



Record-breaking Grandma

At 98 years of age, Edith Murway-Traina deadlifted upward of 150 pounds (68kg) to become Guinness World Records' oldest female competitive powerlifter. The great-great-grandmother, from Florida, is a former dance instructor and performer so physical fitness has always played a part in her life. But it wasn't until the spritely age of 91, after visiting the gym with a friend, that Edith took up weightlifting. She said: 'I saw all these other ladies lifting weights, and it looked interesting. I picked up a couple of weights and had to prove to myself that I could accomplish this.' Before long, Edith was on the senior team, competing and bringing home awards. She added: 'I think in my nineties, I became more aware of the need for people to be recognised for who they are, or what they are, or how they are and it's the most beautiful thing in the world.' Turning 100 years of

age last month, Edith is currently training for her next competition, which takes place in November, and hopes to bring home yet another winner's cup to add to her growing collection!



*Pictured: Edith Murway-Traina deadlifting
Source: @I_giangregorio Twitter*

Children's Code in Force



*Pictured: A child using a tablet
Source: Canva*

A data protection code for children has come into effect in the UK. Known as the Age Appropriate Design Code or the Children's Code, the legislation means all online services, likely to be accessed by children, are required to make the digital world less intrusive. Apps, online games, search engines, web and social media sites are now required by law to respect children's privacy and personal data, which will reduce their exposure to intrusion and risk. Baroness Beeban Kidron, chair of 5Rights, a children's charity, said: 'This new legislation recognises for the first time that the digital world, like the real world, must treat children differently. This marks a new era of responsibility from the tech industry. It's a great day for children.'



World's Largest Plastic Recycling Plant

Plastic is a man-made material that is used to make many items we use every day, such as clothing, carrier bags, toys and crisp packets. Its versatility makes it incredibly popular; it can be made into all sorts of shapes, sizes and colours. Sadly, most plastic isn't biodegradable, so it doesn't rot away. Over time, many of us have attempted to reduce the plastic we use and find environmentally friendly alternatives and when we cannot, we recycle. Sweden has announced plans to build the world's largest and most modern facility for plastic recycling, Site Zero. Swedish Plastic Recycling (Svensk Plaståtervinning) is now investing heavily in the facility, which will be able to recycle all plastic packaging from Swedish households and make plastics circular – completely without any CO2 emissions. Mattias Philipsson, CEO of Swedish

Plastic Recycling, said: 'We are doubling our capacity and will be able to handle 200,000 tonnes of plastic packaging per year. This creates the conditions needed for receiving and eventually recycling all plastic packaging from Swedish households.' Site Zero will be built in the city of Motala and is due to open in 2023.



*Pictured: Many everyday items are made using plastic
Source: Canva*

Your thoughts on last week's news...

I think yes as it includes different disabilities in the same sport. I also think no as they can't know if they could beat Olympians so there should be another Olympic and Paralympics for them to mix.

Kallum – age 9



What was your opinion on this week's news? Visit our discussion area, found here:

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to share your thoughts!

I think the Paralympics do make us include and think more about people with disabilities - whether mental or physical. Also, I think the 'Impossible to Ignore' campaign may make a difference so that people won't tell disabled people they can't do something.

Eddie – age 10

I think...



**YOUR
COMMENTS**

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