

分類廣告c1

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wechat : AD7133021553
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6月14日 星期二

| カ規則 回見 日 で CLASSIFIED AD. RATE | | | | |
|--------------------------------|-------|-------|-------|-------|
| 週數 Week | 一週 | 二週 | 三週 | 一月 |
| 格數 Size | 1 wk | 2 wks | 3 wks | 1 mon |
| 1格 (1unit) | \$45 | \$80 | \$105 | \$125 |
| 2格 (2units) | \$90 | \$160 | \$210 | \$250 |
| 3格 (3units) | \$135 | \$240 | \$315 | \$375 |
| 4格 (4units) | \$180 | \$320 | \$420 | \$500 |

ace Your AD

美南國際電視網 Southern Television

美南印刷 U.S.A.Printing

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

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Stop by(登門): 11122 Bellaire Blvd Houston TX 77072

●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 Monday-Friday: 8:00am-4:00pm

上班時間: 调一至调五:

上午八時至下午四時

*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

新皇宮點心海鮮酒樓 (ChinaBear)

高新』誠聘: 經理,企枱,收銀,帶位,傳菜

廚房: 煎炸, 蒸籠, 腸粉, 炒鍋, 抓碼, 油爐

意者請電 New Palace 或親臨面談:

281-240-8383 713-303-8998

12755 Southwest Fwy, Stafford TX 77477

『高薪厚職』餐館誠請

炒鍋、打雜、燒臘師傅、

企台, 執碼(幫廚)

各幾名,包食和住宿

有意請電:512-483-1284

713-271-3122 832-782-8001

Katy點菜中餐館 誠請有經驗企檯

小費好 意者速電: 找經理 ~~餐期勿擾~~

281-829-6888 832-606-8788

西北區中餐館

新水優,誠聘

炒鍋及打雜

全工半工均可

有意者請電:

832-782-9884

冰淇淋連鎖店

誠徵**全職店長**一名

有意者請洽:

281-795-9096

餐館誠聘

外賣員(全工半工)

位 Spring,

249與99交界

位路易斯安那州

誠請炒鍋一名, 新優.意者請電:

832-819-8111





*Woodlands中餐館,薪優

誠請全工半工均可(提供吃住)

●企台

●炒鍋

黃金水餃請人

全工. 需有身份

誠請**有經驗企檯**

全工/半工均可

意者請電或親臨:

281-683-6368

金冠酒家誠聘

點心幫工

有身份,可報稅

意者請電:

美式中餐館

位6號/290,誠請

全工炒鍋,油鍋,

打雜,外送員 各一名

需報稅

以上不包住宿. 請電

713-213-0086

832-593-6688

Sushi Chef

● Sushi Helper

full time, part time

Sugar Land area

Hwy6 & Hwy90

意者請電:936-443-2523

要求年齡在55歲以下,試工一個星期 正式工作後,表現優異的有升遷,加薪和 年底的紅包,做的好的,長期穩定的,有年假, 有分紅入股的機會!(夫妻檔也可以)

請電: 417-708-8888楚

全職或打工都可.

糖城麵館誠請 ●煮面師傅―名

●打雜一名 全工或半工均可

50至65歲. 請下午4pm~5pm電

832-455-3059 **SINH SINH**

中餐廳請人 位Katy凱蒂 位中國城,中國餐廳 誠請炒鍋、打雜

意者請電

抓碼,粉麵及企檯

請下午3點後電: 713-459-1501

金山餐館請人

位 Downtown 誠講

企檯,收銀,帶位,

|抛鍋,抓碼.全工半工

新水好. 電: 阿泰

916-529-7337

2001 Jefferson

Houston, TX 77003

外賣店,薪優

外賣店位於45北.

(Woodland 區) 誠請

長工&半工電話接線員

薪優! 電話:

Help Wanted

New HEB Sushi Bar

Full Time/Part Time

ocated I-45 South

/ El Dorado Blvd.

713-382-6843

專司吧位新 HEB 超市內

成請全工半工壽司助手

日餐薪優請人

Yamato Japanese Rest

誠徵 Hibachi Chef

Sushi Chef壽司師傅

2104 61 St., Galveston

409-739-4735

賺錢中日餐館售

休斯頓北,面積 1750 呎

房租4400,包水,

生意5萬多.一手老店

有錢白人區,潛力巨大

老板年老退休,

故售好店. 請聯系:

281-636-1673

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9300 W. Lake Houston

Humble TX 77346

好價錢,好收入

鐵板燒師傅

堂吃外賣店 離中國城30分鐘靠近

永華餐館誠請

炒鍋、油鍋、

打雜,企檯.

9600 Bellaire #126

Houston, TX 77036

意者請電

糖城6號. 誠請 Hillcroft St./8號交界 熟手全工半工接電話 熱手炒鍋、幫炒、外送員 需略通英文能報稅

常要報稅.有意者電: 832-380-0129

沒接到發短信,謝謝

糖城美式餐館 誠請全工和半工

需英文流利 收銀,帶位,企枱

意者請電:

壽司餐館請人

Restaurant Hiring

美日餐館,高新

Bartender調酒師

需英文流利,懂酒水 全工/半工均可

281-636-8808

位 Galleria 🗟

有意者請電:

中日餐外賣店售

Spring 1700尺

房租4570,有送餐,

合同剩7年半

聯系人:阿暉

家 Galleria &1960

聯系人:林先生 832-457-5542 281-242-7728 832-310-0739

超市內壽司吧

位610北,過I-10

滅徵**女性幫手**一名 ~~ 待 優 ~~

請5點後電或短訊

832-660-2521

KATY日餐 新優」誠請

誠講經理,企檯,帶位 ●全工壽司師傅

●廚房師傅 ●洗碗 ●熟手全工半工企檯

意者請電或短訊 (無人接聽時)

713-820-7402

賺錢好餐館讓 美式中餐館轉讓

位奧斯汀,生意興旺 主意6萬5,一周做5天 做足7天生意上8萬, 現尚未加第三方外送平台 1000 呎賺錢外賣店 房租 2500,生意 5萬 沒開放外送,只堂吃與 來取,增長空間大,潛力大

500尺,房租5000.致電 832-661-5840 :832-289-3951

堂吃外賣店+ 波霸奶茶店轉讓 1300 呎, 生意好 營業額6萬

意者請電:非誠勿擾

快餐老店,不外送, 主意3.8萬,租金\$1800 非誠勿擾! 機會難得 意者請電:馬女士

832-206-6465 832-206-2005

人工和物價成本相對低,利潤高,月銷10萬 房租6千左右(包括管理費水費) 還有多年租約,生意還在上升階段,因家庭 原因需要轉讓. 德州為大量人口流入州, 成長機會無限! 非誠勿擾

意者請電: 832-895-1578 陳女士

Kroger超市內壽司吧售! 機會難得

Kroger Sushi Bar for Sale New Caney, TX 77357. Easy To Manage!

中 \Box 餐 請

taurant Hirin

近西北區美式 中餐老店,堂吃加外賣

位置佳,生意好。 房租七干, 月銷十一到十二萬 **創業良機,**非誠勿擾 意者請電:

346-462-0074

堂吃外賣店轉讓

因人手不足轉讓 生意穩定,租金便宜

281-813-6809

設備齊全,Lunch Buffet, 低價轉讓

210-380-2645 832-527-2271

每周\$5000-\$5500 (英文) English only Text/Call: Ms.Young

●好運大道,禮品批發店:生意出讓,業主經營 20年,年收入60萬,8000平方呎倉庫, 存貨\$240,000, 生意僅售\$45,000,

有意者請洽: 德州地產 ・機會難得~~ . 713-988-1668, 832-734-6888(中文

賺錢生意急售

3835 Bellaire Blvd, Houston, TX 77025

醫療中心黃金地段旺鋪轉讓

新裝修,新設備,有固定客源。

Restaurant For Sale

生意75000-8000, 開店12年.價格面議 832-748-1728

每周收入\$10500-\$11750美元. 易於管理! New Caney, TX 77357好面積,好價格,好收入 Sushi bar in Kroger supermarket! A rare opportunity. Weekly income \$10500-\$11750

清傳短訊或電: 832-401-9179

EFFECTIVE: 從2009年11月1日起實施

Restaurant

北方菜館請人 中國城百佳超市旁 中國城黃金廣場內 北方菜館, 誠聘 薪優誠請廚房員工

●生手炒鍋―名 ●熟手炒鍋―名 請11am-9pm來電: 新優面議。電話 713-270-9996 415-812-5851 281-881-9885 大學城中餐館 中國城悅來餐館

德媽媽餐點,誠持 ||菜師傅或炒鍋師傅 要求有工卡,可報稅 每周休息一天, 提供單間宿舍

聯系方式: 丁女士 660-668-5555 金冠酒家誠聘

工作地點:大學城

廚房油爐,打雜,炒鍋

有身份,可報稅.

意者請電:

281-866-5020 713-474-7979 糖城中餐館 誠請一名 收銀帶位兼接電話

全工或半工均可, 需英文流利,可報稅 有意者請電

832-866-2625

NOW HIRING 壽司餐館請人



Restaurant Hiring

inside HEB. Contact 713-419-0980

Restaurant For Sale

休斯頓 Heights 冷飮快餐店轉讓 購物消費旺區, 年新店,全新裝修 全新設備,客源穩定

位西北高尚白人區 有意者請電 詳情請電或留言

832-270-6218 非誠勿擾 *20層辦公樓內三明治店售

靠近中國城,在 59 & 610 交界處, 店主已經營20年,現退休出售. 租金\$750. 無水電及其它費用. 意者請電或留言:713-572-3354

~~~機不可失~~~



Restaurant Hiring

\*德州連鎖餐館誠聘

廣式燒腊師傅,快手炒鍋手: | | 新4500 起, 人大氣,不計較,有團隊精神,

徵外場服務生 □薪\$60+小費

832-782-4229 岩屋日本料理店 位 Houston 中國城

誠招 外送員, 廚師 收銀員,服務員 全工或半工均可

978-549-4604 美式中餐館 ●位Tomball地區

(99和249附近) 誠請**炒鍋**: 全職/兼職豆 ● 靠 290/8 號 中餐館 周四 周五下午請打包

待遇優. 意者請雷: 832-773-2913

餐館請人 靠近249, 誠請 全工或半工送外員 企枱,炒鍋

前台熟手接電話 意者請電:

281-966-5342 壽司餐館請人

Restaurant Hiring

Japanese Rest. Hwy6/Sugar Land, 誠請 Waitress 企檯 需有經驗,能報稅. ~~川費高~~

有意者請電 281-325-0628 832-868-8813

\*餐館轉讓 位 FountainView Dr 450 呎,租金\$1000 適合家庭經營 設備齊全,業主退休

意者請來電: 408-601-9239 408-876-0995 堂吃外賣

兼小 Buffet 轉讓 詳情請致電:

●近Memorial 高級區中餐館:設備齊全,有酒牌 年收入近60萬,業主榮休,僅售\$5萬

5000 呎餐館轉讓

聯系電話: 346-801-5176

Good area, Good Price, Good Income!

●本報接受 VISA 及 MASTER 信用卡付費, 如電話(Tel)/ 微信Wechat / 傳眞(Fax), 訂稿委刊-請告知信用卡號碼/姓名/有效期限/CVV號/郵編/地址號 其訂稿如有錯誤由客戶自行負責,恕不補登。 ● 截稿時間: 星期一至星期五 2:30pm 平時/周六日請微信: AD7133021553 中國熊餐館

截稿或之前訂稿,立即上網,其稿將在第二天登報 \*路州餐館,薪優 聘請全職有經驗

> 281-233-9800 15000 North Freeway

廚房師傅:工作6天

Houston, TX 77090

餐館請服務員

Full Time / Part Time

需報稅.

珍寶海鮮城 誠聘

點心師傅、點心熟籠、點心幫手 炒鍋師傅、推車、 傳餐、 帶位. 需少許英文,全工或半工均可

請電: 281-988-8898 或親臨面談

11215 Bellaire Blvd, Houston, TX 77072

Subway 三明治店招工 <sup>她址:</sup> 9105 W Sam Houston Pkwy N 500 **Houston TX 77064** 

13050 Louetta Rd 2208, Cypress TX 77429 全職或者兼職都可以,英文基本交流, 其他可以教,正常工資加上小費,收入可觀 請短訊(爲佳): 832-274-2581

或電郵:subwayxy@outlook.com

糖城翠苑中餐館 誠請油爐

> ~ 薪資優厚 ~ 中國城上班 有意者請電:

意者請電: 832-606-3731 713-981-8818 美南新聞網站 Website

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www.scdaily.com/classified\_ads

Hanes 名牌口罩售 (\$4 /盒) 請電:281-498-4310 特價中





美式中餐老店售 近中國城,美式中餐

\*日餐旺鋪轉讓 位於休士頓西北角,離中國城大約30分鐘

屋主白售

位惠康超市附近,

社區安全需磁卡進*7* 

交通便捷,學區佳.

-樓邊間 Apartment



租金全包,無額外費用 会部分辦公用具,有停車位

713-261-5132 Sale/Rent (短信聯系) Cherry

#### 商務辦公室轉租 1房1廳好房出售 距中國城10分鐘高端 開車5分鐘到中國城, 辦公大廈,2000+尺,

8號高速邊,門禁社區 租期到23年底,可續 2樓,木地板,大理石廚 房台面,全新浴缸, 先衣機,全新安利淨水器 防盜門,沙窗.聯系電話

832-212-0123

#### 好房間出租

Rosenberg 近 Sugar Land 糖城 獨立套房,獨立浴室 好環境, 可享用 Clubhouse 設備

請電洽: 李先生 281-235-6317 936-263-9247

#### For FOR SATE 面 生意租

**Business Opportunity** 

#### 洗衣店出售 位中國城,生意極好 東主每周僅工作10小時 因東主退休轉讓

10分鐘至中國城 黃金地段,容易經營

設備齊全,客源穩定 接受各種保險

牙醫診所退休售

賺錢旅館售

100萬+,地2畝,售320萬 ●德州海邊連鎖100房 F營近500萬,地2畝 售1200萬●休士頓機場 高級連鎖旅館,194房 年營300萬,售1500萬 832-348-7824 黃經紀

#### 休士頓民宿出租

**Houston Hostel for Rent** 中國城百利大道上,經商、訪友、辨事 

- 傢具、水電、上網全包, 拎包入住。 ●大套房(500呎) \$700/月, 獨立進出,押金\$200
- ●套房\$500(獨立浴室)押金\$150

手機/簡訊: 832-640-3888 Ruby 陳碧如

賺錢生意急售

●近Memorial 高級區中餐館:設備齊全,有酒牌 年收入近60萬,業主榮休,僅售\$5萬

●好運大道,禮品批發店:牛意出讓,業主經營 20年,年收入60萬,8000平方呎倉庫, 存貨\$240,000, 生意僅售\$45,000,

.機會難傷~~. 有意者請洽: 德州地產 713-988-1668, 832-734-6888(中文



**Realtor / Agent** 

年入15萬.租金便宜 至營簡單.無經驗包教 售65萬.意者請電 713-597-4190

意者請電:

713-805-8023

公司

買新屋,本經紀人只收\$1000佣金 新屋地產佣金- \$1000 = 買家回扣

休士頓,達拉斯,奧斯汀,聖安東尼奧 www.ModernLifeRealty.com

林禄壽 Johnathan Ling 地產經紀.地產檢查師(22277),土木工程師

**電: 713–319–6456 713–385–1188** 

15年地產經紀人,信用第·

#### ITC多間高雅辦公室和

環境高雅,安全,安静,包水電, 冤費高速光纖上網, 辦公傢具, 近中國城5分鐘

有大停車場. 共多間辦公室出租,\$600起

Company

Hiring

公司請人

公司請人

位於Bellaire及

Corporate Dr 路口

誠徵**進出口** 

Documentation 人員

經驗不拘

意者請將履歷表傳到

hr@bciusa.net

診所誠徵前檯

工作環境良好,

沒有經驗可培訓,

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



**Baby Center** 

\*長樂活動中心

位糖城區,

誠聘 司機

工作環境及時間好

意者請電:

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Inside C2

Tuesday, June 14 2022

Beijing tests millions to stem 'developing' COVID cluster at 24-hour bar

BEIJING, June 13 (Reuters) - Authorities in China's capital Beijing raced on Monday to contain a COVID-19 outbreak traced to a 24-hour bar known for cheap liquor and big crowds, with millions facing mandatory testing and thousands under targeted lockdowns.

The outbreak of 228 cases linked to the Heaven Supermarket Bar, which had just reopened as restrictions in Beijing eased last week, highlights how hard it will be for China to make a success of its "zero COVID" policy as much of the rest of the world opts to learn how to live with the virus.

The re-emergence of infections is also raising new concerns about the outlook for the world's second largest economy. China is only just shaking off a heavy blow from a long lockdown in Shanghai - its most populous city and commercial nerve centre - that also disrupted global supply chains.

"Epidemic prevention and control is at a critical juncture," a Beijing health official, Liu Xiaofeng, told a news conference on Monday, adding that the outbreak linked to the bar in the city's biggest district, Chaoyang, was "still developing".

In a show of how seriously authorities are taking the situation, Vice Premier Sun Chunlan visited the bar and said it was necessary to strengthen COVID prevention and control of key places, state media reported on Monday.

People infected in the outbreak live or work in 14 of the capital's 16 districts, authorities have said.

Drinking and dining in most of Beijing's establishments only resumed on June 6 after more than a month in which the city of 22 million enforced curbs including urging people to work from home, and shutting malls and parts of the transport system

Chaoyang kicked off a three-day mass testing campaign among its roughly 3.5 million residents on Monday. About 10,000 close contacts of the bar's patrons have been identified, and their residential buildings put under lockdown.

Some planned school reopenings in the district have been postponed.

Queues snaked around testing sites on Monday for more than 100 metres, according to Reuters witnesses. Large metal barriers have been installed around several residential compounds, with people in hazmat suits spraying disinfectant.

Other nearby businesses under lockdown included the Paradise Massage & Spa parlour. Police tape and security staff blocked the entrance to the parlour on Sunday and authorities said a handful of



people would be locked in temporarily for checks.

SERIOUS CONSEQUENCES

Last week, as dine-in curbs were lifted, Heaven Supermarket Bar, modelled as a large self-service liquor store with chairs, sofas and tables, reclaimed its popularity among young, noisy crowds starved of socialising and parties during Beijing's COVID restrictions.

The bar, where patrons check aisles to grab anything from local heavy spirits to Belgian beer, is known among Beijing revellers for its tables littered with empty bottles, and customers falling asleep on sofas after midnight.

Officials have not commented on the exact cause of the outbreak, nor explained why they are not yet reinstating the level of curbs seen last month.

The state-backed Beijing Evening News wrote on Monday that the outbreak arose from loopholes and complacency in epidemic prevention, and said that if it grew, "consequences could be serious, and would be such that nobody would want to see".

Shanghai endured two months of lockdown with restrictions lifted less than a fortnight ago.

There was relief among its residents on Monday after mass testing for most of its 25 million people

A medical worker takes a swab sample from a person at a mobile nucleic acid testing booth, following the coronavirus disease (COVID-19) outbreak, in Beijing, China June 13, 2022. REUTERS/Tingshu Wang

at the weekend saw only a small rise in daily cases.

But frustrations have continued to simmer about the damage the lockdown caused, especially on residents' livelihoods.

On Monday, shopkeepers in the city centre held up signs and shouted demands for rent refunds, according to videos widely posted on Chinese social media. The rare protest had dissipated by the time Reuters visited on Monday afternoon, and there was a heavy police presence in the area.

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星期二 2022年6月14日

WEALEE'S GLOBAL NOTES

06/11/2022

A Recession Will Be Hard To Avoid

A recent World Bank report has warned that the war in Ukraine, a broken worldwide supply chain, the lockdown in China along with skyrocketing food and fuel prices will create huge problems for many countries and a recession will be hard to avoid.

The World Bank also said that the world's growth is expected to slow to 2.9 percent this year from 5.7 percent in 2021, with the exception of countries like Saudi Arabia which has benefited from higher oil prices. But there are barely any areas that have bright spots, especially China where their growth rate has dropped from 8.1 percent to 4.3 percent.

We don't want to see a case of higher interest rates and rising oil prices like what happened in the 1970's. This would surely



trigger a financial crisis

cial crisis in the world.

President Biden is planning to visit Saudi Arabia and other Middle East countries mainly to look for additional oil supplies and a solution to the oil crisis. Today the average fuel price at the pump is over \$5 per gallon. The inflation rate has now reached 8.6 percent. Although the unemployment rate

is less than 3.5
percent, still 75 percent
of Americans just can'
t hold it together
anymore.

We want to urge
President Biden to
focus most of his
attention on the country
's internal affairs to
solve the livelihood
problems of our
people.



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Editor's Choice



Kelli and Rudy Ayala, of El Paso, pray with their daughter, Sophia, 10, and her cousin, Ayden, 10, at the memorial for the victims of the shooting outside Robb Elementary School early Saturday morning in Uvalde, Texas. REUTERS/Lisa Krantz



Professional bareknuckle boxers are in action during BKB 26 at Indigo at The O2 Arena in London, Britain June 11, 2022. REUTERS/Lee Smith



A Ukrainian serviceman looks on from inside a tank at a position in Donetsk region, as Russia's attack on Ukraine continues, Ukraine. REUTERS/ Stringer



Cynthia Erivo poses as she arrives for the 75th Annual Tony Awards in New York City. REUTERS/Andrew Kelly



A person adjusts a clay mask while preparing to take part in a deity's procession during the Shikali festival at Khokana, in Lalitpur, Nepal. REUTERS/ Navesh Chitrakar



A Palestinian man reacts as he confronts Israeli forces during a protest against Israeli settlement activity near Hebron in the Israeli-occupied West Bank. REUTERS/ Mussa Qawasma

BUSINESS

English

Daily New/

Pro-Abortion Protests Rally All Across The Country

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



Abortion rights demonstrators rally, Saturday, May 14, 2022, on the National Mall in Washington, during protests across the country. (Photo/Amanda Andrade-Rhoades/AP)

WASHINGTON (AP) — Abortion rights supporters demonstrating at hundreds of marches and rallies last Saturday expressed their outrage that the Supreme Court appears prepared to scrap the constitutional right to abortion that has endured for nearly a half-century and their fear about what that could mean for women's reproductive choices. Incensed after a leaked draft opinion suggested the court's conservative majority would overturn the landmark Roe v. Wade ruling, activists spoke of the need to mobilize quickly because Republican-led states are poised to enact tighter restrictions.

In the nation's capital, thousands gathered in drizzly weather at the Washington Monument to listen to fiery speeches before marching to the Supreme Court, which was surrounded by two layers of security fences. The mood was one of anger and defiance, three days after the Senate failed to muster enough votes to codify Roe v. Wade.

"I can't believe that at my age, I'm still having to protest over this," said Samantha Rivers, a 64-yearold federal government employee who is preparing for a state-by-state battle over abortion rights.

Caitlin Loehr, 34, of Washington, wore a black T-shirt with an image of the late Supreme Court Justice Ruth Bader Ginsburg's "dissent" collar on it and a necklace that spelled out "vote."

"I think that women should have the right to choose what to do with their bodies and their lives. And I don't think banning abortion will stop abortion. It just makes it unsafe and can cost a woman her life," Loehr said.



Thousands of abortion rights protesters in Washington, D.C., May 14, 2022, participated in nationwide demonstrations following the leaked Supreme Court opinion suggesting the possibility of overturning the Roe vs. Wade abortion rights decision.

A half-dozen anti-abortion demonstrators sent out a countering message, with Jonathan Damel shouting into a microphone, "Abortion is not health care, folks, because pregnancy is not an illness."

From Pittsburgh to Los Angeles, and Nashville, Tennessee, to Lubbock, Texas, tens of thousands participated in events, where chants of "Bans off our bodies!" and "My body, my choice!" rang out. The gatherings were largely peaceful, but in some cities there were tense confrontations between people on opposing sides of the issue.

Polls show that most Americans want to preserve access to abortion — at least in the earlier stages of pregnancy — but the Supreme Court appeared to be poised to let the states have the final say. If that happens, roughly half of states, mostly in the South and Midwest, are expected to quickly ban abortion. The battle was personal for some who came out Saturday. In Seattle, some protesters carried photographic images of conservative justices' heads on

Teisha Kimmons, who traveled 80 miles to attend the Chicago rally, said she fears for women in states that are ready to ban abortion. She said she might not be alive today if she had not had a legal abortion when she was 15.

"I was already starting to self harm and I would have rather died than have a baby," said Kimmons, a massage therapist from Rockford, Illinois.



An abortion rights march extends down the streets during a demonstration from the National Mall to the Supreme Court of the United States in Washington, Saturday, May 14, 2022. Demonstrators are rallying from coast to coast in the face of an anticipated Supreme Court decision that could overturn women's right to an abortion. (Photo/ Amanda Andrade-Rhoades/AP)

At that rally, speaker after speaker said that if abortion is banned that the rights of immigrants, minorities and others will also be "gutted," as Amy Eshleman, wife of Chicago Mayor Lori Lightfoot put it. "This has never been just about abortion. It's about

control," Eshleman told the crowd of thousands. "Mv marriage is on the menu and we cannot and will not let that happen."

In New York, thousands of people gathered in Brooklyn's courthouse plaza before a march across the Brooklyn Bridge to lower Manhattan for anoth-

"We're here for the women who can't be here, and for the girls who are too young to know what is ahead for them," Angela Hamlet, 60, of Manhattan, said to the backdrop of booming music.

Robin Seidon, who traveled from Montclair, New Jersey, for the rally, said the nation was at a place abortion rights supporters have long feared.

"They've been nibbling at the edges, and it was always a matter of time before they thought they had enough power on the Supreme Court, which they have now," said Seidon, 65.

The upcoming high court ruling in a case from Mississippi stands to energize voters, potentially shaping the upcoming midterm elections.



In Texas, which has a strict law banning many abortions, challengers to one of the last anti-abortion Democrats in

Congress marched in San Antonio.

Jessica Cisneros joined demonstrators just days before early voting begins in her primary runoff against U.S. Rep. Henry Cuellar, which could be one of the first tests over whether the court leak will

In Chicago, Kjirsten Nyquist, a nurse toting daughters ages 1 and 3, agreed about the need to vote. "As much as federal elections, voting in every small election matters just as much," she said.

At many of the rallies, speakers put the issue in stark terms, saying people will die if abortions are

In Los Angeles, high-profile lawyer Gloria Allred recounted how she could not get a legal abortion after being raped at gunpoint in the 1960s. She said she ended up having life-threatening bleeding after a "back alley" abortion.

"I want you to vote as though your lives depend on it, because they do," she told the crowd. (Courtesy apnews.com)

Justice Clarence Thomas Says Abortion Leak Has Changed The Supreme Court



Supreme Court Justice Clarence Thomas speaks Sept. 16, 2021, at the University of Notre Dame in South Bend, Ind. Thomas says the Supreme Court has been changed by the leak of a draft opinion earlier this month. The opinion suggests the court is poised to overturn the right to an abortion recognized nearly 50 years ago in Roe v. Wade. The conservative Thomas, who joined the court in 1991 and has long called for Roey Wade to be overturned described the leak as an unthinkable breach of trust. (Photo/ Robert Franklin/South Bend Tribune via AP) WASHINGTON (AP) — Justice Clarence Thom-

as says the Supreme Court has been changed by the shocking leak of a draft opinion earlier this month. The opinion suggests the court is poised to overturn the right to an abortion recognized nearly 50 years ago in Roe v. Wade. The conservative Thomas, who joined the court in 1991 and has long called for Roe v. Wade to be overturned, described the leak as an unthinkable breach of trust.

"When you lose that trust, especially in the institution that I'm in, it changes the institution fundamentally. You begin to look over your shoulder. It's like kind of an infidelity that you can explain it, but you can't undo it," he said while speaking at a conference Friday evening in Dallas.

The court has said the draft does not represent the final position of any of the court's members, and Chief Justice John Roberts has ordered an investigation into the leak. Thomas, a nominee of President George H.W. Bush, said it was beyond "anyone's imagination" before the May 2 leak of the opinion to Politico that even a line of a draft opinion would be released in advance, much less an entire. draft that runs nearly 100 pages. Politico has also reported that in addition to Thomas, conservative justices Neil Gorsuch, Brett Kavanaugh and Amy Coney Barrett had voted with the draft opinion's author, Samuel Alito, to overrule Roe v. Wade and a 1992 decision, Planned Parenthood v. Casey, that affirmed Roe's finding of a constitutional right to



Thomas said that previously, "if someone said that one line of one opinion" would be leaked, the response would have been: "Oh, that's impossible. No one would ever do that."

"Now that trust or that belief is gone forever," Thomas said at the Old Parkland Conference, which describes itself as a conference "to discuss alternative proven approaches to tackling the challenges facing Black Americans today." Thomas also said at one point: "I do think that what

happened at the court is tremendously bad...I wonder how long we're going to have these institutions at the rate we're undermining them."

Thomas also touched in passing on the protests by liberals at conservative justices' homes in Maryland and Virginia that followed the draft opinion's release. Thomas argued that conservatives have never acted that way.

"You would never visit Supreme Court justices" houses when things didn't go our way. We didn't throw temper tantrums. I think it is ... incumbent on us to always act appropriately and not to repay tit for tat," he said.

Protests at the Supreme Court and around the nation were held on Saturday.

Neither Thomas nor any of the attendees at the Dallas session made mention of the Jan. 6 insurrection or the actions of Thomas' wife, Virginia, in fighting to have the results of the 2020 presidential election overturned.

Clarence Thomas was speaking before an audience as part of a conversation with John Yoo, who is now a Berkeley Law professor but worked for Thomas for a year in the early 1990s as a law clerk.



Justices of the U.S. Supreme Court

Each justice generally has four law clerks every year and the current group of law clerks has been a focus of speculation as a possible source of the draft opinion's leak. They are one of a few groups along with the justices and some administrative staff that has access to draft opinions.

Thomas also answered a few questions from the audience, including one from a man who asked about the friendships between liberal and conservative justices on the court, such as a well-known friendship between the late liberal Justice Ruth Bader Ginsburg and the late conservative Justice Antonin Scalia. "How can we foster that same type of relationship within Congress and within the general population?" the man asked.

"Well, I'm just worried about keeping it at the court now," Thomas responded. He went on to speak in glowing terms about former colleagues. "This is not the court of that era," he said.

Despite his comments, Thomas seemed in good spirits — laughing heartily at times. Yoo, who is known for writing the so-called "torture memos" that the George W. Bush administration used to justify using "enhanced interrogation" techniques after the Sept. 11 terror attacks, said at one point that he had taken pictures of notes Thomas had taken during the conference.

"You're going to leak them?" Thomas asked, laughing.

Yoo responded: "Well, I know where to go...Politico will publish anything I give them now." (Courtesy apnews.com)

Southern Make Today Different

In Celebration Of Asian American And Pacific Islander Heritage Month 2022



Honoring An Asian American Trailblazer: Norman Mineta, Dies At Age 90

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



As a child, former Secretary of Transportation Norman Mineta, seen here in 2004, spent two years of his life in a World War II internment camp after the Pearl Harbor attack.(Photo/Al Messerschmidt/WireImage)

ANNAPOLIS, Md. — Norman Mineta, who broke racial barriers for Asian Americans serving in high-profile government posts and ordered commercial flights grounded after the 9/11 terror attacks as the nation's federal transportation secretary, died Tuesday. He was 90. John Flaherty, Mineta's former chief of staff, said Mineta died peacefully at his home surrounded by family in Edgewater, Md. Mineta broke racial barriers for Asian Americans in becoming mayor of San Jose Calif. He also was the first Asian American to become a federal Cabinet secretary, serving under both Democratic President Bill Clinton and Republican George W. Bush. Bush went on to award Mineta the nation's highest civilian honor, the Presidential Medal of Freedom. In a statement, the former president said Mineta was "a wonderful American story about someone who overcame hardship and prejudice to serve in the United States

Army, Congress, and the Cabinet of two Presidents." "As my Secretary of Transportation, he showed great leadership in helping prevent further attacks on and after 9/11. As I said when presenting him with the Presidential Medal of Freedom, Norm has given his country a lifetime of service, and he's given his fellow citizens an example of leadership, devotion to duty, and personal character;" the former presi-



intemment camp, Mineta began his political career leading his hometown of San Jose before joining the Clinton administration as commerce secretary and then crossing party lines to serve in Bush's Cabinet.

Oversaw the creation of the TSA after 9/11 As Bush's transportation secretary, Mineta led the department

during the crisis of Sept. 11, 2001, as hijacked commercial airliners barreled toward U.S. landmarks. After a second plane crashed into the World Trade Center, Mineta ordered the Federal Aviation Administration to ground all civilian aircraft more than 4.500 in flight at the time. It was the first such order given in the history of U.S. aviation. It was Mineta who was subsequently charged with restoring confidence in air travel in the aftermath of the terror attacks. He oversaw the hasty creation of the Transportation Security Administration, which took over responsibility for aviation security from the airlines. Within a year, the TSA had hired tens of thousands of airport screeners, put air marshals on commercial flights and installed high-tech equipment to screen air travelers and their luggage for bombs. In 2006, he resigned at age 74 after 5 1/2 years in his post, making him the longest-serving transportation secretary since the agency was created in 1967.



in Wyoming after Japan attacked Pearl Harbor. He went on to graduate from the University of California, Berkeley, with a bachelor's degree in business administration and serve as an Army intelligence officer in Korea and Japan, After three years with the military, he returned to San Jose to run his father's Mineta Insurance Agency.

First Asian American mayor of a major city

Mineta's foray into politics came in 1967, when San Jose's mayor tapped him to fill a vacant seat on the city council. He won re-election and served four more years on the council before winning the city's top seat in 1971, making him the first Asian-American mayor of a major city, which now has an aimort that bears his name. Mineta was elected to Congress in 1974 and served 10 terms representing Silicon Valley. During his tenure, he pushed for more funding for the FAA and co-authored a landmark law that gave state and local govemments control over highway and mass transit decisions. The co-founder of the Congressional Asian Pacific American Caucus also scored a personal victory when he helped win passage of the Civil Liberties Act of 1988, which required

COMMUNITY

Americans forced to live in wartime internment camps. Former internees also received reparations of \$20,000 each. In 1993 Mineta became chair-



man of the House Public Works and Transportation Committee -another first — but he quickly lost the job after Republicans

won control of the House in 1994. Mineta resigned from Congress in 1995 to join Lockheed Martin Corp. as senior vice president of its transportation division, which built and operated electronic toll collection systems. But Washington came calling again five years later when Clinton, in the final months of his presidency, appointed him to replace William Dalev as commerce secretary

Only Democrat in Bush's Cabinet

Mineta then became the first cabinet secretary to make the switch directly from a Democratic to Republican administration. He was the only Democrat in Bush's Cabinet. As transportation secretary, Mineta successfully promoted private investment in roads and bridges such as the Chicago Skyway and Indiana Toll Road and helped secure passage of a \$286 billion highway spending plan after almost two years of wrangling with Congress. After overseeing the rapid launch of the TSA, Mineta had his department downsized by almost two-thirds when the TSA and Coast Guard were moved to the Department of Homeland Security in 2003 in the biggest government reorganization in nearly six decades. After retiring from public service, he joined the public relations firm Hill & Knowlton as vice chairman and settled with his wife, Danealia, in Maryland near the Chesapeake Bay, (Courtesy

Norman Mineta

From Wikipedia, the free encyclopedia Norman Yoshio Mineta (November 12, 1931 – May 3, 2022) was an American politician. A member of the Democratic Party, Mineta served in the United States Cabinet for Presidents Bill Clinton, a Democrat, and George W. Bush, a Republican. Mineta served as the mayor of San Jose from 1971 until 1975. He was a member of the United States House of Representatives, representing California from 1975 until 1995. Mineta served as the United States Secretary of Commerce during the final months of Bill Clinton's presidency. He was the first person of East Asian descent to serve as a U.S. Cabinet secretary.[2]



retary of Transportation for President Bush, Mineta was the only Democratic Cabinet secretary in the Bush administration. During his

tenure as the Secretary of Transportation, Mineta oversaw the creation of the Transportation Security Administration in response to the September 11 attacks that had occurred during his tenure. On June 23, 2006, Mineta announced his resignation after more than five years as Secretary of Transportation, effective July 7, 2006, making him the longest-serving Secretary of Transportation in the department's history. A month later, public-relations firm Hill+Knowlton Strategies announced that Mineta would join it as a partner. In 2010, it was announced that Mineta would join L&L Energy, Inc. as vice chairman.

Early life and education

Mineta was born in San Jose, California, to Japanese immigrant parents Kunisaku Mineta and Kane Watanabe, who were barred from becoming American citizens at that time by the Asian Exclusion Act. During World War II, the Mineta family was interned for several years at Area 24. 7th Barrack. Unit B. in the Heart Mountain interment camp near Cody. Wyoming, along with thousands of other Japanese immiMineta, a baseball fan, had his baseball bat confiscated by authorities because it could be used as a weapon. Many years later, after Mineta was elected to the U.S. House of Representatives, a man sent Mineta a \$1.500 bat that was once owned by Hank Aaron, which Mineta was forced to return as it violated the congressional ban on gifts valued over \$250. Mineta said: "The damn government's taken my bat again."

While detained in the camp, Mineta, a Boy Scout, met fellow scout Alan K. Simpson, a future senator from Wyoming, who often visited the Boy Scouts in the interment camp with his troop. The two became close friends and remained political allies throughout their lives.



Mineta graduated from the University of California, Berkeley's School of Business Adminis-tration in 1953 with a degree in business administration. Upon graduation, Mineta joined the U.S.

Army and served as an intelligence officer in Japan and Korea. He then joined his father in the Mineta Insurance Agency.

Career

Councilman and mayor of San Jose In 1967, Mineta was appointed to a vacant San Jose City Council seat by Mayor Ron James. He was elected to office for the first time after completing a term in the city council. He was elected vice mayor by fellow councilors during that term. Mineta ran against 14 other candidates in the 1971 election to replace outgoing mayor Ron James. Mineta won every precinct in the election with over 60% of the total vote and became the 59th mayor of San Jose, the first Japanese-American mayor of a major American city. As mayor, Mineta ended the city's 20-year-old policy of rapid growth by annexation, creating development-free areas in East and South San Jose. His vice mayor Janet Gray Hayes succeeded him as mayor

United States Congress

In 1974, Mineta ran for the United States House of Representatives in what was then California's 13th congressional district. The district had previously been the 10th District. represented by retiring 11-term Republican Charles Gubser. Mineta won the Democratic nomination and defeated State Assemblyman George W. Milias with 52 percent of the vote. He was reelected 10 more times from this Silicon Valley-based district, which was renumbered as the 15th District in 1993, never dropping below 57 percent of the vote.[12]



Medal of Freedom from President George W. Bush, 2006 (National Archives) Mineta cofounded the Congressional Asian Pacific Ameri-

can Caucus and served as its first chair. He served as chairman of the House Committee on Transportation and Infrastructure between 1992 and 1994. He chaired the committee's aviation subcommittee between 1981 and 1988, and chaired its Surface Transportation subcommittee from 1989 to 1991.

During his career in Congress, Mineta was a key author of the landmark Intermodal Surface Transportation Efficiency Act of 1991. He pressed for more funding for the Federal Aviation Administration. Mineta was a driving force behind passage of H.R. 442, which became the Civil Liberties Act of 1988.

the U.S. government to anologize to the 120,000 Jananese grants and Jananese Americans. Upon arrival to the camp. a law that officially apologized for and redressed the injustices endured by Japanese Americans during World War II. Secretary of Transportation

Mineta was appointed United States Secretary of Transportation by President George W. Bush in 2001, a post that he was offered eight years earlier by Bill Clinton. He was the only Democrat to have served in Rush's cabinet and the first Secretary of Transportation to have previously served in a cabinet position. He became the first Asian American to hold the position, and only the fourth person to be a member of Cabinet under two presidents from different political parties (after Edwin M. Stanton, Henry L. Stimson and James R. Schlesinger). In 2004, Mineta received the Tony Jannus Award for his distinguished contributions to commercial air transportation. Following Bush's reelection. Mineta was invited to continue in the position, and he did so until resigning in June 2006. When he stepped down on July 7, 2006, he was the longest-serving Secretary of Transportation since the posi-



September 11 attacks Mineta's testimony to the 9/11 Commission about his

experience in the Presidenal Emergency Operations Center with Vice President Chenev as American Airlines flight 77 approached the Pentagon was not included in the 9/11 Commission Report [26]

In one colloquy testified by Mineta, the vice president refers to orders concerning the plane approaching the Pentagon: There was a young man who had come in and said to the vice president, "The plane is 50 miles out. The plane is 30 miles out." And when it got down to, "The plane is 10 miles out," the young man also said to the vice president, "Do the orders still stand?" And the vice president turned and whipped his neck around and said. "Of course the orders still stand. Have you heard anything to the contrary?" Well, at the time I didn't

know what all that meant.

Norman Mineta, 9/11 Commission Commissioner Lee Hamilton queried if the order was to shoot down the plane, to which Mineta replied that he did not know that specifically.

Mineta's testimony to the commission on Flight 77 differs rather significantly from the account provided in the January 22, 2002, edition of The Washington Post, as reported by Bob Woodward and Dan Balz in their series "10 Days in September".



Norman Mineta, 2009

Legacy The Mineta Transportation Institute was named after him. It was established by Congress in 1991 as a research institute focusing on issues related to intermodal surface transportation in the United States. It is part of San Jose State University's Lucas Graduate School of Business in San Jose, California, and is currently directed by Karen Philbrick.

Personal life

Mineta's first marriage was to May Hinoki, which lasted from 1961 to 1986. In 1991. Mineta married United Airlines flight attendant Danealia "Deni" Brantner. Mineta had two children from his first marriage and two stepchildren from his second marriage. He had 11 grandchildren.

Mineta died on May 3, 2022, from a heart ailment in Edgewater, Maryland, at the age of 90. (For Additional details go here: https://en.wikipedia.org/wiki/Norman Mineta.)

COVID-19疫苗有助于预防重症及死亡



接种 COVID-19 疫苗是帮助挽救生命并最终结束新冠大流行的最佳手段。

2021年12月上旬,医疗保健提供者们开始在全国范围实施疫苗接种。从那时起,COVID-19死亡病例大多发生在未接种疫苗的人群中。

根据疾病控制和预防中心的数据,超过 2.56亿人接种了至少一剂疫苗,超过2.19亿 人完全接种了疫苗,近1亿完全接种了疫苗 的人还接种了额外的加强针。

休斯敦卫生局的数据显示,超过62%的 休斯敦人已完全接种了疫苗,超过73%的人 只接种了第一剂疫苗。自疫情开始以来,已 有超过4,500人死亡。

"虽然已完全接种疫苗的人也可能感染COVID-19,但他们大多只有轻微症状或无症状,"休斯敦市首席医疗官大卫●佩尔塞(David Persse)医生说。

他还说,"将病例控制在低水平很重要,这样医院就能有足够床位为所有需要护理的人提供服务。这包括了发生车祸的人、骨折、中风、突发心脏病的人,以及其他有严重医疗需求的人。"

COVID-19 疫苗一直受到美国历史上最密集的安全监控。疾控中心(CDC)表示,对疫苗的监控包括使用既定的和新的安全监控系统,来确保 COVID-19 疫苗的安全性。疫苗已知和潜在的风险非常罕见,而疫苗的益处大大超过其可能的风险。

疾控中心(CDC)持续监测疫苗的有效性,以了解疫苗如何在现实条件下保护人群。疫苗的有效性是一种衡量标准,用来衡量疫苗如何保护人群免受感染、症状性疾病、住院和死亡。

大多数疫苗都会有副作用,而有些人可能感受不到任何副作用。有些人反应会有一、两天的轻微副作用,其中包括注射部位疼痛、疲倦、头痛、肌肉酸痛、寒战和发烧。



COVID-19 疫苗已被标识为安全有效。它有助于保护成人和5岁以上的儿童免于感染 COVID-19 或因感染而导致重症,及将病毒传播给周围的其他人,包括家人、朋友、同事和学校的同龄人。

医学专家们一致同意,疫苗接种的有效性会随著时间推移而逐渐降低,一些接种了COVID-19 疫苗的人仍然会感染得病,因为没有一种疫苗是100%有效的。

COVID-19 加强针可提高对抗感染和住院的有效性,包括对抗Omicron变体。

疾控中心(CDC)表示,加强针是安全的。现在,50岁以上的人可以在之前的加强针注射四个月后,获得额外的加强针,以增加保护性。

疾控中心(CDC)、食品药物监管局(FDA)和公共卫生合作夥伴们将继续评估美国人对于额外的加强针剂量的需求。

注射对象必须在完成第一次疫苗系列后满5岁,才有资格注射第一剂加强针。要获得第二剂加强针,注射对象必须年满50周岁或以上,免疫功能低下的人必须年满12周岁或以上。

对于有基础疾病的人来说,疫苗和加强针的注射尤为重要,因为这些人一旦被感染,更容易出现严重后果。根据CDC的说法,有基础疾病的人只要对疫苗或疫苗中的任何成分没有立即或严重的过敏反应,就可以接种COVID-19疫苗。

了解谁最容易得重症,就能帮助人们为自己、家人和社区做出最好的决定。尽管所有人都有感染 COVID-19 的风险,但公众必须了解哪些人更容易出现严重的并发症,从而采取适当措施,以保护他们的健康和福祉

CDC表示,估计有60%的美国成年人至少患有一种慢性疾病。肥胖是最常见的潜在疾病之一,它会增加得重症的风险;大约有

40%的美国成年人肥胖。基础疾病越多,风险就越高。

人们应该关注的一些基础疾病包括慢性 肾病、慢性阻塞性肺病、肥胖症、心脏疾病 如心力衰竭、冠状动脉疾病或心肌病、镰状 细胞病及2型糖尿病。

如果免疫功能低下,或因近期的器官移 植而导致免疫系统减弱,这些人也会面临风 险。

CDC建议对有症状的人或者与确诊CO-VID-19的人有密切接触(在24小时内,6英尺的范围内,接触时间达到15分钟或更长)的人进行监测。

休斯敦卫生局在全市多个服务中心、健

康中心和临时站点提供免费的疫苗接种和检测。摩德纳(Moderna)和强生(Johnson & Johnson)疫苗被授权用于成年人,辉瑞(Pfizer)疫苗被授权用于5岁及以上的儿童和成年人。

疫苗接种或测试不需要医疗保险。但是 ,一些部门合作夥伴需要保险和身份证件才 能进行测试。

符合条件的老年人、残疾人和退伍军人 也可在家中免费接种COVID-19 疫苗。

请访问www.HoustonHealth.org 或致电832-393-4220,获取疫苗接种和检测的地点和时间表。





高溫當頭,六個避免中暑的妙招中暑可能有那些症狀?如何處理?



(本報休斯頓報導)連續的豔陽 高照,休斯頓的民衆都感覺到炎炎 暑氣,赤辣辣的太陽真讓人快要招 架不住,人處於高溫環境之下,若 無法維持正常體溫而引起不適,甚 至會造成身體上的損傷,其中以中 暑最爲嚴重,如果處理不好的話, 有可能會導致器官衰竭,甚至是死 亡的危險,需要立刻送醫。

尤其長者們和孩子是中暑的高 危險群,年紀大的人循環代謝功能 較下降,身體容易因脫水而中暑; 而孩子的體溫比大人要高、汗也流 得多,如果沒有及時補充足夠的水 分,也可能造成中暑。



中暑可能有的症狀

一般中暑可能有的症狀如下, 一種或多種均有可能是中暑了,像 是: 想吐、頭昏、頭痛、呼吸心跳加 快、體溫升高、身體發熱、皮膚變紅、感覺全身無力、身體不想動、 大量冒汗或者是無法排汗、手腳抽 筋、身體沒有反應、無法走路等都 有可能。

避免中暑的小妙招

休斯頓的養生達人劉博士提醒 大家,在酷熱的天氣中要隨時注意 自己的身體狀況,尤其長時間處在 高溫的太陽下時,一定要做好防備 。同時分享六個妙招,避免中暑或 身體不適。

一、善用遮陽物、避開過久的 高溫曝曬



大家不難發現,在上午10點到下午2點間,出門時就像進入烤箱一般。要避免中暑最優先的原則是:遠離高溫的環境,最好不要進行大陽下長時間曝曬,如果要行運動、跑步、打球等戶時刻。外上運動、在在晨間或是黃昏的帽子,去公園、最高下水水。大樹等有遮蔭、較為涼爽的地方。

二、及時補充足夠的水分,自 製天然運動飲料



可以自己在家做天然的運動飲料,用海鹽(半匙)、蘋果醋或水果醋(一小匙)、蜂蜜或黑糖(依喜歡的甜度酌量放)、檸檬汁或橘子汁(一個)等,加上一千CC乾淨的水,混合起來就是好喝的天然運動飲料,沒有化學物質,喝起來非常舒服。小孩的體溫比成年人高,代謝也較

小孩的體溫比成年人高,代謝也較 爲快速,多補充水分是預防中暑很 關鍵的一環。小朋友當天活動量越 大、汗流得越多,就要補充更多的 水分。

要注意的是,許多人在天氣酷 熱下,會想喝冰水果汁消暑,但是 身體熱熱的突然喝下冰水,其實會 造成呼吸道的刺激,若有呼吸道過 敏或是氣喘病的人萬不可如此,也 應少吃冰冷食物,以冤引發咳嗽。

三、消暑清熱的茶飲與食物

許多天然的茶飲能消暑清熱, 如綠豆湯有退火功效,冬瓜茶清熱 消暑,白茅根茶有涼血、清熱和解 暑的功效,魚腥草茶、金銀花茶也



有淸熱解毒之效,都能預防中暑。 蓮藕、木耳、仙草、愛玉、甘蔗是 很好的消暑食物。還有,番茄汁、 麥茶也是解暑的好飲料。

另外,瓜果類如西瓜、香瓜、 絲瓜、苦瓜、小黃瓜、冬瓜、等都 有淸熱的功效,在性質上也偏涼, 適當吃一些可有助於消暑,但不要 吃過多,否則可能造成肚子痛。

蓮子可退火消暑、健脾健胃, 適當入菜做湯或煮粥,對淸熱解暑 有幫助,能改善上火的現象。薏仁 也可消暑淸熱,還有美白消腫的功 效,平常可以喝綠豆薏仁湯退火, 或是煮飯時加入薏仁一起吃。但薏 仁偏涼性,如果腸胃不好、容易腹 瀉便秘的人,應少食用。



四、穿著淺色透氣、輕便寬鬆 的衣服

出門上班或是外出遊玩時,選擇透氣的淡色衣服,最好寬鬆一些。如果有行程要出遊數日,事先參考天氣預報,萬一有高溫警示,可適當調整行程,多去有樹蔭的地方

。外出露營、野餐、旅遊時,小孩 子有時候只顧著玩,可能不知不覺 中就曝曬太久,家長也應多加留心

五、注意通風

盡量選擇待在通風、有空調的 地方(外出時選擇像是圖書館、百貨 公司等處),避免一直待在密閉的空 間。熱天萬一路上遇到車子抛錨, 千萬要把車門或窗戶打開通風,也 不可讓小孩單獨待在車裡。

六、注意並避免以下中暑原因 1. 長時間處高溫環境下:尤其 通風不好、溫度過高、空間不足時

2. 水分補充不夠:體內水分不 足時,容易引發脫水現象

- 足時,容易引發脫水現象 3. 睡眠不夠: 熬夜與缺乏睡眠
- ,又遇到高溫,可能影響身體機能 ,減少出汗。 4. 藥物影響:有些人服用利尿
- 劑、瀉藥、過敏藥等,可能影響身體的散熱。 5. 體重過重者:這些人身體生
- 。 6. 無法正常排汗:若身體的熱 量不能經由流汗來調節體溫,會容

產太多熱量,影響身體散熱的能力

易中暑。 7.溫差過大:有些人長時間處 在過冷的冷氣房中,突然出到戶外

7. 溫差過大: 有些人長時間處 在過冷的冷氣房中, 突然出到戶外, 溫差過大, 身體因無法負荷而中

有中暑現象的緊急處置

如果有感覺噁心、頭痛、頭暈、呼 吸急促、體溫升高、心悸等,可能 是中暑了,要盡快移到通風陰涼的 地方休息,把衣服弄寬鬆,脫掉多 餘的衣物、皮帶,讓患者補充水分 ,同時安排送醫處理。

另一個散熱小祕方,是爲中暑 的患者,用一滴風油精抹在兩邊腋 下,幫助發汗散熱,讓身體降溫, 舒緩不適的感覺。