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Democrats use words of Trump allies against him in impeachment trial



Lead manager House Intelligence Committee Chairman Adam Schiff (D-CA) speaks during the third day of the U.S. Senate impeachment trial of U.S. President Donald Trump in this still image from video in the U.S. Senate Chamber at the U.S. Capitol in Washington, U.S., January 23, 2020. Senate TV/Handout via Reuters

WASHINGTON (Reuters) - Democrats on Thursday pressed their case at U.S. President Donald Trump's Senate trial for removing him from office by using the words of his own allies against him to make the point that his actions constituted impeachment offenses, but his fellow Republicans showed no signs of turning against him.

The Democratic House of Representatives lawmakers serving as prosecutors in the trial presented the second of their three days of opening arguments as they appealed to senators to convict him on two charges - abuse of power and obstruction of Congress - passed by the House last month.

The U.S. Constitution sets out the impeachment process for removing a president who commits "high crimes and misdemeanors." Trump's legal team has argued that the House charges were invalid because impeachable offenses must represent a specific violation of criminal law.

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The charges against Trump arise from his request last year that Ukraine investigate Democratic rival Joe Biden and the president's actions to impede a House inquiry into the matter.

"Impeachment is not a punishment for crimes," Democrat-

ic Representative Jerrold Nadler told the assembled senators. "Impeachment exists to address threats to the political system, applies only to political officials and responds not by imprisonment or fines but only by stripping political power."

Nadler played a video clip of one of Trump's most prominent defenders, Republican Senator Lindsey Graham, arguing during the 1999 impeachment trial of President Bill Clinton that presidents could be impeached even if the conduct in question was not a statutory criminal violation. Graham was absent from the Senate chamber when the clip was played.

Nadler also played a 1998 video clip of Alan Dershowitz, a member of Trump's legal team, recognizing abuse of power as impeachable, and cited a memo written by Attorney General William Barr, a Trump appointee, that made the same point.

Trump's legal team has stated that abuse of power is a "made-up theory" for an impeachable offense "that would permanently weaken the presidency by effectively permitting impeachments based merely on policy disagreements."

Dershowitz said in the clip that abuse of power "certainly doesn't have to be a crime. If you have somebody who completely corrupts the office of the president and who abuses trust and who poses great danger to our liberty, you don't need a technical crime."

Nadler said the Constitution is not "a suicide pact," adding, "It does not leave us stuck with presidents who abuse their power in unforeseen ways that threaten our security and democracy."

Lead manager House Intelligence Committee Chairman Adam Schiff (D-CA) speaks during the third day of the U.S. Senate impeachment trial of U.S. President Donald Trump in this still image from video in the U.S. Senate Chamber at the U.S. Capitol in Washington, U.S., January 23, 2020. Senate TV/Handout via Reuters Trump is almost certain to be acquitted by the 100-member Senate, which has 53 Republican members. A two-thirds majority is needed to remove him from office.

The case focuses on Trump's request that Ukraine investigate Biden, a top contender for the Democratic nomination to face Trump in the Nov. 3 presidential election, and Biden's son Hunter on unsubstantiated corruption allegations. Hunter Biden had served on the board of Ukrainian energy company Burisma.

Trump also asked Ukrainian President Volodymyr Zelenskiy to investigate a discredited theory beneficial to Russia that Ukraine worked with Democrats to hurt Trump in the 2016 U.S. election. Last year, Trump temporarily withheld \$391 million in U.S. military aid to Ukraine, which Democrats say was leverage for his demands.

Trump denies wrongdoing. 'COMPLETELY BOGUS'

Democratic Representative Sylvia Garcia, addressing the Senate after Nadler, made a presentation portraying corruption allegations against Biden as groundless. Trump lawyer Jay Sekulow said Garcia's presentation opened the door for members of the president's legal team to address Biden's conduct when they make their case to the Senate.



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New U.S. curb on Huawei in limbo amid pushback from Pentagon: sources

WASHINGTON (Reuters) - The U.S. Commerce Department has withdrawn a rule aimed at further reducing sales to China's Huawei Technologies amid concerns from the Defense Department that the move would harm U.S. businesses, people familiar with the matter said.

FILE PHOTO: Huawei's first global flagship store is pictured in Shenzhen, Guangdong province, China October 30, 2019. REUTERS/Aly Song

The decision to pull the rule from the formal review process leaves its future in jeopardy and highlights deep divides within the Trump administration over how best to approach the blacklisted telecoms giant and the broader war with China over technological dominance.

But President Donald Trump's administration plans a Cabinet-level meeting next week to discuss the rule, which could be revived, killed or rewritten, one of the sources said, amid pushback from the U.S. Treasury Department as well.

A Commerce Department representative said "if and when" the agency has something to announce, "we will do so." Huawei declined to comment. The Pentagon and Treasury did not immediately respond to requests for comment.

Commerce in May placed Huawei on a trade blacklist, citing national security concerns. That allowed the U.S. government to restrict sales of American-made goods to the company and a small number of items made abroad that contain U.S. technology.

Under current regulations, key foreign supply chains remain beyond the reach of U.S. authorities, fueling frustration among China hawks within the administration and a push to expand U.S. authority to block more shipments to Huawei. Reuters reported in November that the Commerce Department was considering broadening the rule that dictates how much American content in a foreign-made product gives the U.S. government authority to regulate exports.

Under current regulations, the United States can require a



license or block the export of many high-tech products shipped to China from other countries if U.S.-made components make up more than 25% of the value.

Commerce drafted a rule that would lower the threshold only on exports to Huawei to 10% and expand the purview to include non-technical goods like consumer electronics including non-sensitive chips.

The draft rule was then sent to the

Office of Management and Budget, where agencies, including the Department of Defense, were given until Wednesday to submit comments, one of the people said. When the Pentagon expressed disagreement with the proposal, Commerce pulled it out of the review process, an unusual move, pending a Cabinet-level meeting next week.

U.S. businesses have pushed back against the measure, arguing that enabling the government to regulate more sales to Huawei to include low-

tech items made overseas with very little U.S. technology would end up needlessly hurting American companies while encouraging Huawei to source more goods abroad.

But many China hawks in Congress and the Trump administration have criticized the Commerce department for not doing more to thwart Huawei and for its slow rollout of rules to limit exports of sophisticated technology to China.



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A child holds an umbrella as he stands on SGR railway tracks near the town of Kiu, south of Nairobi, Kenya. The new \$3.3 billion high-speed railway, part of China's "One Belt, One Road" initiative, has left towns like Kiu without stations or adequate...MORE



U.S. President Donald Trump rallies with supporters in Toledo, Ohio, U.S. January 9, 2020. REUTERS/Jonathan Ernst TPX IMAGES OF THE DAY



French lawyers on strike demonstrate against the French government's pensions reform plans at the courthouse in Lyon as France faces its 44th consecutive day of strikes January 17, 2020. The slogan reads "Layers at risk, democracy at risk"....MORE



A tiger, among 21 big cats rescued from years of confinement and maltreatment in a Guatemala circus, arrives at its new home at a wildlife sanctuary near Winburg, South Africa, January 21, 2020. REUTERS/Siyabonga Sishi



Women hold a protest across the street from the court where producer Harvey Weinstein's ongoing sexual assault trial is held in the Manhattan borough of New York City



A woman sits on a broken bed with her family dog on the floor of a burnt-out house as people search for their belongings after a fire broke out in a slum in Karachi, Pakistan January 22, 2020. REUTERS/Akhtar Soomro



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A demonstrator is hit by a water cannon during a protest against a ruling elite accused of steering Lebanon towards economic crisis in Beirut, Lebanon January 19, 2020. Lebanon formed a new government on January 21 under Prime Minister Hassan Diab...MORE

Close To 40% Admit They Need More Sleep

Americans Aren't Getting Enough Sleep

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



Americans don't respect sleep. As much as 40 percent of us say that we don't sleep enough, according to Gallup. Perhaps we have too much to do or work more than one job, preventing a normal sleep routine. Whatever our reasons, sleep is often not a high priority. We shouldn't take it so lightly: there is a growing mountain of compelling evidence that our casual disregard of healthy sleep is downright dangerous.

A meta-analysis published in the journal *Sleep*, found that too little sleep leads to an "unambiguous and consistent pattern of increased risk of dying."

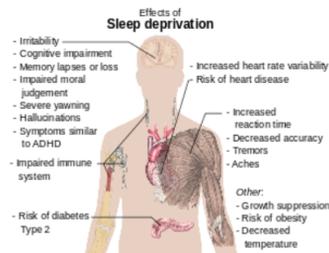
A recent study in the *European Heart Journal* — the latest to draw the connection between too little sleep and cardiovascular disease made news. Looking at data from 21 countries, researchers found that those who usually slept six or fewer hours increased their risk of death by stroke or heart failure by nearly 10 percent over a 7.8-year period. On the positive side, the study found that among those who under

slept, daytime naps may compensate and mitigate these risks: more on naps to follow.

The Centers for Disease Control (CDC) defines inadequate sleep less than 7 hours for a healthy adult, 18+ years old, but some researchers define it at 6 hours or less. For decades, researchers have known that sleep deprivation can lead to a variety of serious health issues. These include weight gain, Type 2 diabetes and increased inflammation, as well as behavioral and cognitive problems: depression, anxiety, substance abuse and impaired memory function.

Researchers at the University of Colorado, Boulder found in a study published in the current issue of "Current Biology" that the body's metabolism has a very hard time recovering from sleep deprivation, with study subjects put on five pounds after five days of sleeping for only five hours a night. All-nighters push anxiety to clinical levels and even modest sleep reductions are linked to increased feelings of social

isolation and loneliness. What can we do about it?



Shortcuts won't work. While it seems like we should be able to "make up" lost sleep on weekends, that myth has been put to rest. Sleeping-in won't erase the negative health effects of sleep deprivation during the week and irregular sleep patterns can compound health problems. You can't trade hours of sleep and not increase your health risks.

While weekend catch-up doesn't work, you can make up sleep on a daily basis through napping. Several studies show that an inadequate night's sleep can be supplemented through short, daytime naps, which benefit long-term memory and can improve functioning. We are just starting to understand how naps might affect regulation of emotion: a University of Michigan study found that after waking from a 60-minute midday nap, people were less impulsive and had greater tolerance for frustration than people who watched an hour long nature documentary instead of sleeping. The benefits of napping for memory and learning are well described: a 90-minute nap confers the same benefits to test takers as an eight-hour night's sleep. Despite the positives, napping during the day, especially at work, is still accompanied by a stigma.

What else can you do to ensure that you are getting the right amount of healthy sleep? The CDC's sleep hygiene approach

- from Tips for Better Sleep recommends:
1. Be consistent.
 2. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
 3. Make sure your bedroom is quiet, dark, relaxing and at a comfortable temperature.
 4. Remove electronic devices, such as TVs, computers and smartphones, from the bedroom.
 5. Avoid large meals, caffeine and alcohol before bedtime.
 6. Exercise: Being physically active during the day can help you fall asleep more easily at night.



Report. This is the first study to document estimates of self-reported healthy sleep duration (7 or more hours per day) for all 50 states and the District of Columbia. The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults aged 18-60 years sleep at least 7 hours each night to promote optimal health and well-being. Sleeping less than seven hours per day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental distress.



Skimping on sleep or sleeping too long is like cheating at solitaire: it only hurts you. While fixing our own sleep hygiene is one issue; fixing the cultural sleep problem, another. The vast amount of new research is beginning to change policy in some areas, with school officials, for example, considering whether to push back school start times to better match teenagers' sleep cycles.

Congress is entertaining proposals on making Daylight Savings Time run year-round in order to avoid the spike in sleep-related cardiovascular events that accompanies the time changes each year. Some states have already made this move. A growing number of scientists, not normally known for being advocates, are bringing evangelical zeal to the message that lack of sleep is an escalating public health crisis that deserves as much attention as the obesity epidemic. (Courtesy thehill.com)

Related
CDC: "One-Third of Americans Not Getting Adequate Sleep"

More than a third of American adults are not getting enough sleep on a regular basis, according to a new study in the Centers for Disease Control and Prevention's (CDC) *Morbidity and Mortality Weekly*

"As a nation we are not getting enough sleep," said Wayne Giles, M.D., director of CDC's Division of Population Health. "Lifestyle changes such as going to bed at the same time each night; rising at the same time each morning; and turning off or removing televisions, computers, mobile devices from the bedroom, can help people get the healthy sleep they need."

Healthy Sleep Tips:

- Healthcare providers should routinely assess patients' sleep patterns and discuss sleep-related problems such as snoring and excessive daytime sleepiness.
 - Healthcare providers should also educate patients about the importance of sleep to their health.
 - Individuals should make getting enough sleep a priority and practice good sleep habits.
 - Employers can consider adjusting work schedules to allow their workers time to get enough sleep.
 - Employers can also educate their shift workers about how to improve their sleep. (Courtesy cdc.gov)
- For more information on CDC's Sleep and Sleep Disorders Program, please visit www.cdc.gov/sleep.

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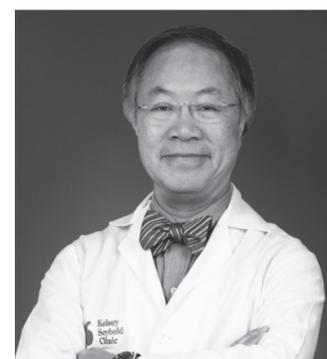


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In 2000, the OECD (the Organization For Economic Cooperation And Development) asked 15-year-olds what they wanted to be when they grew up. Some 47% of boys and 53% of girls picked 10 careers, including doctors, teachers, lawyers and business managers. In 2018, the OECD asked again. Though the nature of work has changed dramatically since the turn of the century, kids' answers have not: An even larger share of both boys and girls say they want to go into the same 10 professions.

Top 10 occupations cited by boys

2000		2018	
Occupation	%	Occupation	%
1 Business managers	6.8	Engineers	7.7
2 ICT professionals	6.1	Business managers	6.7
3 Engineers	4.9	Doctors	6.0
4 Doctors	4.5	ICT professionals	5.5
5 Sportspeople	4.0	Sportspeople	4.9
6 Teachers	3.9	Teachers	4.6
7 Lawyers	2.7	Police officers	4.0
8 Motor vehicle mechanics	1.9	Motor vehicle mechanics	2.8
9 Architects	1.9	Lawyers	2.4
10 Police officers	1.9	Architects	2.2
Total	38.4		46.8

Top 10 occupations cited by girls

2000		2018	
Occupation	%	Occupation	%
1 Teachers	11.1	Doctors	15.6
2 Doctors	11.0	Teachers	9.4
3 Lawyers	6.2	Business managers	5.0
4 Psychologists	3.9	Lawyers	4.6
5 Nursing and midwives	3.2	Nursing and midwives	4.5
6 Business managers	3.0	Psychologists	3.7
7 Veterinarians	2.9	Designers	3.0
8 Writers/journalists	2.6	Veterinarians	2.8
9 Secretaries	2.6	Police officers	2.3
10 Hairdressers	2.5	Architects	2.1
Total	49.0		52.9

"The future that students see for themselves does not square with the future of work," said Andreas Schliecher, head of the education directorate at the OECD. He said that schools and teachers should do more to make sure kids know about the diverse range of careers that exist, noting that kids who are exposed to more kinds of work, either through internships or job fairs, tended to like school more. "The more time they invest in career ac-

Commentary
The World Of Work Has Changed But Career Choices Of Teenagers Are Still The Same



A large number of both boys and girls say they want to go into the same 10 professions chosen by boys and girls almost 10 years ago.

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

(Editor's note: the information discussed in this commentary was released on the 2nd day of the World Economic Forum summit in Davos, Switzerland, January 2020.)

...tivities, the more they see the value of school," he said. Schliecher said there were some mismatches in the data. Among students who were top performers in math and science, for example, a far greater proportion of boys pick a career in math- and science-related fields than girls (in Finland, Estonia and Serbia, that gap was the smallest). High-performing students from more disadvantaged backgrounds, meanwhile, are far less likely to say they will pursue higher education. While education can't make everyone perform the same, he said, it should help equalize what equally high-performers do. The report uses data from PISA, a test

administered to 15-year-olds in 79 countries and territories every three years, as well as survey responses. It was released on the second day of the World Economic Forum summit in Davos, Switzerland. On the first day of the summit, some Davos attendees visited Davos Secondary School to talk about the jobs of the future (last year they hit the primary school).



In the report, Germany and Switzerland stand out for having the most diverse set of career expectations, reflecting "the strength of career guidance and exposure to a variety of occupations in these countries," it says.

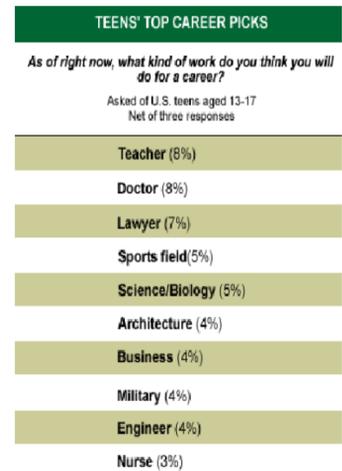
Studies show that teenage career aspirations are a good predictor of the jobs they go on to get. While it may seem crazy to start thinking about work in primary school, Nick Chambers, CEO of Education Employers, a charity that aims to bridge the gap between work and school, said it's not about picking a career as much as knowing how many interesting ones are out there.

For the survey portion of the study, The

OECD teamed up with Education Employers, who asked 14- to 18-year-olds what issues mattered to them, their career aspirations, and their concerns about the future (they had 8,000 responses, 80% of which were from the UK). The most desired careers were in:

- Art and culture, entertainment, sport (22%)
- Health, social care, social work (20%)
- Legal, professional, scientific and technical (16%)
- Education (16%)

But these do not match where there are vacancies, Chambers said.



Students seem to have processed the news about letting the machines do the math: the most important skills they think they will need for work include communication (55%), determination (38%) and people skills (32%), with numeracy and digital skills coming in a surprisingly low 9% each.

The study found that parents were the biggest influence on young people's aspirations, and in a touching bit of news for them, family was cited as the most important "issue" at 45%, followed by 41% for health and 31% for education. (Courtesy qz.com)

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