

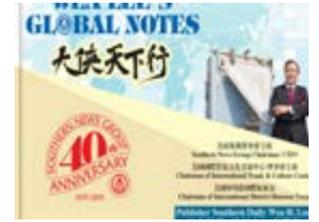


If you would like to share news or information with our readers, please send the unique stories, business

news organization events, and school news to us including your name and phone number in case more information is needed.

For news and information consideration, please send to News@scdaily.com or contact
John Robbins 832-280-5815
Jun Gai 281-498-4310

Mr. Lee's Commentary and Dairy



Inside C2

Southern DAILY

Make Today Different

Southern Daily News is published by Southern News Group Daily

Publisher: Wea H. Lee
President: Catherine Lee
Editor: John Robbins, Jun Gai
Address: 11122 Bellaire Blvd., Houston, TX 77072
E-mail: News@scdaily.com

Saturday February 20 2021 | www.today-america.com | Southern News Group

U.S. House Democrats advance \$1.9 trillion COVID-19 aid bill



WASHINGTON (Reuters) - President Joe Biden's push for a \$1.9 trillion COVID-19 relief bill took a step forward on Friday as a U.S. House of Representatives committee unveiled the legislation Democrats hope to pass by late next week.

FILE PHOTO: A person drives past a Los Angeles Regional Food Bank semi-trailer at a drive-thru food distribution in West Covina, California, U.S. December 29, 2020. REUTERS/Bing Guan
The 591-page bill, stitched together by the House Budget Committee, would carry out Biden's proposals to provide additional money for COVID-19 vaccines and other medical equipment.

Biden toured a Pfizer vaccine manufacturing plant in Portage, Michigan, amid efforts to ramp up production, with only about 15% of the U.S. population vaccinated against the coronavirus so far.

He said he was open to proposals to make the package less expensive. Referring to Republican critics, Biden said, "Let me ask them what would they have me cut, what would they have me leave out."

Besides the additional funding for medical supplies, major

components of the massive aid plan focus on stimulating the country's economy, which has struggled over the past year under job layoffs and shuttered businesses resulting from a pandemic that has killed nearly 500,000 Americans. The plan would offer direct payments to households, extended federal unemployment benefits, aid to state and local governments, and other steps.

House Speaker Nancy Pelosi has said she was aiming for a vote in the Democratic-controlled chamber on passing the bill -- a top priority of the new Democratic Biden administration -- by the end of next week.

Earlier on Friday, Senate Majority Leader Chuck Schumer, a fellow Democrat, said his deeply divided chamber will pass the bill before March 14, when the latest round of federal unemployment benefits expire.

While Schumer said he welcomed "constructive amendments" by Republicans, he added in a letter to rank-and-file Democrats: "Make no mistake: the era of Mitch McConnell's legislative graveyard is over."

Senator McConnell, a Republican, served as majority leader from 2015-2020 and had proudly labeled himself the "Grim Reaper" of legislative initiatives from the Democratic House.

Included in the House bill is a controversial proposal to gradually raise the federal minimum wage, now set at \$7.25 an hour, to \$15 by 2025.

The provision faces multiple difficulties: Republicans oppose it and at least two moderate Senate Democrats have warned they too, would vote against it, which would sink the wage increase in a Senate split 50-50.

More importantly, the Senate parliamentarian might prohibit the measure altogether, under arcane Senate rules governing "reconciliation" bills such as this one that allow it to move through the chamber by simple majority votes. Most other bills need to have the backing of at least 60 senators to clear procedural hurdles.

The House Budget Committee is set to meet Monday to weigh amendments to the bill before sending it to the full House for debate and passage.



www.afnb.com



恆豐 銀行
American First National Bank

借記卡手機管理
24小時保護你的賬戶

mymobilemoney FDIC

| | | | | | | | |
|--|---|--------------------------------------|--|--|---|---------------------------------------|--|
| Houston Area: Main Office 713-596-2888 | Spring Branch 713-273-1838 | Katy Branch 281-762-6688 | Harwin Branch 713-273-1888 | First Colony Branch 713-596-2588 | Nevada Area: Las Vegas Branch 702-777-9988 | Pahrump Branch 775-751-1773 | Amargosa Valley Branch 775-372-1100 |
| Dallas Area: Richardson Branch 972-348-3488 | Harry-Hines Branch 972-348-3433 | Legacy Branch 972-348-3466 | Carrollton Branch 972-428-5088 | Arlington Branch 817-261-5585 | Garland Branch 972-272-3375 | Plano Branch 469-429-2422 | California Area: City of Industry Branch 626-667-3988 |
| | | | | | | | Alhambra Branch 626-863-1980 |

02/19/2021

We Are Out Of Power In The Energy Capital Of The World

More than 22 million people across the southern states were under a hard freeze early this week. In the meantime, the electricity shortage has broadened to encompass food, water and health crises. Since last week 16 Texans have died from the winter storm.

Since Monday morning the Southern News compound was in the dark without water and power. Our outside LED sign had no power and no picture, the water fountain had frozen over and the whole Chinatown and International District area

had closed down for business.

Texas Governor Greg Abbott continued to slam the Electric Reliability Council of Texas (ERCOT) for what he says was a failure to prepare the state for the winter storm.

This storm has left thousands freezing in the dark without running water.

This is a shame that while we live in America, we also live in the energy capital of the world—Houston.



Southern News Group 40th Anniversary 1979-2019

STV KVVV153
东南国际电视网

Southern News Group Chairman / CEO
Chairman of International Trade & Culture Center
Chairman of International District Houston Texas

Publisher Southern Daily Wea H. Lee

Stay Home!

BUSINESS

Wear Mask!



DATELINE: COVID-19™

This news page is dedicated to frontline healthcare workers and the world they live in every day to defend the health of the community.

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

The Latest On The Coronavirus Pandemic And Vaccines



Go Here: <https://www.cnn.com/world/live-news/coronavirus-pandemic-vaccine-updates-02-02-21/index.html>

U.S. to send some vaccines straight to pharmacies; Russia reports 91.6% effectiveness rating for Sputnik vaccine: Live COVID-19 updates



Go Here: <https://www.usatoday.com/story/news/health/2021/02/02/covid-news-california-washington-struggle-vaccine-equity-50-m-shots-distributed/4349572001/>

Moderna Increases COVID-19 Vaccine Shipments While Pfizer Lags Behind



Go Here: <https://www.npr.org/sections/health-shots/2021/02/01/962954518/moderna-increases-covid-19-vaccine-shipments-while-pfizer-lags-behind>

Covid-19 Live Updates: Moderna Wants to Add 50% More Vaccine to Each Vial to Speed Rollout

Rollout



Go Here: <https://www.nytimes.com/live/2021/02/02/world/covid-19-coronavirus>

Covid-19: Snowstorm Disrupts Vaccinations Across Northeast



Go Here: <https://www.nytimes.com/live/2021/01/31/world/covid-19-coronavirus>

(To Reach a topic, use Google search.)
Related
Frontline Healthcare Workers At The Top Of 100 Most Influential People List

"The frontline worker" occupies the number-one slot in Modern Healthcare's magazine 2020 list of the 100 most influential people in healthcare.

Those frontline workers include physicians, nurses, respiratory therapists, environmental service workers, and administrators, according to the list's companion article.

Modern Healthcare praises the healthcare workers for their selfless labor under dangerous conditions during the COVID-19 pandemic. They also receive high praise for the compassion they've shown to patients, especially those dying alone in the hospital.

The other top-rated healthcare influencers on the list are more typical of those that Modern Healthcare places on its list every year. The vast majority of them are CEOs of big healthcare systems, insurers, and pharmaceutical companies.



The healthcare executives who occupy slots 2 and 3 on the list describe in the article what each of their systems did for the other during the public health crisis.

At the height of the pandemic last April, recalls Marc Harrison, MD (3), CEO of Intermountain Healthcare, his organization sent 50 clinicians to the New York hospitals of Northwell Health. Michael Dowling (2), CEO of Northwell, returned the favor in September by sending several teams to Salt Lake City to help with COVID-19 patients when a big virus surge hit Utah.

In Dowling's comments on Harrison, he recalls that Northwell was desperate last April, and "staffing was by far our biggest concern. Among the first people I called for help was

Intermountain Healthcare President and CEO Dr Marc Harrison, saying, "We're inundated here, and I'm wondering if you can help us in any way?" His immediate response was, "Absolutely, what do you need?"

Tech and Politics

As on the 2019 list, the 2020 roll also includes several leaders of technology companies. Among them are Judy Faulkner (8), CEO of Epic Systems; Jason Gorevic (10), CEO of Teladoc; Karen DeSalvo, MD, MPH (26), chief health officer of Google; Kieran Murphy (27), president and CEO of GE Healthcare; and Paul Black (86), CEO of Allscripts Healthcare Solutions.

The only politician on the list this year is President Donald Trump, who falls to 28 from 9 last year. In 2019, besides Trump, the politicians on the "most influential people" roster included Elizabeth Warren (8), Nancy Pelosi (15), and Bernie Sanders (24).



However, there are plenty of government officials on the 2020 list, including US Department of Health and Human Services Secretary Alex Azar (46), Centers for Medicare and Medicaid Services administrator Seema Verma (16), and US Food and Drug Administration commissioner Stephen Hahn, MD (11).

Anthony Fauci, MD, director of the National Institute of Allergy and Infectious Diseases, is listed as the ninth most influential individual. Modern Healthcare's article credits Fauci with standing up to Trump on the value of science. He is also praised for his tireless advocacy of public health measures like wearing masks and social distancing.

Deborah Birx, MD (31), who serves with Fauci on the White House Coronavirus Task Force, is described as "a leading clinical voice in the fight against COVID-19." But the article notes that "Birx has drawn fire over actions some critics say have undermined the role of the Centers for Disease Control and Prevention during the pan-

demie."

Activism Applauded

Susan Bailey, MD (20), president of the American Medical Association, was applauded for defending physicians trying to save the lives of COVID-19 patients. Bailey, it is noted, took on Trump for claiming that doctors make more money when they diagnose patients with COVID-19.



Another important voice during the pandemic has been that of Bonnie Castillo, RN (17), executive director of National Nurses United. The union chief, the article recalls, has been a strong advocate for nurse safety during the COVID-19 crisis. She has also criticized hospitals for their lack of pandemic planning and preparedness, Modern Healthcare points out. Castillo is on Time's list of the 100 most influential people of 2020, as well.

Some hospital executives were placed high on the list partly because of their social activism. Gene Woods (7), president and CEO of Atrium Health, contributed \$1 million of his own money to start an emergency care fund for Atrium Health employees. He was also reportedly vocal about "social equity" during the racial unrest of last summer.

Penny Wheeler, MD (22), president and CEO of Allina Health, was selected for a similar reason. Last May, as COVID-19 patients were overrunning Allina's hospitals in the Minneapolis area, the George Floyd protests broke out. Wheeler signed a letter denouncing racism, along with other local CEOs. This occurred just after healthcare workers rallied at the state capitol to protest what they said were unsafe conditions at an Allina hospital. Wheeler said Allina had tried to obtain personal protective equipment from more than 500 sources.

Editor's Choice



Cars make lines at a food distribution site run by West Houston Assistance Ministries after winter weather caused food and clean water shortage in Houston, Texas, February 19, 2021. REUTERS/Go Nakamura



Empty shelves are seen at snack section in Fiesta supermarket after winter weather caused food and clean water shortage in Houston, Texas, U.S. February 19, 2021. REUTERS/Go Nakamura



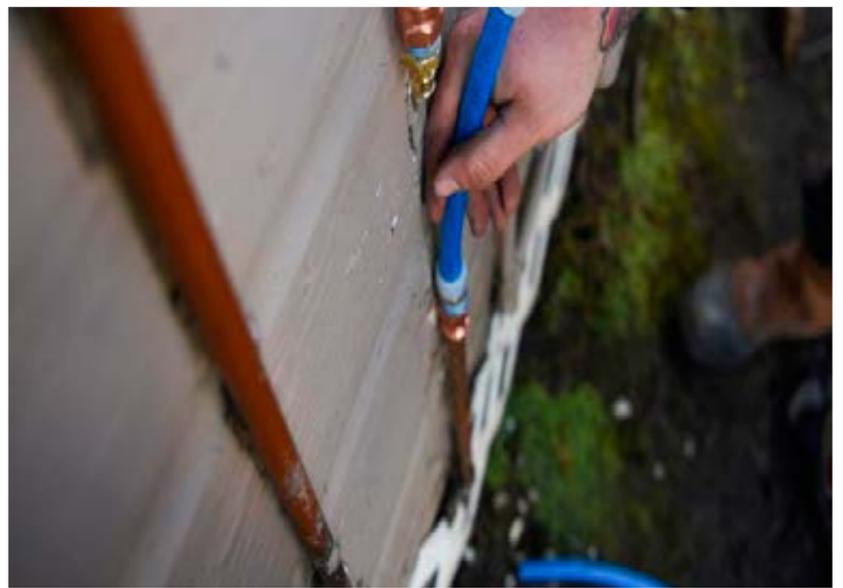
Contractors remove material from a ceiling in a recently purchased home that sustained water damage due to busted pipes, which froze during an unprecedented winter storm, in Houston, Texas, February 19, 2021. REUTERS/Callaghan O'Hare



Tyler Riese, a plumber, reaches underneath a house to investigate a pipe, which burst after freezing, following an unprecedented winter storm in Houston, Texas, February 19, 2021. REUTERS/Callaghan O'Hare



Makeshift insulation surrounds a faucet as the city of Houston remains under a boil water advisory in Houston, Texas, February 19, 2021. REUTERS/Callaghan O'Hare



Tyler Riese, a plumber, fixes a pipe, which burst after freezing, following an unprecedented winter storm in Houston, Texas, February 19, 2021. REUTERS/Callaghan O'Hare



Guyler Antoine rests at a shelter run by the Salvation Army after winter weather caused electricity blackouts in Plano, Texas, February 18, 2021. REUTERS/Shelby Tauber



A shopper at an H-E-B Plus! supermarket faces empty shelves in the Flour Bluff neighborhood of Corpus Christi, Texas, February 18, 2021. Courtney Sacco/Call-er-Times/USA Today Network via REUTERS

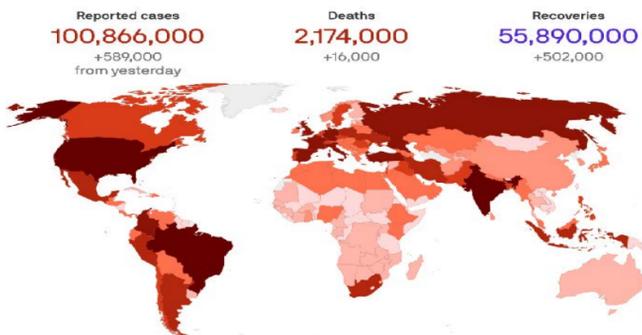


DASHBOARD

World Coronavirus Updates

Reported cases of COVID-19

As of Jan. 27, 2021



| Top countries by reported case count | | | | | |
|--------------------------------------|--------|-------------|-------|------------------|-------|
| 1. U.S. | 25.60m | 6. France | 3.17m | 11. Colombia | 2.06m |
| 2. India | 10.70m | 7. Spain | 2.67m | 12. Argentina | 1.90m |
| 3. Brazil | 9.00m | 8. Italy | 2.50m | 13. Mexico | 1.81m |
| 4. Russia | 3.73m | 9. Turkey | 2.45m | 14. Poland | 1.49m |
| 5. U.K. | 3.73m | 10. Germany | 2.18m | 15. South Africa | 1.43m |

Axios Data: The Center for Systems Science and Engineering at Johns Hopkins; Map: Axios Visuals

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

New Zealand now has active no coronavirus cases in the community after the final six people linked to the Auckland cluster recovered, the country's Health Ministry confirmed in an email Wednesday. The country's second outbreak won't officially be declared closed until there have been "no new cases for two incubation periods," the ministry said. Auckland will join the rest of NZ in enjoying no domestic restrictions from late Wednesday, Prime Minister Jacinda Ardern said, declaring that NZ had "beat the virus again."



New Zealand Prime Minister Jacinda

Ardern (L) visits a lab at Auckland University in December. Photo: Phil Walter/Getty Images

By the numbers: Globally, more than 1 million people have died from the novel coronavirus and over 35.7 million have tested positive, Johns Hopkins data shows.

- The U.S. has reported the highest death toll and case count from the novel coronavirus, with nearly 210,800 fatalities and almost 7.5 million infections — with President Trump among those being treated for the virus.

- Brazil has reported the second-highest number of deaths from COVID-19 — nearly 147,500. India has the second-highest number of cases (almost 6.7 million).

What's happening:

- The World Health Organization said in a statement Tuesday that Europe is experiencing "rising COVID-19 fatigue" as cases increase across the continent. "Despite the hardships, COVID-19 is urging us to move beyond biomedical science," the WHO said.

- Ireland's government has rejected health experts' advice to return the country to a "full lockdown" despite rising infection numbers, the Guardian reports.

- France's Prime Minister Jean Castex said bars in Paris will close for two weeks from Tuesday as part of new measures against the coronavirus, per the EU Observer.

1. **Health:** Axios-Ipsos poll: New strains, not school spread, drive virus fears — A longer, deadlier pandemic.

2. **Vaccine:** Biden administration will ship COVID vaccine directly to pharmacies — CDC: Vaccine database on race and ethnicity paints incomplete picture — Vaccine chaos may undermine second doses.

3. **Politics:** Trump administration lobbied against states on COVID-19 vaccine funding — GOP senators release details of \$618 billion COVID relief package.



Australian Open

4. **Economy:** COVID-19 prompts food stamp spending increase — The state of the U.S. economy after one year of the coronavirus.

5. **World:** Russia's Sputnik V vaccine is highly effective, study finds — Bushfire burns Perth Hills homes while Australian city is on lockdown.

6. **Sports:** Australian Open set to bring a slice of normalcy to the sports world.

Cases:

1. **Global:** Total confirmed cases as of 2 p.m. ET Tuesday: 103,645,110 — Total deaths: 2,245,649 — Total recoveries: 57,532,314 (no longer includes U.S. recoveries as of Dec. 15) — Map

2. **U.S.:** Total confirmed cases as of 2 p.m. ET Tuesday: 26,349,627 — Total deaths:

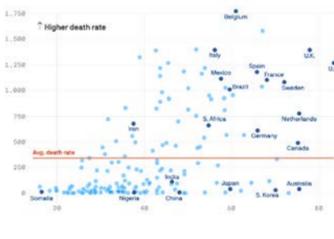
444,336 — Total tests: 306,049,697 — Map

Between the lines: Policy responses to the crisis have been every-country-for-itself and — in the case of the U.S. and China — tinged with geopolitical rivalry. But the scientific work to understand the virus and develop a vaccine has been globalized on an unprecedented scale.

Coronavirus symptoms include: Fever, cough, shortness of breath, repeated shaking with chills, muscle pain, headaches, sore throat and a loss of taste or smell.

Rich Countries' Pandemic Preparedness Failures

Pandemic preparedness vs. COVID-19 death rates



Reproduced from Branko Milanovic using GHS Index and Worldometer data; Chart: Axios Visuals

Some of the richest countries in the world — the ones that had been considered the best prepared to handle a pandemic — turned out to be the ones that suffered the highest death rates. The SARS-CoV-2 virus has proven that preparedness needs to be global, and coordinated.

Just before the pandemic, Johns Hopkins University, the Nuclear Threat Initiative, and the Economist Intelligence Unit released a World Health Preparedness Report ranking every country in the world on its pandemic preparedness.

- **The highest-ranked country** was the U.S. — but now, only eight of the 153 countries in the study have a worse death rate than the U.S.

- **The U.K.** came in second for preparedness; its death rate is even worse than America's.

- **Thailand and Sweden** were ranked equally on preparedness, but Thailand has seen only 1 death per million people,

while Sweden has seen 1,078.

The big picture: The virus spread in large part because of two big failures. First, the Chinese government failed to contain it and tried to cover it up. And second, the U.S. failed to take on the global leadership role that most pandemic specialists expected to see. Once the virus was spreading internationally, it traveled first along the world's densest travel and trade corridors, and proved most lethal to the elderly, who are overrepresented among rich countries.



Where it stands now: The Biden White House has promised to rejoin the World Health Organization; help lead the Global Health Security Agenda; and create protocols for coordinating and deploying a global response to any future pandemic. That's all part of a broader attempt to fight the current pandemic and put the world on a stronger footing when the next one emerges.

What's next: As Princeton economist Angus Deaton points out, future deaths may well fall more heavily on poorer countries, especially if rich countries vaccinate themselves first. For the time being, however, even after accounting for possible measurement and reporting errors, the virus has disproportionately hit the richest and best-prepared nations.

The bottom line: The preparedness report made it very clear that most countries were ill positioned to combat a global pandemic. What no one predicted was that the best-prepared would end up seeing the highest death rates. (Courtesy axios.com)



两个人的婚姻，为什么要一个人成长？

一切问题，皆自我成长。当你成为一个更好的自己时，婚姻对你来说就是件人生小事。

当婚姻出现矛盾，就要有所改变。不是你改变，就是他得改。问题是，到底谁改变呢？

很多人去参加了自我成长的课程，越学越委屈，他们会发出一种疑问：两个人的婚姻，凭什么我改变呢？

是啊，改变从来都是自愿的，没有人强迫你改变。对方只是不愿意改变而已，但没人说你一定要改变啊。对方不改变，就意味着你必须改变吗？

其实，在婚姻关系里，关于谁改变的问题，遵循着这几条定律：

1.谁更需要关系，谁改变

矛盾的本质是权利争夺，就是咱俩的关系中谁说了算。你也不想让步，我也不想让步，于是就有了矛盾。

可是，为什么要让步呢？为什么是你让步，而不是对方让步呢？原因之一就是，对方没你那么在意关系。并不是说对方完全不在意关系，而是没你那么在意。

改变自己为关系妥协，就可以留下关系。但是，妥协会让你不爽。这时候潜意识里就会有一个冲突：自我更重要，还是关系更重要？

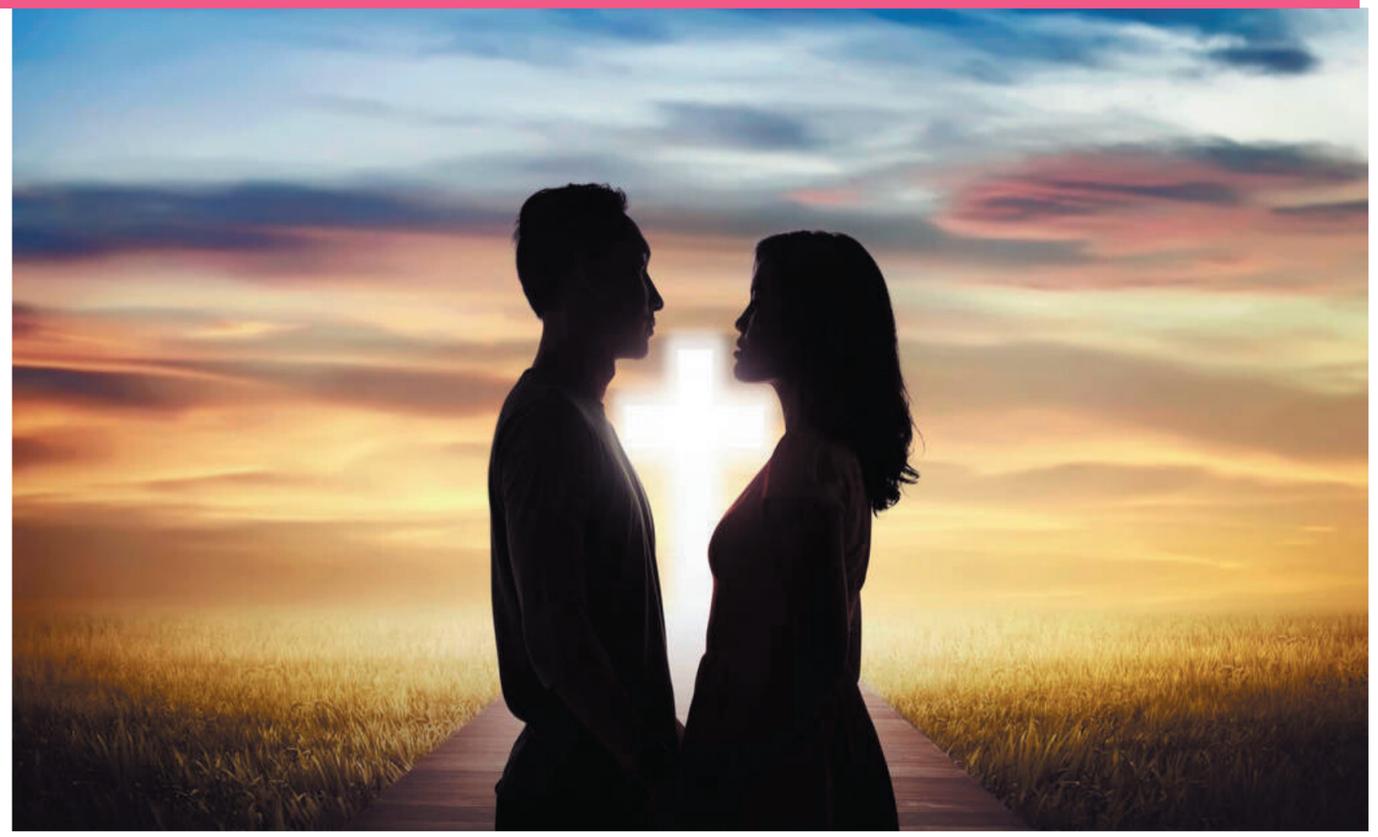
认为关系更重要的人就会先妥协。这就像是人贩子在跟妈妈夺孩子，人贩子大概率会赢过妈妈，因为人贩子对孩子死活的在意远远低于妈妈。在婚姻关系里，认为关系更重要的人，就会先妥协改变了。所以，让你改变的，其实是你想优先维护关系的愿望。

这时候，你要思考的是：为什么我会比他更在意你们的关系呢？

2.谁更需要和谐，谁改变

矛盾也不是个必须要解决的问题。很多人能承受矛盾，认为矛盾是生活的常态。如果一个人从小在父母的矛盾中长大，他就会对矛盾有一个夸大的想象，认为矛盾是灾难，是必须要解决的。这时候，他就会非常渴望和谐，并把愿望带到婚姻里来。

可是，和谐是必须的吗？如果对方对和谐没有那么大需求，他就不会有改变自己解决矛盾的愿望了。他会不停地指责你、挑剔你，不停地制造矛盾出来。而你可能会选择忍让、制止等方式



，希望他停止冲突，维护和谐。

这时候，你要思考的是：为什么我那么需要和谐呢？

3.谁更难以耐受不满足感，谁改变

矛盾的另外一个意思就是：此刻，我不愿意满足你了。因此，当婚姻出现矛盾，人之所以会介意，是因为那一刻他内在的需求无法被对方满足了，可是，他又很想被满足。于是，他就会想去改变自己或者改变对方来重新获得满足感。

因此，婚姻中那个强烈的对被满足有需求的人，就会推动着关系赶紧改变。而对被满足需求不强的人，则会觉得改变不改变无所谓，也就不会改变了。

这时候，你要思考的是：为什么我对婚姻里的不满足会那么难以耐受呢？

4.谁更难以耐受悬浮，谁改变

矛盾的意思也是不确定性。你不知道你们的关系接下来会怎样，生活会被

暂时搁置，充满了不确定性。我把这种状态叫作悬浮，就是对于你们的关系，你不确定下一刻要做什么、怎么做。

一个对生活充满了计划、缺乏安全感、无法忍受不确定的人，就会有强烈的想改变彼此的冲动，来消除这种不确定感，让婚姻回到自己熟悉的轨道里。而对方如果觉得这样也行，那样也行，对关系中的悬浮状态是耐受的，他就不会着急改变。一个人之所以对婚姻的悬浮状态不耐受，是因为婚姻生活占据了整个人生的主流。他的工作、娱乐、学习都是围着婚姻转的，他就对悬浮不耐受了。

这时候，如果你着急要改变，要思考的就是：婚姻是否占据了生活的主题？

成长从来不是改变自己，成长是为目的服务。很多人对于自我成长有个误解，以为个人成长就是要改变自己。实

际上，自我成长就是我们更清晰地认识到自己想要什么，然后为自己的目的选取合适的方法而服务。

通过上述4点，你可以感受到，你之所以要比对方先改变，是因为你的需求、你的目的、你的耐受度要比对方差，所以，你不得不先改变。这时候其实你是在做一些让自己舒服的事，只不过你自己在做，你心理不平衡。

自我成长的目的从来都不是改变自己适应对方。如果你觉得是在适应对方，就会觉得委屈了。你要知道的是：我成长的目的，是为了让自己舒服。难道让自己舒服这件事，我还要幻想着让别人来帮我做吗？

自我成长包括几个部分：

1. 提高自己对关系破碎的耐受性。当你关系的在意小于对方的时候，就是他改变了。

2. 提高自己对矛盾的耐受性。当你比对方更能接受你们之间有冲突的时候，他就改变了。

3. 寻找更多内心获得满足的途径。当你内心的满足感不仅仅依赖于婚姻的时候，他内心的需求就凸显出来了，他就开始着急改变了。

4. 提高对悬浮状态的耐受性。婚姻只是生活中的一小部分，你还有自我、娱乐、工作，不妨先把婚姻放一放。

你这些改变的目的都是为了让自己更舒服，而不是为了维护婚姻，你的舒服，比婚姻本身更重要。

也许你会担心，你放着放着婚姻就破碎了，那你就需要思考：为什么他不担心呢？为什么婚姻对你的重要性要显著大于对方呢？婚姻对你们的意义不平等，才是问题的根源。更在意的那个人，就是要先改变。