

1

Different family types

Jordan

Living in an extended family with both my parents and grandparents was a bittersweet symphony of love and tradition. The comfort of having a large, close-knit family was unparalleled. I felt loved by not two but four people who truly cared about me, which made me grow into a very self-confident man. I also learned to accept and appreciate the ideas and points of view of two different generations before me. Of course, there were times when I would have wanted a little more privacy and alone time. I also missed a little more flexibility since my grandparents' stricter views were an influence on my parents. But despite these occasional frustrations, the warmth and support of a multi-generational home, filled with laughter, debates, and shared meals, enriched my life in ways I wouldn't trade for anything

Leah

My parents divorced when I was a baby, and my mum left, so I grew up with just a dad. It didn't feel unusual until I started school and realised that most of the other kids had mums. Then I started wondering why I didn't have one. I felt unwanted and jealous of the other kids who had one. I was angry with my mum for leaving and my dad for not keeping her. The other problem was that he had to work long hours to provide for me, so he couldn't come along to school events like sports day and nativity plays. He was often too tired to spend time with me at home. I can't remember us ever playing, doing homework, or preparing a meal together. From a young age, I had to do things that my friends never had to do, like preparing meals and grocery shopping, so I certainly learned how to be independent. But at the same time, I was lonely and angry. However, as I got older, I realised how hard he worked to keep me in a comfortable life, and he inspired me always to try my hardest, too.

2

A Town that Lives in One Building

Located in the beautiful state of Alaska, a little town called Whittier is tucked away in a picturesque area surrounded by mountains and the ocean. This hidden gem is hard to reach: the only ways to and from Whittier are either by ferry or through a one-lane tunnel that cuts through the mountains. This tunnel is unique because it is shared by both vehicles and trains, necessitating a precisely managed schedule to accommodate both modes of transportation and both directions of traffic.

But the most fascinating aspect of Whittier is perhaps the fact that nearly all of its 200-odd residents live under the same roof. The Begich Towers, a 14-story building, is more than just an apartment complex; it's a self-contained town! The harsh winter weather helps to explain the convenience of this unusual way of living. Whittier's winter months are known for their heavy snowfalls and fierce winds. By having all the necessary facilities and services in one building, the residents don't have to brave the cold weather every time they need to run an errand or go to church. Not even the children need to step outside to attend school, which is in an adjacent building connected through a tunnel. It's an ingenious solution that makes life in such an extreme climate much more manageable.

3

Five restaurant reviews

Barry G: We stopped at the White Horse Inn for lunch during a long journey. My wife ordered the lasagne and I ordered a steak and ale pie. We waited over thirty minutes for our food, and when my pie arrived, it was chicken and mushroom. When they brought the correct pie, I picked up the gravy and found that it was completely cold. When I went to the bar and asked for it to be heated and suggested that we should get a partial refund, the barman swore under his breath. When I finally started eating, my wife had already finished her meal. Avoid this restaurant at all costs!

Emma1987: We decided to come here for our Sunday lunch. The prices were a bit steep, but we thought it would be worth it, if the food was good. Sadly, we were disappointed. Our sausages were burnt and so dry that we couldn't even cut them. My partner's steak was even worse. It certainly wasn't worth the money. It wasn't even a pleasant place to spend a Sunday. The carpet was old-fashioned and worn, the chairs were uncomfortable and the walls needed painting. Very disappointing.

PGRigby: We were passing by and felt hungry, so we decided to stop here for a meal. We got a warm welcome and were impressed with the wide selection of beers and the extensive menu. The dishes are mostly traditional, and not very adventurous or exotic, but it was decent, reasonably priced, warm and well presented. We were served quickly, considering there were seven of us, and the staff were polite. Overall, it was good value for money and I would definitely go there again.

4

SpeedFlatmating

SpeedFlatmating is a perfect way to find the ideal house or flatmate. SpeedFlatmating events, which are organised by the website speedflatmating.co.uk, are mainly held in London. However, some events are held in other British towns and cities. They typically take place in a bar or pub. At these events, people looking for accommodation can meet people with available rooms, or other people on the lookout for accommodation who they can rent a place with.

On arrival at a SpeedFlatmating event, guests are given a sticker to wear. White stickers indicate that you have an available room. Pink stickers are for people who are looking for a room. On white stickers, people write their name, the rental cost of the room and its nearest tube station. On pink stickers, people write their name, their budget and the area where they want to live.

The website organises about 17 events per month in London. Their larger events cover the whole of central London and are geared towards people who are flexible about where they want to live. They also run local events for people who already know where they want to live.

Users enjoy SpeedFlatmating for various reasons. Firstly, it cuts out the long, boring process of advertising and showing people around a flat. Also, potential flatmates can get to meet each other in a relaxed, social setting and find out whether they would be a good match for a flatshare or not. As well as meeting potential flatmates, many people say they enjoy the friendly atmosphere and make new friends at the events.

15

Child marriage in Nepal

Nepal has made important progress over the past few years to promote equality, but the country still has one of the highest rates of child marriage in the world. 41% of Nepalese girls are married before the age of 18.

Poverty is both a cause and consequence of child marriage in Nepal. Girls from the wealthiest families marry 2 years later than those from the poorest, who are seen as an economic burden, and who drop out of school and earn little money.

Food insecurity plays an important role too. Nepalese families that do not have enough food to eat are more likely to marry their daughters at a young age to decrease the financial burden. One study shows that 91% of people who had secure access to food married over the age of 19.

Dowry is also common practice in many communities. Parents marry their daughters as soon as possible because the money they have to pay to the groom's family is higher if their daughter is older.

Since 2010, the legal age of marriage is 20 for both men and women, or 18 with parental consent, according to the Nepalese Country Code.

6

Actors who died on set

Jon-Erik Hexum

The accidental death of Jon-Erik Hexum occurred on the TV show "Cover Up" in 1984. During a break from filming, the actor was playing with a gun used in one of the scenes pointing it at his head and pulled the trigger as a joke. Even though the gun did not have real bullets, the force was strong enough to hurt him badly. A piece of bone from his head went into his brain. He was taken to the hospital immediately, but despite emergency surgery, he was pronounced brain dead six days later.

Roy Kinnear

Roy Kinnear's tragic accident took place while he was filming "The Return of the Musketeers" in 1989. During a scene with horse riding, Kinnear fell from his horse and broke a bone near one of his hips. Despite the severity of his injury, Kinnear was determined to continue filming and completed his scenes. However, his health conditions got worse and ended up affecting his heart. Sadly, Kinnear passed away from a heart attack caused by these complications.

Steve Irwin

Steve Irwin, known as "The Crocodile Hunter," was working on a documentary called "Ocean's Deadliest" in 2006 off the coast of Queensland, Australia when tragedy struck. While filming a segment about dangerous fish, Irwin approached a stingray – a type of flat fish with long, sharp tails – in shallow water. The stingray felt it was in danger and attacked the man. The fish had used its sharp tail to poke Steve Irwin in the chest, and the pointy part went into his heart. His crew and emergency services tried to save him, but Irwin didn't survive. His sudden death shocked the world and left millions of fans upset for the loss of a man who was truly passionate about the natural world.

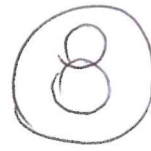
7

The arm of Liberty

Eiffel designed the statue to be built around a massive metal skeleton, similar to the Eiffel tower. Huge pieces of copper were fixed onto this to form its shape. Until recently, two copies of the plans were believed to exist. But recently, a third copy was discovered, which revealed some interesting information. In 2018, a map dealer bought some historic papers at an auction in Paris, which included original plans, calculations, and drawings of the statue. At first, the documents were too fragile to read. But after special treatment, the papers clearly showed that Eiffel's plans had been changed by Bartholdi with red ink. Liberty's arm, which was thick and vertical in Eiffel's drawing, was adjusted to be slimmer, less upright, and generally more attractive than Eiffel's design.

The changes in the plans are dated July 28, 1882, after the construction of the tower had begun. We don't know what Eiffel thought of Bartholdi's changes. By then, Eiffel was working on other projects, and only his assistants were working with Bartholdi in New York. Maybe Bartholdi thought he could make the changes because Eiffel was not there and would not complain.

However, the changes made the arm not only more attractive but also weaker, which has created problems over the years. At first, visitors could climb a ladder to the torch in Liberty's arm, but in 1916, there was an explosion on a nearby island. It damaged the statue and made it unsafe, and the stairway to the torch has been closed ever since. During restoration work in the 1980s, engineers noticed that the structure inside Liberty's head, shoulders, and arm were different from how they were shown on Eiffel's plans. They thought that the builders had made mistakes, but some historians believed that Bartholdi had changed Eiffel's design. The newly discovered papers confirm those theories.



The world's unhealthiest places

According to a study by Clinic Compare, the unhealthiest country in the world is the Czech Republic. The study, which compared data on alcohol, tobacco consumption and obesity in 179 countries, found that Czech Republic residents are among the world's heaviest drinkers. Indeed, nine of the ten unhealthiest countries are located in Eastern Europe, where smoking is more common than in the rest of the world and is increasing among teenagers. The only one outside this region was the USA, where 36 per cent of the population are obese. Obesity levels are lower in the Czech Republic but are the highest in Europe.

According to a different study, which measured factors such as the cost of staying healthy, life expectancy, air pollution, obesity, sunlight hours and crime rate, the healthiest country is Spain. This is most likely due to its traditionally healthy diet, clean air, the number of people walking to work (37%), and free healthcare. Interestingly, another study, the Global Health Security Index, ranks the USA as the healthiest nation. This was because its high standards in research, safety and communication allow it to detect and respond to pandemics the most effectively. This contrasts with the Clinic Compare survey, which ranked it the tenth unhealthiest country, primarily because of its high obesity rate.