

Buruh dan Mahasiswa di Yogyakarta Gelar Aksi Tolak RUU Omnibus Law

Sejumlah elemen masyarakat yang tergabung dalam Aliansi Rakyat Bergerak (ARB) akan turun ke Jalan Gejayan, Sleman, Yogyakarta, untuk menolak RUU Omnibus Law, Senin (9/3). Diprediksi akan ada seribu orang yang turun dalam aksi kali Gejayan Memanggil ini. Ada 4 RUU yang dikritisi, yaitu Cipta Kerja, Perpajakan, Ibu Kota Negara, dan Farmasi. Info selengkapnya, simak video berikut.

Jurus Jokowi Atasi Dampak Corona Bayar Influencer Hingga Diskon Pesawat

Hotel Tempat Karantina Virus Corona di China Roboh

Hotel Xinjia tempat karantina virus corona di Quanzhou, China roboh. Peristiwa terjadi pada Sabtu [7/3/2020] sekitar pukul

19.30 waktu setempat. 43 dari sekitar 70 orang berhasil dievakuasi dari reruntuhan bangunan. Pihak berwenang juga menurunkan 200 personil pemadam kebakaran setempat dan 800 personil pemadam kebakaran dari Provinsi Fujian ke lokasi untuk evakuasi. Selain itu, pemerintah China juga menurunkan 11 tim SAR dan 7 anjing penyelamat.

Area Sekitar Ka'bah Dikosongkan untuk Cegah Corona

Keputusan pemerintah Arab Saudi menutup sementara Masjidil Haram dan Masjid Nabawi membuat area Ka'bah kosong. Penutupan ini dilakukan untuk sterilisasi area Ka'bah dalam upaya mencegah penyebaran virus corona. Simak informasi selengkapnya dalam video di atas.

4 Tips for Getting Your Best High School Senior Photos

As a senior entering into your last year of school, you have a lot to be proud of – your grades, your accomplishments, your relationships, and, this year, your senior photo.

Of course you want the “Wow! factor” when you hold the photo in your hand, but to get that takes some preparation and

investigation well before you actually arrive at the shoot.

To make things easier, we've put together four tips to help you get those picture-perfect shot – ones that are timeless and celebrate your spirit and personality.

* Know before you go. Reviewing a photographer's online portfolio will allow you to see if their images reflect the style you're looking for, and mesh with your personality, be it black and white, natural, candid with minimal posing, formal, or classic. Whatever your style, find a photographer whose existing work reflects your vision, instead of hoping the photographer will intuitively understand. You'll save yourself (and your photographer) time and energy by doing your homework ahead of time.

* Establish a connection. Most photographers perform better when they are at ease with their subject (in this case, you), which ultimately translates to better photos. In this way, it's important to meet your photographer beforehand to see if you feel comfortable with him or her. "Feeling comfortable during your photo session is the number-one most important thing if you want to have great, relaxed photographs," says Michelle Moore of Michelle Moore Photography in Seattle, Wash., who is a member of the Professional Photographers of America (PPA), a non-profit association.

* Ensure that your photographer is a pro. The last thing you want to worry about is whether the person you're hiring is actually a professional. To ease your mind, consider hiring a [PPA photographer \(www.FindaPhotographer.com\)](http://www.FindaPhotographer.com) is a website from the non-profit that allows you to search, sort by specialty, locate, browse through portfolios, and even contact qualified photographers in your area). Photographers who are a part of this association have the artistic and technical knowledge and experience to capture and preserve your unique personality while making you feel comfortable.

* Let your parents have a say. While your folks may have different tastes, remember that they are in control of the purse strings, that is, they are (usually) the ones paying. This should be a combined effort, one that involves both parents and teens. "You'll want to find a compromise in terms of style and budget; but ultimately, it should be a decision that both you and your parents make," says Moore.

For more information, please visit PPA.com/SeniorTips.com.

Stylish Carrying Case Corrals Handbag Essentials in Style

Despite their best efforts, most women have had the experience of frantically digging into the bottom of a large purse or handbag for an essential item such as eyeglasses, cellphone, keys, or passport. A separate case to corral these important possessions makes sense, especially if it combines fashion with function.

Being able to protect, carry, and access these items in a reliable, convenient, safe way makes women's lives easier and better, according to the creator of TravelEyez, a unique, stylish accessory that holds not only eyeglasses, but other essentials including phones and keys.

The TravelEyez products are double-sided and designed to zip around the strap or handle of any purse, handbag, or backpack. This stylish accessory is available in black mesh with six different-colored zipper options, as well as black leather and caramel leather for a dressier look, and are sold in sets of two cases that may be zipped together or used separately. The designs are identical regardless of color, so

they can mix and match, or stay consistent."Each TravelEyez case can hold a pair of glasses or car keys, money, credit cards, jewelry or a smart phone. You can zip cases together to connect as many as you need, and attach them to your purse or bag handle to keep your personal items organized and close at hand for easy access," says Yvonne Graber, creator of TravelEyez.

TravelEyez also gives women peace of mind. The case cancels the need to keep valuables such as a phone or keys in a pants or jacket pocket where they might fall out. Some of the most popular uses include:- Travel. Whether you're traveling for business or pleasure, the case provides a secure way to monitor a phone, wallet, credit cards and passport. Try it on a suitcase, travel tote, or carry-on bag.- Shopping. As mundane as it may sound, don't underestimate the value of a handy way to easily access your phone and wallet when shopping, especially for moms toting small children along.- On the go. This is an ideal accessory for students, fitness fanatics, or those on the go. The cases attach easily to bike bars, gym bags, and backpack straps. With the holidays just around the corner, TravelEyez also makes a great gift or stocking stuffer. The patent on the TravelEyez design is pending. For more information, visit traveleyez.com.

Shopping for Life Insurance Now as Easy as Booking a Hotel Room

Talk about annoying.

Here you are, trying to keep your family from being left

destitute when you die, and – unlike all those travel websites we're accustomed to – you can't get a simple price quote online for life insurance without first supplying more personal details than you'd be comfortable telling your best friend.

And even if you do (grudgingly) supply the information, somehow you never learn the actual cost until some insurance company salesman calls you back.

And keeps calling you back – perhaps pitching more insurance than you need.

Well, now there's a new website, www.CoverYoo.com, that's getting rave reviews for being – to keep the travel analogy going – “the Kayak.com of [Life Insurance](#),” as one trade journal put it.

Not only does the site let you anonymously comparison shop for different types of life insurance from among hundreds of companies – allowing you to almost instantaneously see, for example, that 10-year term insurance will run you anywhere from \$111 to \$632 annually – but everything is written in plain English (as opposed to insurance-speak).

“You feel like you've done your homework when you go to CoverYoo,” says Chief Technology Officer Todd Albert. “And once you see the price, it's totally up to you whether you want to talk to an agent or not.”

You also feel like you're getting the straight dope. Case in point: While many in the industry speak in crisis terms about the estimated 39 percent of Americans who lack life insurance, CoverYoo.com says straight out that “odds are that you don't need (it)” if you fall into certain categories (i.e., single and no children).

For those who do need it, though, the site also does a good job of explaining the four basic life insurance policies out there – “Term,” “Term to Age,” “Term ROP (Return of Premium),”

and “Universal Life” – and helps you decide which is right for you. Thus, even before you check the prices, you’ll know, among other things, that:

* Term insurance is the least expensive, and a simple rule-of-thumb for choosing among five-year, 10-year, 20-year and 30-year durations is to ensure that your youngest child will be covered to age 22.

* Declining a medical exam severely limits your options.

* To figure how much coverage you really need, total all your debts (including mortgages) and 70 percent of your annual expenses for 20 years.

Oh, and here’s a fun fact for anyone who doubts the need for CoverYoo: Esurance.com, which some of you may have tried, is actually owned by none other than Allstate.

Suit Up Ladies: girltrunks Are Making a Splash

The words strike fear in the hearts of women of all sizes, conjuring images of teeny weeny bikinis and the inevitable wardrobe malfunctions. With bottoms that ride down and tops that ride up, women truly get the short end of the stick when it comes to summer swimwear.

That is, until now. Launched in 2009, Ohio-based designer Debbie Kuhn is bursting onto the market with a comfortable new concept that will have you gearing to go this summer: girltrunks. Kuhn designed the two-piece suits because the traditional swimsuit market offered nothing that covered the legs. After accepting an invitation to tube down the Madison River in Montana, she remembers futilely searching the racks

at Nordstrom when she had a novel idea.

“Why don’t I pair a tankini top with men’s swim trunks?” said Kuhn. She did just that and wore her newly created swimwear in Montana. “It was a day in time I remember vividly. I felt so liberated, in swimwear of all things, and I wanted to share that feeling with other women.”

We’re glad she did. The trunks fit like Bermuda shorts and are made of a quick-drying polyamide material with mesh lining that dries almost instantly, unlike many traditional women’s bathing suits. They are available at www.mygirltrunks.com in sizes 4-24 and come in two leg-covering lengths. Pair the trunks with a halter or tank top that has a flattering fit and you have more than a swimsuit. You have an outfit – no cover-up needed.

Like their slogan, “Reinventing swimwear for women,” girltrunks deliver a sense of confidence women so desperately lack during bathing suit season. But the suits don’t just flatter – they’re versatile, too. Swimming, hiking, volleyball, waterparks and building sand castles on the beach; women’s swim trunks lend themselves to any activity. Short to tall, skinny to plus-sized, apple to pear, teenager to grandmother; women no longer must remain a prisoner to their beach towels. They now have the freedom to choose.

Calcium Beyond the Milk Mustache

Calcium is crucial to the health of our families, but getting enough can be difficult. Now, families can increase their calcium intake, not with chalky supplements, but with tasty

BLTs and PB&Js.

Just consider – despite their milk mustaches, many American families, from their youngest members to moms and dads, aren't getting enough calcium. According to the Surgeon General, 75 percent of Americans do not consume enough calcium through their diets.

But now, it's getting easier to find calcium-rich foods. Take the sandwich, a family staple. Sandwiches provide ample opportunity to boost calcium intake. Start out with two slices of either Wonder Classic or Wonder Classic Sandwich bread – two slices contain as much calcium as an eight-ounce glass of milk, plus vitamin D, which aids calcium absorption. Add a slice of cheese and serve some milk on the side, and your family will be well on its way to meeting its calcium requirements.

“Balancing the food your family enjoys while providing the nutrition you want them to have can be difficult,” said Rich Seban, chief marketing officer at Wonder bread. “With Wonder's added calcium and vitamin D offerings, giving your family the nutrition they need never tasted so good.”

To help families understand the amount of calcium and other nutrients they are getting, Wonder bread recently launched its Sandwich Wonder-izer (available as an iPhone and iTouch application at iTunes and at www.wonderbread.com), which gives families a fun way to choose from a list of over 120 ingredients to make thousands of sandwich combinations. With the Sandwich Wonder-izer, as they build their sandwich, they can watch the calcium and other nutritional values change with each added ingredient.

For those who would rather follow a recipe, the Sandwich Wonder-izer offers dozens of pre-made sandwiches to choose from, or you can try the recipe below. Pair this sandwich with a glass of milk, and you'll already have received over two-

thirds of your daily recommend calcium intake.

Wonder Fat-Free Turkey and Swiss Sandwich

2 slices Wonder Classic bread

4 slices fat-free smoked turkey breast

2 slices Swiss cheese

Handful baby spinach

3 slices of tomato

1 tablespoon fat free mayonnaise

1 tablespoon Dijon mustard

1/2 of medium avocado (optional)

For more information and re-cipes, visit www.wonderbread.com.

Gardening Projects Help Children Flower

American parents may bond with their children by taking them to farmers' markets or showing them how to grow potted plants, but in other areas of the world, growing plants may literally help keep families together.

In Ecuador, for example, children were often left alone while their parents went into the city to work. Because children had to take care of the home while their parents were away, many stopped going to school. ChildFund International, an organization that focuses on working with children, as well as

with families, local organizations and communities to create environments in which children can thrive, decided to take a unique, community-wide approach to solving this problem – by growing a garden.

ChildFund Ecuador started training the community in flower and vegetable cultivation, as well as business administration. The local bank, which ChildFund helped develop, gave local fathers the loans that they needed to build greenhouses for roses, carnations and tomatoes. Today, more than 285 families now use their greenhouses as their primary source of income, so the parents don't have to migrate into the cities to work, and children can attend school regularly.

The Actively Engaged Mayan Women, or Mujeres Emprendedoras Mayas, in rural Tecpan, Guatemala, are using macro tunnels – or miniature greenhouses -; to grow tomatoes, thereby creating income and improving food security for their families. As the women become more able to create their own income, they also gain the ability to better care for their children.

In ChildFund Uganda, children and their parents planted more than 10,000 eucalyptus trees and 5,000 pine trees to create two new forests. In an area where environmental degradation has reduced the quality of life, the new forests provide inexpensive firewood, protection against soil erosion and an economic boost, as the trees provide timber for housing and other projects.

“Forests will be a major source of timber, which will be mainly used in house construction, and houses are very important to us,” said 14-year-old Nalubega Florence, a student at St. Andrew Primary School.

To learn how you can help communities come together through the plants that they grow, visit ChildFund International at www.ChildFund.org.