

# 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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# Editor's Choice



Global premiere of Netflix's "Our Planet" at the Natural History Museum in London



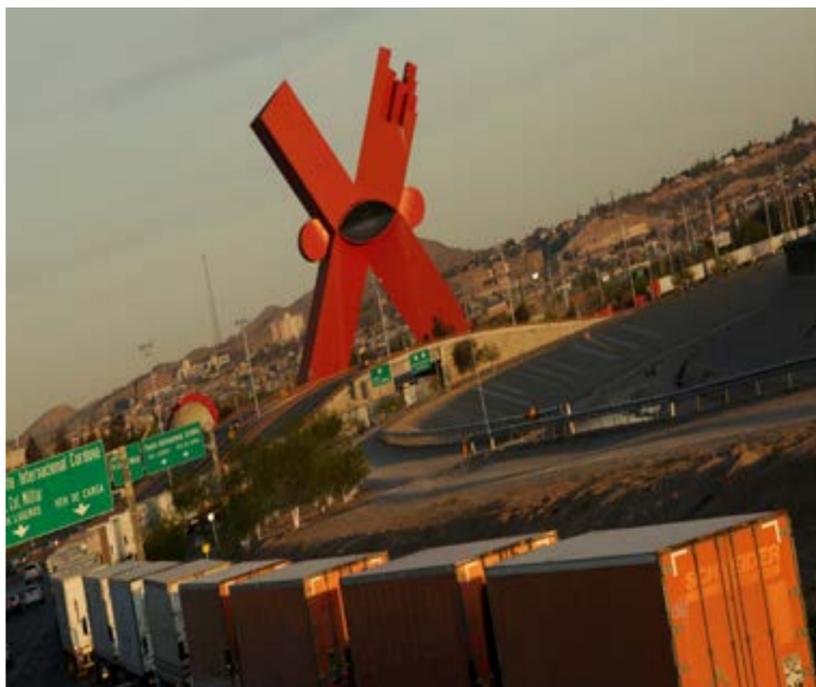
Apr 3, 2019; Arlington, TX, USA; Texas Rangers left fielder Hunter Pence (middle) has water poured on him by second baseman Rougned Odor (right) and shortstop Elvis Andrus (1) after a game against the Houston Astros at Globe Life Park in Arlington. Mandatory Credit: Tim Heitman-



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 Texas 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.



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 text-tribune.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.



Skipping 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)

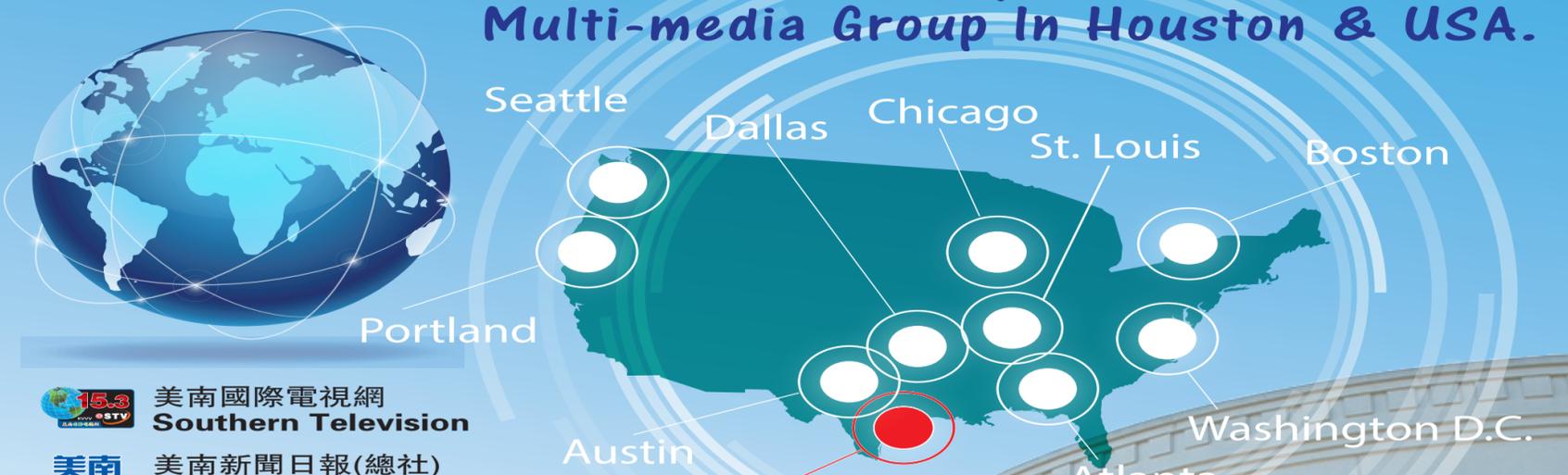
For more information on CDC's Sleep and Sleep Disorders Program, please visit [www.cdc.gov/sleep](http://www.cdc.gov/sleep).



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