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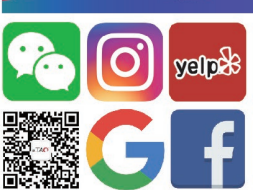
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Castle-like mansion in Southlake, Texas going to auction

Anyone who wants to be king or queen of their castle can bid one in Texas... after the \$100,000 deposit clears.

Luxury agency Concierge Auctions announced the upcoming auction of a nearly 20,000-square-foot mansion at 716 N. White Chapel Boulevard in Southlake, less than an hour from Dallas.

HoustonChronicle.com: Botanic Garden, coming in 2020, will celebrate Houston's biodiversity

Previously listed at \$3.5 million, the house will hit the auction block April 23. It will sell at or above \$2.5 million.

The European-style estate features a "storybook façade," as Concierge describes it, with multiple turrets and Gothic-style windows welcoming

guests into a grand foyer. Inside, a striking two-story arcade lets in natural light and overlooks the nearly 2-acre grounds near nature preserve Bob Jones Park.

In addition to eight bedrooms, the house boasts entertaining spaces, including a billiard, expansive bar, movie theater and a craft workshop. Perhaps the centerpiece of the recreational areas is this residence's elaborate 15-car garage.

Outside, a smartly equipped summer kitchen complements a grotto-style pool and hot tub. The property is open daily from from 1 to 4 p.m. as well as by appointment. Prospective buyers who RSVP are welcome to attend a preview event on April 11.



This majestic home in Southlake, Texas is going to auction. The castle-like home includes eight bedrooms, 10 bathrooms, a theater, a game room, guest quarters and a 12-car garage, according to Trulia. A pool and outdoor kitchen are outdoors. less

Target to raise minimum wage to \$13 an hour

Target said Thursday it will raise its minimum wage to \$13 an hour in June as part of its three-year goal to hit \$15 an hour by the end of 2020.

The Minneapolis-based retailer has been gradually raising its minimum hourly wage since 2017, most recently bumping it to \$12 from \$11 last year. The move, which will benefit 23,570 Target employees in Texas, comes as retailers face increasing political and economic pressures to raise their minimum wage. The federal minimum wage, last increased in 2009, is currently set at \$7.25 an hour.

"Our team is Target's greatest asset, from the newest faces to those who've been

with us for many years," Target's Chief Human Resources Officer Melissa Kremer said in a statement. "So investing in our team members is essential to keep our business growing and thriving."

Retailers nationally have been raising their minimum wage in response to growing criticism from political figures, such as U.S. Sen. and presidential candidate Bernie Sanders, over pay. Walmart in January 2018 raised its minimum wage to \$11 an hour, and Amazon in November raised its minimum wage to \$15 an hour.



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Houston Travel Guide

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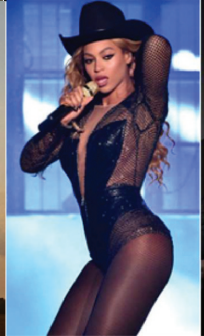
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Editor's Choice



Global premiere of Netflix’s “Our Planet” at the Natural History Museum in London



Apr 3, 2019; Arlington, TX, USA; Texas Rangers left fielder Hunter Pence (middle) has water poured on him by second baseman Rougned Odor (right) and shortstop Elvis Andrus (1) after a game against the Houston Astros at Globe Life Park in Arlington. Mandatory Credit: Tim Heitman-



NATO Secretary General Stoltenberg speaks to the media during the NATO Foreign Minister's Meeting in Washington



A truck driver waits in a long queue for border customs control to cross into U.S., at the Cordova-Americas border crossing bridge in Ciudad Juarez



Trucks wait in a long queue for border customs control to cross into U.S., at the Cordova-Americas border crossing bridge in Ciudad Juarez



FILE PHOTO: A model walks at the Roberto Cavalli show during Milan Fashion Week Spring 2019 in Milan, Italy September 22, 2018. REUTERS/Stefano Rellandini/File Photo



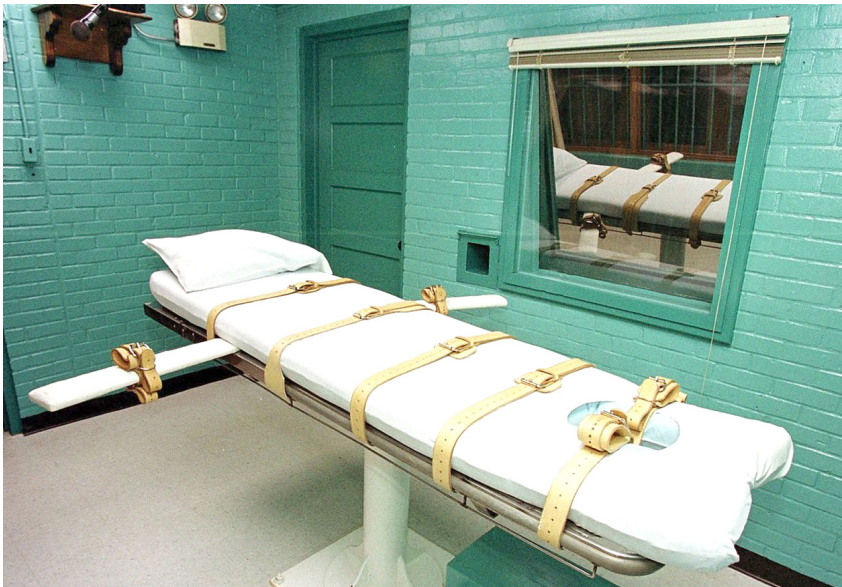
U.S. Secretary of State Pompeo speaks to the media during the NATO Foreign Minister's Meeting in Washington



Global premiere of Netflix’s “Our Planet” at the Natural History Museum in London

Texas Now Bans Chaplains From Its Execution Chamber

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



Texas’ execution chamber in Huntsville. Texas. (Photo/Department of Criminal Justice)

OVERVIEW

The U.S. Supreme Court halted the execution of Patrick Murphy last week because he wasn’t given access to a Buddhist chaplain. Now, no chaplains will be allowed in the death chamber.

The state of Texas has banned all prison chaplains from its execution chamber, days after the U.S. Supreme Court ruled that the state could not execute an inmate without allowing a Buddhist chaplain into the death chamber with him. The high court last week halted the execution of Patrick Murphy, a member of the infamous “Texas Seven,” after Murphy claimed that the state was violating his religious rights by not allowing him to have a Buddhist chaplain in the room with him at the time of his scheduled death. The state only allows prison employees in the death chamber, and only Christian and Muslim clerics are employed with the state. During executions, a chaplain will often stand at the feet of the prisoner and rest a hand on his leg

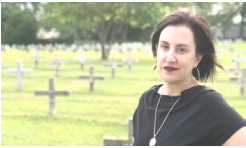
mouthed silent prayers. The court stopped Murphy’s execution hours after it was scheduled to begin, ruling Texas could not execute him until his late appeal was considered unless the state provided a Buddhist spiritual adviser in the execution chamber. The ruling came less than two months after the same court decided against stopping the execution of a black prisoner in Alabama who requested a Muslim imam at his execution. Justice Brett Kavanaugh issued an opinion declaring that the exclusion of a Buddhist adviser was religious discrimination and proposed two alternatives for the Texas prison system: Don’t allow any chaplains into the execution chambers, or allow chaplains of all religions.



Texas Supreme Court.

Texas has chosen the former option. New execution procedures signed Tuesday say that chaplains and ministers may “observe the execution only from the witness rooms.” Currently, friends and family of the murder victims and prisoners, as well as media, are allowed to watch executions through a glass window in small rooms adjacent to the death chamber. A spokesman for the Texas Department of Criminal Justice said the policy change is effective immediately. “TDCJ Chaplain(s) will continue to be available to an offender until they are transferred to the execution chamber. The chaplain will also be present in the viewing room if requested,” said the spokesman, Jeremy Desel. Under the policy, prisoners will still be able to meet with a TDCJ chaplain or a spiritual adviser “who has the appropriate credentials” on the day of execution. But religious rights advocates claim the policy change doesn’t address the ruling from the court, only Kavanaugh’s opinion. Luke Goodrich, a senior counsel with The Becket Fund for Religious Liberty, a law firm that advocates for prisoners’ free exercise of religion, said Murphy’s situation goes beyond discrimination among different religions and infringes on his religious freedom by not allowing a chaplain of his faith in the death chamber with him. “This policy change is Texas trying to dig in its heels, but it’s in a pretty weak

position legally,” Goodrich said.



For 12 years - first as a newspaper reporter, then as a spokesperson for the Department of Criminal Justice (TDCJ) - it was part of Michelle Lyons’ job to witness every execution carried out by the state.

He added that the policy change still wouldn’t allow Murphy’s execution before appeals are considered by the U.S. Supreme Court because the order claims he can only be executed during the ongoing appeals if the state provides a Buddhist adviser. Murphy, 57, is one of seven in a group of escaped prisoners who committed multiple robberies and killed a police officer in 2000 during more than a month on the run. During a robbery on Christmas Eve, Murphy served as the lookout, and he said he left the scene on the instruction of the group’s leader before any shots were fired at 31-year-old Officer Aubrey Hawkins. He used a two-way radio to warn the others to flee the scene when he heard that police were on their way. Murphy is criminally culpable for the murder under Texas’ law of parties, under which accomplices and triggermen are treated alike. Six of the seven men were sentenced to death (four have been executed), and one killed himself after police surrounded the group weeks after the murder. About a month before he was scheduled

to die, Murphy’s lawyers requested that the Texas Department of Criminal Justice allow his Buddhist spiritual adviser into the execution chamber with him, but TDCJ declined, claiming a chaplain needed to be employed by the department. When a follow-up request was sent for any Buddhist adviser to be allowed into the room, the department didn’t respond. In the days before Murphy’s execution, the lawyers took the issue to the courts, claiming the policy violated his rights.



The high court’s decision to block the Texas execution came just weeks after it decided differently in a similar death row appeal out of Alabama. Domineque Ray, the Alabama inmate, appealed to stop his execution after he was told he could not have a Muslim spiritual adviser in the chamber with him. The high court rejected his appeal, citing the late timing of his filing, and he was executed in February. In Kavanaugh’s March opinion in the Texas case, he suggested the timing of Murphy’s appeal had been acceptable. “As this Court has repeatedly held, governmental discrimination against religion — in particular, discrimination against religious persons, religious organizations, and religious speech — violates the Constitution,” Kavanaugh wrote in the Texas case. (Courtesy textstribune.org)



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Close To 40% Admit They Need More Sleep

**Americans Aren't
Getting Enough Sleep**

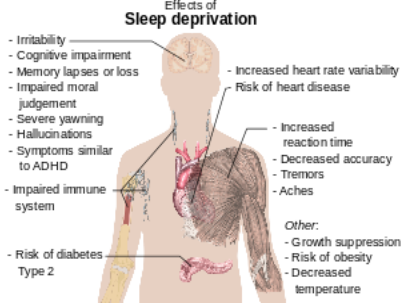
Compiled And Edited By John T. Robbins, Southern Daily Editor



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

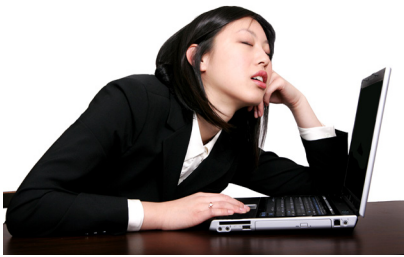
- from Tips for Better Sleep recommends:
1. Be consistent.
 2. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
 3. Make sure your bedroom is quiet, dark, relaxing and at a comfortable temperature.
 4. Remove electronic devices, such as TVs, computers 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.



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

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.



"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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他念2個月考上大學 三小鮮肉獄中撕標籤



由孫啟明執導、台灣首部真人真事改編的少年監獄電影《樂獄》，由JR紀言愷、林哲熹、范少勳領銜主演，特殊題材及鮮肉三帥，未映先引起關注。

片中三人飾演少年犯，在眾人眼裡是年輕氣盛、一言不合便打架的鬧事少年，面對要拿起樂器，從一開始連五線譜都不認識，直到突破各種困境，過程中即使被貼上「本性就是壞，學音樂也不會變好」的標籤，仍一路克服萬難，打破被貼上的標籤拚進決賽。

對此，JR紀言愷有感而發地說，人生就是不斷地被貼上標籤然後打破，「我從偶像團體出道時，很多人以為我是歌手不會演戲，當我演了一部偶像劇時，外界就會說我是偶像劇演員，不能去拍類型劇或是電影，等到開始主持時，又會認為我無法再回到歌手或演員的身份。」

他認真表示，唯有自己不斷努力突破嘗試，才會消除人們對你貼上的標籤。

無獨有偶，林哲熹和范少勳在求學時，都曾被貼上是「壞學生」、「沒藥救」的標籤。他們又是怎麼撕除標籤的？

林哲熹說，求學時被老師認為是壞學生，獨來獨往不合群，但他仍選擇做自己，曾跟老師說考上大學只需要念兩個月，所以希望老師們不要管他要做什麼，自己會對自己的一切負責。

他認為上課教的東西只為應付考試，尤其學校校風自由，就算是上課睡覺，老師也不會管。後來，林哲熹憑藉實力，考上北藝大，破除老師對他的「壞學生」標籤。一直到出社會後，他才開始調整個性，認為自己現在越來越成熟，個性像大海可以容納各式各樣的寶藏。

范少勳在《樂獄》裡堪稱是監獄裡的一匹獨狼，在求學時也被老師貼上「你是沒救的學生」標籤，甚至曾拿課本丟老師，惹得老師飆罵「希望你不要再出現在班上了」；即便上課時被訓導處安排出差或除草，也不在乎。

他更自爆，會跟同學在校園裡收保護費，「我們很愛收同學的悠遊卡，然後拿去退錢，把錢用在打撞球、打網咖；或是不想上課，就去診所拿治鼻塞流鼻水的感冒藥，那種藥吃了會想睡覺，可以睡一整天。」儼然是個校園小霸王。

范少勳一直到爺爺過世前對他說：「要乖乖聽媽媽的話，不要再讓家人擔心。」才因而醒悟，而後對著班導師說「我想改變」，漸漸走向正途。電影《樂獄》5月17日全台熱血上映，福斯國際發行。

台灣首部政治劇開拍 前進總統府取景

籌備4年、有「台版紙牌屋」之稱的大戲《國際橋牌社》，昨天(4/2)在新北市眷村文化園區(原空軍三重一村)舉行開鏡儀式，隨即開拍。

現場眾星雲集，包括楊烈、周孝安、李杏、吳定謙、廖苡喬、夏騰宏、陳好、湯志偉、孔令元、陳慕義、夏靖庭、唐從聖、陳家達、馬力歐、蔣偉文、西田惠里奈nana、李愷承、王道、馬惠珍等，幾乎全員到齊為這齣大戲加油。這也是空軍三重一村從2018年底整修完成後，第一次外借給劇組使用。

為了讓本劇更貼近真實，邀請了多位資深記者進行深度訪談，包括《報導者》總編輯何榮幸、TVBS新聞總監詹怡宜、資深媒體人黃光芹、上報總主筆陳嘉宏、前立委趙少康，以及李登輝任總統時的辦公室主任蘇志誠、英文秘書李靜宜等人，講述當時的政治氛圍；並聘請博士團隊花費一年時間，爬梳國內外千份珍貴解密資料，完成數十萬字調查報告，供編劇與演員參考，製作十分嚴謹。

除以之外，還央請曾任前總統侍從官、現任李登輝基金會秘書長的王燕軍，訓練8名隨扈侍衛隊形，拳術則聘請八極拳名師金立言教官指導侍衛群，讓演員演出更到位，精彩可期。



《國際橋牌社》除了是由文化部影視補助3000萬的台灣第一齣政治職人劇之外，對於劇本的撰寫過程十分嚴謹，4年以來經過10次改本，以大量史實作為基底，將帶給觀眾不帶色彩的原味政治歷史劇。

整齣劇著墨於90年代初期時代動盪下的小人物，描繪解嚴後台灣民主政治體系下權謀鬥爭，以及年輕人實踐理想與現實的碰撞。本劇

故事題材新穎，尚未正式開拍就受網友熱議，與當紅電視劇《我們與惡的距離》，被評為年度必追影集之一。

《國際橋牌社》上週五在西門紅樓舉辦開鏡記者會，現場邀請到許多國外嘉賓及文化部長鄭麗君到場力挺，鄭部長在致詞時表示：「我們在這裡自由拍攝政治劇，不論怎麼拍，都不會被下架。」盼引起國際對台灣民主化歷史的認識。

監製馮賢賢表示，《國際橋牌社》是一齣很有機會國際化的戲，台灣演員很需要這樣的舞台跟機會，如果能以台灣為跳板，進軍國際市場，那我們就取得說故事的主體性了。

劇名定為《國際橋牌社》，製作人汪怡昕把國際外交的局勢比擬為一場牌局，「有時候台灣會覺得自己像是籌碼，但又上不了牌桌。」有趣的是，台灣沒有自己

發動過國際大事，但是每一件大事都會牽動到台灣，「台灣不是世界局勢中心，但世界局勢、角力都會在台灣。」

導演李志薈表示，這部「政治權謀」類型影片，是台灣第一次嘗試的新劇種，不論在劇本或拍攝上，挑戰都極大。但台灣的影視狀態，已經到了不得不升級的時刻了，各式各樣的新類型都有人挑戰，這是一個好的開始。

為了還原當時真實場景，無限逼近真實，本劇除申請到總統府、行政院等實景拍攝，台灣劇組首次在總統府正面車道及大廳取景，搭配劇中忠實還原當年總統車隊編制，還特大手筆打造一比一總統府內景搭配拍攝，還原當時政治氛圍。

《國際橋牌社》團隊規劃將從4/18(四)開始，舉行一系列「橋牌社讀書會」講座，帶大家穿越時空回到90年代，主持人陳德瑜第一波講者已邀請到知名作家張鐵志、社運記錄者綠色小組、資深媒體人周玉蔻等，以輕鬆詼諧的對談，討論當年狂飆的社會氛圍及各種八卦趣事。

看清曾走過的路，我們才能更知道為何現在在這裡，未來又該往哪裡去。《國際橋牌社》將在年底播出，帶領觀眾一起更認識我們自己。

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