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CARL AZUZ, CNN 10 ANCHOR: This is CNN 10. Give us 10 minutes, we'll get you up to speed on what's happening worldwide and today that starts in

Asia. I'm Carl Azuz. It's great to have you watching. Since June protests have been welling up in Hong Kong. The ones that happened last

weekend involve dozens of arrests, injuries to police officers and a noticeable increase in violence. Officially Hong Kong is a special

administrative region of China, what that means is that the city has more authority to govern itself than the Chinese mainland.

However, many protestors in Hong Kong are concerned that some of their democratic freedoms are being threatened while China says it has ultimate

control over the city and the authority to intervene and prevent riots there. Now China has not done that yet. The unrest so far has been

between demonstrators who want more democratic reforms in Hong Kong and the city's local government and police and there have been some demonstrations

in support of police and the local government. All the unrest is taking a toll on Hong Kong's economy though and after last weekend, China's

government controlled media indicated that the mainland is losing patience with the protestors.

Many of them were peaceful but a smaller group built barricades in the streets and threw bricks, metal poles and other weapons at police. Twenty-

one officers were reportedly injured. Police used water cannons for the first time to push back protestors and 86 people were arrested throughout

the weekend ranging in age from 12 to 51 years old. Police have called the protestors actions outrageous. Protestors have called the police response

excessive. Witnesses like CNN's Andrew Stevens show us how unstable things have become.

(BEGIN VIDEO CLIP)

ANDREW STEVENS, CNN CORRESPONDENT: We've been witnessing very tense scenes here for the past 30 minutes or so. Protestors are slowly moving up on the

police lines have been (inaudible) with volley after volley of tear gas and you can see now the petrol bombs are being thrown by protestors. At

least

half a dozen we have seen in the last 30 minutes or so while we've also seen pockets of protestors who have been - - who've been preparing those

(inaudible) bombs actually on the site. Police at this stage still using tear gas and (inaudible) projectiles so we can't confirm exactly what they

are but we've seen them flying through the air.

Or perhaps several other protestors from around here but behind them there are several 1,000 more with a rhythmic beating upon whatever they can find

to get the message across, to keep the spirits if you like of the people here on the front line (inaudible). And at the moment, the police are just

using tear gas and some sort of projectile. Behind that first line of police we have seen hundreds of others, they've (inaudible) out of sight at

the moment but they are - - it looks at this stage at least preparing to make a much bigger move. Andrew Stevens, CNN, Hong Kong.

(END VIDEO CLIP)

AZUZ: About 2,000 miles south, southwest of Hong Kong we come to Jakarta. It's currently the capital of Indonesia but it's not going to stay that

way. Jakarta is sinking. The main cause is that too much of the city's ground water has been pumped out. It's used for everything from bathing to

industry and when ground water's removed the earth above it sinks. Another issue is that Jakarta sits on swampy ground to begin with and it borders

the Java Sea, that makes it vulnerable to flooding. Combine that with constant traffic congestion, air pollution and rapid growth an estimated 10

million people live in Jakarta and you have a burden that Indonesia's president says is too big for a capital to bear.

So what now? The country's going to build a new one. At a cost of \$34 billion, Indonesia plans to transform a jungle covered area on eastern

Borneo Island into the nation's new capital. Borneo is the third largest island in the world. It's mostly owned by Indonesia, though some parts

belong to Malaysia and Brunei. The new Indonesian capital would be

several hundred miles away from Jakarta across the Java sea.

10 Second Trivia. Actual air temperature is combined with relative humidity to measure what? Heat index, thermal energy, real feel or

radiation. Temperature plus humidity equals the heat index, how hot the weather actually feels to you.

The U.S. Centers for Disease Control says more than 600 Americans are killed every year by extreme heat. And because they're in the midst of

baseball season, football season, cross country season, schools across the U.S. are trying to find new ways to protect students who are training

outside. Some are turning to something called the WetBulb Globe Temperature. It goes beyond the heat index taking into account sun angle,

cloud cover and wind speed.

(BEGIN VIDEO CLIP)

UNIDENTIFIED FEMALE: Traditionally people often use the heat index. This is fine for normal, everyday activities such as gardening or taking kids to

a park because most of those activities don't involve intense exercise.

UNIDENTIFIED MALE: One thing we try to do is be proactive. Especially the interest of the kids and just making sure that we're putting their safety,

you know, first in everything that we do. So we always get with the trainers and we come up with a plan.

UNIDENTIFIED MALE: Some schools and organizations are switching to a method of measurement used by the military for decades to help prevent heat

related illnesses, it's called WetBulb Globe Temperature.

UNIDENTIFIED FEMALE: Using a WetBulb Globe Temperature device can help coaches and parents better determine things like when to have hydration

breaks, length of practices or play time and rest ratios.

UNIDENTIFIED FEMALE: Once it gets to 92, that's when we say they can't practice outdoors. Before that they can do things like modify what they're

wearing. They can do shells, which would be without the pads. They would still wear the helmets, but once we get to a point where it's that high we

just call it.

UNIDENTIFIED MALE: All right Allison (ph). Clearly this guy is hot. He's overheating but it's not just the temperature making him sweat like this.

UNIDENTIFIED FEMALE: Right. So Corey (ph), in normal environments or conditions when you sweat that sweat evaporates off your body like it's

doing to this gentleman here. That effect really cools your skin off but in a high humidity environment, that sweat cannot evaporate properly.

Because of that it means that that sweat stays on your skin making it feel as though you're wearing an extra layer of clothes.

UNIDENTIFIED MALE: No one wants to wear a sweater playing sports in the summer essentially is what you're saying. So humidity very important.

What other elements do we need to consider?

UNIDENTIFIED FEMALE: Right. So heat index is very important. It measures temperature as well as the humidity but there's other things to factor.

Corey (ph), when was the last time you ever saw an entire practice done in the shade?

UNIDENTIFIED MALE: I don't think that happens.

UNIDENTIFIED FEMALE: Never. So that's just it. WetBulb Globe Temperature also takes into account the sun angle, cloud cover and wind speed which is

why this method is much better at monitoring student athletes.

UNIDENTIFIED MALE: Much more detail. (AUDIO GAP) So what can you do to help prevent heat stroke and other heat related illnesses? The CDC says

you can wear loose fitting, lightweight clothing, stay hydrated, protect against sunburn with SPF and take it easy during the hottest parts of the day.

UNIDENTIFIED FEMALE: It's also important to know the signs of heat stroke. They include high body temperature, a very fast, strong pulse. You will

often get a very intense headaches, dizziness, nausea, confusion and you can even lose consciousness.

(END VIDEO CLIP)

AZUZ: Absolute loneliness and self sufficiency, that might not sound like the ideal description of a two and half month vacation in the Pacific. On

the other hand, that's what it took for Antonio De La Rosa to set a new record paddle boarding, alone from San Francisco, California to Honolulu, Hawaii. He covered 2,900 miles to raise awareness about ocean pollution.

(BEGIN VIDEO CLIP)

ANTONIO DE LA ROSA: Aloha. Welcome to Hawaii. How are you doing?

UNIDENTIFIED MALE: This was Antonio De La Rosa's first contact with another human being since he paddled away from San Francisco on June 9th.

The 42 year old ultra endurance athlete from Spain is the first person to cross the Pacific Ocean as a stand up paddle boarder.

DE LA ROSA: (Inaudible) record. For me and for everybody.

UNIDENTIFIED MALE: He covered about 2,500 miles of open ocean using wind, currents and elbow grease.

DE LA ROSA: No, no motor. No. No. No. The motor is - - this is the motor.

UNIDENTIFIED MALE: His vessel the "Ocean Defender" is a combo paddle board and small boat with a sleeping cabin, storage bins and solar panels for

power.

DE LA ROSA: GPS. One inside and one outside. Computer.

UNIDENTIFIED MALE: Go Pro cameras documented his days and nights at sea. There was no escort vessel so he was all alone. He estimates he lost about

10 pounds but never got sick despite very little sleep.

DE LA ROSA: Every hour I get up, checking the GPS, checking the direction, moving the system.

UNIDENTIFIED MALE: Hurricane Flossy didn't hit him but it did push him off of course.

DE LA ROSA: During one week I watched to the north - - to the north and I say ooof, what happened?

UNIDENTIFIED MALE: He once rode across the Atlantic Ocean. Now he's

conquered the Pacific.

DE LA ROSA: Aloha, the state of Hawaii. Adios amigos.

(END VIDEO CLIP)

AZUZ: He surely wasn't up the creek but without his paddle the trip would have been "orable". We're not sure how he "paddled" boredom but he seems

like a "stand-up" guy. We're all "aboat" covering "current" events like that. There's just an "ocean" of "puns abilities" and we hope you'll

"stand" another show tomorrow when CNN 10 sets sail. I'm Carl Azuz.

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