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 <p>餐館請人 Restaurant Hiring</p>	<p>誠請堂吃炒鍋 路州州府，堂吃店， 誠請有經驗 炒鍋師傅一名， 薪資請電洽： 225-892-0521 985-634-2580</p>	<p>中國城中餐館 誠請有經驗的 全工 / 半工 或者 可以做宵夜的企枱 ~~收入高~~ 意者請電： 713-981-8818</p>	<p>餐館請人 位 45 號公路號北邊 誠請 半工或全工企枱， 年齡不限， 有經驗者優先， 可報稅，意者請電： 832-659-7878</p>	 <p>餐館請人 Restaurant Hiring</p>	<p>NOW HIRING Line Cook specializes in Asian Cuisine, and a Restaurant Manager. Full & Part-Time, Fluent in English & Spanish Call: 954-531-4979</p>	<p>NOW HIRING Waitresses Full-Time & Part-Time Fluent in English Call: 954-531-4979</p>	<p>NOW HIRING Restaurant Manager Full-Time Fluent in English Call: 954-531-4979</p>
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<p>*金大碗茶餐廳 誠聘有經驗男女企檯, 薪優,小費高 意者請親臨本店: 6650 Corporate Dr. Suite F, TX 77036 或電: 713-776-2288</p>	<p>餐館請人,薪優 全工或半工 廚房打雜,炒鍋,洗碗 外賣打包,英文好收銀員,大堂助手. 歡迎學生,薪優, 位糖城 Sugar Land, China King Restaure 281-980-8886 / 281-980-8887</p>	<p>鳳城海鮮酒家, 誠聘 ●有經驗男女企枱 ●櫃面帶位收銀員. ●點心助理 ●廚房炒鍋 有身份,諳英語,越語更佳. 意者請到鳳城面洽或致電: 713-779-2288 7320 SW Freeway, Houston, TX 77074</p>	<p>Volcano hot pot & bbq(buffet) 位糖城 99 大華勞·3/21 開業, 現招 full time/ part time 經理、帶位、企台. 人均消費高,小費好,需有經驗能報稅, 有意請聯系 Han 912-381-5292</p>
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<p>誠聘(中國城) ●廚房幫工 ●司機 ●Nurse RN/LVN 周一到周五. 請電: 281-781-9389 未接請短信稍後再覆</p>	<p>中國城悅來餐館 誠請有經驗 炒鍋及企檯 全工/半工均可 有意者請電: 281-683-6368</p>	<p>中餐館請人 ●切菜打雜 1名 ●洗碗工 1名 待遇好,包食宿 (生手可教) 電話: 510-996-8239</p>	<p>*餐館請人,薪優 生意好外賣店, 誠聘 炒鍋, 打雜 全工/半工均可 909 Southmore Ave Pasadena, TX 77502 713-818-0335</p>	<p>*KATY 中餐館 經理, 企檯, 炒鍋, 油鍋, 燒臘師傅 及洗碗打雜. 意者請電: Richard 832-229-6421</p>	<p>常旺燒腊店 Katy 亞洲城, 誠請 收銀兼打包員 ~~ 需會英文 ~~ 電話號碼: 281-836-2098</p>	<p>梨城餐館請人 Pearland & Sugar Land 全工或半工,需說英文 Full/Part time ●Server 企檯 ●Delivery Driver 外送 ●Cashier 收銀員 Must Speak English 832-594-0540</p>	<p>*糖城餐館誠請 Full time Cashier(收銀) 需說英文,有經驗,態度好 能周末上班,有工卡. 會簿記佳,有晉升機會 意者請電或親臨: 281-277-8383 1730 Williams Trace Sugar Land, TX 77478</p>
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<p>糖城翠苑中餐館</p> <p>誠請 企台</p> <p>全職/兼職, 小費好</p> <p>~ 薪資優厚 ~</p> <p>有意者請電:</p> <p>346-932-2551</p>	<p>SINH SINH</p> <p>位中國城, 中國餐廳</p> <p>誠請 ● 廚房抓碼</p> <p>● 樓面企檯</p> <p>● 粉麵</p> <p>請下午 3 點後電:</p> <p>713-459-1501</p>	<p>粵菜餐館, 薪優</p> <p>東禾酒家請人</p> <p>中國城, 敦煌廣場內</p> <p>誠請 廣東炒鍋、</p> <p>企枱、抓碼、油爐</p> <p>713-981-8803</p> <p>832-876-9840</p>	<p>新皇宮海鮮酒樓</p> <p>誠聘炒鍋, 抓碼, 油爐</p> <p>企檯, 傳菜, 收銀, 帶位</p> <p>意者請電:</p> <p>281-240-8383</p> <p>New Palace</p> <p>Dim Sum & Seafood</p> <p>12755 Southwest Fwy</p> <p>Stafford, TX 77477</p>	<p>金冠酒家誠聘</p> <p>● 廚房油爐</p> <p>● 打雜</p> <p>有身份, 可報稅.</p> <p>意者請電:</p> <p>281-866-5020</p>	<p>餐館請人</p> <p>誠聘 打雜,</p> <p>距離休斯頓 2 小時</p> <p>車程, 包吃住.</p> <p>意者請電:</p> <p>361-649-7476</p> <p>361-573-6600</p>	<p>中餐館誠聘</p> <p>全工/半工外送員</p> <p>有身份, 有經驗,</p> <p>可報稅.</p> <p>離中國城 15 分鐘</p> <p>4670 Beechnut</p> <p>下午 2-5 點電/親臨:</p> <p>713-307-2882</p>	<p>美國中餐館請人</p> <p>位於糖城 59-99 之間</p> <p>聘收銀打包, 需懂英文</p> <p>適學生, 主婦.</p> <p>半工兩班制 11-4pm</p> <p>晚班 4-8pm 薪水好</p> <p>\$12/小時, 另加小費</p> <p>需工卡, 可報稅</p> <p>電: 281-759-0775</p>
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<p>壽司餐館請人</p>  <p>Restaurant Hiring</p>	<p>Kroger 超市內壽司吧請人 HEB, Kroger Sushi Roll Available People Priority (Training Available) 地址: Work, 14060 Farm to Market 2920, Tomball, TX 77377 Please call: 713-494-4372 誠徵全工/半工壽司師傅, 懂少許英文即可.</p>	<p>壽司餐館請人</p>  <p>Restaurant Hiring</p>	<p>Kroger 壽司吧 New Caney, TX 77357 『高薪』聘請 壽司師傅或助手 ~~提供住宿~~ 意者請電: 832-401-9179</p>	<p>壽司餐館請人</p>  <p>Restaurant Hiring</p>	<p>*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</p>
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 <p>Katy 日餐請人 高速 99/1093 交界處 Now Hiring All Positions *Kitchen Chef & Staff *Waitress *Sushi Chef 星期天公休. 意者請電: 中: 713-453-9702 English: 347-837-9186</p>	<p>路州全日餐 誠聘 壽司師傅、學徒 工作認真,有午休, 住單間,住宿環境佳. 希望可以長期合作. 832-899-6688</p>	<p>日餐鐵板店,薪優招聘 全職和 Part time 企台 需說英文,有無經驗均可(可提供培訓) 午休 1 個半小時, 薪優. 離唐人街 35 分鐘車程 請聯系: Jack 832-228-8109</p>	<p>中日餐館請人 位於大學城 (空調廚房) 『薪優』誠請 炒鍋、油鍋、洗雜 有意者請電: 979-676-3926</p>	<p>路州日餐,高薪 離休士頓 2 小時, 包食宿. 高薪聘請 油鍋、炒鍋、壽司幫手 洗碗、打雜, 以上無需經驗,可培訓 有午休,包食宿.請電: 337-764-7736</p>	<p>全日餐誠聘 位於 Katy, 77494 誠請 Sushi 師傅, 廚房師傅.需報稅, 無住宿. 待遇優. 有意者來電諮詢: 917-420-4567</p>
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 <p>餐館租售 Restaurant for sale</p>	<p>中餐館出售 位聖安東尼奧國際機場附近,唯一中餐館,生意穩,潛力大,設備全,接收即可營業,因回國無人打理,請電: 210-541-0608</p>	<p>中餐館轉讓 奧斯汀北中餐館,堂吃外賣店,五年新,地處東南兩高速公路交匯,商業繁忙區,地點絕佳,生意興旺,穩賺不賠,業主離休,歡迎看店,意者請電: 512-966-1165</p>	<p>中餐外賣店轉讓 I-10公路778B出口,1500呎,生意穩定,回國急售,營業中,歡迎看店,請聯系: 646-340-7248</p>	<p>出售中餐館 位於西北區,無送餐,生意6萬左右,房租\$2300,有意者請發短信: 917-330-3348 非誠勿擾</p>	<p>中餐館出售 中國城公寓出租 ●位於 Baytown 中餐館,月營額 5 萬 ●公寓出租(惠康超市對面:) 1房、2房、3房、少量旺鋪 有意者請電: 832-317-6315 346-541-6905</p>
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壽司吧急售 位休斯頓 Kroger 超市內 Sushi Bar 急售 生意好,賺錢店 有意者聯系: 832-606-6301	休斯頓中國城 絕佳位置餐館出售 2800尺,租金5900 包水管理費, 設備齊全, 廚房設計合理。電話: 415-812-5851	主道住商兩用 地產急售,市價25萬健康因素只售半價12萬5 再送現有餐具及廚具。 獨立建築,投資保值, 東主保證賺錢。意者親洽 1607 N. Travis Ave Cameron, TX 76520 254-408-2398 林	River Stone 堂吃外賣中餐 急售 歡迎看店面談 聯系方式: 920-243-3870	中餐旺鋪出讓 位於休斯頓西南交通 人流繁忙區,毗鄰商業 與住宅區,客源穩定, 堂吃外賣兩宜, 租金合理,附外賣窗。 意者請聯系: 832-964-7982	中式快餐館轉讓 休斯頓周邊 Bellaire city 近 610& Chimney Rock 快餐館生意轉讓,固定 客源,生意穩,有堂食,東 主忙其他生意,無暇顧 及誠意轉讓適夫妻經營 281-891-5588 (英) 713-377-6987 (中)	Kroger 壽司吧 出售,離中國城10分鐘 地點好生意穩定。 意者請電或親臨 (下午3:00以後) 12555 Briar Forest Dr. Houston TX 77077 713-679-3927	漢堡速食店出售 Fast Food Burger Restaurant for sale Good price and opportunity Near Downtown 832-212-6049 價格好,機會難得
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<p>Restaurant For Sale Chinese/Vietnamese/Bubble Tea Restaurant with Bar 4800 sqft. Near Galleria area off Westheimer/Chimney Rock in Houston. High traffic area, excellent location, busy shopping center. Asking price \$180,000 including equipment. Call: 832-766-6758 or 281-877-2077 中越餐館+波霸奶茶店出售, 4800呎, 售18萬 交通流量大, 極佳地點, 繁忙購物中心附近</p>	<p>家庭式餐館, 炸魚蝦店 出售 ●家庭式餐館(8號/Clay Rd): 接手即可營業 1400呎, 租金\$2800, 售\$65000 ●賺錢炸魚炸蝦店出售(位東北區) 1800呎, 設備全, 生意好, 可提供配方及培訓 己經營40年. 售價25萬. 地產售85萬. ●黃金地段土地出售: Beechnut和Wilcrest, 6英畝, 售價4.8M 請電: 832-617-4618 休斯頓蔡先生</p>	<p>餐館設備出售  Equipment for sale</p>	<p>餐館設備 - 吧台, 灶台, 桌椅, 家具..廉價出售 請電: 713-261-3622</p>  
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<p>中國城餐館轉讓</p> <p>位置絕佳,有潛力, 租金5900包水管理費 2800尺, 生意6萬6,售18萬, 餐館設備齊全.電話: 845-545-9559</p>	<p>堂吃外賣出售</p> <p>聖安東尼奧機場附近 周圍酒店辦公室眾多 地點好,生意穩, 做六天,面積2300尺 210-541-0608 240-346-9951</p>	<p>Real Estate</p> <p>房地產租售</p>	<p>賺錢旅館</p> <p>近機場116房年營\$150萬 售\$390萬,現金150萬 休斯頓-10,100房五畝地, 售\$350萬,現金120萬 機場連鎖194房, 年營近300萬,售1400萬, 現金\$500萬,電:黃經紀 832-348-7824</p>	<p>*公寓出售</p> <p>地點佳, 位於 5714 FM 1765 Texas City, TX 77591 8單位,一房一廳, 售48萬,投資最佳機會 意者請電: 409-948-0656</p>	<p>休士頓民宿出租</p> <p>Houston Hostel 4 Rent</p> <p>中國城百利大道上,經商、訪友、辦事 惠康超市前,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) \$750/月,獨立進出,押金\$200 ●套房\$500起(附浴室)押金\$150 ●單房\$475 ●買房賣房可介紹優質產品及仲介 手機/簡訊: 832-640-3888 Ruby</p>
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<p>雅房分租 Stafford 高尚社區。 近糖城及中國城。 環境幽靜。有洗衣機 及烘干機。網路。 限女性。 聯絡電話: 劉小姐 669-208-4133</p>	<p>450 畝農場 請人或找合作伙伴 養動物, 種果樹 地點: Rice City Dallas 南部 45 分鐘, 817-658-3545</p>	<p> 店面, 辦公室 鋪位, 各種生意 出租或出售 Business Opportunity </p>	<p>黃金髮廊內 美容室出租 位 H-Mart 旁 可做美容或按摩 詳情請電: 832-643-4815</p>	<p>Harwin Drive Warehouse 倉庫出租 Size: 3407 呎 (近中國城) 地址: 10611 HARWIN DR STE 400 HOUSTON, TX 77036-1534 用途: 倉庫, 高端辦公, 服務中心 房屋狀況: 精裝修, 前面辦公, 後面倉庫, 有獨立的員工用餐房間, 男女獨立衛生間 有意者可聯系 Candy 看房: 346-281-4892 或電郵: candy@onestopmining.com</p>
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<p>專業地產經紀</p>  <p>Realtor / Agent</p>	<p>買房賣房 資深房地產經紀人 買房賣房 送回一半佣金 微信: tata7828 713-972-2215 Anita 蘇</p>	<p>買新屋,本經紀人只留\$1000佣金 新屋建商地產佣金-\$1000 = 買家回扣 休士頓, 達拉斯, 奧斯汀, 聖安東尼奧 林祿壽 Johnathan Ling 地產經紀, 地產檢查師(22277), 土木工程師 請電: 713-319-6456 713-385-1188 www.LilyHlingCo.com (中文) www.ModernLifeReality.com (English) 15年地產經紀人, 信用第一</p>	<p>店面生意租售 Business Opportunity</p>  <p>店面轉讓 百利大道上 Full equipment! 有意者請電: 832-319-7689</p>	<p>福地轉讓 現有一塊好福地, 位在 10號公路旁及6號公路 和8號公路中間, 地址是 13001 Katy Fwy, 現以墓園標價 優惠2折轉讓, 聯系電話 832-339-2071 先短信聯系, 非誠勿擾</p>  <p>For Sale</p>
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<p>Details-oriented, organized, good communication skill Able to perform data entry and organize documents effectively Working knowledge of Microsoft office, E-mail, Excel, Word, etc</p> <p>聯係方式 E-mail: IHC-HR@inventec.com</p>	<p>Thunder Group Texas Warehouse Worker Employment Type: Full Time (40 + hour) Warehouse worker job summary Perform an array of functions that may include receiving & processing incoming stocking materials, picking and filling orders from stock, packing and shipping orders, or managing, organizing & retrieving stock in the warehouse Address: 10702 Cash road, Stafford, TX 77477 Call: 713-690-0111 or email to brianc@thundergroup.com for interview appointment</p>	<p>to ensure smooth operations and timely delivery of goods. 2. Manage the inventory and ensure accurate and timely recording of incoming and outgoing goods. Requirements: 1. Proficient in both Chinese and English, with excellent communication and organizational skills. 2. At least 3 years of relevant experience in warehouse management 3. Possess a valid and legal work permit. Please send the resume : catherinebrandage@gmail.com</p>
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Details-oriented, organized, good communication skill
Able to perform data entry and organize documents effectively
Working knowledge of Microsoft office, E-mail, Excel, Word, etc

聯絡方式 E-mail:
IHC-HR@inventec.com

operations and timely delivery of goods.
y and ensure accurate and timely recording of
g goods.
ese and English, with excellent communication
skills.
evant experience in warehouse management
legal work permit.
e : **catherinebrandage@gmail.com**



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Trump, facing criminal charges, calls for defunding the FBI

WASHINGTON, April 5 (Reuters) - Former President Donald Trump on Wednesday called on his fellow Republicans in Congress to slash funding for the U.S. Justice Department and the FBI, one day after pleading not guilty in New York to 34 felony counts of falsifying business records.

Trump, who is seeking to regain the presidency in 2024, took aim at federal law enforcement authorities even though the historic criminal charges against him - the first brought against any former or sitting president - were pursued by the Manhattan district attorney.

“REPUBLICANS IN CONGRESS SHOULD DEFUND THE DOJ AND FBI UNTIL THEY COME TO THEIR SENSES,” Trump wrote on his social media platform. DOJ stands for the Department of Justice.

Trump’s proposal would be a sharp turn for Republicans, who in the past have supported robust funding for law enforcement and have criticized proposals from some on the left in recent years to “defund” local police departments.

The FBI, part of the Justice Department, is the U.S. domestic intelligence and security agency. Trump himself appointed the current FBI director, Christopher Wray, after firing its previous chief, James Comey, in 2017. Trump backed spending increases for the Justice Department while serving as president from 2017 to 2021. Its budget increased 4% during that span to \$38.7 billion, White House figures showed.

President Joe Biden, a Democrat, has asked Congress in his budget request for the fiscal year beginning Oct. 1 for about \$50 billion in funding for the Justice Department, an increase over current levels.

Trump faces two Justice Department criminal investigations led



Former U.S. President Donald Trump delivers remarks on the day of his court appearance in New York after being indicted by a Manhattan grand jury following a probe into hush money paid to porn star Stormy Daniels, in Palm Beach, Florida, U.S., April 4, 2023. REUTERS/Marco Bello

by a special counsel appointed by U.S. Attorney General Merrick Garland. One focuses on efforts by Trump and his allies to overturn the results of the 2020 election that he lost to Biden. The other focuses on classified documents that Trump retained after leaving office.

Congress appears unlikely to follow through on Trump’s demand. Republicans control the House of Representatives and Democrats control the Senate. Republicans have called for sharp federal spending cuts in return for voting to raise the U.S. debt ceiling but have yet to put forward specific proposals.

The FBI on Wednesday declined to comment on Trump’s remarks. The Justice Department did not immediately respond to a request for comment.

Reduced funding for federal law enforcement also would not affect another criminal investigation involving Trump led by a county

prosecutor in Georgia, focusing on whether he unlawfully sought to overturn his 2020 election loss in that state.

PAYMENTS TO TWO WOMEN
The office of Alvin Bragg, the Manhattan district attorney, charged Trump on Tuesday with 34 felony counts of falsifying business records over allegations that he orchestrated payments to two women before the 2016 election to suppress publication of their sexual encounters with him.

Prosecutors said the payments to adult film actress Stormy Daniels and former Playboy model Karen McDougal constituted an attempt to conceal a violation of election law.

Opinion polls show Trump as the front-runner for the 2024 Republican presidential nomination as he seeks to deny Biden a second term in office.

Trump over the years has complained that law enforcement at the national and state level were

targeting him for political purposes, and his fellow Republicans in Congress have held hearings to examine what they describe as the “weaponization” of government.

He and his allies have accused Bragg, a Democrat, of bringing the charges for political reasons. Bragg in comments after the charges were brought on Tuesday said he has a responsibility to ensure everyone stands equal before the law.

Trump appeared at an arraignment in New York on Tuesday before flying back to his home in Florida to make public remarks. He declared himself the victim of election interference, without offering evidence.

A Reuters/Ipsos poll released on Monday found that 51 percent of Americans, including 80% of Republicans, said they believed the charges are politically motivated.

The judge in the Manhattan case, Juan Merchan, has set the

next hearing for Dec. 4, when campaigning for the Republican presidential nomination will be intensifying. Legal experts have said a trial may not get under way for a year.

Indictment or even conviction does not legally prevent a person from running for president.

In court on Tuesday, prosecutors raised concerns about Trump’s social media posts, which have included a warning he made last month that the United States could face “death & destruction” if he were charged, and posting a photograph of him holding a baseball bat next to a picture of Bragg.

Merchan asked Trump’s lawyers to remind him to refrain from making statements likely to incite violence or civil unrest, or jeopardize the safety of individuals. The judge said he will “have to take a closer look” at the issue if Trump were to make posts like those in the future.

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WEA LEE'S GLOBAL NOTES

04/04/2023

Trump Faces 34 Felony Charges

Former President Trump has turned himself in for arraignment in a case involving a hush money payment to adult film actress Stormy Daniels before the 2016 election. Many loyal supporters are claiming the prosecution is making a case of 'naked political persecution' through the office of New York District Attorney Alvin Bragg.

According to a survey, almost 94% of Democrats approve of the indictment, while 79% of Republicans disapprove.

Intense security was already in place in New York City around the New York court house. Trump's

indictment is likely to be just the start of another dramatic chapter in his career and another extreme political test for the United States.

We also would like to point out that this indictment will seriously damage our nation's reputation around the world and it will set off an unprecedented political storm.

America should set an example for the rest of the world and show how we handle our political system as the leader of the world. The ex-president is

ruining our country's reputation and the nation's standards.

We are really worried about what is going to happen in our election system in the future, and especially what will happen with the uncertainty now facing the presidential election in 2024.

Politics has become a very dirty business and politicians are out of bounds when it comes to integrity, and now they have gone beyond the scope of morality.



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Southern DAILY Make Today Different

Editor's Choice



U.S. Rep. Marjorie Taylor Greene (R-GA) speaks outside the Manhattan Criminal Courthouse on the day Trump's planned appearance in New York City. REUTERS/Caitlin Ochs



Poland's President Andrzej Duda greets Ukrainian President Volodymyr Zelenskyy at the Presidential Palace in Warsaw, Poland. REUTERS/Kacper Pempel



Law enforcement officers stand guard as people gather outside Manhattan Criminal Courthouse on the day Trump's planned appearance in New York City. REUTERS/Caitlin Ochs



Wisconsin Supreme Court candidate Janet Protasiewicz celebrates with Wisconsin Supreme Court Judge Jill Karofsky after the race was called for her during her election night watch party in Milwaukee, Wisconsin. REUTERS/Evelyn Hockstein



Darya Trepova, who is suspected of the killing of Russian military blogger Maxim Fomin widely known by the name of Vladlen Tatarsky, sits behind a glass wall of an enclosure for defendants during a court hearing in Moscow, Russia. REUTERS/Evgenia...MORE



A man exercises on an outdoor gym equipment at Tasmajdan Park during rare spring snowfall, in central Belgrade, Serbia. REUTERS/Marko Djurica

BUSINESS

Genetic Testing Firm Shows Specific Blood Types Are Less Likely To Contract COVID-19



The research found that individuals with type O blood are between 9 per cent and 18 per cent less likely than individuals with other blood types to have tested positive for the virus. (Photo/ Handout)

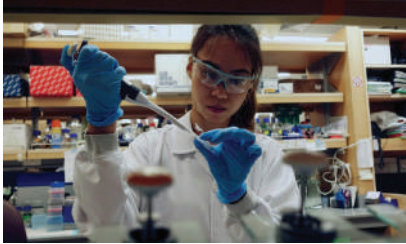
KEY POINTS

The company in April launched a study using the millions of profiles in its DNA database to shed light on the role genetics play in the disease
Preliminary results from more than 750,000 participants suggests type O blood is especially protective against the coronavirus

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

Research from genetic testing giant 23andMe found differences in a gene that influences a person's blood type can affect a person's susceptibility to Covid-19. Scientists have been looking at genetic factors to try to determine why some people who contract the new coronavirus experience no symptoms, while others become gravely ill. In April, 23andMe launched a study that sought to use the millions of profiles in its DNA database to shed light on the role genetics play in the disease. Preliminary results from more than 750,000 participants suggests type O blood is especially protective against Sars-CoV-2, the virus that causes Covid-19, the company said on Monday. The findings echo other research that

has indicated a link between variations in the ABO gene and Covid-19. Many other groups, including 23andMe competitor Ancestry, are combing the genome to help make sense of the virus. It is known that factors such as age and underlying health conditions can determine how people fare once they've contracted Covid-19. But those factors alone don't explain the wide diversity of symptoms, or why some people contract the disease and others don't. Studying the genetics of the people who are more susceptible to Sars-CoV-2 could help identify and protect those more at risk, as well as help speed treatment and drug development. Several other studies looking at both severity of illness and susceptibility to disease have also suggested blood type plays a role.



A researcher works in a lab at Singapore's Duke-NUS Medical School, which is developing a way to track genetic changes that speed testing of vaccines. (Photo: Reuters)

"There have also been some reports of links between Covid-19, blood clotting, and cardiovascular disease," said Adam Auton, lead researcher on the 23andMe study. "These reports provided some hints about which genes might be relevant."

The 23andMe study, which looked at susceptibility rather than severity of illness, included 10,000 participants who told the company they had Covid-19.

The research found that individuals with type O blood are between 9 per cent and 18 per cent less likely than individuals with other blood types to have tested positive for the virus. However, there was little difference in susceptibility among other blood types, the study found.

When the researchers adjusted the data to account for factors like age and pre-existing illnesses, as well as when it restricted the data to only those with high probability of exposure like health care workers, the findings were the same. Auton said that while this evidence is compelling, there is still a long way to go.



"It's early days; even with these sample sizes, it might not be enough to find genetic associations," he said. "We're not the only group looking at this, and

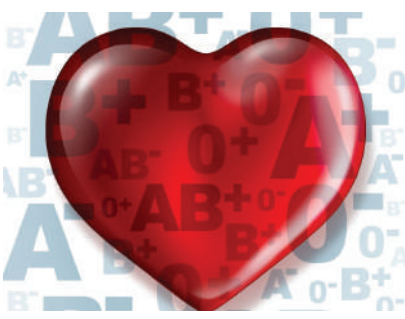
ultimately the scientific community may need to pool their resources to really address questions surrounding the links between genetics and Covid-19." Research published last week prior to peer review suggested blood type may play a role in the severity of patients' reactions to Sars-CoV-2. That study looked at the genes of more than 1,600 patients in Italy and Spain who experienced respiratory failure and found that having type A blood was linked to a 50 per cent increase in the likelihood a patient would require a ventilator. An earlier Chinese study turned up similar results regarding a person's susceptibility to Covid-19. (Courtesy <https://www.scmp.com/>)

Related

How your blood type could influence your risk of getting COVID-19

Some people are more at risk of getting COVID-19. More men seem to get the virus than women. People between 30 and 79 years old seem to get the virus more than people in their 20s. And people in their 20s get it more than teens and children.

All that said, there's still a lot we don't know about the virus and risk factors, which is why researchers are working around the clock to get this virus figured out. And the good news is, they're uncovering more information every day. But some of the information that's coming to light is surprising.



People with this blood type may have a bigger risk

A recent study from researchers in

China shows that people with type A blood have a significantly higher risk of COVID-19 than people with other blood types. The study included data from 2,173 people with COVID-19 who were admitted to three hospitals in Wuhan and Shenzhen. Researchers looked at blood type distribution among the general population in those areas and compared it to blood type distribution among people with COVID-19. Here's what they found. People with type A blood had the highest risk. People with type B blood had the second-highest risk. People with type AB blood had the third-highest risk. And people with type O blood had the lowest risk.



Now, this study is preliminary. It hasn't been peer-reviewed, and it's far from the last word on the matter. But it appears that having type A blood could put you at an elevated risk for COVID-19. And actually, the connection between blood type and viral susceptibility has been demonstrated before. Blood type is determined by the antigens (molecules) on the surface of blood cells. Certain viruses require certain antigens to latch on to. Norovirus, the virus that causes stomach flu, is one example. It affects people with type B blood less because that blood doesn't have the antigens it needs to do its dirty work. There may be something similar happening with COVID-19, but it's far too early to know for sure. (Courtesy <https://easy-healthoptions.com/>)

COMMUNITY

Pandemic Brain: Half Of Americans Fear They'll Never Fully Recover From COVID Pandemic Stress



Illustration by John S. Dykes

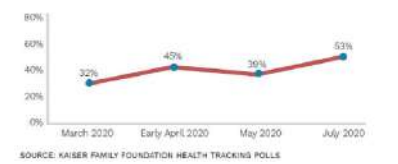
Compiled And Edited By John T. Robbins, Southern Daily Editor

In record numbers, Americans are anxious, worried, sleep-deprived, distracted, and depressed. The Covid-19 pandemic's triple whammy of an invisible and omnipresent threat (coronavirus infection), profound disruptions in daily life, and uncertainty for the future has thrust many people into a chronic, high-stress state that is, let's just say, less than optimal for rational thinking or any other sort of higher-order cognitive functioning. While the Covid-19 pandemic rages on worldwide, the immediate mental health impact of this collective trauma is coming into focus even as the outlook for long-term psychological effects remains considerably fuzzier. Are we experiencing a pandemic of mental illness? Much has been reported about the ill-termed "mental health pandemic" that seems to be surging through the U.S. and other countries in lockstep with lockdowns and the death, societal disruption, and economic devastation of the viral pandemic. Many experts have sounded the alarm for an approaching tsunami of psychological maladies that could sink an already overburdened mental healthcare system.



A growing cache of data seems to bear out those fears. One of the most recent, a population survey conducted in April and May, found a three-fold increase in depression since the pandemic began. The researchers examined mental health problems relative to 13 pandemic-specific stressors, including loss of a job, death of someone close to you due to Covid-19, and financial problems (see box for full list). The more stressors people reported, the more likely they were to also report symptoms of anxiety and depression. Other studies show similar rises. From April to June, the Census Bureau tracked anxiety and depression symptoms among Americans in weekly emergency surveys, finding a sharp rise in both. In a Kaiser Family Foundation Health Tracking Survey conducted in July, more than half of U.S. adults (53 percent) said worry and stress related to coronavirus has had a negative impact on their mental health, up from 39 per-

cent in May. Percentage of Adults Who Report That Worry and Stress Related to Coronavirus Has Had a Negative Impact on Their Mental Health



Half of Americans say that the COVID-19 pandemic has been so stressful they worry they'll never fully be able to de-stress, even after it's all over.

A survey of 2,000 Americans finds stress levels have been so bad since 2020 that 25 percent would go as far as escaping to a cabin in the woods by themselves in order to get away from the daily stresses of life. Another 15 percent would need to be even more remote, choosing a desert island as their de-stressing sanctuary. Crucially, respondents add they'd have to be totally alone to truly be able to de-stress. The study, conducted by OnePoll and commissioned by CBDistillery, also finds that for many, getting rid of stress is all about the finer things in life. In fact, 35 percent of respondents think a trip to a luxury resort would do the trick.



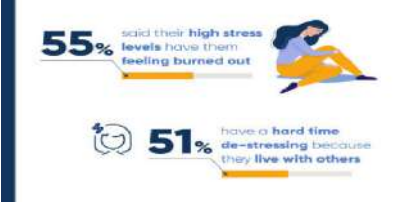
De-stressing still takes work

The average American feels they would need 10 days in their ideal location to completely de-stress. This is borne out by the numbers, too; 55 percent admit their current stress levels have left them feeling burnt out.

Researchers also discovered that stress has a major impact on personal relationships. Seven out of 10 Americans say they get upset or frustrated with someone in their household for no reason at least once a week. These spats aren't surprising though, as 51 percent admit they find it difficult to de-stress because they live with others.

"Sometimes it's the smallest things that can trigger stress," says a spokesperson for CBDistillery in a statement. "Our

results found 45 percent of respondents admitted their coping mechanisms for dealing with stress aren't the healthiest – which can then create a cycle of stress, making these issues worse."



With all of this in mind, it's no wonder 46 percent say they're desperate for a more effective way to handle stress. Nearly three in five respondents believe just having one extra hour of free time to do nothing every day would help their stress levels immensely.

Entertainment is the top coping mechanism for pandemic stress

In attempts to find their happy place and find peace, some of the top coping mechanisms Americans use include listening to music (45%), taking a walk (38%), binge-watching TV (33%), and exercising (29%). Other common coping mechanisms include cuddling with a pet, taking deep breaths (both 29%), eating a snack (28%), reading a book (26%), and playing video games (24%).

"It's clear Americans are desperate to find a solution for their stress," the spokesperson adds. "Whether it's grabbing your favorite snack, taking a walk – there are so many things you can try until you find what works for you."

Related

From The CDC: Coping With Stress

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:

•Feelings of fear, anger, sadness, worry, numbness, or frustration. Changes in appetite, energy, desires, and interests. Difficulty concentrating and making decisions. Difficulty sleeping or nightmares. Physical reactions, such as headaches, body pains, stomach problems, and skin rashes. Worsening of chronic health problems. Worsening of mental health conditions. Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.



Healthy Ways to Cope with Stress

- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- Take care of your body.
- Take deep breaths, stretch, or . Meditate. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Avoid excessive alcohol, tobacco, and substance use. Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider. Get vaccinated with a COVID-19 vaccine when available.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail. (Courtesy <https://www.studyfinds.org/> and CDC.gov)

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