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HOUSTON, TEXAS

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美南新聞日報 · 華府新聞日報 · 達拉斯日報

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餐館請人

Restaurant Hiring

*中餐館請人
位6號 / Bellaire,
誠請 熟手半工
收銀電話接聽員、
半工炒鍋、油爐、洗碗打雜
以上需報稅,3點後電:
281-530-3839
832-833-5556

餐館請人

Restaurant Hiring

*Buffet 店請人
I-45南36出口,
誠徵大師傅和炒鍋
價錢面議,請電/親臨:
1626 Spencer Hwy
713-910-8899
832-276-6580
713-828-8177

餐館請人

Restaurant Hiring

*請炒鍋
I-10公路旁,
近 Gessner 中餐館
誠請炒鍋一名
星期日公休
請電: 朱先生 洽
713-933-9588

餐館請人

Restaurant Hiring

*糖城川菜館
快手川菜炒鍋師傅
及抓碼師傅
有意者請電: Andy
832-380-9063
4526 Hwy 6
Sugar Land, TX 77478

餐館請人

Restaurant Hiring

*誠聘(中國城)
●廚房幫工打雜
●清潔半工 ●司機
●LVN / RN (PT)
●Office Assistant (PT)
周一到周五
電:**281-781-9389**
未接請短信稍後再覆

餐館請人

Restaurant Hiring

糖城翠苑中餐館
誠請 點心助理
全職/兼職
時間靈活
有意者請電:
832-606-3731

餐館請人

Restaurant Hiring

*中餐廳請人
誠請全工炒鍋、
幫炒、廚房打雜
意者請電:
832-696-7902

餐館請人

Restaurant Hiring

Pasadena 餐館誠聘
位休斯頓東南 Pasadena 八號公路旁
誠聘:
熟手炒鍋 和 拉麵師傅
薪優面議。
有意者請電:**832-868-8658**
無人接聽請留言或短信

餐館請人

Restaurant Hiring

*Chow Wok
中式快餐店, 薪優
Dairy Ashford / Westheimer
地址:2575 B South Dairy Ashford Rd
誠請 ●炒鍋一名
意者請電: **281-235-3531**

餐館請人

Restaurant Hiring

老人中心誠聘以下全職員工
需有愛心、耐心願意長期為長輩服務
●廚房幫手: 能夠做面食
●辦公室經理: 懂英文
●辦公室助理兼前台服務: 懂簡單英文
有意者準備好簡歷, 打電話:
713-782-1983或發短信

餐館請人

Restaurant Hiring

*長樂活動中心
誠聘廚房幫廚
意者請電:
281-208-7709
713-884-5612

餐館請人

Restaurant Hiring

*連鎖素食餐館
誠請 英文好企枱
長短工,收入好,能報稅。
位休斯頓中國城附近。
地址: **6128 Wilcrest Dr**
素食者結緣! 請短信:
832-812-3229
702-768-6766
626-679-3973

餐館請人

Restaurant Hiring

*中餐館誠請
全工半工外送員
底薪高,需報稅。
位59號/99號交界
意者請電:
316-213-9738

餐館請人

Restaurant Hiring

*悅來餐館誠請
抓碼 一名,
有無經驗,全工半工
男女均可
有意者請電:
281-683-6368

餐館請人

Restaurant Hiring

*外賣店請人
位290/Barker Cypress
誠請
半工外送員: 小費好
全工/半工打雜幫廚
意者請電或發短信:
646-258-9818

餐館請人

Restaurant Hiring

*中餐館請人
誠聘 ●全工炒鍋
●半工外送員
有經驗,要報稅
離中國城15分鐘
4670 Beechnut
713-307-2882

餐館請人

Restaurant Hiring

*高薪聘請
熟手炒鍋
可以帶助手
或夫妻工亦可
意者請電:
832-983-8829

餐館請人

Restaurant Hiring

*餐館薪優誠聘
熟手外送員一名
接電話兼收銀員一名
近中國城10分鐘車程
聯繫電話: 劉先生
832-898-6667

餐館請人

Restaurant Hiring

*休斯頓快餐店
誠請
炒鍋, 打雜, 收銀
意者請電:
409-500-3300

餐館請人

Restaurant Hiring

*中餐館招聘
中國城百佳超市附近,
誠聘有經驗企枱服務員
無工作經驗可培訓。
全工、半工均可,能報稅
年齡不限,本店客源穩定,
小費好,意者來電:
713-367-9936
詳情可面談

餐館請人

Restaurant Hiring

*老美中餐館
誠請企枱 Server
收銀接電話 Cashier
需懂英文,全工/半工
位45南,25出口
意者請電或短信:
832-225-2948

餐館請人

Restaurant Hiring

KATY 中餐館
誠請熟手炒鍋
會看英文菜單
有意者請電:
917-287-6173

餐館請人

Restaurant Hiring

NOW HIRING
North China Restaurant
I-10 & KATY
Now is hiring
Waiter/Waitress
Full time or Part time
Must speak English
713-470-8118

餐館請人

Restaurant Hiring

美式中餐館
位6號/290,誠請
全工炒鍋、打雜、接電話
打包、外送員 和
半工周末外送員各一名
需報稅。以上不包住宿。
有意者請電:
713-213-0086
832-593-6688

餐館請人

Restaurant Hiring

長今韓國餐館
Jang Guem Tofu & BBQ
糖城店, now hiring
誠徵 企枱 Server
請 Email/親臨/或電:
tofu3528@gmail.com
3528 Hwy-6,
Sugar Land, TX 77478
電:**281-520-6774**

餐館請人

Restaurant Hiring

外賣快餐店,請
有經驗美式中餐炒鍋
星期一至星期六,
月薪\$4千。
另請收銀兼接電話
需英文流利。
意者請電:
713-732-8729

餐館請人

Restaurant Hiring

中國城中餐館
『高薪』聘請
廣東炒鍋
意者請電:
281-210-8392
黃師傅

餐館請人

Restaurant Hiring

粵菜餐館,薪優
東禾酒家請人
中國城,敦煌廣場內
誠請炒鍋和企枱
抓碼、油爐、洗碗
意者請電:
713-981-8803

餐館請人

Restaurant Hiring

Mail 內快餐
●經理助理:
工資+bouns+年假
有廚房經驗,男性優先
●收銀員:
\$14 起薪,會英語。
意者請電:
214-924-8009

餐館請人

Restaurant Hiring

黃金水餃請人
中國城黃金廣場內
薪優誠請廚房員工
全工。需有身份
請11am-9pm來電:
713-270-9996
281-881-9885

餐館請人

Restaurant Hiring

糖城中餐館
誠請前台和外送員
全工或半工均可,
需英文流利,
可報稅。
有意者請電:
832-866-2625

餐館請人

Restaurant Hiring

餐館誠請
有經驗收銀帶位,
企枱, 外送員。
意者請電:
832-466-3511

餐館請人

Restaurant Hiring

*餐館誠請
●廚師:懂簡單英語
●周末打雜。
地點近中國城!
意者請電:
832-661-8881

餐館請人

Restaurant Hiring

金山餐館請人
位 Downtown 誠請
●企枱, 拋鍋, 抓碼
~以上薪水好~
意者請電: 阿泰
916-529-7337
2001 Jefferson
Houston, TX 77003

餐館請人

Restaurant Hiring

壽司餐館請人
Restaurant Hiring

餐館請人

Restaurant Hiring

*超市內壽司吧
610北,近290
誠徵女性人員一名
需有些經驗
全工或半工,待優
意者請5點後電:
832-660-2521

餐館請人

Restaurant Hiring

壽司餐館請人
Restaurant Hiring

餐館請人

Restaurant Hiring

超市壽司吧高薪
誠徵 壽司師傅、助手
有責任心者、男女不拘、
提供住宿、須報稅。
有意者請傳簡訊至
832-401-9179
New Caney, TX 77365
位高速公路59N上,離
中國城約45分鐘路程

餐館請人

Restaurant Hiring

Help Wanted
New HEB Sushi Bar
Full Time/Part Time
Located I-45 South
/ El Dorado Blvd.
713-382-6843
壽司吧位新 HEB 超市內,
誠請全工半工壽司助手

餐館請人

Restaurant Hiring

日本餐館,薪優
二家日本餐館
位西南區 & 西北區
誠請全工
包卷及 Sashimi 師傅
提供住宿,請電:
281-851-5858

餐館請人

Restaurant Hiring

*日餐請人
位1-10 Memorial
99大華附近,聘請
●壽司師傅(可培訓)
●廚房幫手(可培訓)
●前檯幫手 ●Cashier
全/半工均可,時間彈性
薪優,待遇好,男女不限
832-380-0247

餐館請人

Restaurant Hiring

美日餐館,高薪
二家 Galleria & 1960
誠請經理,企枱,帶位
Bartender 調酒師
需英文流利,懂酒水
全工/半工均可
小費極佳。 聯繫電話:
281-636-8808

餐館請人

Restaurant Hiring

日本鐵板燒
位於 Woodlands
誠請 廚師
前台:要求會簡單英文
另招外送員1-2名,
周一休 早上11-8:30
意者請電:
501-442-8456

餐館請人

Restaurant Hiring

Japanese Rest.
Hwy6/Sugar Land,
誠請
壽司師傅 Sushi Man
廚房幫手 Kitchen Help
意者請電:
281-325-0628
832-868-8813

餐館請人

Restaurant Hiring

日本拉麵店
位 Missouri City,
請 ●全職半職企枱
●油鍋打雜
薪資面議。 請電:
832-433-0973
或徵求合作伙伴亦可
共同經營

餐館請人

Restaurant Hiring

路州全日餐
Lake Charles
『高薪』誠請
壽司師傅,學徒
廚房師傅,油鍋打雜,
全工企枱。
包吃包住,意者請電:
832-605-2131

餐館請人

Restaurant Hiring

*日餐誠聘
位10號公路,宜家
家私附近,日餐誠請
●兼職帶位,
●全職或兼職和企枱
需英文流利和可報稅。
有意請電:
832-339-6112

餐館請人

Restaurant Hiring

中日餐館請人
位45號南
近 Galveston,誠請
炒鍋,打雜,企枱,收銀
供住宿,歡迎墨西哥人
有意者請電:
929-677-0781

餐館請人

Restaurant Hiring

200
餐館租售
Restaurant
for sale

餐館請人

Restaurant Hiring

賺錢堂吃中餐售
●因東主年齡退休,
近 Galleria Mall,1500多呎
地段好,生意旺,租金合理
●Katy 中高檔繁華社區
外賣/堂吃中餐,10號邊,
1900呎 租金僅\$2800。
生意4-5萬,售價\$16萬
832-858-4838王

餐館請人

Restaurant Hiring

*Katy 中餐館
出售兼招人
生意穩定4-5萬,
預售價面議
誠請 炒鍋,
油鍋煎打雜,外賣員
電 **281-673-8752**

餐館請人

Restaurant Hiring

糖城堂吃外賣店
轉讓,經營多年,
生意穩定(周一公休)
1490呎,房租便宜,
業主還有其他生意管理
意者請電:
832-503-0453

餐館請人

Restaurant Hiring

賺錢餐館退休售
近8號,Westheimer
16年老店,1750呎
生意穩定,設備齊全
業主退休,有意出售。
意者請電:
832-513-8776

餐館請人

Restaurant Hiring

*賺錢餐館出售
位於西南區
生意穩定,房租低,
包水。
意者電:非誠勿擾
346-812-3233
●另請炒鍋一名

餐館請人

Restaurant Hiring

*中餐館轉讓
僅售二萬八
位於 LA Marque
Walmart, Sam Club 旁
設備齊全,
因身體欠佳急於轉讓
(離中國城40分鐘)
850-485-4128

餐館請人

Restaurant Hiring

*韓式餐館售
位 Katy 區,好餐館出售
價格好,請短訊
Korean Chinese
restaurant in Katy
for sale at low price.
Please send texts to
404-454-6170
if interested

餐館請人

Restaurant Hiring

*轉讓賺錢堂吃
兼外賣店
離中國城15分鐘車程
長年經營生意穩定。
意者請聯系:
713-373-2947
非誠勿擾!

餐館請人

Restaurant Hiring

*餐館出售
糖城 Sugar Land
面食店出售
~~詳情面談~~
聯系方式:
713-922-7104
626-348-9980

餐館請人

Restaurant Hiring

急急急!餐館讓
位於 Katy
中日餐堂吃外賣店
因股東糾紛急轉讓
有意者請私信:
347-277-1612
非誠勿擾

餐館請人

Restaurant Hiring

出售賺錢中餐館
人手不足,位於北休斯頓,
離中國城15分鐘,八號邊。
一周開6.5天,不送外賣,
1500呎,生意4萬2。
適合家庭經營。
歡迎看店議價,請信息
917-951-8859

餐館請人

Restaurant Hiring

賺錢餐館轉讓
醫療中心黃金地段
5000呎餐館轉讓
新裝修,新設備
3835 Bellaire Blvd,
Houston, TX 77025
聯系電話: 班女士
346-801-5176

餐館請人

Restaurant Hiring

堂吃外賣兼
小 Buffet 轉租
無需轉讓費,
設備齊全。
詳情請致電:
210-380-2645
閑聊者勿擾!

餐館請人

Restaurant Hiring

賺錢餐館出售
疫情期間外賣生意很好
東主退休有意出售。
有粵菜經驗者更佳。
意者請電:
210-396-0650
餐館在聖安東尼奧,
競爭極小。

餐館請人

Restaurant Hiring

Kroger 壽司吧
轉讓,近中國城
易經營,收入穩定,
年收入五萬以上
售價: \$25,000
位11565 Hwy-6 S.
Sugar Land, TX 77498
電: **832-664-1410**

餐館請人

Restaurant Hiring

堂吃外賣餐館
轉讓
位249高級白人區
因人手不足轉讓
意者請電:非誠勿擾
281-813-6809

餐館請人

Restaurant Hiring

Order
節日大籌賓
餐館新張,堂吃/外購
~價格優惠,服務好~
專為家庭公司
宴會,慶典,生日,
大中小 Party Tray
可自備材料,自取或外送
346-319-4769

餐館請人

Restaurant Hiring

*大學城亞洲超市+中餐館
誠心轉讓。(一併買者,價格優惠)
因老版搬家,不得已轉讓。
生意穩定。超市3800呎,餐館2300呎
請電或短訊: **814-506-7198**
不接請短信。謝謝 非誠勿擾

餐館請人

Restaurant Hiring

*中餐旺鋪出讓
位於 Baytown 10號公路旁,
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Inside C2

Southern DAILY

Make Today Different

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Analysis: With Evergrande debt relief deal, China signals stability trumps austerity



A partially removed company logo of China Evergrande Group is seen on the facade of its headquarters, near a traffic light in Shenzhen, Guangdong province, China January 10, 2022. REUTERS/David Kirton

SHANGHAI, Jan 14 (Reuters) - If this week's developments at China's most indebted property developer are anything to go by, 2022 might see Beijing soften its attempts to purge the sector and make more allowances for economic stability.

China Evergrande Group (3333.HK), whose rocky financial situation has roiled Chinese property firms and global financial markets over the past year, got a reprieve this week after investors agreed to extend a payment date on a yuan bond. read more

The extension proposal, which a source familiar with the situation said had been implicitly green-lighted by regulators, offered investors a glimpse of what to expect from other property firms scrambling to service their debts.

The sector has been at the fore of Beijing's attack on bloated industries, high debt levels and over-investment as it strives for common prosperity and higher-quality growth.

But no one's quite sure how far the Communist Party is prepared to go to sacrifice the heavy contribution that real estate makes to the economy, or dispel unhealthy investor expectations of state bailouts.

Analysts said regulators seem to favour market-based debt workouts while trying to shore up investor and homebuyer confidence and soften the economic impact at a time of renewed focus on stability. It is a difficult balance.

"The concern seems to be primarily focused on homebuyers, secondarily on workers and contractor counterparties," said Charles Chang, senior director and China Country Lead at S&P Global Ratings. "...the government is demonstrating that it would like the market to function."

"Market discipline will continue to be a theme, but it won't just be for the real estate sector, it will be for other sectors as well. The government's view on this seems to be pretty clear."

The stakes are high in a year in which President Xi Jinping is expected to secure an unprecedented third five-year term as president at the 20th Party Congress this fall. read more

In a recent note, JPMorgan analysts flagged the property market slowdown as the biggest threat to economic stability, noting that a 5 percentage point slowdown in investment could directly and indirectly lower GDP growth by as much as 0.7 percentage points.

Analysts surveyed by Reuters this week expect China's economic growth to slow to 5.2% this year.

GROWTH WINNING

The deal between Evergrande's Hengda Real Estate Group and holders of its 4.5 billion yuan (\$707.60 million) bonds allowed the firm to avoid a technical default that could have complicated its restructuring.

The company has been struggling to repay more than \$300 billion in liabilities, including nearly \$20

billion of offshore bonds deemed in cross-default by ratings agencies last month after it missed payments. read more

It is not alone, with Chinese developers facing \$116 billion in maturing debt this year, according to Refinitiv.

Hang Seng property index rebounds even as Evergrande slumps to record low
Hang Seng property index rebounds even as Evergrande slumps to record low
Growing stress in the property sector has prompted Beijing to soften its clampdown at the margins, relaxing debt ratio rules dubbed the "three red lines" to ease acquisitions by state-owned developers. read more

"For developments to continue and to limit contagion risks, it is important to avoid a large number of distressed firms. This is why policy support should arrive, be it through increased lending by state banks or through facilitating asset acquisitions by state-owned developers," said Wei-Liang Chang, an FX and credit strategist at DBS Bank in Singapore.

At the same time, forcing some leveraged developers into debt restructurings could reinforce the message of credit discipline for developers and investors, he said.

Michael Pettis, a non-resident senior fellow at the Carnegie-Tsinghua Center for Global Policy, expressed scepticism that Beijing would make significant progress in addressing property sector debt risks this year, noting that moves such as relaxing the three red lines have simply allowed the shifting of debt burdens to state-owned firms from the more constrained private sector.

"China hasn't really resolved the fundamental issue ... You can't have less debt and the same amount of growth. There's just no way. And because this is a politically important year, my guess is growth is going to win over yet again."



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WEA LEE'S GLOBAL NOTES

01/15/2022

Welcome The Year Of The Tiger



invasion of the virus.

We are looking forward to the springtime and new happiness all over the sunny earth. We are starting a new journey again, and we wish everyone peace and safety in the year of the Tiger.

2022

新年快乐
Happy New Year

On the occasion of the Spring Festival, we would like to welcome the arrival of the Year of the Tiger to you on behalf of all our colleagues at Southern News Group who continue to fight on the news media front line.

pandemic has isolated us and kept us apart, but our hearts are indeed connected.

This serious disaster is still constantly testing our perseverance and survival. Many medical teams and researchers are standing in front of us and their sacrifices are defeating the

After more than two years of Covid-19, the



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Southern DAILY Make Today Different

Editor's Choice



ARP trainees battle the waves while completing training exercises during the last week of a ten-week program to become members of the Taiwan navy's elite Amphibious Reconnaissance and Patrol unit, at Zuoying navy base, Kaohsiung, southern Taiwan,...MORE



A migrant woman carrying a child walks at a makeshift migrant camp in Dunkerque near Calais, France, January 13. REUTERS/Yves Herman



Rosane Oliveira cleans an evangelical church after floods hit the area with pouring rains in Raposos, in Minas Gerais state, Brazil January 13. REUTERS/Washington Alves



People walk on Saltburn pier at sunset in Saltburn-by-the-Sea, Britain January 13. REUTERS/ Lee Smith



Anwar R, a former Syrian officer of Syrian President Bashar el-Assad's intelligence agency arrives at the higher regional court of Koblenz before the verdict in his trial for crimes against humanity, including torture and killing in Koblenz, Germany,... MORE



Hindu pilgrims arrive at the confluence of the river Ganges and the Bay of Bengal, ahead of "Makar Sankranti" festival at Sagar Island, amidst the spread of the coronavirus in the eastern state of West Bengal, India, January 13. REUTERS/Rupak De Chowdhuri

Omicron Brings A Record Number Of Cases And A Ray Of Hope

More Than One Million Americans Diagnosed Daily Now With COVID

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



People line up to get tested for COVID-19 in Washington, D.C., on Wednesday. More than 1 million positive COVID-19 tests were recorded in the U.S. on Monday, according to data from Johns Hopkins University. (Photo/Eva Hambach/AFP via Getty Images)

The U.S. reported a record 1,082,549 new COVID-19 cases on Monday, according to data from Johns Hopkins University. It's the latest in a series of staggering milestones brought on by the highly transmissible omicron variant, which is sweeping across the U.S. and around the world. The U.S. has broken several of its own COVID-19 records in recent days. Last week, Johns Hopkins reported more than 480,000 new cases in a single day, more than double the number of daily cases reported during the peak of the delta surge. The seven-day average topped 280,000. For reference: The country was averaging about 70,000 cases a day in early November. Monday's rise could be due to delays in reporting over the holidays and probably includes tests conducted over the weekend. The 7-day daily average for infections is currently at 480,273 per day. The milestone is more than twice the case count seen anywhere else in the world since the start of the pandemic, according to Bloomberg, which says the highest number outside of the U.S. was when more than 414,00 people were diagnosed on a single day in May during India's delta surge. As public health experts have noted, the numbers we're seeing could also be a undercount. With so many people testing themselves at home, it's hard

to capture the true number of cases, as Centers for Disease Control and Prevention Director Dr. Rochelle Walensky told NPR last week. Experts also caution about putting too much stock solely in case counts and focus instead on metrics like hospitalizations and deaths, which reflect the severity of illness. Those numbers are also rising, but not at nearly the same rate.



Times Square New York City.

Experts say the number of hospitalizations is more relevant than overall cases. Still, the number of hospitalizations is noteworthy. Currently, 112,941 Americans are hospitalized with COVID-19, and 26% of ICU beds are occupied by COVID-19 patients. Only two other times during the pandemic have hospitalizations surpassed 100,000 in the U.S. The first time was a year ago — when hospitalizations exceeded 120,000. And the second time was this past summer, when the delta variant hit. And Johns Hopkins counted 1,688 new deaths on Monday, down from a record 4,442 last January — before COVID-19 vaccines were widely available. Even with fewer people getting really sick, hospitals are still strained. NPR's Michaela Doucett explained that the perceived lesser severity of omicron — compared with delta — might actually be because it's infecting a large number of vaccinated people, who are less likely to get really sick (even two shots protect people from getting sick enough to be hospitalized by 70%). She spoke with Dr. Roby Bhattacharyya, an infectious disease doctor at Massachusetts General Hospital, who cited data suggesting that omicron may be just as severe as previous variants in unvaccinated people, while spreading faster — which could lead to a sharp increase in hospitalizations.

Dr. Anthony Fauci, the nation's top infectious disease expert, told ABC News' This Week on Sunday that the country is seeing "almost a vertical increase" in cases and that even a relatively lower rate of hospitalizations could strain already overwhelmed hospitals.



Dr. Anthony Fauci

"We have got to be careful about that, because, even if you have a less of a percentage of severity, when you have multi-multi-multi-fold more people getting infected, the net amount is you're still going to get a lot of people that are going to be needing hospitalization," Fauci explained. "And that's the reason why we're concerned about stressing and straining the hospital system."

The White House has ordered more doses of Paxlovid, Pfizer's antiviral pill

As the number of COVID-19 cases surges, President Biden said Tuesday that he is doubling the number of antiviral pills his administration has ordered to fight the disease. Biden said that the number of treatments of the pill, known as Paxlovid, would increase from 10 million to 20 million in the coming months. But the new order will not come in time to treat most of those who are now sick. Biden stated that the pills have the potential "to be a game-changer" in the fight against COVID-19.

After the pill was authorized by the Food and Drug Administration in late December, the initial allocation of pills was only enough to treat 65,000 people. Biden said more pills would ship to states this week but said it takes months to make the pills because of their complex chemistry.

Skyrocketing cases are disrupting all kinds of plans and industries

Dr. Natalie Dean, an assistant professor of biostatistics at Emory University, made a similar case on NPR's All Things Considered on Monday. "The public health impact is made up a lot of different things, and we're most acutely interested in severe disease and death," she said. "But, of course, infections have impacts and we think about the disruption — all the people who are going to need to miss work, including health care professionals and frontline workers. So the numbers have meaning, but it is a different public health impact when someone is mildly ill or doesn't even have symptoms than when someone is severely ill."



The skyrocketing case count has snarled holiday plans, disrupted travel and thrown another wrench into returns to schools and workplaces. The CDC has since altered its guidance to recommend COVID-positive people isolate for five days instead of 10 if they're no longer showing symptoms and is reportedly considering adding a negative test to that recommendation.

The CDC now estimates that 95.4% of coronavirus cases are caused by the omicron variant, based on data for the week ending Saturday. "Just seeing the transmissibility of delta was remarkable already, but this is just even beyond that," Dean added. "So I think that's something that's hard to wrap our heads around. Just how many people are likely to be infected over the next month is just going to be a lot of disruption, unfortunately."

The update brings cumulative U.S. infections for the entire pandemic to 56,189,547, the most of any country, as of Tuesday afternoon. (Courtesy npr.org)

800,000 Americans Have Now Died Of COVID. Now The U.S. Braces For An Omicron-Fueled Spike



A man wearing a face covering walks past a white flag memorial installation outside Griffith Observatory honoring the nearly 27,000 Los Angeles County residents who have died from COVID-19 on Nov. 18 in Los Angeles, Calif. (Photo/Mario Tama/Getty Images)

The coronavirus has now killed more than 800,000 people in the U.S., just two years after the first COVID-19 cluster was reported in Wuhan, China, and a year after vaccines were first rolled out.

"It's tragic on so many levels," said Dr. Helen Chu, an immunologist and epidemiologist at the University of Washington.

It was Chu's team in Seattle that identified the first case of community spread of COVID-19 in the U.S., as she and her colleagues pivoted from testing nasal swabs for influenza to test for the coronavirus — and raised the alarm about its presence, despite political and bureaucratic obstacles.

With surges fueled by more transmissible variants of the coronavirus, the U.S. hit the tragic new record Tuesday, shortly after surpassing 50 million COVID-19 cases — by far the most in

the world. Michael Osterholm, director of the Center for Infectious Disease Research and Policy at the University of Minnesota, has accurately predicted some of the most harrowing effects of the pandemic. But even he's been surprised by the impact of coronavirus variants. "I had a sense [in early 2020] that this was going to be a prolonged and very damaging pandemic," he said. "What I didn't understand at the time, and has surely influenced how I think it's going to keep going, is the role the variants played. I think the variant issue right now continues to be the 210-mile-an-hour curve ball that we don't really yet understand completely."

Variants derailed plans and drove surges

The U.S. death rate recently worsened: the



rolling seven-day average for daily COVID-19 deaths has been above 1,000 since Dec. 3, according to the Centers for Disease Control and Prevention. That's far higher than June and early July, when for weeks the rolling average for deaths held below 300. That changed in late summer, when the delta variant took hold, driving new infections.

With parts of the U.S. enduring sharp rises in cases and deaths, the worst-hit counties include Maricopa, Ariz., with more than 60,000 new cases and 671 deaths over the past 28 days, according to Johns Hopkins University's COVID-19 dashboard.

Experts now warn that the more transmissible omicron variant could bring a new spike, just as many Americans have been hoping to enjoy a relatively normal holiday season with friends and family. So far, reports of vaccines' effectiveness against omicron is mixed.

"Certainly the data is concerning about the decreased effectiveness of two vaccine doses against omicron," Chu said, "but booster doses seem to overcome that to a degree. And as with all the other surges, it will be the unvaccinated who will become seriously ill, hospitalized, and fill the hospitals past capacity."

Osterholm notes health care systems are urging people to get vaccinated, warning that people who need emergency care could find an overloaded system when they rush to hospitals

"In many places right now in these states with these prolonged surges, we are beyond bending. We're broken, in some of these institutions," he said.

(Article continues below)

(Article continues from above)

Omicron Brings A Record Number Of Cases And A Ray Of Hope

More Than One Million Americans Diagnosed Daily Now With COVID

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

Returning to his curveball analogy, Osterholm said, "If the variants are 210-mile-an-hour curve balls, omicron is about a 500-mile-an-hour curveball."



One scenario, he said, is that the variant could cause less severe illness overall — but still force many patients to go to hospitals at once, because of high transmission rates. "I think that over the course of the next three to four weeks, we're going to see a real impact from omicron. The question is what will that impact be? And we just don't know yet."

With many people in the world unable and/or unwilling to be vaccinated, both Chu and Osterholm say more variants will emerge in the future.

Deaths doubled in 2021, despite the arrival of vaccines

Since early 2021, the pandemic's death toll has doubled. Here's a recap of the milestones the U.S. has hit this year: 400,000 deaths on Jan. 19; 500,000 on Feb. 22; 600,000 on June 15; 700,000 on Oct. 1.

"It's embarrassing for the country that led on so much of the science around immunology, virology, and vaccinology, to have stumbled in vaccine implementation and rollout to its population," Chu said. "And it's just really terrible to think that so many of those deaths were completely preventable."

The first coronavirus vaccine shot was administered in the U.S. one year ago. As of this week, the CDC says 72% of the U.S. population has had at least one dose of a COVID-19 vaccine, although the amount of people who are fully vaccinated only recently nudged over 60%. Despite the vaccines' arrival, COVID-19 has killed more Americans in 2021 than it did in 2020.

Among older adults, the median age of COVID-19 deaths has "dropped precipitously," Osterholm said, especially when vaccination status is taken into account.

"One of the things that I find troubling is the fact that people often write off [the death toll] as just, 'This is

a bunch of old people,'" Osterholm said. Using Minnesota as an example, Osterholm said the median age of unvaccinated people who die from the disease in the state is more than 20 years younger than vaccinated people who die from it.



"The unvaccinated are becoming more and more of a challenge at much younger ages, and we're seeing many more 20-, 30-, 40- and 50-year-olds unvaccinated dying from COVID," he said. When the pandemic ends, COVID-19 may still be here. As for when the pandemic might end, many epidemiologists say it could require adapting to COVID-19, noting how difficult it will be to eradicate the disease completely. "I think we are going to have to get to a point of learning how to coexist with this virus," Chu said. "There is a very large focus on vaccines, but continued masking and testing needs to be emphasized to prevent community spread," Chu said. "I would like to see a universal vaccine and mask mandate, and easy and cheap testing to be available. That is what has worked in other countries, and we should be doing that here."

As for how we might build on the lessons of COVID-19 when another pandemic strikes, the focus should be on minimizing harm, Osterholm says.

"Pandemics are going to happen," he said. "They're like tornadoes, hurricanes and earthquakes. What we're going to need to do is be able to respond to them, so that we minimize the damage. And that's the key message right now, I think, is what do we do to that?"

Osterholm points to challenges surrounding vaccines — from how they're delivered to how they're accepted by the public.

"That's a huge issue," he added. (Courtesy npr.org)

Related An Interview With A Medical Expert On Covid America's COVID Situation Could Get Better In 6-8 Weeks



People wait in line to receive a COVID-19 test on Tuesday in New York. The U.S. recorded more than 1 million COVID-19 cases on Monday. (Photo/Angela Weiss/AFP via Getty Images)

Things might seem pretty grim on the pandemic front right now. The U.S. is only a few days into the third calendar year of the pandemic and nearly 500,000 new COVID-19 cases are being counted daily.

The country hit another record high on Monday with 1,082,549 infections. So if it's hard to find a glimmer of hope, you're not alone. But Dr. Bob Wachter, Chairman of the Department of Medicine at the University of California, San Francisco, has a bit of hope to share.

Wachter took to Twitter last week to share his thoughts and predictions on how the country "could be in good shape, maybe even great shape in six to eight weeks."

He joined NPR's All Things Considered to talk about the current case rates and hospitalization rates and how they might trend, the new antiviral COVID-19 pills and what the omicron variant will likely mean for the unvaccinated population.

Interview with Dr. Bob Wachter, Chairman of the Department of Medicine at the University of California, San Francisco

Interview Highlights

Could the U.S. really be in "good shape" in terms of the pandemic in six to eight weeks?

Yes, I think that's the likeliest outcome. I should always caveat it by the fact that over the past two years, every time things have started looking good, something bad happens. So it's possible that will happen again. There'll be another variant that will be a curveball. But if that doesn't happen, I think the likeliest outcome for February and March is that we'll be in pretty good shape.



Dr. Bob Wachter, Chairman of the Department of Medicine at the University of California, San Francisco

This virus being so transmissible but now, as we understand it, being milder than the prior variants could turn out to be very good news after a very awful January.

What are you seeing in terms of case rates and hospitalization rates, and what might you hope to see there in the coming weeks?

What's happening now is the cases are exploding, as we've never seen before, and that really is a manifestation of how extraordinarily infectious omicron is. What we're not seeing is the same relationship between cases and hospitalizations. So the average case of omicron has about a 60% lower chance of landing you in the hospital than the average case of delta.

Now you might hear that and say that doesn't make sense. Why are the hospitals filling up? And the reason is, even if the average case is less likely to land you in the hospital, if there are twice or three or five times as many cases, then you will have more people laying in the hospital. So the short-term risk — and we're seeing it all over the country — is the hospitals will get filled with patients with omicron.

A fair number of doctors and nurses will be out sick with omicron. And so we have a pretty miserable month, even though the average patient has a lower chance of ending up in the hospital than he or she would have had if they had a case of delta, particularly if they're vaccinated. But very importantly, for the people that chose not to be vaccinated — I think a very terrible choice, but who made that choice — there's a pretty good chance they're going to get a case of omicron, which will give them some immunity. And it's those two things combined — the fact that the average case is going to be milder, and more and more people are going to be immune to this virus — that gets us out of this pickle, I think, in February.

Antiviral COVID-19 pills are being rolled out. They're in small quantities so far, but what effect could these have in the coming weeks?

Yeah, it's an important new part of our armamentarium. Up till now, we've really just had monoclonal antibodies to give to people at very high risk who got COVID but were not sick enough yet to be in the hospital. But two new pills have come out. The Pfizer is a much bigger deal than the Merck. The Merck lowers the probability that someone who gets a case of omicron will land in the hospital by 30%, the Pfizer by 90%.



So, it's in short supply. The supply is growing. Within a month or two, there will be a decent supply. So that is another very important tool that we'll have.

You're the chair of medicine at a big hospital there in San Francisco. Can your high-risk patients get these COVID pills?

[They're] just starting to be available. We have them in some of our pharmacies, but we're having to triage them quite severely and be very selective about who gets them, but I think they'll become more and more available over time. It's a pretty tricky chemical compound to produce. So it is taking the company some time to produce them, but the supply should grow steadily over the next couple of months.

How are things looking for the unvaccinated? Where do you see their risks going in the next weeks and months?

If you are unvaccinated and you're not being super careful, by which I mean wearing an N95 mask all

the time if you're going indoors, it's almost hard to believe that you will not get this virus. The problem is, people who are unvaccinated are hearing that the average case of omicron is milder. It is milder, but it's particularly milder for people that are vaccinated. For the people that are unvaccinated, the best estimates from the science so far are that maybe it's about 25% less likely to land you in the hospital, and you might say, "That's OK, good, it's milder." But if it's 25% less likely to land you in the hospital and you have a five times greater chance of becoming infected in the next month, that math doesn't land you in a good place. That means that there are going to be more and more unvaccinated people who get omicron. A lot of them will end up in hospitals. A lot of them unfortunately will end up in ICUs, and a fair number of them will be the ones who die over the next four to six weeks as this hurricane sort of rampages through our country.

People are also hearing that the vaccines and boosters aren't worth it. They don't work because everybody we know is getting sick anyway. What do you say about this?

Yes, I can understand how people would feel that, but that's just not right. The vaccines and boosters are miraculous, and they are miraculous because what they do is markedly lower the probability that you will get very sick, go to the hospital, go to the ICU, end up on a ventilator and die.

There's no question that there are more breakthrough cases. This virus is very good at sidestepping some of your immunity, but the kind of case that you're going to have if you've had particularly three shots is so much more likely to be a mild case of a couple of days of cold or flu symptoms than it would be for the unvaccinated person. Those are the ones who are landing in the hospital, landing in the ICU, and ultimately, the deaths that we will have from omicron will be almost entirely in unvaccinated people.



Is there anything that could throw this prediction of hope off?

Sure. Two big questions going forward in terms of how rosy the future might be. One is, how good is the immunity that a case of omicron gives you against another case of either omicron or another variant? I'm sure it'll be fine for a while. But does it last for three months or a year? That will make a difference in terms of whether the risk goes up, let's say, next winter.

And the second, of course, is this great unknown, which is, will there be another variant? And anybody who tells you they can predict that is making it up because nobody I know predicted delta. Nobody I know predicted omicron. And all that means is there could be something even nastier than omicron on the horizon. And that will change the projections. But for now, I think things look pretty good. (Courtesy npr.org)

髌骨外側壓縮綜合癥？李醫生引進最新設備治療下肢疼痛！



（本報記者黃梅子）步入中年，不少人會發現膝關節靈活不比從前，患有膝關節炎（Osteoarthritis of the knee）的風險也隨著年紀大了而提高。膝關節炎由軟骨及其周圍細胞耗損而引發，

屬於相當常見的人體老化疾病之一。膝關節炎病發是由關節細胞損耗程度和修復程度失去平衡而導致，癥狀包括關節疼痛、僵硬和功能減弱。情況嚴重時，還需要手術治療。

還有一部分患者下肢疼痛是 Lateral Patellar Compression Syndrome 髌骨外側壓縮綜合癥。另有些患者是因為頸椎腰椎或坐骨神經引起的下肢疼痛。還有些患者是車禍後遺癥，有些人在車禍過去幾年以後才感覺到身體各種疼痛。

總之，不管您是哪種原因引起的下肢疼，都要引起重視，積極做康復治療，不管是膝關節炎還是車禍後遺癥，康復治療總是比動手術更保險。康復治療一定要在醫生的指導下進行，否則有可能使得病情惡化。Texas Spinal Care 的李醫生引進最新的多功能下肢牽引治療儀，幫您減輕疼痛，快速恢復健康！，其組成包括固定裝置，放松裝置，牽張裝置，能刺激雙腿內側肌群及穴位，可通經活絡，緩解肌肉攣縮，激活運動神經元，恢復下肢運動功能。李醫生還有儀器測試足底，電腦掃描足部做康復鞋墊，能很大程度地緩解下肢疼痛以及行走困難。

我們首先來看一看膝關節炎的病因，常居潮濕、寒冷環境的人多有癥狀，與溫度低，引起血運障礙有關。第二是體重因素，肥胖和粗壯體型的人中發病率較高。第三是年齡因素，從中年到老年，隨年齡增長，常發生關節軟骨退化性變，關節多年積累性勞損是重要因素。第四，營養不良也有可能致病，關節軟骨內沒有血管，其營養依靠從關節液中吸取。軟骨的修復是靠外層的軟骨細胞分裂繁殖和軟骨細胞分泌基質來完成的，由於營養和氧供應不足，影響到軟骨細胞的增殖時，就會導致軟骨基質減少，軟骨新生不足而變軟弱，極易在負重部位發生磨損。

髌股關節綜合征占到了所有運動相關的膝關節問題的 25-40%，在膝關節功能障礙與運動損傷中十分常見。髌股疼痛綜合征風險最大的人群是跑步者，騎自行車者，籃球運動員以及相關跑跳較多的愛好者到運動員，當然主要還是動作模式問題與過度不正確使用所引起，病癥發作可能是由於慢性損傷或者單次急性損傷直接引起，癥狀包括膝關節彌漫性疼痛和局部髌下疼痛。髌骨周圍和下方、膝蓋前部、膝蓋骨的內側邊緣經常有壓痛，髌骨周圍後方發生持續的鈍疼疼痛，運動後有時會出現腫脹。在上下山坡、上下樓梯、久坐起身時，髌股關節位置疼痛往往更嚴重。膝蓋彎曲時可能伴隨發出咔嗒聲「關節噪音」，髌股關節綜合癥往往伴隨著大腿肌肉「股四頭肌」的肌張力異常，髌骨周圍的圍圈性疼痛範圍，久

坐後癥狀加劇，無力疼痛伴有膝關節屈曲減少。

髌骨與股骨組成髌股關節，髌骨關節和我們的脛股關節共組成了我們身體上著名的——膝關節，而我們的髌股關節形成在髌骨和股骨遠端之間，可謂是在夾縫中成長。治療中最重要的第一步是避免使問題惡化的活動，並且及時休息，光顧「疼」而不去治療的人是打算坐輪椅過下半生？

我們的髌骨本身沒有血液和淋巴液供應，所以一旦損傷恢復會非常的緩慢，停止進一步的損害是十分必要的。

李醫生治療下肢疼痛，先用電腦掃描儀掃描足部，幫您定製復健矯正鞋墊，能極大地緩解走路時的疼痛，然後再用下肢牽引治療儀來復健治療，配合使用醫用去痛風濕乳液和營養素，是目前治療下肢疼痛的最佳治療組合。

李醫生還專精車禍後的復健，車禍後 PI 與 PIP 都收。請打電話給李醫生免費諮詢。中文請與 queen 陳 聯繫。

Texas Spinal care

電話：713-278-2225

網址：http://txspinalcare.com

診所地址：2600 S Gessner RD, Suite 120, Houston, TX 77063

診療時間：每週一至五全天，周六上午。

完整修車廠 修車師姐徐雲33 空調使用誤區

誤區1——空調性能不良時才清洗空調。

空調濾清器要定期更換，否則會產生黴味，因此最好每年的春季過後

更換一次。另外，冷凝器也要定時清洗，而且將水箱拆下來，清洗才能徹底。

誤區2——空調出風口方向隨意



調。有的車主在使用空調時，不註意調整空調吹風的方向，這不利於發揮空調的最佳效果。正確的做法應該是，開冷氣時將出風口向上，開暖氣時將出風口向下。

誤區3——整個冬天都不開空調一些地區的冬季比較緩和，有的車主整個冬天都不使用空調。長時間不用空調會導致其橡膠老化，空調內部各部件上的潤滑油也會變乾，定期啟動空調能讓各部件接受潤滑油的潤滑，維持良好狀態，因此在冬季空調也最好每週啟動一次。

誤區4——長時間開著空調有的車主常常在上車後就一直開著空調，長時間使用空調會使冷凝器壓力過大，這會對製冷系統壓縮機造成損耗，如果車內溫度已經達到舒適的溫度，就可以把空調關掉，隔一會兒再

開。

誤區5——夏季進車立即開內循環在炎熱的夏天，很多車主習慣一進車內就打開空調的內循環，認為這樣可以讓車廂內溫度下降得快一點。因為車內的溫度比車外溫度高，所以這樣反而效果不好。剛進入車內的時候，應該先開窗通風，並開啓外循環，把熱氣都排出去。等車廂內溫度下降之後，再換成內循環。

誤區6——長時間開內循環應該開一會兒內循環，再開一會兒外循環，讓新鮮空氣進入車廂。不能開著內循環在車內睡覺，也是這個道理。

誤區7——先熄火再關空調有的車主常常在熄火之後才想起關閉空調，這對發動機是有害的，因為這樣在車輛下次啟動時，發動機會帶著

空調的負荷啟動，這樣的高負荷會損傷發動機。因此每次停車後應先關閉空調再熄火，而且也應該在車輛啟動兩三分鐘後才打開空調。

誤區8——從不使用大風量有的車主因為不喜歡空調開到高擋時發出的噪音，因此很少或從不將空調開到大風量。空調使用時會吸進很多灰塵，定期開大風能將空調風道內表面的浮塵吹出來，這是保持空調清潔的一種簡單的方法。

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