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Mr. Lee's Commentary and Dairy



Inside C2

Southern DAILY

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U.S. charges seven in wide-ranging Chinese hacking effort



WASHINGTON (Reuters) - The U.S. Justice Department said on Wednesday it has charged five Chinese residents and two Malaysian businessmen in a wide-ranging hacking effort that encompassed targets from videogames to pro-democracy activists. Federal prosecutors said the Chinese nationals had been charged with hacking more than 100 companies in the United States and abroad, including software development companies, computer manufacturers, telecommunications providers, social media companies, gaming firms, non-profits, universities, think-tanks as well as foreign governments and politicians and civil society figures in Hong Kong.

U.S. officials stopped short of alleging the hackers were working on behalf of Beijing, but in a statement Deputy Attorney General Jeffrey Rosen expressed exasperation with Chinese authorities, saying they were - at the very least - turning a blind eye to cyber-espionage.

"We know the Chinese authorities to be at least as able as the law enforcement authorities here and in likeminded states to enforce laws against computer intrusions," Rosen said. "But they choose not to."

He further alleged that one of the Chinese defendants had boasted to a colleague that he was "very close" to China's Ministry of State Security and would be protected "unless something very big happens."

"No responsible government knowingly shelters cyber criminals that target victims worldwide in acts of rank theft," Rosen said.

The Chinese Embassy in Washington did not immediately return an email seeking comment. Beijing has repeatedly denied responsibility for hacking in the face of a mounting pile of indictments from U.S. authorities.

Along with the alleged hackers, U.S. prosecutors also indicted two Malaysian businessmen, Wong Ong Hua, 46, and Ling Yang Ching, 32, who were charged with conspiring with two of the digital spies to profit from computer intrusions targeting videogame companies in the United States, France, Japan, Singapore and South Korea.

The Justice Department said the pair operated through a Malaysian firm called SEA Gamer Mall. Messages left with the company were not immediately returned. Messages sent to email addresses allegedly maintained by the hackers also received no immediate response.

U.S. Assistant Attorney General for National Security John Demers said on Wednesday that the Malaysian defendants were in custody but were likely to fight extradition.

The Justice Department said it has obtained search warrants this month resulting in the seizure of hundreds of accounts, servers, domain names and "dead drop" Web pages used by the alleged hackers to help siphon data from their victims.

The Department said Microsoft Corp MSFT.O had developed

measures to block the hackers and that the company's actions "were a significant part" of the overall U.S. effort to neutralize them. The company acknowledged this in a statement that applauded government officials for "taking action to protect our customers."



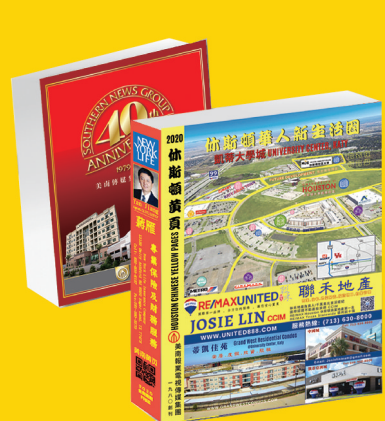
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Editor's Choice



A crow attacks a bat in central Kyiv, Ukraine. REUTERS/Gleb Garanich



Israel's Prime Minister Benjamin Netanyahu, U.S. President Donald Trump, Bahrain's Foreign Minister Abdulla-tif Al Zayani and United Arab Emirates (UAE) Foreign Minister Abdullah bin Zayed wave from the White House balcony after a signing ceremony



Johnny Islas, a firefighter from Las Vegas, monitors ambers from a firing operation near the Obenchain Fire in Butte Falls, Oregon. REUTERS/Adrees Latif



Tamika Palmer, the mother of Breonna Taylor, is comforted by family during a news conference announcing a \$12 million civil settlement between the estate of Breonna Taylor and the City of Louisville, in Louisville, Kentucky. REUTERS/Bryan Woolston



Jordan Spence and Dawson Stallworth watch waves come ashore as Hurricane Sally approaches in Orange Beach, Alabama. REUTERS/Jonathan Bachman



Russian opposition politician Alexei Navalny and his family members pose for a picture at Charite hospital in Berlin, Germany. @NAVALNY/via REUTERS



Smoke and flame are seen following an Israeli air strike in the southern Gaza Strip. REUTERS/Ibraheem Abu Mustafa



Japan's outgoing Prime Minister Shinzo Abe holds a bouquet of flowers as staff members of the official prime minister's residence applaud, as Abe leaves the residence, in Tokyo, Japan. REUTERS/Issei Kato

Leading Psychologist Explains How
People Can Cope With COVID-19



Mindfulness and meditation have been popular coping strategies during the pandemic.
(Photo/Simon Migaj on Unsplash)

By Lene Søvold, Clinical psychologist and mental health advisor, Norway

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

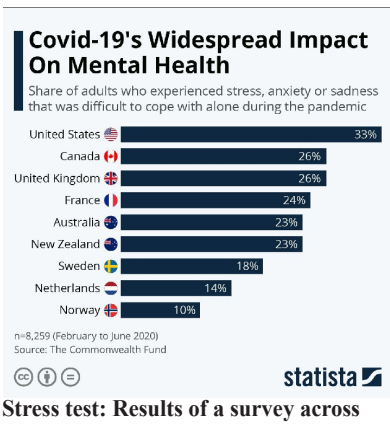
KEY POINTS

People have deployed four main coping strategies in response to the pandemic and its uncertainties.

Psychologists and counselors have also had to adapt with new ways of working.

How we respond to this crisis now could define our future resilience as a species.

Most of us have been affected by the COVID-19 pandemic to some degree. This may be on mental, emotional, social, business-related and/or financial levels; it may be acknowledged or not. In many ways, the pandemic has shed light on what is not working too well in our world. Depending on the coping strategies we have been using in response to this crisis, the pandemic is serving as a powerful catalyst both for societal transformation and new solutions to many pressing global challenges.



10 high-income countries Image: Statista

Both in my clinical work with patients, and in the general population, I have observed a variety of tendencies when it comes to the way people are coping during these uncertain times. These can be separated into four main categories:

1. Negative or destructive external expressions: This can involve constantly watching the news, reading about and disseminating information about negative developments, looking for hidden agendas and engaging in conspiracy theories. Furthermore, destructive outward tendencies can lead to people denying or ignoring the facts of the situation and consequently taking risks, personal and collective, by not adhering to physical distancing or other preventative measures.

2. Positive or proactive external expressions: This can manifest itself in reaching out to provide help, comfort and support to family, friends, neighbours or strangers in different ways. Others have found time to learn a language or read the books they always wanted, or have found pleasure in home activities like playing games, cooking, baking and engaging in creative hobbies.

3. Negative or destructive internal expressions: This style of response is characterized by negative thinking. People worry about themselves or someone close to them getting sick, and form negative expectations about the future regarding their work, life in general, or the state of the world after the pandemic. Some seem to think that they are better prepared if they expect or prepare for worst-case scenarios, but this strategy is likely to create a spiral of negative thinking, avoidance, apathy and self-isolation, which can lead to increased feelings of anxiety,

depression, hopelessness and loneliness.



4. Positive or proactive internal expressions: These people have responded to the crisis by contemplating their personal lives and the state of the world, their true values and what changes they could make to live more in-line with them, and how they can contribute to the changes they would like to see in the world. Other examples involve practising mindfulness and meditation techniques; trying to be more present in their everyday life and to accept the present moment as it is, and becoming more appreciative of the things they take for granted in their lives. Such coping strategies can help create a greater sense of meaningfulness and faith in their own capabilities of managing the situation. Some people express combinations of these coping styles, while others appear less affected by focusing on making their daily routines as normal as possible.

Delivering mental healthcare during times of crisis

Even though mental health professionals in Scandinavia have adapted quite well during the COVID-19 outbreak, this might not be the case in parts of the world where demand has been higher and where working conditions and resources are not as good. Moreover, we need to be prepared for a rise in demands for mental health services across countries in the coming months when the full mental health impact of the pandemic is getting clearer. It is therefore crucial to have an adequate support system in place, not only to protect the health and wellbeing of frontline workers, but also of the mental health workforce.



Depending on their personal challenges and coping style, as well as other contextual factors, some patients have required either more frequent or longer therapy sessions – while others have been prone to pause or make slower progress in their therapy programmes. Overall, some additional efforts have been required in my clinical work during these months to help my patients process these challenges and ensure the continuation of care. So far, however, I have had very few cases of complete drop-out due to the pandemic, which indicates that people still are motivated to get help and work on both their pre-existing and new mental health issues during these times. With regard to my network of colleagues in the healthcare sector, I know that many have experienced challenges in adjusting to new technologies and ways of working. However, they have tried their best to be adaptive and creative during these times. They have been scheduling and facilitating consultations and appointments via video or telephone, if possible. Some have even offered ‘walk and talk’ sessions while practising physical distancing. In sum, the more proactive or adaptive coping strategies we use when it comes to protecting and managing our mental health during times of crisis can be helpful in creating relief from our symptoms, a greater sense of inner balance and wellbeing, more structure and meaning in the world around us and more empathy and collaboration across nations, as well as fostering new solutions to existing global challenges. The coping strategies that we use now and in the times to come will determine our resilience as a human species, and will strengthen our ability to adapt more smoothly to future crises. Choosing the more proactive or adaptive coping strategies will help us develop and cultivate our empathic, imaginative and creative skills, and will thus make us evolve both as individuals and as a human family. I believe the pandemic will contribute to speed up digitalization and other innovations within healthcare, and also change the ways we as professionals are working and engaging with our patients and clients in the times ahead. (Courtesy weforum.org)

Kelsey-Seybold is now scheduling **VIRTUAL** and **IN-PERSON** appointments!



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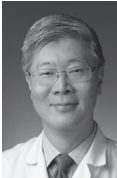
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Mandarin
• Spring Medical and Diagnostic Center



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Yee-Ru (Amy) Chen, D.O.
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Cantonese, Mandarin, and Taiwanese
• Downtown at The Shops at 4 Houston Center



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Family Medicine
Mandarin
• Meyerland Plaza Clinic



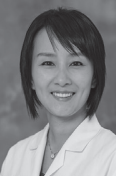
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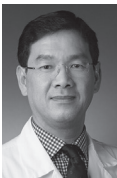
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