

FOOD FOR THOUGHT



You must make a "choice" to make a "chance" or your life will never "change".

Anonymous

LEARN ENGLISH
Having Cash Flow Problems

Kylie: I've just **crunched the numbers** and we're not going to be able to **meet payroll** next month because of cash flow problems.

Miguel: That can't be. The **cash flow projections** from last month showed that we'd be fine.

Kylie: We didn't **anticipate** a **shortfall** in income this month and didn't **set aside** enough cash to **hedge against** a cash flow problem.

Miguel: What can we do? We need a **stopgap** solution now.

Kylie: Well, we could try to extend our **line of credit** at the bank.

Miguel: We're already **overextended** at the bank. I don't want to **push our luck**.

Kylie: The other option is to **hold off on** paying our suppliers and hope that our income goes up next month, as predicted.

Miguel: Do you really think we can hold them off for that long?

Kylie: I'll have a talk with our biggest **suppliers** and give them **assurances** that they'll get paid. Let's just hope they're not having cash flow problems of their own!

(Source: eslpod.ir)

Words & phrases

crunch the numbers: to do a lot of calculations in order to find an answer

meet: to make a payment that needs to be made

payroll: the activity of managing salary payments for workers in a company

cash flow: the movement of money coming into a business as income and going out as wages, materials etc.

projection: a statement or calculation about what something will be in the future or was in the past, based on information available now

anticipate: to expect that something will happen and be ready for it

shortfall: the difference between the amount you have and the amount you need or expect

set aside: to keep something, especially money, time, or a particular area, for a special purpose

hedge against: to try to protect yourself against possible problems, especially financial loss

stopgap: something or someone that you use for a short time until you can replace it with something better

line of credit: an amount of credit extended to a borrower

overextend: to spend more money than you actually have

push your luck: to do something or ask for something, especially something you have done or asked for before, when this is likely to annoy someone or involves a risk

hold off on doing something: to delay doing something

supplier: a company or person that provides a particular product

assurance: a promise that something will definitely happen or is definitely true, made especially to make someone less worried

QUIZ OF THE DAY

4) The government interest rates for three years until yesterday.

- a) had not raised
- b) had not rose
- c) had not risen

(Quiz No. 3 answer: c)

101 WAYS

To transform your life

36 Let go of all the beliefs that convince you of your inadequacies and short-comings. Clean out that closet of worn-out loyalties to what you can or cannot do. Just open yourself up right now; right this moment, just be.



Without water, everything withers

Saving Iran's great salt lake

Contd. from P. 1 |

NEAR THE LAKE'S eastern edge, birds steer clear of a former wetland, now a blinding expanse of salt. Crunching across salt-crusted soil, Akhani heads to a still-moist area where clumps of sedges are making their last stand. He crouches and points out a few kinds of halophytes, or salt-loving plants. Then his eyes light up. "There it is!" he exclaims. "This plant changed my life." As a student in 1986, he found this rare halophyte, *Microcnemum coralloides*, in a salt marsh near his hometown of Arak—a discovery that set him on a lifelong pursuit of halophytes. The marsh in Arak dried up, taking *M. coralloides* with it, but 8 years ago, Akhani happened on this population. Now, he says, "this plant has no future here." He presses a sprig between sheets of paper, preserving it for study in Tehran.

Just to the west of Rahmanlu, a former port and resort on the former eastern shore, is one culprit in the lake's decline: breathtaking fields of sunflowers. Before the 1979 revolution, the region grew grapes and made wine. After Iran became an Islamic republic, wine was forbidden. Farmers turned to thirstier crops, including sunflowers, wheat, apples, and sugar beets; to slake that thirst, authorities dammed local rivers for irrigation. Water-intensive crops "quadrupled, if not more, water consumption in the region," Sorooshian says.

As the lake receded, winds blew salt onto the surrounding agricultural lands, poisoning the soil. "With agriculture under threat, livelihoods come under threat," says Gary Lewis, who represents UNDP in Iran and is the top UN official in the country. "As the sea has dried out, people moved away in the hundreds of thousands." (The same scenario played out at the dying Aral Sea in nearby Central Asia.)

To avoid a human and ecological crisis, Iranians "have to go after low-hanging fruits," such as stemming the diversion of water flowing naturally to the lake, Sorooshian says. Improved irrigation practices could reduce water use by 45% nationwide, easing demands on the lake's tributaries, says Masoud Tajrishy, vice president of research at the Sharif University of Technology in Tehran, which is implementing some of the restoration effort. A tougher task, he says, will be weaning farmers off water-intensive crops.

Equally tough will be deciding what to do about a 15-kilometer-long causeway built 20 years ago across a narrowing in the middle of Lake Ur-



mia. Today, the causeway separates mostly dry lakebed to the south from a relict lake that resembles the Arctic Ocean—cerulean water dotted with what look like ice floes but are in fact islands of salt. "Interrupting the natural circulation had to have an impact" on the lake's resilience, Sorooshian says.

Yet to prevent desertification from taking over the entire lake, engineers are contemplating further barriers to seal off its salvageable arms. Brine shrimp could be revived inside the embayments, possibly attracting back waterfowl. The strategy has been in use for a century at the Great Salt Lake in Utah. Akhani and other ecologists vehemently oppose partitioning, however. "We have experienced the impact of the causeway," he says. "We have a saying in Farsi: 'A wise man does not fall in a well twice.'"

At the northern end of Lake Urmia, a man in a straw hat is trying a smaller scale remedy. He is watering a sand dune with a garden hose. Sirous Ebrahimi, an environmental biotechnologist at the Sahand University of Technology in Tabriz, takes a break from this seemingly Sisyphean task to

explain. He's spraying a bacterial medium that is meant to stimulate plant growth; it also forms a crust that stabilizes the dune.

Ebrahimi's effort is one of five pilot projects on dune stabilization that are vying for a sizable share of the Urmia restoration funds. Kiumars Pourjebeli, a horticulturist in Jebel village, plucks small purple berries from a bushy plant, *Nitraria schoberi*, clinging to a dune. He is planting the seeds near other, naked dunes. "I'm trying to accelerate the natural process," he says. He offers a berry: "Taste it." It's very salty.

In June, Sorooshian brought over a group of 10 Iranian scientists and water managers for a whirlwind tour of three saline California lakes—the Salton Sea, Mono Lake, and Owens Lake—and the Great Salt Lake. The purpose was to show them "what experiences we have gone through in the western United States.... Not to say, 'Hey, this is what you have to do,'" says Sorooshian, who is an Iranian-American. He, for one, is not ready to write Urmia's epitaph. "I'm optimistic," he says. "But we don't have much time."

(Source: sciencemag.org)

Texas teen fatally shoots himself while taking selfie

AUSTIN, Texas (Reuters) — A 19-year-old Texas man who was posing with a gun for a social media selfie photo accidentally shot himself and died from

the wounds, Houston police said on Wednesday.

"A witness told police he was taking a selfie with a gun and the gun accidental-

ly discharged," Houston police spokeswoman Jodi Silva said. The identity of the man killed in the Tuesday incident in Houston has been withheld pending an

investigation by the coroner.

He was pronounced dead at the scene by paramedics. He had shot himself in the upper body, police said.

5 unhealthy 'health' foods



cup of dried apricots is 381 calories, as opposed to 79 calories in a cup of fresh apricot slices.

3. Yogurt

Often, yogurt is seen as a low-calorie, protein-filled snack. However, it can also contain tons of sugar. A container of Stonyfield Organic Vanilla Greek

Yogurt has 19 grams of sugar. Yogurt is great for a filling snack, but be wary of the sugar content, which can rise even higher with other brands.

4. Energy Bars

When we're hungry, it can be tempting to reach for a prepackaged snack like an energy bar. However, these bars are often laden with sugar, high-fructose corn syrup, and tons of artificial junk. The convenience of these bars just isn't worth it.

5. Granola

Often touted as a health food, granola is typically very high in calories. Just one cup of granola can have 600 calories in it, much more than what many people like to consume for breakfast. Add in 25 grams of sugar and you've got a largely unhealthy food. Homemade granolas can cut down on this somewhat, but even they can have unhealthy components.

(Source: healthtoday.com)

Spanish pensioner offers cash to find job for 'desperate' son

MADRID (Reuters) — A Spanish pensioner has placed a newspaper advertisement offering 5,000 euros (\$5,600) to any employer who would hire his 39-year-old son, a "desperate" unemployed father of one.

"Pensioner offers 5,000 euros to company who hires his unemployed son, qualified, responsible and hard-working with good references, pay negotiable according to contract, absolute discretion," the advertisement in El Heraldo de Aragon newspaper said.

Concerns about Spanish unemployment, the second-highest in Europe at 22.4 percent, are at the center of the campaign for a general election to be held in December.

Prime Minister Mariano Rajoy, ahead in polls but expected to fall short of a majority, is seeking to overcome scepticism that an economic recovery is truly filtering down.

The pensioner, a retired lawyer, told the newspaper he could not watch his son suffer without doing anything.

"The advert might look undignified, but I lost my sense of shame a long time ago," said the pensioner, who did not want to give his name. His son has been unemployed for several months.

Many families are like his - they have ridden out a six-year economic crisis thanks to the pensions of older members. Spanish pensions rose 8.3 percent between 2008 and 2012, government statistics show. By contrast, incomes of people aged 30 to 44 - the biggest group in the working-age population - fell 2.8

percent as millions lost their jobs or took wage cuts.

"In the newspaper classified section, Mariano Rajoy's recovery," Pablo Echenique, a leading member of the anti-austerity party Podemos, said in a message on Twitter accompanying a photo of the ad.

The pensioner, who could not immediately be reached for comment, told the newspaper that he had got around 20 calls, and most had not mentioned the money he offered.

LEARN NEWS TRANSLATION

Rouhani congratulates Vietnam on national day

Iranian President Hassan Rouhani on Wednesday felicitated his Vietnamese counterpart on National Day and the 70th anniversary of Vietnam's independence.

A message addressed to President Truong Tan Sang, Rouhani also congratulated the Vietnamese nation and government on the occasion, the Tasnim news agency reported.

He further expressed hope the two countries would further improve bilateral ties.

روحانی روز ملی ویتنام را تبریک گفت

رئیس‌جمهور حسن روحانی در پیامی در روز چهارشنبه روز ملی ویتنام و هفتادمین سالگرد استقلال این کشور را به همتای خود کشور تبریک گفت.

به گزارش خبرگزاری تسنیم حجت‌الاسلام حسن روحانی رئیس‌جمهور در پیامی به "ترانگ تان سانگ"،

رئیس‌جمهوری، این روز را به دولت و ملت این کشور تبریک گفت.

او در ادامه ابراز امیدواری کرد مناسبات فی مابین دو کشور توسعه یابد.