



Bijlage VSBO PBL

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Engels

Tekstboekje

Text 1 City to stop selling ice-cream at its pools and parks

BOULDER, Colo. (AP) – Colorado residents will no longer be able to cool off with an ice-cream cone in the city parks or by the public pool, because the city has discontinued the sweet treat at all vending areas of parks and recreation facilities. They will no longer ...1... ice-cream at these places.



The city dropped ice-cream cones, ice-cream bars and ice-cream sandwiches because the portions are too big, according to the city health standards. It is an effort to cut down on sugary, ...2... snacks. Public facilities that are managed by city officials can only sell treats that satisfy a series of nutritional standards. So potato chips and other so-called ‘junk’ food have also been taken off the snack stands this year.

The change has not been ...3... by everyone. Andy Gafford said he and his children love to spend their summer vacations at the public pool, enjoying chocolate ice-creams. It was something they looked forward to every year. He has written a letter of complaint to the city ...4..., also on behalf of other families. Andrew says in the letter that the new restrictions take away teachable moments for ...5....

“City officials can’t tell us what to do,” he said. “It’s my own choice to have an ice-cream and it is also up to us to ...6... if our kids can have ice-cream or not. I say to leave it up to the dads, the moms, the grandparents. It is my ...7... as a parent to help my kids grow up and teach them what is healthy and what isn’t. Having a little bit of everything, including ice cream, is OK,” his wife joins in. “I am really ...8... of making sure my kids are eating a well-rounded diet, and I think that treats are part of that.”

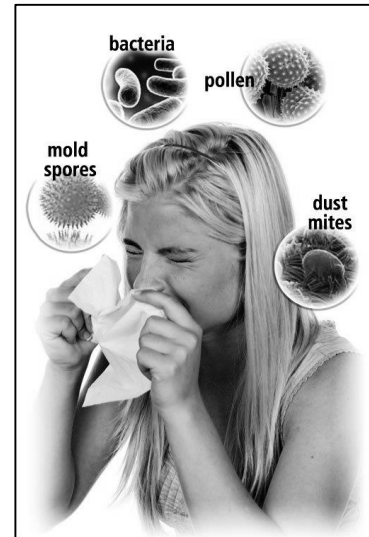
Colorado District Services Manager Alison Rhodes said the goal is simply to promote healthy choices for kids, not to ...9... children to eat ice-cream altogether. All parks and facilities still do allow people to bring their own food, including chips or candy – and ice-cream.

Adapted from The Colorado Daily Camera, 2016

Text 2 Allergies 911

Everything you need to know to survive troublesome allergies

Warmer temperatures often bring on symptoms of allergies, such as sneezing, watery eyes and a runny nose. In the United States, over 50 million people suffer from allergies. In the Caribbean, allergies are very common, because pollen from trees and flowers can be found everywhere when the weather is hot and dry. Allergies can develop at any age or stage in life. So if you didn't have allergies as a child, you can still have them as an adult. But take heart, with the right information and smart preparation, you can control your symptoms rather than letting them control you. Take charge of your allergies with this guide. It lists several causes of allergies and also effective treatments for managing allergies.



It Often Starts at Home

Keep your household free of allergens and you will have fewer allergy attacks when you are indoors.

DUST MITES love to be cozy in your mattress, bed, chairs and rugs. To fight them, cut down on clutter, dust with a damp cloth weekly, and wash your linens, curtains and blankets regularly in hot water.



MOLD AND MILDEW grow in damp areas and cause sneezing or a runny nose. To minimize mold, keep all areas in your house properly ventilated and dry, especially basements and bathrooms.

PET DANDER is found on man's best friend, but it's your worst enemy if you have allergies. A suggestion is to keep pets out of certain rooms, like the bedroom, and wash your hands after petting your furry friend to remove the troublesome allergens.

Adapted from Good Housekeeping, April 2016

Text 3 You look just like her!

HOW ONE WOMAN BECAME AN ADELE IMPERSONATOR

1 Last year, in 2015, Adele made a return to the spotlight with 25, the fastest-selling album of all time. That is when JC Brando made her decision. She had already won the 'Adele Tribute Artist' competition in 2013 and had been a veteran entertainer in Las Vegas and on cruise ships for ten years. As such, JC had performed Adele songs in at least 1,000 live presentations. However, she had never presented herself actually looking like the star. So when 25 came out, Brando premiered her new Adele songs with her new Adele look. Today she shares her secrets for becoming a carbon copy of the best-selling recording artist of the 21st century.

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2 When someone first pointed out how much she resembled Adele, JC turned to Google to discover Adele's beauty and fashion secrets. "I studied how she does her make-up, how she does her hair, how she dresses, the works. I looked at how she speaks, how she phrases things, her laugh: every detail. If Adele puts her hand on her heart on a certain line in a song, that is when I do it too."

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3 JC got lucky that her voice has a natural similarity to Adele's, even though singing Adele songs requires her to draw on her years of professional training as a classical vocalist, she says. "You can't go out and sing Adele songs and not sing them well," she adds.

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4 "To really sell these songs, you also have to channel the emotions behind them. That's where my other training comes in," says JC, who studied acting at Oxford University and with the Royal Shakespeare Company.

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5 Brando admits to "keeping in business" a few high-end seamstresses, who make Brando's costumes to match Adele's, and certain manufacturers of blonde ponytail clip-ons and fake eye lashes. Brando also piles up her own hair "as big as can be".



Practice, practice, practice

- 6 Brando practices her role in everyday life, using Adele's signature British accent to chat with strangers, surprising supermarket clerks, bank tellers and even her own husband. "I'm better today than I was four years ago. My new show is amazing."

Mary Jane Jensen, March 2016, adapted

Text 4 Cinnamon smoothie

Smooth, sweet, nutty and filling, this smoothie will top off your potassium levels and provide slow-releasing energy to keep hunger at bay for longer. Cinnamon, that wonderful flavor that you like so much in those delicious buns or rolls, is also surprisingly beneficial. It helps regulate blood sugar and improves heart health and mental functioning.

You need the following:

- 1½ cups (355 ml) almond milk
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 large frozen banana
- 1 tablespoon (15 g) almond butter
- 1 tablespoon (7 g) pecan pieces
- 5 pitted dates
- ¼ cup (20 g) oats
- sweetener to taste, optional



Combine all of the ingredients in a high-speed blender.
Process until smooth.

Prep time: 2 minutes

Creation time: 2 minutes

Servings: 1

Adapted from The Six Weeks Meal Plan

Text 5 Paws for effect

A New York photographer is capturing canines at their cutest – and shining a light on pups in need.

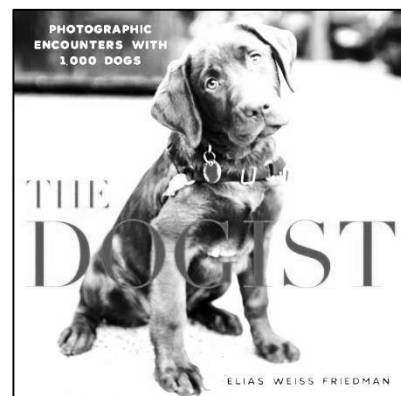
1 When Elias Friedman Instagrammed a photo of a dog he encountered in Vienna in 2014, it got more likes than anything he'd ever posted. "He was a boxer, and I just loved how goofy he looked," says Friedman, who was traveling after he'd been laid off from his job as a fireman. "So much subtle emotion came through in that picture. I knew I was onto something."

2 The snapshot became the first image on The Dogist, Elias Friedman's street-style blog and featured subjects on the sidewalks of New York and other cities. With the help of kneepads and some squeaky toys, Friedman captured charming portraits: a 6-month corgi with its head cocked inquisitively, a pair of royal-looking greyhounds out for a walk in the park, a cute Yorkshire terrier wearing tiny yellow rain booties. "The challenge with photographing people is making them look natural," Friedman says. "With dogs, it's the opposite: How can I get them to pose?"

3 Friedman also visits shelters around the country to take pictures of four-legged friends in need of homes. In February, when The

Dogist featured a 4-month Shih Tzu from the Dog Adoption Center in New York, the center's phone rang off the hook. "Every shelter dog I've posted online has been adopted," he says. That inspired him to launch his 'Give a Dog a Bone' campaign: Donate \$50, and Friedman will deliver a rawhide bone to an adoptable pooch, then post a photo of the pup with its treat.

4 This month Friedman is releasing a book that includes 1,000 of his canine portraits and collaborating with local animal shelters for the book tour. "So many dogs are mistreated or irresponsibly bred," he says. "I want to give them a voice. Plus, I get to play with dogs all day without having to pick up after them!"



Juno de Melo, Oprah magazine, 2015, adapted

Text 6 Liesella's gospel

Gospel music is comforting and therapeutic for many people. Even though the genre is very popular around the world, gospel music has little airplay on Curacao. Liesella Thomas is Curacao's own international gospel singer. GoWeekly magazine talked to her about her new album and her future in gospel music.

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"I grew up in a Christian home and my parents were always playing gospel music. When I was about 6 years old we formed a group and sang at church. Afterwards I was often invited to sing at other events, even abroad; in Aruba, Bonaire, Venezuela, St. Maarten, Holland and in the USA. About 3 years ago I released my first video clip for the new single 'Danki na mi tata'. (*Thanks to my Father*)



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I have a new album called 'Mi Dios ta Bibu' (*My God is Alive*), which is also the title of the new single. It has eight tracks, seven of which are solos and one is a duet with Clifton End. It has different types of music like ballads, zouk and Afro-American gospel. The album is produced and all songs were written by Marvin Sneijders. It took us about a year to complete. Right now we are working on making a video clip to boost the album.

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'First thing I want to do is thank God for the talent He gave me. With this album I want to show people the love of God and also make them aware of the values and standards we need to live by. It is an album with powerful and positive messages to the people. I also want to break through internationally



and bring all of this to a wider audience and hopefully become a professional international gospel singer."

Hayson Nicholls, GoWeekly, adapted

Text 7 Styling up a new future

Hair pro Heather Packer teaches Indian teens beauty skills that offer a path out of poverty.

- 1 A HAIRCUT CAN CHANGE YOUR LIFE. Just ask the girls who live in the country areas of India, who are learning to cut and style hair with Fearless Beauty, a nonprofit school that was started by New York City hairstylist Heather Packer. For many of them, it's their only hope of learning a marketable skill in a community where girls may be pulled from school at age 13 to marry, and where they are rarely allowed to work. "Cutting and styling hair is acceptable for women to do there," says Heather, who was born in 1975. "It's not something they learn from a book, and they can do it from home."
- 2 Heather's first lesson in female empowerment came to her when she was a college student. A friend asked what she would do with her life if it didn't matter what anyone else thought. Heather surprised herself when she answered, "Style hair." Within a week, she enrolled in beauty school. "Why would you do something stupid like that?" her father asked. Undisturbed by his question, Heather excelled in school and landed at Cutler Salon, a famous salon in New York City, where she worked on actresses, fashion models and others.
- 3 In 2011 she helped an English teacher raise funds to open a vocational center in India to teach English and sewing to impoverished children. "The girls were very shy," says Heather. "They reminded me of myself when I was younger. I wanted to help, but didn't know how." Finally, one morning when she was in India, an answer emerged: She would open a nonprofit beauty school for girls.
- 4 In January 2015, Fearless Beauty held its first class in the vocational center in India. Heather used a translator to teach beauty skills to 10 students in the period of three months. She took them through the basics of shampooing, cutting different styles, styling and more. Two of the girls shared that they made enough money to help feed their families since the course had started. Heather says "I also taught the girls to find their voices, to speak with confidence. The difference in them by the end was incredible. I want to empower the girls. Empower them to give them a chance."



Adapted from Good Housekeeping, April 2016

Text 8 Local news

1 **FAYETTEVILLE, Ark. – An Arkansas woman escaped injury and managed to safely stop her car after a 4-foot-long rat snake came out of her dashboard and slithered across her feet as she was driving on the highway.**

2 Rat snakes are not venomous and generally do not pose a threat to people. However, Kelly Swisher says the snake she found gave her a ‘nails-on-a-blackboard kind of feeling’. According to her, it was rough and scaly, and she added “I was going to buy groceries when it happened. I don’t even know if I had both my hands on the steering wheel or not. I am not the most flexible person, but I can guarantee you that my knees were up next to my ears.”

3 She said the snake first slithered back into the dashboard. She hoped it would stay there until she was able to get off the highway and stop, but that plan did not work out. “It ended up in my back seat before I could get off the highway to stop and get out of the car.” Animal control officers then came to the rescue and captured the snake.



Adapted from The Arkansas Gazette, 2016