

Mexico City unveils plan to tackle gentrification after mass protests

Mexico City officials have announced a 14-point plan to address the capital's housing and gentrification problems, which sparked large and sometimes violent protests earlier this month. Mexico City Mayor Clara Brugada said officials will propose a law to regulate rental prices, strike a balance between the rights and obligations of landlords and tenants, prevent people from being displaced and regulate short-term rental properties.

Many residents say they've been priced out of their neighborhoods, in part because of overtourism, short-term home rentals and an influx of people and businesses with higher purchasing power. Brugada said on Wednesday that an "objective and rigorous methodology" will be worked out to regulate temporary housing rentals to prevent residents from being displaced and avoid "the loss of the community's roots and identity."

The city government will also set up an agency to enforce the rent law and penalize offenders. Brugada said living in Mexico City should not be a privilege for a few, but rather a guaranteed right for all its residents. "The issue of gentrification is one of the most important issues in the city today, but it is not new either. It is not only an issue for the city, but also for the entire world, and it means the displacement of thousands of families," the mayor said.

Anti-gentrification protests

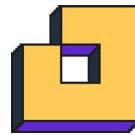
The proposal comes days after residents demonstrated on July 4 against gentrification and the rising cost of living in the Mexican capital, which some have blamed on an influx of foreigners from the United States and Europe. While the demonstration was largely peaceful and reflected growing anger about inequality in the city, some protesters vandalized stores in wealthier neighborhoods and used anti-immigration language that Mexican President Claudia Sheinbaum criticized as xenophobic.

Frente Anti Gentrificación Mx, one of several groups that helped organize the protest, pushed back against Sheinbaum's characterization, saying the demonstration was meant to highlight the plight of those priced out of their homes and to demand reforms from the government. "We are not against migration because gentrification is not a problem of migration (which is) a human right. We are against violence as a government model," spokesperson Yessica Morales told CNN last week.

Housing costs in the country have soared to 286% since 2005 while real wages have gone down by 33%, according to Morales, citing data from the National Institute of Statistics and Geography and the Federal Mortgage Society. Mexico City's mayor on Wednesday called on protesters to engage in dialogue.

"To the people who are promoting the marches and mobilizations, I say that with all the more reason we will open the necessary discussions with them on this issue," she said.

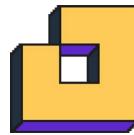
Experts say gentrification in Mexico City has been happening for decades and can't be blamed on immigration alone. But the arrival of short-term rental platforms like Airbnb and remote work policies during the Covid-19 pandemic turbo-charged the gentrification debate in recent years.



Airbnb defended its activities in Mexico City last week, saying it helped generate more than \$1 billion in the local economy last year, and argued that guests who booked accommodations also spent money on shops and services in the capital.

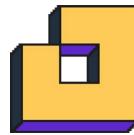
The issue is not unique to Mexico City. Across Europe, residents of tourist destinations have also protested gentrification, while local governments have announced restrictions on short-term rentals in several cities.

Source: [Mexico City unveils plan to tackle gentrification after mass protests](#)



Fill The Words With Appropriate Meaning!

1. Gentrification :
2. Sparked :
3. Regulate :
4. Obligations :
5. Tenants :
6. Displaced :
7. Overtourism :
8. Influx :
9. Methodology :
10. Penalize :
11. Privilege :
12. Vandalized :
13. Xenophobic :
14. Characterization:
15. Plight :
16. Soared :
17. Dialogue :
18. Neighborhood :
19. Accommodation:
20. Destinations :



Why exercise helps you sleep and why sleep is good for your fitness routine

The health benefits of a good night's sleep have long been touted by researchers and medical professionals. While you're catching z's, your body is hard at work maintaining your physical and mental health. It does so by repairing and boosting your cardiovascular and immune systems, plus regulating your metabolism. Your brain also consolidates memories and processes information from the day.

Yet while experts recommend getting at least seven hours of sleep per night, nearly 40% of adults reported getting less than this required amount between 2013 and 2022, according to the US Centers for Disease Control and Prevention. That's alarming, since sleep deficiency can lead to injuries, physical and mental health problems, less productivity, and an even greater chance of dying, according to the National Institutes of Health. But if you're part of that 40%, there's hope. A raft of evidence shows regular exercise helps you sleep better, and quality sleep makes it easier and more enjoyable to work out.

"The majority of people report that when they exercise, they sleep better," said Dr. Eric Olson, president of the American Academy of Sleep Medicine and a professor at the Mayo Clinic Alix School of Medicine in Rochester, Minnesota. "That can mean they fall asleep more easily, enjoy deeper sleep or sleep in bed more efficiently, which means actually sleeping rather than lying awake."

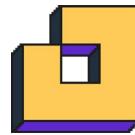
Exercising enhances sleep for a variety of reasons, according to a 2023 systematic review published in the Cureus Journal of Medical Science. Physical activity increases melatonin production, a hormone that regulates your sleep-wake cycles. It reduces stress, which often keeps people tossing and turning at night, plus boosts your mood. Finally, it helps regulate your body temperature, which is key to sleeping well.

The review concluded that regular exercise not only improves your sleep quality, but it may even help manage various sleep disorders, such as insomnia. Exercise can definitely help combat insomnia, Olson said, along with sleep apnea. People with sleep apnea experience repeated shallow breathing during sleep, and may even stop breathing at times. (If you think you might have sleep apnea, head to your medical provider right away. It can be dangerous.)

"Apnea is often predicated on one's weight," Olson explained. "So if exercising helps with weight management, it may also reduce sleep apnea and snoring. Exercising may also help combat restless legs syndrome, another sleep disorder, where you have a compelling urge to move your legs — although some find exercise exacerbates it."

Cooling down before bed is key

One key to using exercise to help improve the quality of your sleep is making sure your body temperature has cooled down before heading to bed. This is because a drop in core body temperature signals to your brain that it's time to sleep. Exercising in the morning or afternoon is ideal, then, as your body has the bulk of the day to cool down.



But if evening workouts are a better fit for your schedule, it's fine to exercise then. You just need to give yourself 60 to 90 minutes post-workout for your body temperature to lower before going to bed, said Dr. Sara E. Benjamin, medical director of the Johns Hopkins Center for Sleep and Wellness in Columbia, Maryland.

If you don't have that much time to spare for an evening cooldown, skip that vigorous run and try a gentle workout instead, such as tai chi or yoga. "Yoga before bed can be relaxing, and sometimes it's good to move around before bed so you're not as stiff and are more comfortable sleeping," Benjamin said.

When your sleep improves, your workouts should, too. Once your sleep improves thanks to regular physical activity, you may notice your workouts feel easier and are more enjoyable.

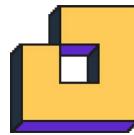
"When you don't get enough quality sleep or a sufficient duration of sleep, your stamina and strength will be reduced, which can impair your workouts," Olson said. "Also, when you're overly tired because the quality and duration of your sleep aren't adequate, it will be harder to get motivated to work out."

To further the symbiotic relationship between exercise and sleep, consider exercising outdoors rather than at the gym. "Being outside and having natural light exposure is helpful," Benjamin said. That's because exposure to natural light is imperative to the operation of your body's circadian rhythm, or internal clock. Your circadian rhythm is a 24-hour cycle that regulates a variety of physiological processes in your body. It's primarily influenced by light and darkness, which cue your body that it's time to wake up or prepare for bed.

Yet the link between good sleep and exercising at times is a personal one. Some people will be able to fall asleep even if they exercise right before bed or ingest caffeine, for example. And younger people may find exercise more beneficial to quality sleep than older adults, who tend to have sleep issues.

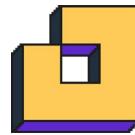
Still, some form of exercise should help most people improve their sleep. And a good night's sleep should make your workouts — and pretty much everything else in your life — more enjoyable.

Source: [Why exercise helps you sleep and why sleep is good for your fitness routine](#)



Fill The Words With Appropriate Meaning!

1. Touted :
2. Regulating :
3. Metabolism :
4. Consolidates :
5. Deficiency :
6. Raft :
7. Enhances :
8. Consider :
9. Sufficient :
10. Disorders :
11. Exposure :
12. Comfortable :
13. Predicated :
14. Exacerbates :
15. Vigorous :
16. Sufficient :
17. Impair :
18. Symbiotic :
19. Imperative :
20. Circadian :



Microplastics shed by food packaging are contaminating our food and drink, study finds

Ripping the plastic wrap from the meat or prepackaged fruit and veggies you purchased at the grocery store may contaminate your food with micro- and nanoplastics, according to new research. Plastic contamination may also occur when you're unwrapping deli meat and cheese, steeping a tea bag in hot water, or opening cartons of milk or orange juice. Glass bottles and jars with a plastic-coated metal closure may also shed microscopic bits of plastic, the study found.

In fact, the abrasion from repeatedly opening and closing the caps on glass and plastic bottles can release an untold amount of micro- and nanoplastics into the beverage, said Lisa Zimmermann, lead author of the study published Tuesday in the journal NPJ Science of Food.

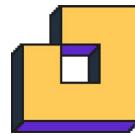
"The research shows the number of microplastics increases with each bottle opening, so therefore we can say it's the usage of the food contact article which leads to micro- and nanoplastic release," said Zimmermann, scientific communication officer at the Food Packaging Forum, a nonprofit foundation based in Zurich, Switzerland, that studies chemicals in food contact materials. Researchers have measured micro- and nanoplastics in such food and drink products as beer, canned fish, rice, mineral water, tea bags, table salts, take-out foods and soft drinks, according to the study.

"This is the first systematic evidence of how normal and intended use of foodstuffs packaged in plastics can be contaminated with micro- and nanoplastics," Zimmermann said. "We found food packaging is actually a direct source of the micro- and nanoplastics measured in food."

A separate investigation by the Food Packaging Forum published in September 2024 found more than 3,600 chemicals leach into consumer products during food manufacturing, processing, packaging and storage, ending up in the human body. Seventy-nine of those food-processing chemicals are known to cause cancer, genetic mutations, endocrine and reproductive issues, and other health concerns, according to the September 2024 study.

And while scientists have long known about potentially toxic chemicals from plastics leaching into food, "what's less clear, and deeply concerning, is just how significant food packaging is as a source of exposure to plastic particles and what that means for our health," said David Andrews, acting chief science officer at the Environmental Working Group, a Washington, DC-based health and environmental advocacy organization, in an email.

"This new study highlights food packaging and processing equipment as potentially significant sources of microplastic contamination in the food we eat, and ultimately in our bodies," said Andrews, who was not involved with the research. "This study should raise alarm bells." CNN reached out to the Plastics Industry Association for comment but did not hear back before publication.



What are micro- and nanoplastics?

Microplastics are polymer fragments that can range from less than 0.2 inch (5 millimeters) down to 1/25,000th of an inch (1 micrometer). Anything smaller is a nanoplastic that must be measured in billionths of a meter.

At 1,000th the average width of a human hair, experts say nanoplastics are so teeny they can migrate through the tissues of the digestive tract or lungs into the bloodstream. As the blood circulates, the plastics may distribute potentially harmful synthetic chemicals throughout the body and into cells.

A flurry of recent studies have discovered microplastics and nanoplastics in human brain tissue, the testes and the penis, human blood, lung and liver tissues, urine and feces, mother's milk, and the placenta. In the first analysis to illustrate harm to human health, a March 2024 study found people with microplastics or nanoplastics in their carotid artery tissues were twice as likely to have a heart attack or stroke or die from any cause over the next three years than people who had none.

Actions that worsen microplastic shedding

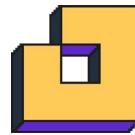
The latest research searched thousands of studies to find those that did the best job of identifying and measuring plastics in tested foods before narrowing the list to 103 for the review. Microplastic research is quite new, and studies so far often use different methods of microplastic identification and measurement. The lack of standard protocol can make it difficult to adequately compare findings, said senior study author Jane Muncke, managing director and chief scientific officer at the Food Packaging Forum.

"The novel aspect of our analysis is we didn't just collect all the studies, but we also examined the scientific reliability of their methods. We included a critical appraisal step," Muncke said. "That left us with seven highly reliable studies — more high-quality research is definitely needed."

According to that research, ultraprocessed foods contain significantly more microplastics than minimally processed foods. "There's a higher number of manufacturing steps with ultraprocessed foods, which can increase the contact time with plastic food processing equipment," Muncke said, "thus increasing the chance of micro- and nanoplastic migration."

Migration into food also increased when the plastic packaging was heated, washed for reuse, exposed to sunlight and subjected to mechanical stress — such as the twist used to open a bottle cap, according to the review. That sort of repeated stress could lead to higher abrasion than opening a plastic container, so future research should consider how plastic is used as well as the types of plastics, Muncke said.

"This is a rigorous, detailed and critical study that applies robust systematic methods to review the existing literature on microplastics and food contact materials," said Megan Deeney, a research fellow and doctoral student in plastics and global health at the London School of Hygiene & Tropical Medicine at the University of London, in an email.



"What is particularly important is that the authors take the time to extract and evaluate evidence on whether the presence of microplastics changed over time in these studies — this can help to identify the food contact material itself as a direct source of food contamination by microplastics," said Deeney, who was not involved with the new research.

One of the studies included in the new review found 1 liter of water — the equivalent of two standard-size bottled waters bought at the store — contained an average of 240,000 plastic particles from seven types of plastics, of which 90% were identified as nanoplastics and the rest were microplastics. Another example involved melamine, which is used to make bowls, plates, cups and other plastic tableware.

"In one study, researchers washed a melamine bowl 10 times, 20 times, 50 times, 100 times and measured the amount of microplastic it released each time," Zimmermann said. "Then they put something in the bowl and tested it and found more microplastic release after increased washing."

Limiting your exposure to plastic

While it's not yet possible to clean microplastics from the food supply, there are steps one can take to reduce exposure to plastics and the chemicals they secrete. "One is to reduce our plastic footprint by using stainless steel and glass containers, when possible," said Dr. Leonardo Trasande, director of environmental pediatrics at NYU Langone Health, in an earlier interview with CNN.

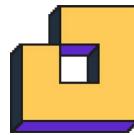
"Avoid microwaving food or beverages in plastic, including infant formula and pumped human milk, and don't put plastic in the dishwasher, because the heat can cause chemicals to leach out," Trasande said. In addition, check the recycling code on the bottom of packaging to find the plastic type, and avoid plastics with recycling code 3, which typically contain phthalates, he added.

Bring reusable bags to the grocery store, suggests the Natural Resources Defense Council, a New York City-based environmental advocacy group. Invest in a zippered fabric bag and ask the dry cleaner to return your clothes in that instead of those thin sheets of plastic. Bring a travel mug to the local coffee store for takeout and silverware to the office, cutting back on plastic cups and utensils. However, due to the pervasiveness of microplastics in the environment, "this is not something that any individual can solve on their own," Deeney said.

"We need systemic action to reduce plastics production and pollution," she said via email, encouraging anyone concerned about the issue to send a message to their representatives.

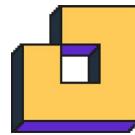
"There's a critical opportunity for individuals to engage with governments to demand strong, ambitious action on plastics in the upcoming final round of negotiations for a Global Plastics Treaty in Geneva this August, where more than 175 countries will convene to determine a legally-binding instrument to end plastics pollution."

Source: [Microplastics shed by food packaging are contaminating our food and drink, study finds](#)



Fill The Words With Appropriate Meaning!

1. Contaminate :
2. Prepackaged :
3. Abrasion :
4. Systematic :
5. Leach :
6. Evidence :
7. Advocacy :
8. Upcoming :
9. Fragments :
10. Migrate :
11. Synthetic :
12. Carotid :
13. Protocol :
14. Appraisal :
15. Footprint :
16. Migration :
17. Tableware :
18. Secrete :
19. Pervasiveness :
20. Systemic :



There is no safe amount of processed meat to eat, according to new research

There is strong evidence that there is “no safe amount” of processed meat to eat, nutrition experts say in response to a new study on the connection between diet and the risk of major diseases, including cancer, type 2 diabetes and heart disease. The researchers also found elevated risks from the consumption of sugar-sweetened beverages and trans fatty acids.

Researchers analyzed data from more than 60 previous studies on the relationship between processed meats, sugar-sweetened beverages and trans fatty acids in a person’s diet and their risk of type 2 diabetes, colorectal cancer and ischemic heart disease, which reduces blood supply to the heart and cuts off oxygen and nutrients, according to the study published Monday in the journal *Nature Medicine*.

“Habitual consumption of even small amounts of processed meat, sugary drinks, and trans fatty acids is linked to increased risk of developing type 2 diabetes, ischemic heart disease and colorectal cancer,” said lead author of the study, Dr. Demewoz Haile, a research scientist at the Institute for Health Metrics and Evaluation in Seattle.

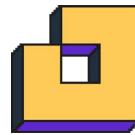
The data showed that people who ate as little as one hot dog a day when it comes to processed meats had an 11% greater risk of type 2 diabetes and a 7% increased risk of colorectal cancer than those who didn’t eat any. And drinking the equivalent of about a 12-ounce soda per day was associated with an 8% increase in type 2 diabetes risk and a 2% increased risk of ischemic heart disease.

“This current research has shown, yet again and consistent with prior research ... that to achieve health gains it is best to avoid or minimize the habitual consumption of each of processed meat, sugar-sweetened beverages (SSBs) and industrially produced trans fatty acids (TFAs),” said Dr. Nita Forouhi, head of nutritional epidemiology at the University of Cambridge in the United Kingdom. She was not involved in the research. The risk increased as consumption increased; and for processed meat consumption, the data showed that there is no “safe amount,” she added in an email.

A stronger association than it may appear

At first glance, the increase in risk seems modest and might look like the association is weak, said Dr. Mingyang Song, associate professor of clinical epidemiology and nutrition at the Harvard T.H. Chan School of Public Health. He was not involved in the research. “When we look at the actual data there, it’s really remarkably consistent and remarkably strong, and even in the lower dose of consumption, we can still see an increased risk of disease,” he said.

The researchers examined dozens of earlier findings on diet and disease using a burden-of-proof method: a newer form of meta-analysis that not only tries to quantify an association across multiple studies but also accounts for the quality of each, Song said. “One caveat is it tends to give very conservative results,” he added.



It's also important to note that the studies included in the analysis were observational, meaning that the data can only show an association between eating habits and disease -- not prove that what people ate caused the disease. They also relied on people recalling their dietary patterns, which can leave room for misremembering or misreporting, said Dr. Gunter Kuhnle, professor of nutrition and food science at the University of Reading in the United Kingdom. He was not involved in the study.

Utilizing even "the most sophisticated techniques does not really solve the problem that the information about diet is rather limited -- which is obviously a big problem in nutritional epidemiology in general," he said.

Why meats, drinks and fats are linked to disease

There are many reasons why such foods could be associated with health problems. Sugar-sweetened beverages and processed meat -- such as sausages, bacon, salami and burgers -- can increase inflammation, which plays a big part in a variety of chronic diseases, Song said. Processed meats are also often cured with nitrite, which is converted to carcinogenic nitrosamines in the stomach, Kuhnle said.

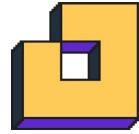
The problem with sugary drinks is that they are a quick way to consume large amounts of sugar, he added. Not only can that cause weight gain, but it also influences metabolic pathways that affect heart disease and diabetes risk, Kuhnle said. Trans fatty acids reduce levels of good cholesterol and increase the bad, which is known to increase the risk of plaque buildup in arteries and heart disease, he added.

Other potential connections to consider are that people who are more likely to eat processed meats, sugar-sweetened beverages and trans-fats are often also at a higher risk of diseases because of "lifestyle factors (smoking, lack of exercise), but also social factors such as education and income, chronic stress and limited access to health care," Kuhnle said. "It is very difficult to take these apart."

What to avoid and what to add

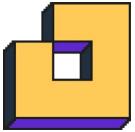
Although the data can't say reducing your consumption of these foods and drinks will cause a lower risk of the diseases, it does suggest that a reduction is a good idea, Song said. A sensible approach is to follow a varied and balanced diet that avoids excess, Kuhnle said. That means people who drink a lot of sugary drinks should cut back, he said. It can also be helpful to avoid excess amounts of processed meats and avoid hydrogenated fats where possible -- although they are no longer as common as they used to be, he said.

"The goal shouldn't be perfection but rather a healthy and sensible dietary pattern that allows room for enjoyment," Kuhnle said. A good diet isn't just about what to avoid. It's also important to get good nutrients, Forouhi said. "Wider research has shown us that overall dietary patterns that include higher consumption of fruit and vegetables, whole grains, legumes, nuts and fermented dairy products like yogurt are good for health and longevity," she said.



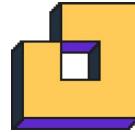
"My general advice: don't panic," Kuhnle said in an email. "Food is not just (a) source of nutrients -- it plays a central role in culture, pleasure, family life, and social connection. Reducing it solely to a list of health risks misses the bigger picture."

Source: [There is no safe amount of processed meat to eat, according to new research](#)



Fill The Words With Appropriate Meaning!

1.



This Massachusetts man became a millionaire twice in one night – thanks to a lucky lottery mistake

One lucky Massachusetts man bought two winning lottery tickets at two different stores, earning him a \$2 million payday. Paul Corcoran of Fitchburg, a small city in north-central Massachusetts, planned to play in the July 9 Powerball drawing. He had initially purchased a multi-draw ticket covering seven games but mistakenly believed the final drawing on that ticket had passed, according to a news release from Powerball.

So, less than 10 minutes away from the first store where he bought a ticket, he picked up a second ticket for seven Powerball drawings — one that also included the July 9 drawing. That simple mistake earned him a second chance at the \$217 million jackpot, according to the Massachusetts State Lottery.

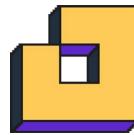
Both winning Powerball tickets matched all five white balls drawn on July 9 – 5, 9, 25, 28 and 69, earning Corcoran \$1 million, pre-tax, per winning ticket, according to Powerball.

Corcoran's numbers just missed the red Powerball, lucky number 5, falling one number short of the full jackpot. He said he's been playing those same random numbers "for quite some time" when he claimed his winnings at the Massachusetts State Lottery headquarters, a state lottery spokesperson told CNN.

Both stores where Corcoran bought the tickets – a Market Basket supermarket in Fitchburg and a Country Farms convenience store in Leominster – will receive a payout of \$10,000, the lottery spokesperson said.

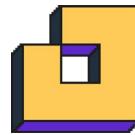
The winning tickets were the first Powerball tickets worth \$1 million sold in Fitchburg and Leominster, Massachusetts, according to the Massachusetts State Lottery. Corcoran told lottery officials his double win feels good, but he does not yet have plans for what he will do with his winnings. The odds of winning the Powerball jackpot are 1 in 292.2 million. The next Powerball drawing is July 21 with an estimated jackpot of \$308 million.

Source: [This Massachusetts man became a millionaire twice in one night – thanks to a lucky lottery mistake](#)



Fill The Words With Appropriate Meaning!

1. Payday :
2. Lottery :
3. Mistakenly :
4. Jackpot :
5. Matched :
6. Random :
7. Purchased :
8. Claimed :
9. Earned :
10. Winnings :
11. Headquarters :
12. Spokesperson :
13. Supermarket :
14. Convenience :
15. Payout :
16. Officials :
17. Odds :
18. Estimated :
19. Initially :
20. Drawing :



Don't give children under age 13 smartphones, new research says

Parents should avoid preteens' use of smartphones and social media, according to new research. A study released Monday found that using smartphones before age 13 could damage kids' mental health. Smartphone use by children younger than 13 was associated with suicidal thoughts, worse emotional regulation, lower self-worth and detachment from reality, especially among girls, according to the study, which was published in the *Journal of the Human Development and Capabilities*.

For every year before age 13 that a person acquired a smartphone, their mental health and well-being were likely to be lower, the study found. That's likely because the kids who used smartphones before turning 13 accessed social media more and experienced sleep disruptions, cyberbullying and negative family relationships, according to the study. The data is based on self-reports in a survey of nearly 2 million people in 163 countries.

The results were so stark that the researchers called for global restrictions to prevent children younger than 13 from using smartphones and social media. "This calls for urgent action limiting access of children under 13 to smartphones as well as more nuanced regulation on the digital environment young people are exposed to," said lead study author Tara Thiagarajan, founder and chief scientist of Sapien Labs, the nonprofit that runs the survey.

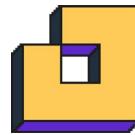
While previous research focused on how smartphone use is related to anxiety and depression, this survey looked at symptoms not commonly studied, including emotional regulation and self-worth, and found they are very significant, said Thiagarajan, who is based in Arlington, Virginia. The results were self-reported, which means they weren't independently verified by researchers. In addition, the study can't pinpoint what types of smartphone use drove the results and can't account for how they might change as technologies evolve, Thiagarajan said.

Hold off on social media until 16

Still, this research certainly has me convinced it's a terrible idea to give kids smartphones before age 13. When I speak to parents in schools, parent groups and other community spaces, I suggest not letting kids use social media until age 16. Solid research out of the United Kingdom shows that using social media during puberty is associated with lower life-satisfaction a year later.

Social psychologist Jonathan Haidt also suggested waiting until age 16 to let kids use social media in his best-selling book "*The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*." While it may seem near impossible to hold off this long, it won't be if we talk to the parents of our kids' friends and collectively agree not to allow our children to use social apps until this age.

In all of my talks across the country as an expert on how social media affects women and girls, I have yet to meet a single parent or guardian who has said they're excited for their kid to use social media. Instead, they worry their kids will be deprived of social opportunities if they're not on social media. That's why getting the parents of their friends involved is the key.



The group Wait Until 8th has created a pledge parents can sign collectively promising not to let kids use smartphones until the end of eighth grade. Other groups have created similar pledges. “Check to see if there is one in your community, and if not and it feels important to you, consider starting one,” said Melissa Greenberg, a clinical psychologist at Princeton Psychotherapy Center in New Jersey who was not involved in the study. “Even if people aren’t already talking about it, they may be relieved if you start the conversation.”

In addition, “parents could seek schools for their children with stronger policies around smartphones on campus” or push for better policies in their kids’ schools, Thiagarajan said. But the researchers warned that parents can’t solve these problems individually without societal solutions.

After all, even if I don’t allow my daughters to use social media before age 16 and convince their friends’ parents to do the same, that won’t stop them from being exposed to these apps by other kids on places like the school bus or after-school events. That’s why parents “could also be a more active voice in the debates on regulation,” Thiagarajan said.

Check in with your kids

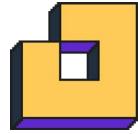
If you have already let your child use a smartphone before age 13 or are just worried about the results, “don’t panic,” Greenberg said. “If you are concerned but don’t notice any of these symptoms in your child, you can still talk to them to let them know that some people struggle with anxiety, low self-worth and intense emotions,” she said. “You can let them know that there is help available should they ever need it, and you can invite them to come to you if they are ever struggling or need support.” If you do notice these symptoms in your child, find a licensed professional who can help, she said.

It’s OK to make changes

What happens if your child already has a smartphone? “You may feel stuck when you read things like this because you feel like you can’t go back,” Greenberg said. That’s not true. “Don’t be afraid to change course if you feel like what you’ve already done isn’t working for your child or for your family,” she said. Parents can think about options such as using parental controls, switching to a flip phone, or deleting apps or features, Greenberg said.

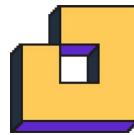
Of course, kids may not react pleasantly to such a change, but don’t let that stop you from acting if you think it would benefit them, she said. Parents can use this script, Greenberg suggested: “When we first gave you your smartphone, there were things we didn’t know about how it might impact you. There are a lot of scientists and doctors who are doing research on the effects smartphones are having on kids, and we’re learning a lot more than we knew before. We have to make some changes because we want to make sure that we’re doing the healthiest thing for you.”

If kids get upset, be sympathetic to their concerns, she said. “Adults don’t always respond in the most mature way when you take something away or ask them to change a habit, and we can’t expect that our kids will either,” Greenberg said.



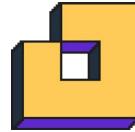
She suggested parents talk about your own struggles to get your smartphone use right as a way of (literally) connecting and acknowledging that it's difficult for all of us to resist their pull. What can you do now that you know it could be quite dangerous to allow young kids to use smartphones? If your child doesn't yet have one, start talking to other parents in your community to collectively agree not to let your kids get them until they're older. Keeping our kids away from smartphones could be one of the smartest decisions parents make.

Source: [Don't give children under age 13 smartphones, new research says](#)



Fill The Words With Appropriate Meaning!

1. Preteens :
2. Suicidal :
3. Detachment :
4. Acquired :
5. Disruptions :
6. Cyberbullying :
7. Nuanced :
8. Verified :
9. Pinpoint :
10. Acknowledging:
11. Epidemic :
12. Collectively :
13. Deprived :
14. Pledge :
15. Societal :
16. Panic :
17. Switch :
18. Parental :
19. Sympathetic :
20. Acknowledging:



Coldplay's Chris Martin offered concertgoers a friendly warning before 'Jumbotron Song'

Coldplay frontman Chris Martin made sure to give concertgoers plenty of notice that they may appear on their video screens during the "Jumbotron Song" at their show Saturday night. "We'd like to say hello to some of you in the crowd," Martin said on stage at Camp Randall Stadium in Madison, Wisconsin, according to video footage posted on social media. "How we're going to do that is we're going to use our cameras and put some of you on the big screen."

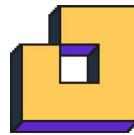
Martin, still strumming his acoustic guitar, went on to joke, "So, please, if you haven't done your makeup, do your makeup now." Martin's warning comes after a Coldplay concert last week where the "Jumbotron Song" camera turned to a man and woman cuddling as they watched the stage. The two quickly separated and attempted to hide their faces when they noticed they were being shown on the giant screen at the venue.

"Whoa, look at these two," Martin said, according to a clip of the moment posted on social media. "Either they're having an affair or they're just very shy." Fallout quickly ensued after internet sleuths were the first to identify the two as tech company Astronomer CEO Andy Byron and the company's chief people officer Kristin Cabot, head of Astronomer's human resources department.

Byron has since resigned, the company announced Saturday, and Astronomer's cofounder and chief product officer Pete DeJoy is now serving as interim CEO. "Our leaders are expected to set the standard in both conduct and accountability," an earlier statement, posted to the company's LinkedIn page Friday, read in part. The company's board of directors, it added, has also "initiated a formal investigation into this matter."

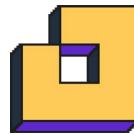
Coldplay has yet to directly address the incident, which has flooded the internet with memes and comedic videos poking fun at the viral moment.

Source: [Coldplay's Chris Martin offered concertgoers a friendly warning before 'Jumbotron Song'](#)



Fill The Words With Appropriate Meaning!

1. Frontman :
2. Concertgoers :
3. Shown :
4. Footage :
5. Strumming :
6. Cuddling :
7. Affair :
8. Fallout :
9. Ensued :
10. Sleuths :
11. Resigned :
12. Cofounder :
13. Interim :
14. Conduct :
15. Accountability :
16. Initiated :
17. Investigation :
18. Flooded :
19. Crowd :
20. Comedic :



Australia restricts vape sales to pharmacies in ‘world-leading’ move to cut nicotine use

Buying a vape just got harder in Australia with the introduction of some of the world’s toughest anti-vaping laws that limit the sale of vapes with nicotine to pharmacies. From Monday, users will need to present a doctor’s prescription to a pharmacist to buy vapes, and the choice will be limited to three flavors: mint, menthol and tobacco.

Dozens of countries have banned disposable vapes, but with the ban on vape sales in shops, service stations and other small retailers, Australia has introduced “world leading” laws, according to the government. Australian authorities say the move spells the end of colorful branding and fun flavors that authorities say was a ploy to get children hooked on nicotine.

“It’s not often that the parliament gets the opportunity to do something really meaningful and lasting for the health of young Australians,” said Health Minister Mark Butler, after the country’s parliament passed the laws. However, under a political deal that was struck to secure the law’s approval, the restrictions will ease in October, when only minors under 18 will need a prescription.

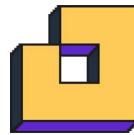
Adults will be able to buy vapes in pharmacies, without a prescription – but the devices may be hard to find after some leading pharmacy chains declared they would refuse to stock them. “Pharmacists are healthcare professionals and community pharmacies do not want to supply this potentially harmful, highly addictive product without a prescription,” said Anthony Tassone, the national vice president of the Pharmacy Guild of Australia, which represents over 5,900 community pharmacies nationwide.

Fears of a growing black market

Australia’s Greens Party had pushed for the amendments to allow adults to buy vapes without a prescription because they do not support prohibition or the criminalization of vaping. “The prohibition of drugs has failed. The Greens are pleased that we have secured amendments to this legislation that will ensure that no person will be criminalised for personal possession of a vaping product,” Greens Senator Jordon Steele-John said in a statement.

It’s not a criminal offense to possess vapes for personal use, but the import and sale of commercial quantities of vapes will attract large fines. Some fear the new laws will create a black market for vapes, much like one that exists for cigarettes in Australia, which imposes some of the highest tobacco taxes in the world.

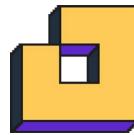
A box of 20 cigarettes costs around 35 Australian dollars (\$23) – considerably more than in the United States and the United Kingdom. And the costs are expected to rise when the tobacco tax increases by another 5% in September. Despite the rising cost of cigarettes, some fear that young vapers – having been locked out of the vape market – will turn to cigarettes to get their nicotine fix.



"The reality at the moment is that vapes are actually still cheaper, but with the change in legislation that uncertainty, may be making them think, 'Well, I won't be able to get it. Maybe I'll move back to smoking, or maybe I'll start smoking,'" Hester Wilson, an addiction expert at the Royal Australian College of General Practitioners told national broadcaster, the ABC. Other countries are grappling with a rise in young people taking up vaping, but they're adopting various approaches to the issue.

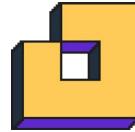
In June, the US Food and Drug Administration approved the first non-tobacco-flavored e-cigarette products, drawing harsh criticism from pediatricians and anti-tobacco groups. The FDA also paired with the Justice Department to create a task force to identify and target illegal sales and distribution of e-cigarettes in the US.

Source: [Australia restricts vape sales to pharmacies in 'world-leading' move to cut nicotine use](#)



Fill The Words With Appropriate Meaning!

1. Pharmacies :
2. Prescription :
3. Disposable :
4. Retailers :
5. Branding :
6. Ploy :
7. Parliament :
8. Restrictions :
9. Minors :
10. Refuse :
11. Addictive :
12. Amendments :
13. Prohibition :
14. Criminalization:
15. Possession :
16. Commercial :
17. Imposes :
18. Considerably :
19. Grappling :
20. Pediatricians :



Someone has eaten artist Maurizio Cattelan's \$6 million banana – again

Italian artist Maurizio Cattelan's artwork featuring a fresh banana taped to a wall has been eaten by a visitor to a museum in France. The piece, titled "Comedian," was eaten by a gallery-goer at the Centre-Pompidou Metz in eastern France on July 12, according to a statement from the museum, published Monday. "The security team acted quickly and calmly, according to internal procedures," the gallery said in the statement.

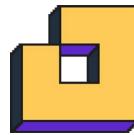
"The artwork was reinstalled a few minutes later," it said, adding that the banana is "only a perishable element" that is replaced on a regular basis according to Cattelan's instructions. Centre-Pompidou Metz said the artist was disappointed that the visitor had considered the fruit itself to be the artwork, instead of eating the skin and the tape that held it in place as well. The gallery has not filed a police report.

"Comedian" is intended to demonstrate the "absurdity of financial speculation and the fragility of knowledge systems that underpin the art market," it said. This is not the first time the artwork has been eaten. In 2019, when Cattelan unveiled "Comedian" at the Art Basel Miami art fair in Florida, performance artist David Datuna grabbed the banana from the wall, before peeling and eating it in front of hundreds of stunned fair attendees.

This became one of the art world's biggest viral moments and the work sold — with replacement banana — for \$120,000 at the fair. Then, in 2023, an art student took the banana from a wall at the Leeum Museum of Art in Seoul, South Korea, and ate it.

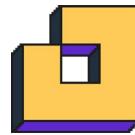
And in November 2024, Justin Sun, a Chinese collector and founder of a cryptocurrency platform, acquired "Comedian" for \$6.24 million at auction — before eating the banana. "For now, it is perhaps the 'most-eaten' artwork of the last 30 years," Centre-Pompidou Metz said in the statement.

Source: [Someone has eaten artist Maurizio Cattelan's \\$6 million banana – again](#)



Fill The Words With Appropriate Meaning!

1. Artwork :
2. Taped :
3. Gallery-goer :
4. Procedures :
5. Reinstalled :
6. Perishable :
7. Disappointed :
8. Absurdity :
9. Speculation :
10. Fragility :
11. Underpin :
12. Unveiled :
13. Performance :
14. Stunned :
15. Attendees :
16. Replacement :
17. Collector :
18. Cryptocurrency:
19. Acquired :
20. Auction :



ChatGPT can now ‘think’ and ‘act’ for you after a new update

OpenAI on Thursday announced a new feature for ChatGPT that allows the popular chatbot to execute actions on a user’s behalf. It’s part of an industry-wide push to change the way people get things done on the Internet: Tech giants hope that instead of bouncing between apps and manually searching the web, users might be able to one day rely on agents to do it all.

ChatGPT’s new agent mode, which begins rolling out immediately, is another sign that tech giants are doubling down on digital helpers that demonstrate significantly advanced capabilities. It also heightens the race between OpenAI and Google, which is pursuing similar ambitions with its Gemini helper.

OpenAI said on Thursday that ChatGPT’s new agent mode “thinks” and “acts” using its own virtual computer, enabling it to handle complex action-oriented requests. For example, users will be able to issue command such as “look at my calendar and brief me on upcoming client meetings based on recent news” or “plan and buy ingredients to make Japanese breakfast for four,” the company said in a blog post.

In a video demonstration, OpenAI employees wrote a long and detailed prompt asking the agent to help the user prepare for a wedding. It included a set of specific instructions such as “find an outfit that matches the dress code,” adding that it should propose five options, along with hotels that can accommodate a couple of buffer days around the event.

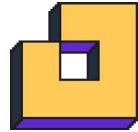
The new feature is available for those who subscribe to a Pro, Plus or Team plan. It builds on and combines capabilities from the ChatGPT Operator and Deep Research tools OpenAI already offers; Operator browses the web, while Deep Research analyzes online resources to do things like compile reports.

The update is another step in OpenAI’s efforts to turn ChatGPT in a more comprehensive universal assistant. At the same time, the broader AI industry is also grappling with how to address important shortcomings and privacy concerns around the technology. AI models are still prone to hallucinations and bias and can act in unpredictable ways, as xAI’s Grok chatbot demonstrated last week when it spewed antisemitic content after being prompted to do so.

In a blog post, OpenAI acknowledged that ChatGPT’s new functionality presents new risks. It said it has limited the data the model has access to, and certain tasks – like sending an email – require the user’s oversight. The model is also trained to refuse “high-risk tasks” like bank transfers, the company says.

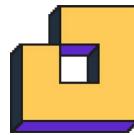
“I would explain this to my own family as cutting edge and experimental; a chance to try the future, but not something I’d yet use for high-stakes uses or with a lot of personal information until we have a chance to study and improve it in the wild,” OpenAI CEO Sam Altman said in a post on X announcing the agent.

He advised users to be cautious when giving ChatGPT access to personal information. For example, granting access to a calendar to coordinate a group dinner might make sense, but the agent wouldn’t need calendar access to shop for clothes on a user’s behalf.



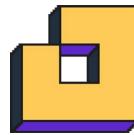
The announcement comes as tech giants are increasingly pushing to develop AI agents as they seek to win the AI race. Google made a flurry of AI-related announcements during its developer conference in May, including an agent that can make restaurant reservations and buy event tickets, among other tasks. Apple is working on a more advanced version of Siri that can use apps on a user's behalf, although that update is delayed indefinitely.

Source: [ChatGPT can now 'think' and 'act' for you after a new update](#)



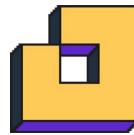
Fill The Words With Appropriate Meaning!

1. Execute :
2. Behalf :
3. Manually :
4. Agents :
5. Capabilities :
6. Heightens :
7. Oriented :
8. Demonstration:
9. Accommodate :
10. Helper :
11. Compile :
12. Comprehensive:
13. Grappling :
14. Shortcomings :
15. Hallucinations :
16. Unpredictable :
17. Antisemitic :
18. Oversight :
19. Experimental :
20. Indefinitely :



Answer Questions Below After Reading The Texts

1. What is a key proposal in the 14-point plan announced by Mexico City officials to address gentrification?
 - A. To ban all foreigners from renting in the city.
 - B. To provide free housing for all protesters.
 - C. To build more luxury housing to attract new businesses.
 - D. To propose a law to regulate rental prices and short-term rentals.
 - E. To encourage residents to move to less crowded neighborhoods.
2. According to the article, what is one of the reasons why regular exercise helps people sleep better?
 - A. It increases core body temperature right before bedtime.
 - B. It increases the production of melatonin, a sleep-regulating hormone.
 - C. It reduces the need for the body to repair the cardiovascular system.
 - D. It consolidates memories, which makes the brain tired.
 - E. It makes people too tired to experience sleep apnea.
3. The research on microplastics from food packaging found that contamination can increase when certain actions are taken. Which of the following actions was mentioned to increase the shedding of plastics into food?
 - A. Storing the package in the refrigerator.
 - B. Heating the plastic packaging.
 - C. Buying minimally processed foods.
 - D. Using stainless steel containers.
 - E. Washing the food after removing it from the package.
4. According to the new research on processed meats, what was the conclusion regarding a safe amount of consumption?
 - A. One hot dog a day is considered a safe amount.
 - B. The safe amount depends on a person's lifestyle factors.
 - C. There is no safe amount of processed meat to eat.
 - D. The risk only increases after eating more than 12 ounces per day.
 - E. It is safe if balanced with fruits and vegetables.
5. How did Paul Corcoran of Massachusetts end up with two winning Powerball tickets for the same drawing?
 - A. He intentionally bought two tickets to double his chances.
 - B. The lottery machine printed two tickets by accident.
 - C. He mistakenly believed his first multi-draw ticket had already expired.
 - D. He and his friend bought tickets with the same numbers without realizing it.
 - E. He found a winning ticket on the ground after buying one.



6. The new study on smartphone use and mental health suggests that parents should avoid giving smartphones to children under what age?
 - A. Age 18
 - B. Age 16
 - C. Age 13
 - D. Age 10
 - E. Age 8
7. Why did Coldplay's frontman, Chris Martin, offer a warning to concertgoers before the "Jumbotron Song"?
 - A. Because the song has controversial lyrics.
 - B. To prepare them for a surprise celebrity guest appearance.
 - C. Because a previous incident on the Jumbotron led to two executives being identified in a compromising situation.
 - D. To announce that the band would be taking an intermission.
 - E. To ask fans not to record the song on their phones.
8. Under Australia's new anti-vaping laws, where will the sale of vapes containing nicotine be restricted to?
 - A. To online retailers only.
 - B. To specialty vape shops.
 - C. To all general stores and service stations.
 - D. To pharmacies, with a prescription.
 - E. To designated smoking areas.
9. What is the title of Maurizio Cattelan's artwork that consists of a fresh banana taped to a wall?
 - A. "The Banana"
 - B. "Absurdity"
 - C. "Comedian"
 - D. "Fragility"
 - E. "Art Basel"
10. OpenAI's ChatGPT has been updated with a new "agent mode." What does this new feature allow the chatbot to do?
 - A. Translate conversations in real-time.
 - B. Generate more realistic images from text prompts.
 - C. Detect and correct hallucinations in its own responses.
 - D. Execute actions on a user's behalf, like planning a trip or buying ingredients.
 - E. Operate without an internet connection.