

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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Inside C2

# Southern DAILY

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Southern Daily News is published by Southern News Group Daily

Tuesday, January 03 2023

## China's vast countryside in rush to bolster COVID defences

SHANGHAI/BEIJING, Dec 29 (Reuters) - China's thinly resourced countryside is racing to beef up medical facilities before millions of factory workers return home for the Lunar New Year holiday next month from cities where COVID-19 is surging.

Having imposed the world's strictest COVID regime of lockdowns and relentless testing for three years, China reversed course this month towards living with the virus, leaving its fragile health system overwhelmed.

The lifting of restrictions, following widespread protests against them, means COVID is spreading largely unchecked and likely infecting millions of people a day, according to some international health experts.

China officially reported one new COVID death for Wednesday, down from three on Tuesday, but foreign governments and many epidemiologists believe the numbers are much higher, and that more than 1 million people may die next year.

China has said it only counts deaths of COVID patients caused by pneumonia and respiratory failure as COVID-related.

In the southwestern city of Chengdu, funeral parlours were busy late into the evening on Wednesday, with a steady stream of cars entering one that was heavily guarded by security personnel.

A van driver working for the parlour said "huge numbers of people" were inside.

Hospitals and funeral homes in major cities have been under intense pressure but the main concern over the health system's ability to cope is focused on the countryside.

At a Shanghai pharmacy, Wang Kaiyun, 53, a cleaner in the city who comes from the neighbouring Anhui province, said she was buying medicines for her family back home.

"My husband, my son, my grandson, my mother, they are all infected," she said. "They can't get any medicine, nothing for fever or cough."

Each year, hundreds of millions of people, mostly working in factories near the southern and eastern coasts, return to the countryside for the Lunar New Year, which starts on Jan. 22.

The holiday travel rush is expected to last for 40 days, from Jan. 7 to Feb. 15, authorities said.

The state-run China Daily reported that rural regions were beefing up their medical capacities.

It said a hospital in a rural part of Inner Mongolia where more than 100,000 people live was seeking bidders for a 1.9 million yuan (\$272,308) contract to upgrade wards into intensive care units.



Fever clinic in Fuzhou  
Liancheng County Central Hospital in the eastern Fujian province was seeking tenders for ambulances and medical devices ranging from breathing machines to electrocardiogram monitors.

In December, tenders put out by hospitals for key medical equipment were two-to-three times higher than in previous months, according to a Reuters review suggesting hospitals were scrambling to plug shortages.

TESTING REQUIREMENTS  
The world's second-largest economy is expected to suffer a slowdown in factory output and consumption in the near term as workers and shoppers fall ill. Its contact-intensive services sector was particularly hammered by the anti-virus curbs.

The re-opening also raises the prospect of Chinese tourists returning to shopping streets around the world, once a market worth \$255 billion a year globally. But some countries have been taken aback by the scale of the outbreak and are sceptical of Beijing's COVID statistics.

China's official death toll of 5,246 since the pandemic began compares with more than 1 million deaths in the United States. Chinese-ruled Hong Kong has reported more than 11,000 deaths.

The United States, India, Italy, Japan and Taiwan said they would require COVID tests for travellers from China.

The United States issued a travel alert on Wednesday advising Americans to "reconsider travel to China, Hong Kong, and Macau" and citing "reports that the healthcare system is overwhelmed" along with the risk of new variants.

The main airport in the Italian city of Milan started testing passengers arriving from Beijing and Shanghai on Dec. 26 and found that almost half of them were infected.

Top health officials from the European Union were holding talks to try to coordinate very different views on how to respond to China's decision to lift its COVID-19 restrictions and its wave of infections.

China has rejected criticism of its statistics as groundless and politically motivated attempts to smear its policies. It has also played down the risk of new variants, saying it expects mutations to be more virulent but less severe.

Omicron was still the dominant strain in China, Chinese health officials said this week.

Australia, Britain, France, Germany, Thailand and others said they would not impose additional restrictions on travel for now.

For its part, China, whose borders have been all but shut to foreigners since early 2020, will stop requiring inbound travellers to go into quarantine from Jan. 8.



## 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

# Wall St ends 2022 with biggest annual drop since 2008

Dec 30 (Reuters) - U.S. stocks closed out 2022 lower on Friday, capping a year of sharp losses driven by aggressive interest rate hikes to curb inflation, recession fears, the Russia-Ukraine war and rising concerns over COVID cases in China.

Wall Street's three main indexes booked their first yearly drop since 2018 as an era of loose monetary policy ended with the Federal Reserve's fastest pace of rate hikes since the 1980s.

The benchmark S&P 500 (.SPX) has shed 19.4% this year, marking a roughly \$8 trillion decline in market cap. The tech-heavy Nasdaq (.IXIC) is down 33.1%, while the Dow Jones Industrial Average (.DJI) has fallen 8.9%.

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The annual percentage declines for all three indexes were the biggest since the 2008 financial crisis, largely driven by a rout in growth shares as concerns over Fed's rapid interest rate hikes boost U.S. Treasury yields.

Venezuela economy grew 17.73% y/y through September - central bank Ecuador's \$290 mln Petrolia debt void on handover - gov't, company Biden signs \$1.66 trillion FY 2023 government funding bill Analysis: Is the party over? Mexico's peso could lose solid gains in 2023 "The primary macro reasons ... came from a combination of events: the ongoing supply chain disruption that started in 2020, the spike in inflation, the tardiness of the Fed beginning its rate tightening program in the attempt to corral the inflation," said Sam Stovall, chief investment strategist at CFRA Research.

He also cited economic indicators pointing to recession, geopolitical tensions including the Ukraine war, and China's surging COVID cases and uncertainties over Taiwan.

Growth stocks have been under pressure from rising yields for much of 2022 and have underperformed their economically linked value peers, reversing a trend that had lasted for much of the past decade.

Apple Inc (AAPL.O), Alphabet Inc (GOOGL.O), Microsoft Corp (MSFT.O), Nvidia Corp (NVDA.O), Amazon.com Inc (AMZN.O), Tesla Inc (TSLA.O) are among the worst drags on the S&P 500 growth index (.IGX), down between 28% and 66% in 2022.



The S&P 500 growth index has fallen about 30.1% this year, while the value index (.IVX) is down 7.4%, with investors preferring high dividend-yielding sectors with steady earnings such as energy.

Energy (.SPNY) has recorded stellar annual gains of 59% as oil prices surged.

A trader works on the trading floor at the New York Stock Exchange (NYSE) in New York City. A trader works on the trading floor at the New York Stock Exchange (NYSE) in New York City, U.S., December 14, 2022. REUTERS/Andrew Kelly/File Photo

Ten of the 11 S&P (.SPX) sector indexes dropped on Friday, led by real estate and utilities.

"The housing market has really slowed down and the values of people's homes have declined off of the highs earlier this year," said J. Bryant Evans, investment advisor and portfolio manager at Cozad Asset Management in Champaign, Illinois.

"That affects people's mind frame and actually affects their spending a little bit." The focus has shifted to the 2023 corporate earnings outlook, with growing concerns about the likelihood of a recession.

Still, signs of U.S. economic resilience have fueled worries that rates could remain higher, though easing inflationary pressures have raised hopes of dialed-down rate hikes.

Money market participants see 65% odds of a 25-basis-point hike in the Fed's February meeting, with rates expected to peak at 4.97% by mid-2023.

## Editor's Choice



A view of a house destroyed by a Russian missile strike in Kyiv, Ukraine December 29, 2022. REUTERS/Vladyslav Musiienko



People take shelter inside a metro station during massive Russian missile attacks in Kyiv, Ukraine December 29, 2022. REUTERS/Viacheslav Ratynskiy



A police investigator takes pictures as he works at a site of a residential house damaged during a Russian missile strike in Kyiv, Ukraine December 29, 2022. REUTERS/Valentyn Ogirenko



A flood victim takes refuge along a road in a makeshift tent, following rains and floods during the monsoon season in Mehar, Pakistan. REUTERS/Akhtar Soomro



Alexander Shulga with his dog next to him reacts in front of his and his neighbor's home destroyed by a strike, amid Russia's invasion of Ukraine, in Mykolaiv, Ukraine. REUTERS/Umit Bektas



People take shelter inside a metro station during massive Russian missile attacks in Kyiv, Ukraine December 29, 2022. REUTERS/Vladyslav Musiienko

Southern DAILY Make Today Different

BUSINESS

“Make Art, Not War!”

Artists Around The World Leave Their Mark In Support Of Ukraine

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



Zaporizhzhia, Ukraine  
Street artist Denys Antukov and his assistant Hanna work on a mural inspired by the Russian Warship, Go E... Yourself! postage stamp in the Khorlytskiy district of Zaporizhzhia, southeastern Ukraine. (Photo/Albert Koshelev) | Future Publishing | Getty Images

**Key Point**  
Since Russia invaded Ukraine on Feb. 24, artists around the world have created poignant murals to support Ukraine. We share here how artists have depicted the war across the globe.



Belgrade, Serbia  
A person walks next to a mural of Russian President Vladimir Putin, which has been vandalised with red spray paint and the word “War” written instead of the original text reading: “Brother”, following Russia’s invasion of Ukraine, in Belgrade, Serbia, April 29, 2022. Marko Djurica | Reuters | Paris



Paris  
Fresco murals by French street artists Kedu Abstract and Jeff Aerosol are displayed on the wall of a Parisian building on March 14, 2022 in Paris, France. Chesnot | Getty Images



A fresco mural by French street artist Julien Malland

aka Seth Globepainter is displayed on the wall of a Parisian building on March 14, 2022 in Paris, France. Chesnot | Getty Images



A man takes a picture of a fresco mural by French street artist Sara Chelou displayed on “The walls of peace” on March 28, 2022 in Paris France. Chesnot | Getty Image



A man takes a picture of a fresco mural by French street artist Eric Ze King aka EZK displayed on “The walls of peace” on March 28, 2022 in Paris France. Chesnot | Getty Images



French street artist and painter Christian Guemy (R) known as C215 poses in front of his fresco depicting a Ukrainian young girl with a quote attributed to Ukrainian President Volodymyr Zelensky: “I really don’t want my photos in your offices, because I am neither a god nor an icon, but rather a servant of the Nation.” Joel Seget | AFP | Getty Images



A man takes a picture of a fresco murals displayed on “The walls of peace” on March 28, 2022 in Paris France. Chesnot | Getty Images



Borovsk, Russia  
A child walks past by a graffiti made by the artist Vladimir Ovchinnikov in Borovsk, some 100kms south-west of Moscow, on April 14, 2022. Retired engineer Vladimir Ovchinnikov has spent decades painting murals on buildings in and around his small town south of Moscow. But since the outbreak of Russia’s conflict with Ukraine, the 84-year-old has found that some of his art is not welcome. | AFP | Getty Images



Rome  
Rome, the new mural by the artist Maupal against the invasion of Ukraine by Russia depicting two Matryoshkas. Francesco Fotia Universal Images Group | Getty Images



Anti-Ukraine war mural by Italian street artist known by the name of ‘Laika’ depicting a hug between two women, one dressed in the Russian, the other in the Ukrainian national colors, respectively, above the word MIR (Peace) In the Ostiense district on March 09, 2022 in Rome, Italy. Andrea Ronchini | Nurphoto | Getty Images



Peace. The new mural by street artist Laika dedicated to the crisis between Russia and Ukraine. Marilla Sicilia | Mondadori Portfolio | Getty Images



A mural depicting a Ukrainian child under the SOS writing, created by the street artist known as ‘Harry Greb’, is seen next to the Coliseum metro station on March 17, 2022 in Rome, Italy. Andrea Ronchini | Nurphoto | Getty Images



A resident walks past mural painting by Bulgarian artist Stanislav Belovski depicting Russian President Vladimir Putin holding his own body in Sofia, on March 15, 2022. Nikolay Doychinov | AFP | Getty Images



Amsterdam, Netherlands  
Murals of two young Ukrainian victims portrayed on the wall. On the left, Vitaliy Skakun Volodymyrovych (1996-2022) who is seen as a hero by the Ukrainian army for his heroic action during the explosion of a bridge to stop the Russian army, on the right, 10-year-old Ukrainian Polina, murdered by Russian soldiers when she and her family tried to flee Kyiv by car. Ana Fernandez | Sopa Images | Getty Images



Buenos Aires, Argentina  
A woman walks pass the mural “No to war” by muralist Maximiliano Bagnasco in Buenos Aires on March 5, 2022. Juan Mabromata | AFP | Getty Images



Barcelona, Spain  
A passer-by is seen observing the graphic representation of Ukraine’s president Zelensky calling for an end to the Russian invasion is seen in Plaza de Sant Jaume. Paco Freire | Lightrocket | Getty Images



A passer-by is seen taking photos of artist TvBoy’s new collage for peace in Ukraine. TvBoy, the Italian artist living in Barcelona, installs a new collage on the war in Ukraine in Plaza de Sant Jaume, representing three children installing a flag of peace on a Russian tank. Paco Freire | Lightrocket | Getty Images



A woman looks at a new work by Italian street artist TvBoy that depicts Russian President Vladimir Putin in prison, in Barcelona on March 31, 2022. Josep Lago | AFP | Getty Images



A newsagent picks up magazines next to a mural by Italian urban artist Salvatore Benintende aka “TV BOY” depicting a girl painting a peace symbol on an Ukraine’s flag, reading “Hope” in Barcelona on April 30, 2022. Pat Barrena | AFP | Getty Images



Gdansk, Poland  
A mural of Putin, Hitler, and Stalin with a slogan “No More Time” is seen on the wall next to the PKM Gdansk Jasien train station. Mateusz Slodkowski | Lightrocket | Getty Images (Article Continues Below)

Southern DAILY Make Today Different

(Article Continues From Above)

“Make Art, Not War!”

Artists Around The World Leave Their Mark In Support Of Ukraine

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



Gdansk, Poland  
Yellow heart pierced by bullets on a blue background with inscription in Ukrainian and Polish - “Ukraine is fighting” - is seen in Gdansk, Poland on 6 March 2022 The mural was created to support Ukrainian people during the Russian war against Ukraine. Michal Fludra | Nurphoto | Getty Images



Poznan, Poland  
A mural by graffiti artist KAWU depicting Ukrainian President Volodymyr Zelenskiy as Harry Potter with Z on his forehead (instead of lightning bolt) symbolising Russia’s invasion of Ukraine is seen in Poznan, Poland March 9, 2022. Piotr Skornicki | Reuters | Kyiv, Ukraine



Kyiv, a mural against Putin in the city center, the inscription reads: Ukraine 5: Putin 0. Nicola Marfisi | Universal Images Group | Getty Images



Young people ride their e-scooters past a ‘stop

the war’ poster in central Kyiv on May 19, 2022 in Kyiv, Ukraine. Christopher Furlong | Getty Images



Ukrainian soldiers take pictures of a mural titled ‘Saint Javelin’ dedicated to the British portable surface-to-air missile has been unveiled on the side of a Kyiv apartment block on May 25, 2022 in Kyiv, Ukraine. The artwork by illustrator and artist Chris Shaw is in reference to the Javelin missile donated to Ukrainian troops to battle against the Russian invasion. Christopher Furlong | Getty Images



People take pictures of a sculpture depicting the President of Russia Vladimir Putin called “Shoot yourself” in the centre of Kyiv. Sergei Chuzavkov | Lightrocket | Getty Images



A woman sits in front of a graffiti tribute to the Ukrainian Military and their ongoing war with Russia. Joe M O’Brien | Lightrocket | Getty Images



A cyclist passes by a part of the Berlin Wall de-

orated with a graffiti of a Ukrainian flag colored Peace symbol, expressing solidarity with Ukraine at Potsdamer Platz on May 4, 2022 in Berlin, Germany. Omer Messinger | Getty Images



VILNIUS, LITHUANIA - APRIL 26: Street art paintings which supports Ukraine on April 26, 2022 in Vilnius, Lithuania. Russia invaded neighbouring Ukraine on February 24, 2022, and has been met with worldwide condemnation in the form of rallies, protests and peace marches taking place in cities across the globe. Paulius Peleckis | Getty Images



Dublin, Ireland  
People pass a mural of President of Ukraine Volodymyr Zelenskiy, by the artist Aches, in central Dublin. Picture date: Monday April 4, 2022. Niall Carson | Pa Images | Getty Images



Edinburgh, Scotland  
New street art which has appeared in Leith, Edinburgh, in response to Russia’s invasion of Ukraine. The mural features a Nightingale, the official national bird of Ukraine, against the country’s flag. Picture date: Tuesday April 5, 2022. Jane Barlow | Pa Images | Getty Images

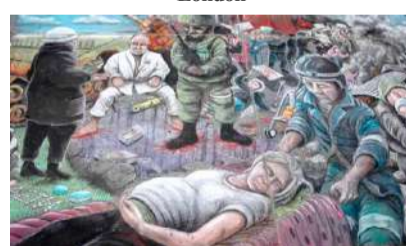


Bristol, U.K.  
Artwork of Ukrainian president Volodymyr Zelenskiy being portrayed as Superman is seen on a

wall of a shop, on May 15, 2022 in Bristol, England. Matt Carly | Getty Images



Cardiff, Wales  
A resident looks at new street art mural has appeared in Cardiff depicting Ukraine’s capital Kyiv under siege on March 01, 2022 in Cardiff, Wales. Huw Fairclough | Getty Images



London  
A drawing describing the Russia-Ukraine war on the floor at Trafalgar Square. Demonstrations in support of Ukraine have been ongoing on an everyday basis in London since the Russia-Ukraine War started on 24th February 2022. Hesther Ng | Lightrocket Getty Images



London  
Stop the War and the pro Russian ‘Z’ with a cross through it, solidarity with Ukraine graffiti in Shoreditch, London. Matthew Chattle | Future Publishing | Getty Images



Krakow, Poland  
A mural depicting Ukrainian president Volodymyr Zelenskiy and ‘Glory to Ukraine’ slogan written in Polish is seen in Krakow, Poland on 22 March, 2022. Beata Zawrzel | Nurphoto | Getty Images



Nairobi, Kenya  
An artist showing a protest symbol power sign by a street mural created by a group of Artists from Maasai Mbili depicting Kibera’s love for Ukraine amidst the war. Donwilson Odhiambo | Sopa Images | Getty Images



A girl poses by a street mural created by a group of Artists from Maasai Mbili depicting a sign of love from Kibera to Ukraine amidst the war. Donwilson Odhiambo | Lightrocket | Getty Images



Los Angeles  
A street stencil by artist IGoodHombre depicts Ukrainian President Volodymyr Zelenskiy gripping submachine guns as a person walks past on Melrose Avenue on March 30, 2022 in Los Angeles, California. Mario Tama | Getty Images



A woman walks past the ‘To Ukraine With Love’ mural by artists Corie Mattie and Juliano Trindade depicting Russian President Vladimir Putin on March 14, 2022 in Los Angeles, California. Mario Tama | Getty Images (Courtesy https://www.cnn.com/2022/03/30)

# 2023年即將到來的最大退休變化巨大的社會保障增加

(休士頓/秦鴻鈞報導) 今年飆升的通貨膨脹摧毀了退休儲蓄賬戶，並使退休人員因從汽油和食品價格上漲到月租而遭受重創。國會通過的聯邦支出計劃中包含了多項退休改革。從明年開始，退休人員必須在73歲時開始從他們的稅收優惠退休賬戶中提取所需的最低提款額(RMD)。下面是對立法內容的全面了解。Medicare B部分的保費和免賠額正在下降，到2023年將從2022年的170.10美元下降為164.90美元。明年，由於《降低通貨膨脹法》的規定，330萬患有糖尿病的Medicare D部分受益人將受益於保證每月供應的胰島素共付額上限為35美元。2023年Medicare D部分涵蓋的疫苗將沒有共付額或免賠額，這將降低昂貴疫苗接種的成本。

由於2023年社會保障生活成本調整COLA增加8.7%，社會保障受益人明年的福利將有所提高。根據社會保障管理局的數據，這一增幅是自1981年以來的最大增幅，當時COLA為11.2%，從1月開始，退休人員的平均每月福利增加了140多美元。美國稅局宣布2023年401(k)和類似退休賬戶的年度最高繳款額創歷史新高。擁有401(k)、403(b)、大多數457計劃和聯邦政府節儉儲蓄計劃的員工可以繳款明年最高可達22,500美元，比今年的20,500美元高出9.8%。對於那些50歲及以上的人，他們可以額外節省7,500美元，高於去年的6,500美元追補捐款限額。從2023年開始，50歲及以上的工人總共可以貢獻高達30,000美元。明年IRA的年度供款限額也從6,000美元增加到6,500美元，增幅為8.3%。50歲及以上的個人可以在他們的IRA中額外節省1,000美元。只要您符合IRS規則，對傳統IRA的供款就可以免稅。

明年單身人士和戶主的羅斯IRA供款的收入逐步淘汰將從138,000美元增加到153,000美元，到2022年將從129,000美元增加到144,000美元。共同提交申請的已婚夫婦將看到逐步減少從218,000美元到228,000美元，從204,000美元增加到214,000美元。最後，對於聯合申報的已婚夫婦，低收入和中等收入工人的儲蓄信貸的收入限額從68,000美元提高到73,000美元；戶主為54,750美元，高於51,000美元；單身人士和已婚人士分別報稅為36,500美元，高於34,000美元。



由於2023年社會保障生活成本調整COLA增加8.7%，社會保障受益人明年的福利將有所提高。這一增幅是自1981年以來的最大增幅，從1月開始，退休人員的平均每月福利增加了140多美元。



增強免疫力的食物可對抗感冒、流感等。定期食用有助於我們的身體抵抗疾病的微量營養素是預防感染的自然解決方案。

(休士頓/秦鴻鈞報導) 近日，新冠病毒又開始在全球範圍內肆虐。了解如何通過日常飲食來提高人體免疫力，對人們大有裨益。這些醫生和營養師推薦的食物可以增強您身體的天然防禦能力，這些食物可以增強免疫力並保護

您的身體免受細菌侵害。當感冒和流感季節到來時，洗手尤為重要。但您所吃的食物可以增強您的免疫力，幫助您抵禦病菌並保持健康。免疫系統是一個極其複雜、相互關聯的系統。我們的日常習慣(包括飲食、鍛煉、睡眠和壓力管理)比任何一種單獨的干預措施產生的影響都要大得多。擁有健康的習慣和壓力管理實踐將是增強免疫力的最佳選擇。堅持攝入微量營養素可以幫助我們的身體抵抗疾病，這是預防感染的天然解決方案。微量營養素，或維生素和礦物質，對疾病預防和健康發展至關重要。您的身體只需要少量這些營養素，但由於身體不會自行製造它們，因此我們必須將它們納入我們的飲食中。對免疫系統最好的食物通常含有：維生素C，維生素E，維生素

## 增強對抗感冒流感等的免疫力的最佳食物

B6，維生素A，維生素D3，鋅，鎂，益生菌增強免疫力的最佳食物。

這些排名不分先後食物裝滿您的購物車以增強免疫系統。1.柑橘類水果,檸檬、酸橙、橙子和葡萄柚,草莓和鱈梨是維生素C的最強來源之一,可以支持您身體的自然免疫過程。2.發酵食品,在對抗細菌方面,泡菜、豆豉、味噌,甚至康普茶都是免疫殺手。大約80%的免疫細胞位於腸道內,這反映了我們的飲食對於維持正常功能的重要性。3.雞湯在感冒和流感季節首次亮相是有原因的:家禽,如雞肉,富含維生素B6,有助於新紅細胞的形成。深色綠葉蔬菜富含鎂和維生素E,這是一種有效的抗氧化劑。4.酸奶含有活菌會增加益生菌的攝入量,以支持強大的微生物群,從而增強免疫系統。5.蘑菇是增強免疫力的食物之一,菌蓋和莖提供β-葡聚糖,這是一種可溶性纖維,研究表明它可以降低膽固醇、改善血糖控制並增強免疫力。

。靈芝、香菇和舞茸尤其富含β-葡聚糖。6.在綠茶中發現的抗氧化劑EGCG可抑制促炎分子的產生,並且顯示出對免疫細胞功能具有多種作用。7.葵花籽將獲得強劑量的維生素E。這種強大的抗氧化劑也可以在花生醬和杏仁中找到。8.烤紅薯有許多增強免疫力的食物。紅薯是維生素B6的良好來源,已被證明在健康免疫系統功能的發展中發揮作用。9.微型蔬菜的營養密度遠遠超過成熟蔬菜,提供更高濃度的微量營養素,如維生素C。10.在您的飲食中添加鮭魚以獲得大量多不飽和脂肪酸PUFA。特別是兩種PUFA可以保持細胞正常運作並促進正常的炎症反應。大量的DHA和EPA使鮭魚成為增強免疫力的最佳食物之一。營養師建議限制炎症食物,包括:添加糖高度加工的物品,包括加工肉類和精製碳水化合物。

三文魚和微量蔬菜可以增強我們的健康免疫力。

# 如何在美國建立自己的人生事業(中)



作者:陳昭菁律師

上期我們談到許多在美國的華人,如果打算購買現成的生意行號,例如頂讓餐廳、店面生意等等,應該要注意哪些法律事項。這期我們談到最好設立一個公司來進行交易買賣,以及做為將來營業的主體。

有人問,一定要設立LLC(limited liability company)嗎?用DBA(do business as)不行嗎?

很多人都有這個問題,到底LLC和DBA有什麼不同呢?大致上,LLC具有法律上人格legal entity,所有的責任和債務,除非公司所有人做個人擔保,否則以公司的資產為限,所以我們稱為股份有限公司,或者是責任有限公司。DBA沒有法律人格,所有的法律責任會轉到個人的身上。

我建議,如果打算頂讓生意來自己經營,或者是和合夥人經營,都建議申請一個公司,用這一個公司的名義和房東簽訂一份新的租賃合約,或者是承接原來賣方的租賃轉讓合約,



並用這個公司來做完成頂讓生意的交易。

即便是小宗生意頂讓買賣,務必請有經驗的商業律師準備適合自己的法律文件、和相關的買賣合約,最好也要諮詢律師審閱合約,最好是買賣各方聘用各自的律師,不要共用一個律師,以免發生利益衝突。同理可證,商業經紀business broker也不要共用一個經紀人agent,以避免雙方代理的利益衝突。

重點戲上場了,頂讓生意,買賣雙方必須簽一個交易合約,有一些律師使用買賣合約sales agreement,有一些律師這是稱為資產買賣合約asset purchase agreement。名稱稍有不同,但是注意的事項卻是一致的。

為什麼不是把賣方的公司買下來呢?在少數的情況下,有可能考慮把公司整個買下來;但不建議用公司買

賣股份的方式來做生意的頂讓,因為承接整個公司,也將承接所有的法律責任。比較常見的是資產買賣,例如頂讓餐廳,除了餐廳的現有機器設備、生財工具,裝潢家具,冰櫃,油鍋、還有一些無形資產,譬如客戶名單、連鎖店合約、商標、商譽...等。舉例來說,以目前的勞工局罰單,如果在合約上明定只購買資產機器設備,不承接債務,有不同的聯邦稅號,那麼前老闆的未繳納罰單,新老闆不需負責。(待續)

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