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Tekstboekje

It's a Dog's Life...

The animal charity RSPCA said there was an “alarming increase” in the number of animals being dumped in the summer months. They think some owners don't want to pay for their pets to be looked after during the holiday, so they dump them. The RSPCA rescued more than 37,000 abandoned animals in England and Wales last year. Since May this year, pets have been found dumped in bins, bags and even a cemetery. Dermot Murphy from the RSPCA said: “Even in a nation of animal lovers, there are thousands of people out there who don't care about their pets at all.”

bbc.co.uk, 2013

...

By Heidi Blake

IF YOU woke up this morning feeling less sharp than usual, there could be a simple solution. Scientists have discovered that an extra dose of sleep is all that is required to replenish energy, alertness and attention span after a week of restricted sleep. It is more than just a luxury – it provides a significant boost to brain power.



The American researchers found that restricting a group of volunteers to four hours of sleep for five nights gave them a shortened attention span, impaired alertness and reduced reaction time. However, after just one full night of sleep, their normal functions were restored.

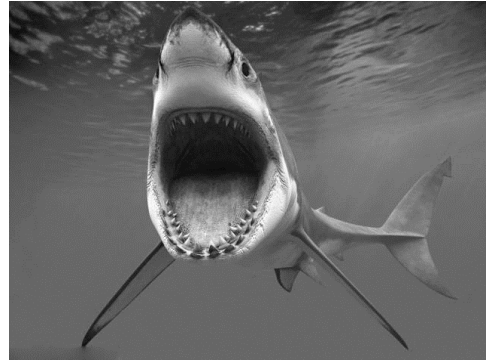
Dr David Dinges, of the Division of Sleep and Chronobiology at the University of Pennsylvania said: “The additional hour or two of sleep in the morning after a period of chronic partial sleep loss has genuine benefits for continued recovery of behavioural alertness.”

The findings, published in the journal *Sleep*, coincide with a separate discovery that the optimum amount of sleep is seven hours.

Daily Telegraph, 2010

Shark repellent wetsuit

Researchers at the University of Western Australia are developing a wetsuit that they hope will make surfers unappetising to sharks. They have discovered that sharks are highly visual animals but are probably colour blind. They say the animals see colours in different shades of grey, the same way as humans watch a black and white film. Professor Shaun



Collin, who leads the team, is using this information to create a wetsuit that would make the wearer look unappealing to sharks. “We’ll design a wetsuit that is uninviting to sharks, taking into account the different light levels that sharks move through, different seasons of the year and different times of the day.” Professor Collin says he hopes he will have developed a prototype of the wetsuit by next year.

abc.net.au, 2012

Leaves on the line?



When it comes to delayed trains, commuters have heard nearly every excuse in the book. But it remains something of a novelty to be told that a train is late because the driver has been viciously attacked by a seagull. That's what happened to passengers awaiting the 8.15 from Hastings, East Sussex, to London recently. The rush-hour train was delayed while the driver, who had been struck on the head, was checked over by first-aiders. The driver, who had been walking along a platform towards his train's cab at the time, was said to be ruffled, but resumed his duties 15 minutes later.

Liza Donaghue, 63, a mother of four and foster carer, was waiting at Tonbridge station, Kent, when she heard the announcement over the loudspeaker system. She said: "No one had really taken any notice until that point, then everyone looked and started looking at each other and saying, 'Did he just say what I thought he said?' Then everyone started laughing. People could not believe it."

A Southeastern Trains' spokesman said: "This is a rare occurrence. But seagull attacks can be quite serious. They are large birds and people have been knocked to the ground by them."

A spokesman for the Royal Society for the Protection of Birds said that apart from scavenging raids for food, seagulls usually attack people only to protect their young in nearby nests but that it was the wrong time of year for that.

Daily Mail, 2011

“Turn Right” into a porta-potty

A German driver took his navigation system's commands a little too literally and ended up in deep doodoo. When he heard the command to “Turn right now!” from his navigation system he crashed into a small toilet enclosure by the side of the road. Apparently, he turned about 100 feet too soon. The crossing he was supposed to take was another 30 yards down the road.



The 53-year-old driver did not notice the error even after his car went off the road. He continued into a construction site, up a stairway and into the small toilet shack, according to police in the eastern town of Rudolstadt. The incident caused € 2,000 worth of damage to the stairwell, another € 100 in damage to his car, and he was also fined € 35 for reckless driving.

autoblog.com, 2006

Is the Teen Rebel a Dying Breed?

based on an article by Mark Easton

- 1 My son has just turned 13 and I made him a card to mark the moment he became a teenager. I put a picture of him as a choir-boy next to a Photoshopped shot of him as a saggy-trousered gangsta rapper – the innocent child mutating into a growling ball of rebellious fury. But a series of recent official statistics are making me question whether the old joke is still true.
- 2 Adolescents are increasingly turning their noses up at drugs, booze and fags, with consumption by young people the lowest at almost any time since we started measuring these things. Teenage rebels are not what they were. No-one is suggesting that young people don't misbehave at all, but they no longer seem to define themselves by wild disobedience.
- 3 Could it be that teenage rebellion needs to look different to what your mum and dad did? Smoking, boozing, dropping pills and hooliganism – that's so Generation X. These days, perhaps, adolescent identity is defined more by the use of social media rather than the use of illicit drugs. In my day, the classic bored teenager hung around the bus-stop with a few mates and someone produced a packet of cigarettes and a bottle of cider. Nowadays they are upstairs on the laptop or mobile, gossiping and playing and flirting. It is a digital world where grown-ups are not allowed, a playground for the virtual teen rebel.
- 4 I wonder whether the card I sent my son for his 13th birthday is an example of a prejudice that has had its day.



bbc.com, 2012

Do You Care?



**About the environment?
About endangered species?
About the future of our planet?**

The Wildlife For All Trust is an environmental charity with a unique approach.

Like many other organisations, we work to conserve endangered species and habitats. Unlike other organisations, we put a lot of emphasis on tackling human problems such as greed, selfishness, and the “me, me, me” mentality. We train our team to understand how these psychological factors have a huge impact on the success or failure of nature conservation projects.

The key to the causes of our environmental problems, and to any realistic chance of overcoming them, lies in changing the way we think about the world around us. If this deeper approach appeals to you, there is a chance to get involved with our work, which includes nature reserves in Sussex and South Africa. We all purposely work non-paid.

This is a real opportunity to help make a difference.
See www.wildlifeforall.org for further details.

British Registered Charity No.1006174

Football and Chain

1 Divorced with three kids, I hadn't had a decent date in years, so I'd joined an internet dating site. But I hadn't met a single bloke I was interested in ... until Paul, a cable engineer. Like me, he was divorced and had three kids. With his rugged good looks, I was swept off my feet.

2 From our first date, Paul had gone on about football. "I've held a Southampton season ticket since I was 10," he'd beamed. "I follow them around the country when I can." So I'd quickly realised if I wanted to see him again, I'd better give football a try. "I wouldn't mind learning about it," I said.

3 Over our next few dates, Paul explained tackles, penalty kicks, and the offside rule. I agreed to go with him to a game. At the stadium, he was up on his feet cheering and shouting throughout the game. I tried to get into the spirit of it, too. "Go Saints," I called. Truth was, even looking at the players' bums didn't make watching a game more interesting. And afterwards Paul spent hours going on and on about the match.

4 Yet Paul was perfect in so many other ways. He'd think nothing of running me a bath after my long day working with kids with additional needs, or buying me flowers. I couldn't blow the final whistle on him. So when he suggested moving in two months after we'd met, I jumped at the chance. With our kids we became one big happy family, spending lazy weekends together – when the football wasn't on. Saturday afternoon he supported the Southampton Saints. It was frustrating, but football meant so much to him. So I got used to spending my Saturdays shopping with my mates. Paul didn't mind. "I'm just grateful you never moan about football like my mates' wives," he shrugged.

5 To be fair, he'd been honest about his passion for the club right from the start. And it could have been worse. As if to prove me right, to celebrate our nine-month anniversary he took me back to the pub where we'd had our first date – and proposed!

6 Soon, I was planning the perfect day, while Paul watched the footie. All he said was the date had to be February 13, 2010. "Southampton aren't playing," he told me. "And, believe it or not, my wedding day comes first."



7 But getting home from work six weeks before our big day, Paul's face looked like someone had died. "What's up?" I gasped. "Well it's amazing news, love," he said, slowly. "Saints are playing Portsmouth in the FA Cup draw." "The game's on February 13, isn't it?" I hissed. Guiltily, he looked away. "I can't miss it," he whispered. "The match is at 12.30pm, three hours before our wedding." Enough was enough. "If you're even one minute late for our wedding, it won't be just the players' tackle you have to worry about," I said, menacingly. Over the next six weeks Paul reassured me. "The match will be over by 2.20pm," he explained. "Then I'll go to the hotel, shower and go to the register office."

8 Even so, on the morning I was beside myself with worry. Arriving at the register office just before 3.30pm ... there was no sign of Paul! "I'll kill him," I roared. At that, he raced in. "I'm here, I'm here," he called, breathlessly. I was so relieved. "How did Saints get on?" I asked. "Lost 4-1," Paul shrugged. Wow, and he was still smiling?! He really must be happy to tie the knot with me if he could smile through the pain of defeat.

9 The rest of our day was a football-free zone. As was our honeymoon in Kenya. It didn't last, though. As soon as we were back, Paul was talking about the World Cup. "Just think, love," he smiled. "Wall to wall football for a month." Great, I can hardly wait...

Julie Bailey, 47, Romsey, Hampshire

Skype: more important than it looks

By Jennifer O'Hagan

- 1 My computer is a bit like my handbag: it's full of stuff I either don't need or don't use, it looks untidy, and I'm not quite sure where a lot of things have come from. Looking at my desktop now, I can see for example, a programme called 'easy network manager' (no idea



what that is) and one called 'DivX Movies' (never used it). Mixed up with all the rubbish, there are, however, one or two very important programmes – programmes which I feel even have a central role in my life. To go back to my handbag, these programmes are just as important as my house keys and purse. They are things I use on a daily basis, and which I would be most upset about losing.

- 2 One of these programmes is Skype. The big, friendly 'S' has sat quietly at the bottom of my desktop since around 2009. And I am quite certain that it has changed my life. I first realised the importance of Skype when I was in my third year of university. I had just moved to Germany for my 'year abroad', and it was my first long period outside the UK. About a week after I had arrived, I received a text message from one of my best friends saying that she was very upset and needed to talk to me. I remember rushing out of my flat with a 20 euro note trying to find a shop that would change it into coins so that I could call her from a payphone. When I finally had the coins, I still only managed to speak to her for about fifteen minutes. Payphones are expensive! Now that I have Skype, I no longer experience situations like that. I still live in Germany, and I know that I can talk to my family and friends whenever I need to, for as long as I want, for free. It's extremely reassuring.
- 3 It seems to me that Skype is a bit of an underdog in the world of technology. It's pretty normal to talk about Facebook, Twitter and Google, but you don't tend to hear people on the bus talking about 'that amazing conversation' they had on Skype, or how Skype 'affects the way we interact socially' with our fellow humans. Probably this is because Skype is more of a private place than a public one: we don't use it to show off or to follow celebrities; we use it to stay in touch with our loved ones. Skype has also become a useful tool in the work place. Sometimes it is used for interviews – especially when companies are recruiting internationally. And

there are, of course, the long-distance relationships. When I asked a colleague recently how she managed to stay in touch with her Mexican boyfriend when she moved back to Germany, she replied simply: “Skype!” And now they are married! It’s probably been more successful than an internet dating site.

- 4 I can genuinely say that I would still be living in the UK if I did not have 20. I am free to live far away from my family and friends because I know I can see their faces and hear their voices almost any time. It lets me into the lives and homes of the people I love.

learnenglishteens.britishcouncil.org, 2012

When Posh met Poor

based on an article by Clare Campbell

- 1 ALICE, 15, lives with her mother, father, sister and little brother in a six-bedroom house in south London. She says: “I know that my family is well-off. I go to a private school and we live in a large house in a desirable part of London. As a result of my upbringing, I’ve had a 21 view of life; I was living in a bubble and believed money made you better than other people.



- 2 Although I’d never met anyone from the council estate¹⁾, I imagined they would all be wearing cheap tracksuits, scraped-back hair and big earrings. I thought Natalie would be the same. 22, when I first saw her, I noticed she was much better-dressed than I’d expected. I really loved her outfit. We liked one another straight away. She was funny and friendly and we were surprised and pleased that I spoke the same slang as her. We talked about everything. Natalie’s attitude to boyfriends is very 23. She hates the idea of being tied down. She is used to making her own decisions while I prefer being in a relationship to being on my own. Also, Natalie and her mum have a really good relationship – they’re more like sisters. And I was surprised at how cosy and welcoming their flat was. I thought it would be much smaller and pokier.
- 3 Meeting Natalie has changed me a lot. I feel really guilty about what I was like before, and I no longer think public school kids are better than everyone else. Natalie and I now chat online several times a week. I feel so much respect for what she and her mother have been through and how they’ve tried to help themselves. Natalie’s really bright and I know she’ll make something of herself, and we got on so well I’m sure we’ll stay friends.”
- 4 NATALIE, 17, lives with her 38-year-old mother, Vicky, and five-year-old brother, Gabriel, in a two-bedroom council flat on a south London estate. She says: “I’ve lived on this estate all my life. My dad died when I was six. All I can remember about him was that he was always loving and affectionate. Mum can’t work because she suffers from depression, so I take care of my brother, Gaby, who has a speech problem.

5 We live on benefits of £165 a week, which is sometimes not enough, so my mum has to borrow money. I dropped out of school when I was 15, mainly because I had to take care of my mum and brother. I feel I've been through more in my life than the average 40-year-old woman. Sometimes I feel resentful for the way my life is. It shouldn't be my task to get Gaby to school, but there's no one else to do it.



- 6 Still, recently I've gone back to college. I've always been ambitious and I made up my mind that I wasn't going to grow up to be another single mother living on benefits all my life. I knew Alice's life would be very different to mine, that she might not understand. I didn't want her judging, or feeling sorry for me, however. We may be poor, but we're not tramps.
- 7 I really liked the skirt Alice was wearing when I saw her the first time. She smiled, and I knew we'd be okay. Her house was really beautiful and her family made me feel welcome too. I didn't feel as out of place as I thought I would. But it also seemed to me that Alice was not as close to her mum as I am to mine. If that's what having more money does to a family, I don't want it.
- 8 Alice and I are constantly in touch with one another, but I'm so busy with college, as well as trying to get a part-time job, that we haven't managed to meet up again recently. Still, I know we'll stay friends. Alice is an okay girl."

dailymail.co.uk, 2008

noot 1 council estate = een wijk met goedkope huurwoningen

For the love of horses



- 1 WHEN it comes to providing a stable home for horses, animal lover Jackie Winston-Jones is prepared to go the extra mile. The mother-of-four has turned her lounge into a home for her latest rescued pony Jaz – complete with straw.
- 2 She said: “My husband Laurie couldn’t believe his eyes when I turned up with my first horse Maid. I’d set out to do the weekly shopping but then suddenly remembered it was the day of the auction where the horses go under the hammer for next to nothing. A friend at the sale loaned me her horse box and I took Maid home with me. When Laurie saw what I’d done he just said, ‘You’re crazy – instead of doing the shopping you’ve come back with a horse’.”
- 3 Last week she went back to the auction – and this time came back with eight ponies. Among them was Jaz, a 12-year-old former riding school pony. With just £200 of her own cash in her pocket, Jackie arrived at the sale looking to perhaps buy one or two. But when she saw the horses she decided to act. She added: “I couldn’t just stand by. I didn’t have enough cash but my son Matthew who was with me dashed to the cashpoint and drew out what he could from his account.”
- 4 Jackie said she had the horses checked over by a vet and they were all passed fit. She plans to set up a charity which will own the horses but loan them to carers. She said: “I can’t look after them all on just two to three acres but this way we can monitor the horses at their new homes and because the charity owns them we can make sure they are well-kept. Only trusted keepers will be allowed to have them. The idea is to set up lifetime homes for them. Now, we’re desperately trying to re-home them through our Facebook page.”

- 5 She added: “It’s already growing through word of mouth with well-wishers arriving with feed and horse blankets and odd bits of kit. But the loose box I’ve got is too small for eight so Jaz has to bed down in the lounge until we sort out more space. I don’t mind, it’s worth it just to see her happy. It is such a shame these horses are cast off like this. There wasn’t really a bad one among them. Yes, they were scruffy, but with a bit of loving care, good food and water they can be brought back to health.”

Daily Express, 2013

Bureaucrats Give Boot to Shoe Shine Business

But citizens rally behind homeless alcoholic who turned his life around with spit & polish

- 1 Larry Moore was an alcoholic living on the streets of San Francisco when he made the decision to turn his life around. He set up a neat little shoe shine business on a busy street corner – and before long, had a lengthy list of high-powered clientele. For the first time in his life, he was able to support himself.
- 2 But then city council officials of the City of San Francisco stepped in – and nearly caused Larry’s dream to collapse. At first, they demanded that Larry would purchase a \$491 sidewalk vendor permit – which was virtually all of his savings. And, then, when Larry tried to pay, they wouldn’t accept his money because he didn’t have a valid ID.
- 3 Travis See, the manager of a clothing shop on Larry’s corner, has been astonished by the homeless man’s resolve to turn around his life. “Here’s a guy who sleeps under a bridge, washes in a public bathroom and was begging for booze money 11 months ago. He successfully starts his own business from nothing – and then council officials try to take it all away.”
- 4 Other San Franciscans were also 34 after hearing about 48-year-old Larry’s ordeal at the hands of the city’s boneheaded bureaucrats. The mayor’s office received a great number of e-mails. The Department of Public Works which told Larry to get a permit, had to react to complaints all day.
- 5 City Supervisor Bevan Dufty called Public Works Director Ed Reiskin and hinted: “Don’t you need a shoe shine today? Because I think you do.” Reiskin dutifully trooped to Larry’s stand and listened to his story – and then had a change of heart. “He is such an undeserving victim of this kind of bureaucracy, and I feel bad that we caused so many problems for someone,” says Reiskin. He immediately ordered his department to arrange a permit for Larry. “I’m a businessman, a working man, and I’m proud,” says Larry. “I’m glad to have so many people who came to my rescue.”

NE, 2009

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How to Cook the Perfect Steak

Anne Shooter – trained as a professional cook at Leiths School of Food and Wine – shares the cooking tips she wishes she'd always known ...

THE question I get asked most is how to cook a medium-rare sirloin steak.

Here's how: Make sure your frying pan or griddle is really hot – it should be just starting to smoke.

Brush the meat, not the pan, with a little olive oil, not extra virgin, and season lightly with salt. Put the steak on the pan and simply leave it, without moving, for two minutes, assuming it is around 2cm thick. Then turn it over and cook for the same time on the other side.

Rest it for at least three minutes before serving to allow the juices that have been drawn to the surface to be re-absorbed. To stop it cooling, wrap in greaseproof paper or cover with foil.



My gnawing irritation ...

WITH ill-grace and gritted teeth I am currently enduring the presence of a small hamster, who is much loved by the youngest member of our family.

It's too nervous to be cuddly, and does nothing but run inside its wheel and gnaw at the bars of its cage.

'You can see it just wants to get out, really,' I said teasingly the other day. 'Perhaps we should just set it free?'

'Mum!', came the shocked reply. 'You can't do that. It would die.'

Well, it was worth a try, but she's right of course. But if a nine-year-old can see that, why was this not clear to the stupid so-called animal rights campaigners who have recently released some pet rabbits into the wild?



Daily Mail, 2010