```json
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    "# Numpy Exercise"
   ]
  },
  {
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    "## Instructions\n",
    "The same instructions from previous exercises apply.\n",
    "\n",
    "Write the Python program in the cell below the text of the exercise (or create a new one). Always print the final result to the screen to verify the correctness of the exercise. Sometimes, we provide some important concepts in a code cell below the exercise text, try running it and modify it if necessary to ensure you understand the required concepts.\n",
    "\n",
    "## Submission\n",
    "The same rules from previous exercises apply.\n",
    "\n",
    "It is mandatory to **submit the solution for all exercises** (except for those marked as optional) **before the beginning of the next lesson** in the appropriate assignment on iCorsi. To submit:\n",
    "- Run the entire notebook from scratch (`Kernel -> Restart & Run All`) and ensure that the solutions are as expected;\n",
    "- Export the notebook in HTML format (`File -> Download as...`) and submit the resulting file.\n",
    "\n",
    "If you were unable to complete one or more exercises, describe the problem encountered and **still submit the file with the rest of the solutions**.\n"
   ]
  },
  {
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   "source": [
    "# Import packaged for later usage\n",
    "import pandas as pd\n",
    "import numpy as np\n",
    "import os"
   ]
  },
  {
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    "## Exercise 0\n",
    "Various warmup exercises\n",
    "\n",
    "- Create a 1D array with values ranging from 10 to 49 (use `np.arange`, find its docs!)\n",
    "- Create a 5x5 array with random values and find the minimum and maximum values (use `np.random.rand`, `np.min`, `np.max`)\n",
    "- Create a 2D array with 1 on the border and 0 inside\n",
    "- Write a function that takes a 1D array as input, and returns a new array that is the same as the previous, but includes a 0 at the first and last element.  E.g. `[1,2,3]` becomes `[0,1,2,3,0]`\n",
```

```
    "- Same as above, but take a parameter `n` which indicates how many zeros to
place.\n",
    "- Create an 8x8 boolean array and fill it with a checkerboard pattern\n",
    "- Given a 1D array of numbers, return a new array that contains the same
values, except that all values between 5 and 8 (inclusive) will be negated.
E.g. `[-1,3,6,9,5]` becomes `[-1,3,-6,9,-5]`\n",
    "- Given a 1D array of numbers `a` and a number `x`, return the index of the
element in `a` that is closest to `x`. E.g. `a=[-1,3,6,9,5], x=2` returns `1`,
because `a[1]=3` is closest to `2`."
   ]
  },
  {
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      "Array from 10 to 49: [10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26
27 28 29 30 31 32 33\n",
      " 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49]\n",
      "\n",
      "Matrice di random:\n",
      " [[0.80838609 0.09069151 0.53434491 0.37568694 0.01053505]\n",
      " [0.06639107 0.16983402 0.74683074 0.10286074 0.35961161]\n",
      " [0.72237469 0.82930485 0.40275266 0.99849766 0.5364941 ]\n",
      " [0.74505001 0.19285015 0.04923652 0.5117509  0.24905403]\n",
      " [0.35209646 0.42337822 0.40730447 0.35101939 0.22109484]]\n",
      "Min: 0.010535052464391348\n",
      "Max: 0.9984976580394596\n",
      "\n",
      "Matrice con 1 sulla cornice:\n",
      " [[1. 1. 1. 1. 1.]\n",
      " [1. 0. 0. 0. 1.]\n",
      " [1. 0. 0. 0. 1.]\n",
      " [1. 0. 0. 0. 1.]\n",
      " [1. 1. 1. 1. 1.]]\n",
      "\n",
      "Array con bordi a zero: [0 1 2 3 0]\n",
      "\n",
      "Array con 'n' zeri sui bordi: [0. 0. 1. 2. 3. 0. 0.]\n",
      "\n",
      "8x8 boolean array:\n",
      " [[False  True False  True False  True False  True]\n",
      " [ True False  True False  True False  True False]\n",
      " [False  True False  True False  True False  True]\n",
      " [ True False  True False  True False  True False]\n",
      " [False  True False  True False  True False  True]\n",
      " [ True False  True False  True False  True False]\n",
      " [False  True False  True False  True False  True]\n",
      " [ True False  True False  True False  True False]]\n",
      "\n",
      "Negate values 5 to 8: [-1  3 -6  9 -5]\n",
      "\n",
      "Index of closest value: 1\n"
     ]
    }
   ],
   "source": [
    "# Solution 0\n",
    "\n",
    "#1\n",
```

```
    "a = np.arange(10, 50)\n",
    "print(\"Array from 10 to 49:\", a)\n",
    "\n",
    "#2\n",
    "b = np.random.rand(5, 5)\n",
    "print(\"\\nMatrice di random:\\n\", b)\n",
    "print(\"Min:\", np.min(b))\n",
    "print(\"Max:\", np.max(b))\n",
    "\n",
    "#3\n",
    "c = np.ones((5, 5))\n",
    "c[1:-1, 1:-1] = 0\n",
    "print(\"\\nMatrice con 1 sulla cornice:\\n\", c)\n",
    "\n",
    "#4\n",
    "def add_borders(array):\n",
    "    return np.concatenate(([0], array, [0]))\n",
    "print(\"\\nArray con bordi a zero:\", add_borders(np.array([1, 2, 3])))\n",
    "\n",
    "#5\n",
    "def add_n_zero_borders(array, n):\n",
    "    return np.concatenate((np.zeros(n), array, np.zeros(n)))\n",
    "print(\"\\nArray con 'n' zeri sui bordi:\", add_n_zero_borders(np.array([1,
2, 3]), 2))\n",
    "\n",
    "#6\n",
    "d = np.zeros((8, 8), dtype=bool)\n",
    "d[1::2, ::2] = True\n",
    "d[::2, 1::2] = True\n",
    "print(\"\\n8x8 boolean array:\\n\", d)\n",
    "\n",
    "#7\n",
    "def negate_values_5to8(array):\n",
    "    array = array.copy()\n",
    "    array[(array >= 5) & (array <= 8)] *= -1\n",
    "    return array\n",
    "print(\"\\nNegate values 5 to 8:\", negate_values_5to8(np.array([-1, 3, 6,
9, 5])))\n",
    "\n",
    "#8\n",
    "def closest_index(array, x):\n",
    "    return np.abs(array - x).argmin()\n",
    "print(\"\\nIndex of closest value:\", closest_index(np.array([-1, 3, 6, 9,
5]), 2))\n"
   ]
  },
  {
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    "## Exercise 1\n",
    "\n",
    "Let's consider the online dating profiles dataset, which we mentioned in
class.\n",
    "\n",
    "Download the zip files from [this
link](https://github.com/rudeboybert/JSE_OkCupid), unzip them, and place the
files `profiles_revised.csv` and `essays_revised_and_shuffled.csv` in a `data`
subdirectory in the current directory. Then, run the following cell, which uses
the pandas library (which we will cover in detail later) to parse the CSV."
   ]
  },
  {
   "cell_type": "markdown",
```

```json
    "metadata": {},
    "source": [
     "The current directory, where we expect to find the file, is this:"
    ]
   },
   {
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    "execution_count": 3,
    "metadata": {},
    "outputs": [
     {
      "name": "stdout",
      "output_type": "stream",
      "text": [
       "C:\\Users\\ivohe\\Desktop\\Datascience/data\n"
      ]
     }
    ],
    "source": [
     "print(os.getcwd()+\"/data\")"
    ]
   },
   {
    "cell_type": "code",
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     "df = pd.read_csv(\"data/profiles_revised.csv\")\n",
     "age = df[\"age\"].values\n",
     "sex = df[\"sex\"].values\n",
     "\n",
     "dfe = pd.read_csv(\"data/essays_revised_and_shuffled.csv\")\n",
     "essay = dfe[\"essay0\"].values"
    ]
   },
   {
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    "metadata": {},
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     "### 1.1\n",
     "\n",
     "Read the [codebook](https://github.com/rudeboybert/JSE_OkCupid/blob/master/okcupid_codebook_revised.txt) for the dataset, focusing on the three columns \"age\", \"sex\", and \"essay0\".\n",
     "\n",
     "Explain the type of the `age`, `sex`, and `essay` arrays; visualize some elements from them."
    ]
   },
   {
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     "scrolled": true
    },
    "outputs": [
     {
      "name": "stdout",
      "output_type": "stream",
      "text": [
       "\n",
       "Esempi di età: [22 36 37]\n",
```

```json
      "Esempi di sesso: ['m' 'm' 'm']\n",
      "Esempi di essay:\n",
      " ['well hi there. my mantra this year is \"<a class=\"ilink\" href=\
\n\"/interests?i=explore\">explore</a>.\" that may mean walking down an\
\nuntrodden path, trying russian food, visiting another continent, or\\njust
staring at a snail to see who blinks first. it may be a\\nstrange year, but it
won\\'t be boring.'\n",
      " nan\n",
      " 'musician / writer / programmer from the woods of montana. dance\\nmusic
enthusiast, secondhand film critic. owner of too many\\nguitars.']\n"
     ]
    }
   ],
   "source": [
    "# Solution 1.1\n",
    "\n",
    "print(\"\\nEsempi di età:\", age[:3])\n",
    "print(\"Esempi di sesso:\", sex[:3])\n",
    "print(\"Esempi di essay:\\n\", essay[:3])"
   ]
  },
  {
   "cell_type": "markdown",
   "metadata": {},
   "source": [
    "### 1.2\n",
    "\n",
    "Analyze the arrays with the numpy methods you know and answer the following
questions:\n",
    "- What is the average, minimum, and maximum age of the users?\n",
    "- How many are male, and how many are female?\n",
    "- Does the average age of males differ significantly from the average age
of females?\n",
    "- How long are their introductions on average?\n",
    "- Show the longest introduction.\n",
    "- Can we determine if males tend to write more compared to females?"
   ]
  },
  {
   "cell_type": "code",
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   "metadata": {},
   "outputs": [
    {
     "name": "stdout",
     "output_type": "stream",
     "text": [
      "Età media: 32.33540186167551\n",
      "Età minima: 17\n",
      "Età massima: 111\n",
      "\n",
      "Numero maschi: 35829\n",
      "Numero femmine: 24117\n",
      "\n",
      "Età media maschi: 32.012950403304586\n",
      "Età media femmine: 32.81444624124062\n",
      "\n",
      "Lunghezza media delle introduzioni: 111.30620892136255\n",
      "\n",
      "La più lunga introduzione (indice 8650):\n",
      "before i say anything, can i offer, please check out<br />\n",
      "<br />\n",
      "<a class=\"ilink\" href=\n",
      "\"/interests?
```

```
i=the+book%2c+anastasia%2c+by+megre%2c+the+ringing+cedar+series%2c%3cbr+
%2f%3e%0aand+the+films%2c+%22zeitgeist%22%2c+
%22kymatica%22%2c+the+esoteric+agenda+and%0a%22thrive%22+able+to+be+seen+on+yout
ube\">\n",
        "the book, anastasia, by megre, the ringing cedar series,<br />\n",
        "and the films, \"zeitgeist\", \"kymatica\", the esoteric agenda and\n",
        "\"thrive\" able to be seen on youtube</a><br />\n",
        "<br />\n",
        "am reikiteacher redwood on facebook (where you may find more\n",
        "information on my wall).<br />\n",
        "<br />\n",
        "ringing a few bells<br />\n",
        "<a class=\"ilink\" href=\n",
        "\"/interests?i=awakening...krysthl-a%3cbr+
%2f%3e%0a...melchizedek...heinlein...nacaals...%22serpent+of+life%22...+egypt...
%0athe+power+of+love+is+stronger+than+you+know+
%28%22not+romantic+love%22%0abut+real+love%29\">\n",
        "awakening...krysthl-a<br />\n",
        "...melchizedek...heinlein...nacaals...\"serpent of life\"... egypt...\n",
        "the power of love is stronger than you know (\"not romantic love\"\n",
        "but real love)</a><br />\n",
        "<br />\n",
        "unlike many here who select, \"seeking friends\", as one of their\n",
        "options, and who spurn those that don't meet their fantasy ideal\n",
        "romantic partner, i am open to any and all manner of associations\n",
        "that are meant to be (that feel \"right\" or \"true\").<br />\n",
        "<br />\n",
        "heya,<br />\n",
        "like to read? here's a little something. use in moderation\n",
        "now.<br />\n",
        "this profile is like a refrigerator. there's something in it you\n",
        "might consume at different times, but consuming the whole thing at\n",
        "one sitting would be a lot to digest.<br />\n",
        "here goes...<br />\n",
        "<br />\n",
        "a bit of a thumbnail summary: adventurous, kind, intelligent,\n",
        "conscious, super creative and playful, expressive, communicator,\n",
        "meditator, fitness freak, kinesthetic, tactile, perceptive, nature\n",
        "loving, high sensitivity-awareness, comfortable and adept with\n",
        "verbal/emotional and physical intimacy, healer/culture healer,\n",
        "mystic with very complex, dynamic, and also very simple, nature.\n",
        "willing to be different, individual or unique, without pretension.\n",
        "visionary.. committed. community oriented. <a class=\"ilink\" href=\n",
        "\"/interests?
i=love+children+and%0aanimals+and+adults+who+are+big+kids+with+open+hearts.
\">\n",
        "love children and animals and adults who are big kids with open\n",
        "hearts.</a> easy transmitter and receiver of energy. tantra,\n",
        "taoism, yoga, qi gong, reiki, quantum mechanics, abraham hicks,\n",
        "drunvalo melchizedek, bruce lipton, etc. a true heart. said\n",
        "elsewhere, \"you are strong minded, the rare mix of intense and\n",
        "mellow, silly and serious, actively compassionate and optimistic.\n",
        "\"<br />\n",
        "<br />\n",
        "a good bet if you are interested in <a class=\"ilink\" href=\n",
        "\"/interests?i=friendship\">friendship</a>, <a class=\"ilink\" href=\n",
        "\"/interests?i=growth\">growth</a>, <a class=\"ilink\" href=\n",
        "\"/interests?i=creative+playfulness\">creative playfulness</a>,\n",
        "<a class=\"ilink\" href=\"/interests?i=loyalty\">loyalty</a>, <a
class=\n",
        "\"ilink\" href=\n",
        "\"/interests?i=being+seen%2c+heard+and%0aunderstood\">being seen,\n",
        "heard and understood</a> in ways you may not have been before,\n",
        "<a class=\"ilink\" href=\"/interests?i=intimacy\">intimacy</a>. if
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you\n",
        "are right to meet a healer or friend, or acquaintance, or ally, or\n",
        "lover, or partner who is a believer and practitioner in <a class=\n",
        "\"ilink\" href=\"/interests?i=unconditional+love\">unconditional\n",
        "love</a>. i am drawn to that which is, and to act in ways that are,\n",
        "<a class=\"ilink\" href=\"/interests?i=life-giving\">life-giving</a>.\n",
        "specifically in regard to relationships, i am open to and capable\n",
        "of <a class=\"ilink\" href=\n",
        "\"/interests?i=alternative+types+of%0arelationship\">alternative\n",
        "types of relationship</a>. when addressing relationship, i prefer\n",
        "to let the substance (the truth revealing itself) determine the\n",
        "reality rather than imposing a held fantasy onto a person or\n",
        "cultural \"script\". lest you think the above means the opposite, i\n",
        "am as solid (earthed/grounded) or committed a person that you may\n",
        "meet.<br />\n",
        "the one thing that is different about me, particularly in u.s.\n",
        "culture is the ability to love. we grow up with love defined as\n",
        "need, desire, something we do to avoid the fear of being alone or\n",
        "\"dying alone\", liking, possession, or even attraction. none of\n",
        "these are what i call love. love is much different and without\n",
        "conditions. i will leave that here for now, as it is a much deeper\n",
        "subject i will not delve into further at this moment.<br />\n",
        "<br />\n",
        "also, not hip, and not unhip. i know what is culturally savvy, but\n",
        "my values are generally geared more toward meaning than\n",
        "superficiality. i've got my own style, which gets expressed in\n",
        "different ways all the time, but it doesn't get in the way of\n",
        "what's important to me, like people, animals, plants, life,\n",
        "consciousness, expression from the heart and such. <a class=\"ilink\"\n",
        "href=\n",
        "\"/interests?i=%28raspberry%0asilly+face+%3a%7ed%29+nyaaaaa-
nyaaaa%29\">\n",
        "(raspberry silly face :~d) nyaaaaa-nyaaaa)</a><br />\n",
        "<br />\n",
        "walking down a wooded path you come to a fork.<br />\n",
        "down one direction is <a class=\"ilink\" href=\n",
        "\"/interests?i=fear\">fear</a>.<br />\n",
        "down the other is <a class=\"ilink\" href=\n",
        "\"/interests?i=love\">love</a>. which road will you take today?<br />\n",
        "<br />\n",
        "if you have read or are reading <a class=\"ilink\" href=\n",
        "\"/interests?i=%22anastasia%22+by+megre\">\"anastasia\" by megre</a>\n",
        "and you have instant understanding or some of what you know is\n",
        "re-affirmed, then you are in good company.<br />\n",
        "<br />\n",
        "got a body needing some release, some transitioning or changes to\n",
        "make, some healing or growing to focus on, you can find\n",
        "professional work here at my web address <a class=\"ilink\" href=\n",
        "\"/interests?i=wholebeinghealingcom\">wholebeinghealingcom</a><br />\n",
        "<a class=\"ilink\" href=\n",
        "\"/interests?
i=+if+you+are+a+professional+bodyworker+or+energy+healer+too%2c+a%0atrade+may+be
+available\">\n",
        "if you are a professional bodyworker or energy healer too, a trade\n",
        "may be available</a>. community events at <a class=\"ilink\" href=\n",
        "\"/interests?i=reiki+meetup+com%0a484\">reiki meetup com\n",
        "484</a><br />\n",
        "<br />\n",
        "i am a <a class=\"ilink\" href=\"/interests?i=reiki\">reiki</a>\n",
        "teacher, <a class=\"ilink\" href=\n",
        "\"/interests?i=shamanic+energy+practitioner\">shamanic energy\n",
        "practitioner</a>, life<br />\n",
        "transformation <a class=\"ilink\" href=\n",
        "\"/interests?i=counselor\">counselor</a> and coach, <a
```

```
class=\"ilink\"\n",
      "href=\"/interests?i=teacher+of%0ahealers\">teacher of\n",
      "healers</a>,<br />\n",
      "<a class=\"ilink\" href=\"/interests?i=intuitives\">intuitives</a>,\n",
      "<a class=\"ilink\" href=\"/interests?i=sensitives\">sensitives</a> -\n",
      "experienced or not,<br />\n",
      "<a class=\"ilink\" href=\"/interests?i=workshop+leader\">workshop\n",
      "leader</a>, culture healer, <a class=\"ilink\" href=\n",
      "\"/interests?i=massage+therapist+and%0asomatic+bodyworker\">massage\n",
      "therapist and somatic bodyworker</a><br />\n",
      "at <a class=\"ilink\" href=\n",
      "\"/interests?i=wholebeinghealingdotcom\">wholebeinghealingdotcom</a>\n",
      "seeing clients from a distance via skype and locally.<br />\n",
      "<br />\n",

"-----------------------------------------------------------------------<br
/>\n",
      "\n",
      "<br />\n",
      "<a class=\"ilink\" href=\n",
      "\"/interests?i=have+you+been+searchin+for+a+heart+of+gold%3f\">have\n",
      "you been searchin for a heart of gold?</a><br />\n",
      "<br />\n",
      "<a class=\"ilink\" href=\"/interests?i=me+too.\">me too.</a><br />\n",
      "<br />\n",
      "<a class=\"ilink\" href=\"/interests?i=i+got+a+hint.\">i got a\n",
      "hint.</a><br />\n",
      "<br />\n",
      "<a class=\"ilink\" href=\"/interests?i=it%27s+your+own.\">it's your\n",
      "own.</a><br />\n",
      "<br />\n",
      "<a class=\"ilink\" href=\n",
      "\"/interests?i=before+you+doubt%2c+consider+it...+\">before you\n",
      "doubt, consider it...</a><br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?v=eh44qpt1mpe&amp;feature=related<br />\n",
      "\n",
      "-----------------------------------------------------------------------
<br />\n",
      "\n",
      "<br />\n",
      "for your consideration: how much does appearance come into play in\n",
      "affecting who you will talk to (ie at a social gathering), who you\n",
      "are open to, who you would consider being friends with; as opposed\n",
      "to the person's energy, words, and behavior (what they are putting\n",
      "out in the world).<br />\n",
      "<br />\n",
      "yes cultural conditioning has had a huge impact on us in this way.\n",
      "we can make a choice of reversing this if we wish.<br />\n",
      "<br />\n",
      "consider if there were no such thing as clothes, how much more\n",
      "would we \"see\" of who a person is and respond to that, instead of\n",
      "to the artifice of physical appearance.<br />\n",
      "that's my thought for the day. cheers and thanks for reading.<br />\n",

"-----------------------------------------------------------------------<br
/>\n",
      "\n",
      "<br />\n",
      "currently especially <a class=\"ilink\" href=\n",
      "\"/interests?
i=meeting+the+right+activity+partners+and%0afriends\">meeting\n",
      "the right activity partners and friends</a> for sharing activities\n",
      "such as nature walking, <a class=\"ilink\" href=\n",
```

```
    "\"/interests?i=massage%0aexchange\">massage exchange</a>, <a class=\n",
    "\"ilink\" href=\"/interests?i=reiki+share\">reiki share</a>, dream\n",
    "sharing/ witnessing/ interpretation, listening, being present,\n",
    "mirroring, conscious breathing, meditation, <a class=\"ilink\" href=\n",
    "\"/interests?i=pranayama+yoga%28breathing+yoga%29\">pranayama\n",
    "yoga(breathing yoga)</a>, being present in nature, <a class=\"ilink\"\n",
    "href=\"/interests?i=heart-sharing\">heart-sharing</a>, consciousness\n",
    "and awakening, community building, contact improv, <a class=\"ilink\"\n",
    "href=\n",
    "\"/interests?i=body+rolling-+a+quasi+form+of%0amovement-contact-dance-
passive+massage+%28no+hands%29+and+play\">\n",
    "body rolling- a quasi form of movement-contact-dance-passive\n",
    "massage (no hands) and play</a>, <a class=\"ilink\" href=\n",
    "\"/interests?i=watsu\">watsu</a>, <a class=\"ilink\" href=\n",
    "\"/interests?i=tantsu\">tantsu</a>, play wrestling, being in the\n",
    "body, playing in nature.<br />\n",
    "<br />\n",
    "<b>other interests - platonic (friend) or not</b> (more than\n",
    "friend):<br />\n",
    "<br />\n",
    "a <a class=\"ilink\" href=\"/interests?i=hike\">hike</a>; contact\n",
    "improv; energy(<a class=\"ilink\" href=\n",
    "\"/interests?i=reiki\">reiki</a>,etc) trade; <a class=\"ilink\" href=\n",
    "\"/interests?i=sun%0agazing\">sun gazing</a>; yoga or <a class=\n",
    "\"ilink\" href=\"/interests?i=qi+gong\">qi gong</a> or <a
class=\"ilink\"\n",
    "href=\"/interests?i=tantra\">tantra</a>, beach or woods visit; ariel\n",
    "dance class; ; <a class=\"ilink\" href=\n",
    "\"/interests?i=%22authentic+movement%22+
%28a+form+of+dance%29\">\"authentic\n",
    "movement\" (a form of dance)</a>, alternative community event;\n",
    "listening swap; <a class=\"ilink\" href=\"/interests?i=hot+tub\">hot\n",
    "tub</a>.<br />\n",
    "<br />\n",
    "<b>i am on facebook:</b><br />\n",
    "<br />\n",
    "reikiteacher redwood<br />\n",
    "<br />\n",
    "you can also checkout my okcupid journal if you like.<br />\n",
    "<br />\n",
    "this profile is an experience in embodying and owning it. the\n",
    "sharing here is not meant to scare anyone away.<br />\n",
    "<br />\n",

    "----------------------------------------------------------------------------
---<br />\n",
    "\n",
    "below you will find information on:<br />\n",
    "<br />\n",
    ". -what i'm looking for<br />\n",
    ". -who i am<br />\n",
    ". -some historical consciousness<br />\n",
    ". -some spiritual consciousness<br />\n",
    ". -personal growth work<br />\n",
    ". -personal history/herstory<br />\n",
    ". -what i do for work<br />\n",
    ". -what i do for fun<br />\n",
    ". -my interests<br />\n",
    ". -some of my activities<br />\n",
    ". -some of my personal (life-giving) practices<br />\n",
    ". -my okc journal<br />\n",
    ". -social and cultural awakenings<br />\n",
    ". -rumi poetry and personal awakening<br />\n",
    ". -energy healing, massage, naturewalking<br />\n",
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        ". -shamanic healing, tantra, tantsu, contact improv<br />\n",
        ". -play wrestling, ariel, free form and waterdance<br />\n",
        ". -a personal description<br />\n",
        ". -some of what i'm good at<br />\n",
        ". -what i value<br />\n",
        ". -food for thought<br />\n",
        ". -what i think about sometimes<br />\n",
        ". -another's perspective of me<br />\n",
        ". -and maybe a little more<br />\n",
        "<br />\n",

    "-------------------------------------------------------------------------
---<br />\n",
        "\n",
        "<br />\n",
        "these are some formative experiences:<br />\n",
        "<br />\n",
        "i grew up an empathic and introspective child who was a latch-key\n",
        "kid living in the inner city. by early teens i began to draw peers\n",
        "to me who were dealing with being raped, molested or were suicidal.\n",
        "i found that in some way i was able to help them. these experiences\n",
        "continued through college and propelled me to become a\n",
        "therapist.<br />\n",
        "<br />\n",
        "i have been a volunteer for child wards of the state, in a women's\n",
        "counseling center, for 2 years in a nursing home (spending time\n",
        "speaking with and being with residents who had no visitors),\n",
        "working with teen moms and working with elderly and disabled\n",
        "persons.<br />\n",
        "<br />\n",
        "i was an organizing activist for the prevention of violence against\n",
        "women, women's rights, abortion rights, anti-war, anti-racism,\n",
        "diversity training, <a class=\"ilink\" href=\n",
        "\"/interests?i=gay%2flesbian%2fbisexual%2fand+transgender\">gay/lesbian/
bisexual/and\n",
        "transgender</a> issues, and efforts to stop food irradiation.<br />\n",

    "-------------------------------------------------------------------------
--<br />\n",
        "\n",
        "<br />\n",
        "recommendation: check out and learn about<br />\n",
        "<br />\n",
        "<a class=\"ilink\" href=\n",
        "\"/interests?i=%22emotional+responsibility%22\">\"emotional\n",
        "responsibility\"</a>,<br />\n",
        "<br />\n",
        "<a class=\"ilink\" href=\n",
        "\"/interests?i=%22non-violent+communication%22\">\"non-violent\n",
        "communication\"</a>,<br />\n",
        "<br />\n",
        "the buddhist concept of <a class=\"ilink\" href=\n",
        "\"/interests?i=non-reactivity%22\">non-reactivity\"</a>,<br />\n",
        "<br />\n",
        "and the co-counseling concept of<br />\n",
        "<a class=\"ilink\" href=\n",
        "\"/interests?i=%22restimulation%22\">\"restimulation\"</a>. not only\n",
        "will you benefit, but your loved ones, family and partner (s) will\n",
        "greatly benefit too.<br />\n",
        "<br />\n",
        "if you haven't, please see the bowling for columbine movie. it's a\n",
        "very good explicit example of seeing that the people in any\n",
        "culture, for example in the usa, are a product of that particular\n",
        "culture's download (there are very clear contrasts displayed). that\n",
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      "knowledge and clarity (of being the recipients of a \"software\n",
      "download\") is the beginning of seeing the world (with fresh new\n",
      "eyes) and ourselves differently. it also affects our ability to\n",
      "change ourselves and be different.<br />\n",
      "<br />\n",
      "i believe just about everything we think, believe and feel is a\n",
      "result of a \"software download\" from the culture one grows up in.\n",
      "there really is very much to it, far to much to go into here;\n",
      "(everything from the existence of \"nations\" to how economies are\n",
      "set up (where the few benefit, where there is no limit to a\n",
      "military budget or world conquering budget, but no money to feed\n",
      "those in need, to educate all, to house the shelterless, etc), to\n",
      "who is valued above who, to the type of living unit people exist\n",
      "within (\"nuclear\" family, one person domiciles etc), to the main\n",
      "goals of a society (conscious or unconscious). i believe it is\n",
      "possible to \"deprogram\" and wake up and mitigate the effects of the\n",
      "cultural brainwashing, and be able to make more conscious, awake\n",
      "choices more and more over time.<br />\n",
      "<br />\n",
      "for fun, do you know of the work of the set of these folks?<br />\n",
      "(they all are from different fields and i consider their work\n",
      "critical in understanding and shaping the world today): vandana\n",
      "shiva, drunvalo melchizadek, michael parenti, don paul, bruce\n",
      "liption, paul lowe, riane eisler, marija gimbutas, dr juanita\n",
      "williams - usf, ricky shereover-marcuse, joseph campbell, germaine\n",
      "greer, bell hooks, susan griffin. (ok. leave it there for\n",
      "now)<br />\n",

  "----------------------------------------------------------------------------
-<br />\n",
      "\n",
      "<br />\n",
      "the whole universe is one living organism, literally. we all are\n",
      "each one part of the whole. everything we come in contact with; a\n",
      "rock, a flower, a tree, a bird or another person is part of the\n",
      "organism and speaks to one another like cells in the body. some\n",
      "cells have gone rogue and are acting and behaving \"suicidal\",\n",
      "\"homicidal\", and \"gaiacidal\".<br />\n",
      "<br />\n",
      "transformation of consciousness is necessary in order for us to\n",
      "wake up to the oneness of all things, and to think and act and\n",
      "behave with this knowledge and to see the effect of each of our\n",
      "actions daily. really all that is required is for us to \"wake up\"\n",
      "from the cultural brainwashing or cultural \"software download\" (and\n",
      "undo the effects of our culture and family conditioning and\n",
      "traumatization).<br />\n",
      "<br />\n",
      "there are many mirrors to help with this waking up, for example,\n",
      "the book \"anastasia\", by megre. the film (on netflix), \"2012:time\n",
      "for a change\", any forest; and teachers, shamanic practitioners,\n",
      "somatic body workers, counselors and coaches such as myself who may\n",
      "help with the healing, waking up from our cultural \"fog', or\n",
      "both.<br />\n",
      "<br />\n",
      "addendum:<br />\n",
      "<a class=\"ilink\" href=\n",
      "\"/interests?
i=the+willingness+to+admit+the+truth+about+what+is%2c+is+a%0aprerequisite+and+fi
rst+step+to+peace+and+social+justice+and+or%0aspirituality\">\n",
      "the willingness to admit the truth about what is, is a prerequisite\n",
      "and first step to peace and social justice and or\n",
      "spirituality</a>...............<br />\n",
      "<br />\n",
      "(from my conscience)<br />\n",
```

```
        "<br />\n",
        "likewise <a class=\"ilink\" href=\n",
        "\"/interests?
i=the+willingness+to+admit+the+truth+is+a+prerequisite+for%0aany+real+spiritual+
integrity%2c+
%28including+the+willingness+to+learn%0aabout+critical+events+that+affect+humans
%2c+all+living+things+and+the%0aplanet%29\">\n",
        "the willingness to admit the truth is a prerequisite for any real\n",
        "spiritual integrity, (including the willingness to learn about\n",
        "critical events that affect humans, all living things and the\n",
        "planet)</a>.<br />\n",
        "<br />\n",
        "(from my soul)<br />\n",
        "<br />\n",
        "for illustration here:<br />\n",
        "<br />\n",
        "1.) the currently ongoing holocaust in iraq totaling to date, 8.6\n",
        "million men, women and children.<br />\n",
        "<br />\n",
        "2.) in the u.s. alone, the yearly approximately rape of one million\n",
        "women (1 every 30 seconds), while only 1 in 16, or 6% are\n",
        "prosecuted for felony.<br />\n",
        "<br />\n",
        "3.) the unknown to most, united states use of nuclear bombs<br />\n",
        "on iran and afghanistan and the result of the exposure to this\n",
        "radiation; and to the radioactive \"bullets\" we use since 1991' (see\n",
        "excerpt below and the link to full story):<br />\n",
        "<br />\n",
        "4.) little nugget on basic health opposite of what the government,\n",
        "fda, usda, and nutritionists are telling us, illustrated by a\n",
        "mainstream endocrinologist at prestigious ucsf.<br />\n",
        "<br />\n",
        "data:<br />\n",
        "<br />\n",
        "http://www.nogw.com/download/_07_5_nukes_part3.pdf<br />\n",
        "<br />\n",
        "and<br />\n",
        "<br />\n",

"http://www.thewe.cc/weplanet/news/depleted_uranium_iraq_afghanistan_balkans.htm
l<br />\n",
        "\n",
        "<br />\n",
        "a man named assadullah told the team in february 2003 that his wife\n",
        "had given birth to child so<br />\n",
        "badly deformed he hardly resembled an infant. \"when i saw my little\n",
        "boy with those monstrous red<br />\n",
        "tumors, i thought to myself, why is it difficult for americans to\n",
        "understand that they are hated in our<br />\n",
        "country? assadullah said. if i do this to the child of an\n",
        "american family, that family has the right to<br />\n",
        "pull my eyes out of my eye sockets. i like to tell the americans\n",
        "that they love to live their lives of<br />\n",
        "luxury at the expense of our extermination.\" [european parliament\n",
        "verbatim report of proceedings apr<br />\n",
        "9/02]<br />\n",
        "<br />\n",
        "zar ghoon is the father of another victim of u.s. bombing attacks\n",
        "on kunduz. in december 2002 he<br />\n",
        "told the medical survey team, \"my wife was pregnant and we were\n",
        "happily waiting for the moment to<br />\n",
        "see our second child. when the baby was born, it was hardly a\n",
        "human when my wife saw the<br />\n",
        "baby she went into shock and died after five hours.<br />\n",
```

"speaking with a field volunteers near tora bora in april 2003,\n",
"sa'yed gharib lost it. screaming in
\n",
"grief and rage he shouted, \"what else do the americans want? they\n",
"killed us, they turned our
\n",
"newborns into horrific deformations, and they turned our farmlands\n",
"into graveyards and destroyed
\n",
"our homes. on top of all that their planes fly over and spray us\n",
"with bullets.
\n",
"\"tell america, we are not fools. your words and actions are those\n",
"of evil. we do not have airplanes
\n",
"like you do, however, we have one thing that you do not have:\n",
"principles and morals. we will never
\n",
"do anything remotely similar to american children what americans\n",
"have done to our children and
\n",
"families,\" declared nurullah omar-khail.
\n",
"
\n",
"routine use of nuclear weapons?
\n",
"if not exactly routine, hank says, the undisclosed use of five\n",
"nuclear weapons against iraq and
\n",
"afghanistan has resulted in a dangerous shift in u.s. war fighting.\n",
"as he put it, using tactical nukes
\n",
"is now an acceptable doctrine until otherwise notified.
\n",
"iran and the rest of the world, beware. in calling america a\n",
"nuclear rogue, the new york times
\n",
"warned, nuclear weapons are not just another part of the military\n",
"arsenal. they are different, and
\n",
"lowering the threshold for their use is reckless folly. [new york\n",
"times mar 11/02]
\n",
"as alok o'brien concludes, there is no longer time to pretend that\n",
"everything will be alright, and that
\n",
"all thinking and feeling people need to unite in their hopes and\n",
"dreams and reclaim the earth and
\n",
"their birthright before it is too late.
\n",
"with the countdown continuing on iran - and any constraints against\n",
"washington's use of nuclear
\n",
"weapons already removed by the detonation of five low-yield nuclear\n",
"bombs in iraq and afghanistan
\n",
"- the time to act is now.
\n",
"
\n",
"so far, more than one million people have died in earthquakes that\n",
"could be related to nuclear tests.
\n",
"[ratical.org]
\n",
"
\n",
"abnormal meteorological phenomena, earthquakes and fluctuations of\n",
"the earth's axis are related in
\n",
"a direct cause-and-effect to testing of nuclear devices, concurs\n",
"shigeyoshi matsumae, president of
\n",
"tokai university, and yoshio kato, head of the university's\n",
"department of aerospace science.
\n",
"as matsumae and kato point out: on june 19, 1992, the united\n",
"states conducted an underground
\n",
"nuclear bomb test in nevada. another test was conducted only four\n",
"days afterwards. three days
\n",
"later, a series of heavy earthquakes as high as 7.6 on the richter\n",
"scale rocked the mojave desert
\n",
"176 miles to the south. they were the biggest earthquakes to hit\n",
"california this century. only 22
\n",
"hours later, an \"unrelated\" earthquake of 5.6 struck less than 20\n",
"miles from the nevada test site
\n",
"itself. it was the biggest earthquake ever recorded near the test\n",
"site and caused one-million dollars of
\n",
"damage to buildings in an area designated for permanent disposal of\n",
"highly radioactive nuclear
\n",
"wastes only fifteen miles from the epicenter of the earthquake.\n",

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      "[ratical.org]<br />\n",
      "<br />\n",
      "and now the nuclear threat comes home in the form of depopulation:\n",
      "nuclear scientist and whistle blower leuren moret<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?v=uoyhzlef5gi<br />\n",
      "<br />\n",

  "---------------------------------------------------------------------------
--<br />\n",
      "\n",
      "<br />\n",
      "to close my eyes is to be complicit. let me open my eyes so i can\n",
      "make responsible aware life-giving choices.<br />\n",
      "<br />\n",
      "(from my heart)<br />\n",
      "<br />\n",

  "---------------------------------------------------------------------------
-<br />\n",
      "\n",
      "part of being awake for me is learning the facts. it is\n",
      "especially<br />\n",
      "important for everyone to know what most u.s. citizens aren't<br />\n",
      "allowed to know. none of the information i share here is about any\n",
      "specific ideology other than knowing the truth and therefore<br />\n",
      "allowing responsible action; recognizing the values of peace,<br />\n",
      "humanity; and dignity of all human life, if not for the\n",
      "planet.<br />\n",
      "<br />\n",
      "for a start, please read don paul \"9/11 facing our fascist state\"\n",
      "and john perkins, \"confessions of an economic hitman\" (and\n",
      "everything and anything by michael parenti, noam chomsky and john\n",
      "stockwell [one of only 2 high ranking cia people to ever come\n",
      "forward with what the u.s. govt and cia actually are and have been\n",
      "up to]. it is impossible to make choices until one has all the\n",
      "relevant information. today, much of the above people, i notice,\n",
      "are on video on the internet.<br />\n",
      "<br />\n",
      "the history of the world as we know it, includign the last 100\n",
      "years, is fiction. much of it hides colonial powers, particularly\n",
      "the u.s., actions of colonizing, destroying economies, terrorizing\n",
      "the populace of countries (murdering tens of thousands here,\n",
      "millions there), putting exploitative systems in place, stealing\n",
      "land farmed by families for generations[which allowed them to live\n",
      "on very little or no cash economy] and giving it to corporations\n",
      "they establish, assassinating democratically elected leaders,\n",
      "putting in power and propping up mass murdering dictators, all for\n",
      "the sake of corporate wealth, and more specifically, the super\n",
      "wealth of a select few (ie see 9/11 facing our fascist state for\n",
      "some of the who). this is not hyperbole. this is the actual history\n",
      "of u.s. actions in country after country around the world. (if you\n",
      "are worried about remedies before knowing the factual history, they\n",
      "are numerous and much that can be done locally even - for some on\n",
      "info this<br />\n",
      "http://www.wireonfire.com/donpaul/wit.html<br />\n",
      "(but great movements, actions and ideas are being inspired\n",
      "everywhere.<br />\n",
      "<br />\n",
      "two films that are available on netflix, that do not go much in to\n",
      "the details of u.s. involvement but cover some of the past history\n",
      "and current hope are \"fidel\" and \"south of the border\". they do
not\n",
      "discuss the u.s govt's role of conquering countries and\n",
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      "impoverishing the people for financial exploitation and world\n",
      "hegemony. they also do not discuss the means to which they have\n",
      "gone in these goals; murdering tens of millions around the globe;\n",
      "developing teaching and applying torture techniques to men, women\n",
      "and children of civilian populations in order to carry out their\n",
      "goals; the use of propaganda and control of information; and the\n",
      "use of \"god\" and religion as their impetus. from africa, australia,\n",
      "south america, latin america, india, southeast asia, the middle\n",
      "east<br />\n",
      "(how many know the u.s. govt's role in the murderous dictator\n",
      "mubarak's regime in egypt), to afghanistan, the u.s. and britain\n",
      "have colonized and murdered, enslaved, stolen from and committed\n",
      "genocide in the name of wealth for the economic benefit of a very\n",
      "few and called it, fighting for \"freedom\" and \"democracy\", and\n",
      "doing \"gods work\".<br />\n",
      "two films that can begin to fill in some of the detail are \"war on\n",
      "democracy\" (on netlix) and history of u.s. rule in latin america\n",
      "(youtube) http://www.youtube.com/watch?v=nkwji9axblq<br />\n",
      "<br />\n",
      "(to close my eyes is to be complicit. let me open my eyes so i can\n",
      "make responsible aware choices.)<br />\n",
      "<br />\n",
      "for the curious and those interested in truth:<br />\n",
      "<br />\n",
      "succinct page from ex-cia john stockwell<br />\n",
      "<br />\n",
      "http://www.informationclearinghouse.info/article4068.htm<br />\n",
      "<br />\n",
      "link to why twin towers had to come down and why the u.s is in\n",
      "afghanistan, even more importantly than oil. (don paul)<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?
v=wlapra-7wku&amp;feature=autoplay&amp;list=pl16f986536f5ec487&amp;index=13&amp;
playnext=2<br />\n",
      "\n",
      "<br />\n",
      "be sure to read the history of the u.s. in part 4.<br />\n",
      "i guarantee you there will be things in there that you don't know\n",
      "that you will want to know.<br />\n",
      "<br />\n",
      "and a \"what we can do\" section<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?
v=oayftzip4tu&amp;feature=autoplay&amp;list=pl16f986536f5ec487&amp;index=14&amp;
playnext=3<br />\n",
      "\n",
      "<br />\n",
      "link to one exceptional, knowledgeable writer don paul's\n",
      "video<br />\n",
      "the world is turning, complete with remedies at the local\n",
      "level:<br />\n",
      "<br />\n",
      "http://www.wireonfire.com/donpaul/wit.html<br />\n",
      "<br />\n",
      "one more:<br />\n",
      "agency within the nsa<br />\n",
      "whose sole task is distancing the u.s. government from 9/11\n",
      "implicating evidence, prosecuting and jailing journalists and\n",
      "whistle blowing security officials.<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?
v=zavsndiqdxk&amp;feature=autoplay&amp;list=pl16f986536f5ec487&amp;index=15&amp;
playnext=4<br />\n",
      "\n",
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      "<br />\n",
      "the new weapon that was tested on 9/11 in new york city discussed\n",
      "by scientist judy wood:<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?
v=bmmq6owmhti&amp;list=pl1e56e9cdd1f76bab&amp;index=1&amp;feature=plpp_video<br
/>\n",
      "\n",
      "<br />\n",
      "and<br />\n",
      "<br />\n",
      "pt 1:<br />\n",
      "http://www.youtube.com/watch?
v=ggsuznmfdoi&amp;list=pla7a00e139e89cd3a&amp;index=1&amp;feature=plpp_video<br
/>\n",
      "\n",
      "<br />\n",
      "pt 2<br />\n",
      "http://www.youtube.com/watch?
v=2ex45sqhioi&amp;feature=bfa&amp;list=pla7a00e139e89cd3a&amp;lf=plpp_video<br /
>\n",
      "\n",
      "<br />\n",
      "one of the many things you should know<br />\n",
      "(you must see to the end..)<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?nr=1&amp;feature=endscreen&amp;v=68luha_-
ola<br />\n",
      "\n",
      "<br />\n",
      "and<br />\n",
      "<br />\n",
      "cia whistleblower exposes everything! \"extreme prejudice\"<br />\n",
      "9-11<br />\n",
      "arrested under patriot act, 5 years and never tried.<br />\n",
      "telling all.<br />\n",
      "<br />\n",
      "govt attempted to put her in prison without trial for 10 years and\n",
      "chemically lobotomize her. imprisoned for a year (released because\n",
      "of public pressure).<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?
v=bmmq6owmhti&amp;list=pl1e56e9cdd1f76bab&amp;index=1&amp;feature=plpp_video<br
/>\n",
      "\n",

    "------------------------------------------------------------------------------
<br />\n",
      "\n",
      "<br />\n",
      "for your health knowledge and benefit.<br />\n",
      "<br />\n",
      "why fruit juice, soda, and most processed foods - most packaged\n",
      "food (which contain high fructose corn syrup) are poison and lead\n",
      "to metabolic syndrome, diabetes and heart disease and more.<br />\n",
      "<br />\n",
      "explained by robert h. lustig, md, ucsf professor of pediatrics in\n",
      "the division of endocrinology.<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?v=dbnniua6-om<br />\n",
      "<br />\n",
      "as well as a surprising admission about health benefit of a\n",
      "paleolithic diet.<br />\n",
      "<br />\n",
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      "little nutritional help (short):<br />\n",
      "http://www.youtube.com/watch?v=0ndteu_qdga<br />\n",
      "<br />\n",
      "dr (ms.. victim) learns what many know: cure for disease:<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?v=kljgblwh3wc<br />\n",
      "<br />\n",

   "-----------------------------------------------------------------------------
-<br />\n",
      "\n",
      "<br />\n",
      "awareness:<br />\n",
      "<br />\n",
      "esoteric agenda - full length movie:<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?
feature=iv&amp;src_vid=aanq2my2jjc&amp;annotation_id=annotation_145331&amp;v=fji
cu6jw0co<br />\n",
      "\n",
      "<br />\n",
      "kymatica:<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?v=aanq2my2jjc<br />\n",
      "<br />\n",
      "zeitgeist full movie with 2010 update:<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?v=esc68eqahgc&amp;feature=related<br />\n",
      "\n",
      "<br />\n",
      "zeitgeist 2: addendum<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?v=1gkx9twryfs<br />\n",
      "<br />\n",
      "zeitgeist: moving forward | 2011:<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?v=4z9wvzddh9w&amp;feature=related<br />\n",
      "\n",
      "<br />\n",
      "one of the many things you should know<br />\n",
      "(you must see to the end..)<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?nr=1&amp;feature=endscreen&amp;v=68luha_-
ola<br />\n",
      "\n",
      "<br />\n",
      "and<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?
v=bmmq6owmhti&amp;list=pl1e56e9cdd1f76bab&amp;index=1&amp;feature=plpp_video<br
/>\n",
      "\n",
      "<br />\n",

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-<br />\n",
      "\n",
      "<br />\n",
      "fyi<br />\n",
      "<br />\n",
      "mainstream german tv coverage of monsanto food results:<br />\n",
      "they do an ok job, but surprisingly dont discover the trial tests\n",
      "on animals resulting in tumors and such after being force fed\n",
      "genetically modified food (they refused to eat it) and the only\n",
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    "test on humans that had to be discontinued due to sickness in\n",
    "several weeks.<br />\n",
    "most u.s. soy and the majority of corn is genetically modified (and\n",
    "you won't know if it is or isn't including sugar through corn or\n",
    "beet. to be safe, assume processed food may be gm, even if it says\n",
    "organic.<br />\n",
    "<br />\n",

"http://www.disclose.tv/action/viewvideo/14383/the_genetic_conspiracy___monsanto
___1of3/<br />\n",
    "\n",
    "<br />\n",
    "say no to agent orange in your food. support measure to require\n",
    "g.m. food to be labeled as such.<br />\n",
    "and<br />\n",
    "support california's ballot initiative to label gmo's!<br />\n",
    "<br />\n",
    "http://articles.mercola.com/sites/articles/archive/2012/03/11/mark-
kastel-on-agent-orange.aspx?e_cid=20120311_snl_art_1<br />\n",
    "\n",
    "<br />\n",
    "15 states now have legislation preventing any government authority\n",
    "from regulating and even from requiring the labeling<br />\n",
    "of genetically modified food.<br />\n",
    "<br />\n",
    "http://articles.mercola.com/sites/articles/archive/2012/03/04/clueless-
fabrication-on-gmo.aspx?e_cid=20120311_snl_ms_1<br />\n",
    "\n",

"--------------------------------------------------------------------------------
----<br />\n",
    "\n",
    "<br />\n",
    "i believe one of the most <a class=\"ilink\" href=\n",
    "\"/interests?i=radical\">radical</a> and <a class=\"ilink\" href=\n",
    "\"/interests?i=healing\">healing</a> things one can do is to\n",
    "<a class=\"ilink\" href=\n",
    "\"/interests?i=become+one+with+the+breath\">become one with the\n",
    "breath</a>, as in practicing focusing on and deepening the breath\n",
    "and feeling it throughout the body.<br />\n",
    "<br />\n",
    "and<br />\n",
    "<br />\n",
    "that the most powerful thing in the universe is <a class=\"ilink\"\n",
    "href=\"/interests?i=love\">love</a>.<br />\n",
    "<br />\n",
    "<a class=\"ilink\" href=\n",
    "\"/interests?
i=there+is+so+much+horror+in+the+world%2c+everywhere+we+find+love+and%0alight+mu
st+be+celebrated+
%28a+flower%2c+a+smile+on+a+passerby%2c+a%0a%22ladybug%22%2c+a+friend%2c+the+sun
+shining+etc%29.\">\n",
    "there is so much horror in the world, everywhere we find love and\n",
    "light must be celebrated (a flower, a smile on a passerby, a\n",
    "\"ladybug\", a friend, the sun shining etc).</a><br />\n",
    "<br />\n",
    "civility (and dignity and respect) in the u.s. between people is\n",
    "eroding. we can cultivate peace and gratitude in our hearts and we\n",
    "can treat others as we would our child, niece or nephew, with\n",
    "compassion.<br />\n",
    "<br />\n",
    "for more hope and inspiration:<br />\n",
    "<br />\n",
    "1.) esoteric agenda - full length movie<br />\n",
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      "<br />\n",
      "http://www.youtube.com/watch?v=fjicu6jw0co<br />\n",
      "<br />\n",
      "2.) kymatica - full length movie<br />\n",
      "<br />\n",
      "http://www.youtube.com/watch?v=aanq2my2jjc&amp;feature=relmfu<br />\n",
      "<br />\n",
      "3.) the venus project<br />\n",
      "<br />\n",
      "http://thezeitgeistmovement.com/mission-statement<br />\n",
      "<br />\n",
      "4.) the zeitgeist movement<br />\n",
      "http://thezeitgeistmovement.com/mission-statement<br />\n",
      "<br />\n",

  "-----------------------------------------------------------------------------
----<br />\n",
      "\n",
      "<br />\n",
      "i do not think <a class=\"ilink\" href=\n",
      "\"/interests?i=gender\">gender</a> or sexual orientation is binary\n",
      "(consisting<br />\n",
      "of two opposite positions) , nor do i believe that they are<br />\n",
      "organically static or fixed (or set). in the absence of social\n",
      "or<br />\n",
      "cultural pressure, expression is not limited. the static or\n",
      "binary<br />\n",
      "nature of gender and sexual orientation (ie expression of gender or\n",
      "sexuality) is learned and artificially controlled.<br />\n",
      "<br />\n",

  "-----------------------------------------------------------------------------
<br />\n",
      "\n",
      "<br />\n",
      "i believe in working on <a class=\"ilink\" href=\n",
      "\"/interests?i=one%27s+shadow+material\">one's shadow\n",
      "material</a>.<br />\n",
      "<br />\n",

  "-----------------------------------------------------------------------------
<br />\n",
      "\n",
      "<br />\n",
      "+++++++ rumi ++++++++<br />\n",
      "<br />\n",
      "the real journey is right here<br />\n",
      "<br />\n",
      "don't go off sightseeing.<br />\n",
      "the real journey is right here.<br />\n",
      "<a class=\"ilink\" href=\n",
      "\"/interests?
i=the+great+excursion+starts+from+exactly+where+you+are\">\n",
      "the great excursion starts from exactly where you are</a>.<br />\n",
      "you are the world.<br />\n",
      "you have everything you need.<br />\n",
      "you are the secret.<br />\n",
      "you are the wide opened. <a class=\"ilink\" href=\n",
      "\"/interests?i=+don%e2%80%99t+look+for+the+remedy+for+your%3cbr+
%2f%3e%0atroubles+outside+yourself.%3cbr+%2f%3e%0ayou+are+the+medicine.
+you+are+the+cure+for+your+own+sorrow\">\n",
      "don't look for the remedy for your<br />\n",
      "troubles outside yourself.<br />\n",
      "you are the medicine. you are the cure for your own\n",
```

"sorrow.
\n",
"
\n",
"~rumi
\n",
"
\n",
"---
\n",
"
\n",
"bow to the essence
\n",
"
\n",
"nov. 30, 2009
\n",
"bow to the essence
\n",
"
\n",
"<a class=\"ilink\" href=\n",
"\"/interests?i=a+lover+has+four+streams+inside\">a lover has four\n",
"streams inside,
\n",
"of water, wine, honey, and milk.
\n",
"
\n",
"find those in yourself and pay no attention
\n",
"to what so-and-so says about such-and-such.
\n",
"
\n",
"the rose does not care
\n",
"if someone calls it a thorn, or a jasmine.
\n",
"
\n",
"ordinary eyes categorize human beings.
\n",
"that one is a zoroastrian. this one a muslim.
\n",
"
\n",
"walk instead with the other vision given you,
\n",
"your first eyes.
\n",
"
\n",
"bow to the essence in a human being.
\n",
"do not be content with judging people good and bad.
\n",
"grow out of that.
\n",
"
\n",
"the great blessing is that shams
\n",
"has poured a strength into the ground
\n",
"that lets us wait and trust the waiting.
\n",
"
\n",
"~rumi
\n",
"
\n",
"translated by coleman barks
\n",
"
\n",
"---
\n",
"
\n",
"the call
\n",
"
\n",
"a baby pigeon on the edge of the nest hears the call and begins her\n",
"flight.
\n",
"
\n",
"how can the soul of the seeker not fly when a message
\n",
"arrives saying, you have been trapped in life like a bird with\n",
"no
\n",
"wings, in a cage with no doors or windows come, come back to\n",
"me!
\n",
"
\n",
"how can the soul not rip open its coverings, and soar to the\n",
"sky.
\n",
"
\n",
"what is the rope that pulls the soul from above?
\n",
"what is the secret that opens the door?
\n",
"
\n",
"the key is the flutter of the heart's wings and its endless\n",
"longing. when the door opens, walk on the path where abundance\n",
"awaits you, where everything old becomes new and never look\n",
"back.
\n",
"
\n",

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        "drink from the hands of the wine bearer and you will be blessed\n",
        "even in this life.<br />\n",
        "<br />\n",
        "~mevlana rumi<br />\n",
        "<br />\n",
        "------------------------------------------------------------<br />\n",
        "<br />\n",
        "born of mother love<br />\n",
        "<br />\n",
        "love is what gives joy to all creation.<br />\n",
        "love is what gives joy to giving joy.<br />\n",
        "i was born of mother love in the beginning.<br />\n",
        "to that mother, joyous thanks and endless blessing.<br />\n",
        "<br />\n",

    "------------------------------------------------------------------------
----<br />\n",
        "\n",
        "<br />\n",
        "words to live by<br />\n",
        "<br />\n",
        "of the book of god/goddes<br />\n",
        "thou art a copying,<br />\n",
        "a mirror wherein showed<br />\n",
        "the beauty of the king/queen.<br />\n",
        "all god/goddess ever wrought<br />\n",
        "dwelleth not apart;<br />\n",
        "all thou hast ever sought,<br />\n",
        "find it in thy heart.<br />\n",
        "<br />\n",
        "~mevlana rumi<br />\n",
        "<br />\n",
        "one key to life that i have known to be helpful:<br />\n",
        "find that which you seek/desire/need<br />\n",
        "in your heart. (chasing it from without, i notice, tends to result\n",
        "in different experiences)<br />\n",
        "<br />\n",

    "-----------------------------------------------------------------------
<br />\n",
        "\n",
        "this is one of the most brilliant sentences i have read, within\n",
        "which one can find infinite knowledge; and this knowledge is\n",
        "fathomless. one will never arrive at the bottom:<br />\n",
        "<br />\n",
        "<a class=\"ilink\" href=\n",
        "\"/interests?
i=in+one+drop+of+water+are+found+all+the+secrets+of+all+the+oceans%3b%0ain+one+a
spect+of+you+are+found+all+the+aspects+of%0aexistence.\">\n",
        "in one drop of water are found all the secrets of all the oceans;\n",
        "in one aspect of you are found all the aspects of\n",
        "existence.</a><br />\n",
        "rumi<br />\n",
        "<br />\n",
        "as well,<br />\n",
        "you are within all the aspects of all the universe.<br />\n",
        "<br />\n",
        "in every breath is all the knowledge throughout time\n",
        "infinitely.<br />\n",
        "<br />\n",
        "this can go on. but the understanding is the same and also\n",
        "incomprehensible by the mind, but not the heart.<br />\n",
        "<br />\n",
```

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        "----------------------------------------------------------------------
<br />\n",
        "\n",
        "what if?<br />\n",
        "<br />\n",
        "jan. 13, 2010<br />\n",
        "what if:<br />\n",
        "<br />\n",
        "none of us know when it will come. what if you died a week from\n",
        "now, or a month. what purpose would your life serve. why would your\n",
        "life matter. who would you have, who could you have touched. whose\n",
        "life could you have made a little different, just a little? could\n",
        "you you have bought a better car/ a bigger diamond, a better house,\n",
        "left more to your dog, donated your lottery millions to who, to\n",
        "what? most of those charities are for the profits. \"breast cancer\n",
        "awareness\"? cancer needs no cure; and most people, if not all,\n",
        "don't need to die from it. if you don't know, find out. all those\n",
        "organizations taking donations for \"the cure\" are making rich\n",
        "people richer.<br />\n",
        "<br />\n",
        "back to what if. no one today can guarantee you how long you will\n",
        "live. we all know it could be tomorrow. if you are gone next week,\n",
        "what did you do in that week? what would you have done? maybe it's\n",
        "a year. we don't know. what are you leaving when you step off?\n",
        "something to make you feel good about yourself or ? what are you\n",
        "giving each minute, each moment?.<br />\n",
        "<br />\n",
        "blessings and love, peace and the realization of your desires or\n",
        "better to all.<br />\n",
        "<br />\n",
        "----------------------------------------------------------------------
<br />\n",
        "\n",
        "i'm open to platonic <a class=\"ilink\" href=\n",
        "\"/interests?i=massage\">massage</a>, <a class=\"ilink\" href=\n",
        "\"/interests?i=stretching\">stretching</a>/<a class=\"ilink\" href=\n",
        "\"/interests?i=yoga\">yoga</a>,<br />\n",
        "<a class=\"ilink\" href=\"/interests?i=reiki\">reiki</a>, <a class=\n",
        "\"ilink\" href=\"/interests?i=hiking\">hiking</a>, <a class=\"ilink\"\n",
        "href=\"/interests?i=meditation\">meditation</a>, <a class=\"ilink\"\n",
        "href=\"/interests?i=+energy+healing\">energy healing</a>, <a class=\n",
        "\"ilink\" href=\"/interests?i=hot%3cbr+%2f%3e%0atubbing\">hot<br />\n",
        "tubbing</a>, <a class=\"ilink\" href=\"/interests?i=qi+gong\">qi\n",
        "gong</a> or <a class=\"ilink\" href=\n",
        "\"/interests?i=listening\">listening</a> buddies as well.<br />\n",
        "<br />\n",
        "me:<br />\n",
        "<br />\n",
        "heart of gold, kind, open-hearted, present, easygoing even keeled,\n",
        "outside all the boxes, label transcending, gender non-constrained\n",
        "(yin,yang, masculine, feminine, and everything between, ),\n",
        "creative, smart, great human skills (emotional skills, social,\n",
        "communication, listening) <a class=\"ilink\" href=\n",
        "\"/interests?i=free+spirit\">free spirit</a>, <a class=\"ilink\"
href=\n",
        "\"/interests?i=adventurer\">adventurer</a>, <a class=\"ilink\" href=\n",
        "\"/interests?i=visionary\">visionary</a>, <a class=\"ilink\" href=\n",
        "\"/interests?i=explorer\">explorer</a>, <a class=\"ilink\" href=\n",
        "\"/interests?i=spiritual\">spiritual</a> (eyes open for meaning)/not\n",
        "religious, <a class=\"ilink\" href=\n",
        "\"/interests?i=activist\">activist</a>, change-maker, <a class=\n",
        "\"ilink\" href=\"/interests?i=healer\">healer</a>,<br />\n",
        "<a class=\"ilink\" href=\"/interests?i=culture+healer\">culture\n",
        "healer</a>, <a class=\"ilink\" href=\n",
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    "\"/interests?i=intuitive\">intuitive</a>, <a class=\"ilink\" href=\n",
    "\"/interests?i=empath\">empath</a>, sensualist,<br />\n",
    "<a class=\"ilink\" href=\"/interests?i=kinky\">kinky</a> (uninhibited,
\n",
    "creative, inspired, experimentational,<br />\n",
    "(natural, with own moral code), passionate, outside the\n",
    "paradigm,<br />\n",
    "transcender of the cultural consciousness, citizen of the world\n",
    "(i<br />\n",
    "don't recognize \"nations\" or believe in the competition), i\n",
    "like<br />\n",
    "learning languages, mature, <a class=\"ilink\" href=\n",
    "\"/interests?i=childlike\">childlike</a>, deep and silly,\n",
    "simple<br />\n",
    "and complex, <a class=\"ilink\" href=\n",
    "\"/interests?i=playful\">playful</a>, nurturer, loving, supportive,\n",
    "communicator, <a class=\"ilink\" href=\n",
    "\"/interests?i=assertive\">assertive</a>, insightful, direct,\n",
    "sensitive, emotionally<br />\n",
    "<a class=\"ilink\" href=\"/interests?i=expressive\">expressive</a>,\n",
    "into <a class=\"ilink\" href=\"/interests?i=mysticism\">mysticism</a>\n",
    "and meaning -<br />\n",
    "<a class=\"ilink\" href=\"/interests?i=rumi\">rumi</a>;<a
class=\"ilink\"\n",
    "href=\"/interests?i=hafiz\">hafiz</a>;<a class=\"ilink\" href=\n",
    "\"/interests?i=kamir\">kamir</a>;<a class=\"ilink\" href=\n",
    "\"/interests?i=joseph+campbell\">joseph campbell</a> and the\n",
    "biggest<br />\n",
    "teachers; the powerfully humble,simple and potent people met\n",
    "in<br />\n",
    "everyday life ... (which especially includes infants and children)\n",
    "athlete, strength trainer/power lifter with brains and heart, easy\n",
    "on the eyes.<br />\n",
    "<br />\n",
    "i'm looking for friends, community, dating partner(s), playmates,\n",
    "and maybe down the line, family (currently i'm more about friends,\n",
    "activity partners, and community-still open to whatever is\n",
    "true).<br />\n",
    "<br />\n",
    "in the friend department, i have a special opening for a \"mom\", or\n",
    "more than one mom, or couple with young children or who are\n",
    "expecting, as i love children and am exceptional with them, but my\n",
    "nieces and nephews(12 in all!) are all on the east coast(and i do\n",
    "not have any children of my own). compatibility and likability\n",
    "plays a great part for me, even for friendship, as i want to spend\n",
    "my chosen time with the best fitting (or where it feels true)\n",
    "connection(s). regardless what type of relationship (platonic,\n",
    "non-platonic) i am one of the more committed people in relationship\n",
    "you will find. ( in today's day and age, seems important to say,\n",
    "even if i'm describing myself, i am psychologically stable, an\n",
    "effective communicator and emotionally intelligent).<br />\n",
    "<br />\n",
    "<b>my activities and interests:</b><br />\n",
    "<br />\n",
    "connection, depth, intimacy, conscious touch,<br />\n",
    "holistic culture, meaning, esoteric <a class=\"ilink\" href=\n",
    "\"/interests?i=energy\">energy</a> practices,<br />\n",
    "<a class=\"ilink\" href=\"/interests?i=nature\">nature</a>, walking,\n",
    "hiking, listening/witnessing and friend<br />\n",
    "support, partner <a class=\"ilink\" href=\n",
    "\"/interests?i=yoga\">yoga</a>, stretch partners, <a class=\"ilink\"\n",
    "href=\"/interests?i=contact%0aimprov\">contact improv</a>,<br />\n",
    "<a class=\"ilink\" href=\"/interests?i=ariel+dance\">ariel dance</a>,\n",
    "free-form <a class=\"ilink\" href=\"/interests?i=dance\">dance</a>,\n",
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"<a class=\"ilink\" href=\"/interests?i=breathwork\">breathwork</a>\n",
"(rebirthing,<br />\n",
"holotropic, firebreath) [personal growth], [writing], [dream<br />\n",
"sharing/interpreting], <a class=\"ilink\" href=\n",
"\"/interests?i=massage\">massage</a>, <a class=\"ilink\" href=\n",
"\"/interests?i=play+wrestling\">play wrestling</a>, <a
class=\"ilink\"\n",
"href=\"/interests?i=watsu\">watsu</a>,<br />\n",
"water dance, [tantra](non-sexual [\"white tantra\",and\n",
"sexual[\"red<br />\n",
"tantra\"]), <a class=\"ilink\" href=\"/interests?i=hot+tub\">hot\n",
"tub</a>-bing, <a class=\"ilink\" href=\n",
"\"/interests?i=camping\">camping</a>, flotation tank, activism,<br />\n",
"[exploring the senses]/ <a class=\"ilink\" href=\n",
"\"/interests?i=sensual\">sensual</a> , <a class=\"ilink\" href=\n",
"\"/interests?i=mysticism\">mysticism</a>, metaphysical,<br />\n",
"various <a class=\"ilink\" href=\"/interests?i=fitness\">fitness</a>,\n",
"<a class=\"ilink\" href=\n",
"\"/interests?i=weightlifting\">weightlifting</a>, <a class=\"ilink\"\n",
"href=\"/interests?i=taking+in+the%0aflowers\">taking in the\n",
"flowers</a>,<br />\n",
"[being in nature], <a class=\"ilink\" href=\n",
"\"/interests?i=cuddling\">cuddling</a>, <a class=\"ilink\" href=\n",
"\"/interests?i=meditation\">meditation</a>, <a class=\"ilink\" href=\n",
"\"/interests?i=healing%0awork\">healing work</a>,<br />\n",
"all forms of <a class=\"ilink\" href=\n",
"\"/interests?i=expression\">expression</a>, anything in water,\n",
"working with energy<br />\n",
"(<a class=\"ilink\" href=\"/interests?i=qi+gong\">qi gong</a>,\n",
"<a class=\"ilink\" href=\"/interests?i=reiki\">reiki</a>, <a class=\n",
"\"ilink\" href=\"/interests?i=tantra\">tantra</a>, etc), learning
about\n",
"other<br />\n",
"<a class=\"ilink\" href=\"/interests?i=culture\">culture</a>s,
learning\n",
"<a class=\"ilink\" href=\"/interests?i=foreign+languages\">foreign\n",
"languages</a>, human<br />\n",
"behavior (psychology, sociology, anthropology, social psychology,\n",
"archaeology, etc),<br />\n",
"<a class=\"ilink\" href=\n",
"\"/interests?i=advaita%2c+non-dualism%2c+advaita+tantra\">advaita,\n",
"non-dualism, advaita tantra</a>,<br />\n",
"culture healing and change, co-creating holistic cultural design,\n",
"creating family \"of choice\" and community, play.<br />\n",
"<br />\n",
"<a class=\"ilink\" href=\n",
"\"/interests?i=some+of+my+personal+practices+are+below\">some of my\n",
"personal practices are below</a><br />\n",
"<br />\n",
"(i'm awakening, lifelong teacher and student).<br />\n",
"<br />\n",
"meditation, conscious breathing, chanting/sounding, fermenting\n",
"(kombucha, sauerkraut,etc, sprouting (seeds,legumes, etc for\n",
"eating, juicing greens and vegetables, growing/juicing wheatgrass,\n",
"largely omnivore raw foodist, conscious eating, stillness, hiking,\n",
"stretching/yoga, qi gong, tai chi, reiki, massage, strength\n",
"training, hot tubbing, sun gazing, taoist/tantric/qi gong sexual\n",
"practices, non-violent communication, emotional responsibility,\n",
"co-counseling principles (aka re-evaluation counseling), alchemical\n",
"energy play/work, liberation theory, writing, journaling,\n",
"dreamwork, reading, play (literal, not specifically sexual), quiet\n",
"time in nature, time with children, time with animals, time with\n",
"people connected to their heart, mudras, visioning (dreaming or\n",
"intentioning into being), abraham-hicks, touch, long hugs, smiling,\n",
```

```
      "practicing love vibration, gratitude practice, surrounding myself\n",
      "with people with good energy, time in water, productive work,\n",
      "service, allowing time to connect to feelings, contemplative time,\n",
      "time sharing intimacy.<br />\n",
      "<br />\n",
      "------------------------------------------------------------------------<br
/>\n",
      "\n",
      "<br />\n",
      "attractive, athletic, compassionate and considerate with<br />\n",
      "emotional skills and with an edge, but not one(edge) that others\n",
      "have to pay for(eg. not destructive or threatening).<br />\n",
      "<br />\n",
      "i am a spontaneously creatively, playful, wild, heart-centered,\n",
      "adventuring two spirit.\n"
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    "# Solution 1.2\n",
    "\n",
    "average_age = np.mean(age)\n",
    "min_age = np.min(age)\n",
    "max_age = np.max(age)\n",
    "print(f\"Età media: {average_age}\")\n",
    "print(f\"Età minima: {min_age}\")\n",
    "print(f\"Età massima: {max_age}\")\n",
    "\n",
    "\n",
    "num_males = np.sum(sex == 'm')\n",
    "num_females = np.sum(sex == 'f')\n",
    "print(\"\\nNumero maschi:\", num_males)\n",
    "print(\"Numero femmine:\", num_females)\n",
    "\n",
    "\n",
    "average_age_m = np.mean(age[sex == 'm'])\n",
    "average_age_f = np.mean(age[sex == 'f'])\n",
    "print(\"\\nEtà media maschi:\", average_age_m)\n",
    "print(\"Età media femmine:\", average_age_f)\n",
    "\n",
    "\n",
    "essay_lengths = np.array([len(e.split()) if isinstance(e, str) else 0 for e
in essay])\n",
    "avg_length = np.mean(essay_lengths)\n",
    "print(\"\\nLunghezza media delle introduzioni:\", avg_length)\n",
    "\n",
    "\n",
    "idx_longest = np.argmax(essay_lengths)\n",
    "print(\"\\nLa più lunga introduzione (indice {}):\".format(idx_longest))
\n",
    "print(essay[idx_longest])"
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```
    "### 2.1\n",
    "Write a function `primeNumbers(N)` that takes as an (optional) input
argument an integer `N` (default value `N=1000`) and returns an array with all
prime numbers less than or equal to `N` (neither 0 nor 1 should be considered)."
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    "# Solution 2.1\n",
    "\n",
    "def primeNumbers(N=1000):\n",
    "    if N < 2:\n",
    "        return np.array([], dtype=int)\n",
    "\n",
    "    sieve = np.ones(N+1, dtype=bool)\n",
    "    sieve[:2] = False\n",
    "    \n",
    "    for i in range(2, int(np.sqrt(N)) + 1):\n",
    "        if sieve[i]:\n",
    "            sieve[i*i:N+1:i] = False\n",
    "    return np.nonzero(sieve)[0]\n",
    "    \n",
    "print(primeNumbers(50))"
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    "### 2.2\n",
    "Write a function `createMyDictionary(N)` that takes as an (optional) input
argument an integer `N` (default value `N=1000`) and returns a dictionary with
two elements. The first element has the key \"middle\", associated with an array
of all prime numbers between $\\frac{1}{4}N$ e $\\frac{3}{4}N$ (inclusive). The
second element has the key \"extremes\" and contains the remaining prime numbers
less than $N$. Hint: Use the previously created function `primeNumbers(N)`."
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      "array1: [0 1 2 3 4 5 6 7 8 9]\n",
      "mask1:  [False False False  True  True  True  True  True False False]\n",
      "mask2:  [False  True  True]\n"
     ]
    }
```

```
    ],
    "source": [
     "# Hint\n",
     "\n",
     "# Remember that the logical AND (or OR) between 2 Boolean variables (or
Boolean arrays)\n",
     "# is performed in Python using the operator `&` (or `|` respectively)\n",
     "\n",
     "array1 = np.array(np.arange(10))\n",
     "print(f\"array1: {array1}\")\n",
     "\n",
     "mask1 = (array1 > 2) & (array1 < 8)\n",
     "print(\"mask1: \", mask1)\n",
     "\n",
     "mask2 = (array1[0:3] == 2) | (array1[0:3] == 1)\n",
     "print(\"mask2: \", mask2)"
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