## TAKING A SPECTACULAR STAND

Niagara Falls turned shades of red and amber in support of Stand Up To Cancer



JOHN NORMILE/GETTY IMAGES

Niagara Falls was one of the iconic attractions to light up on Sunday in support of Stand Up To Cancer and cancer research.

# Exciting TV can cause weight gain, study says

LINDSEY TANNER

CHICAGO—Could action-packed TV fare make you fat? That's the implication of a new study that found people snacked more watching fast-paced television than viewing a more leisurely paced talk show.

Cornell University researchers randomly assigned almost 100 undergraduates to watch one of three 20-minute sessions featuring: *The Island*, a 2005 sci-fi thriller; that same movie but without the sound; or the *Charlie Rose* show, a public television interview program. The students were all provided generous amounts of cookies, M&M candies, carrots and grapes.

During *The Island*, students ate on average about 207 grams of various snack foods, and 354 calories; almost 140 calories more and nearly double the grams they ate watching interviewer Charlie Rose. Watching the movie without sound, they also ate more compared with Charlie Rose.

The faster-paced TV seemed to distract viewers more, contributing to mindlessness eating, said Cornell researcher Aner Tal, the study's lead author

## American detained in N. Korea in severe pain

Missionary sentenced to 15-year term is suffering in labour camp, sister says

#### DONNA GORDON BLANKINSHIP THE ASSOCIATED PRESS

SEATTLE—The sister of an American missionary held for nearly two years in North Korea said Monday that she is worried about the health and wellbeing of Kenneth Bae, who is isolated in a labour camp and suffers from severe back pain.

In a statement released Monday after Bae, 46, gave a brief news conference with other detained Americans, Terri Chung of Edmonds, Washington, said it's obvious from the way her brother sat that he is in a lot of pain.

She said the normally cheerful man also has little human contact in the camp, where he was sentenced to a 15-year term for what North Korea has claimed were hostile acts against the state. Chung appealed to North Korean officials to show mercy and release her brother, saying he has confessed and served a longer detainment than any other American since the war.

Bae has been held since November 2012.

"As an incredibly friendly and social man, the psychological pain of isolation and worry for his family must weigh on him as much as the physical agony," Chung wrote after the news conference. "He is normally cheerful — larger than life — but I could not see that man today."

In a telephone interview with the Associated Press, Chung said the televised interviews are difficult to watch and thinks Bae's body isn't going to be able to withstand much more of the physical labour. Bae also has diabetes and has been moved back and forth to a hospital during his confinement.

Bae's media appearance echoed a telephone conversation Chung had with her brother about three weeks ago, which was her fourth call from him in two years, she said.

"He's eager to come home. His health is not going well. He needs help from the United States government," Chung said, adding she is in regular contact with the State Department.

"We know that they are working on something," she said. "I want to see all the work come to fruition."

National Security Council spokesman Patrick Ventrell said in a statement that the U.S. government continues to work to get Bae and the other Americans released as soon as possible.

Chung said the family has also had some contact with Bae through email, and his responses show he is receiving their notes and getting some medical care.

She called the limited exchange of information and the infrequent television appearances an emotional roller coaster.

# ONTARIO ENERGY BOARD NOTICE TO CUSTOMERS OF TORONTO HYDRO-ELECTRIC SYSTEM LIMITED

Toronto Hydro-Electric System Limited has applied to raise its electricity distribution rates.

Learn more. Have your say.

Toronto Hydro-Electric System Limited has applied to the Ontario Energy Board with a plan to set electricity distribution rates for the period beginning May 1, 2015 and ending December 31, 2019. If approved, the plan would result in increases to the amount Toronto Hydro-Electric System Limited charges each month for the typical residential customer using 800 kWh per month:

2015	\$ 4.05
2016	\$ 2.97
2017	\$ 3.29
2018	\$ 5.47
2019	\$ 2.56

Other customers, including businesses, may be affected as well.

Toronto Hydro is proposing that there be a full review of its costs as the basis for setting electricity distribution rates in 2015. For each of 2016, 2017, 2018 and 2019 the rates would be set using a formula based on inflation, factors to promote efficiency and funds to recover Toronto Hydro's additional capital needs.

#### THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING

The Ontario Energy Board (OEB) will hold a public hearing to consider Toronto Hydro's request. We will question the company on its case for a rate increase. We will also hear arguments from individuals and from groups that represent Toronto Hydro residential and business customers. At the end of this hearing, the OEB will decide on the rate plan.

If Toronto Hydro's proposal is approved, the OEB's review in the years 2016 through 2019 will be limited to ensuring that the formula is applied correctly.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

#### BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process. You can:

- review Toronto Hydro's application on the OEB's website now.
- file a letter with your comments, which will be considered during the hearing.
- become an active participant (called an intervenor). Apply by September 12, 2014 or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- at the end of the process, review the OEB's decision and its reasons on our website.

#### **LEARN MORE**

These proposed charges relate to Toronto Hydro's distribution services. They make up part of the Delivery line -- one of the five line items on your bill. Our file number for this case is EB-2014-0116. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case, please select the file number **EB-2014-0116** from the list on the OEB website: www.ontarioenergyboard.ca/notice. You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

#### **ORAL VS. WRITTEN HEARINGS**

There are two types of OEB hearings – oral and written. Toronto Hydro has applied for an oral hearing. The OEB is considering this request.

#### PRIVACY

If you write a letter of comment, your name and the content of your letter or the documents you file with the OEB will be put on the public record and the OEB website. However, your personal telephone number, home address and email address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This rate hearing will be held under section 78 of the Ontario Energy Board Act, 1998, S.O. 1998 c.15 (Schedule B)



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