



## Researchers suggest ways to develop healthy eating habits in a child

Home >> Pediatrics >> April 20, 2015

1 A healthy diet promotes success in life—better concentration and alertness, better physical  
2 health that translates into good mental and emotional health.

3 But even the best intentioned parents can expect food fights with their children, said Tanda  
4 Kidd, associate professor of human nutrition at Kansas State University. Developing good  
5 eating habits in your children is worth the effort, she said.

6 Good eating habits also are a front-line defense against obesity, a scourge\* of the nation that  
7 happens when a child eats many more calories than he or she uses up.

8 Nearly 1 in 4 children ages 2 to 5 is overweight or obese, said Paula Peters. An obese child is  
9 at risk for developing diabetes, high blood pressure, asthma and sleep apnea. Peters is an  
10 associate professor of human nutrition and assistant extension director for family and  
11 consumer sciences at Kansas State University.

12 Peters and Kidd both conduct research in the area of childhood obesity prevention.

13 A primary key to teaching a child to make healthy food choices, Peters said, is to start early.

14 "Give the child a wide variety of healthy food options and let her choose which and how much  
15 to eat. A child may start by eating nothing or eating too much, but she has an innate\* ability to  
16 know when she's hungry and when she's full."

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\* scourge : something that causes a lot of harm or suffering

\* innate : an ability you are born with



Blu® e-cigarette ad



### Campaign Targets Teen E-Cigarette Use

04/22/2015 - Melissa Foy

[...]

1 Last week, the CDC released findings of the National Youth Tobacco Survey. Those showed  
2 that among teens, traditional cigarette use has dropped to a record low at just 9% but E-  
3 cigarette use tripled to 13.5% of all teens.

4 "In Wichita County specifically, E-cigarettes are more prevalently used among middle school  
5 and high school students than traditional cigarettes," Lindsey says.

6 In Wichita County, 12% of high school students say they use E-cigarettes. When it comes to  
7 middle and high school students combined, 9% of them say they use the products. The biggest  
8 concern, officials say, is nicotine exposure to the developing brain of a young person.

9 "The E-liquid contains nicotine, which is an issue," Lindsey says. "Smoking not only causes  
10 lung issues like most people think, but nicotine causes the strokes and the heart attacks."

11 Health officials say they'll continue to discourage E-cigarette usage by teens, at least until final  
12 FDA regulations are released, which is expected to be later this year.

13 The CDC is concerned the nicotine could lure\* kids into regular tobacco use, which is proven to  
14 be dangerous, so health officials hope their work helps keep teens away from tobacco  
15 products like traditional cigarettes, too.

.....  
\* tar : *goudron*

\* to lure : to persuade someone to do something



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## Dayton Daily News

### **Class teaches elderly how to avoid being scammed**

Wednesday, April 22, 2015 • By Jessica Heffner

1 The elderly population is one of the most targeted groups for scammers, and a crime  
2 prevention group is working with police to arm citizens with knowledge on how to prevent  
3 them from becoming a victim.

4 According to the FBI, there are hundreds of scams specifically designed to dupe older adults,  
5 who experts say are targeted because of their likeliness to have available funds in a “nest egg”  
6 and likelihood not to report the fraud. Dayton police receive dozens of scam complaints each  
7 week.

8 Through the Miami Valley Crime Prevention Association (MVCPA), officers are teaching classes  
9 throughout the area on scam prevention. The class includes key identifiers that signify if  
10 something is a scam, and what to do if you’re contacted. In almost every case, officers advise  
11 hanging up the phone or asking for information that you will independently make a call  
12 verifying their request. Most legitimate agencies will never “cold-call” you asking for money,  
13 or expect payment over the phone, he said.

14 Shirlee Gilbert attended one of the crime prevention classes last week. She said she was  
15 interested in learning more about scams, and was amazed at the number of ways con-artists  
16 can collect information and use it to get money. She said the best thing to do is to take  
17 preventive measures to avoid being scammed, such as not answering the phone from  
18 unknown callers and never mailing money to anyone.

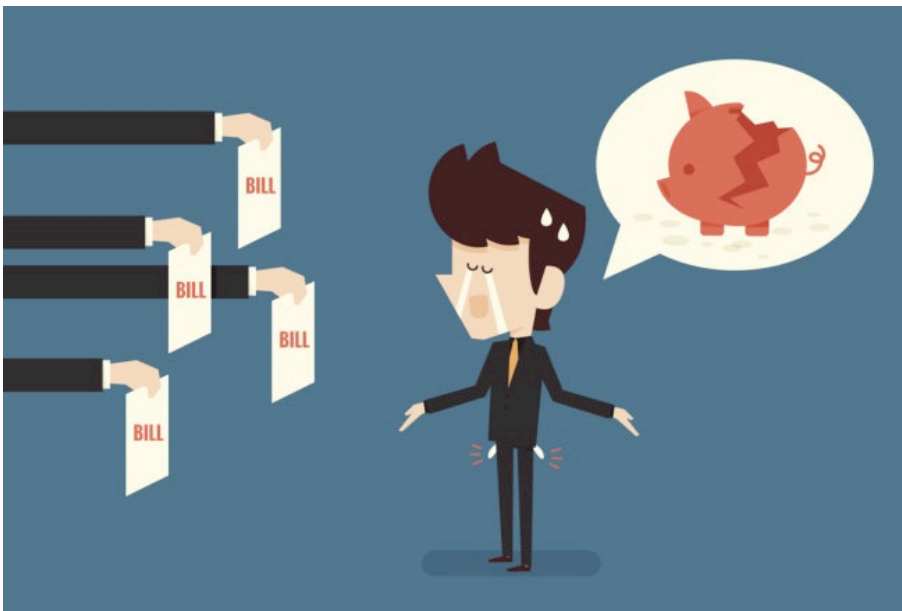
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\* to scam : *arnaquer, escroquer*

\* nest egg : a sum of money that you save to use in the future

\* cold-call : telephoning somebody that you do not know, in order to sell them something.

\* con-artist : *escroc*



## How to Develop a Foolproof Plan to Pay Off Debt

Credit card expert offers some unusual tips in her new book 'The Debt Escape Plan.'

By Kimberly Palmer • April 22, 2015

1 When Beverly Harzog was in her 20s she worked in accounting, but struggled\* to keep her  
2 own finances in check. "I felt like I needed to dress a certain way. I needed power suits and  
3 power accessories – power everything," she recalls. She bought what she felt she needed on a  
4 credit card with vague plans to pay it off later. Soon, she found herself with \$20,000 in debt.  
5 "I was naive about credit. I didn't read the fine print; I just got cards and spent," she says. That  
6 all changed when she made a commitment\* to herself to get out of debt.

[...]

7 If you want to follow Harzog's path to a debt-free existence, then consider these strategies:

### 8 **Downsize but don't eliminate.**

9 Harzog [...] traded in her high-end gym for a lower budget one that still lets her exercise  
10 regularly. When she made plans to go out with friends, she found happy-hour deals. She also  
11 ate a lot of peanut butter and jelly sandwiches for dinner. Someone else might want to keep  
12 their occasional manicures, she adds. "You can be nice to yourself while you go through this,"  
13 she says.

### 14 **Make more money.**

15 If you can take on more work – picking up overtime hours or starting a side gig\* – then you can  
16 put that extra cash toward paying off debt.

[...]

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\* to struggle : to try very hard to do something when it is difficult

\* commitment : promise, decision

\* gig : a job, especially one that is temporary





## 12 Ways to Spend Less on Food

Planning ahead and reducing waste can cut down on your food spending.

By Kimberly Palmer • April 14, 2015

1 Food is expensive. In February 2015, Americans spent \$58.9 billion on food eaten at home and  
2 almost the same amount (\$57.5 billion) on food consumed away from home, according to the  
3 U.S. Department of Agriculture. For that second category, which includes food eaten at  
4 restaurants and coffee shops, that's a 10 percent increase over last year, likely as a result of  
5 the improved economy.

6 Just because food is expensive doesn't mean you can't take steps to keep the cost under  
7 control. Even relatively small steps, like planning out your meals for the week to avoid last-  
8 minute takeout orders, can go a long way toward reducing your food expenditures. Here are  
9 more ideas to cut your food spending:

### 10 **1. Buy in bulk.**

11 You can often get a better deal if you buy more than one item at once at the grocery store. [...]

### 12 **2. Compare prices.**

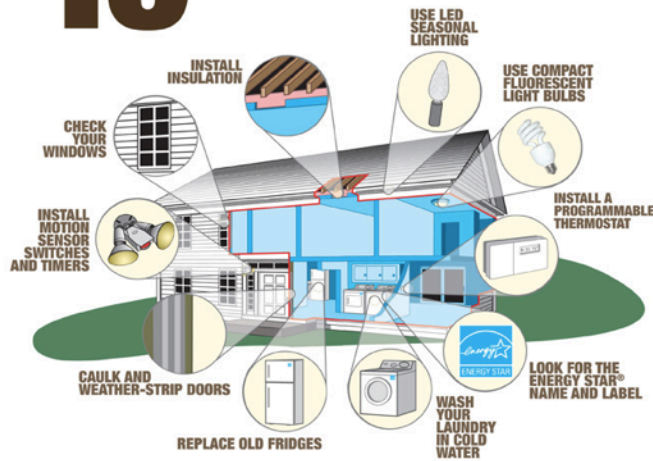
13 Taking the time to make apples-to-apples comparisons by looking at the price per unit can  
14 help prevent unpleasant surprises at the checkout counter. [...] take a look at the small print or  
15 tag on the store shelf to see exactly what you're paying for.

[...]

### 16 **8. Make it yourself.**

17 Grating cheese just takes a few minutes. But in this case, the end result is usually cheaper –  
18 and tastier – than store-bought versions.

# TOP 10 WAYS TO MAKE YOUR HOME ENERGY EFFICIENT



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Business. Better. <sup>SM</sup>

## VIRTUAL HOMES TOOL HELPS USERS SAVE ENERGY

Blog Entry by Antonio Pasolini

Friday, May 1, 2015

1 The utility company National Grid has introduced a measure designed to help homeowners  
2 save electricity and emissions. The Virtual Home tool has been added to the Smart Energy  
3 Solutions Program (SES), with new features and functionality. The interactive tool empowers  
4 users to learn where and how they can reduce their energy usage.

5 The program is all about granting access to information that enables users to take simple  
6 actions to save energy, including shifting energy use to off-peak\* times. Users get real-time  
7 info so they can monitor and reduce their demand.

8 Amongst the new features are Energy Insights, which helps customers understand their  
9 energy use and how to conserve it; Energy Community, which allows them to view how energy  
10 savings compare to their neighbor's; and Energy Rewards, which allows Allows participants  
11 who complete energy efficiency measures to earn points and become eligible for a daily  
12 drawing of \$25.00 gift cards. Top savers are entered a month iPad mini drawing.

13 The two-year SES program was launched in January this year [with] around 15,000  
14 participating customers in Worcester (MA).

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\* caulk : *calfeutrage*

\* off-peak : not at the most popular and expensive time



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## MPRnews

### 8 tips to reduce food waste at home this holiday season

Dec. 3, 2014

1 *Lynn Hoffman: Director of community engagement for Eureka Recycling*

2 *Colleen Hetzel: Works on food waste issues at the Minnesota Pollution Control Agency*

3 According to some estimates, roughly 40 percent of food produced in the United States goes  
4 uneaten.

5 Minnesotans alone threw out 517,000 tons of food waste in 2012, according to the Minnesota  
6 Pollution Control Agency. It's what gets thrown away and ends up in landfills\* or waste energy  
7 facilities.

#### 8 **1. Make an "Eat me first" shelf in your fridge.**

9 Put fresh fruits and vegetables there along with other items that will spoil soon so you don't  
10 lose them in the back of the fridge. Make sure you store your food in the best way to make it  
11 last longer.

#### 12 **2. Create a meal plan and line it up with your schedule.**

13 Creating a meal plan before grocery shopping isn't always enough to prevent waste. It's also  
14 important to look at your weekly plans to determine who will be at home for meals and how  
15 much time you have to prepare food.

#### 16 **3. You don't have to throw away a meal you don't like.**

17 Consider researching ways to make it taste better, freeze it for another time when you're not  
18 sick of it or bring it to work.

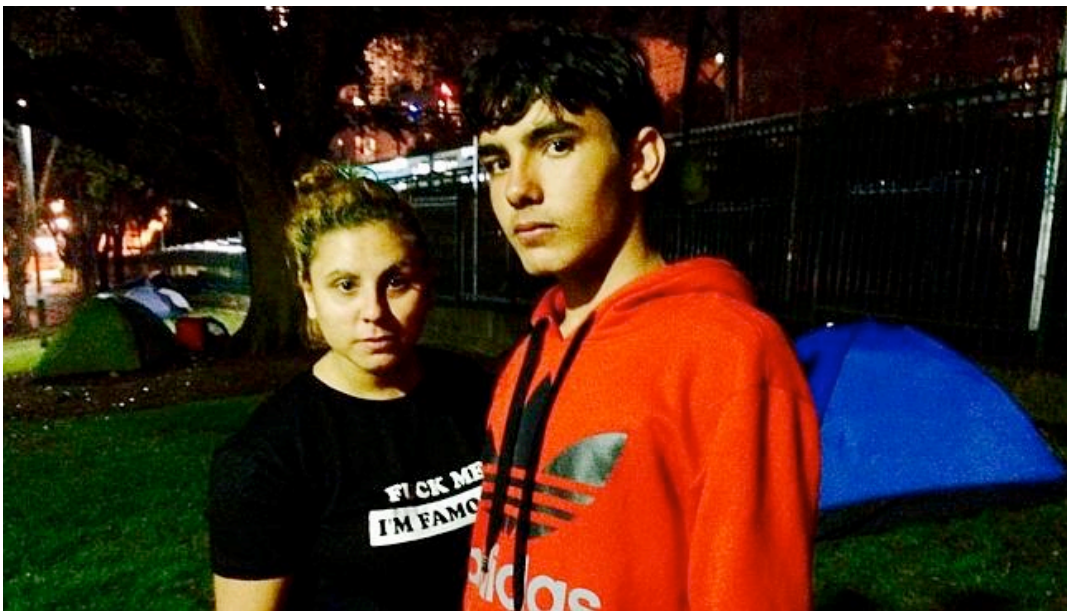
[...]

#### 19 **5. Composting is good, but preventing waste is better for environment and your budget.**

20 An average household in St. Paul wastes \$96 a month throwing out food.

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\* landfill : a place where waste is buried under the ground



Dee Jay Bartle, 18 and Alison Renniks, 23 sleeping rough in Sydney.

Daily Telegraph

## Homeless rely on smartphones to survive but finding somewhere to re-charge is a challenge ADAM BELL • NEWSLOCAL • MAY 04, 2015

- 1 •95% homeless have mobile phones and 77% have smartphones
- 2 •Recharging is difficult
- 3 •Many struggle to afford phone credit
- 4 •2011 Census figures show almost 20,000 people without permanent residence but figure
- 5 suspected to be much higher

6 HOMELESS people facing the daily struggle of finding food and shelter have a new battle to  
7 wage — finding somewhere to charge their mobile phones.

8 New research has revealed that the homeless are now more likely to own a mobile phone than  
9 the general population.

10 The study found that 95 per cent of homeless people own a mobile phone, compared with 92  
11 per cent of the general population.

12 The University of Sydney researcher Dr Justine Humphry said her study found that mobile  
13 phones are now an essential part of an homeless person's survival kit.

14 "Phones are not cheap, they are not a luxury item for homeless people, they have become a  
15 necessity," she said.

16 "The high rate of usage shows just how important it is for them, not just for finding a home or  
17 a support service, but for simply staying alive."

18 A study found most use mobiles to call friends, family, emergency services and to look for  
19 work or accommodation.

20 It also found they present unique challenges for homeless people such as affording prepaid  
21 credit, recharging, theft and finding free Wi-Fi.

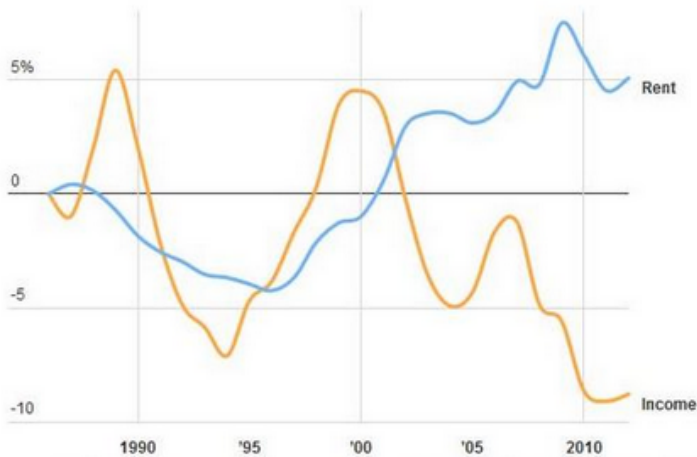
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\* census : recensement



## Rent Prices Are Going Up, But Your Income Isn't

The percent change in median renter income compared to median monthly rent since 1986.



Created with [Datawrapper](#)

Source: [Joint Center for Housing Studies of Harvard University](#). [Get the data](#)

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[www.press-herald.com](http://www.press-herald.com)

### 1 in 4 US renters must use half their pay for housing costs

by Associated Press - May 3, 2015

1 WASHINGTON — More than one in four U.S. renters have to use at least half their family  
2 income to pay for housing and utilities.

3 That's the finding of an analysis of Census data by a nonprofit that helps finance affordable  
4 housing. The number of such households has jumped 26 percent to 11.25 million since 2007.

5 Since the end of 2010, rental prices have surged at nearly twice the pace of average hourly  
6 wages, according to data from the real estate firm Zillow and the Labor Department.

7 "It means making really difficult trade-offs," said Angela Boyd, a vice president at Enterprise  
8 Community Partners. "There are daily financial dilemmas about making their rent or buying  
9 groceries."

10 The crisis reflects one of the shortcomings of the recovery from the Great Recession: Income  
11 has failed to match rent increases. At the same time, construction has failed to keep pace with  
12 demand from renters. The recession pushed more millennials\*, former homeowners who  
13 faced foreclosure\* and low-wage workers into rental housing.

14 A result is that 2.3 million more families face pressures that leave them perilously close to  
15 homelessness. It's a reality faced by Lisette Duarte, a 37-year-old living in a two-bedroom  
16 apartment with her family in northeast Los Angeles.

.....  
\* census : recensement

\* millennials : a person reaching young adulthood around the year 2000

\* foreclosure : *saisie*



## Summer Child Safety Rules

Friday May 01, 2015 By Katie Killen

1 As nice weather approaches, many families are heading to parks and out town, hoping to take  
2 advantage of the summer vacation. Experts say it's also a time when parents may want to be  
3 more vigilant about their kids' safety.

4 It's something Colorado Springs mom of two Jeannette Graham considers every year.

5 "My daughter was a very young girl and we were at the Colorado Rockies game at the gift  
6 shop. My husband thought I had her, and I thought he had her. All of the sudden she was gone,  
7 and we freaked out\* a little bit and it was really scary," she said.

8 Thankfully Jeannette's daughter was quickly found, but it got her thinking.

9 "I want [my kids] to have the self-confidence to know what to do if I happen to be looking the  
10 other way or if I'm not there anymore."

11 According to the National Center for Miss and Exploited Children, there were more than 9,000  
12 attempted child abductions by someone unknown to the child, 2005 through the beginning of  
13 2014. Fifty-one percent of the kids escaped by running away from the suspect. Local experts  
14 say practice makes perfect.

15 KKTV 11 News got together with Jan Isaacs Henry. She's the executive director of Kidpower, a  
16 Colorado Springs nonprofit that teaches safety skills to kids and their families. She  
17 recommends kids stay out of reach, move away and tell an adult in charge when approached  
18 by a stranger.

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\* to freak out : to react very strongly to something that makes someone feel shocked, frightened

\* innate : an ability you are born with