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John Robbins 281-965-6390
Jun Gai 281-498-4310

Publisher: Wea H. Lee
President: Catherine Lee
Editor: John Robbins

Address: 11122 Bellaire Blvd.,
Houston, TX 77072
E-mail: News@scdaily.com



Inside C2

Southern DAILY

Make Today Different

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Russia tests nuclear-capable missile that Putin calls best in world

LONDON, April 20 (Reuters) - Russia said on Wednesday it had conducted a first test launch of its Sarmat intercontinental ballistic missile, a new and long-awaited addition to its nuclear arsenal which President Vladimir Putin said would make Moscow's enemies stop and think.

Putin was shown on television being told by the military that the missile had been launched from Plesetsk in the country's northwest and hit targets in the Kamchatka peninsula in the far east.

The Sarmat has been under development for years and so its test-launch is not a surprise for the West, but it comes at a moment of extreme geopolitical tension over the war in Ukraine.

"The new complex has the highest tactical and technical characteristics and is capable of overcoming all modern means of anti-missile defence. It has no analogues in the world and won't have for a long time to come," Putin said.

"This truly unique weapon will strengthen the combat potential of our armed forces, reliably ensure Russia's security from external threats and provide food for thought for those who, in the heat of frenzied aggressive rhetoric, try to threaten our country."

Russia's nuclear forces will start taking delivery of the new missile "in the autumn of this year" once testing is complete, Tass quoted Dmitry Rogozin, head of the Roscosmos space agency, as saying on Wednesday.

Douglas Barrie, senior fellow for military aerospace at the International Institute for Strategic Studies, said the launch was an important milestone after years of delays caused by funding issues and design challenges.

He said more tests would be needed before Russia could actually deploy it in place of ageing SS-18 and SS-19 missiles that were "well past their sell-by date".

Barrie said the Sarmat's ability to carry 10 or more warheads and decoys, and Russia's option of firing it over either of the Earth's poles, posed a challenge to ground and satellite-based radar and tracking systems.

SYMBOLIC TIMING

Jack Watling of the RUSI think-tank in London said there was an element of posturing and symbolism involved, eight weeks into the war in Ukraine and less than three weeks before the annual Victory Day parade where Russia shows off its latest weapons.



The Sarmat intercontinental ballistic missile is launched during a test at Plesetsk cosmodrome in Arkhangelsk region, Russia, in this still image taken from a video released on April 20, 2022. Russian Defence Ministry/via REUTERS

"The timing of the test reflects the Russians wanting to have something to show as a technological achievement in the lead-up to Victory Day, at a time when a lot of their technology has not delivered the results they would have liked," he said.

Launching the invasion on Feb. 24, Putin made a pointed reference to Russia's nuclear forces and warned the West that any attempt to get in its way "will lead you to such consequences that you have never encountered in your history."

Days later, he ordered Russia's nuclear forces to be put on high alert. "The prospect of nuclear conflict, once unthinkable, is now back within the realm of possibility," United Nations Secretary-General Antonio Guterres said last month.

Russia's defence ministry said the Sarmat was fired from a silo launcher at 1512 Moscow time (1212 GMT) and the training warheads reached a test range on Kamchatka, nearly 6,000 km (3,700 miles) away in the Pacific.

Igor Korotchenko, editor in chief of Russia's National Defence magazine, told RIA news agency it was a signal to the West that Moscow was capable of meting out "crushing retribution that will put an end to the history of any country that has encroached on the security of Russia and its people".

Tesla races ahead of rising raw material costs on price hikes

SAN FRANCISCO, April 20 (Reuters) - Tesla Inc (TSLA.O) surged past Wall Street estimates for quarterly revenue and profit on Wednesday, as the electric carmaker raised prices in response to inflation, offsetting the impact of a Shanghai factory shutdown.

Tesla has been an outlier since the pandemic outbreak, posting record deliveries and earnings for several quarters when rivals wrestling with global supply chain snarls rolled out production halts. Shares of Tesla rose 4% after the close of regular trading.

"Price increases are nicely exceeding cost inflation," said Craig Irwin at Roth Capital.

"Chinese production issues seem well managed, and we expect Austin and Berlin to make up the slack from Shanghai's 19-day outage."

Tesla raised its prices in China, the United States and other countries, after CEO Elon Musk said in March the U.S. electric carmaker was facing significant inflationary pressure in raw materials and logistics amid the crisis in Ukraine. "Our own factories have been running below capacity for several quarters as supply chain became the main limiting factor, which is likely to continue through the rest of 2022," Tesla said in a statement.

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WEA LEE'S GLOBAL NOTES

04/20/2022



Wea H. Lee
Wealee@scdaily.com

Chairman of International District Houston Texas

Publisher Southern Daily Wea H. Lee

Southern News Group Chairman / CEO
Chairman of International Trade & Culture Center
Republic of Guiana Honorary consul at Houston Texas

Biden Will Bring 3.6 Million Student Loan Borrowers To Loan Forgiveness



The U.S. Department of Education is planning to change the federal student loan system to help many people come closer to recovering with a debt forgiveness decision.

By the end of March more than 700,000 of 43 million

federal student loan borrowers had seen their outstanding debt discharged under President Biden totaling more than \$17 billion in relief. Because of the pandemic he extended payments until August 31.

Another 40,000 borrowers will receive immediate forgiveness through the public service Loan Forgiveness Program because they will get credit for more of their payments.

Biden has resisted pressure from other Democrats to grant broad student loan forgiveness.

Today we are facing serious uneven distribution in our education system. The tuition fees of private and public universities continue to rise and many excellent students grow up in poor families. It is very difficult for them to go to college and many of them drop out of high school.

Education is the most important investment for the future of the nation. We also advocate opening all the community colleges without tuition fees. Everyone should be able to go to college. We need to have a more effective budget program developed and applied to address the educational needs of every community.



Southern DAILY Make Today Different

Editor's Choice



The growing shoreline of Lake Powell is visible, where water levels have declined dramatically to lows not seen since the lake was filled in the 1960s as growing demand for its water and climate change shrink the Colorado River and create challenges for business owners and recreation options, in Page, Arizona. REUTERS/Caitlin Ochs



A closed boat ramp extends into desert sand at Lake Powell, where water levels have dropped dramatically to lows not seen since the lake was filled in the 1960s in Page, Arizona. REUTERS/Caitlin Ochs



Local resident Tamara, 71, cries in front of an apartment building destroyed during Russia's invasion of Ukraine in the southern port city of Mariupol, Ukraine. REUTERS/Alexander Ermochenko



People embrace as they pay their respects at a memorial at Oxford High School, a day after a shooting that left four dead and eight injured, in Oxford, Michigan. REUTERS/Seth Herald



Dancer of the Berlin State Ballet (Staatsballett Berlin) wear face masks as they perform during the dress rehearsal of Don Quixote in a production choreographed by Victor Ullate at Deutsche Oper opera house in Berlin, Germany. REUTERS/Fabrizio... MORE



Liverpool's Mohamed Salah scores their fourth goal during Liverpool v Manchester United Premier League match at Anfield, Liverpool, Britain. REUTERS/Phil Noble

BUSINESS

How To Handle Quarantining, Testing, And Masking After Covid-19 Exposure

Omicron Is Exploding. What To Do If You're Exposed

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



People line up for a Covid-19 test in Los Angeles on January 5, 2022, as the omicron variant continues to spread at a blistering pace. (Frederic J. Brown/AFP/Getty Images)



1) I just found out I've been exposed to someone who tested positive — what's the first thing I should do?

There's broad unanimity on this front. "Don't run to get tested. And don't panic," said David Dowdy, an epidemiologist at the Johns Hopkins Bloomberg School of Public Health. If you spent time indoors with someone and then find out they've tested positive, it's possible you might get Covid-19 from the exposure, but you won't test positive immediately after it. So if it's only been a day or two since your exposure, the thing to focus on first is not testing, but the possibility of needing to quarantine — and the certainty of needing a good mask. If you're unvaccinated, or are vaccinated with two doses but not yet boosted, you should quarantine for five days and continue to wear a mask around others for five more days after that. If you're boosted, then you don't need to quarantine, according to the CDC guidelines. But you should still wear a mask around others for 10 days after the exposure.



And yes, "wear a mask around others" includes others in your home — like children or roommates — if possible. Dowdy acknowledged that's hard to do, but said his family did it when one of them recently had Covid-19: They opened the windows in the house, wore N95s, and slept in different

rooms. "Not everyone will be able to do this," he said, "but for those who can, it's the ideal way to halt transmission." All that said, the CDC guidance has also led to other questions.

2) The CDC says I don't need to quarantine if I'm vaccinated and boosted. Is that really sound guidance?

When I asked the epidemiologists whether they agreed with the CDC on this point, they expressed a range of opinion. "I think this is a safe bet. Boosters prevent infection from omicron very well," Katelyn Jetelina, an infectious diseases epidemiologist with the University of Texas Health Science Center at Houston, told me by email. In other words, if you're boosted, the chance that you'll spread the omicron variant is significantly lowered because there's a lower chance of you becoming infected with it in the first place.



Dowdy, for his part, said of the CDC guidance, "I think this is reasonable, depending on the level of transmission in your area. If you're in the midst of a hot spot, it probably makes sense to quarantine even if you are vaccinated. But if transmission levels are low, this is reasonable advice."

He added that it's important to consider a couple of other factors in making your personal decision: first, whether you frequently come into contact with other people who could get really sick if they got infected, and second, if it's been more than a few months since your last vaccine dose. "In either of these cases, it makes sense to quarantine, even if you are vaccinated," he said.

Tara Smith, an epidemiologist at Kent State University, told me she doesn't think we have enough data about omicron to know if the CDC's advice is solid. "If you can quarantine, I would still recommend it," she said.



3) When should I take a test? What should I do if I have difficulty getting a test?

The best time to get tested seems to be about five days after exposure (or at any time after a fever develops). Just remember that tests

— especially rapid antigen tests — are not foolproof. "Testing negative doesn't mean you can go mask-free. You should still mask around others in public" until it's been 10 days since the exposure, Smith said. "Even with a negative test, if you have exposure and symptoms, it's best to assume you are Covid-positive and act as such." What about if you can't get access to a test? In that case, Dowdy said, "The best thing to do is continue quarantine for 10 days after any exposure. If you haven't developed symptoms within 10 days, it's reasonable to end quarantine at that time." With all of this, he said, there is a balance of risks and benefits — as well as personal circumstances — that must be assessed on an individual level. "What I'm describing is the ideal situation — for example, someone who can easily quarantine and continue working at home," he said. "But most of us don't live in those ideal situations, and it's important for all of us to be understanding of others who may not have the same support systems that we have."



Jetelina agrees that if you have difficulty getting a test, you should assume that you are positive and isolate until you can get your hands on one. "If you're still asymptomatic after five days (and still can't get a test), you can stop isolation as long as you can wear a good mask for five more days," she wrote, noting N95s are the best option.

4) The CDC says I'm supposed to mask up for 10 days after exposure. Is that really necessary?

Both Jetelina and Smith were crystal-clear on this one: Yes!

"This is incredibly important as you can still be infectious after five days," Jetelina said. We're still learning about the transmission dynamics of omicron, and although many people will probably stop being infectious before 10 days have passed, "wearing a mask during that period will help to reduce any chance of spreading the virus," Smith explained. Dowdy noted that compared to other measures that could be enacted (like lockdowns), wearing a mask in public places is arguably not the hardest thing to do. So wearing a mask for 10 days is "the ideal," he said, though he reemphasized the caveat that "we have to be understanding of people for whom this might not be possible."

5) What kind of mask should I wear? What should I do if I can't get an N95?

The best bet is an N95. KN95 masks work great, too.

Even though these masks are in high demand right now, you can still order them from mass suppliers like Walmart or Amazon, or from

retailers like WellBefore, Bona Fide Masks, DemeTECH, and N95 Mask Co. (There may be a shipping lag for some of these masks, so even if you haven't been exposed, it's a good idea to stock up now so you'll be prepared.) "Remember that the fit of the mask is just as important as the type of mask," Dowdy said. "Wearing an N95 without fitting it to your face is defeating the purpose of wearing an N95 in the first place."

If you can't get an N95 or a KN95, the next-best option is a tight-fitting surgical mask. Adding a cloth mask on top of your surgical mask will further help eliminate gaps around your face. If you've been exposed or tested positive, do not rely on a cloth mask alone to prevent you from spreading the virus to others.



6) If I get a negative rapid test result, can I trust the result enough to go see, say, my elderly parents?

It's important to remember that rapid tests aren't perfect — and even with more sensitive tests like PCR, being negative one day doesn't mean you won't be positive in another day or two.

"If you have symptoms or a close contact [with an infected person], I would not trust one negative test," Jetelina said, adding that it's a good idea to retest at least 24 hours later.

Likewise, Smith said, "I would still try to mask around others if you have been exposed, when possible, especially if individuals you may spend time with are in high-risk categories."

She noted that there have been some reports recently that sampling the nose isn't sensitive enough early on to detect omicron infection, and that samples from the throat or saliva may detect it earlier. (Note that these reports are not yet peer-reviewed.) However, we don't yet know if those early throat or saliva samples mean infected individuals are already spreading virus to others. According to Dowdy, it's "really a judgment call at this point" whether you should feel comfortable visiting parents after one negative rapid test result. You have to consider your level of exposure, your parents' health, how long and in what setting you'll be seeing each other, and how both you and your parents weigh the value of seeing each other against the risk of them getting sick.

"If your parents are relatively healthy and you haven't been closely exposed (and are feeling well), it's probably reasonable to trust that negative test result," he said. "If your parents are much more frail and you're living with someone who has Covid in your house, I'd wait." (Vox.com)

COMMUNITY

Why High Blood Pressure Is Called A “Silent Killer”



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

Most of the time, high blood pressure (HBP, or hypertension) has no obvious symptoms to indicate that something is wrong. The best ways to protect yourself are being aware of the risks and making changes that matter.

A few facts to be aware of:

- Many people with high blood pressure don't even know they have it. Often the [signs and symptoms](#) are misunderstood.
- High blood pressure develops slowly over time and can be related to many [causes](#).
- High blood pressure cannot be cured. But it can be managed effectively through [lifestyle changes](#) and, when needed, [medication](#).

Know your numbers
Know where you stand by measuring your blood pressure.

BLOOD PRESSURE CATEGORIES			
Normal			
120/80 mm Hg or less	Less than 120	Less than 80	Normal
Elevated			
120-129 / 80-89	120-129	80-89	Elevated
High blood pressure (Hypertension) stage 1			
130-139 / 80-89	130-139	80-89	High blood pressure (Hypertension) stage 1
High blood pressure (Hypertension) stage 2			
140 or higher / 90 or higher	140 or higher	90 or higher	High blood pressure (Hypertension) stage 2
Hypertension crisis			
180 or higher / 120 or higher	180 or higher	120 or higher	Hypertension crisis

Recognize your risks

Be aware of your risk factors — the physical and lifestyle attributes that can make you more likely to develop high blood pressure.

Awareness of your risks can help you identify positive changes that you can make. Do all you can to avoid the serious problems that can result from your blood pressure being too high for too long. (Courtesy <https://www.heart.org>)

Related

Which foods can help lower blood sugar?

When a person has diabetes, either their body does not produce enough insulin, or it cannot use the insulin correctly, so glucose accumulates in the blood. High levels of blood glucose can cause a range of symptoms, from exhaustion to heart disease.

One way to control blood sugar is to eat a healthful diet. Generally, foods and drinks that the body absorbs slowly are best because they do not cause spikes and dips in blood sugar.

Here is a list of blood pressure lowering

foods that can help: Whole wheat bread, Fruits, Sweet potatoes and yams, Oatmeal and oat bran , Nuts, Legumes (beans) Garlic, Cold-water fish and Yogurt.

Alternative methods

The glycemic index (GI) measures the effects of specific foods on blood sugar levels. People looking to control their levels should pick foods with low or medium GI scores.

A person can also pair foods with low and high GI scores to ensure that a meal is balanced.



Whole wheat or pumpernickel bread



Oatmeal



Vegetables for people with diabetes



Cold water fish. Cod does not contain carbohydrates and may reduce the risk of developing type 2 diabetes.

Other ways to lower blood sugar levels

Eating a healthful, well-balanced diet is key. Additional strategies to help lower or manage blood sugar levels include: staying hydrated by drinking plenty of

clear liquids, exercising, regularly eating small portions more frequently, not skipping meals, managing or reducing stress, maintaining a healthy body weight or losing weight, if necessary.

People with diabetes may also need to take medications and measure their blood sugar regularly to reduce the risk of potentially dangerous symptoms and complications.

Speak with a doctor about how to incorporate a healthful diet into a diabetes care plan. (Courtesy <https://www.medicalnewstoday.com>)

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