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Tekstboekje

Doggie Vibes

A group of German Members of Parliament (MPs) are trying to change parliamentary rules – so they can take their dogs to work with them.



Around 15 of Germany's MPs have formally applied to parliamentary president Norbert Lammert to change the rules so they can bring their dogs, the Tagesspiegel newspaper reported. They are hoping some canine company could help make the atmosphere more constructive. "A dog has a positive effect on its environment," said Heinz Paula, animal protection expert for the Social Democrat parliamentary party.

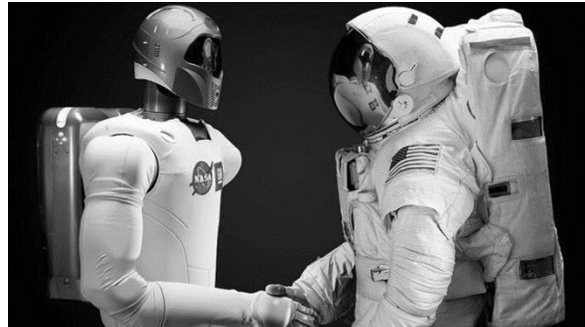
dailyeurope.org, 2013

How to introduce yourself

Dave Greenbaum, Gawker
MediaSep

At a networking event, we often introduce ourselves with just our first name. Instead, try using your full name so people can remember it easier.

We've talked about how hard it is to remember people's names, but we have a nice tip to make it easier for others: Your parents gave you a first and last name for a reason; don't hesitate to use them both. I'll be honest here: The first couple times I tried this, I felt kind of 3. After all, who cares about my full name? But you'd be surprised at how differently people treat you when you say your first and last name. It's memorable, it's powerful, and it's the difference between making a lackluster connection and a surprisingly great one. You might think it's too formal to use your full name, but the goal here is to make it easier for others to remember you. After all they probably know people with your first name, but no one with both your first and last name.



lifehacker.co.in

Flatly refuse the shoes

Call me a boring kill-joy medic, but I can't see the appeal in the latest footwear craze for women – heel-less high heels.

Harry Potter star Emma Watson, along with the likes of Victoria Beckham, have been spotted sporting the heel-less shoes. I say sporting, but there's absolutely nothing sporting about seeing them wobble down the red carpet as they try to balance on the balls of their feet and not topple backwards.

I was at a party last week and saw someone wearing them – she spent most of the evening either holding someone's arm or leaning against the wall for support.

All I could think of was the risk of arthritis in her toes, of spinal problems and bunions. So bring back flats immediately.



The Daily Telegraph, 2014

The most expensive liquid on the planet

QUESTION

I've worked out that the ink for my printer costs more than my favourite perfume! Is there any reason not to use cheaper generic or recycled cartridges?

ANSWER

Be aware that if you use anything other than the manufacturer's own cartridges you will invalidate your printer's warranty. So if your printer is still covered, use the real products and shop around for cheap prices on them – try amazon.co.uk or moneysupermarket.com. If you print a lot, buy high capacity or XL versions of the cartridge.

Own brand or generic cartridges, such as from PC World and Staples, are obviously going to be cheaper, but avoid buying from unknown shops, as poor-quality cartridges may leak or clog your print heads. The cheapest option is to use recycled cartridges – these are branded cartridges that have been returned and refilled. PC World, WH Smith and Ink Express (which refill while you wait) offer these. If you buy online, make sure it's from reputable sites that offer a returns policy, such as stinkyink.com or prink.co.uk. We'd always advise you to avoid home kits where you refill ink cartridges yourself – these are fiddly to use, messy and could damage your printer.

Good Housekeeping, 2013

Should I keep my smartphone and tablet out of my bedroom?

- 1 Our being accessible all the time may not be as great as we think it is. More than 80% of people with smartphones have them switched on all the time, including in bed. Mobiles or tablets often get used as alarm clocks, but once on the bedside table they're a terrible temptation for one final text or email after the light goes out. But even if you don't use your device it may disrupt your sleep. A small study of tablets (used by 13 volunteers aged 20) from the Rensselaer Polytechnic Institute in New York found that the light from these sources suppresses the body's melatonin levels by 23% when used for two hours before bedtime. The authors speculated that since melatonin levels reflect how dark it is outside and tell the body how ready it should be for sleep, tablets may contribute to insomnia.
- 2 A laboratory in the USA advises not to use a tablet before bed, even just to read, 7 the light shines directly into your eyes. If you read with a lamp however, the light points down. Last week research from the Mayo Clinic in Arizona, published in the journal *Sleep*, suggested that turning down the light on these devices could reduce melatonin suppression and improve sleepiness. So can you stack your mobile devices back on your bedside table after all?
- 3 Doing anything stimulating before going to bed – reading with a light in your face, answering emails – increases insomnia. Good sleep hygiene means relaxing in a dark room without noise. Other studies have shown that using mobile phones and tablets too much – however much that is, and wherever it is done – causes disturbed sleep and depression, especially in young people. Being accessible all the time may not be as great as we think it is. And we should definitely be more selective about how much of the outside world gets into our bedrooms.



The Guardian, 2013

“I’m Proud to Be a Bin-Raker!”

Jodie’s breakfast, lunch and dinner all come out of a bin!

- 1 “My parents are ‘freegans’ and bring me up as one too. Most people don’t really know what freeganism is. They think that freegans are poor and that’s the reason we have to forage for food to eat, but they don’t know what they’re talking about! The main reason for doing this is that freegans refuse to pay for goods that have exploited animals, workers and the environment before they even hit the shelves. In addition to this, freegans want to help limit the waste that our society generates every single day.
- 2 For example, every year families and supermarkets across the country waste millions of tonnes of perfectly edible food! And so, by us rescuing this food from their bins, the 11 benefits from having less waste rotting in landfills or being burnt – both of which lead to the emission of harmful gases into the atmosphere.
- 3 Ever since I can remember, my parents have taken me foraging with them. We generally go to our local supermarket about three or four times a week after it has closed. We head round to the back of the shop, where there are five massive bins all filled with food that the supermarket has chucked out that day and we start rummaging through it. The supermarket’s excuses for throwing all this food away are really stupid – things like the packaging has been damaged, the product didn’t sell quickly enough before a fresh delivery arrived, the packaging had a competition on it and the closing date has passed or the item is just nearing its sell-by date! The point is that none of these reasons mean that the food isn’t safe to eat. In fact, a lot of people might be surprised to know that most of the products we find are actually still in their original packaging and haven’t even been opened yet.
- 4 I’m 15 now but up until I was about 12, I kept the fact that I was a freegan secret because I was terrified that people would make fun of me. One day during English class at school though, we were asked to prepare a talk on something that’s important to us and I decided it was time to announce that I was a freegan, and proud of it! After all, maybe I could convince some of my classmates that it was the right way to live, too...
- 5 Unfortunately, I was wrong. My best mate, Carly, is the only one who stuck by me after I did my talk. She doesn’t want to be a freegan herself, but she understands why I do it and is really supportive. Meanwhile, everyone else in my class gossiped to the whole school about my lifestyle and now I constantly get bullied. People call me loads of names like ‘bin-raking pikey’, ‘dirty dumpster diver’ and ‘litter licker’. Sometimes it really gets me down, but all I can do is stick to my principles and keep doing what I believe in – otherwise the people who bully me will have won...”

Sugar, 2009

My guide dog is my best friend!

Having a guide dog has meant that 17-year-old Hannah Stevenson is so much more independent. She's taken Oscar on the tube, a plane – he even came to Alton Towers with her!



- 1 I was 15 when I first got my guide dog, Oscar – or Oz as we call him. I actually used to be petrified of dogs. I got bitten twice when I was about two – once was in my face, so I was really scared of them. However, when I had to go and learn braille when I lost my sight, the braille teacher had a guide dog and it just kind of dawned on me that, 'Oh, I'm blind – I could have a guide dog'. I'd never thought about it before.
- 2 It sounds stupid but I don't think of myself as a blind person – I just think of myself as Hannah. When I realised I could have a guide dog, I learned some more about it and it sounded really good. I remember the day I first met Oscar. He wasn't quite sure about me to start with! I was like, 'Oh no, this is really bad!', but then he came back to where I live in Wales for the weekend. He wasn't there to work – it was just to see if we'd get on well together, and to play and bond with each other. It went really well and at the end of that I decided I wanted to have Oscar as my guide dog. I was so happy. It didn't take long for him to feel like part of the family. I remember when I'd been away for a week – he followed me everywhere when I got home, and he even tried to get in the shower with me! Now he's always with me.
- 3 Oscar helps me with so many things on a daily basis. My school building is located on a hill with lots of steps, so it's really not the easiest place to get around! My friends were always really good – I was really lucky in that they would guide me around before I had Oscar, but now I can go wherever I want whenever I need to. If I need to go to geography early to speak to the teacher then I can. It's just like being like everybody else really. Before I had Oscar, I could get around, but it was hard – I just had to feel my way with a cane all the time. When I'm with Oscar I can just tell him to find the steps or the lift or a chair and he'll find it for me. It's so much easier! It's nice to have company when you're going about as well. If you get lost with a cane you really are lost, but if you get lost with Oscar it's just like, 'Oh well, he's with me and it's OK – we'll just try another route'.

- 4 It's funny – when you have a guide dog, everyone talks to you. It always takes me twice as long to get anywhere! But when you have a cane, nobody talks to you – even people that you know. People don't like canes, so you're kind of isolated. It's also just the little things that he's helped me with. If I want to go to the toilet when I'm out for a meal with my friends I'll just get up and go. When I was using a cane, I didn't feel so confident. I'd wait until someone else went and go with them or I might not go at all – just because it's easier.

- 5 Oscar is very protective of me when he's working. When I go to the doctor, if he doesn't know him he'll stand in the way and not let him touch me. I have to get him to move out of the way! His personality is completely different when he's not working, though. When he's got his harness on he's very serious and he's like, right, I've got work to do. But when the harness is off he's very playful – he'll run around the house looking for pyjamas and socks! We have lots of fun together – he's my best friend.

Pay it Forward

A woman started an act-of-kindness chain that lasted for hours and hundreds of customers at a Starbucks drive-thru in St. Petersburg, Florida. She ordered an iced coffee around 7 in the morning Wednesday and asked to pay



for the caramel macchiato for the stranger in the car behind her, who returned the favor. The chain kept going as employees began keeping count. By 1:30 the chain had reached 260 customers.

Customers first ordered at the speaker. When they came to the next window, employee Vu Nguyen told them their beverages had already been paid for by the person in front of them. Would they like to return the favor?

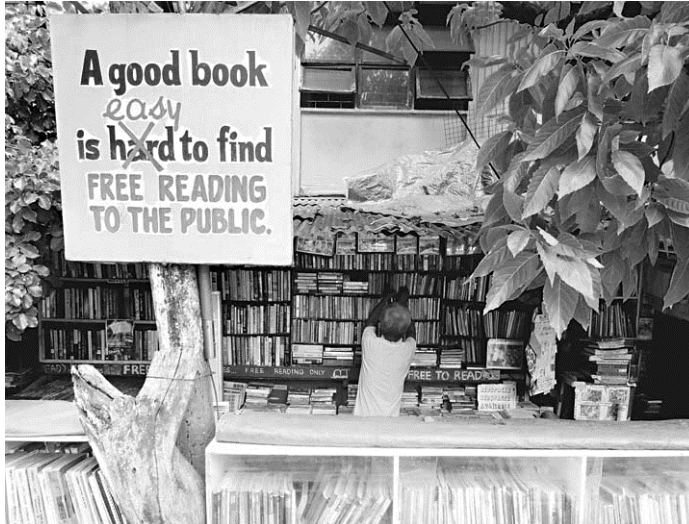
“It makes your day better, I think,” said Lexie Kane, 17, of St. Petersburg, who ordered an iced coffee. Tim Burnside, 19, had visited in the morning and paid it forward so he returned later to see whether it was still going on. Seeing that it was, he ordered a second chai tea. “It’s nice just to do a random act of kindness for someone you don’t know,” said Burnside, also of St. Petersburg. Some said the simple act connected them to all in line before them while others said they didn’t want to be the one to end it.

The chain finally ended around 6 o’clock in the evening when customer number 379 pulled up and ordered a regular coffee. Nguyen leaned out the window, explained the chain and asked if the woman would like to participate. She declined, saying she only wanted to pay for her coffee. Nguyen said he doesn’t believe she understood the concept of paying it forward.

tweentribune.com, 2014

Public Library

adapted from an article by Kate McGeown



- 1 If you put all the books you own on the street outside your house, you would expect them to disappear in a flash. But one man in Manilla tried it – and found that his collection grew. Hernando Guanlao is a cheerful man in his early 60s, with one abiding passion – books. They're his pride and joy, which is just as well because, whether he likes it or not, they seem to be taking over his house.
- 2 Guanlao has set up an informal library outside his home in central Manilla to encourage his local community to share his joy of reading. The idea is simple: readers can take as many books as they want, for as long as they want – even permanently. It's a policy you might assume would end very quickly – with Guanlao having no books at all. But in the 12 years he's been running his library he's found that his collection has grown rather than diminished, as more and more people donate to the cause.
- 3 Guanlao started his library in 2000, shortly after the death of his parents. He was looking for something to honour their remembrance, and that was when he hit upon the idea of promoting the reading habit he'd inherited. "I saw my old textbooks upstairs and came up with the concept of having the public use them," he says. So he put them outside the door of his house to see if anyone wanted to borrow them. They did, and they brought the books back with others to add to the collection – and the library was born.

- 4 Somehow, every day, a steady stream of people find their way there, to browse and to contribute. But it's people like Celine who sustain the library. She lives down the road from Guanlao which gives her the opportunity to help by regularly visiting with bulging bags of books. She says she loves the concept because Filipinos – certainly those who are not particularly wealthy – have limited access to books. “Considering the income here, I think parents have other priorities.”

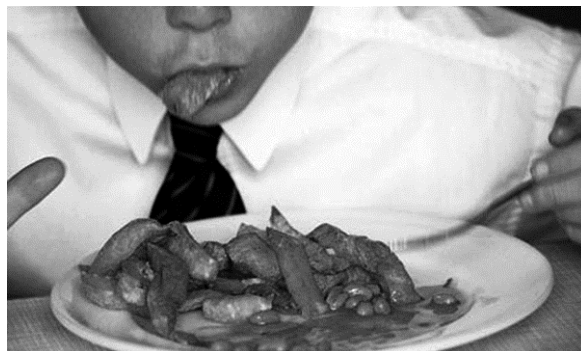
- 5 As we sit outside Guanlao's house watching people browse through his collection, he tells me why he thought it was worth spending all his time – even to the point of giving up his job and surviving purely on his savings – to maintain the library. He has also given several boxes of books to a man trying to set up a similar venture outside Manilla. “You don't do justice to these books if you put them in a cabinet or a box,” he says. “A book should be used and reused. It has life, it has a message. As a book caretaker, you become a full man.”

bbc.co.uk, 2012

Support the School Food Revolution!

adapted from an article by Henry Dimbleby

- 1 I have tried hard to turn my children into healthy eaters. Our eldest, George, aged four, has his own tiny vegetable patch in our back garden, in which he and I have grown radishes, lettuces and wild strawberries. And yet, if left to his own devices, he would subsist entirely on Cadbury Fingers. His evolutionary instinct to gorge on sugary, fatty foods at every opportunity is simply too strong to be overridden by his tender will. So I have a lot of sympathy, both personal and professional, with those people whose job it is to produce healthy food on a tight budget for schoolchildren, and then persuade them to eat it.
- 2 Still, since 2005, when Jamie Oliver alerted the nation to just how bad much school food had become, the central argument has been more or less won. Most people now agree it's highly difficult to nourish the mind unless you have first nourished the body. The average standard of food in schools has already improved, thanks to the efforts of many individual staff and volunteers and there are isolated pockets of brilliance. Some places have gone far beyond the basics. I have visited inner-city schools where the children grow their own five-a-day in kitchen gardens; and where chickens scratch about in the playground, laying eggs for the kitchen.
- 3 There are, 28, also many places that have not yet made progress. Half of our secondary schools still offer pizzas and starchy food cooked in oil on most days. A third of young people are not choosing a healthy balanced meal. No school in the land wants its children to eat bad food, so the question is: what is holding them back?
- 4 Every school has a different way of doing things. Some employ their own chefs, for instance. Others use council caterers or private contractors. The logistics of producing nutritious school meals – fresh, consistent and to a budget – however, are always maddeningly difficult. But if the school food revolution is to succeed, we have to tackle this head-on.



guardian.co.uk, 2012

Rhubarb Disaster

1 A jar of exploding rhubarb chutney caused a scene of destruction. The homemade preserve blew up in the fridge, ripping the door off of its hinges and rocking Margaret Goodwin's flat as she lay asleep at 7am in the morning. When she went to see what the 'bomb' was, she found that her family photographs had been smashed by the fridge door as it was flung across the kitchen, knocking pieces from the wall. The explosion had also temporarily lifted the ceiling, leaving cracks in the top of the wall, living room and porch, and blew the casing off an extractor fan.



2 The rhubarb chutney, a gift from a friend, had exploded when gas fermented and built up inside the glass jar. "If I had been standing in the way, it would probably have killed me," said Mrs Goodwin. "The noise was absolutely deafening, even in my bedroom, and when I went to investigate, I wasn't sure at first what had happened. We don't have gas in the building but it was obvious something out of the ordinary had happened. I was quite shaken up. You wouldn't think a little jar of rhubarb chutney could cause so much devastation," Mrs Goodwin added.

3 She dialled 999 because she wasn't sure of the cause and feared there could be more explosions. Firefighters were baffled at first. They checked the fridge wiring and found it had been working normally. It was only when a technical director from Hanover Housing Association, which runs the sheltered block where Mrs Goodwin lives, inspected the flat that he established the cause to have been the rhubarb chutney jar.

4 Mrs Goodwin said that her friend has not had any problems with her rhubarb chutney from the same batch. "She's been very 32 since it happened: she's been round to clear up and she took my frozen stuff away to put in her fridge and freezer while I sort myself out with a new fridge," she said. "I have Googled it and I can't find anything remotely like this happening before, apart from one case they are investigating in New Zealand. I thought the pressure building up inside the fridge would simply have forced the door open to let the gases escape, but the fire brigade tell me that when gases build up inside a fridge, it actually makes the door shut and seal itself even tighter."

telegraph.co.uk, 2013

Do you know your digital footprint?

adapted from an article by Stephanie Kinmon

1 ...

Technology expert Will Richardson defines digital footprints as “online portfolios of who we are, what we do, and by association, what we know”. Every time you get on a website, click on a link, post a picture, update a status, or like anyone else’s status or picture, it is tracked. People can go online to any search engine, such as Google, or any Social Media site and search you. They can see every picture that you have posted, every status that you have updated, every tweet, and even other people’s statuses and pictures that you have liked.

2 ...

Actually, this can affect your life in major ways. It can cause you to not get a job, or even not to get into the college that you want. A recent survey found 70 percent of employers surveyed said they had rejected job candidates based on data uncovered online. Of the 500 best universities, 20 percent reported Googling an applicant, and 24 percent said they searched someone using social media. If they see anything that they don’t want their school, company or name associated with, they won’t even give you a second look, no matter how qualified you may be. All because of what you do online.

3 ...

Never post anything that may be in the least bit revealing, and never bash anyone or anything. Don’t be rude to anyone, whether you feel you have the right to or not. Don’t post anything with swear words in it, even if it may be a joke. Think about what you do when you are just kidding around with your friends. Is it worth it?

tweentribune.com, 2013

Center Parcs

CENTER Parcs, operator of four forest holiday villages around England, is looking to recruit 1,500 staff for its latest 250-million-pound site at Woburn Forest in Bedfordshire.

Among others, the village needs 1,500 housekeepers, 126 waiting staff, 53 spa therapists, 50 lifeguards and 19 nursery nurses.

Recruitment is expected to be finished by January, leaving time to train the new workforce before the first guests arrive in spring next year.

Martin Dalby, chief executive of Center Parcs UK, said: 'I'm delighted that we are able to create such a large number of new jobs and offer people an exciting and rewarding career. Our employees play an important role during our guests' short breaks with us and I'm confident that the Woburn Forest team will recruit 1,500 enthusiastic individuals who truly reflect our values.'

Center Parcs UK, owned by the Blackstone Group, already has four other locations – at Sherwood Forest in Nottinghamshire, Elveden Forest in Suffolk, Longleat Forest in Wiltshire and Whinfell Forest in Cumbria. They attract more than 1.7 million guests every year.

Daily Mail, 2013

How could two little kittens stop a train?

- 1 It only took two kittens to stop New York City's subway in its tracks. Power was cut to the B and Q train lines in Brooklyn for more than an hour after Judy Brown reported Thursday morning that her kittens were loose in the nation's largest subway system.



- 2 The furry cats, one black and the other white with gray stripes, were finally found on the tracks and rescued about seven hours later. How they got there was a mystery. They were seen running dangerously close to the high-voltage third rail. Judy rushed to a subway station with cat food for transit workers to use in order to try to catch them. Power was suspended between several stops for 90 minutes. The express line was stopped for another half-hour while workers kept searching. But the skittish kittens disappeared again before being discovered Thursday evening under the third rail of an above-ground express track. Police officers removed the kittens in crates.
- 3 Officials said workers and passengers in Brooklyn's Flatbush neighborhood had been on the lookout for the kittens and train operators were asked to proceed with caution. If they saw anything on the tracks, they were required to stop and notify the rail control center. Some passengers wanted to help by scouring the tracks but were turned down by subway workers, because of safety concerns. While the effort on behalf of the kittens created delays for passengers, the Q line operated a shuttle service between two of its normal Brooklyn stops.

tweentribune.com

Go Slow Danger

The £100million-a-year revenue from speeding tickets came under fire yesterday. One in four accidents occur at speeds lower than 10mph, says an accident lawyers' report.

Phil Waters, of Your Legal Friend, said:
“The Government needs to expand its focus from punishing speeding drivers. Driving slowly doesn't always mean you are driving safely.”
Most accidents happened at roundabouts or junctions, he said.



Daily Express, 2013