



Caption:
This Bag Saves the Earth

In our oceans plastic bag litter* is killing at least 100,000 birds, whales, seals and turtles every year
JUTENotPlastic.com*



Taipei begins cooperation on eco-friendly bags with big retailers

Taipei, April 15, 2016

- 1 Taipei has begun working with four major supermarkets and retailers in the city this year to
- 2 promote dual-use eco-friendly bags that it hopes will help reduce waste, the city government
- 3 said Friday.

- 4 The city said it is cooperating with PXMart, Carrefour Taiwan, RT-Mart and A.mart to distribute
- 5 the 14-liter eco-friendly bags that can be used as both shopping bags and garbage bags.

- 6 Taipei is expecting the supermarkets and big-box retailers, which come in direct contact with
- 7 consumers, to be on the front line of promoting the environmentally friendly policy, the city
- 8 said.

- 9 Supermarket PXMart said it has encouraged consumers to prepare their own bags when
- 10 shopping at its stores, but it has also picked up 100,000 two-way bags from the city
- 11 government this year to make them available for consumers to meet their temporary needs.

- 12 PXMart said that while the dual-use bags are thinner than the shopping bags it usually sells in
- 13 its stores, they are able to hold as much weight as the other bags.

- 14 The two-way bags, which meet national standards, are priced at US\$0.15, the same as Taipei
- 15 City's designated 14-liter garbage bag, making them a bargain considering their multiple uses,
- 16 the city said.

* litter : to leave things in a place, making it look untidy
* jute : natural fibre from a plant used to make rough cloth



Double-income family says budget leaves less money for food

April 18, 2016

1 A double-income family with two kids in St. John's says the provincial budget is going to force
2 it to make some tough choices.

3 Budget means more bankrupt families, says N.L. insolvency expert

4 Natasha Blackwood works with the Refugee and Immigrant Advisory Council. Her husband
5 Aaron is an insurance broker. They have two young children. Nina, 3, is in full time day care
6 and Lucy, 8, is in primary school.

7 "We live really frugally*, We don't smoke or drink or shop or party and we still have a very
8 strict budget so we can pay our student loan payments and our daycare bill," said Blackwood.

9 Natasha Blackwood says the 2016 provincial budget will hit her family hard.

10 "We're educated people who work full-time," she said.

11 "We don't generally go on vacations but we do put money aside so our kids can go to classes.
12 like dance and swimming and we sacrifice a lot so that
13 they can have those things. We sacrifice a lot as adults
14 so our children can have good lives."

15 Will cut into food budget

16 Blackwood was paying attention when the province
17 announced its budget Thursday. She estimates that with
18 increases in income tax, fuel taxes, insurance, and the
19 HST, her family will give an additional \$5,000 to \$7,000 to the province this year.

'Eating healthily may not be an option. Things like swimming and dance classes may not be an option.'

- Natasha Blackwood

* frugal(ly) : careful to buy only what is necessary



Ohio.com

Acknowledge addiction as mental illness, boost treatment options to battle opiate epidemic, experts say

By Nick Glunt, Beacon Journal staff writer — Published: April 18, 2016

- 1 To combat the ongoing opiate epidemic, the nation must acknowledge* addiction as a mental
- 2 illness and increase the availability of treatment options, local addiction experts said Monday.
- 3 The roundtable discussion, held at the Akron-Summit County Public Library, tackled the
- 4 complexities of battling the disease, which now has an annual death toll that's surpassed car
- 5 crashes and gun violence across the country.
- 6 U.S. Senator Rob Portman, R-Cincinnati, gathered the experts to the event, which attracted a
- 7 couple dozen people. He said recent estimates show 200,000 Ohioans are currently addicted to
- 8 opiates, which include prescription painkillers and heroin.
- 9 "That's roughly the size of Akron," he said, prompting gasps in the room.
- 10 Tammy Jensen, Oriana House's program administrator, said wait lists for treatment centers in
- 11 Summit County can reach up to 14 weeks for men and four weeks for women. Right now, there
- 12 are more than 140 people waiting for beds.
- 13 Portman said those wait times are a serious concern.
- 14 "A lot can happen in 14 weeks," he said.
- 15 Jerry Craig, executive director of the Summit County Alcohol, Drug Addiction & Mental Health
- 16 Services Board, moderated the panel. He said the ADM Board and other addiction resources
- 17 have worked to fight the epidemic — but their resources are limited.
- 18 "Sometimes it feels like we're fighting a wildfire with a garden hose*," Craig said.

* acknowledge : accept or admit the existence or truth of

* hose : a flexible tube used especially for watering plants



Help for Parents of Troubled Teens

by Lawrence Robinson and Jeanne Segal, Ph.D. — October 2015

1 As teenagers begin to assert their independence and find their own identity, many experience
 2 behavioral changes that can seem bizarre and unpredictable to parents. Your sweet, obedient*
 3 child who once couldn't bear to be separated from you now won't be seen within 20 yards of
 4 you, and greets everything you say with a roll of the eyes or the slam of a door. These,
 5 unfortunately, are the actions of a normal teenager.

6 As the parent of a troubled teen, you're faced with even greater challenges. A troubled teen
 7 faces behavioral, emotional, or learning problems beyond the normal teenage issues. They
 8 may repeatedly practice at-risk behaviors such as violence, skipping school, drinking, drug
 9 use, sex, self-harming, shoplifting, or other criminal acts. Or they may exhibit symptoms of
 10 mental health problems like depression, anxiety, or eating disorders.

11 It is important for parents to understand which behaviors are normal during adolescent
 12 development, and which can point to more serious problems.

13 Typical Teen Behavior	Warning Signs of a Troubled Teen
14 Changing appearance. Keeping up with 15 fashion is important to teens. That may mean 16 wearing provocative or attention-seeking 17 clothing. Unless your teen wants tattoos, 18 avoid criticizing and save your protests for 19 the bigger issues. Fashions change, and so 20 will your teen.	Changing appearance can be a red flag if it's accompanied by problems at school, or if there's evidence of self-harm or extreme weight loss or weight gain.
...	...

* obedient : always doing what you are told to do



10 Hidden Housing Costs New Homeowners Don't Expect

By Mikey Rox on 18 April 2016

1 You're a new homeowner — congrats! The hardest part is over, for sure. Saying so long to most
2 of your savings isn't easy, after all. But the money hemorrhage isn't finished just yet. There are
3 several under-the-radar and often overlooked fees and expenses that accompany
4 homeownership that a newbie like you might miss. Keep tabs on these expenses with this list
5 of hidden housing costs.

6 **1. Moving Expenses**

7 Your belongings* have to get from A to B somehow, but have you considered the method? If you
8 plan to enlist the help of your friends, you'll save a huge chunk of change, but if you have more
9 than a few truckloads, it's probably best to hire movers — and movers aren't cheap. Depending
10 on how much stuff you have, how many flights of stairs the movers are going up and down (my
11 fourth-floor movers haaaated me), and the distance they need to travel to deliver it, the cost
12 could reach upwards of \$10,000. With so many other expenses coming down the pipeline, this
13 isn't one you want to forget about.

14 **2. Furnishing All the Rooms**

15 Those rooms aren't going to furnish themselves. This is important to keep in mind if you're
16 coming from a much smaller dwelling*. You likely don't have enough furniture to outfit the
17 entire new home, which means that you'll have to buy new items to make it livable.

18 **3. ...**

.....
* belongings : one's movable possessions

* dwelling : a house, apartment where people live



INDEPENDENT

The cookbook helping people with eating disorders recover

Kashmira Gander — April 19, 2016

1 **'Eating & Living: Recipes for Recovery' is a cookbook that aims to help those who have**
2 **suffered with eating disorders change their attitude towards food.**

3 Food is complicated. It doesn't only sustain our bodies, but is central to our social lives. We use
4 it to celebrate, seek* comfort, and signify out identities. Because of this, a person recovering
5 from an eating disorder must not only transform their attitude towards food but also
6 themselves.

7 It is this stark* reality that prompted Francesca Baker, a marketer and writer who has
8 struggled with an eating disorder, to create a cookbook designed for and by people with
9 conditions such as anorexia, bulimia and binge-eating disorder. Such illnesses are often rooted
10 in a person's emotions.

11 The idea for Eating & Living: Recipes for Recovery came to the 29-year-old at a hospital where
12 she and fellow patients were receiving treatment for eating disorders. "Talking about the kinds
13 of things we used to love to eat, felt were missing out on, or wanted to cook in one of the more
14 practical focused sessions on the ward caused me to remark one day that we should create a
15 recipe book with all the recipes we knew. The seed was planted," recalls Baker.

16 The proceeds for the cookbook go to B-Eat, the UK's leading eating disorder charity, whose
17 latest figures show that 750,000 men and women in the UK have some form of the mental
18 illness.

* seek : attempt to find (something)

* stark : simple, harsh