental wellness efforts and more selfcare, areas that had already begun to

gain attention even before the pandemic.



Data Source: National Alliance on Mental Illness: https://www.nami.org/

Beyond raising awareness about mental health, it's about taking concrete action and correspondingly providing appropriate resourcing and building a supportive ecosystem. During the World Health Assembly in May, WHO officials called worsened mental health worldwide from COVID-19 a "mass trauma" and consequently adopted a decision endorsing an update to the WHO's Mental Health Action Plan: It will include forums on suicide prevention, workplace mental health, universal health coverage, mental health of children, mental health across the life course, and the involvement of people with lived experience of mental health conditions.

More self-care is also about improved access to health services for the broader population. Due to the accelerated digital transformation hastened by the pandemic, internet platforms have become key levers for empowered self-care. There, people can find out more about their health conditions, including mental wellness-related ones, seek support, assess options and get solutions. Incredibly accessible, putting information literally at your fingertips, these new channels provide people with the opportunity to manage their health – to self-care – in a more effective way, without taking away resources from the frontline. The development of teleconsultation in medicine, the evolution of click and collect

and home delivery by e-pharmacies is

putting the pharmacist at the centre of population health, more and more playing the role of health counsellor.



Today, there is a need to extend these services to people experiencing mental health problems, especially when pharmacists are likely to be their first point of contact. Pharmacists have a significant role to play if we make mental health for all a global reality. That said, not all mental wellness can be managed with self-care alone; but multiple studies have shown that screening and early professional intervention will prevent more severe conditions from setting in following major trauma. Individuals can be their own strongest advocates, with governments, industry and patient groups each playing a role in strengthening true consumer literacy in this field. Not only is it important to recognize mental health risks, but we also need to stay in tune to identifying symptoms, take courageous steps to self-care, and engage with the right solutions. Together, we can solve the mental health challenges we'll still face even after COVID-19 is under control. (Courtesy weforum.org)

星期二

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Tuesday, August 3, 2021

「松園居」:適合亞裔的高級養老社區 提供值得信賴的關懷推出數種



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75,000 平方英尺,是免維護型長者社區 ,一周7天24小時全天候服務,配有多 語言看護人員和工作人員,有餐館式的 食堂、定時的接送服務、定期舉辦社區 內活動、提供家政及洗衣服務、精心打 理的花園,還配有水療、以及前臺禮賓

相同,像是飲食、語言、生活模式、習

俗文化等,亞裔社區需要有符合我們自

塔倫蒂諾副總裁 Nastasya Shannon 表 示:「現代的老年人希望有一個無憂無慮 、精彩充實的生活。松園居是一個專爲 亞洲長者設計的社區,爲日常生活需要 協助、和記憶障礙長者提供護理與照顧 ,從豐富日常社交活動昇華到健康充實 的生活。|

專業認證的護理人員

松園居有經過專業認證的護理人員 , 爲有患有阿爾茨海默症(老人癡呆症) 長者提供護理, 社區會爲每一位長者 進行個性健康評估,從而提供量身定制 的護理計劃。這裡環擁有自己的計區健 康中心,裡面有執業護士,經過專業認 證的護理人員給長者提供服務,包括健 康審查、尿失禁護理、用藥管理、家庭 保健、以及有醫療機構提供現場的服務

符合風水原理

「松園居(The Pines At Bellaire)」 由專業團隊精心策劃,採取中國風水的 觀念,建築的材料、方位、顏色等,都 符合風水原理,以期能增進住戶的身心 健康,進而延年益壽。同時,松園居還 有正宗的亞洲美食和各項身心靈活動, 來滿足亞裔長者們的生活上的需要

網上360度參觀鏈接:https://www. pinesatbellaire.com/virtual-tour/index.ht-

歡迎長者們參觀及入住, 洽詢請致 電: 281-729-8434。

松園居地址: 12420 Bellaire Boulevard, Houston, TX 77072。網址 www. pinesatbellaire.com













贏得三枚金牌並







【美南新聞泉深】2020東京奧運會遊泳比賽週日(東 京時間)進入最後一天,美國隊在上午舉行的五項遊泳比

美國水上飛人卡勒布·德雷塞爾 (Caeleb Dressel) 在男

德萊塞爾以21.07秒的成績奪冠,並創造了50米自由

美國遊泳隊的鮑比·芬克 (Bobby Finke) 週日在男子

賽項目中贏得了叁項冠軍,而澳大利亞隊獲得了另外兩項

子50米自由泳比賽中獲得金牌,這是他在本屆奧運會上獲

泳的奧運會紀錄。緊隨其後的是法國選手弗洛朗·馬諾杜

,成績爲21.55秒;巴西選手布魯諾·弗拉圖斯獲得銅牌。

1500米自由泳的比賽中贏得冠軍,這是他在早些時候贏得

男子800米自由泳冠軍之後的第二枚東京奧運會金牌。

德雷塞爾奪得男子50米自由泳金牌

芬克贏得男子 1500 米自由泳金牌

金牌。

得的個人第叁枚金牌。





芬克的勝利意味著美國人在東京奧運會的 所有四項長距離遊泳比賽中都獲得了最高獎項 。美國隊的凱蒂·萊德基 (Katie Ledecky) 贏得了 女子800米和1500米自由泳比賽的金牌。

美國隊打破世界紀錄贏得東京奧運會男子 4x100米混合泳金牌

美國遊泳選手瑞恩・墨菲(Ryan Murphy) (仰泳)、邁克爾·安德魯(Michael Andrew)(蛙泳)、 卡勒布·德雷塞爾(蝴蝶)和紮克·蘋果(Zach Apple) (自由泳)在男子 4x100 米混合泳接力賽中贏得了冠軍並 創造了該項比賽的世界紀錄,結束了2020年東京奧運會 遊泳比賽。

美國隊以3分26.78 秒的成績完成比賽,領先第二名英 國隊 0.73 秒, 意大利以 3分 29.17 秒的成績奪得銅牌

美國人在他們參加的所有15屆奧運會中都贏得了該項





比賽的冠軍。

這場勝利使參加比賽的蝶泳選手卡勒布·德雷塞爾獲 得了他在本屆奧運會上的第五枚金牌。

德雷塞爾在本週早些時候贏得100米自由泳和100蝶 泳金牌,也在男子 4x100米自由泳接力賽中獲得金牌。這 意味著他與邁克爾·菲爾普斯、馬克·斯皮茨和馬特·比昂 迪一起成爲唯一一位在單屆奧運會上至少獲得五枚金牌的 美國遊泳運動員。

(圖片來自網絡,版權歸原作者)