

分類廣告c1

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7月12日 星期二

\$375

美南國際電視網 Southern Television

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急徵廚房大廚

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(需少許英文)

意者請電:

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SINH SINH

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誠請炒鍋、打雜

抓碼, 粉麵 及企檯

請下午3點後電:

3格 (3units)

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361-960-8256 如未接,請短信留言

大學城中餐館 順德媽媽餐點.誠‡ ||菜師傅或炒鍋師傅 要求有工卡,可報稅。

每周休息一天, 提供單間宿舍 工作地點:大學城 聯系方式: 丁女士 660-668-5555

廚師,抓碼,打雜, 距離休斯頓2小時 車程,包吃住. 意者請電:

餐館招聘

餐館服務

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位 Corpus Christi

Chinese wok 中餐炒鍋

Grill cook 燒烤師傅

月淨入\$3800及假期

提供食宿.50歲以下

需英文. 英文電/短訊

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位路易斯安那州

誠請炒鍋一名,

新優.意者請電:

832-819-8111

珍寶海鮮城 誠聘

Restaurant Hiring

*中餐館請人 誠講炒鍋 新人事,新作風

有意者電或親臨 832-766-6388 6340 N. Eldridge Pkwy #K Houston, TX 77041

誠請 炒鍋及油爐 各1名

意者請電:周先生 832-277-2317

281-235-3531 *中餐館請人 *中餐館請人

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誠請全工半工均可(提供吃住)

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●炒鍋

金山餐館請人

位 Downtown 誠請

企檯,收銀,帶位,

抛鍋,抓碼.全工半工

新水好. 電: 阿泰

916-529-7337

Houston, TX 77003

超市內壽司吧

位阿拉巴馬州

誠聘 Sushi 師傅

生手或熟手均可

薪優, 意者請電:

832-846-2345

832-520-6015

日本餐館誠請

2001 lefferson

●企台

糖城麵館誠請

●煮面師傅―名

全工或半工均可

50至65歲.

請下午4pm∼5pm霍

832-455-3059

超市內壽司吧

位糖城 River Stone

Kroger 超市內

成聘熟手Sushi 師傅

~~ 新優 ~~

●打雜一名

●收銀一名

誠語企檯

略懂英文

半工/全工均可

意者請電:

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

NOW HIRING

Sushi Chef

● Sushi Helper

full time, part time

Sugar Land area

Hwy6 & Hwy90

inside HEB. Contact

713-419-0980

Japanese Rest

Hwy6/Sugar Land,

誠請Waitress企檯

聯系電話:

有意者請聯系電話

832-455-3059

聯系時間下午4-5點 *糖城川菜館

糖城面館誠請

北方煮面師傅一名

打雜一名,

全工/半工,50–65歲

誠講熟手川菜師傅 ~~ 待遇好 ~~ 有意者請電:

510-423-8108 4526 Hwy 6

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收銀員,炒鍋

全工/半工均可

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Pasadena, TX 77502

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Full Time/Part Time

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誠講經理,企檯,帶位

Bartender 調酒師

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281-636-8808

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意者請電 New Palace 或親臨面談:

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12755 Southwest Fwy, Stafford TX 77477

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正式工作後,表現優異的有升遷,加薪和

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david@timhowanusa.com 或來電: David Li 832-788-0217

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或親臨地 址: 9968 Bellaire Blvd #160 Houston TX 77036. 与意者請親臨本店謝謝

薪優! 電話: 832-457-5542

中國熊餐館 堂吃外賣店 離中國城30分鐘靠近 聘請全職有經驗 糖城6號. 誠請 熟手全工半工接電話 熱手炒鍋、幫炒、外送員

需要報稅.有意者電:

832-380-0129

沒接到發短信,謝謝

281-233-9800

Houston, TX 77090

713-459-1501 壽司餐館請人 New Caney, TX 77357

意者請電:

Restaurant Hiring

廚房師傅:工作6天 會廣東話,西語爲佳 有意請電或親臨:

Kroger壽司吧

高薪」誠聘 壽司師傅或助手 ~~提供住宿~~

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*日式餐廳誠請

有經驗壽司師傅,

助手, 廚房師傅,

油鍋,企台.

聯系電話:

347-645-3070



located w.43rd/Ella Bblvd experience plus but not req. Little English okay call: **213–276–8585** 四市壽司吧請壽司助手 少許英文,無經驗要求

經理,鐵板師傅 休斯頓近郊小城 誠徵全工, 需有身份,可訓練, 供膳宿,待優 意者請電:

832-857-5785

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已經營十五年以上

生意穩,東主退休。

意者請洽 :

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Restaurant Hiring

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誠招企台、前台, 薪資優,人事簡單 需報稅. 電話:

618-699-1155

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Richmond, 59/99 交界

2000 呎, 房租\$3400

生意穩, 因東主退休

轉讓,歡迎看店面談

316-213-9738

有意者請電: 832-846-2345 KATY 日餐

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(無人接聽時) 713-820-7402

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位 Galleria 🗟

1000 呎賺錢外賣店

雱租 2500,生意 5 萬

有意者請電:

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有經驗的 Kitchen Chef, Sushiman, Manager

或找合伙人 Partner 看店如有意者店可出售 281-736-8981

346-372-2247 超市壽司吧出售

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設備齊全,

無租金無水電

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中餐館出售

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生意6萬餘.

意者請聯系:

需有經驗,能報稅. ~~川費高~~

有意者請電: 281-325-0628

832-868-8813

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美式中餐, 位529, 「6號,Kroger 超市旁

|賣加堂吃,租金便宜 1100尺,租金2200, 因缺人手轉讓

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中餐老店,堂吃加外賣 位置佳,生意好。 房租七干, 月銷十一到十二萬 創業良機,非誠勿擾

意者請電 346-462-0074 501-442-8456 餐館轉讓 位 FountainView Dr

詳情請致電

450 呎,租金\$1000 適合家庭經營 設備齊全,業主退休

意者請來電 408-601-9239

408-876-0995

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電郵: kinggeorgew@hotmail.com

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Mall裡,知名賺錢連鎖快 餐店出售.操作簡單,易 打理.因另有他業,無暇 管理急售,誠意買店者給 尔想像不到的價格驚喜 先到先得,請聯系: 713-550-2283

832-858-8176

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832-273-6189

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糖城家樂超市旁小吃店轉讓,設備全, 可立即開業,東主因病急售\$25000。 欲購速洽: 經紀人713-826-3388

●好運大道,禮品批發店:生意出讓,業主經營 20年,年收入60萬,8000平方呎倉庫, 存貨\$240,000, 生意僅售\$45,000,

機會難得~~. 有意者請洽: 德州地產 713-988-1668, 832-734-6888(中文)

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地理位置絕佳,人流量大。 面積2200SF,大小適中,適合各類餐廳, 生意8萬多。廚房設備齊全, 有walk in cooler 和walk in freezer. 因爲忙接不到電話,有意者請發短信至

713-898-4332(非誠勿擾)

*Memorial 高級中餐館轉讓 休士頓 Memorial 高級住宅區,

近 Eldridge, 近 4000 平方英尺, 設備齊全,附酒吧,賺錢生意, 經營20年,店主榮休,僅售\$50,000

有意者速洽: 經紀 832-734-6888

日餐旺鋪轉讓

位於休士頓西北角,離中國城大約30分鐘 人工和物價成本相對低,利潤高,月銷10萬 房租6千左右(包括管理費水費) 還有多年租約,生意還在上升階段,因家庭 原因需要轉讓. 德州為大量人口流入州, 成長機會無限! 非誠勿擾

意者請電: 832-895-1578 陳女士

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832-661-5840 985-790-3195

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Good area, Good Price, Good Income! 6060 FM 2920 Rd., Spring, TX 77379

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意者請電或留言:713-572-3354

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Tuesday, July 12, 2022



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For FOR

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位 Pearland 梨城

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Bissonnet @ Beltway 8 **1**: 713–856–0003 Linda@smartintl.com 誠徵牙科前台 中國城. 需英文

請電或 Email: 713-773-1300 txdentist101 @gmail.com

無經驗可訓練.

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意者請電: Lisa 713-539-8179

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脫·兩年工作以上經驗 >>情善溝通,學習能力強 會應用基本辦公軟件, 中英雙語,會西語優先

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Teach private piano or music lessons to students, individual or group. Follow the curricula proposed by Music Director of the studio. Able to work in a fast-paced environment. Communicate to students & parents in a clear and respectful manner. Participate in two yearly recitals and at least two community or public events. Efficiently manage students' lessons to maximize use of time. Music Degree or equivalent teaching experience preferred. Knowledge of music theory and fundamentals in music or piano playing a must.

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牙醫和眼科保險,團建,下午茶等。 應征者不必須要有 維修經驗,會有專人培訓,懂基本電力常識最佳。

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Please send resume to adis@autofit.bz

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全工或半工均可,有執照者佳. 16510 FM 529, Houston, TX 77095 地點佳, 小費好. 歡迎看店.請英文電/短訊:

姻

832-782-4690 281-673-0454



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●成人筆試班: 周二,六10am-4:30pm ●取消罰單安全班:周六,周日有課

**7001 Corporate Dr #203** 

\*\*\*\*\*\* 報稅 \*\*\*\*\*\*

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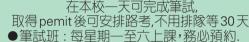
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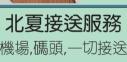
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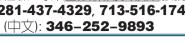


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Inside C2

Tuesday, July 12 2022

# Abortion bans force U.S. students to rethink college plans

July 11 (Reuters) - With its excellent academic and music programs, Oberlin College in Ohio seemed like a perfect fit for Nina Huang, a California high school student who plays flute and piano and hopes to eventually study medicine or law

But Huang, 16, said she crossed the college off her application list after Ohio enacted a near-total ban on abortion last month. She now plans to cast a wider net for schools in states with less restrictive laws.

"I don't want to go to school in a state where there is an abortion ban," she said.

The U.S. Supreme Court's decision in June to overturn the 1973 Roe v. Wade case that legalized abortion nationwide has some students rethinking their higher education plans as states rush to ban or curtail abortion, according to interviews with 20 students and college advisers across the country.

While it has long been the case that some students hesitated to attend schools in places with different political leanings than their own, recent moves by conservative states on issues such as abortion and LGBTQ+ rights have deepened the country's polarization.

For some students, the restrictions raise fears that they won't be able to get an abortion if they need one or that they will face discrimination for gender differences. Others said they worried about facing racial prejudice or being politically ostracized.

"I'm only in high school right now, and I'm still finding out who I am," said Samira Murad, 17, who will be a senior this fall at Stuyvesant High School in New York. "I don't want to move somewhere I can't be myself because of laws put in place."

It is too soon to determine whether such concerns will affect

admissions in a measurable way, and evidence from other recent divisive state laws suggests there may be little overall impact.

But in the wake of Roe's overturn, college counselors said abortion has figured prominently in



many conversations with clients, with some going as far as nixing their dream schools.

"Some of our students have explicitly stated that they will not apply to colleges and universities in states which may infringe on their access to reproductive rights," said Daniel Santos, chief executive

of the Florida college counseling company Prepory.

'TOPIC OF CON-CERN' Kristen Willmott, a counselor with Top Tier Admissions in Massachusetts, said

students she works with have told her they are taking some top schools in Texas, Florida and Tennessee off their application lists due to their restrictive abortion laws.

Alexis Prisco, who is entering her senior year at Eastern Technical High School in Maryland, had

planned to apply to her parents' alma mater, Washington University in St. Louis, Missouri.

She feels wary, however, after the state enacted a law effectively banning abortion.

"Now my mom has warned me that I need to be very careful when applying to schools in states with trigger laws," said Prisco, 17, referring to bans designed to take effect once the Supreme Court overturned Roe.

Washington University declined to comment but shared a June 24 statement in which university leaders acknowledged the fears and frustration felt by some after the court ruling. Oberlin College did not respond to requests for comment.

Several students raised similar concerns about attending college in North Carolina after the state in 2016 passed a law restricting which bathrooms transgender people could use, said counselor Jayson Weingarten of New York-based Ivy Coach.

But he said many still chose to attend Duke University and the University of North Carolina at Chapel Hill.

Admissions statistics from UNC show the number of applicants increased by 14% between 2016 and 2017 despite individual students' unease.



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# WEALEE'S GLOBAL NOTES

07//09//2022

# **British Prime Minister** Resigns

**British Prime** Minister Boris Johnson announced his resignation as the leader of the Conservative party, but will temporarily act as prime minister until a new leader is elected. Johnson felt very distressed that he could not continue to deliver on his promise to voters. He said,

"Millions voted for us in 2019, many for the first time. I want to say to these millions thank you



for your incredible support. It is, of course, very painful to be unable to complete many ideas and plans."

The Conservative party that still holds a sizeable majority in the UK parliament will elect a replacement and that person will become the fourth prime minister in the six years since the Brexit referendum of 2016.

Johnson will always be known at home and in the rest of the world as one of the main architects of Brexit.



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# **Editor's Choice**



Akie Abe, wife of late former Japanese Prime Minister Shinzo Abe, who was shot while campaigning for a parliamentary election, sits in a vehicle carrying Abe's body to a night vigil at a temple, in Tokyo, Japan. REUTERS/Kim Kyung-Hoon

amid the country's economic crisis, in Colombo, Sri Lanka. REUTERS/Dinuka Liyanawatte



Lena, 58, reacts near her critically wounded dog Hera, during a Russian military strike, as Russia's attack on Ukraine continues, in Kostiantynivka, Ukraine. REUTERS/Gleb Garanich



Demonstrators protest inside the President's House, after President Gotabaya Rajapaksa fled



A cow moves past a burning car that, according to fire officials, caught fire by an electrical short circuit after it was stuck in a water-logged road following heavy rains in Ahmedabad. India. **REUTERS/Amit Dave** 



A supporter of VMRO-DPMNE, North Macedonia's biggest opposition party, waves a flag while rallying in Skopje, North Macedonia. REUTERS/Ognen Teofilovski



Britain's Catherine, the Duchess of Cambridge and Britain's Prince William, Duke of Cambridge and their son Prince George in the royal box ahead of the men's Wimbledon singles final between Serbia's Novak Djokovic and Australia's Nick Kyrgios.

**BUSINESS** 

# Southern Make Today Different

## WHO Determines Monkeypox Is Not An International Public Health Emergency 'At Present'

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



World Health Organization (WHO) Director-General Tedros Adhanom Ghebreyesus attends a press conference organised by the Geneva Association of United Nations Correspondents (ACANU) amid the COVID-19 outbreak, caused by the novel coronavirus, at the WHO headquarters in Geneva, on July 3, 2020. (Fabrice Coffrini/AFP via Getty Images)

The World Health Organization (WHO) has determined that the outbreak of monkeypox across multiple countries does not constitute a Public Health Emergency of International Concern (PHEIC) "at present," according to WHO Director-General Tedros Adhanom Ghebreyesus and the International Health Response (IHR) Emergency Com-

In the meeting statement, released on June 25, the WHO determined that monkeypox is currently not at the extent that establishes a PHEIC, which is defined as an "extraordinary event" that constitutes public health risks to other states through international transmission and requires a coordinated international response.

Some members of the WHO committee dissented, though the majority agreed with this decision.

Monkeypox cases have been decreasing or plateauing in countries that first experienced the outbreak. Since May, 3,040 cases have been reported in 47 countries, with one death in an immunocompromised individual, according to the WHO's report.



World Health Organization Headquarters In Atlanta Georgis

So far, the vast majority of confirmed cases of monkeypox are male, and mostly among gay, bisexual, and other men who have sex with men, often presenting with lesions localized at or around the genitals, as well as rashes

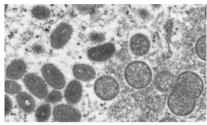
More investigation is needed to understand the transmission of the virus, though the WHO suspected that the trends in case numbers may be associated with international gatherings and LGBTQI+ Pride events that encouraged sexual encounters. WHO Advises International Collaboration

Currently, the outbreak has involved mostly countries that had no previous reported history of the virus, with European countries seeming to be the most impacted with the highest number of cases. Though a global plan is currently deemed to be unnecessary, the committee advised cases to be closely monitored and reviewed for a few weeks. Countries can reevaluate this advice if there are significant changes to the disease progression once more information

The committee concluded that there may be a reassessment if there is strong evidence of significant increases in case numbers in the next 21 days, occurrence of cases in sex workers, and significant spread to other countries or countries already endemic to the disease.

becomes available.

It also advised checking for infection in vulnerable groups such as immunosuppressed people and children, as well as similar infections in animals or changes in virulence or behavior of the virus, which may all warrant a reassessment of the situation.



This 2003 electron microscope image made available by the Centers for Disease Control and Prevention shows mature, oval-shaped monkeypox virions, left, and spherical immature virions, right, obtained from a sample of human skin associated with the 2003 prairie dog outbreak. (CDC via AP/ Cynthia S. Goldsmith, Russell Regner)

The committee advised that countries should collaborate with each other and the WHO and follow the guidance of the WHO to assist other countries.

MONKEYPOX GUIDANCE SYMPTOMS

What is Monkeypox? Monkeypox is a zoonotic disease that can make you sick including a rash, which may look like pimples or blisters, often with an earlier flu-like illness. Zoonotic diseases are infectious diseases that are transmitted between species, from animals to humans (or from humans to animals and humans to humans).

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including: • Direct and/ or sexual contact with monkeypox rash, sores, or scabs from a person with monkeypox. • Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by a person with monkeypox. • Contact with respiratory secretions, through kissing or prolonged face-to-face contact.

What to do if you've been exposed Although the Cen-

ters for Disease Control and Prevention (CDC) currently considers Monkeypox's risk to the general public as low, cases across the world are continuing to rise. If you believe you have been exposed to someone with monkeypox, please take the following precautions: • Notify your healthcare provider immediately for consultation. • Avoid gatherings, especially if they involve close, personal, skinto-skin contact.



 Think about the people you have had close, personal, or sexual contact within the last 21 days, including people you met through dating apps. You might be asked to share this information if you have received a monkeypox diagnosis, to help stop the spread. • Fever • Headache • Muscle aches and backache • Swollen lymph nodes • Chills or exhaustion OCEE 06/16/2022 H C PHTX. OR G For additional Monkeypox undates and information, please visit the CDC's website. Monkeypox symptoms usually start within two weeks of exposure to the virus, and within one to three days (sometimes longer) after the appearance of fever, people will develop rashes or sores

Many recent monkeypox patients first developed rashes in the mouth or around the genitals or anus, which deviates from past cases. Related

> **CDC Issues New Guidance** On Monkeypox Symptoms

Amid a rising number of reported monkeypox cases in the U.S., the Centers for Disease Control and Prevention released new guidance Tuesday on how to identify the virus based on the symptoms doctors have observed in newly confirmed patients.

Some recent infections have presented differently than past cases in Africa, where monkeypox is endemic in 11 countries. Traditionally, people with monkeypox have developed a fever, swollen lymph nodes, headaches and muscle aches, followed by a rash that starts on their face or in their mouth then spreads to other parts of their bodyparticularly the hands and feet



Now, patients are first experiencing a rash in the mouth or around the genitals or anus. And instead of widespread rashes, some patients are seeing patches of lesions in areas other than the face, hands or feet. What's more, the lesions usually start flat and progress to fluid-blisters. But in recent cases, lesions are appearing at different stages within the same area of the body.

In some cases, flu-like symptoms developed after the rash. but other people didn't have those symptoms at all. Other reported symptoms include pain in or around the anus and rectum, rectal bleeding, proctitis (painful inflammation of the rectum lining) or the feeling of needing a bowel movement even though the bowels are empty.

As of Thursday, the CDC has confirmed 100 monkeypox cases in 20 states and the District of Columbia, with California (21). New York (17) and Illinois(13) seeing the largest number of cases. (Courtesy https://www.nbcnewvork.com/)

### First Cases Of Monkeypox Seen In Houston, Harris County

HOUSTON-Officials from the Houston Health Department confirmed the first case of monkeypox is now in the Houston area

The city's health department announced the case on Saturday, saying the person who lives in Houston started to develop symptoms after traveling internationally. Health officials say they did not need to be hospitalized

and are now isolated at home. The Houston Health Department says the threat remains low to those in the area. Additionally, officials with the Harris County Public Health later announced that an out-of-state resident was also diagnosed with the virus. That person has reportedly since left the county and has returned to their home state.



Epidemiologists will be reaching out to those who had close contact with the individuals.

"Monkeypox is transmitted through close contact with an infected person or animal. It can also be transmitted from person to person by inhaling large respiratory droplets or through close contact with body fluids and lesions, as well as bedding and other contaminated materials," according to information provided by Harris County Public Health. Monkeypox typically begins as a flu-like illness with individuals having a fever, rash, or swollen lymph nodes. As of June 18, 2022, the Center for Disease Control has confirmed three cases in Texas and 114 in the nation. (Courtesy https://www.click2houston.com/) Related

> Dr. Scott Gottlieb Says Rising Monkeypox Cases Show Its Spread Is 'Pretty Wide' KEYPOINTS

The rising number of monkeypox cases in the U.S. and Europe suggests the virus has already spread widely across communities, Dr. Scott Gottlieb told CNBC on Friday

Gottlieb's remarks come two days after U.S. health officials confirmed a case of the virus in a man from Massachusetts who recently traveled to Canada. The New York City Department of Health said Thursday it's investigating a possible case in a man who's being treated at NYC Health + Hospitals Bellevue.

The rising number of monkeypox cases in the U.S. and Europe suggest the virus has already spread widely across communities, but it won't likely cause a major epidemic like Covid. Pfizer board member and former FDA Commissioner Dr. Scott Gottlieb told CNBC on Friday



Former FDA Commissioner Dr. Scott Gottlieb On "Squawk Box."

"Now that there's been community spread, it may be hard to fully snub this out. I don't think it's going to become a major epidemic because this is a virus that's difficult to spread," Gottlieb said on "Squawk Box."

Monkeypox is a rare viral illness that begins with flu-like symptoms and the swelling of lymph nodes, eventually progressing to a rash on the body and face. Monkeypox spreads through open contact with the sores of a person infected, and has a long incubation period of 21 days or more, according to Gottlieb. He said this means many people may be incubating the virus since patients infected were likely undiagnosed or misdiagnosed.

Gottlieb's remarks come two days after U.S. health officials confirmed a case of the virus in a man from Massachusetts who recently traveled to Canada. The New York City Department of Health said Thursday it's investigating a possible case in a man who's being treated at NYC Health + Hospitals/Bellevue.

Confirmed and Suspected Monkeypox Cases in the United States



Monkeypox, which reemerged in Nigeria in 2017, has been spreading in several countries in the last few weeks, leaving health officials scrambling to warn clinicians and the public about the virus. Gottlieb added that there have been numerous disconnected cases, indicating that the spread in the community is "pretty wide." He said there might be a lot more infection than what health officials have found since it has such a long incubation period and doctors don't know to look for it yet.

But he said the U.S. could just see a low level of spread that "just becomes hard to stop" since it may be difficult to deploy public health measures, such as mass immunization using the Vaccinia virus vaccine.

He noted that the virus is endemic in some countries, with the Democratic Republic of the Congo reporting anywhere from five to 10,000 cases a year. (Courtesy https:// www.cnbc.com/)

# Southern Make Today Different

# **Monkeypox Outbreak Is Primarily Spreading Through**

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

Sex, WHO Officials Say



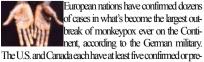
**Kev Point** 

\*European nations have confirmed dozens of cases in what's become the largest outbreak of monkeypox ever on the Continent, according to the German military.

\*The U.S. has confirmed at least two cases and Canada has confirmed at least five so far. Belgium just introduced a mandatory 21-day quarantine for monkeypox patients.

An outbreak of the monkeypox virus in North America and Europe is primarily spreading through sex among men with about 200 confirmed and suspected cases across at least a dozen countries, World Health Organization (WHO) officials said on Monday. The outbreak has quickly advanced across Europe and North America over the last week and is expected to be far more widespread as more doctors look for the signs and symptoms. Two confirmed and one suspected case of monkeypox in the U.K. were reported to the WHO just 10 days ago, the first cases this year outside of Africa where the virus has generally circulated at low levels over the last 40 years, the organization said.

"We've seen a few cases in Europe over the last five years, just in travelers, but this is the first time we're seeing cases across many countries at the same time in people who have not traveled to the endemic regions in Africa." Dr. Rosamund Lewis. who runs the WHO's smallpox research, said in a O&A livestreamed on the organization's social media channels.



sumed cases so far. Belgium just introduced a mandatory 21day quarantine for monkeypox patients. The WHO convened an emergency meeting this weekend via video conference to look at the virus, identify those most at risk and study its transmission. The organization will hold a second global meeting on monkeypox next week to more thoroughly study the risks and treatments available to fight the virus. While the virus itself is not a sexually transmitted infection, which are generally spread through semen and vaginal fluids, the most recent surge in cases appears to have been spread among men who have sex with other men. WHO officials said, emphasizing that anyone can contract monkeypox.

"Many diseases can be spread through sexual contact. You could get a cough or a cold through sexual contact, but it doesn't mean that it's a sexually transmitted disease," said Andy Seale, who advises the WHO on HIV, hepatitis and other sexually transmitted infections. The virus is spread through

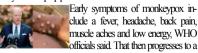
close contact with people, animals or material infected with the virus. It enters the body through broken skin, the respiratory tract, the eves, nose and mouth. Though human-to-human transmission is believed to occur through respiratory droplets as well, that method requires prolonged face-to-face contact because the droplets cannot travel more than a few feet, ac-



This is a virus that is super stable outside the human host, so it can live on bjects like blankets and things like nat." Dr. Scott Gottlieb told CNBC in

a separate interview Monday on "Squawk Box." "And so you can see situations where people become reluctant to try on clothing, things like that, where it could become disruptive in areas where this is spreading, like New York City.'

He said to expect more confirmed cases in the U.S. in the coming weeks as doctors and public health officials reevaluate patients who have presented with symptoms and the virus continues to spread. Monkeypox is a disease caused by a virus in the same family as smallbox but is not as severe, according to the Centers for Disease Control and Prevention. However. monkeypox can kill as many as 1 in 10 people who contract the disease, based on observations in Africa, according to the CDC. The vaccine used to prevent smallpox appears to be about 85% effective in guarding against monkeypox in observational research in Africa, WHO officials said. But the vaccines aren't widely available so it's important to reserve them for populations that are most at risk, said Maria Van Kerkhove, the WHO's leading epidemiologist on zoonotic diseases. She said the WHO will be teaming up with vaccine makers to see if they can ramp up production.



rash on the face, hands, feet, eyes, mouth or genitals that turns into raised bumps, or papules, that then become blisters that often resemble chicken pox. Those can then fill with a white fluid, becoming a pustule, that breaks and scahs over Gottlieb described it as a disabling disease that can last two to four months and has a lengthy 21-day incubation period.

'I don't think this is going to be uncontrolled spread in the same way that we tolerated the Covid-19 epidemic," Gottlieb said. "But there is a possibility now this has gotten into the community if in fact it's more pervasive than what we're measuring right now, that becomes hard to snuff out." (Courtesy cnbc.



# COMMUNITY

# Monkeypox Is Not like COVID-19 — That Is Good

Spallanzani infectious disease hospital Director Francesco Vaia talks to reporters at the end of a news conference Friday in Rome. (Photo/Andrew Medichini/AP)

The recent headlines about a sudden emergence of an unusual disease, spreading case by case across countries and continents may, for some, evoke memories of early 2020. But monkeypox is not like COVID-19—and in a good way. Health officials worldwide have turned their attention to a new outbreak of monkeypox, a virus normally found in central and west Africa that has appeared across Europe and the U.S. in recent weeks—even in people who have not traveled to Africa at all. But experts say that, while it's important for public health officials to be on the lookout for monkeypox, the virus is extremely unlikely to spin out into an uncontrolled worldwide pandemic in the same way that COVID-19 did.

"Let's just say right off the top that monkeypox and COVID are not the same disease," said Dr. Rosamund Lewis, head of Smallpox Secretariat at the World Health Organization, at a public O&A session on Monday.

For starters, monkeypox spreads much less easily than COVID-19. Scientists have been studying monkeypox since it was first discovered in humans more than 50 years ago. And its similarities to small pox mean it can be combated in many of the same ways. As a result, scientists are already familiar with how monkeypox spreads, how it presents, and how to treat and contain it—giving health authorities a much bigger head start on containing it.



Scientists already know how it spreads, and it's different than COVID Monkeypox typically requires

very close contact to spread most often skin-to-skin contact, or prolonged physical contact with clothes or bedding that was used by an infected person. By contrast, COVID-19 spreads quickly and easily. Coronavirus can spread simply by talking with another person, or sharing a room, or in rare cases, being inside a room that ar infected person had previously been in.

Transmission is really happening from close physical contact, skin-to-skin contact. It's quite different from COVID in that sense." said Dr. Maria Van Kerkhove, an infectious disease epidemiologist with the WHO. The classic symptom of monkeypox is a rash that often begins on the face, then spreads to a person's limbs or other parts of the body.

"The incubation from time of exposure to appearance of lesions is anywhere between five days to about 21 days, so can be quite long," said Dr. Boghuma Kabisen Titanji, an infectious disease physician and virologist at Emory University in Atlanta. The current outbreak has seen some different patterns, experts say - particularly, that the rash begins in the genital area first, and may not spread across the body. Either way, experts say, it is typically through physical contact of that rash that the virus spreads.



The people most likely to be at risk are close personal contacts

the Centers for Disease Control and Prevention, in a briefing

of an infected person, such as household members or health care workers who may have treated them, she said. With this version of virus, people generally recover in two to four weeks, scientists find, and the death rate is less than 1%

Monkeypox is less contagious than COVID-19 One factor that helped COVID-19 spread rapidly across the globe was the fact that it is very contagious. That's even more true of the variants that have emerged in the past year. Epidemiologists point to a disease's RO value — the average number of people you'd expect an infected person to pass the disease along to. For a disease outbreak to grow, the R0 must be higher than 1. For the original version of COVID-19, the number was somewhere between 2 and 3. For the omicron variant, that number is about 8. a recent study found.

Although the recent spread of monkeypox cases is alarming, the virus is far less contagious than COVID-19, according to Jo Walker, an epidemiologist at Yale School of Public Health.



ficiently in a way that could sustain itself onward without constantly being reintroduced from animal populations." That's a big reason that public health authorities, including the WHO, are expressing confidence that cases of monkeypox

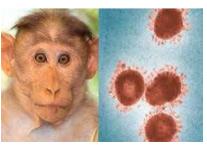
will not suddenly skyrocket. "This is a containable situation," Van Kerkhove said Monday at the public session.

Because monkeypox is closely related to smallpox, there are already vaccines

Monkeypox and smallpox are both members of the Orthopox family of viruses. Smallpox, which once killed millions of people every year, was eradicated in 1980 by a successful worldwide campaign of vaccines. The smallpox vaccine is about 85% effective against monkeypox, the WHO says, although that effectiveness wanes overtime.

These viruses are closely related to each other, and now we have the benefit of all those years of research and diagnostics and treatments and in vaccines that will be brought to bear upon the situation now." said Lewis of the WHO. Some countries, including the U.S., have held smallpox

vaccines in strategic reserve in case the virus ever reemerged. Now, those can be used to contain a monkeypox outbreak.

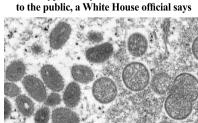


The FDA has two vaccines already approved for use against

One a two-dose vaccine called Jynneos, is also approved for use against monkeypox. About a thousand doses are available in the Strategic National Stockpile, the CDC says, and the company will provide more in the coming months.

We have already worked to secure sufficient supply of effective treatments and vaccines to prevent those exposed from contracting monkeypox and treating people who've been affected," said Dr. Raj Panjabi of the White House pandemic office, in an interview with NPR.

Monkeypox likely isn't much of a threat



This 2003 electron microscope image made available by the Centers for Disease Control and Prevention shows mature, oval-shaped monkeypox virus particles, left, and spherical immature particles, right.

Cynthia S. Goldsmith, Russell Regner/CDC via AP

The risk posed to the U.S. general public from ongoing outbreaks of monkeypox cases reported in Europe, the U.K. and Canada is low a White House official told Morning Edition on Monday Dr Rai Paniabi Senior Director for Global Health Security and Riodefense at the National Security Council says the fewerthan 10 cases seen in the United States so far have not been severe — "flu-like symptoms and a rash which can be painful but resolves in two to four weeks" — and aren't likely

Historically in countries with weaker health care systems less than 1% of patients have died from this milder strain," Panjabi said. "We have access to vaccines and even treatments here in the U.S., and so the risk we believe is substantially lower." In dozens of cases from other U.S. outbreaks over the past 20

vears, all patients fully recovered, he said. So far in the U.S., one case of monkeypox has been confirmed in Massachusetts. A few more are suspected in New York, Florida and Utah, according to the Centers for Disease Control and Prevention. The cases all involve people who have recently travelled abroad. "We're in the early days of this response," said Capt. Jennifer McQuiston, deputy director of the CDC's division of high consequence pathogens and pathology, at a briefing, "It's likely that there are going to be additional cases reported in the United



The virus usually spreads from person to person through sustained, skin-to-skin contact with someone with rashes or

"What we're talking about here is close contact. It's not a situation where if you're passing someone in the grocery store. they're going to be at risk for monkeypox," McQuiston said. And while anyone can contract or spread the virus, health officials say many of the people affected identify as gay or bisexual

"Monkeypox appears to be circulating globally in parts of the gay community," says Dr. John Brooks, medical epidemiologist with the CDC's division of HIV prevention.

In the recent cases, Brooks says the rash "is showing up in different parts of the body than we'd typically expect to see it," in some cases in the genital area. He wants health care providers to be aware that people coming in for a sexually transmitted disease evaluation may need to be checked for monkeypox, if there's been an exposure. (Courtesy npr.org)

### **Tuesday, July 12, 2022**

# 美南國際電視15.3---本週7月11日—7月16日每晚7點節目安排

(本報記者黃梅子)美南國 際電視15.3是美國南部八州唯一 的華語電視台,7天24小時播出華 語節目,每天下午6:30播出《美 南新聞聯播》,每晚7點播出30 分鐘的自辦專題節目。

本週一7月11日晚7點是《生 活》節目之《生活故事會》,主 持人黃梅子給您講日本第一門閥 政治家族安倍家族的故事。

本週二7月12日晚7點是陳鐵 梅主持的《美南時事通》。

本週三7月13日晚7點是王潔 主持的《美南時事通》,採訪萬 通貸款。

本週四7月14日晚7點是Skv 主持的《子天訪談錄》。

本週五7月15日晚7點是美南 新聞總編輯蓋軍主持的《美南時 事通》,兩位常任嘉賓是德州資 深律師包傑生和僑領陳珂博士、

本週六7月16日晚7:30重播 本週一的《生活》節目之《生活 故事會》。

歡迎大家收看 STV15.3 每晚7 點的自辦節目《美南時事通》、 《生活》和《J&J論壇》、《子天 訪談錄》,您也可以在美南網Scdaily.com 收看直播, youtube 頻道 Stv15.3 Houston 同步收看直播













(本報休斯頓報導) 今年休斯頓的夏天艷陽高照,夏午 的氣溫往往超過華氏一百度,許多人忍不住要喝點冰水 、吃些冰淇淋、冰西瓜來止渴消暑,然而,根據傳統中 醫的觀念,在大熱天反而應該對這些冰品敬而遠之,才 是聰明的養生之道。更重要的是,如果有手腳冰冷、過 敏、哮喘、慢性呼吸道疾病等症狀的朋友,還可以利用 夏季的「三伏天」來"冬病夏治",把身體某些陳年舊 疾調整過來,這是中國老祖宗傳下來的智慧,端看您知 不知道,以及有沒有好好的運用。

那什麼時候是「冬病夏治」呢?大家又該如何利用這段 時機養生?



用兩手手心搓熱,幫自己做全身按摩,舒暢氣血



三伏天時盡量喝溫水或熱水

所謂的「冬病夏治」,是根據《黃帝內經》中"春 夏養陽"的原則,也就是對於在冬天較易發作的病症, 你在夏天時便予以治療,趁著夏季的高溫與陽氣,把體 內的寒氣逼出來,提高身體的抗病力,讓陰陽更平衡, 使原有的毛病得以改善,這主要是針對虛寒類的疾病, 如哮喘、慢性支氣管炎、過敏性鼻炎、風濕與類風濕性 關節炎、產後虛寒病、以及中醫所謂的脾胃虛寒之類的

## 「三伏天」何時開始?

每年的三伏天開始日期不同,今年的三伏天從何時 開始呢?三伏分頭伏、中伏、末伏,夏至之後的第三個庚 日是頭伏的開始,夏至後的第四個庚日是中伏的起點, 而立秋後的第一個庚日是末伏的開始。

三伏天是一年當中天氣最熱、陽氣也最盛的時候。 「三伏天」一般是30天,今年則是40天。由於庚日在 陽曆中的日期每年都不同,所以,每年入伏的日期也不 一樣。今年的三伏天是從7月16日到8月24日。今年夏 至到立秋共有5個庚日,所以今年的中伏多了10天。 亦即,今年是加長版的三伏天,因此夏天也特別熱。

再過幾天就是7月16日,是頭伏的第一天,接下來 的40天,即是冬病夏治的最好時機。

## 怎麼調整?

在「三伏天」的這段期間,盡量不吃寒涼的食物, 不喝冰涼飲品,冷飲會傷脾胃的陽氣,讓體質變虛弱, 也會使體內的寒氣停滯,難以消散。同時,每晚用熱水 泡腳,幫自己做全身按摩,讓經絡氣血更通暢。還有, 盡量不熬夜,按時就寢,並且堅持喝溫水或是熱水。這 樣做的結果,能把在體內多年的寒氣逼出來,回復自己 一個好身體。

在大熱天裡,飲食方面多以清淡爲先,可以多吃一 些健脾利濕的食物,如薏仁、冬瓜、山藥、紅豆等,女 性也可多吃些紅棗。

另外,多運動、走路,適量的運動能鼓舞陽氣生發

, 對冰品要敬而遠之

,增加流汗量,以帶動體內停滯的寒 氣散發出來,同時能加強體質,增加 身體的抵抗能力。

當然,除了能改變一些自己的生活 習慣之外,若是症狀嚴重,最好能夠 找到可以信賴的中醫師,依照個人的 體質與病況,在三伏天做更深入的調 整,才能更好的驅散體內寒邪,希望 朋友們把握三伏天的時機,把冬天發 作那些毛病通通治好!







三伏天中盡量不吃寒涼的食物