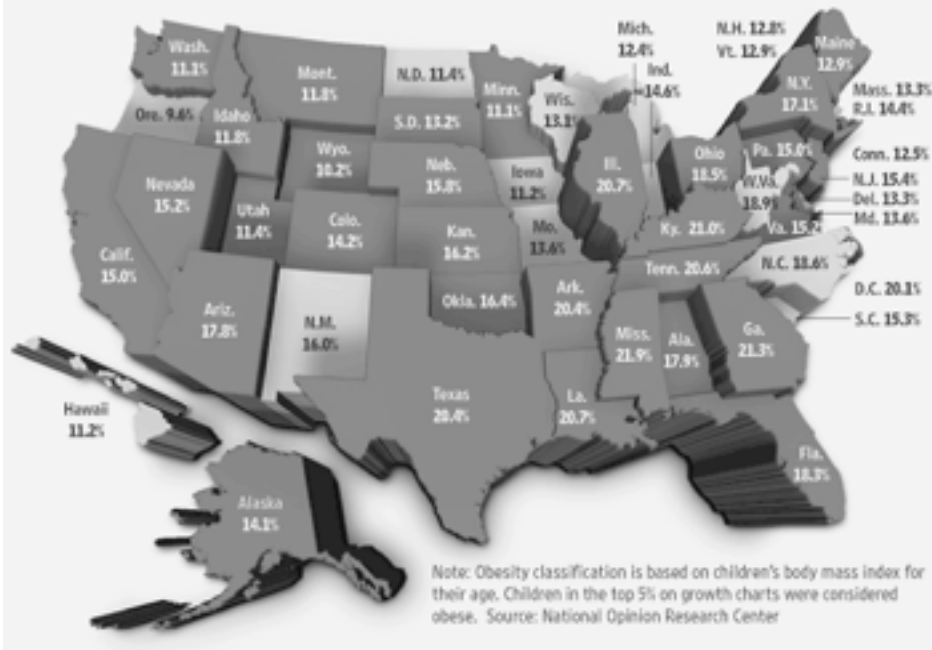


Shifting Weight | Obesity rates among children age 10-17, in 2007

■ Proportion of obese children increased since 2003

■ Decreased since 2003



KPBS San Diego

Soda Tax Has Some Fizz In State Senate

A bill that seeks to reduce childhood obesity by taxing soft drinks is under consideration in the state Senate.

Thursday, May 2, 2013 By Kenny Goldberg, Health Reporter

California — A measure aimed at reducing the epidemic of childhood obesity is making its way through the California state Senate. The bill would impose a penny-per-ounce tax on sodas and other sugary drinks. Milk products and beverages containing more than 50 percent juice would be exempt.

Supporters of the tax, authored by state Senator Bill Monning (Democrat), say soft drinks are a major contributor to childhood obesity. Reports show nearly one-third of all 5th and 7th graders* in San Diego are overweight or obese.

The tax would generate more than \$1.5 billion dollars each year in California, supporters say. The money would be earmarked* for community and statewide obesity prevention efforts.

Researchers at the Harvard School of Public Health say a soda tax could cut consumption by up to 10 percent. They suggest the tax might also prompt* manufacturers to reduce the sugar content in their drinks.

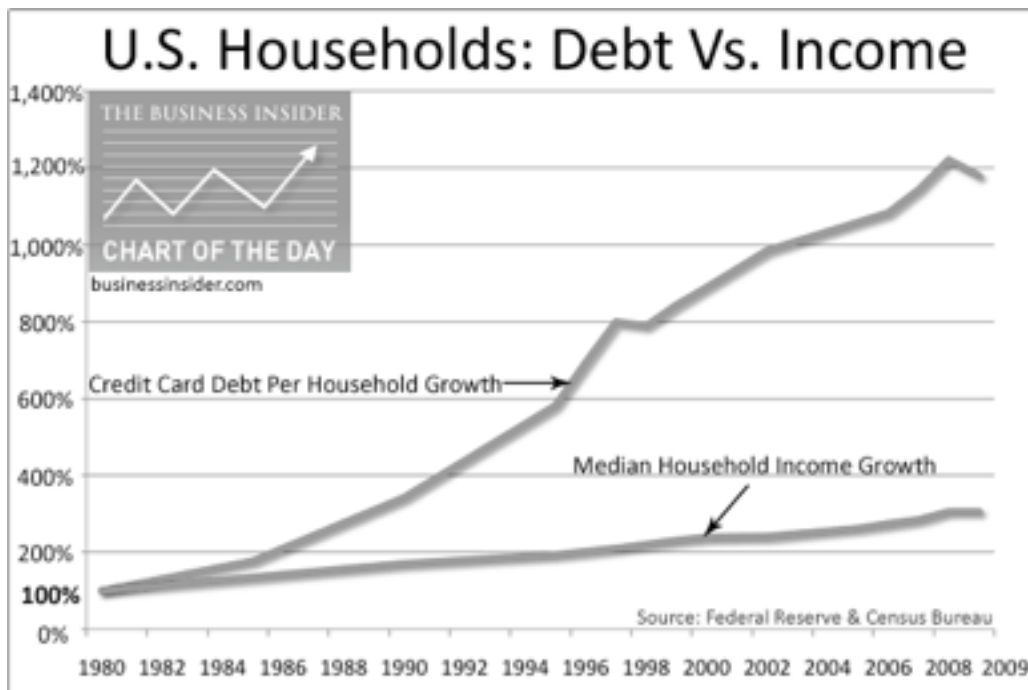
The tax won't be approved at all if the soft drink industry has its way. The industry spent millions to defeat recent soda tax measures in the California cities of Richmond and El Monte.

* to prompt : to motivate

* to earmark : to decide something will be used in the future

* 5th grader : child aged 10 or 11

* 7th grader : child aged 15 or 16



About Your Debt And How To Manage It

APRIL 16, 2013

Credit is a privilege. Not a constitutional right despite what some people may think. Credit allows you to use someone else's money, the credit card company's, to buy the goods and services you need or want.

You are borrowing money every time you use your credit card and you do need to eventually pay it back. And if you don't pay off your balance every month, the credit card company will charge you interest for using their money.

And if you are late in paying your monthly bill or miss a payment, the credit card company has the right to charge you late fees. And they do: \$25, late again: \$35.

When you talk about credit you need to talk about debt. There is good debt and there is bad debt.

[...]

Bad debt is your credit cards that you don't pay off each month. Here you are paying for things you consume. Groceries, sneakers* for the kids, gas for the car, dinners out. And you may be paying for those sneakers for a very long time.

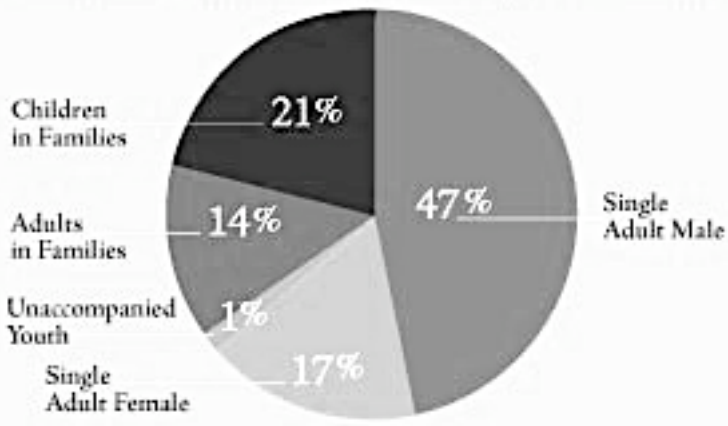
If you carry a \$3,000 balance with a 14% interest rate, and you pay only the minimum each month it will take 20 years to pay it off. That's longer than many marriages last.

One more thing: Education loans, yours or your kids, would be considered good debt : the more education you have the higher your wages.

* sports shoes

* wages : the money you earn

Sheltered Homeless Persons by Households



Source: *The 2009 Annual Homeless Assessment Report to Congress*, p. D-2 (Oct. 2008 through Sept. 2009).



Sleeping-Bag Coats Warm, Employ Detroit Homeless

by ALEXA VALIENTE - May 9, 2013

One woman's college class project to design coats that double as sleeping bags for the homeless has become a nonprofit initiative to employ and empower the homeless population of Detroit.

Veronika Scott, 22, a student from the College for Creative Studies in Detroit designed a coat that transformed into a sleeping bag for the homeless population of Detroit. The latest design is a lightweight, self-heated and waterproof coat with pockets, a hood and a section that pulls out to become the foot of the sleeping bag. It can be rolled up and turned into a shoulder bag for the warmer months.

The Empowerment Plan employs 13 former and current homeless people to manufacture its coats. The organization only hires homeless single parents without a violent crime record.

Employees are paid well above the minimum wage in Michigan and are given microloans*. "This is a lesson in being employed," Scott said, adding that one of her employees spent her life on the streets in prostitution. "She took her microloan and got a car and re-enrolled in school."

The coats are not only ordered by nonprofit organizations for free distribution to the homeless, but are also used by the Red Cross for disaster relief. With the help of donations and machines, materials for the coats, and contributions from Detroit-area companies like General Motors and clothes-maker Carhartt, the Empowerment Plan plans to create 4,000 coats this year.

* microloan : microcredit

Diane Griffin

SAFE TEXT: Protecting Your Teen FROM THE

Dangers of Texting

- Teens see nothing wrong with Texting and Driving
- Your Teens Texting while driving can get you in legal trouble
- Teens Texting and Driving – A Deadly combination
- How to Get your Teen Driver to Stop Texting While Driving
- Cyberbullying



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Study shows disturbing reality of texting while driving

by WYATT ANDREWS MAY 4, 2013

WASHINGTON - Texting while driving is not just an epidemic among teenagers, it's a deadly epidemic.

Last month, the Davis family made an unbreakable rule for the family's brand-new driver, 16-year-old Lyric: She's not to text while driving, not ever.

"I would not have a car," she said what would happen if she broke the rule.

Most American teenagers are told not to text and drive, but the evidence is millions are not listening.

In an analysis of a 2011 survey done by the Centers for Disease Control, 46 percent of drivers at age 17 admitted they texted while driving, a number that rose to 52 percent for drivers over 18. The survey alarmed the research team because of evidence that distracted driving - including texting - is now the leading single cause of teenage fatalities.

Dr. Andrew Adesman co-authored the study.

"Texting while driving is just becoming sort of epidemic, and it's a higher cause of deaths than even drinking while driving," said Adesman. "The impairment* that comes with texting is worse than drinking while driving."

* impairment : a physical or mental condition when the body or the brain does not work correctly



MAY 10, 2013

Warning over conmen* posing as Green Deal assessors

Criminals are using the cover of the government's flagship energy policy to defraud money from homeowners.

The Green Deal offers loans to spend on energy-saving home improvement work with no upfront costs.

But trading standards officers have reported that cold callers are posing as Green Deal assessors while charging "administration fees".

Energy Minister Greg Barker told BBC Radio 4 that this was simple criminality.

Green Deal loans are only available through government contracted assessors who are identifiable through an allocated number.

Fake discount

One 76-year-old said she had been offered an "old age pensioner discount" for double glazing - with a 20% discount if she signed up that day.

Tim Keohane, senior trading standards officer in Caerphilly, said they were dealing with more than 20 complaints across south-east Wales.

"People are handing over up to £400 and not seeing anything again," he said.

Consumers are advised to look out for the Green Deal Approved quality mark which proves assessors and installers are government registered.

* conmen : a lan who tricks others into giving him money.

* double glazing : windows with two layers of glass for insulation



COURIER-POST
A GANNETT COMPANY

Maple Shade woman named top school social worker

by PHIL DUNN, COURIER-POST STAFF MAY 3, 2013

Dana Rahmel didn't plan to work with children, but the Maple Shade resident's decision to forgo* a career as a marriage counselor and instead focus on young people paid off — for her and those she serves.

Rahmel was recently named the top school social worker in the state for her efforts at the Maple Shade School District.

The 29-year-old has worked in the district for the last six years and co-workers describe her as personally invested in helping students, parents and colleagues.

"Dana's sharp intelligence, professionalism, positive outlook and resolute ethics make her a leader in the district and community," said Maple Shade Director of Special Services Dawn Monacella, who nominated Rahmel.

Rahmel was born and raised in Maple Shade, and though she said her job can be tough, the challenges are offset by the amazing transformation students can make.

"It's the little things," Rahmel explained. "Our job here is to be an advocate for the kids."

"I originally wanted to get into family and marriage counseling," she recalled. But Rahmel's goals changed while studying at the University of Pennsylvania. During a year-long practicum with Virtua's Children's and Adolescent Behavioral Health Program, she developed a passion for helping children.

"It was very inspiring," said Rahmel. "It helped me to firm up my passion for helping kids."

* forgo : to renounce



THE HUFFINGTON POST
BREAKING NEWS AND OPINION

Staying Active Could Protect Elderly From Psychological Distress, Study Shows

APRIL 8, 2012

Older adults who stay active could be shielding* themselves from psychological distress such as depression, according to a new study.

Researchers from the University of Western Sydney reported that people who are the most physically active are also the ones who are the least likely to be functionally limited -- meaning, the less active a person is, the higher the risk of being functionally limited.

However, researchers also found that people with psychological distress are four times more likely to be functionally limited than people without psychological distress.

"There is a significant, positive relationship between physical activity and physical function in older adults, with older adults who are more physically active being less likely to experience functional limitation than their more-sedentary counterparts," the researchers wrote in the study.

The study, included 91,375 men and women in Australia, who are ages 65 and older. More than 8 percent of the study participants reported having a form of psychological distress.

According to the Agency for Healthcare Research and Quality, anywhere from 28 to 34 percent of people ages 65 to 74 don't regularly exercise. The number is even higher for those ages 75 and older: 44 percent of them do not exercise, according to the figures.

"Physical activity is more powerful than any medication a senior can take," Dr. Cheryl Phillips, a San Francisco physician and president of the American Geriatrics Society, told the Los Angeles Times.

* to shield : to protect



Treatment Facility Lets Women Parent While Kicking Their Habit

Letty Owings Center was one of the first residential drug and alcohol treatment facilities in the nation to provide on-site childcare

by CHRISTEN MCCURDY — May 10, 2013

Ten years ago, Leah Hall was using intravenous drugs every day, and turned to crime to support herself and her daughter, who was then just one year old. Eventually, Hall went to jail and her daughter went into foster care*, and she called her daughter's grandmother and said she wanted to go into treatment.

Her daughter's grandmother drove her to Hooper Detox Center in Portland, and there she found out about the **Letty Owings Center** – a residential treatment facility specifically for women with children – and decided to check in*.

She and her daughter stayed at the 60-bed facility in Portland for 13 ½ months, then moved into clean and sober family housing.

Now Hall is married to a man she met while in early recovery, has had three more children, her oldest is now 11, and works at Morrison Child and Family Services as a safety services provider, helping women in circumstances similar to hers.

That women can bring their children with them while they seek treatment for drug or alcohol addictions sets **Letty Owings Center** from* other residential treatment facilities – and that's by design*. Co-founder Nancy Anderson said she was inspired to start the program when her sister, Holly, came to her for help kicking a cocaine habit.

* foster care : *famille d'accueil*

* to check in : to join; to register

* to set something from : to distinguish something from; differentiate

* by design : intentional

Binge Drinking

A Serious, Under-Recognized Problem
among Women and Girls



1 in 8

Nearly 14 million US women binge drink about 3 times a month.



1 in 5

1 in 5 high school girls binge drink.

6

Women average 6 drinks per binge.

Source: CDC Vital Signs, January 2013



Binge drinking* in college may lead to heart problems later in life

by RYAN JASLOW, APRIL 25, 2013

A small study shows that binge drinking at a young age can cause immediate changes to blood circulation that can lead a healthy young adult to develop risk factors that trigger heart disease down the road*.

"Regular binge drinking is one of the most serious public health problems confronting our college campuses, and drinking on college campuses has become more pervasive* and destructive," study author Dr. Shane A. Phillips, a professor of physical therapy at the University of Illinois, said in a statement.

Binge drinking is a common activity in college, according to the **C**enters for **D**isease **C**ontrol and **P**revention; about 90 percent of the alcohol consumed by Americans younger than 21 years old is in the form of bingeing.

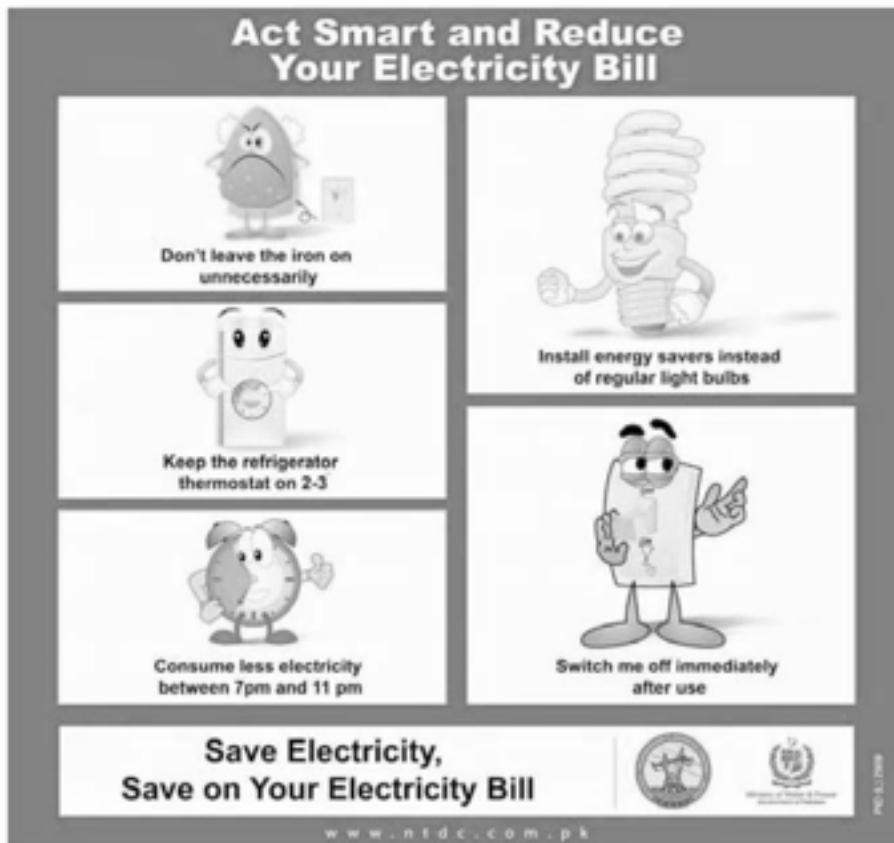
A 2012 CDC study found college-aged Americans consume an average of nine drinks per bingeing episode.

"Alcohol can be directly toxic to the heart and lead to weakening of the heart muscle and heart failure," Dr. William Abraham, director of the division of cardiovascular medicine at The Ohio State University Medical Center, told us.

* binge drinking : excessive drinking

* down the road : in the future

* pervasive : omnipresent



Energy saving plan targets poorest households

MAY 25, 2011

Australia's poorest households would get help to buy new appliances* and be coached to improve their energy efficiency under a plan to cut hundreds of dollars from skyrocketing electricity bills. A coalition of welfare, clean energy, union and business groups want the Federal Government to fund a \$100 million National Energy Savings Initiative from revenue generated by the proposed carbon tax.

Under the scheme, low-income households would receive awareness-raising home visits, energy efficiency retrofits*, and financial help to buy better appliances.

John Thwaites from the Brotherhood of St Laurence says it would replace existing state-based schemes.

"We'd see this as one national scheme which would help households, it would help businesses, and it would drive down the cost of electricity."

Mr Thwaites says the scheme could help cut household power bills by up to \$240 a year.

He says it would be targeted at helping Australia's poorest households.

"They'd probably get a home visit from someone with knowledge about electricity use.

"They could also be assisted in reducing electricity around the home with energy efficiency retrofits and probably also some financial assistance for more efficient appliances."

* appliance : domestic machines

* retrofit : to add something that was not there when constructed or manufactured