



New Jersey homeowners say dream home turned into a nightmare

By Christie Duffy, March 22, 2019

- 1 PEQUANNOCK, N.J. — Rich and Tara Kazdan bought their dream home back in 2017.
2 "It was perfect. We were going to raise our family. This is the town I grew up in," said Tara
3 Kazdan.
4 But soon after, water started seeping through* the walls and filling their basement, they said. The
5 front steps have begun to separate from their house. Water marks are noticeable on the
6 foundation walls.
7 "We can't stop it. And we have no money left. We can't sell. We feel so stuck," she said.
8 Kazdan said they have spent close to \$100,000 on engineers, experts and pumps to keep the
9 water at bay*, on top of the \$765,000 they paid to purchase the brand new house on Sunset
10 Road.
11 At one point they were running four pumps at once, churning out 6,000 to 10,000 gallons of
12 water an hour, according to Kazdan.
13 [...]
14 "I don't want this house anymore. I'm worried about the safety of my kids," said Mrs. Kazdan.
15 "We've had the mold testing and the mold down here is through the roof*." »
16 Their lawsuit is still pending.
17 Pequannock Township would not comment on the building's construction.
18 "With respect to the litigation between the property owner and the builder regarding
19 construction issues, the Township does not have any comment, as it is a private matter," stated
20 Brewer.

21

22 -----
(to) seep through : *suinter à travers* • (to) keep something at bay : stopper qqch • through the roof : *battre tous les records*

<https://pix11.com/2019/03/22/new-jersey-homeowners-say-dream-home-has-turned-into-a-nightmare/>



Hazelnut

Pecan

Almond

Chestnut

Macadamia nut

Handful of nuts daily can boost memory in elderly

IOL – 25 MARCH 2019

- 1 While age is known as the strongest risk factor for cognitive decline, eating a handful of nuts
2 every day can improve mental health and memory skills by up to 60 per cent, finds a study.
3 The findings showed that consuming nuts for a long period of time could be the key to better
4 cognitive health, including improved thinking, reasoning and memory in older people.
5
6 "By eating more than 10 grams (or two teaspoons) of nuts per day older people could improve
7 their cognitive function by up to 60 per cent -- compared to those not eating nuts," said lead
8 researcher Ming Li from the University of South Australia.
9
10 The reason could be because peanuts have specific anti-inflammatory and antioxidant effects that
11 help reduce cognitive decline including dementia.
12 Nuts are also known to be high in healthy fats, protein and fibre with nutritional properties that
13 can lower cholesterol and improve cognitive health.
14
15 The study, published in *The Journal of Nutrition, Health and Aging*, included 4,822 Chinese
16 adults aged 55 and above.
17 According to the World Health Organization, the number of people living with dementia globally
18 is at 47 million.
19
20 "Population ageing is one of the most substantial challenges of the twenty first century," Li said.
21 "If we can find ways to help older people retain their cognitive health and independence for
22 longer - even by modifying their diet - then this is absolutely worth the effort*, » Li suggested.

.....
it is worth the effort: cela vaut la peine

<https://www.iol.co.za/lifestyle/health/handful-of-nuts-daily-can-boost-memory-in-elderly-20032137>



Primary school bans parents from buying and delivering their children McDonald's and KFC fast food for lunch

1 By Ben Hill For Daily Mail Australia — Published 25 March 2019

2 A primary school has been forced to ban fast food to stop parents from delivering McDonald's
3 and KFC meals to their children at lunchtime.

4 Canley Vale Public School in Sydney's west recently posted to Facebook asking parents to stop
5 feeding students unhealthy food.

6 Principal Ben Matthews said parents should provide their kids with a packed lunch or to order
7 from the school canteen.

8

9 'Lately a significant number of parents have been delivering fast food to the school for their
10 child's lunch. This includes McDonalds, KFC etc,' Mr Matthews wrote on social media.

11 'Please note that as of today we are no longer accepting these deliveries.'

12 A parent of a Canley Vale student said 'the kids love' fast food.

13 'McDonald's is commercial junk and shouldn't be at school,' the parent told the Daily Telegraph.

14 Parenting expert Dr Justin Coulson said parents had a responsibility to provide their children
15 with a healthy lunch.

16 'This doesn't seem like it in the interest of the children at all,' he said.

17

18 Nutritionist Joel Ferren said parents should be providing their children with packed lunches
19 including sandwiches, salads, fruit, vegetables, eggs and yoghurt.

20

21 'Canley Vale Public School promotes healthy eating and active lifestyles. As such, it has requested
22 parents not deliver fast food to the school,' the spokesman said.



a smoke detector

Carbon monoxide is killing public housing residents, but the authorities don't require detectors

www.nbcnews.com — March 1, 2019 — By Suzy Khimm and Laura Strickler

1 COLUMBIA, S.C. — KinTerra Johnson and her three young children had to flee their apartment
2 at 3 a.m. on a cold January night, or else risk losing their lives.

3

4 Two of their neighbors were already dead from carbon monoxide poisoning. Emergency officials
5 found dangerously high levels of the gas throughout the Allen Benedict Court public housing
6 complex near downtown Columbia, where more than 400 people lived, nearly all African
7 American, including more than 140 children and many elderly residents in frail health.

8

9 Johnson's three children — 8, 5 and 3 years old — saw flashing lights surrounding the building.

10 "Open up, it's the fire chief!" the firefighters said, banging on Johnson's door. When they came
11 in, her children burst into tears. "The kids were scared to see the guys in the Hazmat suits* —
12 they looked like monsters to them," said Johnson, 27, a single mother who works in an insurance
13 office.

14 The health and safety hazards are so severe that Johnson and her neighbors can't return home.
15 After the two residents were found dead on Jan. 17, inspectors found high levels of carbon
16 monoxide and natural gas inside all 26 buildings at the complex, as well as missing and broken
17 smoke alarms, exposed wires, roach infestations, damaged ceilings and a "high volume of rodent
18 droppings*," according to a letter from the fire department obtained by NBC News.

19
20 a hazmat suit : *une combinaison qui protège des matières dangereuses* • rodent droppings : *des crottes de rongeurs*

21 <https://www.nbcnews.com/news/us-news/carbon-monoxide-killing-public-housing-residents-hud-doesn-t-require-n977896>

22



A chance to work: Employment helps people with disabilities find purpose, independence

Sophie Kaplan, Hanover Evening Sun — Published March 19, 2019

- 1 For about six months, Jeffrey Vogel searched for a job.
2 The 23-year-old from Hanover applied for several positions but was told he wasn't qualified.
3 "I needed a job or else I was going to lose my mind," Vogel said.
4 When Jeffrey was born, he was diagnosed with hydrocephalus, meaning he had too much fluid in
5 his brain, which causes learning disabilities and developmental delays.
6 He wonders if those employers he interviewed with didn't understand his disability.
7 But with help from Penn-Mar Human Services, Jeffrey secured a job at Weis Market in south
8 Hanover.
9 Since Jeffrey got his job, his mom has noticed that he is happier, and she sees a change in his
10 mood*.
11 For people with intellectual and developmental disabilities, who rely on the support, structure
12 and socialization that school offers them, their lives "come to a halt," after graduation, said Patty
13 Trexler, a job developer with Penn-Mar Human Services.
14 Penn-Mar offers a variety of services for individuals living with disabilities, one of which is
15 helping to secure employment. This service is especially important because employment helps
16 create a sense of independence and purpose.
17 "I think he would get depressed when he couldn't do things with his friends because he never had
18 money to do anything," said Bonnie Vogel, Jeffrey's mom. "He wanted to run a regular life."

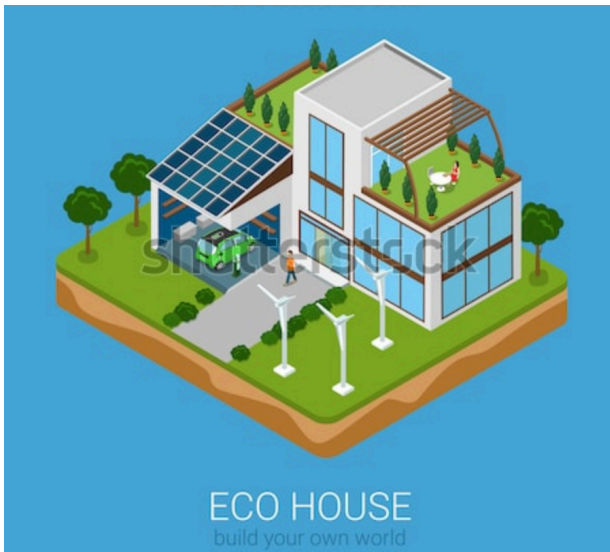
19
20 **purpose** : but (dans la vie) • **mood** : humeur

21 <https://www.eveningsun.com/story/news/2019/03/19/hanover-pa-people-with-disabilities-jobs-offer-independence-purpose-employment/2881705002/>

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SESSION 2019



Green Buildings Saved Renters \$72M, Fannie Mae Says

1 Bloomberg | Mar 12, 2019

2 Using energy-efficient light bulbs, low-flow toilets and environmentally friendly heating and
3 cooling systems cut the utility bills of some 550,000 renters over the last six years, adding as
4 much as \$72 million in annual savings, according to a new report from Fannie Mae.

5 The government-controlled mortgage giant recently published the first results from an eight-
6 year-old program that encourages landlords to make energy improvements, for the sake of* both
7 the planet and renters' finances. On average, renters saved about \$145 per year. Across 200,000
8 buildings, landlords saved \$33 million on utility costs.

9

10 "Ultimately this is better quality housing -- homes that are warm when they should be warm and
11 cool when they should be cool," said Chrissa Pagitsas, vice president at Fannie Mae.

12 In the voluntary program, landlords could agree to make significant energy improvements to
13 their properties. In return, they were offered a slight reduction in their mortgage rates and an
14 increase in their loans to cover the cost of the improvements.

15

16 Buildings are one of the top sources of carbon emissions in the U.S., and improvements like these
17 feature in the policies of Representative Alexandria Ocasio-Cortez's "Green New Deal." The
18 properties in the program reduced greenhouse gas emissions by 287,000 metric tons of carbon
19 dioxide, or the equivalent of taking 61,000 cars off the road for a year. They also save some 6
20 billion gallons of water a year.

21
22 **for the sake of** : *au bénéfice de*

<https://www.nreionline.com/property-management/green-buildings-saved-renters-72m-fannie-mae-says>

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Robot cat and dog keeping loneliness at bay for care residents

8 APRIL 2019 - Leigh Boobyer — www.gloucestershirelive.co.uk

1 Meet Lucy and Hasbro, the furry robots brought in to keep elderly retirees free from loneliness.
2 Pictured in St Oswald's retirement village in Gloucester, the four-legged meca-pets caught the
3 smiles of residents after they meowed* and barked* for a petting.

4 Lucy, a ginger feline with a lifelike coat lies on its back for a stomach rub while Hasbro the
5 Golden Retriever wags his tail for an affectionate stroke.

6 These loving robot animals, used to reduce anxiety and build confidence for those living alone,
7 are among some of the equipment Gloucestershire County Council put on show to take its elderly
8 care service into the next decade.

9

10 In an NHS survey of people using social care in Gloucester, published last November, figures
11 showed more than half of adult social care users were feeling lonely.

12

13 And special sensors were set up to tell whether a resident has had their medication, had their
14 routine cup of tea or gone to bed. Tracking these movements means staff and family can be easily
15 alerted if a resident's activity seems abnormal on any day.

16

17 Some residents however were not too sure they would buy the gadgets.

18 Jean James, who's been a resident at the residential home for five years, said: "I think the
19 technology is brilliant, but I wouldn't buy anything myself. I've got my own phone and tablet so I
20 can go on Skype.

.....
(to) meow : miauler • (to) bark : aboyer

<https://www.gloucestershirelive.co.uk/news/gloucester-news/meet-robot-cat-dog-stopping-2736128>



How I Ditched* Debt: Kicking Frugality Into High Gear

BEV O'SHEA — April 8, 2019 — Nerdwallet

1 *In this series, NerdWallet interviews people who have triumphed over debt using a combination*
2 *of commitment, budgeting and smart financial choices.*

3

4 Ben and Melissa Panter of Mount Laurel, New Jersey, had always been what Ben calls “above-
5 average savers” — they lived frugally. They ate out “maybe once a week,” he says. So when they
6 decided to cut expenses in order to repay debt, it was no easy task.

7

8 At the time, they had a large mortgage payment, and Ben’s student loan balance was growing,
9 even as they made income-based payments. Ben, 33, is an adjunct professor, freelance
10 photographer and graphic designer.

11 But when Melissa, 32, who teaches public school part time, asked their financial advisor when
12 they should ramp up* saving for retirement, his answer surprised her: “Once you’ve paid off your
13 debt.” The Panters hadn’t even added up their debt at that point.

14

15 They had been saving, however, and they had nearly \$30,000. They quickly paid off their \$8,000
16 auto loan balance, kept about \$5,000 in savings for emergencies, and put the rest toward Ben’s
17 student loans.

18 Then they kicked their frugality into high gear. They went to the movies only if someone gave
19 them a gift card, and stuck to homemade Christmas presents. The lone exception: “We gave each
20 other \$50 Starbucks cards for Christmas,” Melissa says. “. We would order one tall iced drink to
21 share and then get free refills.”

22
(to) ditch : échapper à • (to) ramp up : accroître, accélérer • vocabulary_help : traduction
<https://www.nerdwallet.com/blog/finance/how-i-ditched-debt-ben-and-melissa-panter/>



Lack of affordable housing in Gatlinburg felt by families, local businesses

By Blake Stevens - Apr 08, 2019 - ABC WATE Local News

1 GATLINBURG, Tenn. (WATE) - More people in Sevier County have been told they'll have to find
2 somewhere else to stay, this being another example of the need for low-cost housing.

3 Penny England works two jobs to support her two kids, and she's been had to search for a place
4 to live two times this year.

5 England said was told she needed to be out of her apartment, at the Bales' Motel, by April 13th.
6 This came three months after she was told to leave the Rainbow Motel.

7 Fortunately, she's found somewhere else to live, but the drive is about 40 minutes away.
8 Unfortunately, that means more wear and tear on her truck, more money going to gas, and her
9 children's schooling is in limbo*.

10 She knows the drive isn't an option for people without cars.

11 "We had a family that went back to Maine. We had two families that went, one to North Carolina,
12 one to South Carolina. They were families, they were great workers, they were really good at
13 hospitality and they're greatly missed. It's hard to replace good people like that," she said.

14 Julie Rhines sees that first hand. As the general manager of Flapjack's, a staple* for many
15 families in Gatlinburg, her number one responsibility is to make sure the restaurant is staffed.

16 She calls the affordable housing issue a huge problem.

17

18 -----
in limbo : suspended, in a state of uncertainty • **a staple** : *un aliment de base*

19 [https://www.wate.com/news/local-news/lack-of-affordable-housing-in-gatlinburg-felt-by-families-local-businesses/
19 1909548659](https://www.wate.com/news/local-news/lack-of-affordable-housing-in-gatlinburg-felt-by-families-local-businesses/1909548659)

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22