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TRADE CENTER

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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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wechat : AD7133021553
8月14日 星期日

週數 Week	一週	二週	三週	一月
格數 Size	1 wk	2 wks	3 wks	1 mon
1 格 (1unit)	\$45	\$80	\$105	\$125
2 格 (2units)	\$90	\$160	\$210	\$250
3 格 (3units)	\$135	\$240	\$315	\$375
4 格 (4units)	\$180	\$320	\$420	\$500
EFFECTIVE: 從2009年11月1日起實施				

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Email(電郵): cla@scdaily.com

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Business Hours:

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上班時間:
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誠請炒鍋師傅

聯繫電話:
832-350-9107

KATY 中餐館

急招
全天熟手炒鍋
~~薪水優~~
有意者請電:
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有米酸奶 Katy 店

招聘啦!!!!
全職兼職均可,可培訓
操作簡單易上手,薪優!
需會英文!
店址位於 katy 亞洲城
請電/短信:
626-466-5007

*中餐館請人

位 Woodlands 區
誠聘 以下半工
外送員及接線員
油爐 及 炒鍋
意者請電:
832-788-1283

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

*路州餐館請人

位 路易斯安那州
誠請炒鍋一名,
薪優.意者請電:
832-819-8111

*『高薪厚職』餐館誠請

炒鍋, 打雜, 燒臘師傅,
企枱, 執碼(幫廚)
各幾名, 包食和住宿.
有意請電: 512-483-1284

新皇宮點心海鮮酒樓 (ChinaBear)

『高薪』誠聘: 經理,企枱,收銀,帶位,傳菜
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意者請電 New Palace 或親臨面談:
281-240-8383 713-303-8998
12755 Southwest Fwy, Stafford TX 77477

*米其林星級港式早茶點心

連鎖餐廳-Tim Ho Wan (添好運)
Katy 亞洲城 誠徵:
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公司提供醫療保險,福利,休假,獎金.
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david@timhowanusa.com
或來電: David Li 832-788-0217

珍寶海鮮城 誠聘

點心師傅、點心熟籠、點心幫手
炒鍋師傅、推車、傳餐、帶位。
需少許英文, 全工或半工均可
請電: 281-988-8898 或親臨面談
11215 Bellaire Blvd, Houston, TX 77072

美式中餐館招聘

位 Downtown 地區
誠招兼職廚師,
~~薪優~~
廚房關係簡單.
有意請電至:
361-960-8256
如未接,請短信留言

黃金茶寮,薪優

●廚房: 請 廣東炒鍋.
●樓面: 請傳餐人員
●點心部: 請
有經驗做點心人員
281-495-1688
或 2 點後親臨地址:
9968 Bellaire Blvd #160
Houston TX 77036.

和順圓(Pearland)

待遇優厚, 誠聘
●全工 Cashier
英文好,小費好
●外送員: 小費好
全工/半工均可
有意者請電:
832-768-9888

梨城餐館請人

Pearland Area,誠請
全工或半工,需說英文
Full/Part time
●Server 企枱
●Delivery Driver 外送
●Cashier 收銀員
Must Speak English
832-594-0540

糖城港式點心店

招點心廚房幫手
有經驗優先
聯絡: 呂小姐
832-638-8655

*餐館請人

糖城中餐館誠請
●企枱一名
●收銀一名
聯繫電話:
832-277-2317

*美式中餐館,薪優(收入佳)

多年老店,生意穩,收入佳.
位 Richmond 區, 90 號上, 誠請
●有經驗炒鍋(會看英文單)
●半工和全工企枱
意者請電: 281-804-9514

*休士頓中國城

百佳超市附近
味佳香 Tainan Bistro
(9306 Bellaire Blvd)
誠聘 廚房女助手
意者請洽: 許先生
832-506-3316

*大學城中餐館

請川菜師傅/炒鍋師傅
東北人優先,
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
聯繫方式: 許先生
979-676-9166

*中國城中餐館

請全工或半工企枱,
收入高,須有工卡.
意者請電:
713-981-8818
或親臨臨敦煌廣場

中餐廳請人

位 Katy 凱蒂
誠招 外送員, 廚師
收銀員, 服務員.
全工或半工均可
意者請電:
978-549-4604

*糖城美式餐館

誠請需英文流利
●全工半工企枱
●收銀帶位
意者請電:
281-242-7728

*中國城中餐館

位百佳超市附近,
客源穩定,小費好,
聘請有經驗的周末
企枱服務員,工作勤快
男女不限,可報稅.
誠意者面談.電話:
713-367-9937

金冠酒家誠聘

●廚房油爐
●打雜
有身份,可報稅.
意者請電:
281-866-5020

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

糖城翠苑餐館

誠聘油爐一名
~薪優~
有意者致電:
346-932-2551
4555 Hwy 6

請 Server 企枱

Lucky Palace Korean
Restaurant at Bellaire,
Chinatown, Full/Part
time, great income and
flexible hours. Please call
281-889-0533
8508 Bellaire Blvd.
全半工,收入好,時間彈性

*新新餐廳誠請

炒鍋, 企枱, 傳菜
請中午 12 點後電:
713-492-4897
或晚上 6 點後親臨
找: Kevin
6816 Ranchester
(Bellaire/Ranchester)

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.
有意者請聯繫電話:
832-455-3059
聯繫時間下午 4-5 點

餐館招聘

廚師, 抓碼, 打雜,
距離休斯頓 2 小時
車程, 包吃住.
意者請電:
361-649-7476
361-573-6600

美式中餐館招

Downtown 地區,
招二廚,幫廚,學徒.
薪優,廚房關係簡單
有意請電至:
361-960-8256
如未接,請短信留言

急聘!

兼職切水果工 \$14-\$16
意者請傳簡訊(英文):
832-875-1830
位 Katy, TX 77494
周一-周六, 8 小時,負責
備好水果,切割及包裝,
職責及工作時數會依據
業務需要,而有所調整.

誠徵

●廚房助手:
時間: 週一至週五
早 6:40 至下午 3:00
●家庭看護(女性).
意者請洽:紀先生
713-933-5288

中日餐館請人

*日餐誠徵

●燒烤
●Sushi Man
●外場人員
時薪 \$18-\$23 需報稅.
位休斯頓中國城
男女不拘. Call /text
832-782-4229

*日本餐館請人

位 45 北和 8 號
誠請 ●鐵板師傅
●企枱
各一位.意者請電:
281-872-0309
713-376-8983

*日本餐館,誠請

全職 Sushi 師傅
位 Missouri City 近糖城,
需有經驗,做事認真負責
可提供住宿,
月薪 5000. 請聯系:
912-381-5292
346-303-3218

*美日餐館,高新

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. 聯系電話:
281-636-8808

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

日式餐廳誠請

有經驗壽司師傅,
助手, 廚房師傅,
油鍋, 企枱.
聯系電話:
347-645-3070

壽司餐館請人

Restaurant Hiring

NOW HIRING

●Sushi Chef
●Sushi Helper
full time, part time
Sugar Land area
Hwy6 & Hwy90
inside HEB. Contact
713-419-0980

壽司餐館請人

Restaurant Hiring

*HEB 超市內壽司吧請人

HEB, Kroger Sushi Roll Available People Priority
(Training Available) 10 mins from Pearland
Medical Center/ Hwy-288 / Rice University
Address: 6055 South Freeway, Houston, TX
Please call: 832-808-0206
誠請全工/半工壽司師傅及廚房幫手,
懂少許英文即可,近醫學中心及 Rice 大學

美南新聞電子報

最新 2022 年
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請至美南索取

餐館
租售

Restaurant for sale

餐館
租售

Restaurant for sale

*中日餐轉讓

位 Westheimer,
餐館重新裝修,
1900 呎,設備齊全.
有意者請聯系:
832-722-2803

*堂吃外賣急售

地區好,生意穩,
租金便宜,
可改做 Sushi.
因人手不足急售.
意者請電:
281-813-6809

*中餐館轉讓

休斯頓 290 炸雞炸魚
快餐中餐生意轉讓,
20 年老店,固定客源,
生意穩,獨立商鋪,租金低
堂食,外賣,Drive-through,
適合夫妻經營.意者電
832-277-4350
非誠勿擾,謝謝!

River Stone

堂吃外賣中餐
出售
歡迎看店面談
聯系方式:
920-858-6894

Kroger 超市

壽司吧出售!
New Caney, TX 77357
附近沒有其他超市競爭
每周 \$10000 ~ \$11000
請傳簡訊或電:
832-401-9179

休斯頓密蘇裡城

中餐館出售
堂吃加送餐,
生意 6 萬余.
意者請聯系:
917-225-6666
985-790-3195

賺錢堂吃外賣店

出售
位 99/249 Spring
好區,繁忙地段,
生意穩定,設備齊全.
有意者請聯絡詳聊:
832-493-9598

賺錢好餐館讓

位 Galleria 區
1000 呎賺錢外賣店
房租 2500,生意 5 萬
有意者請電:
832-661-5840

中日餐館出售

位糖城,已經營 4 年,有
淡酒牌,1300 尺,月租
3500(包含圾費·管理費)
每周開六天,日餐占三成
上升空間巨大,周圍環境
包括住宅·公司及學校.
誠心有興趣者請聯系看店
電:281-903-6795

中餐堂吃外賣店

出售,開業 26 年,
生意好,計劃退休,
歡迎看店面談. 請電:
409-729-0577
409-223-8342
1624 Nederland Ave
Nederland, TX 77627

*中餐館轉讓

Pearland Pkwy,
2460 呎,設備齊全,
老闆退休,生意三萬以上
房租 \$7250,售價 8 萬
有興趣者預約看店
請速電或留言:
832-643-8099

美式中餐轉讓

Memorial 區,靠能源
走廊,商業住家密集,
十幾年老店,生意穩,
潛力大,3600 呎,有發
展空間.適合家庭經營
電:832-630-4170
832-782-8237

超市壽司吧出售

休斯頓 Kroger 內
設備齊全,
無租金無水電,
生意穩定,離唐人街
15 分鐘車程,現轉讓.
有意者聯系:
347-981-1238

老店轉讓

美式中餐, 位 529,
近 6 號, Kroger 超市旁
外賣加堂吃,租金便宜,
因缺人手轉讓.
非誠勿擾,先到先得.
意者請電:
832-830-3906

麵包咖啡簡餐店

糖城百佳超市正門口
兩個單位,一個 G,
一個 Q (中央廚房)
歡迎看店.意者請電:
346-308-1569
832-903-0674

Restaurant
For Sale

餐館出售

*達拉斯餐館出售

達拉斯億佳超市旁,地點佳,
應人手不足,現轉讓。
有意致電: 469-238-3871

Sushi Restaurant for sale

壽司餐館出售. 2200 呎 已經營 1 年半,位
城中區高級地段,漂亮 24 層公寓第一樓層
交通繁忙區,客源穩定,生意好,小費高
室內有 50 個座位,室外有 10 個座位.
很好的租金價格. 設備齊全,可立即營業.
售價: \$365,000 歡迎看店議價.
意者請(英文)電或短訊:832-298-8119

賺錢生意急售

●IKaty 亞洲城 H-Mart 韓亞龍超市商場旺鋪讓
廚房餐廳設備傢具齊全,店主因故急售,僅要價
\$45,000 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)

*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

亞洲餐館(中越韓式)出售

將最好的中國/亞洲美食集中在一起,供鑒賞家
品嘗·能源走廊休斯頓地區·1800 平方英尺.
售價僅為 \$6 萬·餐廳按原樣出售.
The best of a Chinese / Asian Cuisine
Energy Corridor Houston area.
1800 sqft. Selling price \$60,000 only .
Landlord give back \$20,000 for remodel restaurant.
Please call : 281-725-4664

Restaurant
For Sale

餐館出售

東主退休半價租售

餐館生意設備
用具賣 6 萬,現只 3 萬
租金 2500,現只 1250
住商兩用,公寓租價
已經營 10 年,絕對賺錢
254-910-0007
254-697-6869

休士頓民宿出租
Houston Hostel for Rent
 中國城百利大道上，經商、訪友、辦事
 免開車，免簽長約、月租式，
 傢具、水電、上網全包，拎包入住。
 ●大套房(500呎) \$700/月，獨立進出，押金\$200
 ●套房\$500 (獨立浴室) 押金\$150
 手機/簡訊: **832-640-3888** Ruby 陳碧如

ITC 多間高雅辦公室租
環境高雅, 安全, 安靜, 包水電,
免費高速光纖上網, 辦公傢具,
近中國城 5 分鐘, 有大停車場。
共多間辦公室出租, \$600 起

281-498-4310 陳鐵梅 (中文)
281-983-8152 Jennifer (英文)

***老人生活助理** 待優住家女看護
需有工卡,能開車。需有耐心和愛心
半工,下午,男女不拘 看護照顧女長者
善按摩有愛心者優先 工作2天3天5天均可
工資面議。近中國城。需住宿,位糖城區。
832-743-7822 意者請電:
713-254-8866
832-858-8959

***電子維修公司**
中國城附近,誠聘
●維修人員:細心穩定
●業務客服:中英流利
無須經驗,可培訓。
業務熟練,薪資優厚。
832-679-9999

***誠徵**
工作人員女性
每週一至週五
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Inside C2

Southern DAILY

Make Today Different

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‘Accidents can happen at European nuclear plants too,’ Russian ex-president

HONG KONG, Aug 12 (Reuters) - Hong Kong's economy contracted 1.3% in the second quarter from the same period a year earlier, government data showed on Friday, following a weak performance in external trade during the period.

It was the second straight quarter of year-on-year contraction for the Asian financial hub's gross domestic product (GDP).

Seasonally adjusted GDP was 1% higher in the second quarter than three months earlier, however.

Rising inflation, cooling global demand and weak consumer sentiment in the trade-reliant city remain significant risks for the recovery, analysts say.

The second quarter's annual growth pace compared with a decline of 3.9% in the previous quarter. The advance estimate for the second quarter had been a 1.4% contraction.

COVID-19 restrictions have weighed on the city's economy since early 2020, grinding tourism and business trips to a halt and battering bars, restaurants and shops repeatedly for prolonged periods.

The curbs are partly blamed for a net outflow of 113,200 people from Hong Kong between mid-2021 and mid-2022, according to government estimates.

The city of 7.3 million has shortened the mandatory hotel quarantine period for all arrivals to three days from seven, but, as much of the world is now co-existing with the virus, the restrictions are expected to keep the city isolated. read more

“The “3+4” scheme may be helpful for trips by Hong Kong residents, but there will not be any meaningful impact in attracting tourists and business travellers until it matches the policies of the competitors, such as Singapore,” said Gary Ng, senior economist at Natixis Corporate and Investment Bank.

The outlook for the global financial hub was overshadowed by increasing inflation rates globally and an uncertain geopolitical situation, although the prospects of a revival in the mainland economy should offset risks, the government said.

“The markedly deteriorating external environment will weigh heavily on Hong Kong's export performance in the remainder of the year,” a government spokesperson said in a statement.

“Elevated inflation in the advanced economies and the aggressive tightening of monetary policy by many major central banks in response will further weaken the global growth momentum, though the expected revival of the mainland economy



U.S. tightens export controls on advanced chip, gas turbine engine tech

WASHINGTON, Aug 12 (Reuters) - The United States on Friday adopted new export controls on technologies that support the production of advanced semiconductors and gas turbine engines that it said are critical to its national security.

The “emerging and foundational technologies” covered by the move include gallium oxide and diamond, because “devices that utilize these materials have significantly increased military potential,” the Commerce Department said. “Technological advancements that allow technologies like semiconductors and engines to operate faster, more efficiently, longer, and in more severe conditions can be game changers in both the commercial and military context,” said Commerce Under Secretary for Industry and Security Alan Estevez. “When we recognize the risks as well as the benefits, and act in concert with our international partners, we can ensure that our shared security objectives are met.”

The four technologies are among items that 42 participating countries reached consensus to control at December 2021 meetings. The United States export controls cover a wider range of technologies, including additional equip-

ment, software, and technology used to produce semiconductors than the international agreement.

Gallium oxide and diamond allow semiconductors “to work under more severe conditions, such as at higher voltages or higher temperatures. Devices that utilize these materials have significantly increased military potential,” Commerce said.

The controls include ECAD, a category of software tools used for validating integrated circuits or printed circuit boards “that can advance many commercial as well as military applications including defense and communications satellites,” the department said.

In June 2021, the U.S.-China Economic and Security Review Commission found the department was not doing enough to keep sensitive technology out of the hands of China's military. The lag in developing the list of emerging and foundational technologies, as required by a 2018 law, may exacerbate national security risks, the report said.

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WEA LEE'S GLOBAL NOTES

08/12/2022

The Mortgage Rate Has Climbed Back Again

The national mortgage rate has climbed back to above 5% again this week, but the housing market is starting to stabilize.

The 30-year fixed treasury this week average is 5.22%. This is significantly higher than this time last year when it was 2.87%.

Although the rate continues to fluctuate, recent data suggests that the housing market is stabilizing. According to the latest July figures, the inflation rate has started to slow down, but still remains high.

The supply of housing remains fairly tight

across most of the market. The price will continue to rise, but at a slower pace, for the rest of the summer. But some of the home price reductions reached 19% in July, closing in on level not seen since 2017. This is a welcome sign for those in the market who want to buy a house.

Many Asian families are saying their first priority is buying a house. According to a survey, more than 85% own their home today. We really suggest that they should



wait for a while until the interest rate goes down and the inflation rate could be improved.

Attorney General Approved The Raid On Trump's Mar-a-Lago



Attorney General Herrick Garland spoke about the FBI agents who raided former

President Trump's Mar-a-Lago residence in Florida.

Garland said that the government has filed a motion to unseal the warrant authorizing Monday's search which Trump has sharply criticized as a partisan attack.

Garland said that he personally approved the unprecedented decision to seek such a warrant against the former president.

Republicans want transparency about the raiding on the former president's property, as Trump's supporters have cast the investigation as a partisan sham.

Garland said, "The men and women of the FBI are dedicated patriotic public servants. They protect the American people from violent crime, terrorism and other threats to their safety while safeguarding our civil rights."

We all are waiting for the results of this raid and hope there will be more truth that will come out soon.



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Southern DAILY Make Today Different

Editor's Choice



A rainbow forms as soldiers participate in a rescue operation for miners trapped in a coal mine that collapsed, in Sabinas, Coahuila state, Mexico. REUTERS/Daniel Becerril



Actor Diane Keaton shows her hands after placing them on fresh cement during a ceremony TCL Chinese theatre in Los Angeles, California. REUTERS/Mario Anzuoni



Italy's Nicolò Martinenghi in action during the men's 100m breaststroke semi-final 2 at the European Aquatics Championships. REUTERS/Antonio Bronic



Chicago Cubs pitcher Michael Rucker (59) and bullpen catcher Garrett Lloyd (85) walk through the corn before a Major League Baseball game against the Cincinnati Reds at the Field of Dreams in Dyersville, Iowa. Joseph Cross-USA TODAY Sports



Firefighters embrace as they work to contain a fire in Saint-Magne, as wildfires continue to spread in the Gironde region of southwestern France. REUTERS/Stephane Mahe



U.S. Attorney General Merrick Garland turns away and leaves the podium after speaking about the FBI's search warrant served at former President Donald Trump's Mar-a-Lago estate in Florida during a statement at the U.S. Justice Department in Washington. REUTERS/Evelyn Hockstein

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The Return Of Polio? Hundreds Of People Could Already Be Infected With Polio Virus

N.Y. Health Department Confirms First U.S. Polio Case Since 2013

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



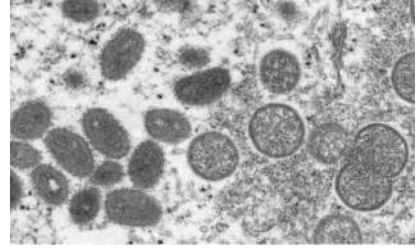
Dr. Jonas Salk studies slides in his laboratory following the invention of his pioneering polio vaccine, circa 1957. (Photo/Three Lions-Hulton Archive/Getty Images/TNS)

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

New York state health officials have found indications of additional cases of polio virus in wastewater samples from two different counties, leading them to warn that hundreds of people may be infected with the potentially serious virus.

Just two weeks ago, the New York Health Department reported the nation's first case of polio in almost a decade, in Rockland County, north of New York City. Officials said that case occurred in a previously healthy young adult who was unvaccinated and developed paralysis in their legs. Since then, three positive wastewater samples from Rockland County and four from neighboring Orange County were discovered and genetically linked to the first case, the health department said in a press release on Thursday, suggesting that the polio virus is being spread within local communities. The newest samples were taken from two locations in Orange County in June and July and one location in Rockland County in July.

"Based on earlier polio outbreaks, New Yorkers should know that for every one case of paralytic polio observed, there may be hundreds of other people infected," State Health Commissioner Dr. Mary T. Bassett said. "Coupled with the latest wastewater findings, the Department is treating the single case of polio as just the tip of the iceberg of much greater potential spread. As we learn more, what we do know is clear: the danger of polio is present in New York today."



The health department reiterated that it is still investi-

gating the virus' origin, and said that it is not yet clear whether the infected person in Rockland County was linked to the other cases.

Polio is "a serious and life-threatening disease," the state health department said. It is highly contagious and can be spread by people who aren't yet symptomatic. Symptoms usually appear within 30 days of infection, and can be mild or flu-like. Some people who are infected may become paralyzed or die.

Before the polio vaccine was introduced in the 1950s, thousands of Americans died in polio outbreaks and tens of thousands, many of them children, were left with paralysis. After a successful vaccination campaign, polio was officially declared eradicated in the U.S. in 1979.

Unvaccinated New Yorkers are encouraged to get immunized right away, the health department said. Unvaccinated people who live, work or spend time in Rockland County, Orange County and the greater New York metropolitan area are at the greatest risk.



Most school-aged children have received the polio vaccine, which is a four-dose course, started between 6 weeks and 2 months of age and followed by one shot at 4 months, one at 6 to 12 months, and one between the ages of 4 and 6. According to the health department, about 60% of children in Rockland County have received three polio shots before their second birthday, as have about 59% in Orange County — both below the 79% statewide figure. According to the CDC's most recent childhood vaccination data, about 93% of 2-year-olds in the U.S. had received at least three doses of polio vaccine. Meanwhile, adults who are not vaccinated would receive a three-dose immunization, and those who are vaccinated but at high risk can receive a lifetime booster shot, according to the health department. The vaccine is 99% effective in children who receive the full four-dose regime, health officials said.

"It is concerning that polio, a disease that has been largely eradicated through vaccination, is now circulating in our community, especially given the low rates of vaccination for this debilitating disease in certain areas of our County," Orange County Health Commissioner Dr. Irina Gelman said. "I urge all unvaccinated Orange County residents to get vaccinated as soon as medically feasible."



Rockland County Department of Health Commissioner Dr. Patricia Schnabel Ruppert issued a similar

statement, calling on people who are not vaccinated to get the shots "immediately."

Polio has rarely appeared in the U.S. since it was declared eradicated over 40 years ago. The last reported case was brought by a traveler in 2013, according to The Associated Press. (Courtesy cbsnews.com)

Related
Bill Gates Warns That Polio Found In New York Is 'A Threat To Us All'

A once-eradicated disease has reemerged in New York, and it's spooking health officials and billionaire philanthropist Bill Gates.

On Aug. 4, New York health authorities announced they had detected polio in wastewater samples from two counties north of New York City. Officials called the results, along with a confirmed case of polio in New York's Rockland County in July, the "tip of the iceberg" for a wider polio outbreak of the disease that can cause paralysis.



Microsoft cofounder Bill Gates, through the Bill & Melinda Gates Foundation, has been a vocal advocate for stamping out polio for years.

LEON NEAL—POO/AFP/Getty Images
Gates—a longtime champion of polio eradication—weighed in Monday, calling the news an "urgent reminder" that "until we #EndPolio for good, it remains a threat to us all," on Twitter.

"The global eradication strategy must be fully supported to protect people everywhere," wrote Gates, a Microsoft cofounder and the world's fifth-richest man with a net worth of \$118 billion.

TWEET
Bill Gates
@BillGates

News that polio has been detected in New York wastewater samples is an urgent reminder: until we #EndPolio for good, it remains a threat to us all. The global eradication strategy must be fully supported to protect people everywhere.



Gates tweeted a similar warning about the threat of polio in July, after New York health authorities announced the discovery of a single case of paralytic polio in an unvaccinated young adult.

Gates, through the Bill & Melinda Gates Foundation, has been a vocal advocate for eradicating polio for years. The foundation is one of several partners in the Polio Global Eradication Initiative (PGEI), alongside organizations like the World Health Organization, the U.S. Centers for Disease Control and Prevention, and the United Nations Children's Fund (Unicef). The PGEI hopes to eradicate polio in the wild by 2026. The Gates Foundation has donated \$4.2 billion to the GPEI, and in 2020 alone provided about 47% of

the initiative's total funds, making it the largest donor ahead of the U.S. government.

Despite new evidence of polio in New York, the campaign to eradicate the disease has been one of the world's most successful public health initiatives. There were 350,000 cases of polio in 1988, when the GPEI was founded. That total has fallen to 688 in 2021. Two of polio's three strains have been eradicated.



The World Health Organization considers polio to be endemic in Pakistan and Afghanistan, meaning that the poliovirus still exists in the wild. Outbreaks in other countries are either sparked by imported cases, or spread by an individual who received the oral polio vaccine, which uses a weakened, but not inactivated, poliovirus that can then infect unvaccinated individuals.

According to the CDC, many carriers of the poliovirus are asymptomatic, and one in four will get flu-like symptoms. However, somewhere between one and five in a thousand cases can suffer from serious and life-threatening symptoms, like paralysis. Even those who recover can have symptoms like muscle weakness and paralysis return years later in a long-lasting condition known as post-polio syndrome.

Rockland County has some of the lowest overall vaccination rates in New York State, including for polio, with only about 60% of young children getting the required three doses for full protection. In 2019 the county was hit by a severe measles outbreak that forced the government to remove thousands of unvaccinated children from schools.



Efforts to fight the COVID-19 pandemic may be diverting resources away from public health campaigns like polio eradication. Global vaccination coverage for polio fell to 80% in 2021, down from 86% in 2019.

On July 22, Gates called the drop in vaccination rates "heartbreaking" on Twitter, saying that "there's a lot of work ahead to get back to, and eventually exceed, pre-pandemic vaccination levels." (Courtesy <https://fortune.com/>)

Related
Strongly Urging Immunization, New York State Department of Health Updates Citizens On



Key Points

Following the Identification of a Paralytic Polio Case in Rockland County, More Virus Found in Environmental Samples in Rockland and Orange Counties - Evidence of Local Transmission To Keep New Yorkers and Children Polio-Free, Unvaccinated New Yorkers Should Get Immunized Right Away

Vaccines became available starting in 1955, and a national vaccination campaign cut the annual number of U.S. cases to less than 100 in the 1960s and fewer than 10 in the 1970s, according to the Centers for Disease Control and Prevention. In 1979, polio was declared eliminated in the U.S., meaning there was no longer routine spread. Rarely, travelers with polio have brought infections into the U.S., with the last such case in 2013.

U.S. children are still routinely vaccinated against polio. Federal officials recommend four doses: to be given at 2 months of age; 4 months; at 6 to 18 months; and at age 4 through 6 years. Some states require only three doses.

According to the CDC's most recent childhood vaccination data, about 93% of 2-year-olds had received at least three doses of polio vaccine.

Polio spreads mostly from person to person or through contaminated water. It can infect a person's spinal cord, causing paralysis and possibly permanent disability and death. The disease mostly affects children.



Dr. Jonas Salk, developer of the Salk polio vaccine, with vaccine vials in the mid 1950's.

Polio is endemic in Afghanistan and Pakistan, although numerous countries in Africa, the Middle East and Asia have also reported cases in recent years.

Rockland County, in New York City's northern suburbs, has been a center of vaccine resistance in recent years. A 2018-2019 measles outbreak there infected 312 people.

Last month, health officials in Britain warned parents to make sure children have been vaccinated because the polio virus had been found in London sewage samples. No cases of paralysis were reported. (Courtesy apa-az)

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Decades After Polio, An Iron Lung Is Still Relied On To Breathe By Patient

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



Martha Lillard needed a large respirator called an iron lung to recover from polio, which she caught in 1953. She still uses a form of the device at nights. (Photo courtesy of Martha Lillard)

On June 8, 1953, Martha Lillard celebrated her fifth birthday with a party at an amusement park in Oklahoma. A little over a week later, she woke up with a sore throat and a pain in her neck. Her family took her to the hospital, where she was diagnosed with polio.

She spent six months in the hospital, where she was put in a giant metal tank — a ventilator informally called an iron lung — to help her breathe. To this day, Lillard is one of the last people in the U.S. who still depends on an iron lung to survive.

Polio is a potentially life-threatening disease, once among the world's most feared. In the late 1940s, polio disabled an average of 35,000 people in the U.S. every year. A polio vaccine became widely available in 1955, and millions of Americans got vaccinated. Since 1979, no cases of polio have originated in the U.S., according to the Centers for Disease Control and Prevention. The disease has been nearly eradicated — the World Health Organization documented only 175 cases of wild polio in 2019. It remains endemic in only Pakistan and Afghanistan. Although most people who contract polio will not have visible symptoms, a severe case can infect the brain and spinal cord and cause paralysis. Lillard's breathing muscles were weakened by the disease, and she survived thanks to the iron lung.



Iron lung respirators are prepared in an emergency polio ward at a Boston hospital in August 1955. (Photo/AP)

The machines are giant ventilators about 7 feet long. Patients lie inside with just their heads resting outside; a seal around the patient's neck creates a vacuum. Bellows at the base of the device do the work of a human diaphragm — they create negative pressure so the user's lungs fill with air, and positive pressure allowing the person to exhale.

Sixty-eight years later, an iron lung is still keeping Lillard alive — she sleeps in it every night. While many people who had polio or post-polio syndrome either weaned themselves off the machines or switched to another form of ventilator, Lillard never did.

"I've tried all the forms of ventilation, and the iron lung is the most efficient and the best and the most comfortable way," she told Radio Diaries.

The antiquated machines are now more likely to be found in a museum than in someone's home. In the 1990s, when her iron lung was breaking down, she called hospitals and museums that might have had old ones in storage. But they'd either thrown them away or didn't want to part with their collection. She eventually bought one from a man in Utah — the machine she still uses today.

The machines were once serviced by Philips Resperonic, but Lillard says the assistance she received from the company was minimal. Once, she says a technician was sent to service her machine and prepared to leave before putting the machine back together.

Lillard has gotten stuck in the iron lung. She lost power when an ice storm came through Oklahoma and her emergency generator didn't kick on, leaving her trapped in the device without heat.

"It's like being buried alive almost, you know — it's so scary," Lillard says. She tried to call 911, but the cell towers weren't working. "I was having trouble breathing. And I remember saying out loud to myself, 'I'm not going to die.'" Lillard was eventually able to get a signal, but she remembers the emergency responders had no idea what an iron lung was. Luckily, they were able to get the generator going for her.



Martha Lillard says she worries about running out of replacement parts to make her iron lung respirator function properly. (Photo courtesy of Martha Lillard)

Wear on parts is her main issue now. The belts need to be replaced every few weeks, the cot inside every six months, the motor every 12 years or so. Her most immediate need is collars. The collars create the critical airtight seal around the neck. Each one lasts only for a few months. And she has bought all the back stock of collars from places that don't produce them anymore. "That's the main thing I'm having a hard time with, because I try to stretch out, make these collars last longer," Lillard says. "And when they start deteriorating, it gets harder and harder to breathe as they leak more."

She has only a handful of collars left. "I really am desperate," she says. "That's the most scary thing in my life right now — is not finding anybody that can make those collars."

Today, Lillard spends much of her time alone. She paints, watches old Hollywood movies and takes care of her beagles. She has been mostly isolating throughout the COVID-19 pandemic, seeing her sister, Cindy, and her brother-in-law, Daryl, in the evenings.



Dr. Jonas Salk administers vaccine to young patient.

Being affected by polio at such a young age has meant Lillard hasn't been able to have all the experiences others have had. She attended school from home for much of her childhood and couldn't participate in most extracurricular activities — she still remembers longing to go camping with her siblings. She was not able to have children or hold a steady job because of her physical limitations.

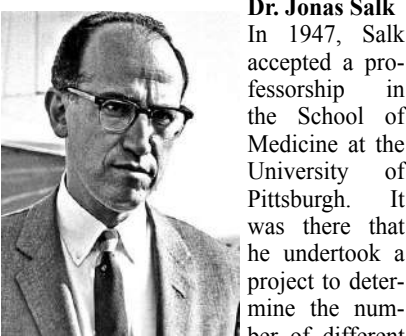
Although some of her life experiences were limited, Lillard thanks a childhood friend named Karen Rapp for teaching her to appreciate small things. Together, they observed ants and built little villages of grass huts.

"There's much more to see if you really look for it," she says.

And she's grateful for the iron lung. "It's what sustains me. It's what heals me. It's what allows me to breathe the next day," Lillard says. "I look at it as a friend, as a very dear friend." (Courtesy npr.org)

Related

Jonas Salk Creator Of The Salk Vaccine
Jonas Edward Salk (Born Jonas Salk; October 28, 1914 – June 23, 1995) was an American virologist and medical researcher who developed one of the first successful polio vaccines. He was born in New York City and attended the City College of New York and New York University School of Medicine.



Dr. Jonas Salk
In 1947, Salk accepted a professorship in the School of Medicine at the University of Pittsburgh. It was there that he undertook a project to determine the number of different

types of poliovirus, starting in 1948. For the next seven years, Salk devoted himself towards developing a vaccine against polio. Salk was immediately hailed as a "miracle worker" when the vaccine's success was first made public in April 1955, and chose to not patent the vaccine or seek any profit from it in order to maximize its global distribution. The National Foundation for Infantile Paralysis and the University of Pittsburgh looked into patenting the vaccine but, since Salk's techniques were not novel, their patent attorney said, "if there were any patentable novelty to be found in this phase it would lie within an extremely narrow scope and would be of doubtful value."



Jonas Salk wrote about the polio vaccine trial project, "the most elaborate program of its kind in history, involving 20,000 physicians and public health officers, 64,000 school personnel, and 220,000 volunteers," with over 1.8 million school children participating in the trial. A 1954 Gallup poll showed that more Americans knew about the polio field trials than could give the full name of the current U.S. president.

An immediate rush to vaccinate began in both the United States and around the world. Many countries began polio immunization campaigns using Salk's vaccine, including Canada, Sweden, Denmark, Norway, West Germany, the Netherlands, Switzerland, and Belgium. By 1959, the Salk vaccine had reached about 90 countries. An attenuated live oral polio vaccine was developed by Albert Sabin, coming into commercial use in 1961. Less than 25 years after the release of Salk's vaccine, domestic transmission of polio had been completely eliminated in the United States.



Salk in 1955 at the University of Pittsburgh
In 1963, Salk founded the Salk Institute for Biological Studies in La Jolla, California, which is today a center for medical and scientific research. He continued to conduct research and publish books in his later years, focusing in his last years on the search for a vaccine against HIV. Salk also campaigned vigorously for mandatory vaccination throughout the rest of his life, calling the universal vaccination of children against disease a "moral commitment". Salk's personal papers are today stored in Geisel Library at the University of California, San Diego. (Courtesy Wikipedia)

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(本報記者黃梅子)在美國，每個人都要開車，如果出了車禍怎麼辦？一般來講，傷員要被送到急診室進行一系列檢查，比如腦部CT、胸腔CT、腹腔CT等。如果需要手術，你就不需要猶豫了，馬上進行。如果內部器官完好，也沒有傷筋動骨，只是肌肉或軟組織受傷，可以尋求中醫或西醫復健治療。這時候，找李醫生，他可以幫你免費治療！不用你自己掏一分錢，全部由保險公司買單！不管是你的過錯還是對方的過錯導致的車禍，只要汽車買了保險，你把保險號告訴給李醫生，由他負責免費將你治好！

有些人怕麻煩不願意看醫生，車禍之後開始沒感覺，3--4星期之後才

會覺得肩痛、背痛，才想起來去求醫；也有人雖然車禍後很快去看醫生，但看了幾次感覺稍好之後，就三天打魚，兩天曬網。這些對於車禍賠償都是不利的，對自己身體更是有害。對於沒有傷筋動骨的小車禍，2--3個月的推拿按摩康復治療之後，大多數人都會感覺好了；對於大小手術治療後的傷員，1--2年之後，也會慢慢好轉，這個時候，絕大多數人都會忘記車禍這檔子事兒，繼續開車。遺憾的是，5年、10年，甚至20年之後，大多數人（尤其是老年時期）就開始出現了病癥。一般是頭部、視力、手腕、肩部、腰部以及骨骼其它部位等，總是感覺哪兒不對勁兒，找不到原因。其實，這就是車禍後遺癥。腦震盪是比較容易查出來的，但軟組織受傷是很難查出來的，CT、超聲波都不行，最多是核磁共振（NMR）可能會發現一些問題（醫學檢查稱為磁共振成像，Magnetic Resonance Imaging, MRI）。但如果自己記得當年的車禍，發生

的部位，便可很容易聯想起來。

這就提醒車禍傷者，需要及時進行腦部、背部、骨關節和軟組織恢復治療與保養，千萬不要等到10年20年之後才想起來，那就晚了。建議您去找李醫生，他是這方面的專家，他會幫您設計治療方案，保險公司支付您全部的費用，經過精心治療之後，您不會有任何後遺癥。

車禍後遺癥有一個顯著的表現就是長期腰痛背痛頸痛，腰椎間盤發生退行性變異導致纖維環破裂，造成髓核脫出壓迫神經根或硬膜囊而引起坐骨神經痛等一系列腰腿痛癥狀，患者常常感覺下肢放射性疼痛（坐骨神經痛）下肢麻木、感覺異常、前行困難。嚴重時出現神經肌肉癱瘓和萎縮。腰部長期反覆疼痛，休息時減輕，勞累就加重，常常有彎腰困難，久坐後疼痛，彎腰過久後疼痛加重等癥狀。部分患者出現眩暈、頭痛等癥狀，甚至引發鼻炎、耳炎，也伴有手麻、手酸。

Texas Spinal Care的李醫生治車禍後遺癥和脊椎間盤突出有20多年的經驗，李醫生畢業於加州大學聖荷西分校，行醫多年，信譽卓著。他採用非手術治療，運用推拿、註射、器材和營養相搭配的方法，治療車禍後遺癥和腰椎、頸椎間盤突出非常有效，病人無痛苦、不用專門請假，可以邊工作邊治療，而且整個療程的費用比手術治療時的copay還低。

李醫生診所使用最新技術MRI診斷治療，病人躺在治療床上，電腦很快就能診斷出是哪一節椎間盤受損或突出、有無炎癥、缺水程度等，李醫生根據電腦診斷的結果針對受損的那一節椎間盤治療，既準確又見效快，一次治療下來疼痛馬上減輕80%。李醫生專精車禍後的復健，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。

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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耗損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，電腦掃描足部定做康復鞋墊，

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，常發生關節軟骨退行性變，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嗶嗶聲「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，髌骨周圍的圓圈性疼痛範圍，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，光讓「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。

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美南僑青休士頓培訓 矢志行銷臺灣文化



陳美芬、劉秀美、陳建賓、黎淑瑛、陳逸玲、陳奕芳及黃依莉(末排從右至左)見證學員展現成果豐碩。



全體學員順利完成Jump Into FASCA儀式，正式成為FASCA一員。



學長及學姊表演「刀馬旦」舞蹈。



陳奕芳頒發美南三地分會諮詢導師感謝狀。

本報記者黃麗珊報導

近百位美南僑青8月5日至7日在休士頓華僑文教服務中心參加青年文化志工培訓，並成為FASCA(Formosa Association of Student Culture Ambassadors)一員。8月7日舉辦的結訓成果展及青年志工年會，中心主任陳奕芳、副主任黃依莉，僑務委員陳美芬、劉秀美及陳建賓，以及僑務諮詢委員黎淑瑛、僑務顧問陳逸玲等僑領、家長逾兩百人出席見證成果豐碩的一刻。

陳奕芳致詞勉勵學員，表示落實FASCA的信念及理想有賴大家後續奉獻社區及推廣臺灣優質文化；活動尾聲她並代表僑務委員會頒發結業證書以及諮詢導師感謝狀。僑領們則對於FASCA平時熱心協助僑界及主流社區活動，以及為僑團注入年輕活力，都讚不絕口。

本次活動是美南地區第十次辦理FASCA新生培訓，來自休士頓、達拉斯及奧斯汀三地學員計有13至18歲青少年及助教共89位參加參與，活動規模已恢復到疫前。活動內容則由三地分會諮詢導師共同規劃，並邀請專業訓練團隊精心策劃，以服務、文化

傳承及領導為訓練核心進行具臺灣特色的培訓課程，參訓學員分成101隊、玉山隊、黑熊隊、臺灣樹蛙、藍鵲及鳳蝶等6隊，參與隊旗設計、團呼口號、臺灣文化導覽簡介、民俗文物製作以及民俗舞蹈表演，初步認識臺灣文化。由於僑青參與踴躍，承辦培訓的慧智文教基金會已建議達拉斯增加一站，可吸納奧克拉荷馬地區有意參與的僑青。

在最後一天的成果展中，全體學員戴上僑委會贈送的臺灣玉山黑熊口罩，齊喊隊呼出場，展現團隊凝聚力。學員們除了熱情演出「我相信」、「入陣曲」及「刀馬旦」舞蹈，自製的「尋根」及「為無聲發聲」影片表達對美國社會議題的關注，清晰明確的承載融入當地社區及傳承文化的雙重使命。學員家長們在場觀賞子女這3天的辛勤成果，現場氣氛溫馨感人；他們紛紛表示，FASCA讓新生代認識臺灣，有機會傳承優質多元的臺灣文化，也培養領導與合作能力，收穫甚豐。



學員穿著僑委會贈送的黃色T恤合影留念。