

NEWS LETTER

February | 2019

Starting 2019, Selangor Eateries Will No Longer Provide Plastic Straws

Source: Worldofbuzz by Pui Fun

More and more people are realising that single-use plastics are bad and doing something about them. One of the first to go would be plastic straws and after the Federal Territories in Malaysia announced that they would ban plastic straws, Selangor will be following in their footsteps as well.

According to Sinar Harian, Chairman of the Permanent Committee on Environment, Green Technology and Consumer Affairs, Science, Technology and Innovation, Hee Loy Sian announced this on Wednesday (Nov 7). He said that the Selangor state government would start banning plastic straws in all shops and eateries starting from January 1, 2019. Hee explained that this move was in line with their efforts in being more environmentally friendly and trying to reduce pollution due to the use of plastics. He added, "Shops and eateries are not allowed to automatically provide plastic straws anymore and customers who need it will have to request for it." So, think properly whether you really need a straw or not

Eateries which do not comply with this new directive would be given a warning but Ministry secretary-general Datuk Seri Adnan Mohd Ikhsan said that enforcement would only take place in 2020 after consumers and business owners were educated about the dangers of using plastic products. Hee also reminded everyone that all states would charge 20 sens for plastic bags in shops and restaurants starting from 2019 as well. He said that local authorities would be responsible for collecting the fees and the money would be put to good use for corporate social responsibility programs.

...do u think it's a good move?

"just do it"

Chief Minister Chow Kon Yeow responded when Penang Island City Council mayor Yew Tung Seang proposed to impose the ban in his speech during the launch of the state-level PlogClean programme at Karpal Singh Drive here.

-The Star 2018-

Beat Plastic Pollution

Alternatives to Single Use Plastics

Here are some tips that you can do to reduce your single-use plastic usage in your daily lives.

1. Say "NO" to plastic straws

2. Drink directly

Sip your sparkling, tap and still water from glass and stainless steel bottles when on the go. It is not really difficult once it becomes a habit.

3. Bring your own bag

4. Avoid plastic take-out containers and cutleries.

Request for non-disposable utensils and use your own silverware when you order take-out. You can even buy the biodegradable cutlery set made of bamboos or woods as they will break down as plant matter when you buried them. It is definitely a lot better than plastics.

5. Study product materials, support innovative eco-friendly products

Learn to find out the materials and life-cycle of a product. Some eco-friendly products may not support the "cradle-to-cradle" life cycle.



Source: Penang Green Council



Adopt poor posture to learn the right one

JANUARY 26, 2019 HEALTH WELLNESS

To learn proper, strain-free posture while working at a computer, you should try sitting at the screen for a while with exaggeratedly poor posture to experience the effects, a team of American and Dutch researchers suggests.

“When your posture is tall and erect, the muscles of your back can easily support the weight of your head and neck – as much as 12 pounds (5.4 kilogrammes),” says Erik Peper, a professor of holistic health at San Francisco State University, United States, and co-author of the team’s findings in the US-based journal *Biofeedback*.

“But when your head juts forward at a 45° angle, your neck acts like a fulcrum – like a long lever lifting a heavy object.

“Now, the muscle weight of your head and neck is the equivalent of about 45lb. It’s not surprising people get stiff necks, and shoulder and back pain.” In their first study, the researchers asked 87 student volunteers to sit with their heads properly aligned directly over their necks, and to rotate them from side to side.

Next, they had to jut their heads forward and then rotate them.

Ninety-two percent of the participants reported their range of motion to be significantly greater in the first position.

In a second study, 125 students were asked to bring their chins forward and “scrunch” their necks for 30 seconds.

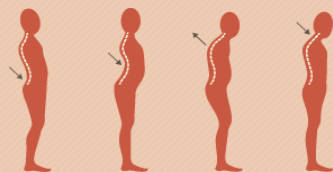
Afterwards, more than 98% reported either pressure in their head, headaches, a stiff neck or eye tension.

The researchers also monitored 12 students with electromyography equipment and found that neck muscle tension increased in the head-forward and scrunched-neck positions, while tension in the trapezius muscles on each side of the upper back increased in the latter position

“Most participants were totally surprised that 30 seconds of neck scrunching would rapidly increase symptoms and induce discomfort,” the researchers write. “Feeling and seeing – self-experience – is much more powerful than telling participants to adjust their postures.”

To increase body awareness of proper computer posture, Prof Peper recommends intentionally assuming a neck-scrunched/head-forward position. “You can exaggerate the position and experience the symptoms,” he says. “Then when you find yourself doing it, you can become aware and stop.” To avoid having to jut your head forward to look down at a computer laptop screen, the researchers suggest having a detachable keyboard and placing the laptop on a stand so that it’s at eye level.

CHECK YOUR POSTURE



BAD



GOOD



Fruit of the Month: Figs

Source : Web MD

- Figs, one of mankind's oldest fruits, is only now receiving its due attention in homes across the United States.
- Although considered a fruit, the fig is actually a flower inverted into itself. They are the only fruit to ripen on the tree.
- Originally native from Turkey to northern India, the fig fruit spread to many of the Mediterranean countries.
- The primary producers of dried figs today are the United States, Turkey, Greece, and Spain. This highly nutritious fruit arrived in the United States by Spanish missionaries settling in Southern California in 1759.
- Fig trees were soon planted throughout the state.
- One serving of figs is 40 grams, about 1/4 cup, or about 3 Calimyrna figs or about 4 to 5 Mission figs.
- Figs are high in fiber, providing 20% of the Daily Value - more dietary fiber per serving than any other common dried or fresh fruit.

Figs	
Serving Size: 40g	
Amounts Per Serving	% Daily Value
Calories	30
Calories from Fat	0
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 0g	
Vitamin A	2%
Vitamin C	2%
Calcium	2%
Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

There are hundreds of fig varieties but the following are most commonly found in today's market :



Calimyrna Fig



Mission Fig



Kadota Fig



Brown Turkey Fig