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Southern DAILY

Make Today Different

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Annual pro-gun event at Virginia fizzles in wake of U.S. Capitol siege



RICHMOND, Va (Reuters) - Only a few dozen gun-rights activists converged on the Virginia state capital on Monday for an annual demonstration that typically draws thousands, with this year's protests dampened by tensions in the wake of the Jan. 6 siege of the U.S. Capitol.

The annual "Lobby Day" gathering had put authorities on high alert in Richmond, about 110 miles (175 km) south of Washington, D.C., where Democratic President-elect Joe Biden will be sworn in on Wednesday, replacing Republican President Donald Trump, an outspoken defender of gun rights.

Lobby Day in Richmond, the capital of the Confederacy during the U.S. Civil War, always falls on Martin Luther King Jr. Day, a national holiday honoring the civil rights leader assassinated in 1968. Until this year, Virginia also commemorated the birthdays of Confederate Generals Robert E. Lee and Stonewall Jackson with a state holiday in January, but last year the state legislature passed a bill eliminating it.

By midday, Lobby Day - which gives voters an opportunity to petition state lawmakers on any issue - had drawn fewer than 50 pro-gun rights protesters, many from the far-right Proud Boys and the anti-government boogaloo movement who were openly carrying semi-automatic weapons.

"Welcome to the biggest non-event of 2021," said one of a small group of men that included Philip Van Cleave, leader of Virginia Citizens Defense League (VCDL), a pro-gun advocacy group that organized a caravan of demonstrators to drive through the capital on Monday.

The demonstrators, including some who wore military fatigues, the boogaloos sporting their trademark Hawaiian shirts and the VCDL members dressed in business suits, were outnumbered by reporters.

"Yes, and that's disgusting," said a man hawking Proud Boys shirts for \$20 who refused to give his name. "It's sad."

Police estimated last year's crowd at about 22,000 people at an event that was tense but peaceful.

This year, about 20 members of two Black self-defense groups - the Original Black Panthers of VA and Black Lives Matter 757 - demonstrated separately from the far-right protesters, standing about a block away from the statehouse.

Windows were boarded up at the statehouse, and temporary fencing had been erected to block off the usual public entrance to the building. About 50 officers - a mix of Richmond police, Virginia state police, and Virginia Capitol police - patrolled the grounds and the area where protesters had gathered.

This year, Lobby Day is taking place in a highly polarized climate, after a year in which anti-racist and white nationalist demonstrators clashed across the United States, and as strident Trump supporters cling to hope he can remain in power

Nationwide, pro-Trump demonstrations on Sunday largely fizzled after the FBI issued warnings and several states deployed the National Guard.

"We're showing up to remind them that we're still here," a gun rights activist who identified himself only as Trevor,

told Reuters outside the Virginia statehouse on Sunday evening, walking the perimeter to help plan the protest.

Virginians traditionally petition their lawmakers on Lobby Day at the start of the state's General Assembly session, with the VCDL taking a leading role in recent years.

The VCDL's Van Cleave had predicted that demonstrators would come from as far away as New York and Texas. His group says it planned to petition state lawmakers to loosen gun curbs, as it had done during many Lobby Days in the past.

"We've been doing this for 25 years," Van Cleave added. "We've never had a single problem. No arrests, nothing."

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WEA LEE'S GLOBAL NOTES

01/18/2021

CORONAVIRUS DIARY

Wealee@scdaily.com

Remembering two Chinese-American celebrities

When the coronavirus pandemic attacked our nation, two of our most prominent Chinese-Americans in Houston, Texas, passed away.

Professor Daisy Wang Ho was a long time researcher and professor at Texas MD Anderson Cancer Center. Dr. Wang came from Taiwan in the early 60's after she earned her PhD degree. She married Dr. Ben Ho and they moved to Houston. Since then, they were married more than one-half century. Daisy had such a warm heart for helping the people who needed to be in the hospital. Many people were also assisted by her grandfather Weng Tonghe (1830-1904). He was a Chinese Confucian scholar and imperial tutor who lived in the Qing Dynasty. In 1856 he came to the prestigious Hamlin Academy. In the last fifty years Dr. Wang was involved in many community service activities and donated her time and money to help many needy people.

In the same week we also lost one of the most famous sculptor artist, Willy Wang. He graduated from the sculpture department of Beijing Central Academy of Fine Art in 1962 and moved to America in 1981.

His works included a marble sculpture of Madame Sun Yat-Sen, a bronze cast of the late President George Bush, a bronze bust of Cary Grant and "Jesus Healing" for the Methodist Hospital.

Aside from his active artwork, Mr. Wang also devotedly taught art classes in his Houston studio free-of-charge. He also went on tours with many of his students and traveled to different countries around the world. Many years ago we attended one of his student's party and display of all their artworks. Willy Wang was really the East and West culture ambassador in our community.



We are so very sad that both of them have left us and gone to Heaven. They should be very satisfied. They both had full lives because of their contribution to our society.

We send our condolences to both of their families. All the people really loved them.



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Publisher Southern Daily Wea H. Lee

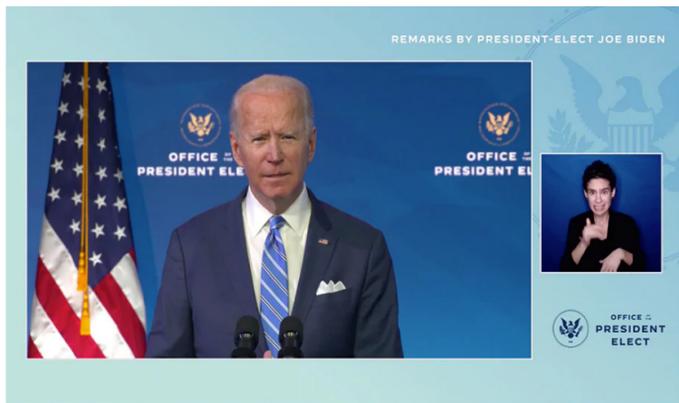
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BUSINESS

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Calls Rollout So Far A "Dismal Failure"

Biden: I'll 'Move Heaven And Earth' To Vaccinate More People



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

President-elect Joe Biden vowed Thursday night to "move heaven and earth" to get more people in the U.S. vaccinated against the coronavirus as he laid out part of his plan to help the country recover from the pandemic.

"The vaccines offer so much hope," Biden said in an address at The Queen, a hotel in downtown Wilmington, Delaware. "We are grateful to the scientists and researchers, and everyone who participated in the clinical trials. We are also grateful for the rigorous review and testing that's led to millions of people around the world already being vaccinated safely. But the vaccine rollout in the United States has been a dismal failure thus far."

In addition to rapidly increasing the number of people being vaccinated, "we will also do everything we can to keep our educators and students safe and to safely open a majority of our K-8 schools by the end of our first 100 days," Biden said. "We can do it, if we give school districts, communities, and states the clear guidance they need as well as the resources they will need that they cannot afford right now because of the economic crisis we are in. That means more testing and transportation, additional cleaning and sanitizing services, protec-

tive equipment, and ventilation systems in the schools."



President-elect Biden said his administration would do everything it could "to safely open a majority of our K-8 schools by the end of our first 100 days." (Photo courtesy C-SPAN livestream)

"And we need to make sure that workers who have COVID-19 symptoms and are quarantined, and those who need to take care of family members with COVID-19 symptoms should be able to stay home from work and still get paid," he continued. "This will reduce spread of the virus and make sure workers get the support they need. But they need about \$400 billion in funding from Congress to make all of this happen. It's a lot, but I'm convinced we are ready to get this done. The very health

of our nation is at stake." Biden is planning to lay out details for his plan to increase vaccine distribution on Friday afternoon. Some elements were released Thursday, however, including a total spending amount of \$1.9 trillion for the "American Rescue" program. Specifics included:

Spend \$20 billion for a national vaccination program in partnership with states, localities, Tribes and territories. This includes launching community vaccination centers around the country and deploying mobile vaccination units to hard-to-reach areas. Vaccines will be available free of charge, and the federal government will pay 100% of the cost for Medicaid enrollees.

Scale up testing to stop the spread of COVID, safely reopen schools, and protect at-risk populations. The plan invests \$50 billion for rapid tests and expansion of lab capacity, and to help schools and governments implement regular testing.

"I just feel so angry and so frustrated when I think of the millions of doses that are sitting in freezers that could actually be given to people right now that would save their lives."
-Dr. Leana Uem, emergency physician and public health professor at George Washington University

Mobilize a public health jobs program to support COVID-19 response. That includes funding for 100,000 public health workers, "nearly tripling the country's community health roles," according to the plan. "These individuals will be hired to work in their local communities to perform vital tasks like vaccine outreach and contact tracing" initially, and then get community health jobs in the long term "to improve quality of care and reduce hospitalization for low-income and underserved communities."

Address health disparities. The plan expands community health centers and invests in health services on tribal lands. "These funds will support the expansion of COVID treatment and care, as well as our ability to provide vaccinations to underserved populations," according to the plan.

Protect vulnerable populations in congregate settings. This involves funding

for states to deploy "strike teams" to long-term care facilities experiencing COVID-19 outbreaks and to conduct better infection control oversight. The plan also supports COVID-19 safety in federal, state, and local prisons, jails, and detention centers by providing funding for COVID-19 mitigation strategies, including supplies, physical distancing, and the vaccination of both incarcerated people and staff.

Identify and address emerging strains of COVID-19. "The identification of new strains of SARS-CoV-2 in the United Kingdom and South Africa highlight a key vulnerability in our nation's COVID response: we simply do not have the kind of robust surveillance capabilities that we need to track outbreaks and mutations," the plan notes. It includes funding to increase sequencing, surveillance, and capacity to analyze outbreaks. (Courtesy medpagetoday.com)

Related



*Two House members said they tested positive for COVID-19 after sheltering from Capitol rioters in a secure room last Wednesday: Bonnie Watson Coleman (D-N.J.), a 75-year-old cancer survivor, and Pramila Jayapal (D-Wash.), who blamed some Republican colleagues for refusing to wear masks. At least one GOP member is known to have been infected. Coleman will receive a monoclonal antibody treatment per the advice of her physician.

*The unofficial U.S. COVID-19 toll increased to 22,619,353 cases and 376,283 deaths as of 8:00 a.m. ET Tuesday -- up 209,104 and 1,942, respectively, from this time a day ago.

*Los Angeles County, the current COVID epicenter in the U.S., advises essential workers to wear masks at home.

(CNN)

*As of Jan. 11, more than 8.9 million COVID-19 vaccine doses have been administered in the U.S., according to CDC data, and about 25 million doses have been distributed.

*The Trump administration reversed course and no longer recommends that vaccine supplies be held back to provide second doses. (AP)

*President-elect Joe Biden received his second dose of the Pfizer/BioNTech COVID-19 vaccine on Monday. (The Hill)



*Moderna said it believes its COVID-19 vaccine will guard against infection for at least a year. (CNN)

*An international trial on convalescent plasma for COVID-19 was halted after the treatment failed to improve outcomes in patients with moderate to severe disease needing intensive care. (Reuters)

*Japan's infectious diseases agency says it has identified a unique SARS-CoV-2 strain in four travelers from Brazil. (CNBC)

*Portugal's president Marcelo Rebelo de Sousa has tested positive for the virus. (Bloomberg)

*Pope Francis' doctor died from COVID-19 complications. (The Independent)

*After contact with an infected staff member, multiple gorillas at the San Diego Zoo Safari Park contracted SARS-CoV-2. (San Diego Union-Tribune)

Editor's Choice



Cakes in the shape of syringes are seen at the Schuerener Backparadies bakery, as the vaccination rollout against coronavirus continues, in Dortmund, Germany. REUTERS/Leon Kuegeler



A supporter of President Donald Trump protests against the election of President-elect Joe Biden, outside the Ohio state Capitol in Columbus, January 17, 2021. REUTERS/Megan Jelinger



A still image taken from video footage shows law enforcement officers speaking with Russian opposition leader Alexei Navalny before leading him away at Sheremetyevo airport in Moscow, Russia January 17. REUTERS/Reuters TV



Hondurans taking part in a new caravan of migrants heading to the United States, clash with Guatemalan soldiers as they try to cross into Guatemalan territory, in Vado Hondo, Guatemala January 17. REUTERS/Luis Echeverria



Members of the State police arrive at the Michigan state Capitol in Lansing, Michigan, January 17. REUTERS/Rebecca Cook



Relatives carry the body of one of the female judges shot dead by unknown gunmen in Kabul, Afghanistan January 17. REUTERS/Mohammad Ismail



A resign Hawley sign painted on the street is pictured during a protest against U.S. Senator Josh Hawley in St Louis, Missouri. REUTERS/Lawrence Bryant



Kelvia Andrea Goncalves, 16, is supported by her aunt Vanderleia dos Reis Brasao, 37, as she reacts during the burial of her mother Andrea dos Reis Brasao, 39, who passed away due to coronavirus at Delphina Aziz hospital, at the Parque Taruma... MORE

Fauci Sees U.S. Gaining Control Over Pandemic By Next Autumn



Dr. Anthony Fauci, the leading U.S. infectious disease specialist.

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

LOS ANGELES (Reuters) -The leading U.S. infectious disease specialist, Dr. Anthony Fauci, said on Wednesday he foresees America achieving enough collective COVID-19 immunity through vaccinations to regain “some semblance of normality” by autumn 2021, despite early setbacks in the vaccine rollout. Fauci made his remarks during an online discussion of the pandemic with California Governor Gavin Newsom, who announced at the outset that a more infectious coronavirus variant originally found in Britain has been detected in his state, a day after the first known U.S. case was documented in Colorado. Newsom said the coronavirus variant B.1.1.7 had been confirmed earlier in the day in a Southern California patient. He did not provide further details. But the California Department of Public Health said in statement later that the person, a San Diego County patient, has no known travel history, suggesting the variant is spreading within the community. Fauci said he was “not surprised,” adding that additional cases of the variant would likely surface around the country and that the mutating nature of such viruses is normal. “It appears that this particular mutation

does make the virus better at transmitting from one person to another,” he said. However, individuals infected with earlier forms of SARS-CoV-2 “don’t seem to get re-infected by this,” meaning that any immunity already acquired “is protective against this particular strain,” Fauci added. He also stressed that the so-called UK variant is believed to be no more severe in the illness it causes, and that newly approved COVID-19 vaccines will prove just as effective against it as against earlier known forms of the virus. The same is believed to be true for a second new variant, also more infectious and first reported in South Africa, according to the U.S. Centers for Disease Control and Prevention (CDC).



Still, the emergence of a more highly transmissible variant could make a

swift rollout of immunizations all the more critical.

President-elect Joe Biden warned on Tuesday it could take years to inoculate most Americans given an initial vaccine distribution rate that has lagged behind the promises of the Trump administration. He called on Congress to approve greater funding for the endeavor.

Related

Studies Show Vitamin Supplements Crucial To Fighting COVID-19

We’ve learned a lot the past year about how to fight COVID-19. The latest studies show an arsenal in your medicine cabinet could be quite simple, in the form of vitamins.

We get all types of medical tests to evaluate everything from blood pressure to cholesterol.

After dozens of studies have recently shown the importance of Vitamin D when fighting COVID-19, Dr. Peter Osborne with Origins Nutrition Center suggests, you consider a blood test to check your vitamin levels.



Dr. Peter Osborne offers advice on how to take in the vitamins you need to help fight COVID-19.

“I think that’s probably one of the smartest things that a person could do right now, with an unpredictable role of a relatively unknown illness. What we do know at this point about vitamin therapy, particularly about vitamin D, a new study has come out and a new analysis has come out on what we know about vitamin D and COVID. So far, here’s what we know: people with low vitamin D who get COVID have a greater tendency toward dying, have a greater tendency toward hyper-inflammation in the cytokine storm that comes with COVID, and have a greater tendency toward get-

ting on ventilators, which are very bad because ventilators don’t work very well for COVID. When a person’s on a ventilator with COVID it’s not a good thing. So, the outcomes aren’t great, so if we can keep people off of ventilators and we can keep their immune system supported really well with nutrition, that ideally that makes the most sense,” explains Dr. Osborne.

He also says the most recent studies show that nine out of 10 COVID-19 deaths could be prevented if people had adequate Vitamin D levels. Vitamin D in our bodies often goes down in the wintertime, because fewer people are outside and not soaking it up from the sun. You need at least 20 minutes of sunlight every day to get an adequate amount, which is why a supplement is often needed to get to a healthy level.

Some hospitals around the country are even using vitamins as a treatment for COVID-19, not just prevention.



“A lot of doctors are now learning this and coming out and saying it! The East Virginia School of Medicine actually has a COVID protocol that includes Vitamin D. So if you’re a patient who gets hospitalized for COVID, they’re automatically putting you on between 20,000 and 60,000 units of Vitamin D. This is part of their standard of care protocol in that hospital system,” says Dr. Osborne.

Dr. Osborne believes Vitamin D is one of the most simple and affordable ways to help you stay healthy.

“Vitamin D is very inexpensive. You can buy it at the local nutrition store, and it might just save your life, should you get sick. With vitamin D, there’s a therapy that can be done that I recommend, and it’s 1000 international units (IU) of vitamin D per pound. So if you’re 100

pounds, you would take 100,000 international units of vitamin D for three days. After that, you don’t have to keep taking those higher doses, but three days of high dose vitamin D will elevate your serum vitamin D levels to adequate levels,” states Dr. Osborne.

If you have a condition called sarcoidosis – Dr. Osborne says this many vitamins would not be safe for you. It’s important to talk to your own doctor before taking a new vitamin regimen, to make sure it’s safe for you and doesn’t affect any prescriptions you’re taking or any other medical conditions.



Along with following the CDC health guidelines, he encourages everyone to think of boosting their immune systems as a four-pronged approach, using four different supplements:

Number 1: Vitamin D, get your levels up, and you can also ask your doctor to test your levels, a very easy blood test.

Number 2: Vitamin C, we know it’s working well. There have been some studies on COVID where vitamin C has shown to have very good benefits in the outcome of an illness.

Number 3: Zinc stops viral replication multiple ways, so it prevents the virus from hijacking your DNA, prevents the virus from replicating. It also prevents the virus from entering the cell, so zinc is very important right now.

Number 4: Quercetin, which is what’s called a natural bioflavonoid. Quercetin opens up the cells in your body so that zinc can get inside your cells, where it works. So think of quercetin as the key. Think of zinc as the repairman, that is allowed into the house, so-to-speak,” says Dr. Osborne. (Courtesy <https://www.fox26houston.com/>)

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is my MRI normal and I still hurt?

Go to www.thepaindiagnostest.com to find out why