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Inside C2

Southern DAILY

Make Today Different

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



美南電視15.3

每周一至五每晚7點專題節目

每晚7點播出
專題節目

每天一至五下午6:30播出《美南新聞聯播》

每周一晚7點：主持人：黃梅子，《生活》節目（《生活故事會》、《丁師傅私房菜》和《修車師姐》三個單元輪流播出）
每周二晚7點：主持人：陳鐵梅，《美南時事通》
每周三晚7點，主持人：王潔，《美南時事通》、《美南名人堂》
每周四晚7點，主持人：Sky，《子天訪談錄》或馬健《J&J論壇》
每周五晚7點，主持人：蓋軍，《美南時事通》

美南網Scdaily.com和youtube 頻道Stv15.3 Houston同步收看直播



主持人: 黃梅子



主持人: 陳鐵梅



主持人: 王潔



主持人: 馬健



主持人: Sky



主持人: 蓋軍

WEA LEE'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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Republic of Guiana Honorary consul at Houston Texas



Southern DAILY Make Today Different

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



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



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.

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Sky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Sc-daily.com收看直播，youtube頻道Stv15.3 Houston同步收看直播。



養生有訣竅 把握三伏天 “冬病夏治” 逼出體內的寒氣

(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。

冬病夏治
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疾病。

「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，飲食方面多以清淡為先，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，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！



盡量不熬夜，按時就寢



每晚用熱水泡腳



希望在三伏天「冬病夏治」的朋友，對冰品要敬而遠之



三伏天天中盡量不吃寒涼的食物