**id 0**

Before I left, I asked for suggestions on brands to check out. Fellow beauty bloggers suggested the Dita Von Teese for ArtDeco collection which I could pick up in Berlin. I was not familiar with ArtDeco, so I checked out their site and saw they had some really great looking shadows and a cool beauty box system. The Dita Von Teese Classics collection really focuses on classic shades -- red lips and nails with neutral, soft shadows and blushes. The ArtDeco display in Karstadt was small compared to other brands, but it was packed with products. Most of the items have minimal packaging because they are designed to go into one of their beauty box systems -- like a Z palette but plastic instead of thick cardboard. They come in different sizes and can hold shadows, blushes and applicators. I picked up one of the limited edition Dita Von Teese beauty box quadrats and headed to the cashier. When she rang me through and said it was only 14\_, I was a bit surprised. I was expecting it to be expensive, but I wasn't about to argue. Time for an embarrassing story: As I went to find my family, I couldn't contain my excitement so I opened the box to look at everything. To my dismay, it was empty. No wonder it was only 14\_! I looked at the packaging and sure enough it stated that it did not contain any products. In English. In big, bold, capitalized letters. When I think back to the transaction, I'm pretty sure she asked me if I wanted to buy any of the shadows or blushes that could fit in it. Clearly I need to learn German. I'm going to blame my ignorance on jet lag since it was our first day in Berlin and we weren't fully operating at that point. Anyway, I went back and picked out four shadows that were in the Dita Von Teese Display. Each shadow was 4,80\_ . At that point, the total for the box and shadows was 33,20\_ . The day before we left France, I decided I wanted to fill the box. Luckily, ArtDeco is sold in Galeries Lafayette (a massive, super upscale mall in Paris) which was only a few metro stops away. They did not carry the Dita Von Teese collection but it looked as if they had all of their permanent range to choose from. I grabbed a few more shadows since the blushes didn't seem too pigmented and they were more expensive there. Each shadow was 7\_ , bringing the total to fill the box to 61,20\_. Eye shadows with protective numbered covers on. Full Beauty Box Quadrat. Each pan is magnetized and slides into place. Unfortunately some shades were damaged by my nails when trying to arrange them. As you can see from the swatches, the shadows are not very pigmented. Some are better than others, but I think the shimmer finish really effects them, and it doesn't really do the shades justice. The lighter colours really need to be layered on, which then looks cakey, while the darker colours do not blend very well. I also found that most of them have a lot of fall-out, which could also be due to the finish as I've read reviews on their matte shadows which give the opposite impression. The shades are so gorgeous in the pan that it's disappointing that they do not perform well. I enjoy frost and pearl shadows, but these did not live up to my expectations. I wanted to wait until I got home to use any of the shadows so I could photograph and swatch them. If I had taken the time to try them out beforehand, I probably would not have bought any more at the higher price in Paris. When I was looking up the shades and the collection for this post, I noticed that none of the shades I bought in Germany match the shades that ArtDeco has on their site for the Dita collection, even though they were in the collection's specific display. I couldn't find #645 on their site at all. I thought that was a bit strange, and now I'm questioning whether I actually bought shades from the Dita collection. I have heard that ArtDeco is carried in select Shoppers Drug Marts, but I haven't been able to find out exactly which ones. I would try more of the range if I came across them since the colour range is huge and I am curious to see what the other finishes are like. Have you tried ArtDeco? Where do you buy it and what are your favourite

**id 1**

How to update the software on your Android smartphone Chances are you're aware of the various sugar-coated alphabetical names given to each new version of Android; Google's mobile operating system. Each year the company release a major update for Android bringing new features to the platform; the most recent being Android 4.1 Jelly Bean . Significant updates are designed to offer additional features, but also to fix existing bugs found on an operating system and to generally improve the user experience. Why are Android updates so important? If there's an update available for your Android device, it's worth downloading because it may include new functionality only available once your device is running the latest update. Android updates are more convoluted than Apple's, because there are dozens of phones and tablets which run on Google's mobile OS. In contrast Apple has just a pair of tablets and three phones running iOS to keep updated; Android devices are manufactured by companies all over the globe such as: HTC, Samsung, LG and Motorola. Not every device can run every version of Android, it depends on factors like price, network, time of release and device type. What does Android's name and number system mean? Each significant iteration of Android released is endowed with a sugary treat-based codename progressing along the alphabet; Android Ice Cream Sandwich was launched in 2011, representing 'I' and 2012's Android Jelly Bean represents 'J'. These updates also make use of a numerical change. Eclair = 2.1 Froyo = 2.2 Gingerbread = 2.3 Honeycomb = 3.1 Ice Cream Sandwich = 4.0 Jelly Bean = 4.1 The naming and numerical progression each year refers to the significant improvements added over the previous builds of Android. Sometimes Google or other product manufacturers release smaller updates which are designed to fix known issues as opposed to adding new functionality. As an example, some Android Gingerbread devices have moved from version 2.3 to 2.3.3 or 2.3.7. Which version of Android am I using? To find out which version of Android your device is currently running, simply head to Settings in your app drawer and scroll down the menu until you find ' About Phone ' or in some cases ' About Device ' or ' About Tablet ' then look for a field marked ' Android Version ' under which should be a number, anything starting with '2.3' means you currently sport a Gingerbread device, anything starting with '4.0' refers to Ice Cream Sandwich running on your Android device and anything with '4.1 ' means you're running the latest available release of Android, Jelly Bean. Google introduces a new version of it's operating system on a 'Nexus' branded phones or tablets. These devices are first to get future updates. The Samsung Galaxy Nexus was the first device to launch with Android 4.0 Ice Cream Sandwich and has recently become the first phone to make the jump to Android 4.1 Jelly Bean . Based on existing patterns, the Nexus will receive a second major update when the next significant iteration of Android arrives, likely in 2013. Nexus branded devices are some of the only Android phones or handsets to qualify for two significant releases of Android, as opposed to one. How to do I check for updates? If you're sure your device is due an update and you haven't yet received anything or you simply want to check, the process is simple. Head to Settings in your app drawer and press the 'About Phone', 'About Tablet' or ' About Device' section depending what appears and then press the 'Check for updates' option. If you do find an available update for your device, ensure that you have at least 50% battery life or plug it into the mains. Unless you make use of an unlimited data tariff, download the update over a WiFi network. Alternatively, if WiFi OTA (over-the-air) updates don't appear to work or you prefer not to use them, most manufacturers provide computer software (such as Samsung Kies), which can be used for updating via USB. In some specific cases (as with Sony), you have to use software, as there is option to check for updates over the air.

**id 2**

Why do we need to worry so much about falls on stairs? Stairs of all types have been used since ancient times, and because they are inherently hazardous, people have been falling on them, getting hurt or even killed in the process. In North America tens of people die and tens of thousand people get injured every year from the falls on stairs. The American National Council on Compensation Insurance estimated in 2001-2002 that the cost of such fall injuries was second only to those caused by motor vehicles. A very common contributing factor is neglecting to use handrails. The consequences can be quite nasty. Because stairway accidents can cause severe injury and even death, building codes for stairs and ramps are justifiably very rigorous. Good design can substantially reduce the potential for mis-stepping by providing us with the means to retrieve our balance, but even the best design cannot eliminate falling hazards entirely. The need for proper design also applies to ramps. The fact is that some incidents can be caused by inattention and unsafe behaviour. The best approach to minimize the hazard of falling down stairs is to encourage the building of well-designed stairways, combined with training focused on raising our awareness of the potential for disaster. What factors must we consider in designing safer stairs? Stair dimensions Figure 1 shows the recommended dimension ranges for all the important elements of stairways. The dimension of risers or treads in a stairway should not vary more than 1 cm. When doors open directly into the stairwell, a 50 cm-wide platform should be provided beyond the swing of the door. The recommended maximum number of steps between landings is 18, with no more than two flights without a change of direction. The depth of any landing should be at least equal to the width of the stairs. Stair surface To reduce the risk of slipping on stairs, non-slippery surface on the whole steps or at least on the leading edges is crucial. Such a surface can be made of rubber, or metal or painted with special slip-resistant paint. Regular maintenance of the stairs in good repair plus good housekeeping can reduce hazards for tripping. Stair handrails Attempts to design aesthetically pleasing stairways including handrails must not compromise functionality. The prime function of the handrail is for holding as support while going up or down stairs. It is therefore crucial to be able to grasp it quickly, easily and firmly if you should start losing your balance. Figure 4 shows the recommended cross-section and dimensions of a good handrail. Ideally the cross-section should be round (diameter 4-5 cm, with circumference of 12-14 cm) to allow for a good firm grip. Figure 4 You should be able to run your hand smoothly along the entire length without having to adjust your grip. You should apply the so-called "tennis-racket grip" at all times when possible. Guardrails of at least 40 cm above the surface of the stairs are needed to prevent falls off the side of the stairs that are not equipped with a banister. Visibility on stairs Improving visibility on stairs significantly reduces the risk for common mishaps caused by misjudging distances. Otherwise you can trip on a step or miss it completely. You can catch a heel on the edge of a step. Such mishaps are a routine cause of twisted ankles, sprained knees or more serious injuries incurred by a total fall. Recommended illumination should be at the minimum 50 lux level. Use angular lighting and colour contrast to improve depth perception. Use matte finishes on the treads to avoid glare. Avoid patterned carpeting that may visually hide differences in depth. Be very cautious on stairs if you are wearing bifocal glasses. Work activity Use any means to persuade people to grasp the handrail while both ascending or descending stairs. Avoid carrying objects with both hands. Do not carry bulky objects that block your vision. Housekeeping Good housekeeping is also vital to stair safety: Nothing should be sticking out the surfaces of stairs, handrails or bannisters (like nails or splinters) that could cause a fall.

**id 3**

How to use the Footprints feature aboard HTC's One V We show you how to use the Footprints feature aboard HTC's One V smartphone Picture the scene: you're on holiday and you want to explore so you set out with your HTC Desire V and take a leisurely wander, discovering new favourite spots along the way. You have lunch, maybe a snooze on the beach and make your way back to your hotel to get ready for an evening of sangria and paella. Later in the holiday, you decide to go back for another day in the places you discovered during your first reconnaissance mission, only to realise that you cannot for the life of you remember how you got there! This is where Footprints comes in handy, a brilliant little feature by HTC that allows you to take a snap of your location and augment it with accurate GPS location, street address, phone number and other details, and we've put together a guide to show you how it works. Grab your HTC Desire V Open Maps Hit Menu Hit 'My Location' Tap 'Quick Links' Hit the 'Footprints' icon You can now tap 'Capture' which will allow you to take a photo and add it to your Footprint Hit 'Edit' to add notes to your Footprint such as opening times etc. Tap the 'Menu' icon and go to 'Record Voice' and you can add a voice memo to the Footprint Hit 'Save' when you're finished and this will now save to your device. Next time you want to visit this location, go back into the Footprints tab in Maps and you can even get directions to navigate your way there!

**id 4**

Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Formats Book Description Publication Date: September 1, 2007 | Series: Forbidden Knowledge Want to know how to start a riot? Yep...make moonshine? Sure...beat a lie detector test? You got it!True, if everyone knew how to do such things, the world may not be a better place. But for our readers, this is just the sort of Forbidden Knowledge that can transform their lives.Who couldn't use a little more danger in their life? A little more edge? A little more fun? With "Forbidden Knowledge", readers get it all. Featuring an edgy design, this book will be talked about for years to come - but may not be used as evidence in court! Want to know how to start a riot? Yep...make moonshine? Sure...beat a lie detector test? You got it!True, if everyone knew how to do such things, the world may not be a better place. But for our readers, this is just the sort of Forbidden Knowledge that can transform their lives.Who couldn't use a little more danger in their life? A little more edge? A little more fun? With "Forbidden Knowledge", readers get it all. Featuring an edgy design, this book will be talked about for years to come - but may not be used as evidence in court! {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Editorial Reviews About the Author Michael Powell has penned more than 60 titles, and has quickly established a reputation for writing bestselling instructional guides, gift books and comedy titles for adults and children. He has always been interested in doing things that he shouldn't! Despite having several 'questionable' hobbies he lives a surprisingly quiet life in Somerset. I had high hopes that this would be a "how to" book of obscure, yet useful information. When I opened to chapter one entitled, "Tell if your neighbor is a zombie," I knew to temper my hopes significantly. Split into three primary types of tidbits, this book is a mixed bag at best. Examples of the Practical: How to pull of an eBay scam (mostly illegal), beat a speed camera (unlikely but possible), negotiate with terrorists (provided you aren't afraid of death), count cards at a casino (if you want to get your head cracked), have fun in an elevator (if you want to make everyone hate you), and stuff you shouldn't do in an elevator (old news). Examples of the Interestingly Impractical: How to stage a coup (interesting for today's political climate), become a Mafia boss (in real life, not on myspace or facebook), build an atom bomb (doubtful), perform heart surgery (only if you like death and inevitable jail time), and bullfight (for fans of puncture wounds). Examples of the Stupidly Impractical: See Chapter one and several others like it. Aside from my successful eBay scam and the money I got posing as an African Prince with financial difficulties, this book didn't really provide me with any useful "forbidden" knowledge. I realize this is a book with its roots in humor, but I didn't laugh that much while reading it, either. It's essentially a bigger, slightly better list that's similar to Cyber Jokes: The Funniest Stuff on the Internet . This was a ridiculous book. Item one was "How to

**id 5**

111-year old father produces offspring for the first time! This tuatara, called Henry , has not only produced 11 babies but is now living with two others females in the hope of more young ones to be hatched. Henry got his mojo back after a cancerous growth was removed. Found in New Zealand this reptile is in danger of becoming extinct. Tuatara is a Maori word meaning "peaks on the back". It is easy to see why. The tuatara is famous because it is a very ancient -- it is the only survivor of a large group of reptiles that roamed the earth at the same time as dinosaurs. It hasn't changed its form much in over 225 million years! The relatives of tuatara died out about 60 million years ago which is why the tuatara is sometimes called a 'living fossil' read more

**id 6**

7 ways to make the most of gift cards Americans love giving gift cards during the holiday season. In fact, gift card sales are expected to reach $100 billion by 2012, according to TowerGroup, a research and advisory firm. Yet, recipients don't always remember to use them. If you receive a gift card during the holidays, don't let it collect dust. Make it easy to reach for the gift card instead of your hard-earned cash. That means you want it with you when you're likely shopping, not at home in your sock drawer, says Hillary Mendelsohn, author of "thepurplebook" series of online shopping guides and founder of thepurplebook.com. How else can you get the most out of the gift cards you buy or use this holiday season? Here are seven savvy tips.

**id 7**

As we rightfully champion those who contributed to the success of what some are calling the best ever Olympic and Paralympic Games - the brilliant and courageous athletes, the diligent and smiling paid and unpaid staff, the millions of spectators who created the atmosphere upon which everything thrived - there exists another group of 'games makers' whose stories are less familiar and who didn't feature in any of the closing ceremony thank you speeches. These are the thousands of factory employees in East Asia who worked in sweatshop conditions making the majority of clothing and merchandise on show at the games. Amid all the pre-Olympic fanfare and furore, two reports were published by campaign consortium Play Fair that went largely unnoticed in the general media. Fair Games? and Toying With Workers' Rights documented appalling conditions in overseas factories supplying Olympic mascots and clothing by official sponsors such as adidas and Next. Research carried out at outlets in China, the Philippines and Sri Lanka found that employees were being forced to work over 60 hours per week for poverty wages in unhealthy and unsafe environments. Workers had little job security and were often prevented from joining unions. These accounts, a reminder of the grim economic realities that are a hidden part of big money spectacles like Olympic Games, have been conveniently edited from the official Olympic narrative where sponsors, elite athletes and international sports committees walk hand-in-hand to the tune of universal respect, fairness and equality. The reports also throw question marks over the London Olympic Committee's promise to source goods according to ethical criteria, as laid out in their Ethical Trading Initiative. For those enthralled by the magnificence produced by sportsmen and women this summer, this makes for a bitter pill to swallow. Sports manufacturer adidas , one of the companies most complicit in the exploitation and the current target of human rights campaigners War On Want, were the official sponsors of the now heroic Team GB and signed a 100 million sponsorship deal for these Olympics. They also sponsor a number of individuals who were stars of these games such as Jessica Ennis, Yohan Blake, Christine Ohuruogu and Andy Murray. Blake makes a point of thanking his "truly wonderful" sponsor on his website. On its own website, adidas boasts of a Fair Wage project and a commitment to respecting workers' rights. Current evidence paints a different picture. It might be argued that these are deeper systemic problems within the global marketplace and that it's foolish to expect the Olympics to be able to neatly sidestep these issues. It should also be acknowledged that progress has been made since Beijing four years ago and that London's pledge to host the most ethical ever games is true in a sense. " adidas boasts of a Fair Wage project and a commitment to respecting workers' rights. Current evidence paints a different picture" But, as the authors at Play Fair state, it's not enough. A properly sustainable Olympics embodying all of its ideals and values needs to have organizers at every level taking a firmer stance against exploitation and abuse that occurs at the margins. It's no good gathering for a few weeks every four years to celebrate some of the very best attributes in human nature if, away from the world's eyes, you're contributing to practices that contradict your ideals and will only add to global displacement. We can only hope that things will be a little better in Rio in 2016.

**id 8**

Google/RSA Interactivism for Young People Amidst acute concern for the welfare and future of young people classed as "NEET" in UK society, policymakers are eagerly searching for innovative approaches to improve their prospects. Although concerns have recently been raised about the negative role internet and social media can play in the lives of disengaged young people, there has been little to balance this account with illustrations of how it can help them reconnect with society and improve their life chances through education and employment. Against this backdrop, the RSA, Google, FutureGov and Livity came together to launch a new 'Interactivism' Challenge, asking people of all backgrounds -- software developers, young people, professional practitioners, teachers, policymakers and RSA Fellows -- to put forward innovative ideas for how the internet and technology could support young people to find the work, training or education that is right for them. Please see the 'Discovery Framework' paper at the bottom of the page for more information about the Challenge. Those behind the best ideas were invited to a two-day intensive 'Hackathon' event in February where they were paired with designers, software developers and young people to develop them into working software prototypes. In total, over 100 people came along to the event to lend their assistance and be part of a Hack 'team'. To hear more from the participants please view the video below: Having used the Hackathon to develop their ideas from concept to workable prototype, many of our teams are now in the process of taking these to the next stage, whether that's building a business plan, applying for venture funding or undertaking some more background research. Our partners at FutureGov have put forward the following useful summary of how the teams are progressing. The RSA is keen to support these projects as they move forward so if you would like to get involved please do let us know by contacting either Julian Thompson or Benedict Dellot . FutureBuilder Tracey Bleakey's idea is for a site that allows young people to build skills profiles. In response, it highlights the gaps in their experience or skills required for their desired career path and suggests actual work, education or training opportunities that will fill those gaps. The site has a number of functions, such as skills matching and hosting employer opportunity profiles. The winners of the Interactivism are developing a proposal for how their idea will be executed. They are now investigating potential grant funding streams. GamePlan Lee Hazzard is proposing to build a Facebook app that helps young people break down their life goals into every day, manageable steps, before assigning them to a "GamePlanner" mentor who will provide support offline and through Facebook to help them meet their goals. The app will also feature functions such as CV writing and job notification (which could be controlled by Work Programme providers) and inspiration from role models. GamePlan have secured two commercial clients, received funding from the Big Lottery Fund and are waiting to hear back from three more potential funders. They are also currently at the top of the leader board for Cisco's British Innovation Gateway Awards . GamePlan are still on the look-out for Facebook app developers, UX designers, organisations to help create public sector opportunities and members to join their advisory board. Meet Market Tom Tobia's idea is for an online and offline platform which creates a support network for young people to learn and develop entrepreneurial skills through launching micro-enterprises within the familiar context of street markets. They are now well on their way to developing a prototype with some partners up north, and this pilot is planned to take place in May in both London and Manchester. Similar to a Hackathon, they will be testing their assumptions quickly and cheaply to see what they can discover before taking the next steps forward. OneUp Terri Herb's idea is for a web application that helps young people identify the skills needed to reach their goals, and helps them to develop and demonstrate those skills by being able to take part in a variety of projects (including projects offered by employers). They can then use videos or other records of their participation in these projects to add to a mini-portfolio. Gaining feedback from people running projects will be an important part of the personal development process. The OneUp team are working hard on writing some seed funding proposals to kick start their project. Team member, Laura Warrington , has taken over the management of things, as idea owner, Terri Hubert , focuses on her studies, but they, along with a cluster of others are devising a plan to fund their initial development. MeshDays Megan Clatworthy's idea is for an online

**id 9**

Gary, your right, any BHPA pilot can fly any certified glider with BHPA 3rd party insurance. Now any pilot with reasonable ground handling skills can buy and fly a current comp glider, whereas before to fly the old open class comp gliders the pilot would need to be a Development Pilot (Advanced Pilot with &gt;300hrs). It seems like a lot of pilots are buying the IP6, Niviuk must be seeing it as a good seller, i wouldn't be surprised if it is outselling the Peak2! I think the new comp gliders do need to be moved out of END so at least they can be removed from the permitted class that most pilots are allowed to fly with insurance. Gary, your right, any BHPA pilot can fly any certified glider with BHPA 3rd party insurance. Now any pilot with reasonable ground handling skills can buy and fly a current comp glider, whereas before to fly the old open class comp gliders the pilot would need to be a Development Pilot (Advanced Pilot with &gt;300hrs). It seems like a lot of pilots are buying the IP6, Niviuk must be seeing it as a good seller, i wouldn't be surprised if it is outselling the Peak2! I think the new comp gliders do need to be moved out of END so at least they can be removed from the permitted class that most pilots are allowed to fly with insurance. Hi I'm new owner of IP6 previously flown many dhv-3 or competition glider (old rating) I moved from O8 and M4 just to end of this season. Reason for me to move to 2 liners was that I fly comp. and needs more performance. I had about 15 hrs on IP5 without any bad colapses so why not to fly better, safer IP6. My 08 had 6.8 aspect ratio IP6 has 6.9 and IP5 7.9 and I did not have any problems. I am only Pilot rated with 800 hrs with some acro expirence. I do not see the point to move serial comp glider out of EN-D. Manufactures have to clearly state for what pilots it is dedicated - thats all. If somebody is refering olny to test result, rather than description, will soon understand own mistake. Well I managed to fly mine over the last few days, in varied conditions from very light to some strongish conditions for the time of year. Soon as you ground handle you can tell it is much different than a normal EN D wing, However once in the air though it does feel hot the wing flies very direct and super solid. You do feel the air but as it is said before every bump causing lift with no diving. The glide seems amazing as we had a day where we had to keep scratching up bowls before gliding to the next ridge, every time I would arrive there quite a bit higher. In quite bad turbulence as nearly all pilots experienced that day in some sort of convergence the glider felt so solid even when you were getting pulled about. Was it comfortable mainly yes because it is easy to read what is going on and react but when it gets all churned up I would never say on any wing would I say it's comfortable. The turning ability is what blows your mind as it can turn so tight and easy and lets you know exactly where the lift is. very lucky to get 6 hours in on 3 flights in autumn in the uk lets hope the weather keeps coming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Everyone who lives dies, yet not everyone who dies, has lived. We take these risks not to escape life, but to prevent life es at the 7 minute mark both pilots had been doing full stalls very well, then it looks like they go unstable in to like heli spin. was this something induced or something going slightly wrong? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Everyone who lives dies, yet not everyone who dies, has lived. We take these risks not to escape life, but to prevent life es The glider can be in the stall and the glider can fly. The area between is very delicate because there the glider is very unstable around the vertical axis. Small asymmetric input can cause rotation with high risk of twists. You should be quite skilled or try to avoid this area by releasing the brakes fast at the end of the stall. Gary, the video shows 4 pilots, 3 of them on a "Cloud" colored IP6, one on a "Rioja". Two different days, one mainly blue, the other mainly overcast. The two full stalls around 07:00 are the first ones on day two - my first one (I'm

**id 10**

Transition Culture An Evolving Exploration into the Head, Heart and Hands of Energy Descent 30 Oct 2012 Your help needed! New book about Transition needs ideas for the Situations Vacant page of 2030 This new little book about Transition (working title 'The Thrill of Just Doing Stuff' ) is coming together nicely, and thanks to everyone who has responded to my requests for assistance so far. Today I want to invite your thoughts on what, in a Transition economy, refocused around resilience and localisation, might be the jobs on offer in 2030? If you were 18 now (and indeed perhaps you are) what would you train yourself to be in order to best be of service to the emerging Transition economy? Any thoughts much appreciated. Here is my starter list: 22 Comments Definitely engineer. I am frustrated by the lack of small scale affordable and repairable equipment to do the jobs that a small scale farmer would want to do. Most equipment is for large scale farming with massive amounts of outlay, which in itself is a huge block to those entering the farming profession. If not an engineer to come up with new solutions to small scale farming problems, an engineer capable of restoring old equipment that was perfectly functional for the purpose and would suit todays market if only it was in full working order. Whilst on the subject, perhaps a teacher to teach the necessary maintenance skills that would be required to maintain the equipment? Local small scale manufacturing should be included, search maker movement for ideas but Local Logistics Organiser or Materials Sourcing Agent who would be based locally and work with small scale (one person to a few) manufacturers helping them market and sell globally. Air Fuel Synthesis plant manager required to maintain and operate community synthetic petrol production facility using waste CO2 from local brewery. The AFS plant is currently powered by three community wind turbines, but extension plans include using hydro, wave and tidal sources of electricity to process waste CO2 from aerobic digestion plant nearby, which would otherwise be released to atmosphere. Technical and budget management skills essential. Experience of community project management desirable. The successful candidate will demonstrate practical aptitute as well as commitment to carbon-neutral whole-systems approach. Actually, what is this list of jobs supposed to represent? Jobs for people to make it rich in the formal, wealth-concentrating economy (scientist, mercenary, cardinal), or crafts that serve the community and enable one to raise a healthy, disciplined family? Because I think the lists would be different. FarmerPete 30 Oct 4:31pm Drovers needed for many routes from Fort William to York. Own dogs and a good pair of boots essential. Must know livestock and be trustworthy. Please provide at least 2 references. On a more sombre note (but giving even more need for the musician): Experienced undertaker. Must be capable of handling large numbers of premature deaths arising from lack of fossil oil-based drugs and medical techniques, hunger and conflict over limited resources, which even Transition has been unable to prevent. Keep in mind that musicians do much more than cheer people up. The need for musicians will only grow. Musicians, and music, have captured and preserved lore from 'way back. Schoolyard ditties to popular hymns, music has proven a very effective way to distribute teachings and preserve knowledge. I share Anne McCaffrey's reverence for the role she labels "harper", in her science fiction novels of the planet Pern. The harper is a pivotal craft in each story, perhaps best illustrated in White Dragon and in DragonSinger -- or Dragon Quest. Other historical crafts used to capture events and preserve lore include carvers, sketch and paint artists, and bards or storytellers. Remember, the original Grimm's fairy tales were gathered to bring home the dangers of the forest to young folk. The Grimm's history of being rewritten early and often to pander to the marketplace does not detract from that first capture of useful lore. And healers versed in folk lore and New Age practices, and an understanding of modern anatomy and healthy body processes. @ Trugs, Keep in mind that most modern medicine and surgery does \*not\* prolong life, it merely makes the "quality" of life more productive. Heart bypass surgery enables the patient to continue working or playing golf; lack of the surgery would leave the prudent patient severely restricted in activity. It is the health inspector, the sewer department, and the agricultura

**id 11**

How To Do The Horse Dance From Psy-Gangnam Style Monday September 10, 2012 Posted 2 months, 1 week ago by Mike Mathers Psy is an internet sensation. The numbers are staggering with 130 million you tube views. He recently just made an appearance on the MTV VMA's. Everyone is raving on how to do the horse dance from his big hit, Gangnam Style. Now you can show off to your friends with this easy how to do dance. By the way I have his song coming up for Slam It Or Jam It. Should make for a fun hour of new music!

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We are overwhelmed. Bombarded. Stunned. Overexposed. Every X amount of days, something new grabs the attention of all the people who, in one way or another, work in or is related to the new technologies and/or new media (communicators, advertisers, economists, technologists, researchers, journalists, and a loooong etc.) in a furious and apparently unstoppable manner. Suddenly, everything should be absorbed ASAP. That Kindle makes Amazon sell more ebooks for the Holiday Season than traditional books; that trying Formspring.me is a must because everyone is using it and we feel like trying it even if we don't really know if it's worth having an iPad just to see what happens. A 17 year old Russian kid created Chatroulette and spun out of control so we have to get in to see why it's such a huge success; if you don't use Gowalla you should be using FourSquare to let everyone know where you're at and what you're doing, if you don't update Twitter every couple of hours you will cease being relevant: ONE MOMENT PEOPLE, LET'S STOP FOR A MOMENT! Back in the early 60s, the American sociologist Everett Rogers coined the term early adopter , when he developed his Theory of the Innovations and the different categories of individuals in relation to those innovations. That's where the group mentioned in the first paragraph is, exposed and ready to use with fruition each new thing that incipiently appears in the market. That's where the manic disorder starts. The mania of being connected to everything, in most of the cases, all the time. Laptops, netbooks, smartphones and other gadgets give us the possibility of a 24/7 connection and the exposure to the collective and primal reaction of gotta have it, I don't know what for, but we see. And suddenly we find ourselves sometimes voluntarily and other times involuntarily, managing profiles, user names and passwords that have a direct or indirect influence on our lives, at professional, personal and family levels. And we use time, that is limited, as if it were unlimited. Paradoxically, we believe that many of these tools will allow us to administrate and take better advantage of time. Is that true? Do we really have to adopt each new thing attaching it to our routine in pursuit of having more and more access to potentially everything because one day it will be useful or beneficial for us? Aren't we developing a kind of addiction and like every addiction it's impossible to see it because we are inside it? (We are all acquainted with the statement use it when I want to and when I don't to I can leave it. I'm in charge Huh?) For sure we've all had our "Enjuto Mojamuto moment" Maybe it's because of what the neuroscientist Jaak Panksepp affirmed after studying all kinds of mammals and their emotions. He arrived to the conclusion that the act of searching (both in abstract and tangible terms) is the force that moves us to get out of bed, face the day and venture into the world. That force is fed by a neurotransmitter hormone called dopamine. In fact, the hormone is believed to influence our sense of time. (Time again, that abounds, or at least it seems to). Panksepp says that dopamine is activated by the need to search, of finding something unexpected or by the expectation triggered by the new. Ring a bell? Have you ever sat in front of the Web without a plan but expecting to see something new? Here we are then. Overwhelmed. Bombarded. Stunned. Overexposed. Surely more than one of us is already suffering from Continuous Partial Attention syndrome, that unstoppable urge to check sources of information, sharing, distributing and awarding new meanings to it with the aim of assuring that nothing is escaping us, or at least almost nothing. The syndrome appears in our leisure time, in a day of studies or at work (And no, being connected at all times to all those things is not working I'm talking to you Mr.consultants and techno fetishist gurus and ninjas). So is fighting against this possible? Of course it is. You just need a little willpower and a little willingness not to pay attention to what they'll say. It's all about making the decision to be an early "abandoner"(or whatever other name we decide on using). It's leaving behind those things that we don't

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Complaining to the council first What is the council??s complaints procedure? All councils have published complaints procedures that show how they investigate complaints. These vary from council to council but usually include two or more stages, each operated by a more senior member of staff than the last stage or, in some cases, elected councillors. At each stage of the complaints procedure the council will normally send you a written response and invite you to comment. The council will normally tell you when it writes to you if there is another stage of the complaints procedure. Where can I get details of the council??s complaints procedure? Look at the council's website, or telephone the council and ask for a copy. Do I have to go all the way through a council??s complaints procedure first before I complain to the Ombudsman? Yes, usually you do. The law says that we have to give the council a reasonable chance to consider your complaint and respond. If you write to us at the same time as or shortly after making a complaint to the council it is unlikely we will consider it, unless it is very urgent or you are particularly at risk. But, if the council is taking more than 12 weeks to investigate your complaint and give you a satisfactory answer, ring the Advice Team for further advice, as we may then be able to look at your complaint without you completing all stages the council's procedure. For complaints about children and family services there is a special procedure provided by Parliament for the purpose, so the Ombudsman normally expects people to go through all the stages first, even if it takes more than 12 weeks. I complained to the council before it decided the issue I am concerned about ?? can I complain to the Ombudsman now? No, because until the council makes a decision affecting you, we do not consider that there is a cause for your complaint. Once it takes that decision, then you should give the council 12 weeks to respond to the complaint about it. Why have you sent my complaint to the council? ?? I want to complain to the Ombudsman not the council. The Local Government Act 1974 says that, before investigating a complaint, the Ombudsman must be sure that the council knows about the complaint and has had a reasonable opportunity to investigate and reply to it. We usually expect you to go through all stages of the council's complaints procedure before we will look at your complaint. We have concluded, from what you have told us, that the council has not had sufficient opportunity to consider your complaint and so we have sent it to the council so it can respond. Why must I allow the council 12 weeks to respond to the complaint when I know it will not change its decision? Experience suggests that many councils are quite successful at resolving complaints through their own complaints procedures. About two thirds of the complaints that we refer to councils to investigate are not pursued by the complainant with us afterwards. Council taking action during complaint investigation Can the Ombudsman stop the council taking action while you are looking into my complaint? The Ombudsman has no power to tell the council what to do or what not to do while we are investigating your complaint. The law says that the council should continue to deal with matters in the normal way. So, for example, it is very unlikely that the council would agree to stop the process of considering a planning application. However, where we are investigating a matter such as delay in deciding a housing benefit or council tax benefit claim, and the council is threatening to take action against you because you are in arrears with your rent or council tax, we can ask the council to put any further action on hold. It will often agree to do this as the Ombudsman would be very critical if it refused and was later found to be responsible for the arrears through delay in processing a claim. But if the council does not agree to hold off action against you, you will need to pay what you are being asked for to avoid any legal consequences. If we uphold your complaint we may ask the council to pay you back any money wrongly paid by you. My complaint is about the grant of planning permission. I have been told the development will start very shortly, so if I have to wait 12 weeks before the Ombudsman investigates it is possible the development will be completed. It is unlikely that any planning permission already granted will be changed by an investigation by either the council or the Ombudsman. If either thought there had been fault in the process that led to the decision, then steps might be taken to reduce the effects of development on you, for example by arranging some planting or by paying you compensation. More details of this are given in our fact sheets .

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That was the Sporting Week: Screaming Shara, DJ Supermac, and all the best bits from SW19 As wonderful Wimbledon draws to a close, Sporting Week reviews the highs and lows of this year's thrilling tournament... Quote of the week The queen of centre court Clare Balding who, when watching Sabine Lisicki in action, declared: 'she's a dog chasing a ball.' That may be true Clare, but it's not very kind to announce the fact to the entire nation. The Hyacinth Bouquet award for long suffering neighbours... is retained by the people who live next door to the house Maria Sharapova rents for the fortnight. Imagine the screams of frustration and pent up aggression when Maria is struggling to put the bins out, stacking the dishwasher, attempting to pay the bills over the phone or trying to sort out a wifi connection with her new internet provider. Making a racquet: Sharapova is through to the Wimbledon final Best British prospect to emerge during the 2011 tournament Little-known Jeremy Bates has impressed the few who have bothered to watch him in the over-75s mixed ability competition. Jeremy joins a roll of honour who have entertained the public down the years featuring Andrew Castle, Barry Cowan, Mark Petchey, Andrew Bailey, Olly Murs and Paul Potts, Gareth Gates, Coco the Clown, Stan Laurel, Eric and Ernie, Little and Large, Rod Hull and Emu and that elephant who did a whoopsy on Blue Peter. Unfortunately, none of them entertained the public playing tennis. Bethanie Mattek-Sands on BBC Radio 5 Live. Next year the Beeb are hoping to raise the bar to even greater heights and secure the services of Betty Stove after many failed attempts to sign up the Dutch powerhouse. Most innovative Wimbledon radio broadcast... must go to the creative team who devised John McEnroe's phone in show. The simple yet brilliantly effective format appears to be devoted entirely to enjoying hearing an American former tennis champion struggle to pronounce British place names for an hour. 'So you're David from Worcescestershropingtonshire, right?' 'Next on the line we have Deidre who's calling in from somewhere called Mansester. It looks like Mansester, is that right Deirdre?' Completing one of the great radio double acts, Tim Henman has been drafted in to sit alongside Supermac and lend assistance with a road atlas and his clipped Oxfordshire vowels. On the plus side, at least they have found something for Tim to do. A lucrative career voicing car Satnav systems surely beckons. It is easy to deride the lack of depth in British tennis. Very easy. But that doesn't necessarily make it clever or helpful. LTA chief Roger Draper has enough on his plate justifying his 400,000 a year salary. He doesn't need you chipping in with your clever comments about a lack of players in the world top 500 or complete absence of public tennis facilities. Or the fact that all the decent players of the last couple of decades have come from outside the LTA system. Or that most of the LTA executives seem to be leaving. That sort of talk isn't at all helpful to Roger at this difficult time. At the double: Damien Duff and Andrew Johnson both scored for Fulham in their Europa League victory Most depressing fact of the fortnight Fulham played a football match on Thursday. It was still June. \*\*\*Please note: no elite sporting icons were harmed in the writing of this column and you cannot follow Tim Chalmers on Twitter because he has no idea how to set it up and he doubts that his phone is compatible anyway.

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Lakers News: Everything You Need to Know About Mike Brown Firing By (Featured Columnist) on November 9, 2012 Though there had been whispers regarding Mike Brown's increasingly uncertain job security, the Los Angeles Lakers surprised many this morning by severing ties with the coach, who was just five games into the second season of a four-year contract he signed in 2011. As recently as this morning, ESPN's Marc Stein suggested that Brown could save his job with improved performances in the coming weeks. Los Angeles Lakers coach Mike Brown's job would be in immediate jeopardy if the team's six-game homestand is deemed unsuccessful by team officials, according to sources close to the situation. Sources told ESPN.com that the Lakers, while having publicly expressed support for Brown in the wake of a 1-4 start, have privately grown sufficiently concerned about the state of the team to the point that management is prepared to look seriously at a coaching change at this early juncture if L.A. can't take advantage of what look to be multiple winnable games in the upcoming stretch. Stephen Dunn/Getty Images Apparently, the team felt they couldn't even wait that long to make a change, and replaced the 2009 NBA Coach of the Year with assistant coach Bernie Bickerstaff , at least for the time being. This was a difficult and painful decision to make," Kupchak said. "Mike was very hard-working and dedicated, but we felt it was in the best interest of the team to make a change at this time. We appreciate Mike's efforts and contributions and wish him and his family the best of luck." Los Angeles began the season with championship expectations after trading for center Dwight Howard and point guard Steve Nash, adding two superstars alongside Kobe Bryant and Pau Gasol. But the Lakers went 0-8 during the preseason last month for the first time in franchise history before stumbling into the regular season with an 0-3 start, losing to Dallas , Portland and the Clippers . After finally beating Detroit last Sunday for their first win, the Lakers looked listless again in a loss at Utah on Wednesday. Stephen Dunn/Getty Images There's no question that the team's lackluster performance during the first five games of the season played a large role in Mitch Kupchak 's decision, but what certainly didn't help Brown's case was L.A.'s 0-8 preseason record, because that's what initially raised red flags within the organization. That's because with a roster featuring Kobe Bryant, Dwight Howard, Pau Gasol, Steve Nash and Metta World Peace, there's just no justification for a 1-12 record in the team's last 13 games, including preseason contests. In conversations on Thursday, Lakers general manager Mitch Kupchak made a case to Lakers owner Jerry Buss and executive vice president Jim Buss to give Brown more time before deciding to fire him, sources told Y! Sports. Brown also made a case to management that he could get the Lakers into championship contention, sources said. Unfortunately for Brown, neither Buss wanted to wait to see if he could right the ship, and they opted to start fresh with a new coach. It appears that they have some candidates in mind. Kevork Djansezian/Getty Images After news of the firing broke, Yahoo! Sports' Michael C. Jones offered his take on who the top contenders for the Lakers' coaching vacancy will be, saying that Phil Jackson, Mike D'Antoni , Brian Shaw, Jerry Sloan and Nate McMillan would be in the mix. In Jones' opinion, Jackson is the front-runner at first glance. The 11-time NBA champion has the most history with the Lakers, and would undoubtedly be the most popular hire should the Lakers' brass put their egos to the side and get him to come back. Owner Jim Buss divorced himself from the triangle offense that won the franchise five titles when he hired Brown in the first place, and it's a likely reason why he didn't hire Brian Shaw, who was Kobe Bryant's first choice following Jackson's retirement. For this to happen it would take a host of unlikely events to occur in succession, but it's so crazy that it actually makes sense. Though it'd be heart-warming for many Lakers fans to see Jackson back in his usual seat at the Staples Center, a new voice such as D'Antoni or Slo

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The video above is footage from a set of colour reels that the County's Carl Wiens bought at Creighton Carr's auction hall. "The photographer took great care in these shots, the reels were processed at Macy's New York," said Wiens. The camera used was a Kodak brownie 8mm movie camera with a hand-cranked motor, Wiens said. "That's why the shots are all around 10 seconds." The rest of the reel shows scenes of the local Girl Guides, featured at the end of the segment. Wiens would love to learn anything he can about the footage, including the name of the camera operator. Comments (8) Discussions at Br. 78 Legion on Remembrance day confirmed the Reg. Army stationed in Picton was the Artillery (AA)..Big Jim could not locate any '50s model cars in the video and suspects it may be late 40?s after the war I know they were still here in 1954/1955/1956 because I worked for them as a high school student (as did many other teenagers) at the Point Petre summer camp and anti-aircraft firing range. Great experiences and memories! Carson Scott of Milford ( Cooperators insurance agent)shot film in and around 1957. I have a copy of a video he shot in Picton where he went to the different stores and had employees pose outside in front of the buildings. It also includes video of the Milford Fair. I gave Peter Lockyer a copy in case he wanted to use some of it for his "History Lives Here" series. Could the soldiers be members of the Artillery (they pre-dated the Canadian Guards at Camp Picton)? My brother-in-law who was in the Artillery was stationed at Camp Picton and I recall that he marched in Remembrance Day parades in the late 1950?s. I believe that is Mrs. MacArthur, Girl Guide Commissioner, marching with the Guides and her daughter, Mary Jane, is one of the girls (Rangers or whatever comes after Guides) at the Cenotaph. She is the blonde girl standing at the far right in front of the monument. Have run the film numerous times, stopping to attempt closer examination. On the south side of Main Street is Prince Edward Motors (GM?) and on the north side, where Tim Horton's currently exists is Grindrod's Motors (Chrysler). The army units are dressed in 'battledress' uniforms and 'putties' and are marching smartly. At first I thought they were members of the Canadian Guards Regiment stationed at Picton Heights but I think the officers wore black forage caps..those in this are wearing kaki (sp?). They could be the famous Hastings and Prince Edward Regiment (then Militia) but difficult to recognize faces and no shoulder flashes detectable. Notice the national flag at the cenotaph then was the Union Jack.\ Not sure if the girls are Guides or Naval Cadets..a couple of faces may have been Jean Duncan and Clarene Kennedy of Picton. Hope more can be discovered as this is precious footage...thanks for sharing. In speaking with some family members of mine, there was a thought that perhaps the footage was shot by the late Vic Lord, a photography and film aficionado of note in Picton. It's a name anyway. Good luck! What a great video!! I was impressed to see so many people and so many participating in the parade. Wow, they even had 2 big bands. Of course, it was too many years after the war that this film was made and many County people were personally touched by the war. I've participated in many Remembrance Day Parades as both an Air Cadet and a drummer in Picton Legion Pipe Band. Unfortunately, this year I will not be able to participate. Usually, in the past the weather hasn't been the greatest but, the warm proud feeling you get when your part of it makes it all worth while. Cheers to all that participate and those who come out to honor our hero's.

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I still think somebody needs to try and change the name of the "NWP8\_simlock\_3gstandard\_bb5\_crcA59A" in the default firmware image to the EE name and then change the reference in "RM821\_059R1W4\_1232.2110.1244.3011\_094.v\\... I am sure it is not this easy but you never know. I am just not brave enough to do it, plus I can't get these bloody drivers sorted. First full day of use and the battery lasted about 10 hours after a full over night charge from 0% to 100%. Would definitely say it got more use than normal being a new toy and all that, but certainly nothing excessive. Was going to go for the 399 payg deal at EE but some one has mentioned that my tmobile sim would not work in it due to it being locked to Orange. I guess this is the point where I just give up trying to get this handset. Hi guys Orange payg Lumia 920's from the ee store work fine with T-mobile and ee sim cards and or 4G ready I got one yesterday from the ee store locked to orange for 399 with free charging pad and headphones. It works perfect with my T-mobile sim! Orange T-mobile and ee are all the same network and new phones from ee stores work with all 3 networks I still think somebody needs to try and change the name of the "NWP8\_simlock\_3gstandard\_bb5\_crcA59A" in the default firmware image to the EE name and then change the reference in "RM821\_059R1W4\_1232.2110.1244.3011\_094.v\\... I am sure it is not this easy but you never know. I am just not brave enough to do it, plus I can't get these bloody drivers sorted. Agreed I would do it but haven't got the phone yet..... I have ordered an unlocked SIM free one, but i'm tempted to get one from p4u and see if this would work, this would save 150 if this worked. Its got to be this SIM lock file..... Come on it says SIMLOCK and the EE firmware sim lock name has EE SIMLOCK in the name.

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Of course it's a dream-come-true life that she leads. Every man on the planet is crazy for her! And every woman on the planet wants to be like her! With that flawless beauty and that charm, you only require one 'Aishwarya' to sell a diamond!! Here's wishing the priceless beauty a blessed year ahead. A very Happy Birthday, pretty woman! Away from the scene but always in the limelight, this gorgeous lady has been there, done that everything. And her recent Kalyan Jewellery Ads along with the showstopper appearance at the Longines Watch event, simply put up a bold answer to the notions that an actress' career doesn't halt with one's marriage and pregnancy! She has kissed extraordinary success in her career spanning a glorious fifteen years. And perhaps is the only internationally well-known face of Bollywood. A woman of par excellence, she has the Midas touch to everything she steps into! At the Cannes Film Festival Though she has a list of awards and honours bestowed upon her, nationally and internationally, the recent to be conferred upon her is the second highest French civilian award -- Chavalier dans l'Ordre des Arts et des Lettres -- in recognition of her contribution to the cinema world, plus in the development of the Indo-French cinematic, art and cultural fellowship. In the past, Shah Rukh Khan, Nandita Das, Habib Tanvir have received the same honour, but Ash remains to be the youngest recipient of the award. Amongst Hollywood biggies, George Clooney and Meryl Streep too have honoured with this award. Buzz is that Ash will be celebrating the B'day with the entire family members, while this one is particularly special as it's her first b'day with daughter Aaradhya. The diva turns 39 today! This exclusive picture was captured when the duo signed marriage papers and made a public appearance to greet their fans and the media. The registration took place at Saif's Bandra home. And the three witnesses being Kareena's father Randhir Kapoor, mother Babita and Saif's mother Sharmila. Both looking seemingly modest and elegant, the ceremony was a low-key affair as reported before. With that now, Kareena becomes the Begum of Nawaab Saif Ali Khan Pataudi. It's not very often that a movie will churn out the choicest of ingredients to make a recipe for a feel-good, blockbuster entertainer! And English Vinglish leaves no stone unturned in sustaining the above statement. Directed by a newbie, it will instantly make connection with anyone who grapples with his/her "non-English" background! Everything about the movie -- from direction to cinematography, heart-warming music to the perfect character portrayals and to Sridevi herself -- beams a positive, spirited, feel-good sentiment, that is sure to leave a lasting impression on you. Of course the movie comes with its share of cons. At times, getting too much on the stereotypical side! But the pros, weighing more, elicit a smile here, a laugh there and finally tickle the sentimental bone of yours. An actor who has returned to silver screen after fifteen years, English Vinglish makes for a perfect comeback for Sridevi. Someone who earned the tag of first female superstar in Bollywood somehow seems to reinvent herself in the second innings and is just as beautiful and charming as before! As for a quick glance at the story, Sridevi plays a demure, petite housewife always on her toes to serve her family. Albeit one drawback -- she's not as well-versed in the English language as the rest of the family, making her a piece of embarrassment and mockery for her husband and kids. Gauri Shinde (the Director) brings such real instants beautifully alive in the movie, like when the daughter is hesitant to flaunt Sridevi as her mother. I believe most of us could relate there in some way or the other! Or be it Sridevi coping with the language when she lands to New York for her niece's wedding! Once in New York, she finds an opportunity to learn English in simply four weeks through a course there. And so from there her vehicle sets in motion while she interacts with the other fellow students. She finds a friend in the French Chef (Mehdi Nebbou) who in turn is smitten by her simplicity and indeed helps her in gaining self-conf

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Ask a Communications Pro with Eugene Knapik from Canada Post Eugene Knapik is a communications renaissance man. In addition to his work as Manager Media Relations for Canada Post , he's also a mixed media artist/painter, active tweeter ( @Eugene\_CanPost ) and all around cool guy. He was kind enough to answer some questions for Hey Receiver, and gives us some great insight and advice about being a communications pro. What drew you to work in media relations? I didn't come to the media relations field in the normal way. I'm a long time employee of Canada Post. I started in 1986, working part time in a postal plant to support my art habit. I've done an assortment of jobs over the years for Canada Post. One of the great things this company has offered me has been the opportunity to reinvent myself from time to time. I have an extensive background in mail operations -- I've been a clerk, supervisor, a superintendent. I ran the largest shift of the largest parcel processing facility in the country for 3 years. Then somehow or another I reinvented myself as an in-house ERP consultant. I worked on two major integration software projects. On one I documented business processes and developed automated forms, and on another I became a training developer. From there it seemed like a natural jump to the communications field. I began by doing employee communications work and over the years more and more media relations work came my way. I liked the challenge of the media relations work and was happy to slide fully over to the media relations side last year. Do you have any formal education in your field? How important do you think your educational background was for your current position? I have a Bachelor of Fine Arts (1983) from York University. My only visits to Communications programs have been to talk to students. Everyone finds their own way in their lives and careers. There isn't just one path. Having a broad, liberal education is important to me and has helped me be the individual I am in all kinds of ways. I suppose the normal way would have been a lot quicker though. Here at Canada Post, my depth of mail operations experience has helped me tremendously, because I understand the company pretty well and because I have a pretty good network of contacts across the company. What do you think is one of the most recent changes in your field of work? One of the biggest changes in media relations in the last few years has been the shrinking of the news cycle. When newspapers were king the news cycle was daily. Now, with Twitter, stories can emerge like an erupting volcano and you can watch it happen. The news cycle has shrunk to more like 20 minutes. Other troubling changes have accompanied this phenomenon. We have sacrificed voices of authority for speed and democracy. Now anyone can publish anytime as often as desired and there are no rules and less checking for accuracy. There have been numerous situations in which an inaccuracy posted on Twitter has been taken as fact. Just imagine how our great songwriter Gordon Lightfoot must have felt, sitting in the dentist chair, hearing obviously false news reports of his own death. What are the most important skills necessary to do your job (and why)? I think you need a broad range of skills to do this job. You need to have good situational analysis skills. In other words, you need to be able to size up an issue quickly, and make sound decisions about what you are going to say or not say to a reporter. You have to always be building good business relationships and building and maintaining credibility. I think it's important to build a reputation for always doing what you say you're going to do. You need to be creative on one hand but able to stick to a message under fire on the other. I think it helps to be driven and persistent and at the same time, know when to let something drop and move on. . What is the best part of your job? Any perks? The best part of my job is that I never know what any day is going to hold. It's like an adventure that way and who could ask for more than a job that's an adventure? I have an opportunity to meet all sorts of people too and that's really a pleasure. What's the worst part of your job? The worst part of my job is that I never know what any day is going to hold. Some days can be tremendously challenging. If you weren't in your current position, what would you be doing? Maybe I'd be working on a new set of paintings with renewed vigour or putting together a little button accordion trio or

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What the Toronto airport used to look like In the 1920s, Frank Chapman's 150-acre farm stood in a sprawl of astonishingly flat rural land south of Malton, a small community on the Grand Trunk Railway northwest of Toronto. His modest, three-storey farmhouse with its wrap-around porch stood between low hedges on Lot 6 of Concession 6. Chapman also owned Lot 8, close to his neighbour Horace C. Death's 99-acre plot. Back in 1935, the federal government was actively seeking a location for an international airport in Toronto. Airfields near Dufferin at Lawrence and Wilson were shortlisted as possible sites but the most appealing prospect was, apparently, a 1410.8-acre site miles outside the city limits. Two years later, Frank Chapman, Horace Death, and 11 other local farmers agreed to sell their land for construction of Malton Airport, a "million dollar, world class" facility. Aerial photographs taken shortly after the first runways were roughed out through the former fields show just how remote Malton Airport used to be. Endless, arrow-straight roads disappear to the hazy horizon with just the odd scattering of buildings and occasional copse of trees to enliven the view. A perfect, obstruction-free environment for an airport. Frank Chapman's old farm house was converted into Malton Airport's first passenger terminal, a building that doubled as a basic observation point for the strip's windsock. A small area just off the main runway was graveled for car parking. The passengers on board the American Airlines DC-3 from Buffalo, New York that bumped down on 1:10 PM on August 29, 1938, the first official landing, would have only had a short walk to their waiting connections. Chapman's farm house was replaced by a purpose built wooden terminal building later in 1938. The structure, practically identical to the historic terminal building at Billy Bishop airport, included weather forecast equipment and radio facilities. By then, the airport consisted of two tarmac runways and one grassy landing strip. Pictures of the airport taken around this time show gleaming silver planes parked on the tarmac amid peaceful surroundings. The aircraft below is a Trans-Canada Air Lines Lockheed Electra 14H2s (14Hs). TCA was among the first operators to have a base at Malton, along with American Airlines. The Canadian carrier ran scheduled flights to Florida, the Caribbean, and Central America in addition to its domestic services. TCA became Air Canada, universally adopting its French name, in 1965 when it became a separate entity from its parent Canadian National Railway under Jean Chrtien. Other airlines operating services to Pearson included Great Lakes Airlines - nicknamed "Great Shakes" for its aircraft's tendency to shudder violently on take-off - and Austin Airways , a precursor to Air Ontario. In 1960, the Malton Airport was sold to the Department of Transport, now Transport Canada, and renamed Toronto International Airport. By this time, a third, more substantial terminal had replaced the basic wooden building at TIA. The utilitarian brick building included a rooftop viewing area that gave visitors and departing passengers a chance to see take-offs and landings close up. It was a different world back then. With the new name came a fourth terminal building. Designed by John B. Parkin, the architect behind The Sheraton Centre, Aeroquay One (also Terminal 1, shown in the lead image) was built in typical 60s brutalist style and prominently featured a multi-storey car park. Its sister building, Aeroquay Two, was originally a cargo facility but overcrowding at the first terminal and the cancellation of a second GTA airport forced its conversion to a passenger hub. Unfortunately, it lacked windows and parking and had to undergo major alterations. 1970 brought Toronto International Airport's worst disaster. A miscommunication between Captain Peter Hamilton and First Officer Donald Rowland onboard Air Canada Flight 621, a McDonnell Douglas DC-8-63, on final approach led to the plane's wing spoilers being deployed too early, causing a sudden downward drop. The aircraft, carrying 109 people, hit the runway with enough force to tear off an engine and part of the right wing. The pilot managed to get the plane back into the air for a go-around but the damaged section was already trailing burning fuel. With the original runway closed on account of

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Experience Points 0 The private golf club we belong to recently started advertising dues for new members that are below what current members are paying. When asked about the meaning of their strategy, they said that each time they sign a new member, it is their intent, working from the oldest existing member to the newest, to offer reduced monthly dues to existing members as well. There are roughly 300 members in this club and my husband and I are probably about #250 or so. My husband is so upset (about not be taken care of) that he is considering dropping out. He feels it is truly stinky to treat current member with disdain while potential new members get all the gain. Experience Points 0 The private golf club we belong to recently started advertising dues for new members that are below what current members are paying. When asked about the meaning of their strategy, they said that each time they sign a new member, it is their intent, working from the oldest existing member to the newest, to offer reduced monthly dues to existing members as well. There are roughly 300 members in this club and my husband and I are probably about #250 or so. My husband is so upset (about not be taken care of) that he is considering dropping out. He feels it is truly stinky to treat current member with disdain while potential new members get all the gain. Experience Points -1 Stacey's constructed statement makes little sense. If Stacey was the client, and she saw Peter McManus in his car across the street, what was she frightened of? Does she call agents just to get pricing or is she lonely? And why did she then ring the client? Does she mean she rang the agent? Was she making these submissions after three days drinking alcohol? She probably votes Labor. Experience Points -100 Paid for a bathroom cabinet in January 2010 $500.00 receive a closed box that I have to put together to find out was not what I order wait six (6) months for the owner of the company Nehemias Rivera to pick it up and have not received my money back. This company and owner are a scam Experience Points -100 As well as Peter being horrible to every client he has come across, I recently asked that he and other agents appraise my home, I then saw him parked across the street. After seeing this I didnt contact him again as I thought this was very inappropriate behaviour. I then recieved an abusive message from the client. UNACCEPTABLE!! Experience Points 0 Geek Squad/Best Buy: Repair my daughter's Dell Laptop. -too laptop to local store to fix missing keys that fell off keyboard, and to repair hinge and cover that became binding on one corner. -local Geeks sent to "Geek Central" -"Geek Central" called us with estimate for those repairs and we approved, but we had to call our "Local Geeks" in order to do so! -then, "Geek central" called to say they needed to put a new motherboard in for $400. Again, I could not call them back directly, I needed to call "local Geeks" who had to try and figure out what was going on. -laptop processor worked fine at the store when we brought it in for repairs. It does only work on AC adapter which is fine for us. -Now, I called to instruct "Local Geeks" to be my SERVICE AGENTS and tell them that if I can not have two way communciation with "Geek Central" then, I do not want them to call us anymore and want to work with the "Local Head Geek" only! -I should have sent it direct to Dell...Arghhhh!!! Experience Points 0 Geek Squad/Best Buy: Repair my daughter's Dell Laptop. -too laptop to local store to fix missing keys that fell off keyboard, and to repair hinge and cover that became binding on one corner. -local Geeks sent to "Geek Central" -"Geek Central" called us with estimate for those repairs and we approved, but we had to call our "Local Geeks" in order to do so! -then, "Geek central" called to say they needed to put a new motherboard in for $400. Again, I could not call them back directly, I needed to call "local Geeks" who had to try and figure out what was going on. -laptop processor worked fine at the store when we brought it in for repairs. It does only work on AC adapter which is fine for us. -Now, I called to instruct "Local Geeks" to be my SERVICE AGENTS and tell them that if I can not have two way communci

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The No. 1 Hoosiers seemed to lack energy early in Monday night's game against North Dakota State. They were out of position at times on defense, and they too often settled for contested shots. But in the second half, that energy level picked up. Indiana was flying around and making hustle plays, finally giving the large Assembly Hall crowd a reason to cheer. A primary reason for the change was sophomore guard Remy Abell. Abell was impressive in the Hoosiers' 87-61 victory, continuing to make a case that he deserves significant minutes on a deep Indiana team. He scored 14 points on a perfect 5-of-5 shooting -- including 3-of-3 from beyond the arc -- and pulled down five rebounds in only 17 minutes. Abell has yet to miss a shot from the field this season as was 2-of-2 and scored 12 points in Friday's season opener. "He's been doing that all summer. It doesn't surprise me," fellow sophomore Cody Zeller said. "He's made a lot of improvements. That's big for us." At one point in the second half when he had just gone on his own 8-0 run, Abell made a fist-pump gesture as he looked into the crowd. "This place is always crazy, full of energy," Abell said, smiling. "I just wanted to help it out. I just wanted to make it more. Why not?" Indiana coach Tom Crean said Abell has made considerable improvements in his game since the end of last season. The Louisville, Ky. native averaged three points per game during his freshman campaign. "When he went home [last summer], he worked with his old high school coach, and when he came back in June, he was tremendous," Crean said. "He did a pretty good job with the opportunities that he had last year, but he's earned the right. There's a lot of room for improvement. Tonight, [the scoring] was because his defense was going." Watford, Ferrell have off-nights In Friday night's season opener, Christian Watford was the story of the game. The senior forward pulled down a career-high 15 rebounds and added 15 points. Monday night's game was a different story. Watford had just six points on 2-of-6 shooting in 20 minutes, leading Crean to talk about something that has become all-too-familiar with Watford. "Christian's biggest thing is consistency. I don't think that's any news flash," Crean said. "He's got to be consistent with what he does, and tonight wasn't one of those nights. The energy wasn't where it needed to be and, you know what, we just move on. He'll bounce back. It is what it is." Watford had a couple decent looks against the Bison, but he also forced several highly-contested shots. He is just 5-of-15 from the field in the first two games. Freshman Yogi Ferrell also struggled offensively against North Dakota State, scoring just four points on 1-of-5 shooting. Ferrell missed all three of his 3-point attempts, each of which was uncontested. He also turned the ball over four times while dishing out three assists. Crean, though, wasn't as disappointed in his young guard. "Yogi didn't have a great offensive night by any stretch, but you never could have been able to tell it by the way that he defended," Crean said. "That's a mature young man. Those are the kind of steps you gotta have with you teams. He just kept guarding and guarding and guarding." Etc. Crean said after the game that Zeller was sick on Monday, but you wouldn't have known it from the stat line. Zeller finished with a game-high 22 points on 8-of-12 shooting and nine rebounds. "There's probably other times that he doesn't feel well and I never hear about it," Crean said. "When he mentions that he's not feeling well to the doctors and the trainers, he probably should have stayed home in bed. He's just got that kind of toughness level. And he didn't have a great defensive game and he knows that, but he was hard to deal with on the offensive end." Victor Oladipo wasn't one of four Hoosiers to score in double figures, but he affected the game in a number of ways. Oladipo finished with seven points, eight rebounds, five assists and

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Today's Forecast Updated Friday 3:05 p.m. I guess it's a good thing we don't name our weather systems here because after this week, we'd be digging pretty far down into the barrel... like perhaps pet names ("Here comes Fido, on the heels of Fifi") or Disney Princesses or something. Long range models suggest about 7 different storms over the next 14-15 days as the jet stream remains aimed right at us. While that sounds impressive -- and I guess it is on some levels -- so far, none of the storms look particularly noteworthy. They're "November normal" that approach, but don't really cross the boundary of concern. At least so far. The greatest factors to watch will be the rain as each storm is fairly wet. But so far, there are two things working in our favor that should prevent this from getting too messy: 1) The storms are moving fast enough and have enough gap in between to where they're coming about every 36-48 hours instead of just a long, extended 2-3 day non-stop heavy rain event like we've seen with past "Pineapple Express"-type flooding events. So that will give the rivers a chance to breathe a bit between storms. There is a Flood Watch for the Skokomish River, but that's certainly not unexpected and is the only river at this time in danger of flooding. (And even then, it's expected to be minor.) 2) The storms are coming from the due west than the southwest, so while they're wet, they're not terribly warm storms -- snow levels are expected to bounce between 3,000-5,000 feet so a good chunk of the moisture will stick as snow instead of run off into the rivers as rain. (This does mean Stevens Pass will be dealing with snow storms at times this week, with maybe some occasional bouts of snow at Snoqualmie although they are on the fringe.) And while it'll be breezy-to-windy at times, these storms -- at least the ones through Thanksgiving -- don't really have a big low center making landfall close by, so high winds are not a concern. It's possible the coast and Northwest Interior might eke bare minimum conditions for a Wind Advisory with some of these storms, but really nothing beyond routine 40-50 mph gusts. For the Puget Sound region, we'll see gusts to 25-35 mph -- maybe some 40s in the exposed areas. So now that I've set up what these storms will bring, let's try to say when they'll be here (although timing when there's a bunch moving through is tough to consistently peg) Tonight will see rain at times with lows in the low-mid 40s. Saturday is the first storm on my counter with rain increasing through the morning, then decreasing to showers late. Highs will be around 50. Our break between storms ends Sunday afternoon with the arrival of Fifi...I mean storm No. 2. It'll make for a very wet and breezy Sunday evening and night. Technically that storm is done around midnight, but the third storm is racing in after it, due in about 6-8 hours later for Monday morning. Then, we play the on-again, off-again rain about every other day, with Tuesday and Thursday more your showers days and Wednesday as your next steady rain day. Highs will remain around 50 with lows in the low 40s. Long range models as of right now have three more decent storms for the Saturday after Thanksgiving (Belle?), then the following Tuesday (Cinderella?) and Friday the week after (Jasmine?) Of course, that far out, timing is sure to change but one thing seems certain: Dry days are going to be hard to find. Let's just hope we don't have to start dusting off the SpongeBob Squarepants name list :)

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Authors Title Home-School Communication in the Early Childhood Development Phase Document Type Article Publication Date 2005 Abstract Effective two-way communication is the most important but least measurable factor in developing successful home-school relationships. Where effective communication is established and sustained in a comprehensive parent involvement programme, there are many positive outcomes for early childhood learners as well as learners in higher grades (Christenson, Rounds & Gorney 1992:178-206). Moreover, where parent involvement programmes are established in early childhood programmes, the benefits are apparent throughout the child's school career (Henderson 1989:38). These benefits include higher learner achievement (Davies 1999:7; Epstein 2001:221); lower dropout rates (Keith TZ, Keith PB, Troutman, Bickley, Trivette & Singh 1993:474-496); a decline in behaviour problems (Comer 1984:323-337) and academic initiative and persistence (Estrada, Arsenio, Hess & Holloway 1987:210-215). Moreover, parent involvement has the potential to decrease the gap in achievement between children from high and low-income families (Milne 1989:32-65). Thus, Schleicher (1992:29) concludes that strong parent involvement and parent collaboration are indispensable conditions for educational progress and success. To realise this partnership, two-way communication between the school and the home is essential. This article examines the practices of home-school communication in the Early Childhood Development (ECD) phase in South Africa. Generally, ECD programmes are the type of services provided for children from birth to age nine (Gordon & Browne 1993:37) and may refer to any series of activities aimed at promoting the physical, mental, emotional, spiritual, moral and social development of the young child (Department of Education (DE) 2001:8). The Reception Year (Grade R), which was introduced in South Africa in 1996 as a pilot project, forms part of the ECD phase and refers to the five to six year old child (DE 2001:18). In KwaZulu Natal, where this research was conducted, the policy is to locate all Grade R classes in primary (elementary) schools (with the exception of independent preschools) (Bridgemohan 2001:58). The aims of the research were to determine the nature and effectiveness of home-school communication practices and to make recommendations on how communication can be improved to facilitate better home-school partnerships. Comments Due to copyright restrictions this article is unavailable for download. Staff and Students of the University of Notre Dame Australia may access the full text of this article here Share Peer-reviewed Please click here to view all peer-reviewed journal articles and conference papers. If you would like to refine your search, please go to Advanced Search and select Subject from the drop down box. Type 'peer-reviewed' into the available box. You can then narrow your search further by adding other search parameters (eg. Date).

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Testimonials We have had the privilege of finding homes for many wonderful crystals with many wonderful owners. Here are some of their comments. "Dear Rebecca, I just wanted to let you know that I've received my labradorite pieces - they are SO amazing, I love them so much! I'm very glad I found your website, and I will definitely be a returning customer! Your website is amazing as we do get what we see, and things are priced reasonably - unlike other websites who try and charge you so much and when it gets to you, it doesn't even look like the picture! I'll say it again, I'm very glad that I've found your website and expect to have more orders from me in the future!" - Aisu Hime, ACT "Dear Rebecca, I have just unwrapped the crystals and they're so beautiful in real life! And thank you for the wee piece of Azeztulite too. I've just read about it on your site and it sounds amazing. I'm studying Crystal and Energy Healing by correspondence and I love your website. I look at it almost everyday now. It's got the best layout of all the sites I've come across and it feels more human too. I don't particularly feel comfortable buying rocks from people who seem to be doing it just for business. It needs to be off people who care about the pieces they have - they need to be from a good place! Your site oozes good place! Thank you for the beautiful pieces," - Alice, Christchurch, NZ "I'm very willing to give your business my wholehearted endorsement! Firstly - Thanks for my beautiful new friends who arrived today. Happy is not a sufficiently descriptive word in this case - ECSTATIC! Well, now you know that I'm ecstatic about your crystals Thank you so much for sending them off so promptly - our lovely postie delivered them to the door and I'm absolutely thrilled with my new friends.....as always, the quality is exceptional! They were beautifully packed and obviously well-cared for in your space. My friend loved her necklace and she donned it straight away! Plus, I was chatting to a virtual stranger today and in the course of conversation, it turned out that this person has purchased crystals from your company in the past - she had wonderful things to say about the crystals and your care for them, etc. Such a lovely recommendation and so nice to have this amazing 'coincidence' take place so soon after I placed my order. I am a very satisfied customer and so happy to have found you online. You've definitely got me sticking around for more!" - Kadijeh Awick, Artarmon, NSW "Rebecca, Our delivery turned up promptly today as per usual, and we were pleasantly surprised to find a complimentary piece of star quartz in the package. Thank you very much for this special touch, it is very much appreciated. By the way the crystals were yet again everything we have come to expect from your business - simply outstanding. Your attention to customer service is impeccable, and as such you deserve every success that will surely come your way with " That Crystal Site " Take care Fondest regards" - Michael & Mary Fury, Sunbury, Vic "Dear Rebecca, Hi! Good evening Rebecca! Thank you very much, quick shipment! I received the package from you! This stones is very, very, beautiful! This stones will become my treasure!! I am very, very, very glad!!! They are very perfect! I'm satisfied very much! Thank you very much for everything !!! You are excellent seller! I am thankful to you from the Bottom of my heart! Thank you! Thank you! Thank you! Thank you! I salute to south!! Sincerely yours" - NAOMI KIKUCHI Chiba, Japan "I love your site motto "when quality matters". It so reflects the crystals that have come thru you. Your loving energy spreads thru the crystals you make available to others. Mine have given me great joy and been a catalyst for positive change in many areas. Each and everyone has had a loving impact on my life. It is like having a supportive family available if I need it, some help to heal and others take me forward. Love & many, many blessings." - Margaret King, Cedar Grove, QLD "Just wanted to let you know that the crystals arrived today and I LOVE THEM !!! They are all so beautiful. The quartz is much bigger than I expected, and yes, they are much, much better in person

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Stirling Area You may also be interested in... Please contact me on my number if interested - 041646XXXX. Just wanting to sell my HP Pavilion notebook, as my boyfriend is starting his Army training and it won't be needed anymore. I bought it in August, and he's hardly ever used it! It also has a few games that we can add in for an extra small cost, if wanted. They include: Counter Strike WoW's: Cataclysm Wrath of the Lich King The Burning Crusade Classic Wanneroo Area I am selling a white HP mini laptop/notebook It is white in colour, with grey/silver patterns on the casing which came with it originally. I bought it in 2010 and used it through university but now through my work have been given a macbook so no longer use it. It is ideal for travelling as it fits into a handbag. I have a internet usb stick which I can provide but am unsure now of the password but if someone can work this out or create a new one I will throw this in aswell. It ... $250.00 Stirling Area Hi I have a Compaq laptop only had it for 2months haven't use it much still in really good condition comes with box and charger. It is a good laptop never had anything wrong with it if you have any questions email or text me I prefer email a I am checking my emails all the time. Bought it for 549.00 hoping to get at least 400 out of 450 or 400 Cambridge Area Laptop for sale, needs attention as husband cannot remember the password for administrator but can be used under the other account.. And needs to be plugged in as battery doesn't last long. It's a good laptop I just don't have the time to get it sorted and I have another anyway. Please text or email up to 6pm.

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When it comes to Subway sandwiches, we always thought that if you find a variation that works for you, stick with it. But news out of the Subway camp has us thinking otherwise -- there are apparently 37 million possible sandwich variations at the chain's nearly 38,000 locations. That's a lot of sandwiches. In all, Subway serves about 2.6 billion sandwiches a year -- so does that mean every sandwich variation has been ordered at least once? The behemoth chain employs about 380,000 people across 100 countries, and ingredients aren't the same across the board. Although the core menu is similar pretty much everywhere, some regions require special tweaks. In a release, Subway explains one such change: The first Subway restaurant outside of the U.S. opened in the Middle Eastern nation of Bahrain in 1984. In accordance with local customs, the food at restaurants in the region is Halal, meaning that pork products are not served and items such as ham and bacon are substituted by similar offerings made from lamb, chicken or turkey. About half of Subway's 2,000 new locations this year were in international markets, so knowing the culture, religious traditions and preferences of those places is crucial. When it comes to Subway sandwiches, we always thought that if you find a variation that works for you, stick with it. But news out of the Subway camp has us thinking otherwise -- there are apparently ... When it comes to Subway sandwiches, we always thought that if you find a variation that works for you, stick with it. But news out of the Subway camp has us thinking otherwise -- there are apparently ... Click here to leave a comment. HuffPost High School welcomes a lively, thoughtful debate in the comment section. Keep in mind that the articles here are penned by young authors, so please keep criticism respectful, and help us to keep this a safe and supportive place for writers of all ages to contribute. Loading comments... If they had better bread I would eat there more often. Other than McDonald's it's the only fast food in town. McDonald's is horrible so mostly I don't eat at restaurants unless it's a sit down dinner. The first one looked good though, the Shrimp and Crab. I love seafood and the only decent seafood we get around here is actually lake food and you have to fish for it yourself. I agree. Their bread is awful. I can't bring myself to eat at subway anymore. Luckily I have quite a few options. Nothing wrong with fishing for dinner if you have the time. Not sure what lakes you have around there, but if your in rural US, there are probably perch and walleye, which are two of my favorite fish to eat. Loading comments... I"ve had the dining experience of the 3 Indian ones posted and the S. African one (peri peri) and have to say that the Paneer sun is good for vegetarians but its not healthy at all (sits like a lump of pancakes in your guy all day) and the Peri Peri would easily be a fav in America...the flavors were amazing and it was not a heavy sandwich at all. Hopefully others get to try these on their travels. Loading comments... The problem with Subway is that its bread is so worthless that I am tempted to bring some real bread with me if I am invited to eat there. BTW it is waste of time and money to refrigerate sliced tomatos and cucumbers overnight. They rot quickly are not worthy of being used. Whatever gratifies you is good for you. I am now frequently invited for breakfast and find that eggs fried some days past are not tasty. I am reverting to veggies in flat bread and keeping quiet about going elsewhere since I am a guest. At least the store is close by. Loading comments... Doesn't matter what Subway advertises as ingredients, all the stores I've patronized don't want to put anything on the sandwiches. (Asked for black olives on a foot long and the dolt behind the counter only put three or four on...before I corrected him.) Subway worldwide just wants to sell its customers...flavored air at a very high price. El\_Chingaso: Doesn't matter what Subway advertises as ingredients, all the stores

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My final dish from my dinner party. It was a nice, relaxing way to finish the meal as it can all be made well in advance, all that is required is to get the granita out of the freezer a few minutes before serving. My first challenge was to make a dairy free mousse. I've made a mousse without any cream before and it turned out fine, although it was very rich. This time, I managed to get my hands on some coconut cream (not the same as coconut milk). A small can of coconut cream was all I needed and it didn't really affect the mousse's final flavour... nothing more than a hint of coconut, but it made all the difference, producing a nice creamy mousse to which most are accustomed. A plain chocolate mousse seemed a little basic and after the full flavoured pepperoni sauce I wanted something a little more refreshing. I hadn't really experienced much in the way of granitas, plenty of sobert but granita seems less popular. I'm not really sure why we rarely see granita because it's such a great thing to have, it's like a slushie for grown ups! I came across a raspberry and limoncello granita recipe on chef Marcus Samuelsson's website and I felt that it would go perfectly with a chocolate mousse. I made only a few minor changes to his recipe, adding more limoncello and reducing the lemon juice to give it a slightly sweeter and less pronounced lemon flavour so we get more of a raspberry and chocolate combination but it's still a refreshing granita. This ends my dinner party mini-series, hopefully you've found the recipes as much fun as I have. Or maybe they have inspired you to do something different with your food? Ingredients -- Chocolate Mousse: 220g Dark Chocolate (85% Cocoa Solids) 5 Large free range Eggs 100g Caster Sugar 150ml Coconut Cream Sea Salt Raspberry & Limoncello Granita: 600ml Water 175g Raspberries 100g White granulated sugar 50ml Lemon juice 5 Tbps Limoncello Method -- For the Mousse: 1. First, heat a small saucepan with water and bring it to the boil. 2. Break the Dark Chocolate into equal chunks and place in a glass bowl with a pinch of sea salt and suspend over the boiling water -- ensuring that it does not touch the water. Allow the chocolate to melt, stirring occasionally. 3. Separate the egg yolks and whites into two bowls. 4. Lightly beat the egg yolks with the Caster Sugar, until it has combined. 5. Beat the egg whites and a pinch of sea salt until the soft peak stage. 6. Allow the chocolate to cool for a minute or two, meanwhile whip up the coconut cream then add to the chocolate. 7. Stir in the egg yolks to this mixture. 8. Add the chocolate mixture into the egg whites and fold until it has completely mixed. 9. Divide the mixture into 4 ramekins and allow to set in the fridge for at least two hours. For the Granita: 1. Set a small pan over a medium heat, add in 200ml water with all the sugar and stir to make a syrup. 2. Using a bread pan combine the lemon juice, limoncello, the rest of the water and the syrup. 3. Now add the raspberries to the bread pan, then crush and mix with a fork. 4. Finally, place in the freezer for 30mins or until the mix starts to ice over and then stir with a fork. Repeat every 30mins for about 2 hours and then allow it to set until you are ready to serve. Combined: 1. Take the Granita out of the freezer about 20-30mins before you want to serve or earlier if you leave it in the fridge. 2. Take the mousse out of the fridge and then top with the slushie granita and serve. Tips: A granita should be slightly slushie, not frozen solid. You can serve it straight from the freezer but you will need to break it up a bit if you do so. Try other fruits or a straight lemon granita with a white chocolate mousse for something different! My final dish from my dinner party. It was a nice, relaxing way to finish the meal as it can all be made well in advance, all that is required is to get the granita out of the freezer a few minutes before serving. My first challenge was to make a dairy free mousse. I've made a mousse without any cream before and it turned out fine, although it was very rich. This time, I [...] Share this

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I was going through a very frustrating and frightening time, I had recently had my 6 th baby, the 3 rd in less than 3 years when the shrink decided on my first course of medications. I didn't like this man. Days before I was due to see him the voices appeared warning me he was no good, indeed evil and was trying to poison me. I was convinced, truly believed this man wanted to poison me, he terrified me. I didn't want to go to the appointment but my husband was at his wits end with me and I was walking around in some zombie state. I was not living I was existing. I desperately needed help but was so against seeing this guy, that I set myself up for failure before I even gave him time to try to help me. I vaguely remember the appointment where we sat staring at each other, I cannot remember the questions fired at me, they always seem to be the same ones thou. I sat there shaking, almost jumping out of my seat when he learned closer to me. Months later I would read his full report on me and I was seen as appearing agitated, slightly aggressive and upset, yet I made good eye contact. Lots of other medical phrases that don't make much sense other than I wasn't completely there. I never took my bloody eyes off him, he was trying to poison me and I wasn't letting this guy out of my sights. As the voice had told me he wanted me to take some tablets he was going to prescribe to me, they would help me, enable me to function and cope better. No you freak you're going to poison me I know your game He wanted me to have weekly appointments with my CPN (Community Psychiatric Nurse) who would monitor me and report back to him and he would see me again in 3 months' time. What to see if he had managed to poison me, looser what a twit, like I was going to be taking his tablets That was it, my fate was decided because of this paranoia incident, medication was going to harm me and to this day I struggle with my medications, I don't trust anybody or any magic pill, other than the one I take in secret. My dirty little secret is that I self-medicate using Tramadol, sounds crazy but it works for me. I have recently been honest with the health professionals about my addiction to this drug and they are weaning me off it. Well they were meant to be trying but I didn't want to forgot to go back last week for a follow up appointment with the GP and I ignored missed the phone call when they rang earlier today to ask me to make a new appointment. My world is full of paranoia, it never goes away. While I am working hard at all the things I have learned in Cognitive behavioural therapy and I have learned so much, there are days it still gets the better of me. The world is out to get me and I am not safe. I understand these are paranoia beliefs and not true, that does not stop me being scared at times. It may well be all there up in my head but to live with it, deal with it and accept it takes a lot of reasoning and self-talking to yourself. Hearing voices is not as difficult as it used to be; sometimes it offers release from the paranoia, especially when the voices are not bad ones. But when paranoia begins and the voices rectify that I am in danger the barriers go up and I do become emotional and somewhat edgy. I'm frightened and I react, usually resulting with making myself look an idiot by breaking down in uncontrollable sobbing curled tightly in a ball. The shrink was trying to poison me and that paranoia is one that I still have to keep in check, even today. I am Emma, mum to 6 and known to most on the Internet as The Real Supermum. I began my life as Supermum back in 2010, for 2 years I have worked endlessly to provide a safe and confidential support network for hundreds of women. Notify me of followup comments via e-mail. You can also subscribe without commenting. Welcome To My Blog I am Emma, mum to 6 and known to most on the Internet as The Real Supermum. I began my life as Supermum back in 2010, for 2 years I have worked endlessly to provide a safe and confidential support network for hundreds of women. [Read More ...]

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If you work for an EEO Employers Group member, you can log in to access our members area. If you don't know if your employer is a member check here . To receive your log-in details and request a library card so you can borrow material from our library email us . What does EEO mean? Equal employment opportunities is about recruiting the very best people from a diverse population and taking advantage of their skills, creativity and energy. It means eliminating barriers to ensure that all potential employees are considered for the employment of their choice and have the chance to perform to their maximum potential. EEO and diversity practices create versatile workplaces that set aside preconceptions to make the most of available talent. What sorts of activities does EEO cover? EEO relates to all employment practices including recruitment, career planning, training and pay structures. It is a way of looking at every aspect of human resource management to ensure that people are treated fairly. The advantages of implementing EEO Removes barriers so all employees have the chance to perform to their best. How do I become a member of the EEO Employers Group? EEO Employers Group members commit to quality employment practices in order to achieve the business benefits of creating a versatile workplace. Members are licensed to use the EEO Employers Group logo on promotional material and advertisements. Does the EEO Trust have any sample EEO policies or strategies? What does work-life balance have to do with EEO and diversity? An important aspect of diversity and EEO practices is recognising that people lead rich and complex lives outside their working hours. By providing flexible work options and other work-life initiatives, workplaces can assist people to contribute effectively at work and meet their commitments outside work. Businesses benefit from improved retention rates, lower absenteeism, and having more committed and productive staff. I am new to New Zealand and am looking for work, can you help me? The EEO Trust is not an employment or recruitment agency. We work to raise awareness amongst New Zealand employers of the benefits of EEO. Members of the EEO Employers Group are committed to recruiting on the basis of merit. Browse through the list and visit their websites to see if they have any vacancies. Look for our logo in recruitment advertisements in the newspaper. What New Zealand legislation relates to EEO? A number of statutes impact on employment relationships. These include: the Employment Relations Act 2000, the Disabled Person Employment Promotion Order 2002, The Human Rights Act 1993, the Privacy Act 1993 and the Parental Leave and Employment Protection (Paid Parental Leave) Amendment Act 2002. These Acts can be found at http://www.legislation.govt.nz/ .

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John Letters are celebrating the European victory last weekend by offering a one of a kind, must not miss competition. Up for grabs is a personalised set of our Master Model irons. Created in conjunction with True Temper, this unique set of irons come fitted with special edition True Temper 'Europe' Dynamic Gold shafts and a custom blue and yellow Europe colour scheme. The True Temper European shaft is used by some of Europe's elite including Ryder Cup players Luke Donald, Ian Poulter, Francesco Molinari, Nicolas Colsaerts, Martin Kaymer and Paul Lawrie.

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Recovery To Take 'Quite A Long Time' In Storm-Ravaged Breezy Point To hear more cloudcasts like this one follow NPR You are now following NPR! The beachfront, blue-collar town in Queens, N.Y., was hit hard not only by Superstorm Sandy's raging winds and floodwaters, but also by a massive fire that tore through the area. More than a hundred homes were destroyed as firefighters battled for nearly 10 hours. A local fire commander says he's hopeful Breezy Point will recover but knows it will take time.

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Prison Block Prison Block is a browser-based game where you try to carve out an empire inside of the prison walls. Train you stats to protect yourself from other inmates. Get your hands on a variety of weapons and protective equipment. Do some jobs to make some cash, or raid fellow cellmates to take theirs. Need a break? Take some time out in the rec room to play some games. Prison Block Overview Prison Block puts you behind bars to see how well you survive. You can create a prisoner with a variety of facial options, and train their stats up. You can explore the prison for items, attempting to steal various things or trade for them. You can find a variety of items used for weapons and armor, so you can defend yourself properly. Raiding other players is a good source of money, however, be careful of hits being placed on you, as more powerful characters can come and collect on your head.

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He had a herpes scare and now there's doubt.... Please help me! I've been dating someone for a couple of months. I wasn't prepared to be intimate so quickly but in the heat of the moment it happened. I was honest from the first time we were intimate and I tried to answer all of his questions. I even provided him with a link to the hsv blog the following day. I tried bringing up the herps on our following date and he shut me down so I decided to wait until he came to me... We have been going out and having sex pretty frequently and I eventually just came to think that maybe he was just one of those guys who didn't care and was OK with it. Well just recently he had a herpes scare and he finally opened up. He said he never really thought about it. It was on the back of his mind but after the scare it became real. His doctor mentioned to him that there's a 30% chance he could still get it even if I'm not having an OB which pretty much freaked him out. I told him that ever since we' had become active that I've been taking anti-virals. I assured him that my OB's were not severe and only happen about 2 or 3 times a year so the chances were really low but there would always be a risk. I've been obsessing about our talk for a few days and I can't help the tears because I know that any day this person whom I'm really starting to like can walk away.. I know that the right guy would see past the herps but after getting hurt time after time and seeing all my friends in relationships it was nice to finally have somebody and I don't want it to end. So I guess the point of this post is to see how many couples have made it work when one person is h+? And for the people who inspite of their partner's positive status still stayed how did you come to terms with it? How long did it take for you to come around? What did your h+ partner say to you to make it easier for you? Your experiences, stories, advice or anything you can share with me would really be appreciated. His doctor gave him the wrong figure - the figure is more like 3% per year for female to male transmission and using antivirals. And that is unprotected. Protected, you are talking a risk of less than 2% per year. I've been with my boyfriend for 3 years, I have genital hsv-1, and it has never been an issue. I didn't tell him for a year, and we'd been having unprotected sex, but when I did tell him it was great. We have unprotected sex and he never seems remotely concerned about it. But people react differently. When he told me what his doctor said, in my head, I told myself well doctors don't really know all the facts about the herps and 30% seems like a lot. I didn't want to tell him his doctor was wrong though so I told him that in all my research I never seen the transmission rate that high. Hey Sirenn , here is a link to show him http://www.herpes-coldsores.com/herp...n\\... , also here is a book on the h www.westoverheights.com it too will answer many questions he may have. I also have ghsv2 for 24 years, I have stayed on antivirals and have never passed my H in 22 years that I have been married. Please read all you can and we can get him educated with you. My chances of passing my h , being I am female and on antivirals and take Lysine too, are less than 2% . My husband has tested and he still a non H ma. Our daughter is also NON H aswell. We live a very normal life and we give H no controls or powers over what we will or can have. Please show him these pieces of informations. Help him to understand and take this fear out of H. If I can help please feel free to message me. Take care , Hugs Ace Thank you Ace for sharing! I am fairly confident that I can protect him by just being careful but I can't stop dwelling on the what if he gets it. Even though he's made is choice I'm afraid he'll resent me later. If he ever gets it. All posts expressed by the members of this forum are their own opinions and are not endorsed by the HC Support Network Haven't found what you are looking for? Try the Shut Up and Post! STD Message Board

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About Directions and Parking The Kennedy Center is located on the bank of the Potomac River at 2700 F St., NW, Washington, D.C. 20566, at the intersection of New Hampshire Avenue, NW, and Rock Creek Parkway. It is accessible by Metro (via the subway and bus lines), by taxi , and by car . If you are driving, refer to the directions below to find the most efficient route for getting to and exiting the Center. And, always remember to allow extra time when driving as Washington traffic can be unpredictable. The Kennedy Center offers many pre-performance activities to help you make the most of your visit. You can find information on garage hours, fees, and accessibility here under: Parking at the Kennedy Center . Modes of Transportation By Subway / Metro: The Foggy Bottom/George Washington University Station (on the Orange and Blue lines, at 23rd and I streets, NW) , is the stop closest to the Kennedy Center. From there it is a short walk via New Hampshire Avenue OR use our FREE Kennedy Center Shuttle (signs are towards the left as you exit the escalator). The shuttle departs every 15 minutes from 9:45 a.m.-Midnight Monday-Friday, and 10 a.m.-Midnight Saturdays, and noon-Midnight Sundays and 4:00 p.m.-Midnight on Federal holidays. By Bus: The 80 bus goes to the Kennedy Center. For details on bus routes and schedules, call Metro information at (202) 637-7000 or TTY (202) 638-3780. By Taxi: Taxi service to and from the Kennedy Center is convenient and readily available. A taxi dispatcher is available to signal cabs and assign patrons from 6:30 p.m. (3:30 p.m. on matinee days) until 30 minutes after the end of the last performance, and taxis queue in the Plaza each evening to serve patrons. Look for the uniformed dispatcher at the Hall of States entrance. Directions From Northern Virginia: Via the Theodore Roosevelt Bridge (I-66 & Rte. 50): There are two ways to get to the Center off of the bridge. Option 1 is to take the first right upon crossing the bridge, and turn right onto Ohio Drive/Rock Creek Parkway at the stop sign. Make the first right to access the garage??s ??B?\_ or ??C?\_ level South entrances. Option 2 is to take the first left upon crossing the bridge, staying to the left on the Potomac Expressway (toward Rock Creek Parkway). At the yield sign, turn left and proceed to the second stoplight at Virginia Avenue. Turn left on Virginia Avenue. Turn right onto 25th Street and follow the signs for the Kennedy Center. Via Key Bridge (Rt. 29/ Lee Hwy.): From Key Bridge, take the first right onto the Whitehurst Freeway. Proceed straight to the stoplight at 27th Street--do NOT take the right exit to I-66. Turn right and proceed to the second stoplight at Virginia Avenue. Turn left on Virginia Avenue. Turn right onto 25th Street and follow the signs for the Kennedy Center. Via Memorial Bridge (from I-395): From I-395 North, take Exit 8B, Washington Blvd. towards Pentagon/Arlington Cemetery/Rosslyn/Memorial Bridge. Merge onto Washington Boulevard. Take the Rte. 50 West/George Washington Memorial Parkway North exit. Merge onto Arlington Memorial Bridge and get in the left lane. Begin to loop around the Lincoln Memorial (at right). Take the first left onto 23rd Street and get in the left lane. After E Street, turn left onto Virginia Avenue. At the second stoplight, turn left onto 25th Street and follow the signs for the Kennedy Center. From Maryland and Northwest DC: Via the Capital Beltway (I-495 from I-270 S and I-95 S): Take I-495 toward Tysons Corner (if coming from I-270, take I-495 South; if coming from I-95, take I-495 West). Upon crossing the American Legion Bridge, take exit 43 onto the George Washington Memorial Parkway. Take the GW Pkwy approx. 12 miles to the right-hand exit onto Rt. 50 East via the Theodore Roosevelt Bridge (toward D.C.). There are two ways to get to the Center off of the bridge. Option 1 is to take the first right upon crossing the bridge

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With "The Avengers" film already underway for release with the acception of being the first ever multi crossover comic-based-movie in movie history I couldn't help but wonder if "The Avengers" will have an influential impact in the film industry and even more so get the attention of the Warner Bros. studio which involves greenlighting what WB have been planning even before "The Avengers" begin to take center stage and that was creating a "Justice League" film using the same presager that was use by Marvel to built up the eventual "Avengers" movie except in reverse due to only being able to successfully rebooting Batman but failing to if not at all rebooting Superman which didn't help spawn other DC based films like "Wonder Woman", "Flash" etc, etc thus prompting WB to plan a JL movie before introducing the members/characters in thier own stand alone film. But was once again the plans were put on hold aleast for now until it's witness first hand how "The Avengers" perform critically & financially and with a "Superman" reboot being release with the acception that Batman & Green Lantern have already been establish in films I take it WB would be getting onboard the bandwagon and start greenlighting other DC-based-films that will eventually built up a possible JL movie in the near future pretty much in the same fashion that Marvel built up their eventual "Avengers" movie. If "The Incredible Hulk" was enough to prompt WB to greenlight "Man of Steel" then I don't see how "The Avengers" won't give WB a reason not put a JL movie in production anytime soon! Also wanted to add that there was an interview with "Avengers" director Joss Whedon when ask about what advice to give to the WB studio if a possible JL movie is still in the mind and here's what he has to say... Joss Whedon stated: It's enormously difficult to take very disparate characters and make them work. And DC has a harder time with it than Marvel because their characters are from a bygone era. Their characters were bigger than we were. They've amended that but Marvel really cracked the code in terms of 'Oh, they're just like us.' A dose of that sort of veracity that Marvel really started with Iron Man, I think you need to use that as a base. So this leaves to wonder what the WB studio's response to this is especially after the reception "The Avengers" film will recieve upon it's release to the public? Last edited by Comicbookfan-V2 on Fri Apr 20, 2012 4:05 pm; edited 1 time in total Think about it: If done RIGHT, and it really wasn't going to be , the Brothers Warner would have BEATEN 'The Avengers' to the big-screen with that 'Mortal' film. Instead, they had a pretty shitty cast, DJ Catrona as Superman? Really??, a weak storyline and a director I really like but wasn't right for that kind of project. And so, once again, Marvel is going to SHART all over WB when 'The Avengers' makes eleventy-kajillion dollars. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BJ Routh and Bryan Singer WERE the worst thing to happen to Superman since Bepo the Super Monkey. As much as I do want to see jl. It just isn't going to happen any time in the near future. With wb not having faith in dc minus batman. And since they haven't found the right key like m,arvel studios has done. Wb just still doesn't get it. Which is dispointing to us fans. Sure I am a marvel fan first. But I do enjoy dc characters too. So I hate that we can't see dc making it like marvel studios. Think about it: If done RIGHT, and it really wasn't going to be , the Brothers Warner would have BEATEN 'The Avengers' to the big-screen with that 'Mortal' film. Instead, they had a pretty shitty cast, DJ Catrona as Superman? Really??, a weak storyline and a director I really like but wasn't right for that kind of project. And so, once again, Marvel is going to SHART all over WB when 'The Avengers' makes eleventy-kajillion dollars. There's a limit to how much of that I'm willing to put on WB. They were as affected by the WGA strike as anybody and they needed a tentpole movie for summer 2009. That was

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Newborn Babies at Birth Your baby is finally here! At birth, she may look different from what you expect. Caucasian babies are often dull red or dull bluish gray in colour, and dark-skinned babies are often purplish-gray. Newborn babies may be born covered in waxy vernix, and their skin might look mottled at first. They may turn red from head to foot if they are crying furiously. Don't worry, though; within 48 hours or so, your baby's skin colour will look more normal, with the exception of bluish hands and feet when she is cold. If your newborn baby was born vaginally, she may have a bit of a conehead. This is because her skull bones shifted and overlapped during delivery so her head could fit through the birth canal. This is called moulding, and it will be particularly apparent if you had a very long labour. Don't worry about her somewhat pointy head; it will round itself out with time, and soon she'll look as perfect as those cherubic babes so often seen on television advertisements. Physical changes at birth Newborn babies go through many physical changes when they are first born. The most dramatic change at birth is when the newborn baby takes her first breath. The lungs inflate and fill the air sacs within the lungs. Blood starts to flow to the lungs and gas exchange begins. A newborn baby's first breath will be the most difficult of her life. Your baby's initial breaths may fluctuate between 15 and 100 breaths per minute. After the first few minutes, her breathing will settle to 30 to 50 breaths per minute. The baby's first breath triggers changes in the function of the heart. Special ducts and blood vessels that were essential to the baby's cardiovascular system while in the womb close rapidly because they are no longer needed. Blood flow through the umbilical cord drops to nothing once the cord is clamped. Apgar score and physical examination At one and five minutes after birth, babies are assessed and given an Apgar score. This scoring system assesses newborn babies' well-being using five different factors: heart rate, respiratory effort, muscle tone, reflex ability, and colour. Each factor is given a score of 0, 1, or 2. The best possible total score is 10. The Apgar score is checked periodically for several minutes to give an idea of how well the newborn baby is doing and whether his condition is improving or not. A newborn baby who scores between 4 and 7 needs careful monitoring at regular intervals, and possible treatment. A newborn baby with a low score would need resuscitation. Apgar scores are not a useful predictor for future problems. Initially low Apgar scores do not tell the whole story; at birth, many rapid changes are taking place which need only a few minutes or hours to resolve themselves. A newborn baby who is having some trouble breathing in the first few minutes of life may only need time to clear her lungs of amniotic fluid and might be breathing normally once this natural process has occurred. A physical examination is done to make sure that the newborn baby is in good health. This type of examination can also reveal certain conditions or problems. Physical examination is an ongoing process. A newborn baby's first examination is likely to be the most complete, but it will not be the last. Many examinations will occur over time to assess a newborn baby's progress and to spot new problems if they arise. Chances are that the Apgar score and physical examination will show that your newborn baby is in great health. However, if the Apgar score and physical examination of your baby show that there is a serious medical problem, your baby may need to be transferred to another hospital that provides specialty or subspecialty services. These are hospitals that have neonatal intensive care units (NICUs) with doctors called neonatologists who specialize in the care of newborn babies. They will take excellent care of your newborn baby and do the best they can to improve his health. The first four weeks of life The first four weeks of life are referred to as the newborn or neonatal period. We tend to think of newborn babies as helpless. However, newborn babies are able to search for their mother's breast and suckle when they do find it. Most newborn babies can breathe without assistance and cry surprisingly loudly. Newborn babies have a wide repertoire of reflex and voluntary movements, some of which

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Model Making buy illustrations recent exhibitions recent projects I recently put together these two maquettes for sequences I'm illustrating in Home Time. Although I had visual plans and layouts for the structures, it's was proving way too hard to illustrate them consistently from different angles. These models took a couple of hours to put together, made from an old wood ruler, some balsa wood, cardboard and hot glue. They're not pretty, but they get the job done. I'd thoroughly recommend making little models of structures and characters. It never takes as long as you think, and it gives you a much greater understanding of the dimensionality of what you're drawing. You'll also find a great deal of surprises when working from models, where shadows fall, the way shapes intersect, the way things look from unusual angles. We can imagine a great deal of things. Our minds are like little reality engines. We can run structures through a range of lighting conditions, palette swaps, textural variations. There's a great deal that we can't do though, and model making reveals those gaps. This is especially useful with character heads. I often find myself drawing characters from "comfortable" angles, angles that I know I have clear visual models of in my head. With a physical model, it makes it easy to create lots of new possibilities quickly.

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I am an elementary school teacher just trying to do the right thing A Teacher's Labor of Love Can Not Be Measured As we celebrate Labor Day 2012 teachers all over the nation are beginning a new school year with a dark cloud on the horizon. We have been labeled failures by politicians , media outlets, corporate raiders, and movie makers. The need for education reform has been touted by both sides of the political aisle in a blind effort to pander to the raw emotions of a thoroughly hoodwinked electorate. I've previously posted data that clearly shows that graduation rates and college admissions are at historical highs. Historians like Diane Ravitch have shared data that explains the misleading nature of comparisons with other nations. Union leaders like Randi Weingarten have celebrated the gains we have seen over the last 20 years. Yet, we have been labeled as failures. Yes, there is a need for reform! Nothing should remain stagnant, we must constantly change and reform our ways to remain competitive. No one is disputing that. The problem arises with what has become a bastardization of true reform. All to often, we've been told, it's those ineffective teachers fault. Ignoring poverty, social needs, emotional needs, under funding, and the lack of resources, both sides of the aisle have their spiny fingers pointed right at us .. it's those teachers that have to be fixed. As a result states have embarked on huge budget buster evaluation plans fueled by the funds held out, like a carrot on a stick, due to Race to the Top. Here in New York State we have this debacle of an evaluation system called APPR . The centerpiece of this frightful evaluation mess are high stakes tests ( you know, the ones RTTT was supposed to give us relief from) , district wide tests, and a third component based on observations and other evidence extracted magically throughout the year. Using a Value Added Model which Diane Ravitch has labeled 'junk science' NYS hopes to root out those ineffective teachers. Does this look like education reform? Take a look at my district's APPR plan. I can't fault my district and my fellow teachers for negotiating this nonsense because they were left with no choice. They must follow the laws of NYS. They did their best, but unfortunately we're now going to be judged by junk science, computer generated assessments, and a rubric that will attempt to put a numerical value on everything we do. It's demoralizing and unforgivable to attempt to place a numerical value on everything a teacher does. 60% of every APPR plan in NYS is based on placing a numerical value on everything we do! Administrators will be visiting classes with check lists and rubrics attempting to match the actions of the teacher with a point value that will be used to measure teacher effectiveness. A teacher's labor of love is not measurable! How do you place a numerical value on, the lives we have touched, the futures we have enhanced, the confidence we have instilled, the manners we have taught, the morals we have strengthened, the civic values we have formed, the smiles we have created and the country we have created? How do you determine a numerical value on a teacher's compassion and understanding of a child who faces anxiety when encountering challenging work? How do you measure the trust a student and/or a parent has in their teacher? How do you measure the hours teachers spend, looking at the ceiling in the middle of the night, as they ponder new strategies to help their students? How do you measure the tears wiped away from a frightened child as the teacher comforts and builds confidence? This Labor Day as we gear up for the new challenges of a new school year, we face the unfair scrutiny endorsed by our state. Remember, you have the power to protect your love of teaching. Single Post Navigation 2 thoughts on " A Teacher's Labor of Love Can Not Be Measured " Sorry, I couldn't bring myself to read the 35 page APPR plan. I just heard the other day that 100 APPR plans were submitted to NYSED, and only 10 were approved. Besides the absolute WASTE of good money providing substitutes and purchasing testing -- the APPR is a WASTE of good classroom time. Teachers on our APPR Committee were pulled from the classroom at least once every two weeks last year. I saw an example of this yesterday.. A new child came into

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Today is a very exciting day at Guillotine Towers as it marks the release of my lovely friend Ankaret Wells ' latest novel, Firebrand which she has described as ' a steampunk fantasy romance inspired by Charlotte Bront's Angria novelettes, and featuring airships, plaid, a mechanical birdcage, de jure princesses, evil stepdaughters, and war by means of teapot. ' Who could possibly resist? To mark this occasion, Ankaret has very kindly written a post for us about ball scenes in novels. I love a good ballroom scene. Since all the way back before Shakespeare chronicled the events of the Capulets' costume party, writers have been enjoying the chance to dress their characters up and send them out for a formal dance, and I'm all for it. What's your favourite ball scene? Maybe it's from fiction -- perhaps the Netherfield ball where Darcy first gets the opportunity to demonstrate his pride and sparks off Elizabeth's prejudice. Or from history -- the Duchess of Richmond's ball on the eve of the Battle of Waterloo was immortalised by Millais and Thackeray and has lived on in historical novels and biographies ever since, and even Sharpe showed up there once. Or maybe it's from cinema -- Scarlett O'Hara's foot tapping longingly beneath her widow's weeds, or Holmes and Watson sweeping one another round the floor in the recent film Sherlock Holmes: A Game Of Shadows . As a writer, I love getting the chance to describe the broad sweep of a ballroom. The excited chatter, the musicians tuning up, the flickering light of candles or the smokier gleam of gaslight, the soft glow of silk and the flutter of muslins and, if we're lucky, the gold braid on military uniforms too. But ball scenes can also offer a chance for the characters to snatch more intimate moments. In Jane Austen's Emma , for example, the ball at the Crown Inn has an unpromising start, with the characters huddling around a fire on a raw evening in early May. But it leads to Emma and Mr Knightley taking a cautious, almost unconscious step forward from thinking of themselves as brother and sister and to Harriet being very grateful to dance at all. The Last Evening, James Tissot, c1885. Photo: Muse d'Orsay. From the introduction of the waltz in the early nineteenth century to the decline of social dancing in the late twentieth, there's a window of opportunity for the historical novelist to send their characters sweeping around the floor in one another's arms. The country and court dances that flourished before the waltz have their own delights. If you're writing anything set during the glittering days of the Renaissance, for example, it's hard to resist the Volta, in which the man lifts the woman clean off her feet and thrusts his thigh under hers. Queen Elizabeth danced it with the Earl of Leicester. For young women whose opportunities for exercise mostly consisted of walking, with riding thrown in at one end of the social spectrum and housework at the other, the chance to work off some energy through the skipping and marching and changing of partners of an old-fashioned country dance must have been exhilarating. It also offered an opportunity for conversation away from the ears of chaperones -- perhaps with a variety of gentlemen. But when the waltz arrives, the opportunities for hero and heroine become more alluring still. In Consuelo Vanderbilt Balsan's memoir The Glitter And The Gold she describes how circumscribed her life was as a young woman in Gilded Age New York. (Possibly she had reason to make those days sound even more confining than they actually were, as she later attained an annulment of her marriage to the 9th Duke of Marlborough on the grounds that her mother had forced her into it -- but that doesn't stop The Glitter And The Gold being a page-turner) When a young woman was brought up in the expectation of barely so much as touching a man's arm until they arrived at the altar, the prospect of that arm clasping her around the waist and whirling her round the dancefloor must have been truly exhilarating. The Woman of Fashion, James Tissot, c1883-5. Photo: Private Collection. Giving your characters a chance to dance together lets

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Feed URL: One click: Close The addition of a cultural focus to scientific congresses is increasingly common. More often than not the event relates more to the city chosen rather than the subject matter of the congress. However, given that most great art relates to the human condition, it is difficult not to find interesting resonances between the art and our medical sciences. This is particularly the case with geriatric medicine, where practitioners are dealing with life in its most complex, enriched, and challenging form. The annual congresses of the European Union Geriatric Medicine Society have proven to be lively affairs over the last decade, with a ferment of trainees, early career and established academics presenting increasing amounts of exciting research. Our congress in Brussels last week attracted delegates and presenters from all continents, barring Antarctica. Not only were we entertained by Haydn divertimenti at the opening ceremony, played by a professor of geriatric medicine and colleagues, but the organizers also arranged for an exclusive evening opening of the Magritte Museum . This privileged access to the temple of one of the great masters of elliptical communication -- the term Surrealist seems unnecessarily constricting -- was an absolute treat. Beautifully displayed in chronological fashion over three floors, with a black background as subtly humorous rebuke to the universal white of modern galleries, we wandered around at leisure with discreet but insightful commentary at various points by the expert staff. Clustering and detaching from and into impromptu groupings, it was clear that the exhibition, the sequential progression of the art and the array of artefacts, were striking a chord among us that flowered in late night discussions. The choice of locations for these seminars was also particularly apt for a conference of geriatricians, eventually fine tuned to either the Brasserie Mort Subite (Sudden Death) or the Caf Delirium . For most of us, previous exposure to Magritte has been limited to a number of widely diffused images. Exposed to longitudinal development of his work, the impact of Belgian nature and nurture became more obvious, with the influence of grotesqueries and bold expressionism of the uniquely unsettling James Ensor quite apparent in his earlier stages and surviving in an attenuated form throughout his life course. For those with an interest in the complex nature of ageing, the progression of his style was marked on the one hand by a smoothing of some rough edges and brashness, and on the other by an increasing mastery of mysterious and contradictory juxtapositions which combine to a remarkable unitary form. In themselves, these paradoxes seemed to illuminate the often contradictory elements of later life. His Empire of Light series, combining a daytime sky in the upper half and a nocturnal scene of a house in the lower half evoke Janus-like aspects of growth and loss in later life, but with light persisting through the house window and lamp standard providing a comforting glow even in the dark. Some of the art works of his late period evoke playfulness and reflection on themes close to the practice of geriatric medicine. The striking Memory will definitely find a place among my slides, a pristine white classical head with a bloody stain to the forehead, against a background of a calm sky and a theatrical framing of apparently random objects. For, often in our work, an over-emphasis on memory loss can blind the care discourse to the many aspects of our nature that are preserved, as described in Anne Basting's Forget Memory (1). A droll sculpture, The White Race , is a nice reflection on what is not there, a neat trope for our techniques of being alert to that which is missing in taking a history from those with cognitive impairment. As we gaze, we slowly realize that the assemblage of body parts -- noses, lips, ear, and eye -- represents four of the five senses. And where is touch? With a smile we realize that it is a sculpture after all -- though modern curatorship and security precautions means that a perspex box prevents us from a haptic conclusion to Magritte's jeu d'esprit . But the picture, from a trove of striking conscious and subconscious stimuli, which most married the worlds of art and geriatric medicine for me was The Art of Conversation . Comprehensive geriatric assessment (C

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Buyers guide to Portugal - The process of purchasing property in Portugal Buying in Portugal is similar to buying in the UK to the extent that there is an offer and acceptance procedure, which is usually followed by an exchange of contracts and completion at the Land Registry. However, once terms have been agreed and an offer accepted, the transaction is legally binding. Your appointed lawyer will carry out the necessary searches at the Land Registry and the Town Hall to check for undisclosed charges and encumbrances. Once satisfied, he/she will draw up a 'Promissory Contract of Purchase and Sale' and at this stage you normally pay the vendor a deposit of 10% of the full purchase price. This contract will be signed by both parties in front of a Portuguese notary and is legally binding on both the vendor and purchaser. If the purchaser defaults the deposit is forfeited and if the vendor defaults the purchaser is paid double the deposit, however, if a clause of specific execution is included, the vendor cannot withdraw and the purchaser can legally force the vendor to sell. While there are some subtle differences, most notably the role of the Notary in the signing of the Contract, the buying process is relatively straightforward in comparison to buying in the UK.

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Resolved Question What to get my bestfriends for christmas? I really dont know what to get my friends for christmas, one of them likes disney, colourful things and is very funny, she has everything but so that makes it hard to buy too, spending around 15-25! One of them loves clothes, makeup, jelwerry etc but what else exciting could i get her? 15-25 and the last one, likes everything from toys-sweets to vans shoes-jumpers-body warmers, but i want to get her something big and one of a kind, like tickets for something or a pet or sufin any more ideas? 20-35 Best Answer - Chosen by Asker Here are some suggestions For the 1 who likes make-up: -Day out to a spa. -Money for a shopping spree -Leg warmers -Foundation -Perfume -Jewellery, maybe a friendship bracelet. -A note pad - A box of chocolates -Tickets for a fave band -If she has a pet, maybe a nice new collar or outfit for him/her. Last one who likes everything: -Percy Pig sweets -Box of chocolates -Huge teddy bear, then get a box of chocolates and give that too. -Tickets to her fave band -Tickets to see something in the cinema -Teddy holding a picture of you guys in a frame, -Funky tutu in bright pink B), -Granny mobile! :D (joking, please don't get that LOL) -Her favourite movie, -A DVD player (I think they are too expensive though for the price range?) -A real goldfish, when you mentioned pets, there isn't many you can afford in that price range, like dogs are rather expensive, hundreds, unfortunately.

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Christie Blizard When I was 16, I saw the White Buffalo March 17 - April 28, 2012 Reception: Sat. March 24, 7-9pm This show is extended and will be on view through Saturday, April 28th. Lubbock based artist, Christie Blizard, lives and sleeps in her studio, an experience that creates for her a bifurcated world. One affects her dreams and her dreams affect her day, making her feel as if she has one foot in two worlds. In her exhibition at Women & Their Work, "When I Was 16, I Saw the White Buffalo," Blizard creates collage, sculpture, video animations and installation: her show reflects literally and figuratively the two worlds that inform her life. In the half of the exhibition that represents her studio, Blizard literally references the space where artists create but also metaphorically suggests the physical, the present tense, the daytime, the here and now. The other half of the exhibition alludes to the night, a numinous in-between world, and to the Driftwood River, the site where her recurring dreams often take place. Located behind the house where she grew up, the river also represents different parts of Blizard's consciousness. The actual experience of seeing a white buffalo when she was 16 forever changed Blizard's perception of life, how she relates to and understands the world. Seeing something she understood to be sacred served as a threshold that connects her to a space beyond language.

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Free Creativity Tips Your Creativity Lab The Creativity Lab Blog showcases that which inspires us to be creatively productive, productively creative or just to laugh! Are You Stuck In The Middle (of Nowhere)? Lisa Murray - Tuesday, July 10, 2012 This very kooky cool video is from a folk band called Stealers Wheel who were big in the 70's (for at least 10 seconds anyway! They sold about a million singles.) Do you ever have to be stuck in the middle with anyone? Only if you are copying the normal, boring, average people! RUN! The other way! Seriously! (For once we are not joking!!) Clowns to the left and jokers to the right... If you want YOU to show up in your creative projects you need to stand somewhere different to the centre! And that's all I need to say on this one right now... if it's time to get unstuck, you could join us at Creativity Lab LIVE!T We promise you can be anything you want... a clown, a joker... Or even a pirate. Whatever floats your boat and inspires you to create something greater than has ever existed before. EVER. (Oh yeah... we know HOW to get you unstuck... and way way way away from the middle... if that's what you're asking for! The earlybird rates finish July 15 for the August event - you better move it if you want in for less! ) Featured posts Creativity Lab LIVE!T If you have had enough of procrastinating, being overwhelmed or never finishing your projects... or you would love some creative space to produce something truly special, discover a different possibility at Creativity Lab Live!T events .

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The views expressed on this noticeboard are expressed by the fans themselves and do not necessarily reflect the views of Manchester United or any of its representatives. The viewing and posting of messages on this noticeboard is subject to the Forum Terms, which can be viewed here. Re: SAF doesn't like Chicharito. Re: SAF doesn't like Chicharito. LA\_Red: Here in the USA the best coverage of football is offered by the TV in spanish. And living in LA is a must to understand some spanish. So, I regularly listen or watch the football news in spanish. One the most popular anchors or commentator is Jorge Ramos. In his ESPN show they always talk about Javier, most the time not giving any credit to the kid, except Jorge Ramos who always try to defend the kid, but you can sense he is not being totally honest. Yesterday, he showed his true colors when he said "Alex Ferguson is not convinced by Chicharito and he is going to sell him next year and Chicharito best interests are in a smaller team". I think they can't stand the fact that the little mexican is doing good at Manchester. Specially when Forlan (Jorge is Uruguayan) didn't succeed in MU. There is other argentinian commentator who is always talking trash about Javier and SAF (SAF is an hypocrite for them), perhaps a scumbag known as Tevez is the real reason? There is another Guatemalan guy that hate and I mean HATE Javier success. Very disappointed of this show. Oh by the way, Suarez is the most pleasant player to watch after Messi... go figure! That show is such a joke, Sir Alex likes Chicharito and he is not going to sell him. Re: SAF doesn't like Chicharito. I'd take any football related stuff that comes out of America as a joke just like the MLS. Little Pea isn't going anywhere the way he's playing. He's playing the Ole Gunnar role and he's a team player. If SAF didn't appreciate him, he'd be long gone and wouldn't be getting time on the field. Case in point Berbatov, Kuzhzak, Foster, Gibson and the list goes on. As for Suarez, he's a good player, but I wouldn't go as far as saying "pleasant to watch" because flopping around on the ground isn't exactly spectacular to see. Just turn on a Barcelona game and you see that sort of stuff all the time. Re: SAF doesn't like Chicharito. Are you arguing that SAF doesn't like Chicharito or that Ramos is seeing something that isn't there? Your title is misleading. Btw - Spanish is my first language, I live in LA and I listen to the Ramos show every afternoon on my drive home from work. Yes, some of the commentators on there aren't his biggest fan, but they've given credit where credit is due - Chicharito is a fantastic predator in the box. That's it. They don't claim him to be a fantastic footballer because he isn't, he is just a highly efficient goal poacher. Re: SAF doesn't like Chicharito. Who cares what a washed up bunch of Terds think about United, Hernandez or SAF... there will always be haters and all that matters is us fans knowing whats important and anyone that has a bad word to say about such a genuine, honest and humble young man such as Hernandez seriously are a disgrace to themselves... He's the ultimate professional with enthusiasm and perfect team mentality in abundance... the exact opposite to say a scumbag like Tevez who is a money grabbing looser. Some people need their heads checking... anyone with half a brain can see how much quality Chicharito is. Even my mate who's a Liverpool supporter says he would love a player like Hernandez playing up top with Suarez behind him... he's lethal and doesn't need many chances to score! SAF doesn't like Chicharito. Here in the USA the best coverage of football is offered by the TV in spanish. And living in LA is a must to understand some spanish. So, I regularly listen or watch the football news in spanish. One the most popular anchors or commentator is Jorge Ramos. In his ESPN show they always talk about Javier, most the time not giving any credit to the kid, except Jorge Ramos who always try to defend the kid, but you can sense he is not being totally honest. Yesterday, he

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Testimonials from Sydney English Academy Students The Sydney English Academy is a very good experience for students.There are students from different counties but all learn Egnlish in this school. The atmosphere is very nice and friendly, the teachers are very happy to teach English. I liked the social activities like BBQ and bush walk and surfing after school. It's a very nice school and I will come back! Thomas from France - General English + Surf I try to spend time with all students to talk in English. Concentrate in the class room when the teacher teaches grammar. Don?t be shy! Beginner class and teachers are really good and provide an easy way to learn English. Teachers and staff help students very much. Easy to make friends in social activities. Ahmed from Arab - General English I love my class and both teachers. One teacher makes us happy and fun so much and another teacher teach me polite way and help understanding English in easy way.My listening skill has improved a lot. My favorite social activite was the shelly beach BBQ and went to watch the rugby! Yuya from Japan - General English I really enjoy SEA. Teacher and staff are very kind. I liked socail activity too. Kyoko from Japan - General English for 6weeks My friend lived in Manly and recomended here to me so I came to Manly. Manly has lots of activities and great Manly beach. Now I have been in this school for 16weeks, I had a such a good experience at SEA.I will miss my school mate and Manly! Won Mo from Korea - General English Full time 16weeks How Could I not like SEA! Teacher motivated me a lot and good explaning.I enjoy to go to Blue Mountain trips on the weekend. My homestay mother was very nice person and so helpful and we talked a lot, she cook nice dinner and we went to shopping. It took only 10 min by bus to school. I'm so sad to leave SEA. It has been a pleasure to be here! Rebekka from Switzerland - General English & Cambrige Advance English Full Time I think Sea is the bes schoo in Manly! Teachers are very friendly and helpful and I liked the bush walk as a social activity. I had a great time. Thank you very much for everything! Sara from Switzland - General English Full time I really enjoy talking to people from other countries and taking part in social activities. The whole school is extremely friendly and teachers are supportive and motivating. Olivia from Switzerland - Cambridge Advanced English for 12weeks It is great school in a great location with experienced and helpful staff. I?m having a great time here! Jana from Czech Republic - First Certificate English for 12weeks IT?s a small school so the staff look after me well.All the staff are friendly and have patience for the students! Juan from Colombia - IELTS Preparation course for 24weeks I am very happy because I improved my English a lot in this 4weeks. SEA is a very good school, everyone is nice and kind, very friendly atmosphere, good facilities and beautiful services.I really want to come back to SEA sometimes. Jaroslaw, Poland - 4 weeks Full Time General English course In my case, studying in Australia was the best thing ever. It was the best opportunity to know about different culture, to make friends from all around the world and to have ability to live in your own while you are studying. The staff and teachers are very kind, they helped us all the time and shared their wealth of information and their skills with us. I will recommend SEA to all students who want to have the best experience ever. Oyuntugs from Mongolia - 12 week Full time General English course I would like to dedicate this speech to teachers in SEA. They are the kind of teachers who let every student shining with patience, guidance, humour and love. From the moment their students meet them, they know you will help them find their greatness. They go above and beyond to teach with passion, commitment and excellence. Thanks you for being the teacher who inspire, encourage and truly care. A good teacher is not just a leader to be followed but a guide who suggests and leaves you to carry on down your own road. I am carrying on my own road. Tatiana from Brazil - 12 week Full Time Cambridge course SEA is a very good school. Everyone is nice and kind, very friendly atmosphere, good facilities and beautiful services. I really want to come back in SEA sometime. My tip for improving english is to attend class everyday, also elective class, conversation club and supervised study Daisuke from Japan - 17 week Full Time General English course The Teachers are the soul of this school and they are so amazing that it's a pleasure to come to the school everyday and study in a marvellous

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10 tips for finding the best diet that works for you With so many diets to choose from, it's not easy to figure out which diet will be the one that works best for you. To help the 65% of adults who are overweight, we asked the experts for tips to help you find a weight loss diet that is both healthy and effective. The best diet that works for you: the one you can stick to All the experts agree on one thing: the best weight loss plan is one you can stick to. It doesn't matter how scientifically sound the programme is, how fast it works, or even how many people have tried it before, what matters is whether you can do what it says, not whether you should , but whether you can . Even if you can, not all diet plans and programmes are scientifically sound. The most popular diets are those promising the quickest, most painless results, which, unfortunately, are usually not sustainable. Weight that is lost rapidly is usually a mixture of water, muscle and a little fat, instead of mainly fat. To make things worse, losing is usually followed by gaining. Most people go on and off fad diets and fall into the yo-yo syndrome of dropping weight followed by gaining weight. "The consequence is, you lower your metabolism and end up at a heavier weight than when you started." The simple truth is that losing weight is a simple formula: calories in, minus calories out, equals weight loss, gain, or maintenance. In order to lose weight, you have to eat fewer calories and be more active. Cleanses, creams and supplements are usually just gimmicks and not going to help in the long run. How do you know if a diet is healthy and sustainable? Experts say a sound weight loss diet plan should: Include exercise Allow a variety of foods from all the food groups Be created by a registered professional such as a nutritionist or dietician Promote slow and steady weight loss Include portion control Allow snacks between meals Not rely heavily on supplements Include small portions of your favourite foods and beverages Include a maintenance plan Recommend drinking plenty of water. The perfect weight loss diet for you Once you know how to determine whether a weight loss diet is healthy, you'll need to narrow your choice down to one that suits your own lifestyle and matches the way you like to eat and exercise. It's also important to choose a diet that won't leave you feeling hungry. Look for plans that promote foods that are high in water and are fibre-rich, like soups, fruit and vegetables. These foods fill you up and reduce food cravings to help you stick to your diet plan without feeling deprived. This website uses cookies. Our Cookies information page details how we use cookies and how to manage them. To provide even greater transparency and choice, we are working on a number of other cookie-related enhancements. More information

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Enterprise Content Management Software Solutions Knowledgeone Corporation gives you 'easy-to-use' tools and 'know-how' to retrieve, manage and share key content and knowledge - so that the right information goes to the right person at the right time. RecFind 6 is the complete information management system tool. Information managers in government and private enterprise across the globe are empowered by the RecFind 6 product suite to more effectively manage their company's critical records, information, unstructured data, content and critical business processes. We have been providing scalable, stable and proven records and document information management systems to organizations world-wide since 1984 and have a long history of delivering first rate service and support for Records Management, Document Management, EDRMS, Email Management, Email Archiving and Compliance, Knowledge Management (KM), Enterprise Content Management (ECM), Imaging, Workflow and Business Process Management (BPM) applications. How do we do it? The core solution platform is our innovative and new genre RecFind 6 product suite. RecFind 6 is unique in the industry in that it was designed and engineered such that the customer can change almost anything, including the data model and any business process, without programming and without moving away from a 'standard' product able to receive regular updates from Knowledgeone Corporation. The same unique technology that allows you to configure RecFind 6 to your precise needs also makes it easy for you to configure RecFind 6 to solve multiple business problems. One copy of RecFind 6 happily runs multiple content management systems concurrently, for example, contracts management, asset management, email management, records management and help desk management. RecFind 6 is also multi-lingual, able to support any language and multiple languages concurrently. RecFind 6 has been certified by the Public Records Office of Victoria (PROV) as fully VERS compliant. VERS is the world's most stringent electronic document compliance standard. If you would like us to keep you informed of new products, new features and items of interest in our industry (e.g., SharePoint, SaaS, Windows 7, etc) please click here

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Last month, I made the switch to Google Quick Search Box from Quicksilver on my Mac. While Quicksilver improved my efficiency and cut the time I spent searching for files, Google Quick Search Box has upped the ante even further by adding in the ability to ... Read More Last month, I made the switch to Google Quick Search Box from Quicksilver on my Mac. While Quicksilver improved my efficiency and cut the time I spent searching for files, Google Quick Search Box has upped the ante even further by adding in the ability to speedily access all my Google services through the same interface. I'm very impressed with it. Google Quick Search Box is available as a free download for OS X. On the surface, it seems fairly simple. Just like with Quicksilver, you hit a keyboard shortcut and up pops a box where you can run a search. You can access applications and files from there, too. But Google Quick Search Box also has some additional capabilities: Find contacts within your address book Complete calculations Open your bookmarks in new browser tabs Look up dictionary definitions Launch songs in iTunes Launch files saved in your Google Docs account Perform a Google search That's not an exhaustive list, and you can even add features, like the ability to send messages to Twitter. You can also perform a variety of actions on any file you find through Google Quick Search Box. With a couple of clicks, you can access information about the file, move it to the trash, and even open files in larger type. There are also a number of application-specific actions you can take, like ranking a song in iTunes or composing a new email to a contact. It may seem like the wide variety of tasks that Google Quick Search Box can handle could be overwhelming when you sit down and use it, but it's very adaptable. As you use it, it learns which files you're most likely to launch, speeding up the process. If you've used Google Desktop in the past, you'll be familiar with the concept behind the Quick Search Box -- but there are some important differences between Google Desktop and the standalone launcher: the ability to perform actions on your search results and access to calculations and definitions are unique to Google Quick Search Box. The Quick Search Box can also be extended with plugins, and the code is available on Google Code if you want to make changes of your own. Google Desktop does offer one advantage over the Quick Search Box: the ability to search cached and deleted files. Google Quick Search Box makes it possible for you to significantly speed up your work. Even if you operate more in the cloud than on your desktop, you can access the applications and files you need to work on quickly. The features of Google's launch application set it far ahead of applications I've used in the past.

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Visas, Immigration and Refugees Claiming Compensation from the department If you think the department has made a mistake that has caused you a financial loss or some other detriment, you may be able to make a claim for compensation from the department. Types of compensation There are three bases upon which monetary compensation can be obtained for loss suffered as a result of: legal liability defective administration or special circumstance arising out of Commonwealth administration (Act of Grace). Compensation for legal liability The department may assess your claim and pay compensation in accordance with the Attorney General's Legal Services Directions, where there is a risk that the department could be found to be liable to pay compensation if the matter went to court. Examples: Negligence, actions in contract, personal injury and property damage. Important: We recommend that you seek legal advice if you think that your circumstances might give rise to a claim that raises issues of potential legal liability. Compensation for Detriment caused by Defective Administration (CDDA) The CDDA Scheme allows the department to compensate you if you have been adversely affected by the department's defective administration and where no legal liability exists. Payments made under the CDDA scheme are discretionary and may be made where it is considered that there is a moral obligation, rather than a legal liability. Compensation is not payable for grief, anxiety, hurt, humiliation, embarrassment, or disappointment that is unrelated to personal injury, no matter how intense the emotion may be. In order for your claim to be successful under the CDDA scheme, the decision maker must be satisfied that: there was defective administration by the department the loss or detriment you suffered was a direct result of the department's defective administration and the type of detriment suffered by you must have been reasonably foreseeable by the department. Defective administration is defined as: a specific and unreasonable lapse in complying with existing administrative procedures or an unreasonable failure to institute appropriate administrative procedures or an unreasonable failure to give to (or for) an applicant, the proper advice that was within the official's power and knowledge to give (or reasonably capable of being obtained by the official to give) or giving advice to (or for) an applicant that was, in all the circumstances, incorrect or ambiguous. The overarching principle of the CDDA scheme is to restore you to the position you would have been in had the defective administration not occurred. Act of Grace payment The Act of Grace Scheme is administered by the Department of Finance and Deregulation (Finance). If the Finance Minister or delegate considers it appropriate to do so because of special circumstances, he or she may authorise making an Act of Grace payment. Act of Grace claims are considered on their individual merits. Act of Grace payments are discretionary and may be made where there is a moral, rather than legal liability and there is no other redress available; including where: the direct role of an agent/agency of the department has caused an unintended and inequitable result for the individual or entity concerned or the application of the department's legislation has produced a result that is unintended, anomalous, inequitable or otherwise unacceptable in a particular case (including in cases where the department has acted correctly in administrating the legislation involved) or the matter is not covered by legislation or specific policy, but the department intends to introduce such legislation or policy, and it is considered desirable in a particular case to apply the benefits of the relevant provisions prospectively. In some circumstances, the department, or the Commonwealth Ombudsman may invite you to apply for compensation under either the CDDA Scheme or the Act of Grace Scheme. Note: An invitation to apply for compensation does not constitute an admission of liability, nor does it guarantee that compensation will be paid. You can send the completed application form and supporting documentation by post, email or facsimile. You will receive an acknowledgement letter within seven working days of the department receiving your claim. Claims are processed in order of receipt. The department cannot provide a definite date for completion of claims; however, you will be kept informed of the progress of your claim. Receiving a decision You will be notified in writing of the outcome of your claim. The following table details steps to be taken if your application for compensation is deemed as payable or not. Departmental decision Steps to be taken Compensation is payable The department will provide you a

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Hippocratic Oath The Hippocratic Oath is an oath historically taken by physicians and other healthcare professionals swearing to practice medicine honestly. It is widely believed to have been written by Hippocrates , often regarded as the father of western medicine, or by one of his students. [ 1 ] The oath is written in Ionic Greek (late 5th century BC), [ 2 ] and is usually included in the Hippocratic Corpus . Classical scholar Ludwig Edelstein proposed that the oath was written by Pythagoreans , a theory that has been questioned because of the lack of evidence for a school of Pythagorean medicine. [ 3 ] Of historic and traditional value, the oath is considered a rite of passage for practitioners of medicine in many countries, although nowadays the modernized version of the text varies among them. The Hippocratic Oath (horkos) is one of the most widely known of Greek medical texts. It requires a new physician to swear upon a number of healing gods that he will uphold a number of professional ethical standards. I swear by Apollo , the healer, Asclepius , Hygieia , and Panacea , and I take to witness all the gods, all the goddesses, to keep according to my ability and my judgment, the following Oath and agreement: To consider dear to me, as my parents, him who taught me this art ; to live in common with him and, if necessary, to share my goods with him; To look upon his children as my own brothers, to teach them this art; and that by my teaching, I will impart a knowledge of this art to my own sons, and to my teacher's sons, and to disciples bound by an indenture and oath according to the medical laws, and no others. I will prescribe regimens for the good of my patients according to my ability and my judgment and never do harm to anyone. I will give no deadly medicine to any one if asked, nor suggest any such counsel; and similarly I will not give a woman a pessary to cause an abortion . But I will preserve the purity of my life and my arts. I will not cut for stone , even for patients in whom the disease is manifest; I will leave this operation to be performed by practitioners, specialists in this art . In every house where I come I will enter only for the good of my patients, keeping myself far from all intentional ill-doing and all seduction and especially from the pleasures of love with women or men, be they free or slaves. All that may come to my knowledge in the exercise of my profession or in daily commerce with men, which ought not to be spread abroad, I will keep secret and will never reveal. If I keep this oath faithfully, may I enjoy my life and practice my art, respected by all humanity and in all times; but if I swerve from it or violate it, may the reverse be my life. The original Hippocratic Oath can be broken up to cover twelve different areas to which a physician is swearing to; the areas are as follows: [ 5 ] The first is a covenant with the deity Apollo , who is the god of healing. Most modern oaths have removed this portion; however, the original translation reads "I swear by Apollo the physician…". The second is the Covenant with Teachers, and this is done with the pledge of collegiality and financial support. Next is the Commitment to Students by the promise to teach those who swear the oath. After the Commitment to Students comes the Covenant with Patients, and this is the physicians pledge to use their best ability and judgment. The fifth area is Appropriate Means with the use of standard "dietary" care; this is using the established and accepted practices to treat their patients. Appropriate Ends is next and says that a doctor is to do what is best for the patient, rather than what is best for the physician. The seventh area is the Limits on Ends, which was originally in the oath but has been omitted by many medical schools. The Limit on Ends in the oath said that a doctor would not help a woman have an abortion and that the physician would not administer a lethal drug if asked. Both of these have caused many ethical dilemmas in modern times, with abortion being legal in many countries , prisons using lethal drugs to execute prisoners and physicians practic

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The Ten Minute Guide to diff and patch Situation one: you are trying to compile a package from source and you discover that somebody has already done the work for you of modifying it slightly to compile on your system. They have made their work available as a "patch", but you're not sure how to make use of it. The answer is that you apply the patch to the original source code with a command line tool called, appropriately, patch. Situation two: you have downloaded the source code to an open source package and after an hour or so of minor edits, you manage to make it compile on your system. You would like to make your work available to other programmers, or to the authors of the package, without redistributing the entire modified package. Now you are in a situation where you need to create a patch of your own, and the tool you need is diff. This is a quick guide to diff and patch which will help you in these situations by describing the tools as they are most commonly used. It tells you enough to get started right away. Later, you can learn the ins and outs of diff and patch at your leisure, using the man pages. Applying patches with patch To apply a patch to a single file, change to the directory where the file is located and call patch: atch &lt; foo.patch These instructions assume the patch is distributed in unified format, which identifies the file the patch should be applied to. If not, you can specify the file on the command line: atch foo.txt &lt; bar.patch Applying patches to entire directories (perhaps the more common case) is similar, but you have to be careful about setting a "p level". What this means is that, within patch files, the files to be patched are identified by path names which may be different now that the files are located on your computer rather than on the computer where the patch was created. The p level instructs patch to ignore parts of the path name so that it can identify the files correctly. Most often a p level of one will work, so you use: atch -p1 &lt; baz.patch You should change to the top level source directory before running this command. If a patch level of one does not correctly identify any files to patch, inspect the patch file for file names. If you see a name like /users/stephen/package/src/net/http.c and you are working in a directory that contains net/http.c, use atch -p5 &lt; baz.patch In general, count up one for each path separator (slash character) that you remove from the beginning of the path, until what's left is a path that exists in your working directory. The count you reach is the p level. To remove a patch, use the -R flag, ie atch -p5 -R &lt; baz.patch Creating patches with diff Using diff is simple whether you are working with single files or entire source directories. To create a patch for a single file, use the form: diff -u original.c new.c &gt; original.patch To create a patch for an entire source tree, make a copy of the tree: cp -R original new Make any changes required in the directory new/. Then create a patch with the following command: diff -rupN original/ new/ &gt; original.patch That's all you need to get started with diff and patch. For more information use: man diff man patch Translations This article has been translated and republished in the following languages:

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Recently there's been a noticeable influx of great Android games. This is besides the slew of 3D titles heading to the LG Optimus 3D and a second wave of PS1 classics hitting the Xperia Play . There's also a healthy glut of games available in the Android Market; we've rounded up four of the best here for your perusal and delectation. Keep in mind that Gameloft UK is giving away a free game today, tomorrow and on Sunday; keep an eye out for announcements on Twitter ( @Gameloft\_UK ) and Facebook . If there ever was a weekend for you to get your Android game on, it was this weekend. Apparatus Apparatus is a physics-based puzzle game (yes, another one) where you have to get a marble from A to B by clever placement of wooden planks and supports. It's not the first Android physics 'em up we've seen (or indeed have written about ). But we love the crisp, 3D graphics and fluid pinch to zoom, which allows you to easily see the bigger picture and get up close to examine trickier problems. We'd recommend it to anyone on the basis that it's a very slick puzzle game. But what's really amazing about Apparatus is the sandbox feature. This allows you to create whatever complicated structures you can dream up, run simulations and upload your creations to a community area. Here, you can have a go with other people's efforts, like mrshad0w's catapult unsolved v0.5. The first few levels of the game pretty much serve as tutorials and how the physics work; they should also give you some food for thought for when you come to make your own Heath Robinson contraptions later. Apparatus is available as a freebie version which just gives you access to the game. The full paid for version gives you all of the sandbox goodness. Apparatus is in public beta right now, during which the paid version - about 1.28 - is half price. If this sounds like something you could sink several hours of your life into, nows a good time to check it out. They Need To Be Fed Unlike Apparatus, the whole concept of 'gravity' gets thrown out the window here. TNTBF is an odd little puzzler where you guide jumping little critters across various platforms into the waiting mouths of hungry beasts - a bit like a more cannibalistic Cut The Rope. The game features '360 degree' gravity, meaning that fluffy concepts like 'up and down' are relative, entirely depending on which way up you're little guy is standing. You can walk around the edges of platforms, all the way round and not fall off, meaning that some of the jumps need to be particularly well timed. It's similar to Shift , but with the monochrome warrens of that game traded for more open and colourful environs. Plus the soundtrack from Jake Almond is irritatingly catchy - at 59p it's a steal. Zenonia 3 The latest instalment of Gamevil's Zenonia series is in the Market now, currently going for the awesome price of free. Like the previous two editions, Zenonia 3 is all about the hacking the slashing and the harvesting of EXP. Again, the graphics are from the same stock. Big manga-styled sprites with improbably huge weapons, that harken back to the glory days Secret of Mana and Chrono Trigger. Regret, the hero from the first game, makes an appearance at the beginning, as the new protagonist's father. It's nice to see a linear narrative developing between these games, though the story is standard fare; a titanic through-the-ages clash between forces of Good and Evil and all that. Super Drill Panic takes the 'tilting ball' genre and flips it on its head - literally. Orangepixel's Super Drill Panic boasts fun NES-esque graphics and puts you in the boots of an Indiana Jones-type guy who, naturally, is being chased by a giant rolling boulder. You tilt your Android left and right to fall down gaps, picking up coins along the way for extra pointage. There's a hammer pick up which allows you to smash down through platforms as well - handy when you're just about to get squished. Things get tricksier later with the introduction of sliding doors and deadly laser

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To include more than one recipient, please seperate each email address with a semi-colon ';' Recipient email(s): Recipient name(s): Email yourself a copy? Comments: MVNOs will have to wait for 4G saturation before new opportunities start to emerge 29 September 2012 Mobile operators of all types are looking to 4G to enable them to provide more services to and generate more revenue from their users. However, for MVNOs 4G could present more problems than opportunities, writes George Malim Although 4G is widely seen as the means by which mobile operators will generate new revenue and support the data capacity needs of their users, for MVNOs it's a double-edged sword. They've based their business on buying wholesale minutes and data capacity from operators at wholesale rates and then re-selling those at retail prices to their users. The successful MVNOs have used the profile of their brands to attract loyal customers or target specific demographics to bring tailored offerings to a subset of the market. The fourth generation, however, creates a new market that requires MVNOs that want to participate to make changes to their business models. 4G means the market in general will move away from selling metered voice minutes and voice itself will become one of many IP-based data applications. For MVNOs, there will be much less opportunity to exploit the gap between the cost of wholesale data packages and what they can be retailed to customers for. In addition, they will face the need to bundle more and more expensive devices within their propositions in order to compete with the network operators. "The traditional MVNO, even in the European context where there are close to 300 MVNOs, is based on the idea that wherever there is a mature and saturated market there is a space for specialist players to address the market on the basis of age group or ethnicity. Success has been based on the niche involved and few have been successful," says Guru Grewal, head of European operations at Tech Mahindra. "4G requires a different game plan and there are multiple factors at play. Why would a mobile network operator be interested in an MVNO taking any part of their potential revenues? Why become an MVNO when you can be an OTT and just go and sell the bulk of your offerings [directly]. There is potential but I see certain hurdles." The first hurdle Grewal identifies is the need for 4G to saturate the market. "If you look at traditional MVNOs in emerging markets there needs to be 100% saturation because that's where the need for differentiation emerges," he explains. "The penetration or establishment of 4G would have to reach a certain stage -- probably one or two years down the line -- to be saturated and the need for a differentiator to come in." Mark Ashdown, chief executive of Cognatel, also sees that limitation: "If you look at established MVNOs, we see the opportunity in the mid-term -- in a few, if not several, years from now. There's a lot of time until 4G starts to grip," he says. Large retailers "Established MVNO modes today are very much 2G. Ethnic MVNOs provide just voice and SMS but we are starting to see large retailers looking at the device opportunity." Aside from having to wait for a need for differentiated 4G services to emerge in the market, MVNOs will also have to contend with different mobile business models. "If you think about the industry, 4G and the move towards mobile broadband and data generally, the whole market is changing and not just for MVNOs," says Scott McKenzie, a director of Coleago Consulting. "At some point in the future instead of selling minutes, SMSs and gigabytes of data, eventually operators and MVNOs will move to selling gigabytes of data traffic. Users will eventually buy data bundles and get their voice minutes and text messages for free." That will limit what services MVNOs can sell and the struggle will only become more intense as consumers focus on the device and data package they can get from an operator. "Although pre-paid offerings will remain important, the world is going to move slowly towards contracts and device subsidy," McKenzie adds. "It becomes an issue for MVNOs that devices are ever more important." Grewal thinks MVNOs will find it nearly impossible to provide fully-featured smartphones. "In general, I don't see a model that would cover the cost of a device," he says. "It seems unlikely."

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The Captured Thought Do you know what happens when a behavioural scientist interested in how humans and animals think gets together with an artist whose prime interest is in the nature of imagination and consciousness? Are you interested? Nicky Clayton and Clive Wilkins have had a lifetime's experience in their respective disciplines. Society supposes they would be poles apart but in actual fact they are closer than one might imagine, as the audience at their Royal Institution Discourse discovered recently. In "Imagination: The Door To Identity" Nicky and Clive explored some of the many areas of their interests, which have evolved out of their analysis of the subjective experience of thinking [1] . The ability to imagine future scenarios and relive our past experiences lies at the heart of humanity; it is what we all do for a living and it is integral to our identity, to who we are and how we think. They argued that human beings have a fundamental interest in navigation, which is used not just externally to explore the planet but internally too. Within us there is a hidden compass that orientates us in space and time. Ask virtually anybody which of these two compasses is the most important, and they will probably tell you it is the external one, for that is where movement can be seen and measured. However there is a counter argument suggesting that we have an imagined internal compass describing a bigger landscape which contains past, present and future, all of which can be accessed at the same moment, allowing for a unique orientation of points. This throws any landscape thus seen into sharp relief ~ were 4D specs available this might be the world they described! Using past, present and future as sign posts, and triangulating their points, we develop, or allow ourselves to find, some of the most interesting places possible. By virtue of our imagination, we can create new scenarios and anticipate potential realities, ones that may or may not come to pass. This process of imagination is both disadvantageous and opportunistic in equal measure. For imagination impedes and disorientates memories, whilst also creating multiple realities that can coexist side by side. Nicky and Clive went on to discuss what it is like not to have imagination at all, and to ask whether we are unique among the animal kingdom in having the ability to travel mentally in time. In becoming expert within a specific discipline (in the arts or sciences), one might argue that it is all too easy to lose sight of the bigger picture. We know how it works. In terms of navigation many of us take the same routes through the cities that we devise for ourselves, both literally and metaphorically. We forget there may be alternative routes that we may know of, never question that there may be other routes that we have not yet thought of and modes of transport that we do not consider or are too lazy or scared to invent. It is easy to forget that we all share remarkably similar mechanisms for seeing our worlds. No matter what our discipline may be, do we not all share the same maps to see and distinguish the reality around us? These facets are fundamental features of the human brain. The opportunity to share these realities with alien minds is fascinating. Even amidst the safe jurisdiction of an artist talking to a scientist there are so many new things to discover, as Nicky and Clive are realising. In essence they are fascinated by the fundamental features of the thinking mind and have formulated a series of six talks, which explore the cognitive abilities of humans and animals. They use a variety of techniques to provide insight into how thinking works and has evolved. The lectures include: the self, the altered self, the social self, perspective-taking and metacognition. By integrating the sciences and the arts Nicky and Clive are exploring new ways of thinking and methods of analysis, in search of a better understanding of the cognitive and conscious processes that encapsulate our humanity ~ in the hope of illuminating The Captured Thought . \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\\... Nicky Clayton is Professor of Comparative Cognition in the Department of Psychology at Cambridge University and Scientist in Residence at Rambert Dance Company. Clive Wilkins is a creative writer, fine artist, performer and teacher living in the UK. They share a passion for Argentine Tango. About the Irregulars The Occam's Typewriter Irregulars is a place for guest bloggers to write. Some of these writers might in time have their own blog on OT; others might simply have been invited (or they asked

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Related tags Check Out PHILADELPHIA (CBS) -- Sometime, during the 2011 season, I gave up on DeSean Jackson. If the two games the Eagles have played so far this season are any indication, I made quite a mistake. Jackson's numbers have been good, 11 catches and 191 yards in the wins against the Browns and Ravens. But it's more than his numbers, it's how he's gotten them. The six foot tall (they say), 178 pound (yeah right) Jackson, has made tough catches for first downs, over the middle, and most impressively, a 48 yard bomb from Mike Vick along the sideline, where Jackson dove to catch the ball, well aware that he was going to get drilled afterward. This hasn't just been Jackson running as far as he can, as fast as he can, hoping to blow by his defender. These have been tough catches for tough yards, and I didn't expect any of it. During Jackson's subpar 2011, we didn't see any of those things. He admitted that his contract situation got into his head, and he was concerned he might get hurt. But he had that new deal, and he was going to be a brand new DeSean. I didn't buy any of it. I thought the contract issue was a convenient excuse, and Jackson just wasn't going to be the same after his second concussion within a year. That the DeSean we used to know disappeared when Dunta Robinson knocked Jackson into next week. I figured once he got hit hard again, he'd once again become averse to contact, and once again ineffective. "There's always a contract to worry about in the NFL," I thought. And once this deal was done, Jackson's mind could just wander to the next one. I was dead wrong. Jackson's been a game-changer, and perhaps ready to be the best Jackson we've ever seen. That speed that can blow by a cornerback in a straight line down the field, can be even deadlier with space across the middle. Of course we can't be sure about next year, or next month, or even next week. He's still going to showboat and perhaps do something silly after scoring a touchdown. And I still think he'd be better off staying away from Twitter now and then (coming from me, that's saying something). Those same things are part of the personality that will make him great. DeSean Jackson is making a believer out of me, and I'm excited to see just how good he can be.

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Justice has not been served Introduction Readers who have read our last issue will remember the tragic story of Diane Fleming who is currently serving a life sentence in a US jail for a crime she did not commit. For those who are reading our magazine for the first time, Diane's husband, Chuck Fleming, unwittingly consumed soft drinks that contained aspartame. The autopsy report concluded that Chuck had died of methanol poisoning. The prosecutor for the State of Virginia accused his wife, Diane, of poisoning him with windscreen washer fluid, on the basis of only slim circumstantial evidence. The trial was most unusual, taking only two days to convict her with many questions left unanswered and the evidence in Diane's defence was poorly presented to the jury. In an effort to gain public support for Diane's release, Namaste Magazine is publishing another article about Diane which is a personal account written by Diane's close and loyal friend Betty Rickmond. Betty has crucial details of the events surrounding this travesty of justice. By the Namaste Team By Betty P. Rickmond When I finished reading John Grisham's "The Innocent Man" and I was so enlightened; not only because it was a true story; it makes us all aware of what possibly goes on "behind the scenes" in our juridical system! We are all lead to believe that our juridical system is to be trusted and accepted! In the last five years I have begun to have doubts! This book really "hits home" because a dear friend and fellow parishioner of mine/ours sits in Fluvanna Correctional Center, Troy, VA as I type; found guilty of first degree murder, accused of adulteration of her husband's Gatorade with methanol, supposedly with "windshield washer fluid"; the only thing they (the detectives) found in her home that had any traces of methanol in it; and the seal on the bottle had not been broken and the "full" bottle of windshield washer fluid was still on the garage shelf. Let me begin from Sunday, June 11, 2000: This typical Sunday morning, Diane Fleming, her 18 year old son, Jeff, 7 year old daughter, Meagan, left home together to attend Sunday School and Sunday School Appreciation Service. Her husband, Charles (Chuck) and older son, Chuckie, age 24 arrived later for the 11 AM service. After the service, Diane, Chuck, Jeff and Meagan proceeded to the local Costco to purchase a muscle enhancing product called "Creatine" because Chuck wanted to add this substance to his "body building" regime he had begun 6 months earlier. He was also experimenting with the "Ripped Fuel" (containing ephedra) and he took a number of prescriptions for various ailments. Also, Chuck Fleming drank 8 to 10 diet drinks, daily, his main source of liquids; this included mixing his Bourbon whiskey drinks nightly with diet Sprite. Many, including me/we were not aware of the dangers of ingesting aspartame (the sweetener in the diet drinks). Coke Company even admits that aspartame when exposed to 86 deg. or higher breaks down into methanol. Diane purchased diet Cokes by the cases to be stored in the garage because Chuck insisted the refrigerator be stocked each afternoon before he returned home from work. Back to Sunday Afternoon Costco did not sell the Creatine, so Diane went to the local GNC and purchased the Creatine. They did purchase a case of Gatorade at Costco because Chuck did not want to mix the Creatine with water (he seldom drank) or juice (he never drank). It is a MUST you consume copious amounts of water when ingesting Creatine! Creatine pulls the water from your body into your muscles, therefore enhancing your muscles. But, you MUST replenish that water in your system! Chuck Fleming did not! When Diane returned home with the bottle of Creatine, she and Chuck mixed one bottle of the Gatorade with 1-1/2 heaping "tablespoon" of Creatine; the directions called for "teaspoon" but Chuck misread the abbreviations, therefore, the bottle/s had three times the recommended amount. Diane later realised the mistake and mentioned it to Chuck; his response was "more is better"! Chuck Fleming did not know

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You want to know all the best in tech from the past week but you don't want to have to look for it, right? Never fear. We've trolled the matrix to find the coolest, weirdest, and most interesting tidbits of the past 7 days. Have at it. Caleb Denison: Sorry, Woody Harrelson, this "Twinkie thing" is over I'm not ashamed to admit that several late-night, alcohol-induced snack-attacks have culmintated in an all-out assault on my local 7-11?s Hostess racks. Sometimes, you've just gotta have sweet, and I've got a soft spot for Crumb Donettes. But Twinkies, Ho-Hos, Ding Dongs, Sno balls and Wonder Bread may soon be a distant memory, as Hostess recently announced it will be shuttering its doors forever and selling off its assets. And to that, I say: good riddance. Hostess cites a Bakers Union strike as the reason behind its forced finale, but I think we all know there's more to it than that. Declining sales and mountains of debt have forced the company to file for bankrupcy twice, most recently this past January. Maybe, just maybe, people have started to realize that a 150-calorie snack with 37 different ingredients isn't worth the 30 seconds of oral euphoria you get from it. And Wonder Bread? Could there be a more miserable canvas for a sandwich? There are rocks in my garden with more nutritional value. So, while I will miss indulging in a midnight mowing down of assorted snack cakes, I also celebrate the fact that there will soon be fewer worthless foods on store shelves taunting those of us who lack enough self-restraint to limit junk food consumption to the occasional treat. In memorium of a now deceased American icon, I submit to you the following Twinkie-related clip from one of my favorite Zombie flicks (NSFW due to language). RIP Twinkie. Andrew Couts: The greatest restaurant review ever? Did you read New York Times food critic Pete Wells's savage review of celebrity chef Guy Fieri's American Kitchen & Bar? Perhaps you saw the link pop up endless times on your Twitter feed? No? Did you bother to look at anything on the Web this week? Or maybe restaurant reviews just aren't your cup of gravy? Or did you hear that good ol' boy Guy got his boxers in a bunch about it on the "Today" show, and thought to yourself, "The New York Times is just a pompous, un-American, liberal rag -- I'm not supporting that!"? Because, if that's the case, perhaps now would be a good time to chill out and give Wells's masterpiece a read. Amir Iliaifar: A brain-controlled helicopter is finally here While there is no shortage of vehicles to help us get from point A to point B (occasionally point C), when it comes to piloting these crafts, be it an automobile, bicycle, airplane, boat, etc., technology has really only provided one means in which to do so: with our hands. But what if you could control, say, a helicopter with just the electrons pumping through your brain? Pretty damn cool huh? Well, it looks like Kickstarter has provided the platform for yet another awesome invention in the form of the Puzzlebox Brain-Controlled Helicopter . That's right -- brain-controlled! This nifty toy/gadget, comes packaged with a NeuroSky MindWave mobile EEG headset, remote control, and a pyramid base for the helicopter itself. Users only need to select a flight path, slide on the headset, and channel those brainwaves, while the built-in software analyzes your levels of concentration and navigates the copter accordingly. If that's not awesomely geeky, I don't know what is. Jennifer Bergen: "It's Thanksgiving" is the new "Friday," both terrible and wonderful at the same time There are hundreds of Christmas songs -- many of which have already started their annual invasion of our airwaves -- but where are the songs that celebrate perhaps one of the most beloved holidays of the year, Thanksgiving? Thankfully, 12-year-old Nicole Westbrook is helping fill this void. With over 8 million views, Westbrook's video for "It's Thanksgiving" has gone viral. Westbrook got her start with Patrice Wilson, a

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A lthough a few organisms in a couple of other small groups are good claimants to the title, sponges are widely regarded, and justifiably so, as the simplest animals (Barnes and Harrison, 1991). While it is tempting to dismiss such simple organisms as some sort of failure, such a dismissal would be based more on arrogance than on fact. In one way or another, within their particular habitat, all organisms have to be able to do the same kinds of tasks or overcome the same sorts of specific problems. Learning the different ways that various organisms accomplish these same tasks is, in a very real sense, the science of biology. While sponges are very unlike, in just about all properties, the readers of this column, both the readers and any sponges in their aquaria must perform the same basic tasks of life. They must obtain nutrition or food. Without food, life stops. All other tasks are secondary to this one. They must get rid of wastes. All organisms create poisonous metabolic byproducts that we term "wastes." Scientists consider wastes to be specifically the byproducts of protein metabolism. For some reason, no animal has been able to extract, or utilize, the energy in the chemical bonds between nitrogen and hydrogen (N-H bonds). The major waste product resulting from protein metabolism is ammonia, NH 3 , which, in addition to containing three metabolically useless N-H bonds, is highly reactive and exceptionally toxic. As a point of order, what comes out of the anus (or other such structure...) of animals is undigested food, often partially processed by bacteria. While not particularly "tasty," this stuff is generally not particularly toxic, either. They must avoid becoming food for some other organisms. How organisms avoid predation often is a defining factor in their natural history. They must move; actually everything, including sessile animals and plants, must move. If the perfect organism never moves, eventually something will happen to it because of its location, and it will die. They must sense and react to their environment. From its viewpoint, an organism's environment is defined by its sensory input. Those senses may be VERY different from our own. It may seem trite, but aquarists - and scientists - often overlook that what the organism perceives as its environment may be very different from what we perceive it to be. It is hard to overstate how important this fact is to aquarists. When hobbyists acquire a new animal, they seldom try to take into account what it will be sensing from its environment and therefore what it will need in its new home. Humans are animals that are really defined by our vision. We think of EVERYTHING visually; even blind folks say, "See you tomorrow." Being the ultimate in visually "defined" creatures, it is very hard for any person to perceive and relate to an organism that senses its environment mostly by the use, for example, of chemical sensations. Unfortunately, such a failure on the part of an aquarist often results in problems. Finally, they must reproduce. Reproduction can occur either sexually or asexually, but in one form or another, it has to occur. The ways that these problems are solved varies from organism to organism, and the sum of such "solutions" is unique to each organism. Those solutions define and describe the organisms, but more importantly for hobbyists, they provide a blueprint for the husbandry of those animals. The First Filters B y using " molecular clocks ," it has been possible to roughly deduce when the first organisms that we might call animals appeared in the evolutionary history of life on Earth. This rather momentous event probably occurred sometime between 800 and 1000 million years ago. These were small organisms, and left no fossils, so any discussion of their morphology is largely speculation. However, one thing is clear: they were unable to make their own food by photosynthesis. This lack of photosynthesis is the primary hallmark of being an animal. To obtain nutrition the first animals had to eat other organisms, such as bacteria, or to eat the byproducts of other organisms, such as sugars, mucus or their corpses. Other organisms predated animals, of course, and the most highly developed of these were likely the animal-like protozoans. Although the name "protozoa" conjures up images of primitive "animal" life, in fact, these organisms, such as amoe

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It will be a tight fit nevertheless yes they will fit i would suggest buying a bigger case but it's up to you.Also why that 670 instead of the MSI PE 670?The MSI 670 PE is a beast! MSI Power Edition Architecture Boosts Overclocking Potential by 22.5% The MSI GTX 670 Power Edition graphics card is based on the MSI Power Edition architecture: Afterburner's Triple Overvoltage allows the GPU, Memory and PLL(Aux) voltages to be adjusted . The Enhanced PWM design provides 25% more current than the reference design to ensure high stability during overclocking. Patented Propeller Blade technology provides 20% more air flow over conventional fans and increases the effective cooling area. When combined with dual 8 cm temperature-controlled fans, SuperPipe technology, and a nickel-plated copper base, temperatures are effectively reduced by up to 20C and noise by 11.7dB! MSI's GTX 670 Power Edition uses the famous Twin Frozr IV cooler from the MSI Lightning and comes with a large clock speed boost out of the box, making its default clock speed even higher than GTX 680 stock clocks. MSI is asking a $30 price premium for their card, which doesn't look unreasonable, given the improved cooling and higher clocks.When you consider the current rebate i think it's the best buy right now. Before asking a question, you can search for existing answers using the search field located at the top section of this site page. When writing your question, please be as detailed as possible for the best results.

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The award of the Nobel memorial prize in economics to Lloyd Shapley and Alvin Roth is overdue: Mr Shapley should have shared the 1994 prize with John Nash and others, while Mr Roth has been a leading contender in recent years. The choice is a particularly good one because economists have acquired some bad habits, and Mr Roth’s example may serve to break them. Mr Shapley is one of the key figures in co-operative game theory, which for decades looked both abstract and pointless, a poor relation to regular game theory. However, co-operative game theory is finally coming into its own in a world where computerised auctions are used to award assets or contracts in clusters. Mr Shapley has added a new page to the thick catalogue of useless ideas that turned out to be useful after all. In contrast, the practical application of Mr Roth’s ideas has never been in doubt. Building on work by Mr Shapley and David Gale, Mr Roth designs algorithms for matching things. Mr Gale and Mr Shapley considered a whimsical problem: how to design a centralised system for allocating husbands and wives in a way that there is no possible male-female combination with a mutual desire to elope. Mr Roth has developed this theory, but he has also put it into practice, allocating medical students to teaching hospitals and children to schools. Along the way he has resolved difficulties such as the fact that some pairs of medical students are married couples and want to live in the same city. Most famously of all, he is part of a team that has designed kidney exchanges. If a person with kidney failure has a willing donor who is not a biological match, Mr Roth’s kidney exchange finds another pair in a similar situation – or however many pairs are necessary to find everyone a compatible organ. Mr Roth’s work is clever and useful but he is an example to his fellow economists in other ways. While others argued that it should be legal to buy and sell organs, Mr Roth tried to understand why we find such transactions repugnant, and designed a practical alternative. He has also advocated an engineering approach to economics: rather than simply proving that something can or cannot be done, his ideas on matching ask fuzzier questions such as “will this work in most cases?” or “is this as good as we can get?” Above all, Mr Roth has understood that if you test theory in a real-world environment, the theory will improve. So may the world itself.

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Is it the voice or the content of the jokes? Either way, this is one hillarious CD. The deadpan nature of his delivery turns incredibly simple jokes into some of the most fresh and funny material you'll ever hear. I first bought the tape nearly ten years ago, and laughed hysterically then. Now, a decade later, the material is still as relevant and funny as ever. The key to good comedy is making the material relevant to the audience, by discussing subject matter to which everyone can relate. Steven Wright finds a way to do this with some of the the most outlandish subject matter you'll ever hear, (ie. elevators in the middle of the desert, poison ivy of the brain, a pony in his apartment) - all the while making you think "It's so simple - why didn't I think of that?" With the exception of a few sexual references (nothing explicit) - the material is very clean. No swearing at all! This is not the kind of comedy CD you'll listen to once, then put aside and forget about. There are so many jokes, you could never remember all of them - so every listen is almost like the first. This CD is well worth the purchase. "Rachel got poison ivy on her brain. The only way she can scratch it is to think about sandpaper." "I bought some batteries, but they weren't included." "I parked in a tow-away zone, and when I got back the entire area was gone." "I lost a buttonhole." "Right now I'm having amnesia and deja-vu at the same time." "I have an enormous sea-shell collection. I keep it scattered on beaches all over the world. Perhaps you've seen it." "I want to get a tattoo over my entire body of myself, only an inch taller." "But the sign says 'Open 24 Hours.'" "Not in a row." "You know when you're leaning back in a chair and then you lean way back and you're just on two legs and then you lean just a little far and you almost fall but at the last minute you catch yourself? I feel like that all the time." IMPORT? This isn't available in the U.S. anymore! And yet Adam Sandler is a megastar... And another thing: why doesn't Amazon have a "comedy" category under the CD/tape section? Steven Wrights comedy is so cerebral that any person, with a frontal lobe, should appreciate it. With classic jokes like, " Last week I spilled spot remover on my dog..... Now I can't find him" and "I have the ability to levetate birds... but no one cares," everyone in the listening radius should be rolling on the ground. Steven Wright is a master of dead-pan and no one will ever superceed his prowess. Truly a perfect album for anyone who loves to laugh.

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Puppet Theme Parks: Reimagining LittleBigPlanet From video games to comics, many artists find themselves tasked with finding ways to evolve an established franchise, which can be particularly tricky when dealing with an iconic visual style. To find out how it's done, we spoke to Greg Juby, Art Director at United Front Games to discover how the creative team behind LittleBigPlanet Karting picked up where Media Molecule began with hugely popular LittleBigPlanet series. -------- The LittleBigPlanet series is renowned for having a striking visual style that looks deceptively simple. What are the tricks to creating art that effectively mixes simplicity with style? It really is deceptive! When I first approached the project as a huge LittleBigPlanet fan from day one, I was excited, but I wasn't sure there would be enough challenge in it for me. I mean, the LBP games have the most amazing art direction, but I felt like the hard work had already been done. I was wrong! I think the beautiful simplicity of LBP comes from it's very carefully selected reference points. Each theme in LBP takes just a couple of key ideas (sometimes seemingly opposite) and throws them in a blender. But not more than a couple, too much and it's just a pile of stuff. Kareem Ettouney, the art director at Media Molecule always said, Mash up, not mish mash! -------- -------- What kinds of challenges did you face with replicating LBP's iconic 2D puppet aesthetic into a 3D space? LittleBigPlanet Karting is made up of roughly half familiar LBP themes and half new ones we came up with for this game. For the familiar ones, we knew the big 'wow' would be to see a familiar level style from one of the other games and then drive right through it in 3D. But therein lies the problem. The whole LBP aesthetic is puppet theatre; everything hangs on that. It's all based on telling a story on a shallow stage. So what happens when you try to have the same aesthetic in a wide open space? You fail a lot. First, we tried to use all 3D objects, but it just wasn't LBP. We discovered that the 2D props were key to the look and feel. Ultimately, we retuned the core visual statement for our new context: if LBP is a puppet theatre, then LBPK is a puppet theme park, because a theme park ride is really a stage show that you drive through. That ended up informing a lot of the decisions we made, especially around staging the levels. How did you balance established LBP concepts with your own unique ideas? When it came to creating our own themes, the challenge was even more daunting. Our goal was to create something that was unmistakably LBP, which is insane! When you play LBP 1 or 2, you find yourself saying, "How did they come up with this?!"At first glance it all seems so random, but at the same time it all fits together. It's coherent and it works. I spent an incredible amount of time deconstructing the visual design of LBP, but fortunately I had some help. I had the immense pleasure of working with Kareem Ettouney, who broke down the elements of the LBP visual style for me. Many of the themes in LBP go back to the core idea that a strong identity is created from clever juxtaposition. Any more, and it turns to mush quickly. Our new themes followed that same idea; we started with a variety of environments that would provide interesting backdrops and expanded from there. We set one in a 1970's night club and combined elements of graphic design and musical instruments from that era to create a space-funk theme called The Space Bass. Another theme, called The Progress Emporium, was set in a 1950's kitchen and played with the mid-century vision of the future that never happened. We juxtaposed visuals from 50's advertising and World's Fair optimism with the reality of objects and materials found in a kitchen of the time. Once those themes are set, it becomes quickly clear if an idea works within the context or if it should be discarded. -------- -------- How did your team handle Sackboy's transition from a user-defined character to a new driving role? The biggest challenges were in working with Sackboy in his new role, as the driver of a kart. We're used to seeing him from the side or facing us, full bodi

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UCI World Tour: The Secret Points System Explained Tuesday, 13 November 2012 Winning a race is joyous and often a moment of great personal and team satisfaction. But the lesser placings matter, and not just for pride but for points. Lately the UCI points system has taken a lot of blame for problems in the sport. Out of work riders lament the dash for points by insecure teams, unsure of their place in pro cycling's top tier, some say the points system is an incentive for doping, all whilst some outside of road cycling rate the points so highly that they want them too . But what if all this was wrong? Let's take a look at how the points of a team are calculated in order to qualify for the World Tour licence. This might sound like a dry and technical subject but it's fundamental to the sport today. And totally misunderstood . The First Rule of Points Club Forget the UCI rankings . The accumulation of points and the published rankings on the UCI website are not the same thing used to score a team's position for its Pro Team licence, the automatic entry into all the World Tour races. There's often a correlation but they're not the same. Teams are ranked on a different measure called sporting value. Forget the UCI rankings. Sporting Value Have you heard of the term "sporting value"? It's the term used to define a team's ranking in the internal system used by the UCI to judge whether a team is relegated or promoted from the World Tour, cycling's first division, or Pro Continental, the second division. Unlike most sports where the weakest teams are relegated and the strongest promoted according to obvious and visible rankings -- like a league table -- the UCI's public rankings are not the basis by which teams are judged. Instead sporting value uses secret internal points system to rank the teams for promotion and demotion. This is not made public . What is sporting value? It's not sporting as in fair-play, instead this is the term used to describe points won thanks to placing well in races. Only read the UCI's giant rulebook and, trust me, there's no explanation. Teams get their licence based on four criteria: administrative, ethical, financial and sporting. The only mention of sporting value is that it is " calculated on a the basis of a points scale approved by the UCI Professional Cycling council ." But this scale is not explained. We know how many points the winner of the Tour or Milan-Sanremo wins for the UCI rankings but once again the points scale used for "sporting value" is not the same. It's odd because, in reductive terms, automatic qualification for the Tour de France is often the single most important point for a sponsor and so even those putting millions into the sport can't see the requirements in black and white. How it works The deadline to register a pro team for 2013 has passed, it was back on 20 October. Before this date each time submitted their application for renewal. When calculating a team's sporting value the points of riders under contract for 2013 are used. This means the system is forward-looking, a team that loses its star rider will not qualify thanks to past results. Instead it is the addition of points from riders it has signed for the year ahead that counts. Top 12 If you've got that it's based on the team for the upcoming year, the next most important thing to grasp is that the UCI looks at best 12 riders on the team. So the points of the 12 riders with the most points count for the sporting value. The accumulation of rider points is confusingly named the "individual value" because it is the sum of the individual points. It used to be 15 riders but now come down to 12 for 2013 onwards. The reduction is crucial because it means the team only needs to think about 12 riders and their points. So on a squad where up to 30 riders can he hired only a dozen count for their points meaning the team can have plenty of domestiques without a single point between them. Only the best 12 riders bring sporting value . Points mean Persians Qualifying Races All UCI races qualify but the points are weighted. For example the winner of 2.HC stage race receives the same number of UCI ranking points wherever the race is. But for the team value calculations, more weight is given to races on the UCI Europe Tour compared to those on the UCI Asian Tour

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What if I don't know the exact composition of my sample prior to XRD? Due to the complexity of XRD data analysis, the chemical composition of your sample must be known in order to accurately pin point the phases present in your sample. This information can be provided with your sample; otherwise a semi-quantitative analysis of a portion of your sample will be carried out with an XRF to determine bulk composition. If this is necessary you will also be charged the costs associated with this test. What sort of samples can I investigate? Anything that is crystalline. XRD can differentiate between minerals even when their composition is the same, providing information on crystal structure not evident from other analyses such as XRF. For example, XRD can identify mineral phases or clay minerals as well as products from industrial processes such as boiler scales, corrosion products and asbestos minerals. For accurate identification of crystalline phases they must constitute at least approximately 2% of the sample. How much sample do I need to provide? Samples are prepared in two ways. If there is sufficient sample at least 1g of dry, finely crushed powder is packed into a mount. If only very little sample is available then a small amount can be mixed with water and smeared onto a glass slip. What are the XRD equipment details for my thesis or paper? The AAC houses a Siemens D5000 Diffractometer (XRD) theta-2 theta goniometer with a copper anode x-ray tube, fixed slits, monochromator and a forty position sample changer. DiffracPlus with the search/match option is used to collect and analyse the diffraction data. Quantitative XRD Analysis is performed using either DQUANT or SIROQUANT dependent on the material and standards available. Can I get my sample back and use it for something else? XRD is a non-destructive method. Material that has been prepared as a mount can easily be removed from the holder and returned. How long does XRD take? This depends on the angular rage you wish to assess, as well as step size and dwell time for each step. If no special requests are made then samples are usually run using a general scan (1.3 2? to 65 2? in steps of .02 2? for 2.4 seconds per step), which takes approximately two hours. Can do I do clay analysis? Equipment required for clay separation is available, as is a heating oven and glycol chamber. Preparation can either be undertaken by the client or a staff member (sample preparation time would then be charged at an hourly rate). What is the difference between XRD and XRF? XRD can determine the presence and amounts of minerals species in sample, as well as identify phases. XRF will give details as to the chemical composition of a sample but will not indicate what phases are present in the sample. Can XRD identify all mineral phases? It may sometimes be difficult to identify mineral phases due to low concentrations or overlapping peaks. If overlaps occur then reference to compositional data may make interpretation possible regardless. If the sample is poorly crystalline with a high amorphous content identification can also be hampered. Differentiating between high and low temperature variants and between solid solution minerals (e.g. plagioclase feldspars) can also present challenges in some cases. What does XRF stand for and how does it work? XRF stands for X-Ray fluorescence. When atoms in a sample are bombarded with X-Rays generated by an X-Ray tube electrons are removed or ejected from inner shells. Electrons from outer shells of the atom drop down to fill the vacant position and to return the atom to a more stable, ground state. When this occurs energy is produced, some of which is in the form of X-Rays. Each element has its own unique X-Ray signature, which means that the X-Rays emitted from a sample can provide qualitative and quantitative compositional information about the sample. What sort of samples can I analyse using XRF? At the AAC we predominately analyse geological samples to determine major and trace element composition. Other types of samples often dealt with include products or residues from industrial processes or refineries. What types of analyses can I do on the XRF? Both qualitative and quantitative tests are available, depending on your requirements and your sample properties. For quantitative major element analyses the sample must fit within the ranges of the calibrations we currently have to offer. Calibra

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First time in Edinburgh - What is my wish list missing? Hello yelpers! I've been lurking for a while your conversations and reviews, to feel acclimated with your wonderful town (I'm also reading "The Heart of MidLothian" by Sir Walter Scott, with the same purpose). In these days I've listed some "must do! (if possible)" options. I've to admit that it doesn't look a very inventive list, but since this will be my first visit to Edinburgh, I can cope with it :). I'll arrive there next April, staying for one week and am planning some climbing (Arthut's Seat and Castle-Calton and Corstorphine Hill), walks (Water of Leith, Holyrood Park, Duddingston village, Portobello), visits (National Galleries, Museum of Scotland, Botanic Garden, walled Garden in Corstorphine) shows (Dominion Cinema and some Gigs or Theater, according to what the stages will offer in that period), tours (Hairy Coo for a quick taste of the Highlands) and eatings. With this last issue, things become quite complicated, because Edinburgh offers a wide range of opportunities. Of course I've read as first your reviews regarding traditional Scottish food. I've listed some "must try" here, too, selecting some preferred places for each "must". Today it looks like this: Coffee (Artisan's Roast), Porridge (Farmer's Market), Scottish Breakfast (Auld Hoose), Haggis (MUMS), Soups (Union of Genius), Sunday Roast (Orchard-MUMS-Antiquary Bar), Aberdeen Angus (), Mussels and Clams (Fishers in the city), Meat Pie (PieMaker), Fish 'n chips (Pierino's), Beer (Brewdog Bar) Since I'll travel all alone, my search is focused on Pubs or laid back Restaurants (my dresses will be comfort-and-casual style), without forgetting the Markets. I still miss a venue for my Aberdeen Angus steak, but mainly your tips on different choices to include in the list :). Of course this list is just my way of having fun with the trip, months before the departure. After arriving in Edinburgh, I'm ready to change every single line, according to the feelings, the places...and the weather of the moment :). Thanks in advance for y(our h)elp and for the patience on reading till here. Ciao from Italy! Thanks a lot, Claudia and Susan! Both Brew Lab and Mimi's have been added to my list :) I'm quite a cake addicted and was considering to follow the smell out of the stores, to find a good place, but after reading your enthusiastic advices (and checking their websites), I'll surely pay them a visit. I've also included Roseleaf, for another breakfast, but I hope they offer a "Simple Yin" because the Great one looks by far too much for me! Thanks again for your kind replies and ciao! If you're happy to pop out of Edinburgh for a couple of hours, it's worth getting the train to South Queensferry to see the Forth Bridge lit up at night! There are a couple of nice places (including http://www.oroccopier.co... ) to grab a bite to eat before heading back! : ) Hope you have a great trip! Hello Alex. McKirdy's looks a sort of a challenge to me,,,and I always love challenges :) I consider it a challenge because it doesn't reach 3 stars on Yelp and doesn't go over 1 star on "List", but is well positioned on Trip Advisor, so I'll let you know what my personal evaluation will be. Thanks for your advice! :) Hello again, Susan. A view of the Forth Bridge might be part of the Hairy Coo Tour, but I guess we'll cross the car bridge in the daylight, so your advice is very interesting. I was planning to take the bus 41 to reach Cramond Village (there's a stop near the room I rented). It looked an easy way to get some sightseeing of the city and of the northern side of Edinburgh. From Cramond I may continue the trip to South Queensferry with bus 55 and then (after grabbing the bite! :) go back to the town by train, to get a different travelling experience. It looks very nice to me! :) Thanks a lot and ciao!

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18 replies That passengers fitting one profile wil be considered less of a security risk Whilst others conforming to different profiles will be subject to different level of checks. Its no hassle is itanyway? Besides I always remove my belt as a matter of course, put my jacket electronic stuff , keys,coins etc in the tray without being prompted and never had a problem.whilst others seem to be surprised when faced with the security check Shoes?as long as you don't wear big clumpy boots or trainers they never bother. I think your missing the point though, it allows passengers to use their smart phone to scan their boarding pass and see if they have been selected for extra screening before they go to security, allowing would be drug smugglers/ terrorists or such like to either abandon their plan or not travel. People who are eligible for pre-check (reduced screening) already know they are part of the program and are likely to receive reduced screeing at airports that are supporting the program. This is a complete non-issue, especially with all of the other giant gapnig holes in TSA security procedures. You have to apply for the program. One way is to sign up for Global Entry through CBP which allows you expidited customs checks when returning to the US. Airlines can also invite you, based on the fact you probably have flown 100K miles on their planes year after year and have not yet tried to hijack one. Basically the program is open to people known to be low risk. It is not a random decision. There are also dedicated checkpoints in the airports that support it, so it is not like they make the call as you are putting your bags through x-ray. If you are eligible, you get through at the document checker. If not, you get sent to the other checkpoint to wait in line again. Of course it is only a matter of minutes before someone figures out how to reprint their boarding pass to make them eligible for pre-check. Shoes off and laptops out is just secuity theater anyway. It's only for TSA Pre check who have either paid or been invited to join by their FF program. Joining also involves a background check so out they're accepted into the program they are already considered low risk travelers. This glitch doesn't apply to the rest of us average travelers.

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You can use the 'like' button to provide positive feedback on products, reviews and other features on the website. 'Like' is similar to voting and will be used to present the most popular content. Once you have clicked 'like', you cannot 'unlike'. You can only 'like' something once. If you enjoyed this product, share it with others A Little Bit Of This, A Little Bit Of That: Favourite Family Recipes Synopsis Twins Isabella and Sofia Bliss appeared on Junior MasterChef (Sophia got through to the top four and Isabella won). A Little Bit of This, A Little Bit of That is a family cookbook of Sicilian recipes cooked by the twins, inspired by their mother, Sylvana, and their nonna, Rosa. It features an introduction by Sylvana and both the girls, as well as a short description for each recipe that gives us a feel for the family, their migrant background and their food traditions. The recipes include spuntino (snacks), basics such as Tomato Salsa, classics such as S pezzatino (beef stew) and Octopus Salad, and delicious baked goods such as Nonna's Custard with Biscotti.

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Joel Ramey explains why both Fulham and Everton have reasons to feel confident heading into their clash at Craven Cottage. Fancy a bet on this game? Click HERE for a free 20 bet for all new Paddy Power Customers! The fixture that no doubt is the focus of everyone's attention heading into this weekend features Manchester United at home to Arsenal. However, Fulham welcoming Everton to Craven Cottage, though under the radar, should prove to be a great game too. Two points and two places separate these two, with Everton flying high in fifth on 16 points and Fulham just below in seventh -- the position Everton finished in last season -- on 14. Both teams started the season impressively, each recording four victories in the nine games played. Despite the similarities, however, when coming to this particular fixture, one team has a clear edge. Everton enter this game coming off the back of three consecutive draws in the league, the last being a dramatic derby versus fierce city rivals Liverpool, which ended -- rather fortunately for Everton -- 2-2. On each occasion they had to claw their way back from behind to snatch a point from the jaws of defeat. So this team obviously has tremendous character and will thus enter this game feeling pumped up. Providing a further boost is the fact that the last six meetings between these two sides saw them emerge as victors on five occasions, the last meeting back in April this year ending in a resounding 4-0 home victory for the Toffees. But Moyes certainly must be weary of his side's away form. True, the last time his side travelled to Craven Cottage (October 23, 2011) they ran out 3-1 winners, but that must not overshadow the problem with Everton's overall away record. In the last two seasons, the Toffees managed to win just nine of their 38 away fixtures, making a habit of drawing away rather than winning. They drew eight away games back in the 2010/2011 season, which was the third highest in the league. The following campaign, they drew eight games again, but this time it was the second highest. While the argument can be made that taking one point as opposed to none on the road is commendable, it's worth pointing out that Everton kept just eight clean sheets in those thirty-eight games. And so far this season, despite losing just once in five games, they've kept just one clean sheet (versus Swansea). Had they kept things tighter at the back, the likelihood is that they would have won more often. If this club is to throw its hat into the ring for a shot at fourth place and Champions League football next season, quite simply they need to improve their defence on the road. Hitting the net more often would go a long way as well, considering that in the last two seasons their scoring record on the road was only good enough for 11th place. I spoke about the different approach Everton have taken this season attacking-wise last week and early signs suggest that that approach will prove key in helping them improve their scoring record. They've scored 17 goals so far this season (joint fifth-best tally in the league) including nine away from home (joint second best in the league). Fulham, meanwhile, despite having failed to beat Everton in their last six encounters (drawing one and losing five), also have reason to be confident heading into this game, having gone unbeaten in their last three games, including a thrilling 3-3 draw away to Reading last weekend. More crucially, Craven Cottage has proven itself over time to be one of the tougher stadiums to visit in the league. They may have lost eight games there in the last two league seasons (they won 18 over the same period), but a walk away from that stadium with anything in hand is anywhere but in the park. "...At home, we can win against anybody," said right back Sascha Reither, one of Martin Jol's summer recruits, to the Fulham Chronicle in the build up to this game. It certainly hasn't taken him long to find that out. On this season's evidence alone, Everton have little reason to expect that a fifth consecutive victory against Fulham is a foregone conclusion, even despite having scored at least twice past them in their last four encounters. Jol has guided his team to three victories out of four home games played so far. Not only that, but they have kept an impressive three clean sheets. The two goals they've conceded at Craven Cottage were conceded in their

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Article Tools Email Share Related Articles Listen, it's great catching up with you, and believe me, I'm really enjoying this conversation we're having, but I'm afraid I now have to do something that will make this exchange very awkward and unpleasant for you. I feel absolutely terrible about it, and so I want to give you fair warning: You're about to hear all about the marathon I just ran. I'm truly sorry, but I'm going to have to go pretty in depth about my months of preparation, talk all about the encouragement and support I received from friends and family, and give you a mile-by-mile assessment of my state of mind and physical condition during the race. I hate to say it, but it's going to take quite a bit of your time. Mile split times, cramping, hydration levels, chafing -- you're about to hear all of that. Plus, I'll be dwelling on one point around mile 17 when I considered stopping but then decided to keep going because I'd already come so far. There's a lot to cover, so I want to be upfront and apologize right off the bat. This is going to be pretty unbearable. I'll inevitably start with how I carbo-loaded the night before the race, which by itself will not be a particularly long or objectionable story, but let me assure you it will segue right into an excruciatingly detailed explanation of the diet I maintain to stay in peak physical shape. And that, in turn, will lead into my training regimen, my special lightweight marathon gear, and, unfortunately for you, a lengthy period during which I expound upon the health benefits of distance running. I know this isn't the kind of thing you want to listen to -- hey, no one does -- but I'm going to include several anecdotes about my running partner Erik, a person you don't know and couldn't possibly be interested in hearing about. You'll learn that he's an attorney and a rock climber and that we're part of a team that does the Run for Leukemia 10k every year, which will be another whole five-minute aside right there. Sorry. Believe me, if I could stop myself from talking about this, I would. But I can't, and so I'm going to tell you all about my personal best time, and you're going to think to yourself, "This guy's the fucking worst." But here's the truly awful part: Out of politeness, you will have to pretend to be impressed by that number, even though to you it will seem completely arbitrary and hold no meaning at all. You'll also be hearing quite a bit about the sense of accomplishment I felt upon finishing the race. You're going to hate that, trust me. There will be detestable phrases like "I never thought I could do it, but I did" and "It truly was a life-changing experience" and "It's a huge commitment, but definitely worth it." I'll be repeating the number 26.2 an infuriating number of times. My God, I can barely express how insufferable I'm going to be. I'm so sorry, I know you've done nothing to deserve this, but right when you think I'm finished talking -- just when you get your hopes up -- I'll mention how this wasn't my first marathon, and then you're going to hear details of my three other full marathons, as well as a half marathon and a couple marathon relays I did. I can't even imagine how horrible it will be for you to hear how I believe I've progressed as a runner, but by that point in, there just won't be any getting around it. And while it is at best tangentially related, I may at any moment during the conversation launch into an agonizing digression on the merits of five-day juice cleanses. I beg your forgiveness. Worst of all, though, I'm definitely going to run other marathons in the future, so I'll have to tell you all about the various races I'm thinking about entering and the pros and cons of each course. Please, accept my deepest apologies in advance, because as excruciating as today's discussion is, it won't end here. Every single day during my weeks of preparation leading up to the next race, I'm going to make you stop whatever you're doing to tell you the number of miles I ran the previous evening.

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Joint Statement on the Occasion of the President of the United Nations General Assembly Interactive Thematic Debate on Disaster Risk Reduction Speech, E&OE , (check against delivery) 12 April 2012 Mr President, I am pleased to deliver the following joint-statement on behalf of the Co-Chairs of the Friends of Disaster Risk Reduction group -- Australia, Indonesia, Norway and Peru, and the following countries -- Denmark, Ecuador, Mexico, Morocco, Mozambique, Philippines, New Zealand, Switzerland, and Timor Leste. Mr President, dramatic disaster events over the past decade have claimed over a million lives, affected more than 2.5 billion people and caused economic loss totalling over $1 trillion. We commend the UN Secretary-General's commitment to disaster risk reduction in his Five Year Action Agenda for the global community. Mr President, we also welcome your initiative to hold this debate, and the priority you have placed on disaster prevention and response for the 66th session of the General Assembly. This debate comes at a time of unprecedented international momentum to reduce disaster risk. Governments, international agencies, non-governmental agencies and communities across the globe share the conviction that urgent and sustained actions are needed to reduce the social, economic and environmental impacts of disasters. Disaster risk is a stark reality for most, if not all, countries, developing and developed. Climate change is expected to increase the frequency and severity of weather-related hazards. Rapid urbanisation and environmental degradation are exposing people and assets to higher disaster risk. The risk of economic loss from a disaster is increasing at a faster rate than economic growth. As the tragic events of 2010 and 2011 reminded us, disasters do not differentiate between regions or income-levels. Together, we must resolve to address disaster risk in each of our countries but recognise that the need for action is, of course, most acute in the most vulnerable small island developing states, least developed countries and many countries in Africa. The 2010 earthquake in Haiti set back development by many years. The nearly 10 billion USD initially pledged to support post-earthquake reconstruction was more than three times the total amount spent on Haiti's development over the preceding decade. The drought and famine in the Horn of Africa, and the emerging crisis in the Sahel, demonstrate the extent of human suffering involved when a complex interplay of factors leads to extreme vulnerabilities. Mr President, following the devastating Indian Ocean Tsunami, 168 states adopted the Hyogo Framework for Action 2005-2015: Building the Resilience of Nations and Communities to Disasters. Good progress has been made under the Hyogo Framework, and strong regional and international partnerships have contributed greatly to this success. However, much more remains to be done. We must improve our efforts to systematically account for disaster risks and vulnerabilities. We must set out the wider economic and financial evidence to mobilise political attention and resources to build community resilience. While we recognise the need to build the evidence base, and strengthen national capacity to do so, we also firmly believe in the imperative to act. We must invest in 'no regrets' activities. We know what works: early warning systems, public awareness campaigns, strengthening and enforcing building codes, and protecting critical infrastructure. Key sectors of development -- such as health, education, water and sanitation, and food security -- must ensure that their activities and infrastructure are disaster-resilient. Sustainability demands resilience. We must increase resilience through integrated efforts in critical areas such as livelihoods, livestock management, water management, and social protection. We must factor disaster and climate risk management into development policies and planning, and those most at risk -- local communities -- must be key partners in building resilience. We must deliver humanitarian assistance in a way that supports recovery and ensures we rebuild safer and more resilient communities. If we don't, natural hazards will continue to be disasters and an obstacle to the achievement of sustainable development, including the Millennium Development Goals. Much could also be gained through better communication, links and synergies among various development frameworks and agendas. With this in mind, we call for the incorporation of disaster risk reduction in any future framework for sustainable development. We call for strong and strategic language on disaster risk reduction in the Outcome Document of the UN Conference on Sustainable Development -- language that recognises disaster risk reduction as fundamental to achieving sustainable development and places it at the heart of the future

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How To Do It How To Do It - We want to learn how to do just about everything green, and share it with you. So stay tuned to How To Do It for articles, photos and videos on how to green your home, your work and your life. In this section we ask the experts about the best methods and techniques and as we discover all the little secrets we will show you what we have learned and How To Do It yourself. Litterless Lunches Written by Laura Gray Let an eco-friendly lunch preparation be a part of your everyday practice by creating a 100% litter-less lunch, both for your children's school lunches, and for your work lunches as well. This means that all of the items brought to school or work are in re-usable containers and everything is disposed of properly at home. Let Me Count The Ways One of our readers asked us how they can make a differance and what they could do right now to make the way we live more sustainable. So, here are several things you can do now to help our planet: Become better informed and active. Find sources of sound environmental and natural resource information and access them regularly. Attend local public meetings and become active in your community. Understand your local environmental challenges and accomplishments. Protect your local open spaces. Learn about local watershed initiatives. Volunteer.

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Growth is not merely a harmonious increase in size, but a transformation -- Maria Montessori Friday, November 2, 2012 Lunch around the World (Korean Barbeque) - Rosella Mums Rosella mums enjoyed a very social Korean Barbeque at the park. There was a huge selection of meats, including chicken, pork and beef and also greens like garlic, onion and Eunju's fantastic Kimchi. Thank you to our hosts, Julian, Eunju and Yoon that made it possible. It was an exceptional lunch and a great opportunity to try something new. Also, thank you to the parents for capturing some lovely memories on camera.

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Gary Allan - It Would Be You tab #----------------------------------PLEAS\\... NOTE--------------------------------# #This file is the author's own work and represents their interpretation of the# #song. You may only use this file for private study, scholarship, or research.# #---------------------------------------\\... Date: Tue, 19 May 1998 10:19:23 PDT From: Carl Cressman Subject: a/allan\_gary/it\_would\_be\_you.crd song: It would be you by:Gary Allan (G)(C)(D)It's hard desrcibing a(C)heartache, oh cause its a(D)one of a kind(G)thing, a serious(C)injury, and a(D)whole lot of endless(G)pain, if it was a(C/G)storm, I'd compare it to a(D)hurr(G/B)i(C)cane, [ Tab from: http://www.guitaretab.com/g/gary-allan/3\\... ] oh it's even got a(D)name, Chorus: If it was a(G)drink,it would be a(C/G)strong one, If it was a(G)sad song, it would be a(C)long one, if it was a(G)color, it would be a(Am)deep(G/B)deep(C)blue, (C)but if we're(G/B)talkin' bout a(Am)heartache, (D)it would be(G)you. (C)(D) If there was a(G)full moon, it would be a(C/G)total eclipse, If it was a(G)tital wave, it would(C)sink a thousand(D)ships, If there was a(G)blizzard, it would be a(C)record breakin'(D)cold, If it was a(C/G)lie, it would be the biggest(D)story you ever told\_\_ repeat chorus: (G) (C/G) (G) (C) If it was a(G)color, it would be a(Am)deep(G/B)deep (C)blue\_\_\_\_\_, but if we're talkin bout a(Am)heartache, (D)it would be(G)you. (G) (C) (D) (G)

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Meta Check out Steve's newest article on Wake Up World http://wakeup-world.com/2012/11/12/readi\\... PS Ryan & Andy the founders of Wake Up World spent the 11th & 12th at the Glyphs. Look for the link at the bottom of the article for a link to photos they took while there. Hi all check out this new you-tube video http://www.youtube.com/watch?v=xS3K6kDyj\\... "With the recent launch of the International Tribunal into Crimes of the Church and State, Freedom Central has been gathering evidence about the systematic extermination of the original peoples of colonial lands. This conversation with Aboriginal Studies teacher, Steven Strong, sheds some light as to the ... "Steve Strong reports on incredible new revelations about the mysterious 'ancient Egyptian' hieroglyphs located close to Sydney, New South Wales." (David Jones) http://www.newdawnmagazine.com/latest-is\\... Home 50,000 years ago, the very first Homo Sapiens set sail from Australia. These people were responsible for the development of religion, art, agriculture, seafaring, surgery, and many of the cornerstones of civilisation as we know it. Steven and Evan Strong have spent over 20 years assembling facts from archaeological finds, explorers' accounts, genetics information, traditional Australian Aboriginal mythology and many more sources to develop one coherent and controversial theory: Aboriginal people exported civilisation to the world-at-large. Who is to say that myth is or is not fact? we have been lied to for so long, why couldn't the myth's be factual truth? There is a phrase that say's, "The winners get to write history" and the winners have been the elite of the world and they have hid history from every culture thus far. We doubt we could put that more eloquently, this was the only country where warfare never involved confiscating the losers land, possessions, women and children or lore. therefore their myths (history) could never be stolen. Thanks Steven and Evan. Excellent ..... very good to see your Website. Thanks for my visit some months ago ..... hope you are both keeping very well -- there must soon be Autumn colours in the leaves of your trees! Walk Good ..... with Love -- & in Peace! Guidance. Peter. Dear Steve I have been interested in your theory ever since I was 15 years old or so. I am a wiradjuri and kamilaroi man, and I first became aware of our beliefe as Aboriginal people as a child and subsequently always became frustrated with, as you said finding " white proof for black truth" to substanciate our past, not only, to some of my people who see themselves and ultimately judge each other through white people's eyes but the white majority as a whole. My interest is solely based on cultural preservation and maintaining my obligitory duties as a wiradjuri man toward my children nephews and nieces and my elders as well. I come from a place called Erambie mission, a place that experianced its fair share of dissposession and forced removal of our people. You speak of our creator in a way that leads me to believe you too have been educated by some of our elders. I will be in touch. Absolutely, I have been heavily influenced by what the Edlers have shared,. Barely two months ago Ramindjeri Elders put me through ceremony and gave some specific directions. But further back I taught in Moree, and learnt heaps. I have nothing but great memories of Moree in the mid 90?s, and learnt so much there. Learnt how to keep my mouth still and how to listen, sat with men and women who still had culture and know the young need to find their roots and instil a sense of pride. It has to come back, and really this is what we are on about. I actually taught and introduced Aboriginal Studies into Moree when teaching at Courallie High. The good news is, we have spoken to hundreds, mainly non-Aboriginal, and with all our white-fella truths, all of them are in agreement the Elders are right. The National Indigenous Times are covering this and have another of our articles in the latest edition (228), New Dawn are publishing our articles and are doing a huge spread, and there's more. We really feel like people are listening. Just got contact from Perth and the Kimberleys,

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The Right to Know Law , generally, does not apply to the Court System (referenced in the Right to Know Law as "Judicial Agencies" and also known as "Unified Judicial System"). The Right to Know Law only applies to Judicial Agencies to the extent provided in Pennsylvania Rule of Judicial Administration No. 509 - which deals with Financial Records . See detailed information below. Financial Records Rule 509 of the Pennsylvania Rules of Judicial Administration was amended by the Supreme Court, effective January 1, 2009, to facilitate public access to financial records of the Unified Judicial System, and establishes a systematic process for requesting and accessing the applicable financial records of a court. As a general rule, financial records of the Unified Judicial System are presumed to be open to any member of the public for inspection or copying during established business hours. Exceptions are listed in Rule 509 (B). Certain records may be requested from the UJS and others from the First Judicial District of Pennsylvania ("FJD" or Philadelphia Courts). See below forms. The term "financial records" is defined as any account, contract, invoice or equivalent dealing with: 1) the receipt or disbursement of funds appropriated to the system; or 2) acquisition, use or disposal of services, supplies, materials, equipment or property secured through funds appropriated to the system. Detailed information related to the Rule 509 Process can be found via the links below. This Web site provides public access to search, view and print Unified Judicial System (UJS) contracts and purchase orders. The Web site displays summary information on purchase orders and contracts of $5000 or more that were executed on or after July 1, 2008. Denials of requests for access must be appealed as provided in Rule 509(c)(5): in writing, within 15 business days of the date of the written response by the records manager. THE FIRST JUDICIAL DISTRICT OF PENNSYLVANIA complies with THE AMERICANS with DISABILITIES ACT (ADA) which requires that all court services and facilities be as reasonably accessible to persons with disabilities as those without disabilities. If you have a disability and require reasonable accommodations to file a claim, participate in a court proceeding, or use any service provided by THE FIRST JUDICIAL DISTRICT OF PENNSYLVANIA , please call the appropriate ADA coordinator from the link below. Requests for reasonable accommodation must be made at least three business days in advance of the court activity or within three business days following notice of the court activity, whichever is later. Because some accommodations require additional time, as much notice as possible is requested. On occasion, the court activity will be postponed until accommodation is achieved.

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All Kinds of People, All Kinds of Sex This lesson includes open and frank discussion about sexual activities of people of all orientations.This lesson is designed to be very simple to deliver, and to require very minimal teacher knowledge for those teachers who find the idea of an SRE lesson that discusses LGBT sex to be intimidating.Fo More... r more materials associated with this resource, please follow the links provided. Reviews (1) Fantastic resource for KS4 pupils (and teachers!) Lesson plan is thorough and informative with extended opportunities for learning. Blockbusters game is great and a relaxed means of informing pupils without embarrassment and in a secure learning environment.

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If you grow your own veg you may well be drowning in a sea of courgettes this month. What a fantastic vegetable! One plant can yield kilos and kilos for months. In our small garden we have four plants and after freezing them down we manage to eat some courgettes every week throughout the year until the following summer. Good job we like them a lot! Even if you don't grow your own you'll find them at ridiculously low prices at your local market so you can get lots in now and cook them for later. The only problem with this bounty of courgettes is NOT GETTING BORED of them! So here are some ideas to make them different. Some of them are based on recipes from the River Cottage Handbook which is great for seasonal produce. Others are gathered, made up or passed to me. So here are twelve ways to cook a courgette ? hope you like them! 1.Courgette and Cottage Cheese Teabread There is a recipe in the August Foodies Book ? Courgette Wants To Be Big ? for a courgette and cottage cheese bread ? which a young child can make with a little adult help. You can read free it in the back of the book of the month on the About Us page during August. 2. The "cook them now and save them for later" cop-out recipe Slice the courgettes about twice the thickness of a pound coin. If you've got overgrown semi-marrows, discard the very wet seedy core and lob it on the compost. Sweat the courgettes in a pan with some olive oil and sliced garlic until they are very soft, with the lid off so some of the liquid evaporates. This usually takes about 30 minutes. You're looking for them to be soft enough to squash the flesh part with a wooden spoon but still broadly holding together. I use three cloves of garlic and three tablespoons of oil for every kilo of courgettes. Once they have cooled down you can put them in a freezer bag and freeze for 6-9 months. The good thing about this is they are considerably smaller once cooked than they are when they start. Then you can use them as the basis for recipes 3, 4 and 5. 3. Courgette Risotto Having done item one, or having taken the results out of the freezer and thawed it in a large pan, you can make it the base of a risotto. Heat the courgette mix until it is completely hot through. Add 225g arborio or other risotto rice and stir it in. Measure out 900ml of vegetable or chicken stock. It works fine with a stock cube and water if that's all you've got. Add about 300ml of the stock initially and stir in, bring to a simmer and leave uncovered. Check in on it every five minutes to stir and check whether it need more stock added. Keep adding stock until the rice is soft and creamy but retains its shape. Depending on how wet or dry your courgette mix was, you'll need as little as 750ml and up to 1 litre. When the rice is how you like it, stir in some strong cheese or a knob of butter. Black pepper is obviously a good addition, but you shouldn't need salt if your stock is good. I also like sliced chillies in it, put in at the start of the stock adding phase, but then I am a chilli addict! Although risotto is obviously best eaten straight away, if you make too much this actually reheats and even freezes pretty well and if the leftovers are eaten next day you'll find the garlicky flavour will have intensified. 4. Courgette toasty spread Using the mix from item two, reduce it in the pan until most of the liquid has evaporated ? another 20 minutes or so. Add big handfuls of strong cheese ? parmesan or a sharp local cheddar ? and loads of black pepper. Some thin chopped spring onions is quite nice for texture. Spread this on toast or crackers, mix it with pasta, or pick it up with tortilla chips. 5. Courgette soup Using the mixture from item 1, add 1 litre of milk or mixed milk and stock and heat through. Blend and sprinkle some cheese or a dollop of mustard before serving. 6. Courgette fritters Grate your courgette - if you have a food processor use it ? there's no glory in bloody knuckles you know! You can use all of the courgette although if they're really fat you could

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~ Seasonal fragrance and flavour from my country kitchens in England and France....celebrating local seasonal produce with traditional feasts and festivals, culinary notes, reviews, recipes and musings from home and abroad....whilst preparing family food with flair ~ Just for the Grown-Ups for All Hallow's Eve - Creepy Crawly Curried Devilled Eggs - I am still a child at heart -- and often think that children have far too much fun ; I mean, look at all of those amazing wellies that are on offer for little girls and boys -- I don't want staid plaid or dark green wellies, I want ones with macaroons and cakes over them, or lady birds and little yellow ducks! It's also the same when it comes to food -- if the wee ones can have ghostly cinnamon toast and spooky spider cakes , why can't us grown ups, aka big kids, have a bit of fun too.......so, with all of you fun loving foodies out there, I bring to you today, on All Hallow's Eve , a plate of Creepy Crawly Curried Devilled Eggs ! Those of you with a nervous disposition or those who suffer from arachnophobia should step away from the table, as my curried devilled eggs have a green spider sat astride each egg, complete with legs.....all eight of them! If you want to really push the boat out and go spider crazy , why not make some extra olive spiders and throw them in a cocktail or a spook-tacular Martini! The these eggs also taste pretty damn good.......made with my free-range hen's eggs, and mixed with mayonnaise, mango chutney and curry powder , they make scarily good "amuse bouche" for the All Hallow's Eve buffet table . The olive spiders are made with green pimento stuffed olives with rosemary leaves (spikes/) for legs ......they were easy to make and when I served these to friends a week ago, as my guinea pigs, they were all gone in a sweep of a witches broom. I am rather pleased with these stuffed eggs, and I think they look great when served on an old oyster plate (I collect oyster plates) with the green "slime" decoration! ( it's seaweed I think for other times of the year!) I have not written out the recipe in a printable format yet, so I will just quickly jot down how I made them for now; if anyone wants me to add a printable recipe card, as I normally do, then just shout and I will post one. How to Make: Creepy Crawly Curried Devilled Eggs! Creepy Crawly Curried Devilled Eggs! (Serves 4 to 6 as an appetiser) Ingredients: 6 eggs, hard boiled and peeled, then cut in half 4 tablespoons mayonnaise 2 tablespoons mango chutney 1 teaspoon mild curry powder 12 green olives rosemary leaves/spikes cayenne pepper, optional Method: Scoop out the egg yolk for the cooled halved eggs, gently as not to break the egg white. Put the yolks into a bowl and add the mayonnaise, chutney and curry powder, and mix well until smooth. Spoon or pipe the curried egg yolk filling back into the egg white halves. Then make the "spiders" by sticking the rosemary spikes into the sides of the olives, as seen in the photos, 4 each side. It is easier to do if you make a small hole with a cocktail stick first. Sit the olive spiders on top of the eggs and sprinkle cayenne pepper over the top if you want an extra kick of heat. Creepy Crawly Curried Devilled Eggs! For those whom may be interested, a brief history on the origins of Hallowe'en : In ancient Britain this date was the pre-Christian eve of the New Year and Celtic Harvest Festival, when the souls of the dead were thought to revisit their homes to eat and drink. People left refreshments on the table and unlocked their doors before retiring for the night, then bells were rung, fires lit to guide the returning souls back to earth and animals were brought in for the winter. After Hallowe'en became a Christian festival , supernatural associations continued to thrive. Cre

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Share this page How to take a 15.5 gigapixel panoramic photo Panoramic photographs, or 360 virtual tours, have been around for many years. I can remember shooting them 10 years ago or more, yet today's versions are far in advance of those early attempts. Yet it seems that the world has moved on again. Take a look, move left, right and up and down. Great, but then zoom, and zoom and zoom. The detail is just phenomenal. I asked Henry to tell me a little more about the process. How do you make a 360 photo? "Virtual Tours are interactive spherical panoramas that are made up of a number of individual images stitched together and then projected in such a way as to make the viewer feel like they are actually there - it is sometimes known as Virtual Reality photography." In this case you have used a GigaPan, could you explain exactly what it is? "The GigaPan is a robotic camera mount that allows you to create giant panoramas that are made up of hundreds or thousands of photos. You have to calibrate the field of view of your lens and lock down the cameras settings to manual to avoid any incorrect fluctuations in brightness or sharpness in the final image. Once this is done you program in the start and end points of the panorama and let it go. "In this case I had to auto focus each frame to ensure sharpness throughout the cathedral - this meant ensuring that the camera did not miss one shot out of the 2,500 while it tried to focus. Inevitably there were a few frames that were missed, six in total, so these had to be manually replaced in post production." "Essentially this means you can zoom to see detail that you could never see with the human eye from the same spot." How many pictures did you take and how long did it take to stitch together? "I took 2,400 images over three and a half hours at St Paul's. It took me three weeks of trial and error and posting on forums to get the image stitched, including having to seriously pimp my computer. "The actual stitch itself took around two days of crunching, turning the computer in to a radiator." How do you plan to develop the GigaPan 360s? "I'm now looking for commissions to do more gigapixel panoramas - both outdoors and indoors. They can either be displayed online or printed as wallpaper and displayed on a huge scale, whole immersive rooms could be created. "Otherwise any venue or tourism location that has ceiling paintings or mosaics would be a great candidate." Did you need to manipulate the result at all, using HDR perhaps? "The result is as shot, no HDR. The missing photos mentioned above were all in the floor tiles so they were cloned back in Photoshop. Otherwise editing the shot was pretty much impossible due to it's size. Any time I tried to save the image after making edits it took two hours and often the computer would crash. This meant I had to open the file again (another hour) and redo the edit. So basically it was just too time consuming and frustrating to edit the image. This is why there are so many floating heads." Is there a way to avoid the floating heads and headless bodies? "Shooting a gigapixel panorama can either be done in columns or rows, this one was done in rows. The reason being that if the light changed over the duration of the shoot it would be less noticeable when wrapping the image back on itself for viewing. However, it is not so good for people in shot as each row takes about 15 minutes for the camera to complete - due to the slow two-second shutter-speed needed. "Essentially people will always be tricky when the zoom is set this high and they are so close - a person is often gone completely by the time the camera comes back round." Comment number 8. David 12th April 2011 - 15:54 I wonder if the man with the grey suit jacket and white shirt know this picture is so detailed I can see his nose hair?! Still it's a beautiful picture with some impressive detail of the paintings on the roof! This page is best viewed in an up-to-date web browser with style sheets (CSS) enabled. While you will be able to view the content of this page in your current browser, you will not be able to get the full visual experience. Please consider upgrading your browser software or enabling style sheets (CSS) if you are able to do so.

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Resolved Question Is Angus T. Jones (Jake) leaving Two and A Half Men? (Possible spoilers) In the season finale Jake and Eldridge join the army and at the end it shows some of Jake's moments throughout the entire show. Personally I'd hate to see him go, but maybe he wants to go to a normal college and have a normal life Best Answer - Chosen by Voters He's under contract for next season at $300,000. With the show probably ending anyway in a year or two at the most, it is unlikely that he is going to walk away from that kind of money. EDIT: Thats $300.000 per episode.

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And She Was: Week Thirty-Eight 2011 I promised myself I wouldn't rant and rave about the state of our flat the past week, but it's tough when you're living in something that resembles war-torn Baghdad. Rubble, red dust...no, we haven't had an explosion, just an errant builder and soon, some lovely French doors leading from our bedroom to the garden. When my surroundings are a mess, and there's nothing much I can do about it in the meantime, I tend to retreat to the one clean area of my life: the internet. I hope you find some inspiration in my last week's pick of images... Last week was pretty unremarkable, save for the building mess. I got my hair done on Tuesday night; went to a HTC work event on Wednesday, and after work on Friday I checked out the 100% Design Show and then watched Tinker Tailor Soldier Spy . Which was pretty good! A tad bit confusing at times, but the cinematography was beautiful, and the acting splendid. On Saturday we had a house viewing -- a bit out of our price-range, but we're going to put a lower offer in and hope for the best. Hightailing it into town, I managed to catch Gemma interview Lily Allen's sister at some Lucy In Disguise/London Fashion Week event, and then dine with her and Darika over a Byron burger. Today was pretty lowbrow: I Don't Know How She Does It , with Laura, Kam and Meegan. Ha! It was quite masochistic of us, but cheesy-fun. Double Exposures is a lifestyle/craft/fashion thing by Kat Hannaford, a London-based tech/design journalist who's editor of Gizmodo UK. Not that you can expect much tech/work content on this here blog. Quite the opposite, in fact.

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for 49. Book Description More than half of all children in the current generation will live in a single-parent family - and these children will not fare as well as their peers who live with both parents. This is urgent message of this book. Based on four national surveys and drawing on more than a decade of research, "Growing Up With a Single Parent" elucidates the connection between family structure and a child's prospects for success. More than half of all children in the current generation will live in a single-parent family - and these children will not fare as well as their peers who live with both parents. This is urgent message of this book. Based on four national surveys and drawing on more than a decade of research, "Growing Up With a Single Parent" elucidates the connection between family structure and a child's prospects for success. Special Offers and Product Promotions Buy any product sold by Amazon.co.uk excluding any Kindle Device and e-books and we will add a 10 promotional gift certificate to your account to spend on selected Amazon fashion. Here's how (terms and conditions apply) Customers Viewing This Page May Be Interested in These Sponsored Links More About the Author Product Description Review Based on careful analysis of data from various national surveys...[this book is] the first systematic attempt to disentangle the effects of poverty from family breakdown across a range of problems afflicting children...By using sophisticated statistical techniques to control for such background characteristics as income and race, McLanahan and Sandefur show that, although growing up poor is very damaging to children, single parenthood is in itself severely injurious...The very richness of its analysis makes the book a powerful tool for social policy. -- Douglas J. Besharov Washington Post This clearly written and remarkably jargon-free monograph is highly recommended to all practicing physicians. -- Leon Eisenberg, MD New England Journal of Medicine [This book] posits a view embedded in the authors' stated belief that 'children who grow up in two-parent families will do better, on average, than children who grow up with only one parent'...The strongest aspect of this book is the excellent job the authors do of sorting through theories and existing data in an attempt to explain why additional research is needed on single parenthood. Unlike some other earlier research accounts of the effect of family structure on child well-being, McLanahan and Sandefur clearly document the role of income, parenting styles, and the contribution of non-resident fathers as well as stepfathers to the child's social capital as explanations for children in one-parent families doing less well than children in two-parent families. The reader is not left wondering exactly how or why the authors take the position they present...Scholarly, thoughtful...[this book] includes information that is both important and timely given the welfare reform debate at the state and local level. -- Edwin P. Gordon Social Policy The concluding chapter of this short, clearly written book suggests sensible policy directions for the support of single-parent families by noncustodial parents, governments, and communities. A strength of this book is the clarity of the analysis...Highly recommended. Choice [This] is essentially a text which reports the findings of the authors' analyses of American survey data on the achievements of children from 'disrupted' families. As such it will be primarily of interest to researchers. Nevertheless, it is written in a style which undergraduate students will find very accessible. Moreover, data presentation is refreshingly clear; effective bar charts and simple tables appear in the main text, whilst more complex data displays are located in an appendix, along with a description of methodology. -- Jane Pilcher Reviewing Sociology About the Author Sara McLanahan is Professor of Sociology and Public Affairs at Princeton University. Gary Sandefur is Professor of Sociology at the University of Wisconsin-Madison. First Sentence In the summer of 1992, the Vice President of the United States, Dan Quayle, condemned Murphy Brown-the lead character in a popular television show-for giving birth out of wedlock.&nbsp Read the first page

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Picking up files Important reminders: 1. Remember - you have 10 days ( actual days, not working days) to pick up a file, after which they are permanently deleted. 2. Files are not virus scanned when dropped off. Ensure that you scan any files before opening them . As with email attachments, do not open the file unless you are 100% sure it is genuine. If a file has arrived from someone you do not know, query it with the individual first before proceeding any further. Picking up a file To pick up a file that has been dropped off for you, click on the Pick Up button on the main Dropbox menu. You will be presented with a form where you will need to enter the Claim ID and Claim Passcode in order to pick up the file(s). You will find these bits of information in the notification email which would have been sent to you. An example of the email is shown below: Once the details have been entered, and you have clicked on the Pick up button, you will be presented with a screen with details of the file. From name :The name of the person who sent you the file From org : The organisation to which the sender belongs From email : The sender's email address From IP : The IP address from which the file was sent To name : The recipient's (your) name To extras : Names of other recipients To email : The recipient's (your) email address File basename : The name of the file File content\_type : The type of file (jpg, txt, pdf, doc etc) File length : The size of the file (in bytes) File desc : A description of the file as entered by the sender Upon clicking on the download button, you will be offered the option of opening the file or saving it to your hard drive.

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1930s Chevy part of parade Story Tools JM Kelly workers Katy Smith, left, and Alyssa Shaw will ride in this vintage Chevrolet truck tomorrow as part of this year's Christmas parade. Sharyn O'Neill A PIECE of Rockhampton history will get a Christmas makeover as part of the 16th annual Heart Foundation and Stockland Rockhampton Christmas parade tomorrow. A vintage 1930s Chevrolet truck, owned by the JM Kelly Group of Companies, will be decked out in tinsel and fairy lights for the parade which starts from the Rockhampton Cricket Grounds at 5.45pm. The truck was used to carry building material by one of Rockhampton's oldest companies, Burns and Twigg, which is now called Queensland Windows and part of the JM Kelly Group. Metal accessories sales manager Bruce Williams said the vehicle, which was recently refurbished, featured its original hand winch and was one of the few vehicles around from the 1930s which had a "tipping body". Belinda Carroll, of the Heart Foundation, said they were looking forward to judging the floats in the parade and seeing "what the entrants come up with". The Bully's ute will also be in the parade, decked out in Christmas decorations, and riding in it will be mascots, Daily Dalmatian and Buzzy Bee.

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How To Find A Saddle That Fits Comfort is the first priority when it comes to saddle selection, and the style of seat you ride also has a huge influence on the rest of your bike fit. Triathlon saddles have evolved into two distinct categories: anatomical and traditional. There is no shortcut to finding the best saddle style for you -- trying both types is the only way. Riding in the aero position forces the rider to rotate his or her hips forward, but this rotation can take pressure off the sit bones and place it on very sensitive and important soft tissue areas. To ride comfortably and efficiently, your saddle must let you rotate your hips forward without creating undercarriage discomfort. Tim DeBoom is able to rotate his hips forward when riding a traditional saddle, so it doesn't negatively affect his fit. The two-time Ironman world champ finds his optimal body position riding a saddle with a long flat nose, and the rest of his fit falls into place because his saddle allows his hips to rotate forward. Julie Dibens, however, struggled to find comfort on a similar saddle. She posteriorly rotated her hips to protect her soft parts and as a result the rest of her fit was thrown off. After switching to an anatomical saddle, her entire body posture improved. To find a saddle that matches your anatomy during your next fit, try to rotate the top of your hips toward the front of the saddle. If you can't rotate in this way on one saddle, the other style might match your anatomy more effectively. After finding a good match, the rest of your body will be able to comfortably and efficiently rest on the bike instead of squirming to find a relaxed position, which compromises posture. The two saddle types Traditional saddles distribute pressure over a large cushioned surface. If you're able to find comfort on a traditionally constructed saddle with your hips rotated forward, this style typically provides more versatility than anatomical options. Anatomical saddles attempt to place pressure back on the sit bones when the rider has rotated his or her hips downward to meet the aerobars. They often have a dramatic cutout. These saddles have definite sit-bone contact points alleviating most of the soft-tissue pressure, but make it difficult to move fore-aft on the saddle.

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You starve your children on neglect Then feed their bellies with fear Concussion bat to the brain Witness to a battered mother (Chorus) Your abuse will end right here No longer will your family fear A gunshot to head of trepidation My promise if you ever lay a finger Just look at the scars you make Your terror makes your kids break A broken home just as you were raised With fist raised up to your children (Chorus) This battle is on all You've made beautiful Now hateful You wretched life wrecker Abuser Now suffer Open fire On the desire of the man Open fire With strife we'll strike down the hand (Open fire, build the pyre) If I can't make you see the damage you've made (Open fire, build the pyre) I'll make you wish you'd never been alive x2 41 Comments Song Meaning: The song is about Trepidation..... (Fear in a way) And not specifically about one abusive father, they just say that domestic violence is something they strongly oppose. And to that dude that said it's about bands... Wow... You listening to a different type of Trivium. General Comment: This song is about an abusive father, and how the singer threatens to end all his bullshit. Also, the word trepidation is just a big word for abuse. Nonetheless, this song is effin amazing! General Comment: i think the meaning for this one is pretty obvious...its about how horrible abusive fathers are and how they should stop because its awful to do that to people, especially people you love General Comment: yourworstnightmare is totally right thats exactly what this song is about. and i really wish the ignorant people out there would stop saying that trivium is like metallica because it isnt true. for one thing james hetfield only down picks which totally means he sucks ass because you cant get as much out of down picking.

**id 90**

With lockout looming, Blue Jackets' Murray to join Silvertips Despite concerns from his representative, Blue Jackets second overall pick Ryan Murray will report to the WHL's Everett Silvertips as early as Thursday. Murray's agent Rick Valette is concerned that if there is an NHL lockout that lasts several months, when and if the NHL season does begin, Murray will not be allowed to join the Blue Jackets. As reported by TSN Hockey Insider Bob Mckenzie, there is an agreement in principal between the NHL and the CHL that will allow players to join their NHL clubs should the season start late, but there may be a time limit involved. If the lockout was to last until January or later, it may not be easy for the CHL to facilitate letting players go. This is a major concern for Valette as Murray is generally regarded as one of the few 2012 draft choices to currently be NHL ready. Valette wants a guarantee in writing that when the NHL season gets underway, his client will be able to go to Columbus. After an incredibly busy summer, Murray has spent the last few weeks in Minnesota training with several NHLers including Blue Jackets defenceman Jack Johnson , awaiting word on the CBA negotiations. Everett's season is set to open on September 22nd and with a lockout looming, Murray and his agent have decided he will report to the junior team despite no formal guarantee that he'll get his release in the event the NHL season starts late. Other junior players with a legitimate shot at making the NHL this season finding themselves in similar situations include Doug Hamilton of the Niagara Ice Dogs, a Bruins 9th overall pick from the 2011 Entry Draft and Oilers first overall pick Nail Yakupov . Hamilton has reported to Niagara, while Yakupov has stated his intentions to play overseas in the event of a lockout.

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The above table gives the weather forecast for Mount Everest at the specific elevation of 6564 m. Our sophisticated weather models allow us to provide snow forecasts for the top, middle and bottom ski stations of Mount Everest . To access the weather forecasts for the other elevations, use the tab navigation above the table. For a wider view of the weather, check out the Weather Map of Nepal . Click here to read further information on freezing levels and how we forecast our temperatures. 15% Discount to Snow-Forecast.com Members in our Snow Store. Find out more Visitor Reviews of Mount Everest Graham from United Kingdom writes: By far the hardest resort I have ever been to. Aspen, St Anton and Mer de Glace are nothing compared to this. It is just so steep, that on any of the runs you risk falling thousands of feet due to the thin snow layer and extreme winds. Personally I liked the Rongbuk glacier, but you must watch out for the 50ft wide and 200ft deep crevasses (there's not much hope of getting out of one!). However, if you are an adrenaline junkie then it's for you - loads of black runs - you must try the off-piste along the west ridge - which takes about 7 hours. One blue that goes from the base of the 'mountain' down to base camp although can get very rocky and you might bump into some donkeys and many sherpas and climbers. But I don't want to discourage anyone :-) PS - bring oxygen or you might die Free Snow-Forecast.com weather widget for your website The Mount Everest skiing weather widget below is available to embed on external websites free of charge. It provides a daily summary of our Mount Everest snow forecast and current weather conditions. Simply go to the feed configuration page and follow the 3 simple steps to grab the custom html code snippet and paste it into your own site. You can choose the snow forecast elevation (summit, mid-mountain or bottom lift) and metric/imperial units for the snow forecast feed to suit your own website.... Click here to get the code. .

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External Links [ while holding a razor to Jackie Boy's face ] Dwight : I'm Shellie's new boyfriend and I'm out of my mind. If you so much as talk to her or even think her name, I'll cut you in ways that'll make you useless to a woman. Jack Rafferty : You're making a big mistake, man. A \*big\* mistake. Dwight : You made a big mistake yourself... you didn't flush. [ Shoves Jack's head into the toilet ] Share this quote Dwight : The Valkyrie at my side is shouting and laughing with the pure, hateful, bloodthirsty joy of the slaughter... and so am I. Share this quote Marv : This is blood for blood and by the gallons. These are the old days man, the bad days, the all-or-nothing days. They're back! There's no choices left. And I'm ready for war. Lucille : Prison was hell for you Marv, it's gonna be life this time. Marv : Hell's waking up every goddamn day and not even knowing why you're here. But I'm out now. It took someone who was kind to me getting killed to do it. But I'm out. And I know exactly what I'm gonna do. Share this quote Marv : It wasn't you losers who killed Goldie. The guy who did that knew what he was doing. Still, you got to have something to tell me. Like who it was who sent you. [ Marv pistol whips him ] Marv : I don't hear you giving me any name, jerk. Guess when I shot you in the belly, I aimed a little too high. [ shoots him in the crotch ] Marv : You keep holding out on me like this, and I'm going to have to get really nasty. Stan : It was Telly Stern passed me the order. Runs the tables over at the Triple Ace Club. Marv : Thanks again. [ Shoots him in the head ] Share this quote Cardinal Roark : Will that bring you satisfaction, my son? Killing a helpless, old, fart? Marv : Killing? No. No satisfaction. Everything up until the killing, will be a gas. Share this quote Dwight : [ narrating ] Dozens of them. Armed to the teeth. I'm outnumbered. Outgunned. But the alley is crooked, dark, and very narrow. They can't surround me. Sometimes you can beat the odds with a careful choice of where to fight. Dwight : [ holding Jackie Boy's head over the group of mobsters with Becky and Gail in tow ] You can have Old Town! I don't care... just gimme the woman! [ Jackie Boy's head 'talks' with tape over its mouth ] Dwight : Shut up. Gail : Dwight... don't do this. Becky : Hey, wait a minute, something's not right... Schutz : SHUT UP! Or I'll plug ya. Manute : Of course, Mr. McCarthy. A fair trade. She's all yours. Manute : [ the head and Gail are exchanged. The group raise their guns ] Now, if you'll explain to me why we shouldn't blow both of you to pieces? Gail : Dwight... what have you done? Dwight : Exactly what I had to... every step of the way. Becky : No! It isn't right! There wasn't no tape over his mouth! How come there's tape over his mouth? [ Dwight produces Brian's remote and the head detonates from a hidden grenade, knocking back a few of the gangsters ] Dwight : [ narrating ] Where to fight counts for a lot... Manute : Cute trick, McCarthy... but it will do you no good... Dwight : [ continuing ] But there's nothing like having your friends show up... [ We see a battalion of armed Old Town girls surround the alley ] Dwight : With lotsa guns... Manute : NO! McCarthy, you SHIT! Share this quote Marv : [ Narrating, watching Kevin go downstairs ] Heading down for a midnight snack... and I can guess what kind. Share this quote Shellie : If you're gonna slug me, just go ahead and get it over with, you sick bastard. Jack Rafferty : There you go, ly

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Original post: Luxury whiskies, what's the point? With the recent release of the Constellation collection from Dalmore, Masters of Photography and Lalique by Macallan, what is your opinion on the super-premium (and unaffordable) whiskies and the distilleries who release them? For my part, I feel neglected or snubbed so I tend to turn my sight on distilleries who innovate or release new expressions that are still affordable. @JoeVelo I'm with you, too, except that I don't feel neglected or snubbed. There's an '05 Dodge truck and a bare-bones '48 Willys jeep in our driveway. I still love to ogle the newest Bentley coupe without feeling as though I've personally been targeted as not being worthy. The truck and the jeep fit our lifestyle; the Bentley never would. And whoever would buy that Bentley likely couldn't grasp the freedom we feel in the jeep banging along on the Oregon Trail. @JoeVelo I know how you feel, I feel it everytime I see a bottle over my price range which tends to sit at around $200 to $300 which is my high end. But to be honest there are so very many good affordable whiskies that I don't see much point in getting angry with the distillery. Every time I see the annual release of Port Ellen, etc and I dream and drool (just a little). Maybe someday I'll be able to afford those bottles. Maybe not. Sometimes I'm lucky and I find a bar that'll be selling shots of them, usually for $50 or more. What I do then is decide how bad I'd like to try said whisky and then buy the shot. Got to try a shot of a very lovely Rosebank a few days ago due to that. Same thing several months back with a bottle of Ardbeg Lord of the Isles. Sometimes you get lucky, more often you don't. Life is only worth living in my mind if you can dream about the better things in life! (btw I honestly don't feel that any whisky is worthwhile pricewise once you pass $500). Yeah theres a point where I won't spend a dime on a fifth of anything and that's $200 it is low for some people when they buy whisky but I can't spend that much and sure its nice to eye a 30-50 year whisky but I wouldn't buy it unless I know I can spend that much and still pay the bills. @Gotoak91 As I've said before oftentimes once you reach a certain price and honestly depending on your country, it sits right along that $150 to $200, you're not paying for how good the whisky is, your paying for how good other people think it is. There are SO many awesome whiskies to try and experience that sit at $75 to $200 AUS that the only time I spend more is when I KNOW I will love that bottle. Other then that it's experiment away!! @SquidgyAsh Yes youre right and luckily most whiskies are under $200 USD at least the ones I want to try anyway. Especially with closed distilleries and older bottlings you are paying for what other people think and the fact that there's a small amount of bottles to go around. It's harder here in Australia with whiskies such as the George T Stagg, Thomas H Handy, etc going for $300 AUS (WHEN you can find them) so I have to be honest I get so jealous of you guys in the states when I hear about $80 bottles of those bad boys. Same situation with single malts in Scotland. But it could be worse! I could live in Canada and have to deal with THAT government system hahaha. @SquidgyAsh, "paying for how good other people think it is" is my impression as well. I think mere status also has much to do with it. Is the sort of person who would spend $156,000 on a bottle of Johnnie Walker Diamond Jubilee really concerned that the contents don't taste any better than a $180 bottle of Black Bull 30yo? No more so than the person who would buy an original Picasso would be concerned that a reproduction would look just as good hanging on his wall. I might be a bit guilty of it at my level as well. Maybe once or twice in my life I'll shell out, say, $350 for a Brora or a Port Ellen, and I'll admit that there's a touch of "brag appeal" in it for

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Malone is on the double GOLF: The Warren GC champion, Ed Malone, notched a unique double by winning the club matchplay competition, beating Mark Turner on the 35th hole of a 36 hole final. At The Warren Men's agm on Sunday, Ed not only collected the club championship and President's Trophy from new club president, Tony Stanton, but the Matchplay Trophy also. The October Stableford was played in appalling conditions. Division One was won by Paul Rolison with 34 points with Peter Brockbank and Cuthbert Kendall, sharing second place with 33 points. Division Two was won by James Anderson with an outstanding 38 points with Andy Mizen and new club captain, Stuart Simpson, sharing second place with 34 points.

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A mid-week break at umi Hotel Brighton by Nicole on November 12, 2012 An hour from London by train and with the beach on your doorstep, it's easy to see why people fall in love with Brighton and spend their weekends by the seaside. But when the weekends come so does the city crowds and the prices of everything doubles, even worse still come summer. So it was settled, a sneaky mid-week break to Brighton was going to happen and where better to stay than on the beachfront at umi Brighton . After a recent renovation the hotel is now simple and sleek, offering good service, comfortable rooms, and a fantastic location to either spend your days beside the seaside or exploring the arts scene that the city is so famous for. But my favourite part of the room was above the bed. When I visited they had almost finished a major renovation of the property including installing unique quotes in each of the bedrooms. My quote read: Destiny is not a matter of chance it is a matter of choice, it is not a thing to be waited for it is a thing to be achieved. An inspirational start to the beginning and end of my day. Within the hotel are a number of features; a luggage room, cafe which is open for breakfast and lunch, the umi bar (above) which is open for happy hour drinks and as a lounge throughout day, the -- restaurant adjacent to the hotel, Little Bay , which includes breakfast and Opera themed dinners. One qualm I had with the property is if you are staying in a room on West Street side. Whilst the room was more spacious than others I had glimpsed and had a sea view, the nightclub across the road, with its pounding dance music and groups of rowdy young adults outside, kept me awake throughout the night. I also had issues accessing the free WiFi from my room, instead having to go to the lounge to be able to access the service. With the beachfront outside your window and the cities laines a short walk away staying at umi Hotel Brighton is an inexpensive but classy option to choose when staying in Brighton on a mid-week break.

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Pages Search This Blog Loading... Monday, 9 July 2012 PINK IS NOT THE ENEMY Hello, my lovelies! Tuesday again, and today I'm sharing with you a slightly different kind of RetroTuesday post - not something from the archive, but a post that I wrote for my publisher's UNDERCOVER blog back a couple of months ago. At the time I linked the post into the Queen of Teen Award, but I thought it would be nice to bring it back here for anyone who didn't see it then and just let it stand on its own. I present to you: PINK IS NOT THE ENEMY Shhhh. \*Looks around furtively\* I need to tell you a secret, OK? It's really embarrassing. You won't tell anyone, right? This is just between you and me? Here goes. I really... kind of... love... pink . When I was a little girl and my mum tried to put me in a pair of jeans, I threw an epic tantrum and wouldn't leave the house, even though said jeans had been specially bought because they had pink embroidered flowers all over them. When my cousin didn't invite me to be a bridesmaid at her wedding I cried for hours because I swear to you, I wanted that big pink puffy meringue dress more than I wanted to live. One of my favourite toys for years was a troll doll with hot-pink hair in a full ballerina's outfit including hot-pink tutu and toe shoes. It never left my sight. I know, right!? Me! Me, with my martial arts and Feminism and fantasy/sci-fi nerdery. Me, with all the big talk about sexism and diversity and trying to write the change you want to see in the world. Me, with my powerful heroines that go around fighting and casting spells and rescuing the heroes and freeing nations. I feel so ashamed of myself! I'm letting the side down! Right? Right? Or how about: OH HECK NO. This is the dilemma many of us ladies (and in fact, gentlemen) face in our day to day lives. We want to be fierce, strong, independent people, fighting back against stereotypes of what femininity can and cannot be. We want respect and we are prepared to kick butt and take names until we get it. But we also really, really, really want that pair of pink suede kitten heel slingbacks we saw on sale last week... Humans have a problem, and it is this: we like to put things in boxes. We like to be able to put Hairy Chested Manly Things in one box, and Fragrant Pink Girly things in another. Girls may sometimes, and with a large application of effort, be allowed to play in the Hairy Chested Manly Things box and borrow some stuff (like, you know, wearing trousers, voting, owning property). But we're not allowed to have everything we might want, and we're often under threat of someone coming along and taking those things back from us. And if we like the stuff out of the boys box too much (equal rights and pay at work, equal sexual freedom, absolute and unquestioned dominion of our own bodies) we'll probably have some very unkind names thrown at us and may even be physically attacked. Men are not even allowed to glance at the Fragrant Pink Girly Box. Everything in there - everything which is supposed to be natural to and desirable for girls - is supposed to be inherantly inferior and lesser for them. A man who likes that stuff is letting down all men. He's unfit to be a man. He can't play in the box without getting sneered at, threatened, deprived of rights and possibly beaten up by others, some of whom might even be women. And ladies - many ladies - including me! - have seen this and have been known to say: 'I shall not play in the Fragrant Pink Girly Box! If it is not good enough for men then it is not good enough for me either! I shall not be forced into certain roles and choices in life! I shall partake only of the Hairy Chested Manly things - like being tough and strong, and not caring about personal hygiene - AND THAT WILL JUST SHOW YOU!' Ladies. Comrades. Sisters in arms and sisters in pink suede kitten heel slingbacks. I am here to tell you that you do not have to chose. Many,

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Tara Moss has released the final chapter for her Mak Vanderwall Series , Assassin , we found the book incredibly thrilling, her best yet, which had us sitting on the edge of our seat as we were swept through the underbelly of Europe with Mak, as she finds a way back home ( you can read our full review here ). We also had a chance to speak to the incredibly talented author, about how she came to this point in Mak's story and what it was like to write the final chapter on her beloved character Mak Vanderwall: Maddi: We see Mak toughen up more in this book and go outside her own boundaries, and then on the other hand, we see her show another side that adds another layer to her character in a way I wasn't expecting, how did it feel adding those more complex layers to her character? Was it a natural progression for her character? Tara : The whole series -- particularly the last three novels -- have been working towards the events in Assassin. Mak has been pushed to her limits and she finds out just how far she will go to protect herself and her loved ones. She discovers a new dark side that was strongly hinted at in Siren, and through all of it she has to work hard to keep hold of her own humanity and her own identity. Which is hard to do when there is a price on your head, you have to use fake IDs and live under the radar... Maddi: The ending was once again surprising, which is what we are looking for in a series, keeps us guessing and you have me guessing ... do you know what you're doing with Mak next? Tara : This sixth novel will be the last in the Mak Vanderwall series. It has been an incredible 15 years writing Mak, and Assassin completes her story. It's time to let her go. It won't be easy, I'm sure. Maddi: You've been writing stories about Mak for many years now; what is your favourite aspect of her character as she's developed along the way? How important is a main character to grow and change as we do in story telling? Tara: I have been writing Mak for 15 years now and a lot has changed in her life -- and mine. The series sees her evolve from a tough and smart, but in some ways naive young woman to a vigilante of sorts. She has seen the dark side of humanity -- greed, sadism and violence -- and she responds by doing whatever she has to in order to survive and find justice. I love the evolution of her character. Characters must go on a journey and must evolve and grow. That is especially important in series fiction. Maddi: What has the process of developing Mak and her stories taught you about being a writer? How has your style changed over time? Tara: The book is boss. Every writer is both a creator and a slave to the characters they write. I've learned that much. Characters become real in a way, they take on their own personalities and can't be told what to do. I have also discovered that I have a real passion for research and learning. I love facts, case studies and history, and I like to take all those fascinating real life details and write them into my fiction. Maddi: You always put in amazing prep work for your stories, have they changed the way you think of police and their work? ie. there are aspects as us, the general public, take for granted and just don't realise how hard it is because of all the shows like CSI that make it look easy? Tara: We owe a great deal to the women and men of the police. Cops have a tough job, physically and psychologically, and they put their lives on the line for us in a very real way. It simply isn't like it is on TV. Some cops are haunted by unsolved crimes long after they retire. Their work humbles me. Maddi: You're also going well with your new series Pandora English, did you need to create a new character to move away from just being known for your writing as Mak? What do you love about this new series? Tara: I took a chance by creating a new series with Pandora English. I had to prove to readers and to my publishers that I could write other stories, other characters and genres. I am glad it is going well, because that success will allow me greater freedom in the future. Writers can write whatever they want, but getting someone to publish it or read it is not always easy. I'm fortunate that I have the chance to grow and change as a writer, and so far my readers are willing to

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memoirs, musings and travels of a hopeful romantic in Paris A surprise dinner? Yes, please! I'll try almost anything once. (Pigs ears in Spain, bone marrow sucked through a straw in China, Yak in Tibet, lardo in Italy ...) Obviously I'm a great fan of adventurous eating. When my equally adventurous Italian recently planned a surprise dinner, telling me it was more of a concept, I was intrigued. Would we be dining in the dark, eating with our hands... I could not make sense of it considering we were in Paris, a culinary capital. My curiosity grew while we wandered Place de la Madeleine. Until we reached the passage. Here we discovered a restaurant with a menu unlike any other. Hidden above the famous gastronomic Senderens restaurant is this experience and experiment in taste. There is no menu, thus no decisions to be made. Here is where the culinary adventure begins. Your dinner is based upon the whim of the chef, whatever he decides to test for the main restaurant, with each table trying different dishes, some of which may end up on the menu. Four courses of unique gastro-dining for less than 40\_ (add a good bottle of wine bien sr ) et voil , surprise dinner is served! This past week my mind has been with New York, it's neighboring regions, and the east coast, the place where I was born, raised, and lived for so many years. New York is a part of me unlike any other city. It's people are my people, resilient, strong and united in their cause. I feel this connection now, more than ever, with the sadness and suffering left behind by superstorm Sandy. I was there in 2001 for the tragic events of 9-11, I was there for the blackout several years ago, and I am there now, if not in body than in mind. Hard to believe how suddenly life can change, by forces outside our control. Stay strong New York, Staten Island, Queens, Brooklyn, New Jersey... the world is with you. Tweet As much as I enjoy frequent visits to local galleries and museums, some of the most unique and interesting art can be found walking along the city's streets. Even the street art in Paris appears to be inspired by the romanticism of the city, at least in my eyes. There's one artist in particular [...] Tweet Every Fall I look forward to the wine harvest in Montmartre, the Fte des Vendanges. An annual event during which I don't mind braving the crowds surrounding the Sacr-Cour Basilica, eager to sample the various regional wines, paired with plentiful samples of cheese and fois gras, bien sr! This year my friend Sarah was [...] TweetI decided to visit Lille on a whim, to meet a dear friend and her 5 month old baby who were traveling via Eurostar from London. What better place for a rendezvous, a city I knew little about, and a place often referred to for it's history and art. Only one hour by train yet [...] Tweet This time of year I look forward to the grape harvest in Italy. My first real experience paying homage to the grape was two years ago, and still I drink the wine in memory of those days. This year the harvest was not as plentiful, but my Italian and I set to work and [...] TweetSome of my fondest memories as a child are feeding the pigeons on the main square in Krakow. I always felt well amidst the charm of this city, even during those many years of Communism, when my young mind struggled to make sense of all the disparities. Each trip to visit my family in Sanok [...] TweetDuring my recent trip to Sanok, the town where my mother grew up and where I spent many childhood summers, we took a trip to one of the largest open air museums. Skansen museum, established in 1958, recreates 19th and early 20th century life in this region of Poland. You begin to understand the simplicity [...] TweetToday marks three years since I arrived to Paris. Filled with lightness and love. Ready to begin a new chapter. Unaware of the challenges ahead as the hopeful optimist won over the practical realist. How am I feeling as I reflect on the last three years of my life as an expat in Paris? Finally, [...] TweetThis year my Italian planned an unimaginable birthday getaway. Nothing like the surprise trip of two years ago in Tuscany. From Paris we flew to Verona, and drove North, the air more fresh and the scenery

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You can put money in at any time, up to set limits. You can take money out at any time, without paying any tax. Making transfers between TFSAs If you have more than one TFSA, you can transfer funds between them. It won't affect your TFSA contribution room -- as long as the transfer is done directly between the TFSAs. Speak to your financial institution or investment firm to find out how to do this. If you withdraw money yourself from one TFSA and contribute that amount to another TFSA, it will be considered a separate contribution -- not a transfer. That contribution will reduce, and may even exceed, your TFSA contribution room for the year. If you over-contribute you'll pay a penalty. Penalties for breaking the rules Over-contributions -- If you contribute too much to your TFSA, you'll pay a penalty of 1% per month on the excess amount until you remove it. If you over-contribute deliberately, you'll pay a 100% tax on any gains or income you make on the excess amount. Prohibited and non-qualified investments -- Any gains or income you make from holding these investments in your TFSA will be taxed at 100%. Example: shares of a company in which you have a significant interest (10% or more). Asset transfer transactions -- You'll pay 100% tax on any gains made by swapping investments between your TFSA and a registered or a non-registered account. This is to discourage people from using their TFSA to realize gains on investments that would otherwise be subject to tax. Example: you swap cash in your TFSA for an investment from your RRSP. Take a look at these examples to learn more about how Revenue Canada calculates tax penalties on over-contributions to TFSAs. Build your savings faster in a TFSAHow much faster? For an example, read Dominic's story

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Weekend Berlin You are looking for various historical highlights, cultural diversity and vibrant nightlife combined in one city? Then you should come to Berlin! Take a break from your daily routine, pack your bags and enjoy a " Weekend Berlin ". If spring, summer, autumn or winter, Berlin offers a wide variety of activities anytime of the year. Sightseeing & Tours Television Tower More than 200 meters above ground with great view of Berlin included? The Television Tower is with its height of 368 meters the tallest structure in Germany and very popular with Berlin visitors. Brandenburg Gate The Brandenburg Gate is a former city gate and one of the main symbols of Berlin and Germany. It is the only remaining gate of a series through which Berlin was once entered. The gate is the monumental entry to Unter den Linden, the renowned boulevard of linden trees which formerly led directly to the city palace of the Prussian monarchs. Today, it is regarded as one of Europe's most famous landmarks. In spring and summer time, many street artists entertain you with music and dance around the Brandenburg Gate. Museum Island Berlin is famous for its Museums such as the Museum Island, a complex of five internationally significant museums located at the river Spree in the district of Mitte. Especially on a rainy day you can spend your time visiting Altes Museum, Neues Museum, Alte Nationalgalerie, Bode Museum and Pergamon Museum with the bust of Nefertiti during your " Weekend Berlin ". Jewish Museum The Jewish Museum Berlin is one of the famous institutions of the European museum scene since its opening in 2001. Beside several special exhibitions the museum presents the German-Jewish history and culture, documenting earliest testimonials from the Middle Ages to the present. Reichstag Another piece of Berlin as well as of German history directly in the middle of Berlin -- the Reichstag. Get to know the seat of the German Parliament and visit the glass dome or just enjoy the view over the Tiergarten, one of the largest public parks in Berlin and Germany Checkpoint Charlie Interested in time travel during your "Weekend Berlin"? Go back in time to 1961 when the Berlin Wall was built and Berlin divided into East and West. The Checkpoint Charlie was the most famous way to enter the other half of Berlin. Even today you feel the history of the Cold War in every corner of the checkpoint. City tours If on foot, by bus or by boat, there are several ways to get a brief glimpse of Berlin. Many local operators offer touristic tours in Berlin city centre as well as in the outskirts. Does is make you hungry for more? These are just a few sights you can visit during your "Weekend Berlin". Nightlife & Shopping Shopping Several shopping areas are throughout Berlin such as Friedrichsstrasse, Hackescher Markt, Alexanderplatz or Kurfrstendamm, known locally as the Ku'damm, which is one of the most famous avenues in Berlin -- full of shops, houses, hotels and restaurants. Go and get your souvenir during your "Weekend Berlin". Restaurants If Japanese or Italian, libanese or Korean, in Berlin you can find restaurants of any taste. You can also find restaurants offering Berlin cuisine which is traditionally hearty and rustic. Well-known snacks are the Berlin Currywurst or the "Boulette". Nightlife Be immersed in a vibrant nightlife during your " Weekend Berlin ". Clubs and bars are available all over Berlin. From house music and RnB to rock, in Berlin you can find a club for every kind of music. Additionally, you can join concerts or have fun in karaoke bars. In summer times you can enjoy open air concerts, open air clubs, open air bars and even open air cinemas. Do not wait and plan your "Weekend Berlin" now!

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On established authors and the weight of expectation: J.K. Rowling's The Casual Vacancy One of the great pleasures / responsibilities of being a lit critic is that you are asked to review countless debut novels. When I first began reviewing, I remember this feeling unusual to me -- coming as I did from a background in academia, where you generally don't read anything without an almost infuriating knowledge of every critical perspective, every last theoretical interpretation, every minute biographical detail. What struck me about latest release debuts is how pure, almost virginal the experience of reading them is. How free I am from anything that might sway me one way or another in my interpretation of the text. With established authors, however, it appears that any new novel is judged though the prism of their previous works. It's the Faustian contract writers enter into when they publish their first novel: if granted any level of success, you'll never be free of your earlier works, and everything you do will be inescapably judged against it. And so it was with the release of J.K. Rowling's The Casual Vacancy , consigned in almost every review I read to a comparison with the Harry Potter books -- Pagford is said to be populated with Muggles, one of the principal families described as pale imitations of the Dursleys, the book retitled (admittedly rather brilliantly) Mugglemarch. However inevitable it was, it all seemed slightly unfair -- not only to the author but to the text itself. I came to The Casual Vacancy as no great Rowling fan. I've never lined up for any of the films, have never once scrawled a lightning-shaped scar on my forehead or donned a black wizard's cape. I've read the novels, of course, and I remember enjoying them in a diversionary way, but I was slightly older than their intended audience once Potter-mania had taken hold, too busy with schoolwork and parties to worry much about Harry and his friends. There are, then, readers far more susceptible, far more tied to the Potterverse than myself. And yet, I too couldn't get the notion that this was written by the author of the Harry Potter books out of my head. So with all the publicity upon the release of The Casual Vacancy , the question I kept coming back to was this: To what extent is it the fault of the reader for being unable to forget the author's past works and read the text on its own merits? To shed the weight of their own expectation? Rowling's debut onto the Not For Children scene begins with the death of a councilor, Barry Fairbrother. His death results in an opening on the council (a 'casual vacancy') and the ensuing battle about who should occupy the seat, and therefore win the wider factional war over the town of Pagford's wish to remove The Fields from its borders -- a housing commission where "graffiti blossom[s] on the bridges," the locals throw rocks at street lamps, "and worse." Of a topic that sounds admittedly rather dull on paper, Rowling manages to weave the threads of her story into an intricate tale of several families and their petty concerns, grievances, lusts and fears. The news of Barry Fairbrother's death ripples out through the township, seeming "to effervesce in the atmosphere, like bubbling champagne," and the casual vacancy glimmers with possibility. But there are those in the town who are disgusted by the campaigning, seeking to sabotage the efforts of the potential candidates. And so the formerly stagnant message board of the parish council website becomes the lively and salacious centre of the storm when it begins to display messages from The Ghost of Barry Fairbrother, who appears to know the deepest darkest secrets of those who wish to occupy his seat. Rowling has a particular knack for creating intricate, believable worlds. It's set in a picturesque and quintessentially 'English' town, "the pretty little town of Pagford," so quaint I almost expected there to be a drawing of a map on the inside cover. But besides all this surface English loveliness of stone cottages and green countryside is the violence, addiction, teenage sex, death and general murkiness about which there were howls of concern. By page three, Barry

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"People who grew up in the countryside may be more than twice as likely to develop Alzheimer's disease in old age" The Daily Telegraph reports. While countryside living has traditionally been associated with a healthier lifestyle, the findings of a recent study suggest that this may not always be the case -- at least in terms of Alzheimer's disease. The researchers pooled data from 13 individual studies, and examined the differences in the total number of people with dementia in the country compared to the city. The researchers also compared the number of new cases that developed over time in these two settings. While they found no significant differences in the odds of developing dementia in general, they did find significant differences in the number of people who had Alzheimer's. People who grew up and continued to live in the country faced the highest increase in risk and were over twice as likely to have the disease compared to those who lived in more urban settings. This is an intriguing study that, frustratingly, raises more questions than it answers. It is currently, in the words of the Daily Mail, 'a mystery' as to why growing up in a rural area would increase your risk of Alzheimer's disease. The researchers discuss the possibility that some type of childhood exposure to an environmental factor may be involved, but they freely admit that this is pure speculation. They say that further high-quality research is needed to confirm this variation between geographical regions and to investigate potential causes of the observed differences. Where did the story come from? The study was carried out by researchers from the University of Edinburgh, University College London, and other UK organisations. The research was supported by Alzheimer Scotland, the Medical Research Council and other organisations throughout the UK. The study was published in the peer-reviewed International Journal of Epidemiology. The media coverage of this research was accurate. Both the Mail and the Telegraph pointed out that researchers have not explained why this difference in the number of Alzheimer's cases appears. And that further studies are required to identify an underlying cause of the association. What kind of research was this? This was a systematic review and meta-analysis of studies that examined differences between rural and urban areas in dementia prevalence (overall number of people with dementia) and incidence (number of new cases of dementia that develop over a specific period of time, such as, over a year). The researchers included both cross-sectional and longitudinal studies in their review. Pooling the results of multiple independent studies can paint a more complete picture than any given study on its own. Meta-analyses can provide a more powerful estimate of an association or effect size and increase our confidence in the result obtained, as the total number of participants included in such an analysis is larger than would be possible in a single study. However, there are important differences between studies that need to be considered when conducting and interpreting the results of a meta-analysis. For instance, in this review, the criteria used to diagnose dementia and Alzheimer's varied between studies, as did the level at which the studies collected data (some used regional data, others collected data at the town or city level). The studies included in this review were conducted in many different countries; rural and city settings between countries may not be similar in terms of environmental or socioeconomic factors. For example, a study in Japan defined 'rural' as being an administrative unit with a population of, or below, 30,000, while a study in Italy defined 'rural' as being a small town (specifically the Sicilian town of Troina) with limited transport links and an economy largely based on farming. While some of the studies simply did not provide a definition of 'rural' as opposed to 'urban'. Finally, the results of a meta-analysis are only as good as the studies from which the data is taken. Studies with weak methodological quality may be used in the meta-analysis. While researchers often attempt to account for this by weighting each study based on quality, studies of variable rigor are generally included in the same review. What did the research involve? The study authors searched multiple databases to identify studies that reported the total number of dementia cases, or the number of new dementia cases, in rural settings, and compared these numbers to those seen in urban settings. The researchers also included what is known as 'grey literature' - data not included in medical journals, but which may still be of value, such as research theses and government reports. Researchers assessed the quality of the studies by considering study design, methodology, risk of bias, how cases were identified, standardisation of procedures across different study sites, and follow-up

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Do You Know What Your Ideal Or Dream Job Is? Survey 18 - "Do you know what your ideal or dream job is?" 60% of jobseekers know what their ideal or dream job is or will be, according to a recent survey conducted by TipTopJob . Do you find this a surprisingly high figure given that so many people, even at 40 years old, turn around and say 'I still don't know what I want to do when I am older'? Finding a dream job for life is a rarity and this is proven given the number of people that are discontent with their current job and the high number of active jobseekers. This 60% figure consists of those who know what their dream job is AND those who know what it will be ? so the question is, even if people know what their dream job will be, have they acted on their dreams and are they actually working in that role? So many people fall into a job without even thinking if it really the type of job they want to do - but at the end of the day working earns you money and you need money to live! For the remaining 40% of those who do not know what their dream job is, it would be logical to think that they will always be on the look out for a new job. This is where job boards become very useful. The great thing about job boards is that you can keep your details online, your skills and job preferences along with your updated CV so head-hunters can find and approach you! To help jobseekers, job boards allow the very intelligent and efficient 'job alerts'. Setting email alerts means you receive notification when jobs that match your job search criteria get registered onto the site. This saves you time having to check and re-check different websites and you can sit back and let jobs come straight to your inbox. Without permanently having to keep searching for a job, you are able to keep in mind the job dream you have been looking for and set these job alerts on job boards so that if your dream job is registered onto the site - you will immediately know about it. They say the 'grass is always greener' and this applies to your career as well as everything else in life. In an employment sense this explains the fact that people are never 100% happy in their working environment and will always keep their eyes open for a potentially better job. But is the grass always greener? If you are happy with your job, that is the most important aspect - and a known fact is that if you enjoy what you are doing, you will in fact never have to work another day in your life!

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I will meet you in the morning on the bright riverside, When all sorrows have drifted away. I'll be standing at the portal with the gates open wide At the close of life's long, dreary day. Cho: I'll meet you in the morning with a "How do you do?" And we'll sit down by the river, and with rapture, old acquaintance renew. You'll know me in the morning by the smile that I wear. When I meet you in the morning in that city that is built foursquare. I will meet you in the morning in the sweet by and by, And exchange the old cross for a crown. There will be no disappointments and no body shall die In that land where life's sun goeth down. I will meet you in the morning at the end of the way On the streets of that city of gold, Where we all can be together and be happy for aye As the years of eternity roll.

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Resolved Question Is there a way to get served alcohol without ID? im 16 and I like to go out and have a drink, nothing "throwing up in the street" jsut a few beers with my friends, but i keep getting turned down when trying to get served (dont leave any posts saying thats because your only 16) so iw as wondering if there are anyways to look/act older and have a better chance of getting served. Other Answers (8) Back when i was a kid the legal age was 18 and with a lot of facial hair and big set of balls getting into a club and drinking at 16 or 17 wasn't that big a deal .A 16 year old kid trying to pass for 21 on the other hand is a very big deal and quite honestly I don't think that you'll be able to pull it off. You would look older after doing 200 hours of community service for drinking underage. Don't be in such a rush to grow up, enjoy your youth and youthful activities. Look up the statistic of those who started drinking underag that became alcoholics and drug addicts. NO WAY. The reason is because you're underage, and attempting to obtain alcohol illegally could not only get you in trouble, but the person unknowingly serving a minor. Do you really want to get someone else in trouble for your own pleasure?

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SES - keeping it in the family Martin Ledwich signed up as an SES volunteer when he turned 18. By then, however, he knew the Craigieburn unit inside and out. 'I used to get dragged along by my dad from when I was 14,' he says. 'I'd go down there and the guys would use me to practise their craft. They'd look at the book and see how to tie someone to a gurney and then they'd do it to me.' Martin's dad Paul helped found the unit, and he's still there 31 years later. Even though the SES is such a big part of their lives, neither of the Ledwich men has told Martin's mum that her son got his start as a test case for knots and rescues. Following his dad into the unit was a natural move for Martin, and the Craigieburn team has a strong focus on family. Martin's wife Kylie and his mum Emily are both affiliates, and they're both supportive of their husbands' service. There are quite a few families with a strong presence in the unit. There are long tenures, too: five members boast 146 years of service between them. Maybe that's why they're such a tight-knit group. 'I just love it. The unit tends to be quite friendly and we're always hanging out afterwards. They're like family really,' Martin says. Outside of the unit, Martin has a passion for 4WDs, which he first got into through his work with the SES. He also enjoys travelling around with family. He's hard-pressed to pick any standout moments from his 25 years of service, but says the best part of big operations is that they pull in a lot of different units, allowing him to meet lots of other volunteers. 'You run into the same faces year after year. I like that.' Martin served as a Divisional Commander during last year's floods in the north of Victoria, which he enjoyed. 'At the end we got to go up in a flight and see it all from above. You could really see the result of all that effort.' The SES has become a huge part of Martin's life. He said volunteering was good fun and extremely satisfying. 'You get to see a lot of different things that you wouldn't see otherwise. You meet a lot of people in the worst situations, and they're just so grateful to see you. What's better than that?' Volunteering with the SES offered structured training that was nationally recognised, he said, and so provided opportunities for personal development alongside everything else. 'If you're really serious about getting out there and helping your community, then this is one way to do it.' As a volunteer based organisation, the Victoria State Emergency Service (SES) provides emergency assistance to thousands of Victorians every year with the assistance of more than 5,500 volunteers. To register your interest in becoming a volunteer call 1300 VICSES or email your enquiry to www.vicses.vic.gov.au

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We drove for hours and we talked the whole way I'm so enamored with the things that you say You talk so sweetly I can taste it on my tongue You got me spinnin' got me feeling like I'm something special But I'm not sure I really am cause I choke on all my opportunities to say things right I'm gonna try it now What I wanted to say What I wanted to say was What I wanted to say was I love you so much I love you so much I love you so much What I wanted to say was We got to the city and you put your arm around my arm and held me close I felt so close and then I felt it slipping slowly through my fingers down my leg and to the floor like a sudden skipping Where the word, it gets away When we need it there beside my hand and on my lips What I wanted to say was What I wanted to say was What I wanted to say was What I wanted to say was I love you so much I love you so much What I wanted to say was I love you so much I love you so much I love you so much DISCLAIMER : You must agree to the following statement or leave this website. All Dashboard Confessional - What I Wanted To Say Was lyrics , artist names and images are copyrighted to their respective owners. All Dashboard Confessional - What I Wanted To Say Was song lyrics might be restricted for educational and personal use only.

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Several states have passed laws that require doctors to tell women if they have dense breasts and to inform them that they have a higher risk of breast cancer. According to the LA Times, California will enforce the law beginning on April 1, 2013 , raising concerns again about the necessity of revealing such information, especially since breast density scores often vary and alternative methods of screening can lead to false-positives and more tests that may not be covered by women's health insurance. Some researchers suggest that informing women of dense breasts serves little purpose and might just worry them. Furthermore, it could just lead to more screenings and testing, resulting in more false-positives and additional health care costs. Other doctors and physicians, however, maintain that breast density should be reported to women. They argue that women are often told about breast cancer risk factors, despite the fact that little can be done about them. Informing women that they have dense breasts could lead them to get more alternative forms of screening, such as an MRI, which provides a better detection of tumors even with dense tissue. The American College of Radiology does not support that physicians should be mandated to inform patients about dense breasts. While the ACR does support that information breast density should be sent to physicians, they explain their position on including such information in the lay summary: "We urge strong consideration of the benefits, possible harms and unintended consequences of doing so." New 3D mammographies could be a solution to the problem. In 2011, the device received FDA approval and is now available in South Florida. This technology, known as breast tomosynthesis , produces a three-dimensional view of breast tissue and helps radiologists characterize individual breast structures without the confusion of overlapping tissue. Using this method for screening resulted in a 40 percent decrease in false-positives. Dr. Susan Love notes how a six-year study found that women with dense breasts have the same risk of death as women with non-dense breasts. She cautions that there is no evidence that more screening is better and explains how dense tissue increases the risk of getting cancer, but not dying of it. Still, the new technology allows doctors to see the breast more clearly, so fewer women are called back for additional testing. Hologic, the manufacturer of the breast tomosynthesis device, points out that clinicians who have used the technology report that "the Hologic 3D mammography procedure detects cancers that may have been missed by 2D mammography." Information Center Quick Links Our Firm Our mission is to empower you with knowledge; to give you the facts you need to be proactive in protecting yourself, your family -- and your future. On these pages you'll find information about patients' rights, hospitals and other healthcare facilities, informed consent, and how, when necessary, the legal system can work with you, and for you.

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Art Talk with NEA Literature Translation Fellow Dan Bellm Dan Bellm. Photo by Annie Silverstein "We owe it to each other to read world literature, to cross borders, to enter other lives and times in the way that only great writing can." -- Dan Bellm Professor, editor, translator, and poet -- 2013 NEA Literature Translation Fellow Dan Bellm has some serious Renaissance man bona fides. In addition to translating the work of Pablo Neruda, Manlio Argueta, and Csar Vallejo, he has been translating French writer Pierre Reverdy's work for almost a decade. In 1998, Bellm received the Caesura Prize, judged by Mark Doty, for his poem, "Aspens," and an Artists Fellowship for Literature from the California Arts Council. Bellm's poems have appeared in such publications as Poetry , Ploughshares , The Threepenny Review , and Word of Mouth: An Anthology of Gay American Poetry . We spoke with Bellm about his writer's life, his philosophy of literary translation, and why he likes taking apart poems to "see how they tick." NEA: What's your version of the artist's life? DAN BELLM: The artist's life, to me, means doing work I love, which includes continuing to try work that challenges or scares me. I'm not very interested in writing or translating the kind of poem I've already written or translated. The work has to pose some kind of question or riddle that I don't know the answer to; when I'm lucky, I grab a thread and just hold on. Or to take a different metaphor, I think of how pole vaulters keep raising the bar. And although not all writers do, I love giving public readings of my own and others' poetry. I consider it an essential part of my work. Poems are meant to be read aloud and passed on; once they're written and spoken, they're not "mine" any more. NEA: What do you remember as your earliest engagement with the arts? BELLM: Since I'm a literary artist, I'd have to say that my most important early memory is of my mother taking me to the public library in my hometown, Springfield, Illinois, starting when I was three or four, to pick out books, bring them home, and read them together -- a habit that's never come to an end. My sister Eileen, two years older than me, brought books home from kindergarten and first grade, too. It's all traceable back to that time, the amazing experience of words on paper coming to life as I learned to read. And leaping forward, I have to thank my high school English teacher, Jim Burke, for noticing me, and pushing me to read challenging books that weren't on "the list," and really wanting to hear what I thought of them. NEA: Can you tell us about the project your NEA grant will support. How do you choose the works you translate? BELLM: I'm working on a translation of French poet Pierre Reverdy's (1889-1960) great postwar work, Le chant des morts (Song of the Dead), a volume of 43 poems written from 1944-1948. Although it's by far the most important book of Reverdy's middle and late career -- the time after he and his wife fled the very center of the Parisian art and literary world, in order to live a quite secluded life near the monastery of Solesmes in northern France -- Le chant des morts has been neglected by English-language translators, who have focused almost entirely on the poems of his Parisian years (1910-1926). Only four of its poems have ever appeared in English, and those are in books that are long out of print. Le chant des morts is a very unusual [account] of the public and private aftermath of war. It's not a documentary or a narrative -- it's about troubled states of soul. Reverdy has such a sure command of image, and the emotional atmosphere of life-at-the-edge-of-death in postwar France seems so strangely familiar, that I really believe that this poetry will speak eloquently to our own time. I have been working with Reverdy's poems for a decade or more, starting with two collections of his prose poems, and I've turned to Le chant des morts because it's

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Results of Structures: A long time was not so bad Only 1.13 percent. amounted to an average rate of return on structured products completed in the first two months of 2012, is the worst situation for at least three years. Only three of 67 completed in January and February of investments resulted in a reasonable level of profit, which exceeded 10 percent. per year. Earned Most people who invested in funds developed by the Warta Life Insurance Company, and available in the Loan Bank Platinum Plus product. It was a three-year structure linked to a basket of six metals traded on the London Stock Exchange (aluminum, copper, nickel, platinum, silver and gold). The return on this investment amounted to 33.61 percent. in three years, or 11.2 percent. year. But because of the form of life insurance and endowment, it was exempt from capital gains tax, which is its result can be compared with 41.49 percent taxed. (13.83 per cent. Per year). A little less in a year (10.73 per cent.), But more for the whole period of investment (42.93 percent). Gold gave a four-year structure prepared by New World Alternative Investments, which helped earn a rising gold price. Again, we had to deal with the policy, so do not have to pay 19 percent. tax. To complain about should not be one of the investors who decided to Structured Deposit EUR / PLN 2011 Stabilization of (1) in PKO BP (5 per cent. In half a year to euro exchange rate). And that is all about good news from the market structures. With 67 completed in January and February. profit products yielded only 22 (33 per cent. all), and the return of invested capital investment resulted in 41 (61 percent).. The remaining four resulted in loss of customers, mostly because 10 percent. a year it cost effective strategy for the holders of B (1) of the Investment boutique hotel. The average rate of return on publicly accessible structures (based on those of the private banking gather twice a year, included in this material yields come from the base site Structus.pl), which were made during the period 1 January to 29 February 2012, was 1.13 percent. This continued the downward trend started in the summer of 2011. The first half of last year was the best period in history. The average rate of return was 4.88 percent. year. But the years of turmoil much worse conditions and the average score in the second half fell to 1.66 percent. In 2009-2010 the average was two to four percent. Now, despite the calm mood, it is even worse and there is little indication that the next few months were to be improved.

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The Hawaii senior center got in some full contact work during Monday's practice -- which, unfortunately, happened to be closed to the media again. No direct observations available. He also apparently got in some work during an incognito team session on Saturday after a film session breaking down the 75-67 exhibition win over Hawaii Pacific the night before. Joaquim said he'd be ready to play for the Outrigger Hotels Rainbow Classic, barring any health setbacks. He said he felt "97 percent" healthy. "I just need 3 more percent," he said, grinning wide. However, Gib Arnold didn't sound like he was going to take any chances with his prized big man. Check out tomorrow's edition for his take on the matter (as well as Part 1 of our three-part UH basketball season preview). Suffice it to say for now that Joaquim playing vs. Maryland-Eastern Shore is far from a given. But its a lot closer to reality now than it was at this time last week. 11 Responses to "Joaquim back in the fray" According to the schedule, after this weekend, the men's basketball team will be playing only four games - three here and one on the road - until the Diamond Head Classic starting December 22. The home games are: Illinois, November 16; North Dakota, November 20; Pepperdine, December 8. The away game is UNLV on December 1. Hopefully, Vander will be 110% by the Classic. Frankly, I was tremendously impressed with the team last Friday - especially Isaac Fotu & Christian Standhardinger. I recollect reading in yesterday's morning paper that one of the reporters said that the UH basketball team should be 3-0 in the next week or so as they have 3 easy games. How can these reporters make blanket or asinine statements like that when every game is going to be a struggle with or without Vander. Usually these reporters have never played the game so doesn't really know what it entails playing the game. Poor reporting and making generalized predictions can be a reflection of the reporter's lack of knowledge of the game. There are beat reporters like myself and there are columnists. Two different things. Columnists can freely make predictions and prognostications as they see fit; that's part of their job. It's their opinion, and that typically doesn't fall under reporting. Of course, there are exceptions to that. Areas like blogs such as this give me a little more freedom in going beyond the basic facts, but (other than voting in a conference preseason poll) I stay away from game outcome predictions, and leave it to our columnists Dave Reardon and Ferd Lewis to provide added perspective where they see fit. As far as making blanket statements, "every game is going to be a struggle with or without Vander" sounds pretty blanket, no? That's your opinion, and what you read the other day was someone else's. While An Emphasis on Winning In Big West is appropriate, The Big West's And Hawai'i's Power Ratings are significantly affected by these "Pre- Season" Games --- They Count...and Long Beach, Fullerton and others have some Transfers that may not be fully eligible 'til December ... IF we don't finish First in BW (strong likelihood) the Power Ratings and a "Big Name" (Illinois, UNLV, Miami...) Win or Two might be the difference between another Riley Invitational (Thanks, Coach!), NIT or even something Bigger.... We need the students in force this weekend, get your free shirts this friday, how about some free hotdogs and soda for the first 500 students on Monday nites 11pm ESPN game, let's make it happen for the students! Boosters, Athletic dept , let's make Monday nite BB crazy at SS Arena!

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While a bar of chocolate might be considered as a guilty pleasure by many of us, perhaps we don't need to feel quite so bad about our weakness for this sweet treat. Research published recently in the journal Neurology indicated that men who consume a moderate amount of chocolate each week have a lower risk of experiencing a stroke. Chocolate May Reduce The Risk of A Stroke The Study and its Finding Over 137,000 Swedish men were recruited for the study conducted by researchers at the Institute of Stockholm. Participants completed a self-reported questionnaire of their dietary intake and were followed over a ten year period, during which time 1,995 of them had a stroke. Looking back at their dietary intake at the start of the study, those who had consumed the most chocolate had a 17% lower risk of stroke than their counterparts who did not eat any chocolate. This equates to 12 fewer strokes per 10,000 participating men over ten years. In context, the amount of chocolate eaten by the highest consumers was 63g each week and as a guide a standard sized bar of Dairy Milk weighs 49g. What was interesting is that while the benefits of eating dark chocolate have previously been shown in various studies, in Sweden 90% of chocolate eaten is milk chocolate. That said the cocoa solid content -- which is high in dark chocolate -- of milk chocolate in Sweden and other European countries, is higher than the milk chocolate commonly found in North America. Following the finding of the beneficial link between chocolate and stroke risk in this study, the same team analysed five sets of data from European and North American studies, which showed that the same benefits were conveyed -- those who ate the most chocolate had a 19% lower risk of stroke, with a 14% reduction in risk for each additional 50g of chocolate eaten each week. Study limitations Like all scientific studies, this one has its short comings. The participants had to self-record their dietary intake, which is likely to have introduced some errors and they were only asked about their intake at the start of the study, which might have changed over the course of the decade. The study also did not differentiate between different types of chocolate eaten. Those men consuming the most chocolate did show different characteristics to those who ate the least, but even when factors such as high blood pressure were controlled for, higher chocolate intake was still associated with a lower risk of stroke. Flavonoids and their benefits A number of other studies had previously shown that eating chocolate was linked to a lower risk of diabetes, heart disease and high blood pressure. It was thought that chocolate exerted its beneficial action on disease risk through its flavonoid content and it is through this mechanism that it is postulated to protect against stroke too. Flavonoids are plant compounds thought to be beneficial to health and those in chocolate that are of particular interest are epicatechins, catechins (also contained in tea) and procyanidins (also found in certain fruits such as apples, grapes and blackberries). They are thought to exert their benefits through a number of roles. Flavonoids act as antioxidants, so are able to protect the cells of the blood vessels from damage and the build up of cholesterol plaques that would otherwise narrow them and restrict blood flow to the brain. They also have anti-inflammatory properties, again protective of the blood vessels, as well as reducing the stickiness of the blood, so a blood clot is less likely to occur and cause a blockage in an artery supplying the brain. Flavonoids may also reduce blood pressure, which is a risk factor for stroke when raised, by their ability to dilate the arteries. Everything in moderation It is important to remember that this is just one piece of research and the team who conducted this most recent work admit themselves that much more work needs to be carried out before chocolate consumption can be encouraged for health. After all, whilst rich in flavonoids, chocolate is high in calories due to its fat and sugar content, which can contribute to weight gain, as well as being high in saturated fat, the type of fat which raises levels of bad cholesterol -- both risk factors for heart disease and stroke. Chocolate is best consumed as part of a balanced diet, as studies have consistently shown that components such as fruit and vegetables, wholegrains and oily fish are linked with a lower risk of heart disease and stroke. If you are interested in including chocolate for its potential cardiovascular benefits, choose one higher in cocoa solids, as this will provide more flavonoids. Hospital Review This Month: BMI Meriden Hospital Cookies Are In Use This

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Five of the best superyachts at the Fort Lauderdale show Despite the best efforts of Hurricane Sandy to disrupt the Fort Lauderdale Boat Show, the strong winds soon hurried north, leaving the crowds to enjoy the scores of superyachts on the Face Dock. There were many highlights among the new yachts on show. SuperYacht World's latest cover girl is the 50-metre Arianna from Delta and she was certainly attracting some jealous glances from other owners and captains. The owner's bridge deck suite with its aft-facing bed and access to a private deck will be a much-sought-after spot among charter guests. Her build has been managed by SG Private Wealth Advisors , whose flexible and innovative approach is clearly paying dividends. The new 43-metre Just Enough has been created in collaboration with various skilled contractors, but the wait has really paid off, but the wait has really paid off: in the proud care of two sailing-mad families, she hosted the America's Cup and Louis Vuitton Trophy for a private reception at the show. The yacht will be heading to San Francisco for the America's Cup next year. "I wanted to put Lasers on board but the charter guests will prefer Jetskis," one of the joint owners tells us. The yacht will charter through Ocean Independence . Ocean Alexander's 120 was produced in collaboration with Christensen to meet the needs of Ocean Alexander's clients who have been moving up the range. The Evan K. Marshall interior creates a welcoming vibe. The captain -- a veteran of many deliveries -- brought her to the show from Vancouver on her bottom, reporting that despite encountering some storms and tough conditions she's the best handling yacht he's ever cruised. Evan K. Marshall has also styled a 112, a 130 and a 155 in the range. The explorer Mazu was being shown by Cheoy Lee . This 46-metre sistership to the successful Marco Polo is currently seeking a buyer. In sea trials, the single-screw yacht has a 6,600-mile range burning at 10.5 knots burning 42gph. Cheoy Lee handled the interior and the yard has done a great job. Lady Linda , built by Trinity and shown by and on brokerage with IYC , is already having a great career as a charter yacht. The 57-metre boasts an interior by Evan K. Marshall, who has created a warm and inviting main salon. It's a very flexible choice for charter parties.

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I think realistically it'll be better than QOS... Different than CR in a way that you can't compare the two. And like anything else it'll have some flaws that the producers will try to fix in the next movie. And i think i'm going to love it. I think it'll be a different type of Bond movie. It'll make a lot at the box office All the signs are looking good! However with the clapperboards i feel that they have given us too much information already! And with all the leaked footage it takes a lot of the mystery away for me. A sfor the film itself? I think it will be a major success and certainly has the potential to surpass B/O takings of CR! Whether i will like it more than CR? We will have to see but given the plot and the assembled cast? It certainly has a damn good chance! I think it is going to be a financial success. I hope that it will be seen as a Bond film and not a Mendes film, i.e. that Mendes will have the humility to hide behind the character and the universe. I do think the casting is pretty much flawless (except maybe the young Q?), so I am fairly confident the actors will pull it off. I have always been sceptical about John Logan as a scriptwriter so I am a bit worried about the script. So far what we have heard about it is so generic I don't know what to think about it. I think it will a great Bond adventure! I pretty much agree with everything @tqb said. It will be better than QoS and just as good as CR, if not better, but a different kind of film. I'm really excited to hear that they are going back to classic Bond and that Q is back! All the those reasons and the fact that Bond hasn't been in theaters in four years will help the film at the Box Office. As Sams link shows, there is already a discussion for this. Therefore I'll lock this one up and we can continue to discuss our thoughts on the fate of Skyfall in the thread as provided in the link above. Thanks. Announcements The MI6 Community is unofficial and in no way associated or linked with EON Productions, MGM, Sony Pictures, Activision or Ian Fleming Publications. Any views expressed on this website are of the individual members and do not necessarily reflect those of the Community owners. Any video or images displayed in topics on MI6 Community are embedded by users from third party sites and as such MI6 Community and its owners take no responsibility for this material.

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An Enemy of the People, Friedman Theatre, New York Over the past two decades, Hedda Gabler and A Doll's House have been the only Ibsen plays produced on Broadway. The playwright has been reduced to providing plum roles for capable women. The New York heyday of Ibsen's An Enemy of the People , which has been powerfully, if schematically, revived on Broadway by Manhattan Theatre Club, was the 1920s, when the Leninist ring of its titular phrase conveyed more resonance. In the play itself, here given a severely streamlined adaptation by Rebecca Lenkiewicz, ideology does not overtake the evening until about the two-thirds mark. Until then, Ibsen confines his clashes to more mundane matters. Dr Thomas Stockmann, a respected citizen of a coastal town in southern Norway, and his brother Peter, the mayor, have pushed forward the development of baths. They are touted for their medicinal value, and are expected to be a boon for the town. When Dr Stockmann discovers that the town's tannery is contaminating the waters, he brings a detailed report of the toxicity to the attention of the mayor and of Havstad, the editor of the local newspaper. But the mayor opposes his brother's whistleblowing, arguing that the exposure will damage the town's economy and will require a tax increase for its citizens to pay for repairs. More IN Theatre & Dance Director Doug Hughes presents the story in fairly straightforward manner. The staging is presentational: when the brothers' sparring reaches its apogee, they stand miles apart, as if they were loading pistols at dawn. When Dr Stockmann presents his case at a town meeting (the interruptions by a portly drunk provide almost the only humour in the evening), he hops on to a long table, as if he were mounting the barricades in Les Misrables . Such gestures avoid grandiloquence because Boyd Gaines, who portrays the doctor, is such an admirably unshowy actor. When he trumpets the heroism of the crusading individual, you may not believe his airy notions but you don't want him yanked off the stage. If the arguments of the mayor seem less compelling, that is not the fault of Richard Thomas, who plays him, but of Ibsen, for making the doctor by far the richer role. The dramatisation of the drama's central conflict retains its force -- even though the actors' tendency to shout sometimes undercuts it.

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One of the more interesting sessions was a discussion about The Howard Factor , (Melbourne University Press) an assessment of the prime ministership of John Howard. Leading Australian figures Christopher Pearson, Caroline Overington, Nick Cater, Matt Price and Imre Salusinszky reflected on the nation's political climate and future directions. Price said that Howard was neither as brilliant nor as dastardly as many claimed but he simply worked harder than any other politician in the country. He argued that Australia went to war in Iraq for the US alliance, but "you can basically trust Howard." He did acknowledge, however, that Howard used "weasel words" like the best of them, especially over AWB. Pearson alleged that the Left felt morally superior to Howard and had a licence for moral outrage over conservative rule. When challenged over the Iraq war, he said that, "nobody should have been surprised that we went to war in Iraq" (though one wonders how he feels about the complete collapse of the Iraqi state after our engagement.) "Howard is the "sanest occupant of the Lodge since Menzies", he proudly stated. Salusinszky fell into the same trap as Pearson, seemingly incapable of understanding that the ALP and the Left are not one and the same thing, and the so-called Left does not hold identical views on every subject. Salusinszky denied that the country had lost its moral compass under Howard and claimed the electorate had already decided that Kim Beazley was unelectable. Overington was the least affected by cultural warrior rhetoric or media spin. She explained how many young Australians felt comfortable with Howard's economic and social changes and voted Liberal in greater and greater numbers. She said that Australians "can't trust Howard", especially over the Iraq war and AWB. She again demanded that Alexander Downer should resign over AWB. As soon as the scandal broke, he "should have behaved more like a man [and stepped down] and less like a minister." Disclosure: Melbourne University Publishing recently published Antony Loewenstein's My Israel Question . Donate This is a non-profit site dedicated to providing timely and challenging material. Any financial contributions would be greatly appreciated, however, to sustain hosting costs and the life of a freelance journalist.

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Why You Need To Be Careful When Outsourcing Content Creation Sep 24, 2011 One of the chiefly imperative aspects of online marketing and successfully disseminating info about your website is the materials. If you have a hankering to advance your Internet marketing on to the next level then you should find a way to get a ton of materials done for you. Going ahead and hiring your very own team of writers may see m like a really good idea, although in reality it's not as effortless as it seems to be. In the following article we will be looking into three effective tips to help you outsource your online content creation. For instance, if you want to move from local mobile monopoly bonus niche to a new niche, you'll have to keep yourself updated. You can use a unique approach of soliciting guest writers to contribute to your site. A lot of people are making an effort to establish a name, so they are willing to do this in exchange for exposure. All you have to do is give credit where it is due and that is with them. It is a simple kind of barter exchange, and there is no money involved at all. Since the writer is trying to make a name, then that means what is written will be guaranteed to be excellent in all ways. The internet is huge and the pool of guest writers willing to do this is tremendous. This is really easy to do, and it is not difficult to establish good networking with these writers. When you are working on a large online content project, then you have to be sure that you maintain forward momentum with your project. It is just good practice to get into the habit of doing this, and that is especially true if something needs to be edited. Professional freelancers will be happy to make any changes to make sure that you get what you're asking for. It also ensures the end result is nothing less than the best. These are just a few of the major points you need to think about when you want to outsource your online content. For example, if your aim is to go for the local monopoly niche, you can very well be successful in making it big with it once you set up a strong foundation. It is always a good idea to keep your finger on the pulse of what is going on. It is just a good and solid idea that you are aware of the work you are paying someone else to do. There are tons of ways to stay in touch such as calling or texting, etc. If there are any changes that need to be made, then you can easily get that done. Another function is to make sure the writer does not blow through the deadline, so you need to keep on top of that too. It is best to be clear about all of this in the beginning, and that way you can avoid possible problems. To conclude, out of the article above we can clearly be aware of how effortless your online business turns out when you have your subject matter subcontracted to the proper entity. There is an array of slip-ups that can be made by people when it comes to successfully contracting things out, although if you can remember the above recommendations, you'll have the ability to get all that you can from it. There is really no truth or falseness when we talk about farming out, as it takes time and know-how to do it properly. However if you're able to start the right way then things will work positively for you.

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About Us More Than a Bag of Seed When you purchase Pioneer r brand seed, you receive more than just a bag. The right support - full technical farmer assistance To ensure you make the greatest possible profit from Pioneer r brand products, there is always a pioneer technical sales professional close at hand offering to help you. With over 1,200 years of combined experience serving and supporting farmers, your local pioneer service and support team can provide the right solution to most farming challenges you may face. Pioneer professional support is only a phone call away. Phone 0800 PIONEER (0800 746 633). The right direction - New products proven globally and in New Zealand Every year you want to plant the right product for your paddock. New Pioneer r brand hybrids are constantly introduced that have been rigorously tested around the world and in New Zealand. This ensures the new hybrids are better. It is only right - Replant risk policy\* The Pioneer Team believe it is only right to share some of your farming risk. So if within two months of planting, your maize or sorghum crop needs replanting for whatever reason, we will provide replacement seed at half price regardless of which brand you initially planted. Simply advise your merchant representative or Pioneer Area Manager of the problem. \*This policy is for planting within the same season and applies to any brand of hybrid maize and hybrid sorghum summer feed. It does not apply to lucerne or greenfeed maize seed blends. Seed treatment will be as per your original order. Right quality seed Delivering the right quality seed to you is a key goal. All Pioneer r brand maize seed grown and sold in New Zealand is rigorously tested for genetic purity. If it is not right it is not sold. You can see the difference in your yield monitor at harvest, the size of your silage stack and the performance of your cows. Right planting - test planter service To help you maximise profit from your investment in Pioneer genetics and seed quality, the free Pioneer Test Planter Service is available to growers and planting contractors. Co-ordinated by your local Pioneer Area Manager, the test planter service includes seed meter performance testing, inspection and precision calibration. We think it's only right - industry support & partnership Like you, the rural community is very important to us. That is why we partner and support like-minded organisations that work to create value and security for New Zealand farmers. We are a principal supporter of the Rural Communities Trust, which gives financial assistance to groups, families and individuals in need, in rural areas. Getting it right - 0800 PIONEER advice line If at any time advice or help is needed with any aspect of growing or using maize, Pioneer professional technical support is only a phone call away. Phone 0800 PIONEER (0800 746 633).

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ugg bailey button triplet well as the discomfort ugg boots clearance stated some inside the delegations experienced discussed a "temporal outlook" for how extended his federal government may last. The time using the federal government "which I am wanting to produce could be the actuality that period of your time among nowadays as well as the complete of spring 2013," he said, in accordance with some CNN translation. At any time the parliament could dissolve his federal government "because of insufficient trust," he said. It is "obvious" how the procedure at hand can be an emergency, and that to accomplish financial progress and interpersonal equity "should be the priorities," ugg clearance said. The new prime minister designate will confront an arduous task, as Italy has among the greatest countrywide debts in Europe at \_1.9 trillion ($2.6 trillion) -- about 120% of GDP -- and has observed minimal progress in latest years. To consider the helm, Monti demands the approval inside the Italian Parliament, which could be composed of numerous gatherings with different interests. Silvio Berlusconi's individuals of independence celebration goes on to be the strongest force in parliament, and Berlusconi has stated he ideas to stay energetic in it. Those different political pursuits ugg bailey button triplet well as the discomfort of austerity actions could weigh heavily on Monti as he steers Italy by means of economically troubled waters. Some politicians in Italy have currently named for elections to think about place sooner than their scheduled time of spring 2013. Italian celebration leaders spoke in help inside the brand new prime minister designate on Italy's senate tv set pursuing exiting deliberations with Monti inside the composition of the brand new government. Antonio Di Pietro, mind inside the Values Party, stated his team is "happy how the Berlusconi federal government could be transformed from the Monti government."

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You are here First WERO waka edges out from the start line Some teams just gear up and dive in. It's fantastic to see our first team have stretched away from the starting line. They'll be setting a cranking pace for the competition. The potential of WERO is starting to gain attention in other rohe (regions) also. Imagine it whanau from around the motu (country) forming teams and competing locally. Might not be long and we'll be able to run a national comp.

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3/10/12 ... and unfortunately this show has just been cancelled 'due to insurmountable legal and zoning issues between the venue and the council' -- guess thats why we don't see too many dance performances in warehouses... Imagine a large, spare industrial warehouse space -- all steelwork and exposed structural rafters, internal void, concrete floors, shadows, and natural light filtering through frosted grid windows. Now, instead of a Tarantino interrogation, imagine this space coming alive with the physical poetry of beautiful, articulate contemporary dance in an immersive installation experience. Laura Summers and Maximilian have chosen such a space to tell us about the moment before logic arrives in the body through a series of short contemporary dance pieces and video works they've called dance+anecdote. We had a chat with them about it. Tell us about dance+anecdote... dance+anecdote is a series of short new contemporary dance works, both live and filmed, that are presented in a breathtaking warehouse space: manysquaremetres . What inspired dance+anecdote? The very first moment of inspiration was Laura's... but it was kind of indirect. After seeing a music video that was filmed there, Laura became infatuated with the space (as everyone seems to) and decided it was the perfect backdrop for a short dance film project she was working on with Heidi McKerrow. They filmed that short at Manysquaremetres earlier this year and were really blown away by how gorgeous the light was and the cinematic, epic quality of the space. When registrations for this year's Fringe Festival came up, Laura invited me to join her as co-deviser for a show of short works. We struggled until the very day before registrations closed to find a conventional venue, then realised our ideal scenario was manysquaremetres, and approached them. How is that space shaping the production? The space has the most immediate impact imaginable- as soon as you enter, you feel like dancing, or at least I do, and the volume and the grid naturally affects how you move. It's a very dynamic, very live space. And every time I walk in, ideas come to mind quickly. For an industrial space, it's surprisingly warm and personal. When we started the project, we felt relieved because we both already had choreographies set and ready-to-go, but once we spent time in the space, that changed completely and we wanted to make more site-specific work. It's been the same with the dancers. The dancers all have distinct personalities, and we both want to work with that, not against it. Tell us about your dancers... We've chosen all the dancers very carefully. We have dancers from the Homemade Dance collective that Laura and I are involved in. We're also working with Geoffrey Watson (recent graduate from Australian Ballet School) and Yuiko Masukawa and Imanuel Dado (both recent graduates from WAPA). For me, the dancers' personality is definitely the starting point of making works. Tell us about the name... We wanted a name that was broad enough to not impinge on the diversity of the works, a title that wouldn't restrict the way the works are interpreted by the audience. 'dance+anecdote' also reflects the episodic nature of the performance -- constructed of a number of short ideas, visions that are brief and fleeting, scattered throughout a large space, coinciding in the same place and time but not necessarily constructing a grand narrative. I understand that you are both designers by day and dance makers by night, how do you manage that balance? Interesting notion: balance! We both find it challenging, but we feel a compelling desire to dance and to make. The greatest thing about having two producers on this show is being able to play tag-team when we have other commitments. But we both have creative jobs that are fulfilling in their own ways too. MAX: We're both very visual people, and I think that helps with seeking quality in presentation. I just think that once you start considering design in any realm the attitude for assessment required comes into play in whatever you do, in everything you create. For me, my background is draping and couture, which I consider essentially as kinetic sculpture, and it's the same principle with dance. Interestingly, I know a several accomplished dancers who explore fashion in a similar way. LAURA:

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The consultation found that Openreach had SMP in the wholesale ISDN30 market and proposed a variety of remedies, including a price cap for wholesale ISDN30 services. DotEcon advised on the proportionality and potential adverse effects of the proposed remedies in light of ISDN30 being at the end of its lifecycle. Novel issues arise for profitability measurement and the formulation of an appropriate regulatory response where an end of life product is on the cusp of being superseded by a new generation. DotEcon's report to Openreach can be found on the Ofcom web site alongside Openreach's response. Post navigation DotEcon Auction Workshop Our Auction Workshop will take place in London from 17th to 19th April 2013. It will give you an in-depth understanding of different auction designs, including combinatorial formats that have recently been used for for spectrum auctions. For more information click here . To book your place click here .

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Michael W Smith - Help Is On The Way chords Album : A New Hallelujah Song : Help Is On The Way Standard EADGBe tuning Artist: Michael W Smith Intro A E D E Verse1 A E F#m E People say that time will heal F#m E D A But you know, they just don't feel what you feel A E F#m E Times are hard but God is so good F#m E D A He's never failed you, and He said He never would Bm F#m D Bm F#m E He see's your tears He fights your fears Chorus D A F#m E Hold on, help is on the way A Em A D He said he'd never leave you or forsake you A F#m Em Stay strong, help is on the way A D A Bm D A He'd said he'd help you, just reach out and take his hand [ Tab from: http://www.guitaretab.com/m/michael-w-sm\\... ] Verse2 A E F#m E He knows your heart, He lifts your head F#m E D A He's always close enough to hear every word you said A E F#m E When you're weak, He said He's so much more Bm F#m D Bm F#m E His arm is long enough to reach you where you are Bm F#m D Bm F#m E He see's your tears He fights your fears Bridge [changes key] Eb Bb Eb Bb Hold on Gm C Cm F Help is on the way, help is on the way Bb Fm Bb Eb He said He'd never leave you, or forsake you Bb Gm D Fm Stay strong help is on the way Bb Eb He said He'd help you Bb Cm F Bb Just reach out and take His hand Eb Bb Cm F Bb Just reach out and take His hand Eb Bb Cm Bb Just reach out and take His hand You can stick the to the normal chorus's chords if the bridge is too hard.

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Holby City: Is this something else that might require a doughnut? ( Series 14, ep.50 ) The main action this week was in AAU and Keller, with Darwin as this week's comedy relief. I never thought I'd hear myself say that. To the hurly burly of AAU first, and the hot news is that Luc's camper van was clamped. The other hot news was that Wolfie had the chance of a nice job in Brighton -- now Luc's back, there's no job for Wolfie at Holby. This was just as well, because Luc was noticing some troubling things about Wolfie. For one thing, he's hardly ever seen without having Nurse McKee attached to his face, which has got to be awkward and inconvenient, not least for the patients. For another thing, he had trembly hands. Again, not something to inspire patient confidence, and also a tell-tale sign of Camoxidan addiction. Luc did what any self-respecting maverick doctor would do, and covertly took a sample of Wolfie's hair -- or should we call it pelt -- from his jacket while Wolfie wasn't wearing it, and had it tested. This is not technically legal, but who cares when it came up with the evidence that Wolfie has been full of Camoxidan for at least months. This explains the trembly hands and the fact that he can't put a pressure bandage on to save his life. Or, more accurately, to save someone else's life. There was a big showdown, Wolfie stomped off to Brighton and Eddi failed to stomp with him -- but she did try to cheer herself up after his departure by popping one of his dodgy pills herself. Are we now going to have to endure Eddi's descent into drugs hell? I had enough of that when it was Mark "Jesus" Williams who at one stage was forever nipping off to the gents for a mid-shift enlivener. Meanwhile, almost everyone on Keller was tense, awaiting the results of the report into the death of Nice Mr Mooney. Chantelle wasn't tense, because she's way too sunny for that type of thing and she also had a box of mini doughnuts as a relaxation aid. I do admire Chantelle's thinking. Serena didn't admire it that much, but she did have a sneaky doughnut anyway. Serena's controversial initiative of the week was to fast track patients by popping tubes up or down them to have a look-see before she'd done any X-rays or boring stuff like that. It saves time, but doesn't work when you have patients who inconveniently have all their organs the wrong way round. Victory for Ric and his old-fashioned, methodical approach once again, but he assured Serena this didn't mean he would let her take the blame over Mr Mooney. As it turned out, no-one is getting the blame for Mr Mooney, as the report came back as "no blame attached." There were more than strong clues that this is not the last we're going to hear of this story, though. Not judging by the mass of emails Hanssen received with the subject line, "Blood on your hands." We do need to be concerned about our favourite super-tall Swede. Darwin was a bit quiet, because Jac was away at a conference and Oli had gone with her to carry her bag. He'd also left his phone behind, and Jonny Mac saw an opportunity to wind Tara up by sending her racy texts from Oli's phone. She neatly (and a tad predictably, it must be said) turned the tables on him by sending back texts that seemed to indicate that Jac was having an affair with a millionaire. It was quite sweet, because Jonny kept pretending to Mo that he wasn't bothered -- "This is Naylor we're talking about" -- but he so is. Next time : Hanssen in deadly danger! Sacha in the doghouse with Chrissie! And a pregnancy scare for Jac! I loved the light relief comedy moments this week, and i dont know about anyone else but I like johnny more when hes with Mo, being mischievous, than when hes with Jac. He kinda cramps her style?! It was about time they brought in a love interest though, and hes fairly likeable. I still miss Irish Dr Greg though AAU ans Wolfie

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Is the jobs market really that weak? Today's jobs report from Statistics Canada pointed to a weakening in a labour market that had been rebounding from the recession in spectacular fashion. The report showed a loss of 9,300 jobs overall in July and an uptick in the jobless rate to 8 per cent from 7.9 per cent. Worse than the overall loss was the breakdown: 139,000 full-time jobs wiped out and 130,000 part-time positions created. A poor showing given the strong rebound in the previous months? Absolutely. But is it really as bad as it looks? More Related to this Story Economists believe the picture is skewed by the huge loss of 65,000 job last months in educational services, which includes teachers and administrative staff at every type of institution in the country. That's the biggest decline in that sector on records dating back to 1976, but, notes Toronto-Dominion Bank economist Francis Fong, the theme is not new. Every year in July for the past few years, the sector has posted hefty job losses, which is propobably the result of "some type of structural change" in the data in 2007, such as educational reform or the use of more temporary or contract workers, he said. Statistics Canada adjusts for this so there should should be no "such large outliers" unless the industry is truly that weak, he said, adding the size of July's job loss appears unrealistic. "So is there something going on behind the data that is causing job losses in July to be increasingly severe?" he said in a report. "Each July since 2007, the sector has, on a seasonally adjusted basis, consistently lost an average of almost 47,000 net jobs and then recovers that in the subsequent months of August and September." So today's report may be overstating the true weakness in the jobs market, he said, and "it is very likely that we will see a rebound in job growth in August and September, specifically in the educational services sector, reflecting some payback from today's 65,000 job exodus." U.S. jobs market also dims The U.S. labour market also turned in a dim showing today, with 131,000 jobs lost in July and an unemployment rate holding firm at 9.5 per cent. While the private sector created 71,000 jobs, the public sector lost as 143,000 people hired temporarily for the country's 2010 census ended their work. To make matters worse, the government also revised figures for June, showing a loss of 221,000 jobs instead of the 125,000 reported earlier. The report, which showed the United States continues to struggle with a jobs crisis after the brutal recession, knocked down New York stock futures. "The prospects for a significantly lower unemployment rate in 2010 are not promising," said Toronto-Dominion Bank economist Alistair Bentley. "We are projecting annualized GDP growth of roughly 2.5 per cent during the second half of this year. As productivity growth slows from its blistering post recession pace, this outlook is consistent with non-census related job creation of around 150,000 per month for the remainder of the year." Global recovery may have peaked, OECD says The global recovery shows signs of peaking, particularly in Canada and Brazil, while the United States may be souring, the Organization for Economic Co-operation and Development, warns. The group's composite leading indicator, or CLI, fell in June by 0.1 of a point, signalling a "possible peak in expansion," the OECD said today. "The CLIs for France, Italy, China and India all point to below trend growth in coming months, whilst the CLI for the United Kingdom points to a peak in the pace of expansion," the OEC said. "Stronger signs of a peak in expansion have also emerged in Brazil and Canada, and in the United States the CLI has turned negative for the first time since February 2009. The CLIs for Japan and Russia point to future slowdowns in the pace of expansion but for Germany the CLI remains relatively robust." Magna tops forecasts Magna International Inc. shares surged today as the company topped analysts' estimates with a second-profit and a surge in sales, and pointed to better times ahead. The auto parts giant also boosted its quarterly dividend to 30 cents (U.S.) a share from 18 cents "given the continued profitability and better expectations for vehicle production in our markets." Magna posted a profit of $293-million or

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Along with the regular Tiffany's design and style Together with the usual Tiffany's style and design Tiffany Outlet , a bandz gets there to your typical shiny azure plan and you might quite possibly come across Tiffany astounded jewelry of which reproduces this Tiffany layout correct into this table lamp Tiffany And Co UK . Now, it is really time to find out irrespective of whether an extra year or so will be worth protruding. Coupled with extravagance stores which include LVMH Moet Hennessy Louis Vuitton in addition to Hermes World, Tiffany possesses benefited with a rescue within store portfolios this invigorated expending by way of the affluent. Your jewelry sales person is stocks get increased 38% because the beginning of 2010. What is supplemental, Tiffany might possibly can enhance expenditures in a number of connected with a high-end bits not having customers seeing. It happens to be hard to find for two main bits to get equivalent Tiffany And Co Outlet ; very much the same solutions could vary by way of lots of money throughout cost, determined by a new stone's quality along with coloring. Tiffany reproductions operate the exceptionally exact precious metal cosmetic foundation because being a Tiffany exceptional:. 925 yellow metal, material with brilliant appeal plus sturdy robustness. However, a gemstones included in every single should be distinct http://www.tiffanyoutletsale.org/ . Using varied compact along with ground-breaking patterns bundled the particular expensive jewelry enterprise at the moment suggests with thug. Tiffany Inspired Tiffany And Co Sale , Tiffany Copy, CZ Diamond jewelry --- sterling silver bracelets has generated an important thoroughly completely new variety of famous yet regular, inventive on the other hand ethnical precious metal diamonds compendium that may be pleasing 1 plus many in the same way.

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News and events: Articles How Human Resources can Resource Humans Despite our best intentions so much of what we practice in Human Resources, including training and development, does little more than reinforce that the organisation views its people as resources first and humans a distant second. Humans are analyzed, measured and evaluated as a resource, rather than as human beings with lives personalities, wants, desires and feelings. Download article &gt;&gt; How do values influence group development and organisational culture Purpose of the article To answer a few of the frequently asked questions (FAQs) that are put to us about values and their application for group and organisational development Some FAQs about values What are values? How do values work? Can values be used to explore and understand group dynamics and behaviour? Can values really be measured? How can people use values to help them achieve their desired objectives? How can you measure team values? Download article &gt;&gt; A brief case for personal values Do you know what your highest priority personal values are? I don't mean can you hazard a guess as to what they might be? I mean do you actually know? When did you last evaluate your highest priority personal values? Values are the mental concepts that make meaning possible; they provide us with motivation to act and a framework for decision-making. Every sane person has values whether they know it or not. Download article &gt;&gt; Levels of alignment Every organisation in the world operates on values whether it knows it or not. This statement is true because every organisation in the world has preferences and priorities. Those that operate with their values in a deliberate and organised manner create for themselves a distinct advantage over competitors in their market, by shaping and defining their own culture, levels of performance and success. Download article &gt;&gt; Working on values Does your company have values? It probably does. Maybe it even has them engraved on a brass plaque hanging in reception. Take a look. Find 'em? Good. Now, here's a better question: So what? Especially for those in the trenches of day-to-day business, values seem like another warm fuzzy cooked up at a cushy executive retreat and circulated in a company-wide email that's best ignored until the next management fad comes along. Download article &gt;&gt; Values & commitment In their book on values-based leadership, The Leadership Challenge , authors James Kouzes and Barry Posner highlight their research into the relationship between personal and organisational values clarity and the impact on people's commitment to the organisation. The results of their research challenges the popular process many organisations adopt when working with values and clearly indicates the difference personal values clarity makes to people's levels of commitment. Download article &gt;&gt; Why Values AT Work? Is your organisation values savvy? Do your leaders and partners understand the role and significance of values in the work-place? Does your company have a set of values? Do they work? Are they the right ones, the best ones? Who do they serve? Increasingly, organisations are being caught short and paying the consequences of not being aware or informed about the power of values in the work place. Download article &gt;&gt; A business case for working with values A strong business case for any organisation to work with values can be summed up by research comparing the impact of strategy and culture on performance variability by Mike West of the Aston Business School in the UK. His study of over 100 companies over an eight-year period showed that an organisational strategy accounted for 2% of performance variability while organisational culture accounted for 17% of performance variability. In other words, even the best business strategy in the world will under-perform without a supporting and aligned organisational culture. Download article &gt;&gt; Values and positive thinking In the February 2006 issue of Time magazine, an article outlined the latest approach to psychotherapy that is creating quite a stir in the psyche community. Dr Steven Hayes, Foundation Professor of Clinical Psychology at the University of Nevada, has challenged the traditional and established approach of cognitive therapy with a new approach to working with clients that involves identifying their personal values. Dr Hayes has developed a successful approach called Acceptance and Commitment Therapy (ACT) for people suffering from depression and anxiety attacks. Download article &gt;&gt; Values and stress management Organisations would do well to pay attention to the rising levels of stress reported by so many people in their lives. Stress can and does have a direct impact on performance and experience levels within the work place. Stress is implicated in the development and progression

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Arrival - Fine experience, even after 30+ hours en route from the US. It only took five minutes to clear immigration. The bags took awhile to arrive, but this just meant that I had time to exchange money at one of the many (competitive) vendors in the arrivals area. Departure - Horrible airport. It hard to believe that it is only six years old. The design seems like something from another era. Up through security I have no major complaints, but then the entire experience really goes downhill. The first priority does not seem to be getting you to your gate but rather making sure you are exposed to every single one of the very high end shops. I did not see one newsstand or bookstore anywhere although I did finally see a great drugstore. There are some normal food options toward the end. The gate situation could not have been designed by anyone who travels much. You sit outside the gate area in a place with few seats until shortly before boarding. It is a crowded, miserable experience. Your boarding cards are submitted as you enter the (secure) gate area where more seating is available. It is odd to have precious little seating where most people wait. I read that they are trying to make this airport one of the top ten in the world, but there is just no way. Fabulous airport. Soaring high roofs, check in was a breeze. We flew EVA Air. I had the best meal I'd eaten at an airport and the prices were low for a major international airport. Great shopping too with reasonable prices. If I have one minor complaint it's that the actual departure gate area is bland and boring compared to the rest of the airport, you should only go to the departure gate when it's close to boarding time. The airport is huge, sometimes that is nice and sometimes a nightmare if you are short on time. We has a nice experience when changing flights from HYD-BKK to BKK-HKG, but the return was not so comfortable. Had 85 minutes between flights, but the HKG-BKK was 25 minutes late, and the long walk ways, we literally had to run, with half-asleep kids. But the airport is clean, signage is clear and did not have a very crowded feel. Plenty of seating, and decent amenities. Large airport - there are some gates to this airport, that mean you have a long walk to get to them. This means going past lots of shops - like being in a mall. Not fair on the passengers. If you like shopping - a big choice, also nice places to eat. There are places to sit and rest. Allow enough time to get to gates. Toilets are plentiful. Has a tall, high roof and feels huge and airy. I've been fairly critical of BKK in recent years but there is a marked improvement in the Immigration and Security arrangements over the past few months and queuing times are better since the Budget Carriers have moved to Don Muang. The new Security Area upstairs is quick and efficient (5 mins). There are now better arrangements in both Arrivals and Departures Immigration (10 mins and 5 mins) in early evening which a few months was anywhere up to an hour or more. There also seem to be more Immigration Officers on duty now. The Check-in areas and Baggage Halls have never been a problem. The Airport is desperately short of seating areas away from the Gates. Overall BKK is better than a year ago. This must be the worst designed, most poorly organised 'modern' airport in the world. Only 6 years old but apparently from a design 40 years old and it shows. 40 years ago air travel was different, fewer people, fewer flights, more time to shop, if you wanted to. That is not the case today. It is designed as a shopping mall with plane parking on the end, it does not have enough space for immigration or security checks. Huge distances to walk to and from the planes. Arrived late at night mentally preparing for the customary long lines at immigration. At that time it was usually very busy with flights coming in from the USA and Korea. When I got to the immigration hall I joined a line with just one person in front if me. Has the message finally got through? I will know in December! BKK airport is a work in progress. It has improved over the years but it is still essentially an overpriced shopping mall. What annoys me the most are not lines for immigration and security - waiting times have improved and the times where one had

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Shoulder charge ban seen as major step for league Shoulder charge ban seen as major step for league The banning of shoulder charges in the NRL is being a seen as a major step for for rugby league. Trauma to retired players from head injuries have been in the spotlight this year, with the filing of a law suit against the NFL. Warriors team doctor John Mayhew says it's a positive decision. "We are worried about, as in Rugby League, Rugby Union and American Football, the risk of chronic head injury and I think if we're condoning this sort of tackle we open ourselves up to a lot of criticism in the future, endangering player welfare." Current and former players have expressed their dismay over the supposed degradation of rugby league by axing the tackling style. Mayhew can understand the response, but it's not going to ruin the game. "The shoulder tackle is only a very small part of the game ... I think the responses from some of the players, not all the players, is predictable and I think some of the fans will have the same response." He says it's absolutely the best call. "I think from a strictly medical point of view and player welfare point of view, it's a good change. I can understand some of the traditionalists and some of the older players being critical of it but I think you have to look at the real reason behind it." 0.05 percent of the 142,355 tackles completed in the 2012 season were shoulder charges, and 17 percent of shoulder charges in 2012 resulted in contact with the head of the attacking player.

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Post navigation How to make the perfect steak It's time to get that steak on the barbie, armed with tongs and these tips: Choose a cut from the loin, rib or rump, such as eye fillet, porterhouse or T-bone. Meat with some fat marbled through will stay juicy when cooked. Bring the meat to room temperature before cooking so it doesn't become tough. Heat the barbecue to medium-high before adding the steak. Cook a 2cm-thick steak for 2-3 minutes each side for rare, 4 minutes each side for medium or 5-6 minutes each side for well done. When pressed with tongs, rare will feel soft, medium slightly firmer and well done will feel very firm. Transfer cooked steak to a plate, cover with foil and set aside for 3-5 minutes to rest. No barbie is complete without a juicy snag or two. Coles Brand Sausages are made from Australian beef, and are completely gluten-free. Hit play to reveal Curtis Stone's secret for telling when your steak is cooked!

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Frequently Asked Questions I am middle-age and still concerned bout how I sound. I think things are done a lot better now but in my day operations were quite crude. Is there anything I can do about it now? There may be options for you to get further speech therapy or even undergo some surgery or other treatment and your first call should be to your nearest regional cleft centre -- see the link above. Sometimes everyone becomes so used to your speech that you may feel you cannot change it but there may be other options still available. Contact the speech and language therapist at your nearest cleft palate centre -- you may need a referral letter from your GP.

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When using newspapers and magazines to find an au pair vacancy always try to obtain the publication as early as possible on the day it is published. If you see a vacancy which interests you then always reply immediailely. Vacancies advertised in this way are very often over subscribed and filled quite quickly. If a telephone number is given then apply by telephone. Do not write as the job will probably be taken by the time your application arrives. USING THE EMPLOYMENT SERVICES The UK Employment Service You cannot usually find out about au pair vacancies through your local Job Centre. However, some vacancies for qualified or experienced mother's helps, nannies and carers are available from this source. This includes jobs in the UK and also a small number of vacancies are available in some other countries. These are mostly countries which are members of the European Union: Belgium, Denmark, Ireland, France, Germany, Greece, Italy, Luxembourg, Netherlands, Portugal, Spain, Austria, Finland and Sweden. If you are interested in this type of work then ask your local Job Centre for details of the services offered by Ihe Overseas Placing Unit (OPU). Job Centres in foreign countries Every foreign country has a government-run employment service very much like our Job Centres and, in many cases, it is possible for people from the UK to use this service to get a job. Jobs available from this source are mostly for mother's helps, nannies, carers and domestic staff rather than au pairs. People from the UK are legally entitled to use state employment services in all the European Union countries. You have a right to be treated equally wilh nationals of that country. However, remember that many of the jobs these services have will require knowledge of a foreign language. There will aIso usually be a lot of competition from people who already live in that country for these jobs. To use the state employment service in other countries you must usually visit them in person. They do not normally deal with telephone calls or Ietters from abroad. Some useful contacts are given in Section 4 .

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Recently there are many anyone that have the vision by drinking lots using green coffee 800 all over a short duration should mean much quicker extra load loss in a superficial duration. With regard to a recent study of nearly 70,000 French you -- conducted by the most important scientists at the Faculty of Sao Paulo all over Brazil -- researcher probed the ability of cup of coffee to deter diabetes. They looked at its impact of coffee on your insulin metabolism in take care to the amount of coffee and the time of day it could be consumed. Consumption related to both regular and decaffeinated coffee with meals, and especially with lunch, was first inversely related to diabetes incidence. Only dunkelhrrutige coffee had an effect, not coffee with get. People actually cherished the freshly roasted coffee and its just exotic flavor and bouquet. Even if that there were any roasting shops, people preferred the taste of home roasted coffee / espresso because they felt which usually the former resulted found in a cup of swill. green coffee bean for weight loss reviews beans were secured by the people and roasted on a morning basis as per personal requirements. Are hands down you among the great big population of people by using the world who will need to lose weight? If your answer has been yes, have you tried a weight departure product that is made in newspaper or television? If you have, you might have possible thought of increasing use of the product so that you lose more weight inside the a fast rate. Same is the process with Leptin Green Cup of coffee that is an in style product well-known for body-weight loss. It is almost certainly a replacement for average coffee that acts a tool that supports excess fat loss. Just in case this situation is going to you, it is no injustice, but kindly be encouraged that medical conditions contributing to inches gain are known yet can be corrected.Specific reason why I heres so confident about now this is because a pair of years ago, I found myself in a particular similar predicament. You had to work painful to maintain what was formerly for me, an actually stable weight, and a fabulous weight that felt good and natural with the green coffee bean extract side effects dr oz diet tips My spouse will explain below. This natural weight loss product have attracts the very well known doctors like doctor Oz and Doctor Lindsey Duncan because of its safe ability to burn fat. This has recently news on the radio as part of which the campaign to raise information and to highly love it. The main green coffee beans just didnt under go to that you simply standard roasting process with maintain the chlorogenic acidic. The chlorogenic uric acid is the main component that can burn fats, if the coffee dried beans will undergo roasting the specific heating process will harm the chlorogenic acid and without it the roasted coffee bean will recently give a very very aroma but in associated with case of the cooking taste it gives hot beverage. lovers around the world today enjoy coffee cooking. Home coffee roasted is special but it is also important in which to know about green cup of joe beans, the bean matrix and how the cutting edge coffees are made today. When the chocolate berries are first decided on from the plants these kinds of products are not in its form of the roasting beans that we otherwise grind at home and simply brew into coffee. These are in your current form of green a cup of coffee beans that are unroasted and organic. Trust us; it is as easy as making stovetop popcorn and a great pleasure as well. Thought is cost-effective as good for you can toast coffee at home at a much lesser cost you than $10/pound for two week old coffee. Moreover, green coffee caused by various stores costs percent the price of roasted beans. Isnt in which exciting? Why just be couch potatoes as well as a rely on ready-made commercially prepared stuff. Why and not make your own food and enjoy doing that particular? So grab distinct opportunity of back in order to the basics and start roasting coffee at your entire very own home. We bet that buyers will love the ordeal! File sharing is associated with usual risk of sharing vulnerable files which might pose a security threat to personal as well as business information stored in your computer. In most file sharing network still such acts occurs and millions are falling prey to hackers and other potential threats every day. If you have thought that you are not an important person to hack into, reconsider yourself again. A simple email hack to send spam mails is enough to cause trouble in

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The Living Room Bar Not your average lobby. Meet, greet, flirt, play, sip and savor in this modern playground that is Minneapolis cool perfected. At our Living Room Bar we use only the very best and freshest ingredients from around the globe. The Living Room prides itself on unparallel quality and freshness, and incorporates a variety of infusions, molecular mixology and other special techniques to create carefully crafted cocktails to awaken your taste buds and flirt with your senses. Cosmo-tology Groom yourself silly & Drink yourself pretty. If you were a lover of our Martinis & Manicures in the past, you will love this year's Cosmo-tology. We are once again partnering with the Spa Mobile Event to provide you with beautifully manicured nails and relaxing chair massages. In addition, this year we invite you to join us at the next level of pampering with make-up and false lashes by Jen from MAC Nordstrom. Cosmo-tology meets in The Living Room the third Thursday of every month. The Living Room is first come, first served. However to guarantee a table for the night, you can place a reservation on a table either through our Bottle and table Service program or with a guaranteed food-beverage minimum. Please call the sales team at 612-927-3299

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When travelling by plane, I usually wonder what all other people around me are going to do once they arrive. At the eve of the World Pork Expo last week, I flew from Charlotte, North Carolina, to Des Moines, Iowa. Usually, flights to Des Moines are not carried out by very large planes, and this one wasn't super-sized either. A mixture of men and women were gazing out of the window, doing some work on their laptops, read books or a story on their e-readers. Next to me, a man was playing games on his smartphone. After a while he opened his briefcase and started reading material -- and I recognised a familiar logo. He read about the US pavilion at VIV Asia, in Bangkok, next year. Funny, I thought, he's probably also going to the World Pork Expo. T he man in front of him was sending e-mails. I tried to peek at the screen. All I could see was a little blue company logo in the signature stating 'Elanco'. Another one for the Expo! Next, two people exchanged business cards of Murphy-Brown in the row in front of me. The more I paid attention to what everybody was doing, the more I realised it was probably hard to find anybody on that plane who was not going to the Expo. The only one I could not identify as working in the pig industry was a woman sitting right next to me, listening to her iPod. But she was one of the gang too -- I spotted her at the Iowa State Fairgrounds the day after. On board of an internal flight from America's pig state number 2 to America's pig state number 1, perhaps I could have known to meet some pig people. Yesterday I flew from Seoul Incheon to Jeju Island, at the eve of the International Pig Veterinary Society Congress. What I saw was pretty much the same phenomenon... Since virtually every international delegate will arrive at Incheon, the planes to the island south of Korea were packed with pig people. This time they were clearly recognisable as many wore their company clothing or were dragging along marketing material on the plane. Those few local holidaymakers I saw must have wondered where this lot was going. Or, perhaps more likely, they were Korean swine veterinarians. One comment Dr Nikolaos Kotrotsios Jun 25 # 1 Last week I returned after the end of IPVS by Seoul to Munich.Next to me 2 children from Korea and 11 hours playing with iPad. At age should not exceed 3 years old!! Impressed by my thoughts must have been born with it!

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Canada's historic places capture the spirit of the nation, providing the connecting fabric that links us together as Canadians. However, our historic places are at risk - over 20% of the nation's historic buildings have been destroyed in one generation. This video presents the efforts made by the different levels of government to promote a culture of conservation within our communities. The federal, provincial and territorial collaboration allows Canadians to have access to tools to preserve the different places illustrating their history. Visit http://www.historicplaces.ca to search the Canadian Register of Historic Places or to get a copy of the Standards & Guidelines for the Conservation of Historic Places in Canada. At various stages of our lives, we all make legacy choices. From lasting memories to cherished objects and places, we choose our keepsakes. The unique treasures of our past that remind us of who we are, where we come from and illuminate our stories for future generations. Just like you, all levels of government - municipal, provincial, territorial and federal ? face legacy choices; determining how best to conserve historic places that speak of our rich heritage and cultural diversity. Just look around in your community or city. You?ll find historic places that range from stately buildings, to modest structures each symbolizing an irreplaceable chapter of our past. Handed down by our ancestors, these places that capture the soul and spirit of our great country include: bridges, schools, churches, private homes, ceremonial places, theatres, government buildings, and fortifications, to name a few ? with some remnants of their former glory, but all valuable links to the Canadian experience. Tragically, since the 1970?s, Canada has lost forever more than 20% of its pre-1920 buildings. This alarming loss represents a growing trend in Canadian cities and towns, and threatens the very core of their identity, personality, and their social and cultural quality of life. Not only does this affect their appeal as tourist destinations, but also their economic sustainability. Through collaborations and partnerships, jurisdictions, municipalities, heritage conservation specialists, and stakeholders are all pursuing the same common heritage goals and creating opportunities for others to get involved. Citizens can work with local governments, or heritage organizations, to enhance the documentation for existing historic places. And, they can identify historic places that they feel could be recognized and included on the Canadian Register of Historic Places. With inclusion comes a sense of pride and the opportunity to share their local heritage with all Canadians. Businesses and individuals can rehabilitate historic places by giving them new economic life that benefits not only themselves but their community. The best form of conservation for a historic property is finding a practical, contemporary use for it; a second chance. Communities can use the Standards and Guidelines for the conservation of historic places in Canada, to ensure that our past is integrated well into our future. Home owners can use the Guidelines in conserving their own historical gems. The hope of this collaborative effort is to build on the existing work of governments and citizens and create a Canadian culture of heritage conservation that safeguards our historic places, honours the imagination and innovation of the people who shaped our country, and finds innovative ways for ensuring a future for our historic places. Get involved in preserving your community?s heritage before we lose another piece of our story. Join us in making legacy choices and become an invaluable partner in the protection, promotion, and celebration of Canada?s historic places.

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As many people know, Apple's new Operating System, OS 10.8 -- a.k.a. " Mountain Lion ," is officially available for purchase and download. Just head over to the Apple App Store on your supported Mac and purchase and install Mountain Lion now! As part of the upgrade process, your Emergency Recovery Boot Partition will be upgraded to support re-installs of Mountain Lion without the need for an external installer. But what if you want to install Mountain Lion on another computer (that is supported)? There is a way to easily do this, but remember, you should only do this with computers that you own or manage (and you wouldn't need to do this if you had all of your computers use your Apple ID in the App Store -- you would just install right from there). So, if you do want to create an installer DVD (and you could do this with a USB drive as well), here are the steps to do so. NOTE : The expanded size of the Mountain Lion installer will NOT fit on a single-sided DVD . You MUST have a dual-sided DVD in order to burn the DVD. Step One -- Download the Mountain Lion installer If you have already purchased Mountain Lion, check your "Purchases" section and you can download from there. Then sit back and wait while it downloads. Step Two -- Quit the Installer Once it's Finished Downloading & Copy The installer will automatically launch once it is completed downloading. You need to STOP that lion in it's tracks right there. Just select "Quit" from the "File" menu. Then, go into your "Applications" folder and copy the Mountain Lion Installer to another location like your Desktop. (Remember to copy and not move.) You can see that the installer is about 4.37 GB (as I mentioned before, the expanded size is LARGER than what will fit on a single-sided DVD so get a dual-sided DVD). Step Three -- Show Package Contents & Copy the Installer File From the copy that you created of the installer (e.g., the one on your Desktop), you will need to extract the actual installer DMG from the Package Contents. To do this, right-click on the Installer file and choose "Show Package Contents". From within the Package Contents, navigate to: Contents &gt; Shared Support and select the "InstallESD.dmg" file and COPY that back to your Desktop (or wherever you want). You will need this file ("InstallESD.dmg") for the bootable DVD. Remember the location where you put that .dmg file. Step Four -- Burn the DVD (or the USB drive) The next step is to burn the actual DVD. As I already said a few times, you need a dual-sided DVD (see step 4a below on how to burn a single-sided DVD). I only had a single-sided DVD so I'm showing the steps here that you would use. (Note: untested instructions for how to make a bootable USB thumb drive are below as well.) If you new image/partition doesn't mount, run a "Repair" on it as that will correct the issue and allow you to mount it as well as update it to make it bootable. Next, create that image and then mount the "InstallESD.dmg" image that you had saved (to your Desktop) previously. When both are mounted, it should look something like this: Since the mounted "InstallESD.dmg" image shows a capacity of 4.75 GB, Disk Utility can't burn it since a single-sided DVD is less than that. So, what you need to do is actually copy the contents of the "installESD.dmg" mounted image into your newly created "OSX Mountain Lion DVD" image. At this point, you need to open your Terminal application to copy the files using the following terminal command (note: if you have spaces in the names, you need to use the "\" to denote that -- slightly different than in Benoit's comments): (Note: Benoit did say that you can add a -p command to the command line -- see the comments -- I have not tested this -- so it would be "cp -pvR") Here's what it looks like in the Terminal: The process of copying will take a few minutes but you will see the progress on the Terminal screen. When it it completed, and be sure you don't have any errors , you should see something similar to this: At this point, you

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Dan Majestic writes from Washington: The funniest part about President Barack Obama's recent announcement about America's cuts to its military budget is that so many people actually bought the whole thing as if it was actually a real scaling down of the US firepower. In case you have forgotten what it was all about, President Obama came to the Pentagon and announced to the supposedly stunned nation that America would not be able to wage two ground wars at the same time anymore, all because the economic crisis has supposedly forced it to cut its military expenditure by around $500 billion in the next ten years. Not to mention cutting down its troop numbers by about half a million during the same period and wounding down some of the Pentagon's programmes. Mr Obama had assured the nation that it did not mean that the might of the US armed forces was going to be diminished -- and he was actually telling the truth. But practically no one paid any attention. Keen enthusiast of foreign adventures were not convinced and screamed about sending the wrong message to the world at the worst time possible. Now let me explain what has actually happened: the thing is that America is not very good in waging ground wars. In fact, if you look at its history, you would notice that its armed forces made quick exits from countries where they encountered serious opposition to their presence, like in happened in Vietnam, Lebanon, Somalia, Iraq and like it is going to happen in Afghanistan soon. So the war in Libya came as a great relief for the US generals, who suddenly realised that it was possible to wage high-tech wars from the air, using mercenaries on the ground posing as freedom fighters, guided by a couple of hundred of advisors and assisted by commando hit-squads posing as local fighters. No more tens of thousands of boots on the ground and thousands of them coming back home in body bags, like it happened in Iraq and is still happening in Afghanistan. Everything is clean and easy, with precision bombs falling down and drones hitting selected targets, knocking out the enemy's military arsenals and limiting its ability to defend itself, while letting the freedom loving rebels to do their thing. So what President Obama has announced was actually a change in military strategy rather than a serious cut of defence expenditure. The war of the future would not require large numbers of troops on the ground, in fact practically no troops at all, and it would be all about supporting local pro-democracy movements with some serious precision but kicking. So all the talk of the American military actually facing ruthless budget cuts to overcome the economic hard times is just a bit of propaganda really. It's all about developing a new set of rules to wage wars abroad. That's why nations around the world that are currently blacklisted by Uncle Sam should not be fooled by all those 'sacrifices' of the US military. The game is the same, only with less hassle for the invading side.

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I never used to think of myself as elite upper class. I always grew up thinking of myself as a middle-class kid from a middle-class family. Part of the 99 percent, you know? Well, I dined out for all three meals today. About $50 NZD altogether. Yes, that's entirely too much money to be spending on food and I don't normally do that. It's actually kind of disgusting, isn't it? If I would just forgo that for a week or two and cook pasta instead, I could save enough money to buy a brand new Wii for my flatmate's birthday. Or save a few families' lives in another country somewhere. I'd probably be healthier, too. Here's where I'm going with this: I'm not in the 99%. I'm not in the 53% either, in case you were wondering. I'm in the 1%. Anyone who makes over $34k USD per year is in the top 1% of elite wealthy people in the world. Yeah, you heard me right: there are all kinds of people getting checks and foodstamps from the US government who are actually in the top 1% of the richest people in the world. That's how big of a deal this is. Almost half of the human race alive right now represents the bottom 5% of income earned in a given year. Think about that: that's billions of people getting only 5% of the money in the world divided up among all of the while most of the people reading this are probably all the way at the TOP of the pyramid. And yeah, I know: it's just too big. You can't even get your mind around it. I'll tell you straight up that I can't. Something about the knowledge that if I'm ever sad or annoyed about anything... well, there are people just a few islands over who are being methodically raped / sold into slavery / tortured / executed / etc (three letters which cover a lot of things I'd rather not even think about.) Oh, and then I guess a lot of them are dying and going to eternal Hell that is horrifying beyond our wildest dreams. And I get sad about some sports team losing some ball game. Why am I not sad about that? I mean, it's not like it's a big deal or anything, right? Or if I'm ever happy about much of anything... well, there are people right now who are being saved from all of that even as I type this. So why am I not completely ecstatic about that? Why am I not celebrating and shouting and telling everyone I know? I think the answer is disgusting and obvious and simple as human nature itself. Out of site; out of mind. And what does it take to wake us up? There's this big game we play of materialism and society and status and madness. It's the water we swim in. What does it take to snap us out of it? I've been given this beautiful and amazing life for no apparent reason while other people my age have sons and daughters eating mud and drinking disease and dying of starvation. And that's why we need pain. That is exactly why we need sorrow to break through all of our first-world comforts. That's why it's a good thing that my body has started to fail me more and more each year. What it takes to shatter the illusion that I can live for myself. That's why all of us need to see the stars and get the flu and lose everyone we will ever love. It shakes us out of our happy fantasy land and into real life -- even if only for a few minutes before we stick our heads back in the sand. We go to ridiculous lengths to keep ourselves distracted and stuck inside our own tiny empires. TV and Facebook and shopping malls and commutes and weekly schedules. And it ALWAYS eventually comes crashing down, because there is meaning to life and it has \*nothing\* to do with any of that stuff. You never could take it with you. Anything or anyone or anywhere: it will all leave you eventually. We all want to be the center of our own little world. We all want to get everything and give nothing. Reality is the direct opposite if that. We live in an incalculably huge, enormous, beautiful and terrible world. And none of us are anywhere near the center of it -- but for those who have been given much, much will be expected -- and he who seeks to find his life will lose it. And we want to

**id 140**

Star Trek: Insurrection -- What could have been and wasn't... The third film in the Next Generation series involved Captain Picard and the crew of the Enterprise- E disobeying Starfleet & Federation orders to protect the Baku and uphold the principles of the Federation from the Son'a and the Federation itself. All seems good on paper. I remember seeing the film at the cinema with some friends who at the end commented that the story felt more like a poor two part story from the TV series compared to a big budget movie. I had to agree with them and felt quite disappointed with the movie considering how good First Contact had been. First Contact was a much darker Star Trek film, one that we had not been use to but one that we all accepted and enjoyed. The stakes were high, all the crew had something to do and we finally saw the Borg where they deserved to be: on the big screen. Now that Star Trek had embraced darker, stronger tones I felt that any new movie would follow on from First Contact with a good story, good character development. The early signs coming from spoilers as the next Star Trek film was being developed were good. Picard was going to disobey orders, encounter the Romulan's and for some reason would be compelled to kill Data. At the time I thought this sounded very interesting. What would make Picard disobey orders and kill Data? How would the Romulan's fit in to the story? Having the Romulan's finally in the films was going to be great since I was (and still am) a big fan of the Romulan's. This was in fact the second draft of the film. The first included an old academy friend of Picard's names Duffy who had to be stopped from destroying Romulan ships and they would encounter the "Briar Patch" a fountain of youth. The film was to be called Star Trek: Stardust. However, "Reset" Berman decided that a fountain of youth was too fantasy like and too much of a political story. By the second draft Duffy was dropped and replaced with Data, the Romulan's would still be there and a scaled down fountain of youth. Again political intrigue, Romulan's and Picard breaking the rules sounded like a good tale. Why drop this? At one point Pillar & Berman were looking at bringing Q into the next film. How wonderful would that have been! Q finally on the big screen and this would have meant some great interactions with Picard. Again this was dropped. The reasons for the changes in what would become known as Insurrection were for me some of the weakest decisions in Star Trek writing. After the success of First Contact it was decided that the next film would have a lighter tone (mistake number one) and while Patrick Stewart agreed with this he wanted Picard to be in the thick of things after enjoying the "action hero" Picard from First Contact. Now when reviewing the drafts Berman & Pillar decided that the Borg in First Contact were the ultimate bad and as such how do you beat that in the next film? Their decision was not to bother (mistake number two & the worst decision ever!) and instead they created the Son'a. It has often been said that the Kazon were the worst Star Trek alien race ever created but I think we often forget the Son'a. Of course as we all know they are in fact Baku who left the homestead to travel the stars (how long did it take you to figure that out when watching the film?). By deciding that we are not going to have a real nasty in your face villain then does the Son'a not just become redundant like one of Neelix's stories? The Son'a had no drive, they had no back story (although a deleted scene did add a little to that) and most of all they were not convincing. What sort of villain would guard the Holo Ship with only one person? I did enjoy some moments in Insurrection. The shuttle scene while trying to capture Data was good. I remember thinking that we were on to a winner here but that soon passed. I loved the fact that Will & Deanna were getting back together and there were a few laughs along the way. Also the discussions about slowing time down were enjoyable, we have all thought that at some point in our lives. Most of all though and this is where it gets bad is that for me the best part of Insurrection was the score by Jerry Goldsmith. Just wonderful, I am even listening to it now as I write this. Jonathan Frakes recently said that Insurre

**id 141**

8 comments: By all means take \*another look\*. The author of that book \*was\* on Facebook b\*tching about Orac's blog and the comments. Within five minutes after the link to the author's Facebook page was provided by a poster on RI...the author's Facebook page was taken down. He's obviously "lurking" on the RI blog. I invited him to come and post, to explain the content of his book and to clarify certain opinions expressed by him about VPDs...that were mentioned in a book review by Christian Orlic. In my humble opinion, we each speak with a different voice to these different topics. It is all right that we all hit the same topic over and over again, so that when someone who truly wants to find out what's going on, may find Orac's writing more difficult and yours much easier. Or something like that. I'm just saying, go for it. I like how you write, it gives me a different perspective. :) Several Posters at RI have stated that the Facebook is down...I don't think there is a screenie. Take a look at this website for a review by Christian Orlic of Mr. Largent's book: ttp://www.skeptic.com/eskeptic/12-09-05\\... Take particular note of Orlic's interpretation of Mr. Largent's "classifying" of the diseases that vaccines prevent: "One of the most important observations made by Largent is that not all vaccines are the same. Some vaccines protect against devastating diseases (MMR, DPT), others protect against dangerous ones (Hep A, Hep B, Hib, rotavirus, PCV) but the likelihood that an infant may be exposed to these is low, and other vaccinations provide protection against diseases with extremely low mortality rates (chickenpox). The distinction between the diseases each vaccine protects from are often forgotten. For example, Largent argues that some of the diseases we vaccinate newly born babies against may be unnecessary, such as HepB, a disease that an infant could only "contract by having sex with an infected person or by sharing contaminated needles with an infected drug addict" could wait (2)."

**id 142**

The Pixel Report Let's build a constitutional monarchy of storytelling Over 350 people gathered on London's National Film Theatre this week in search of the answers to the big problems of the world's fifth age of storytelling. Power to the Pixel's sixth annual Cross-Media Forum, held from 16-19 October, brought together an eclectic mixture of artists, thinkers and entrepreneurs to investigate ways of regenerating the relationship between storytellers and their audiences, wrestle with the idea of a 'constitutional monarchy' of creativity -- and discover why the end of humanity will be brought about by a time-travelling kangaroo called Jeff. But of Jeff, more later. From Homer to crowdsourcing The conceptual framework for the first-day Conference was provided by keynote speaker Sean Stewart, the mind behind Emmy-nominated web TV series Dirty Work . Stewart proposed the idea of five eras of human storytelling, from "old blind guys like Homer who you had to install physically in your home" to an era in which an online audience can be co-opted as "crowd-sourced bards". Storytelling in the era of crowd-sourced bards: Fourth Wall Studios' Emmy-nominated online comedy Dirty Work, screened via its Rides platform But while such participatory storytelling techniques widen the potential audience of a story from one to billions, they bring their own problems. "[The online public] are bastards, basically," said Stewart. "They want to show you that they won't do what you want them to do." Stewart was discussing the 'sniper pitch': a general proposal he uses to introduce potential backers to the idea of interactive storytelling. Imagine you're watching online footage of a stranger, framed through the crosshairs of a sniper rifle. It's up to you, the spectator, to warn him of his fate. According to Stewart, rather than advancing the plot in the way you might expect, three in ten viewers simply tell the victim to stay right there. Branching narratives, such as those of PlayStation 3 game Heavy Rain , enable viewers to advance the plot -- but creators must provide 'fail states' for when they do not do so in the way predicted. Couple this need to provide 'fail states' for stories with the sheer volume of extra content that has to be created for a branching narrative -- not to mention the way in which such structures "attack something fundamental about the nature of storytelling", notably, the power to suggest that plot events have indelible consequences for the characters -- and you have a tricky set of problems for modern connected storytellers. Stewart explored a range of possible responses -- from the 'narrative assembly' model of Inception The App , in which users' actions progressively unlock chunks of content, to the 'narrative sandbox' approach of start-anywhere online experiences such as The HBO Voyeur Project . Ultimately, Stewart believes, the most fertile approaches restrict audience control in ways that foster a coherent narrative, but do so in ways that viewers don't feel cheated if their 'suggestions' are ignored -- for example, by inviting them to bet on the outcome of a plot fork, rather than directing it. "None of us grew up democrats when it comes to storytelling," he reflected. "We grew up in an era of tyranny -- and to be honest, I liked it that way. [But if authors can't be tyrants any more], let's move to a constitutional monarchy." From fiction to fact If participatory storytelling is a constitutional monarchy, the rest of the Cross-Media Forum introduced some of its more prominent parliamentarians. The afternoon sessions showcased a diverse range of transmedia projects, from Egmont Press' War Horse e-book , which blends the text of Michael Morpurgo's classic children's story with documentary video, to the National Film Board of Canada's elegant online documentaries . Each one demonstrated the painstaking, time-consuming work involved in creating a compelling transmedia experience: a double bind for a medium often thought of as ephemeral. Blending fiction with documentary material, as BoomGen Studios has done with offers transmedia projects a valuable second life as teaching aids in schools and colleges. This point was succinctly made by Mahyad Tousi, CEO of multi-platform incubator BoomGen Studios,

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Main menu Secondary menu Search form A Chinese farm in Africa Chen promotes new agricultural techniques in China, but he dreams of farming in Senegal. Not because he is a cog in a neo-colonial machine driven by a Beijing masterplan to take over Africa, but because he wants to share his skills and do something meaningful. "My real dream is to have my own farm," 45-year-old Chen tells me as we drive through the lush countryside of rural Hubei Province in eastern China. "It would showcase environmental approaches for others to learn from." Chen describes his vision of a self-sufficient agricultural system integrating aquaculture, livestock, grain and vegetable production, supported by clean energy and closed-loop waste and water management. But this dream farm is not here among the vivid green potato and rapeseed fields of Chen's hometown -- this Chinese farm would be far away on the other side of the globe in Senegal. I first met Chen in 2010 in Senegal where he was working in an agricultural training programme as part of a diplomatic mission under the Chinese Ministry of Commerce. That was where -- living amongst Chen and his colleagues on a farm outside of Dakar for several weeks -- I first encountered Chinese agriculture engagement in Africa. He and 14 other Chinese agronomists had spent two years on two separate sites as part of an ongoing collaboration between the Chinese and Senegalese government to promote development of Senegal's agriculture sector. But the programme was wrought with difficulties -- communication barriers, lack of trust on both sides, project design flaws -- that left both the Chinese and their Senegalese collaborators frustrated much of the time. It was a difficult two years for Chen -- his first time outside of China, working in an unwelcoming environment, far from his family. Now back in China, Chen has returned to his previous job in his city's 'Agriculture Technology Promotion Centre' -- part of a vast network of such centres throughout the country responsible for improving agricultural varieties and techniques, and introducing them to local farmers. He drives me around the farms and shows me with pride the work that he is doing. From what I can tell, it's much like what he did in Senegal, only without the language barriers and trouble with local partners. In contrast to the input-intensive monocultures driven by agribusiness in China, Chen's job is to help farmers improve their productivity while reducing their inputs of fertilisers, pesticides and labour. He develops collaborative experiments with smallholder farmers on their own land, testing out new growing techniques, organic soil treatments, and pest control. "It is interesting and good work helping the farmers improve their production," he tells me as we walk through the rapeseed field. "And we have good relations with the farmers. They welcome this input and are willing to experiment as long as we can guarantee the methods won't make them lose money. When they do lose money, we subsidize them for the loss. Usually though, our methods enable them to increase their revenue from the start." Chen loves his work -- you can feel it in the way he talks about the new techniques they are using to grow potatoes, and hear it in the deep laughs he exchanges with his farmer trainees. "I love working with plants, in a natural environment," Chen tells me. "Plants are forgiving. If you mess up, you can just pull them out and start over. You can see them growing every day and watch their progress. They give me hope." As I walked through the fields, life teeming all around me, I too feel a sense of security and optimism about the state of China's agriculture -- with its organised network of Technology Promotion Centres and the focused attention from dedicated people like Chen. "With things going so well here, why dream of a farm in Senegal?" It is a question I've been mulling over since my first trip to Senegal, and I pose it to Chen. I understand that wages for these kinds of postings are attractive, but Chen is suggesting a desire to branch out on his own -- without Chinese government support. And a growing number of other Chinese farmers are doing the same -- looking to Africa for agriculture investments, trade and development cooperation. Global media headlines would have us believe that these Chinese farmers are merely cogs in a neo-colonial machine driven by a Beijing masterplan to take over Africa. But from where Chen sits, Chinese farming in Africa is more about personal opportunity -- something that most all of us desire -- an opportunity to do something meaning

**id 144**

Requirements for soil re paragraph 2 of subsection 55 (3) of the regulation PART I DEFINITIONS, INTERPRETATION AND APPLICATION Definitions and application 1. (1) In this Regulation, and in any document or provision of a document adopted by reference by this Regulation, "area of natural significance" means any of the following: 1. An area reserved or set apart as a provincial park or conservation reserve under the Provincial Parks and Conservation Reserves Act, 2006 . 2. An area of natural and scientific interest (life science or earth science) identified by the Ministry of Natural Resources as having provincial significance. 3. A wetland identified by the Ministry of Natural Resources as having provincial significance. 4. An area designated by a municipality in its official plan as environmentally significant, however expressed, including designations of areas as environmentally sensitive, as being of environmental concern and as being ecologically significant. 5. An area designated as an escarpment natural area or an escarpment protection area by the Niagara Escarpment Plan under the Niagara Escarpment Planning and Development Act . 6. An area identified by the Ministry of Natural Resources as significant habitat of a threatened or endangered species. 7. An area which is habitat of a species that is classified under section 7 of the Endangered Species Act, 2007 as a threatened or endangered species. 8. Property within an area designated as a natural core area or natural linkage area within the area to which the Oak Ridges Moraine Conservation Plan under the Oak Ridges Moraine Conservation Act, 2001 applies. 9. An area set apart as a wilderness area under the Wilderness Areas Act ; "areas of potential environmental concern" means the area on, in or under a phase one property where one or more contaminants are potentially present, as determined through the phase one environmental site assessment, including through, (a) identification of past or present uses on, in or under the phase one property, and (b) identification of potentially contaminating activity; "associated product" means any product of petroleum or any other liquid product used as a fuel, other than gasoline, wax and asphalt; "bulk liquid dispensing facility" means premises at which solvents, gasoline or associated products are stored in one or more storage tanks and dispensed for sale; "Cleanup Guideline 1996" means the Ministry publication entitled "Guideline for Use at Contaminated Sites in Ontario" originally dated June 1996 and later revised; "contaminants of concern" means, (a) one or more contaminants found on, in or under a property at a concentration that exceeds the applicable site condition standards for the property, or (b) one or more contaminants found on, in or under a property for which no applicable site condition standard is prescribed under Part IX (Site Condition Standards and Risk Assessment) and which are associated with potentially contaminating activity; "description", in reference to a description approved by the Surveyor General, means a plan of survey prepared, signed and sealed by a surveyor or a descriptive map of a property; "garage" means a place or premises where motor vehicles are received for maintenance or repairs for compensation; "gasoline" means a product of petroleum that may include oxygenates and gasoline additives that has a flash point below 37.8C, that is a liquid at standard temperature and pressure and that is designed for use in an engine; "gasoline outlet" means any premises to which the public is invited, at which gasoline or an associated product is sold and is put into the fuel tanks of motor vehicles or floating motorized watercraft, or into portable containers; "lawyer" means a person authorized under the Law Society Act to practise law in Ontario; "medium" means soil, ground water or sediment; "phase one property" means the property that is the subject of a phase one environmental site assessment; "phase one study area" means the area that includes a phase one property, any other property that is located, wholly or partly, within 250 metres from the nearest point on a boundary of the phase one property and any property that the qualified person determines should be included as a part of the phase one study area under clause 3 (1) (a) of Schedule D; "phase two property" means the property that is the subject of a phase two environmental site assessment; "potentially contaminating activity" means a use or activity set out in Column A of Table 2 of Schedule D that is occurring or has occurred in a phase one study area; "RA

**id 145**

This item was picked by you in our Be the Buyer Program ! The glamour of this backless dress isn't lost on you! This look's smoky black hue, sheer shoulders, and striking open back make it a source of constant compliments. Wear this sheath with bright heels, long, dangling earrings, and your favorite statement ring for an outfit that you'll want to return to again and again. Other dresses ca... More This item was picked by you in our Be the Buyer Program ! The glamour of this backless dress isn't lost on you! This look's smoky black hue, sheer shoulders, and striking open back make it a source of constant compliments. Wear this sheath with bright heels, long, dangling earrings, and your favorite statement ring for an outfit that you'll want to return to again and again. Other dresses can't compare to this chic, sophisticated flight of fashion! Quality When you need a dress to don for a special occasion, you always turn to this fanciful frock. Composed of peachy pink chiffon, this fully lined dress features a jewel encrusted neckline of faux pearls, crystalline rhinestones, and sequins. Theres no need for jewelry when you pair this A line dress with pewter hued ... With as much chic as noir can offer, as much giddiness as velvety polka dots can carry, and as much romance as a sweetheart neckline can encompass, this lined dress pampers your urge to wear all the details you love! The illusion neckline of this mesh frock is your favorite way to look ultra feminine, and the only ... Ever since that fair day when you first met and your fates intertwined, you and this dazzling dress have had quite the close relationship. It was the sprinkling of silver conical studs at the black collar that made this stylish shift first catch your eye, and you gladly wore it out to art openings and concerts, ...

**id 146**

Oct 19, 2012 10:58 AM Hi everyone and thank you for the forum. I have just received the biopsy report on my type b lymphoma in my right eye orbit. Everyone here will probably know what I am going through now. I rrealise that the immediate news must be devastating for anyone. What I need now is the strength and courage to be positive. I must confess my first reaction was a hughpain which sent my tummy into freefall, Any help would be apprecrianiated b Welcome to cancer chat and thank you for telling us your story. I can understand how you must be feeling right now, but you will find the strength and courage to carry on from somewhere. We will do all we can to help and support you through this most difficult time. Anytime you want to talk, please come back on here and we will respond. I found the best way to stay positive is to stop looking for more info. its very easy to google stuff and convince yourself its all gonna end in a nasty way. I found some 'positive' stuff about my lmphoma (anaplastic large cell lymphoma), then stopped looking and held on to what i found. You will have the sleepless nights lying in bed fearing the worst, but the longer it goes on, the easier it gets. I'm not sure of your chances of remission from that particular lymphoma, personally i was given 70%, which i thought at first meant a 30% of NOT making it....it did take me a long time to actually see that 70 was greater than 30.....but when you're first diagnosed its all too easy to see the negatives. Good Luck and welcome to cancer chat, some real good people here to listen when you feel the pressure. I just type what i feel at the particular moment i read posts....sometimes they can be short and curt...other times i'll take the time to attempt to be sensible and caring. Mark - thank you so much for a reply. Comforing to know you are not alone. I made the first mistake of looking everything up !!! Will not do it again!! Monday is the first day to start all the tests after the biopsy. Take care Brian

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Roberto Di Matteo has suggested that Sir Alex Ferguson should keep his views to himself over the Mark Clattenburg controversy while he added to the sense of friction between the pair by claiming that referees' decisions in the big games went in "one direction" in favour of Manchester United. The Chelsea manager struggled to conceal his frustration at Ferguson's comments from earlier in the day, when his United counterpart had effectively questioned the veracity of the London club's allegation against Clattenburg. Chelsea accused the referee of racially abusing the midfielder Mikel John Obi in last Sunday's Premier League defeat by United at Stamford Bridge, and Ferguson said he could not believe that Clattenburg would have done so. Di Matteo made it clear that he was unimpressed at Ferguson talking about a club other than his own, as he followed the Chelsea policy of not offering an opinion on the matter while Football Association and police investigations were continuing, and he agreed, when it was put to him, that Ferguson's remarks had been unhelpful. "Yes, and I have to say that it happened in the past as well," he said. "There is a lot of respect between your colleagues, the managers, in general. And everybody has a different approach. Some people talk about other clubs and clubs' issues and some don't. We'll take the knowledge of his comments but it doesn't mean that we share it. "It's a free country where everybody has freedom of speech. We take into consideration what other people say and use it as a motivational tool for ourselves. It is a free country, as I say, and everybody can say what they want. He [Ferguson] likes to talk about other clubs; we tend not to. I'll leave it up to him." Di Matteo and members of his Chelsea backroom staff clashed with Ferguson on the touchline during last Sunday's game, following Fernando Torres's second yellow card, for a dive, and again at full-time. Ferguson later said that Torres, the Chelsea striker, had no one to blame but himself after he "chose to go down". Di Matteo has maintained that Clattenburg's decision to send off Torres was wrong while replays showed that Javier Hernndez's winning goal should have been disallowed for offside. Di Matteo pointedly said he would "leave that up to you to judge", when he was asked whether it was fair for a manager of Ferguson's standing to use his influence via public comments and it seemed as though there was plenty that he might have liked to say. He gave vent, though, on the subject of refereeing decisions and he took a conspiratorial line over the notion that United have been favoured by them this season, notably in their league wins at Liverpool and Chelsea. United beat 10?man Liverpool with the help of a debatable penalty. "There is a lot of evidence for being concerned that all the decisions go in United's favour," Di Matteo said. "There are some feelings in general but I don't think they [referees] do that with a purpose. It's just part of their decision-making and it seems to go in one direction. Does it even itself out? I don't know. "We need to support the referees. The players and managers have to do everything to support the referees. As much as it angers us and me personally when a key decision goes against me, I still believe we need to do everything to support the officials and make sure that they can perform at the best of their ability." Chelsea are the European champions and Premier League leaders but they are a club under siege; Arsne Wenger, the Arsenal manager, has been another to criticise them for their handling of the Clattenburg affair and how they initially went "public with little proof". Di Matteo, though, claimed that Chelsea had conducted themselves properly. "We believe we did what was right," he said. "We believe we behave correctly. We have an objective in front of us and are going to continue to work for that. If other people have different objectives or opinions, it won't influence us." I've only read the title, it was enough too. This once again shows how much stronger mentally SAF is compared to managers from Benitez to DiMateo. I concede that when you're on a loosing side you tend to say things like that, but managers should be professional about it and not bitch in public. I lost what little respect I had for him, he's been bitching around Manchester United and Referees. Seriously he should talk more and more and I

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"Nowhere, except in Egypt or at Pompeii, is a prehistoric settlement the sites, huts and even domestic furniture of which are in such perfect preservation." Professor V. Gordon Childe S kara Brae was continually inhabited for at least 600 years -- over which time there appear to have been two distinctive stages of construction. Dating from around 3000BC, the earliest houses in the village were circular -- made up of one main room, containing a central hearth, with beds set into the walls at either side. Opposite the main entrance was a shelved stone dresser - a piece of Stone Age furniture that has come to represent Skara Brae. The remains of these older structures remain on the site, visible as rough stone outlines (see picture above right). The later houses followed the same basic design, but on a larger scale. The house shape changed slightly, becoming more rectangular with rounded internal corners. Also, the beds were no longer built into the wall but protruded into the main living area. Each house was accessed through a low doorway, which had a stone slab door that could be closed, and secured, by a bar that fitted into holes in the door jambs. Although it was in use for seven generations, from current excavation evidence, it appears that Skara Brae did not grow any larger than eight structures. The maximum number of dwellings at any one period, it has been suggested, was between six and eight, housing no more than 50 to 100 villagers at any one time. Today, the visitor is often assumes the eight surviving structures are the remains of an underground village, linked by a series of short, roofed tunnels. This is actually not the case. The houses were not sunk into the ground but built into mounds of pre-existing rubbish, known as "midden". Although the midden provided the houses with a small degree of stability, its most important purpose was to act as a layer of insulation -- an absolute necessity given Orkney's climate. Because the houses were built into the midden, from the outside, the village would have appeared as a low, round mound, broken only by the surface of each house's roof. With a total floor area of 36 square metres, a Skara Brae house was actually quite spacious. Life inside would have been reasonably warm and comfortable (certainly by Neolithic standards), with beds having straw or heather mattresses and blankets of sheep or deer skin. A remarkably sophisticated drainage system was incorporated into the village's design -- which may have included an early form of toilet facilities. The roof B ecause nothing survived of the structures' roofs, we must assume that they were made of a perishable, organic material. It is likely that whalebone, or driftwood, beams supported a roof of turf, skins, thatched seaweed or straw. Seaweed, weighed down with straw ropes attached to stones, remained a roofing material in Orkney into recent history.

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Full Tilt Poker is Alive and Running Wednesday, November 7th, 2012 by Ryan In terms of poker news, I'd say that in my opinion the rankings of the most popular news stories over the past year or so probably goes somewhere along the lines of including the World Series of Poker Main Event, the Big One for One Drop, Full Tilt Poker, and online poker as a whole. With that being said, the biggest news swirling in the poker world recently definitely has to relate to Full Tilt Poker, especially since the Main Event actually just came to a close and we saw a winner be awarded in Greg Merson. While Full Tilt Poker was shut down after Black Friday and was in the news for some pretty terrible things and an all-around bad situation, things have made a huge swing after PokerStars agreed to purchase their old rivals and get the site back going, and also pay back players. Tuesday was big for many people for many different reasons. If you are in the United States, the relaunch of Full Tilt Poker may not matter too much to you just yet, even though you can still play for play money if you'd like to. The Election was currently going on though in the United States, so the battle between Barack Obama and Mitt Romney was finally coming to a close. For the rest of the world and for the poker players in the United States, they probably had their eyes locked in on the relaunch of Full Tilt Poker, which marks the day that the ex-juggernaut in the industry begins its climb back to the top of the poker world. As far as the real money games at Full Tilt Poker goes, it took until about the early to middle part of the afternoon on Tuesday for things to get rolling. They had their play money games going for a week or so, and while they got the site up and running, things didn't go completely smooth right out of the gate. For around two hours or so the Cashier through Full Tilt unfortunately wasn't working, and the other issue came along with the whole deal behind connecting players' accounts at PokerStars to their account at Full Tilt Poker. They were able to link the two, but trying to transfer money between the two sites wasn't working very well for a bit in the middle. Overall though, the kinks are slowly being worked out and the relaunch of Full Tilt Poker has the poker world buzzing. As you may know by now, the entire site of Full Tilt is pretty similar to what it was in the past, which is nice. There are a few things that have been changed on the site, but overall Full Tilt still looks and feels to be the same as it was. The biggest differences between the current and the past probably relate to the loyalty program that Full Tilt is running. There is no Iron Man and Black Card anymore, and there is a completely new program that is called Full Tilt Edge. Players are going to work their way up through the ranks in this program from Bronze to Silver, Gold, Platinum, and finally Diamond, all of which depends on the amount of Full Tilt Points that you earn. If you are able to hit the Bronze Edge level then you get to register for daily freerolls that cost 25 FTPs to enter, and for the players who get to higher than Bronze, you are going to receive cash bonuses that depend on the amount of points that you bring in each week. Diamond status players get to head into the Diamond Edge Store, and you are able to use your points there to purchase items and get cash bonuses as well. If you were a Black Card member at Full Tilt during 2011 at all then you get to start at the Diamond Edge level as well, and you get a 50-day grace period. As far as the Iron Man medals that were awarded from the old Full Tilt, those didn't just disappear either, as players are going to earn 50 FTPs per medal now. As you can tell, some things are changed and others remain the same, but as Full Tilt rolls on it's likely that you'll see that the site will continue to grow and improve through 2012 and into the future.

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...don't bother!... reasonably high CO 2 emissions and good chance you will get lost and end up paying multiple tolls. Not much of a view and once you finally manage to leave Sydney (at least an hour from the airport) you may find the Freeway is blocked by road works, peak hour or accidents. If you are desperate, you can hire a car (pre-book or you may not get one) at the airport and follow the signs to Newcastle or call me (and I will explain where the closest train station is!). If you live in Sydney, then this is a reasonable option, but as an ex-Sydney person you really should try out the train and save on CO 2 emissions. Train: This is a pleasant 3 to 4 hour journey (including changing from the airport to the Newcastle train), with low CO 2 emissions, which is quite scenic once you leave Sydney and will arrive almost within walking distance of most places you will be staying. There are trains at both the international (Terminal 1) and domestic (Terminals 2 and 3) terminals. Terminal 1 is the international terminal. Once you come out of Immigration and then Customs, turn right (from either set of exits), staying on the same level , walk to the end of the terminal, past MacDonalds and some shops -- there are signs to the Trains. Then you descend to the train station. Buy a ticket to "Newcastle Station" -- it is about $28.00 AUD and covers the airport train (almost half of the fare) and the trip from Sydney to Newcastle. There are two platforms, make sure you get the platform to "City Circle" and not to "East Hills", - on the platform check that the train will go -- Domestic (if you are at the International), Mascot, Green Hills, Central Station -- you need to get off at Central. Terminal 2 and 3 are domestic flights, either Qantas or the rest. The train station is underground between the two terminals. So, on the bottom floor of either terminal (where you get luggage), follow the signs to the train station and go down the stairs, escalator, lift from within the terminal down to a tunnel that runs between terminals 2 and 3, then you take further escalators etc off this to get to the station. The fare is the same $28.00 AUD; There are two platforms, make sure you get the platform to "City Circle" and not to "East Hills", - on the platform check that the train will go -- Mascot, Green Hills, Central Station -- you need to get off at Central. Once you arrive at Central Station -- it is the first above ground platform -- exit the train and turn to the right and head to the end of the platform. You are heading for the Country Platforms 1 to 15. Toward the end of the platform you go down one of the two stairs. At the bottom turn left and continue past all of the suburban platforms (16-23) in reverse order and you will come to stairs/escalators -- go up and you will then be in the country section. Don't exit thru any of the electronic ticket collectors/barriers. At the top of the stairs there is a small shop on the left and the platforms start at 15 going down. The Newcastle Train is usually on platform 6 to 13. There is an indicator board for the "intercity" trains about 20m past the top of the escalator just to the right. You need to find the train going to Newcastle (not Wyong) and any Newcastle Train (Limited Stops or Express) is fine, they all stop where you want to get off. Most of the trains depart at about quarter past the hour every hour. Sleep for the first 45 min of the trip as you go thru Sydney, the train does pass the Olympic site at a distance but that is about it for views. Then as you leave Sydney the trip is quite scenic over the Hawkesbury River, through the Central Coast, and then eventually into Newcastle -- usually takes about 2 hr 30min to 3hr depending on how many stations they stop at. You need to go to the final stop -- Newcastle station (and not Broadmeadow which is the main station in Newcastle -- unless you enjoy 5km walking into Newcastle with baggage). Plane: High CO 2 emissions and isn't much shorter than catching the train, particularly if you have to change from an international terminal (or Qantas domestic terminal) to the terminal for Aeropelican which flies Sydney to Newcastle. You have to take you luggage via the terminal bus or train to get it from the international terminal. Rather expensive - $100 to $300

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State of Maine, Office of Governor Paul LePage Please share your government cost saving ideas in the area of education here. I went to the Children's Museum At the Children's Museum , I was thinking,"schools should be more like this Children's Museum ! Lots of Fun learning was going On! People can have " school , in barn as long as they HAVE GOOD TEACHERS!!! We spend too much on prison like buildings , Most do not even HAVE ART Rooms! We can Teach EVERYTHING WITH ART and we can not teach anything with out Art ! Even letters are Symbols!

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Princesses Never Give Up, Until They Totally Do March 9, 2010 This past weekend was a weekend filled with tremendous, heart-busting joy. It was also one of the most personally disappointing weekends of my entire life. My head is spinning a little from the existential contradiction that this represents. I took the brood to Disney World , and one of the objectives of the trip was, of course, to have a good time, and having a good time at Disney World is not a particularly difficult thing to do, what with the spinning teacups and fireworks and pirates and flying carpets and pixie dust and all, and so to say that we -- and more importantly, our coterie of pixie-loving badgers -- had fun is to understate things dramatically. But having fun was not the only objective of the trip, nor even the primary objective of the trip. The primary objective of the trip (which saw us drive from Toronto to Florida in a vehicle provided by GM Canada ) was me tackling the Disney Princess Half-Marathon, aka the Tiarathon, as the first race in my year-long quest to run 100 miles for Tanner . I've been training since last year to do this run and all the other runs -- runs that will cover a total distance, I hope, of 100 miles -- to follow. I had my tiara and tutu packed and ready. I never got the chance to wear them. The night before the race I had a series of dizzy spells, the last resulting in a nasty fall while carrying Emilia -- herself a little broken from falling on the monorail off-ramp -- across the resort grounds. I wasn't badly hurt by the fall -- just sore knees and neck -- but the fact that I'd been dizzy enough for black spots to distort my vision and skew my balance and send me careening to the ground, child in arms, was enough to sound the warning bells. "You're not running," Katie said, as she helped me back to the room. "I will stop you." In hindsight, I can speculate that my dizzy spells and my fall and my consequent failure to run was due to a lot of things that were more or less beyond my control. Doing a week-long long-distance road trip with small children who do not sleep prior to running a half-marathon is, perhaps, something that I could have controlled -- simply by not doing it -- but then we wouldn't have had our adventure, and who's to say that it was the seven nights without sleep that brought me down? It also might have been the Florida sun, or the food (Mickey-shaped waffles have been proven to cause light-headedness in tutu-clad lab rats), or the fact that I'm only about a month past a bout of pneumonia and have bad lungs and ignored all of that when I resumed training a few weeks ago and didn't pay any of that any mind while carrying a 35 lb toddler through the Magic Kingdom and Animal Kingdom and Epcot Center under the decidedly un-Canadian sun for two days. It could have been due to a lot of things, most of which were almost certainly my fault. Which is why I'm having a hard time clinging to the joy from this weekend. The smalls had a deliciously wonderful time, chasing Space Rangers and splashing down mountains and racing race cars and goggling at pixies zipping through the sky, and their joy was contagious but still: we were supposed to do all this -- we were supposed to be pursuing joy and chasing pixies and princesses -- for Tanner . I was supposed to do this for Tanner. And I f\*cked it up before I even got started. It's kind of hard to not hate myself for that. (I ordinarily close comments for this kind of post, because I hate being sucked into the temptation to seek reassurance and back-pats from the Internets for my own twisted issues, but you know what? This shit sucks so bad that it is taking all of my limited self-restraint to not out-and-out beg everyone, everywhere, to tell me that I am not, in fact, all total fail and a disappointment to humanity. So. If you feel like telling me that I don't suck, I will totally take that. Please excuse my neediness.) Honey you are CRAZY! If you had run, you could have ended up really hurting yourself.

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Saturday, October 27, 2012 A Couple of Long Overdue Classic Rookies October is coming to a close, and winter is nearly upon us here in New England. As seems to be the case every year, I've got a whole backlog of interesting cards purchased in 2012 that I just haven't gotten around to posting yet. While I don't have the time to devote to something like last year's Top 20 Under $25 countdown , I am still going to make an effort to get many of them posted by year end. Today we'll start with a familiar junk wax era rookie card that I finally got around to picking up this past May: Yup, I am now the proud owner of a 1989 Upper Deck Ken Griffey Jr. rookie card. Collectors that I've talked to seem to be pretty split on this particular piece of cardboard. I know some who would rank this among the greatest baseball cards ever, while others feel that it's just another over-rated, over-produced junk wax rookie card. I haven't given this card a ton of thought myself, but I guess I fall somewhere in the middle. I don't find it to be a particularly striking card based solely on its appearance, but as a child of the late '80s/early '90s it was impossible not to admire Griffey, and this was the rookie that everyone wanted. Not only that, but one thing you cannot argue is the significance of this card (and this set) in our hobby's history. For better or worse, Upper Deck changed the game for good when it burst onto the scene in 1989. At a minimum, the '89 Upper Deck Griffey is undoubtedly in the top tier of sought-after rookies from the '80s, alongside the '82 Topps Ripken, '83 Topps Gwynn, '84 Donruss Mattingly, etc. In fact, off the top of my head the only '80s rookie I can think of that does better in the secondary market would be the '80 Topps Rickey Henderson. Whatever your point of view, I think we can agree that this little cardboard square has left a larger footprint on the hobby than most others. I love the rookie cards from this era in particular; so sought after and so instantly recognizable. Because of the shape of the baseball card landscape at the time, they've really become iconic works of art in a way. You basically had one single, solitary, true rookie card of any player from each brand. Not like today's watered down sets with dozens of inserts, serial-numbered cards, patches and autographs. While those cards may be fun to chase, the result is that they just don't seem to mean as much. I would say that nearly every single baseball card collector, whether they own one or not, recognizes this Griffey card and can visualize it in their head even if they haven't seen one in person in years. Think of your favorite active player in the league right now though...can you do the same for them? I can tell you that without looking it up I can't visualize what Justin Verlander's rookie card looks like right now. How about Triple Crown winner Miguel Cabrera, can you picture his rookie card? CC Sabathia? Felix Hernandez? You get the point. Maybe it's just me. So why, 20+ years later, did I finally decide to land an UD Griffey RC of my own? Well, a couple of years ago I scored an absolute steal on an unopened wax box of 1989 Upper Deck Low Series ($40 if you can believe that!), but I struck out on pulling a Griffey. Ever since then I've wanted to chase one down to fill that hole in my set. Aside from being a really nice mint copy from a reputable seller, the real reason I settled on this one was because it was a package deal auction, and included a second rookie that I wanted as much as, if not more than, the Griffey: The 1990 Leaf Frank Thomas rookie was an absolute prize among my childhood group of collecting friends. Out of all of us, only my best friend ever owned a copy, a birthday present from his father that we were all in awe of. I remember it being stored in one of those absurdly thick screw-down holders at the time, the ones that made your card roughly the size and weight of a small hardcover book. Maybe this is my imagination glorifying my memories

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Re: iPad not been registered First, Go to Settings, then WiFi, and turn WiFi off. This enables the internet settings to be successfully input. Now, go to Settings again, then Cellular/Mobile Data, and make sure Cellular/Mobile Data is switched on. Then choose Cellular/Mobile Data Network. In the boxes, type: APN: giffgaff.com Username: giffgaff Password: password Now power off your iPad and switch it on again. The internet settings are now complete. Your iPad will say O2-UK as the carrier, because giffgaff uses O2's signal. If you would like to change the text to giffgaff, there's a long winded way of doing this which requires jailbreaking. Also, the View Account button in Cellular/Mobile data will not work, but simply log onto your giffgaff username on the website to find out how many MB you have left.<p> Feel free to award Kudos to posts that helped you and BEST ANSWER to the post that solved it :-)

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Temporarily out of stock. Order now and we'll deliver when available. We'll e-mail you with an estimated delivery date as soon as we have more information. Your account will only be charged when we ship the item. Dispatched from and sold by Amazon.co.uk . Gift-wrap available. Amazon's Tommie Young Store Special Offers and Product Promotions Buy any product sold by Amazon.co.uk excluding any Kindle Device and e-books and we will add a 10 promotional gift certificate to your account to spend on selected Amazon fashion. Here's how (terms and conditions apply) Purchase a product from the Music Store sold by Amazon.co.uk and receive 1 to use on any music download in our MP3 Store. Here's how (terms and conditions apply) I must admit I had never heard of Tommie Young previously, and only bought this because I was intrigued to hear the original version of Golden Smog's "She don't have to see you (to see through you)" - that and knowing that the involvement of Bobby Patterson as producer, writer etc is normally a mark of quality. I'm extremely glad I did. This is a classic piece of Southern soul from the early 1970s, produced at the same time as the likes of Millie Jackson, Denise Lasalle and Shirley Brown were getting into their stride. Tommie Young deserved to be grouped with them, and for undiluted cheating songs this compares well with Shirley's "Woman to Woman" LP. All the original album tracks are strong, with the sequence from "She don't have to see you" through to "You brought it all on yourself" the highlight. The bonus tracks, where Tommie tries a more contemporary sound, don't work as well. The honourable exception is a remake of Percy Sledge's "Take time to know her" which almost matches the original. Having only previously heard Tommie Young on a couple of wailing ballads that appeared on a an old Instant UK LP ''Southern Soul Belles'' I was curious to check out more of her work.Until Westside released this 16 tracker her stuff was very difficult to find.It's a real gem and highly recommended to those who love their deep femme soulsters served up ''southern style.''She has been compared to 1970's Aretha ,and I agree to a certain extent.However the voice is a little more down -home and not subject to the ''over -souling'' indulgences that can sometimes spoil Arethas' singing.Lots of marvellous sympathetic horns,harmonizing back- ups and cheating/lying type lyrics. All of this material comes from the Soul Power label in Shreveport and the stand-out tracks for me are the title''Do You Still Feel The Same way?'' and ''You brought it All on Yourself'' If you like Betty Lavette,Bettye Swan,Baby Washington,Shay Holiday and similar,then this one's for you.

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Phone hacking: Rebekah Brooks and Andy Coulson are among the eight people facing charges. Photograph: PA 6.39pm: Before we close down our Leveson inquiry live blog for one last time this summer, we ought to showcase this marvelous BBC News graphic on 102 days , 474 witnesses and 3.2m carefully-chosen words . Who was the most forgetful Leveson inquiry witness? BBC News has the answer Top statistical revelations include what percentage of the total words were spoken by inquiry lead counsel, Robert Jay QC , and how many times the prime minister said "I don't remember," "I don't recall," "I can't remember" or "I can't recall". Enjoy -- and see you after the summer. 5.37pm: The private investigator Glenn Mulcaire has released a statement after being charged in relation to phone hacking. He said: "I am extremely disappointed by today's decision given that in 2006 I was the subject of a comprehensive police investigation on this matter. I subsequently pleaded guilty and served the prison sentence imposed on me by the court. "As far as I am aware the police did a thorough investigation at that time. I intend to contest these allegations strenuously." 4.35pm: Neil Wallis , the former excutive editor of the News of the World, is understood to have been rebailed until September in relation to Operation Weeting allegations, reports the Guardian's Lisa O'Carroll . One of the 13 files sent by Scotland Yard to the CPS for charging advice in relation to allegations of conspiring to intercept communications related to Wallis who was arrested last July. It is believed the CPS have asked the police for more information in relation to Wallis. The 61-year-old joined the News of the World from the People in 2003 as deputy editor to the then editor Andy Coulson and in mid-2007 he became executive editor and left the paper in 2009. Neil Wallis Photograph: Peter Macdiarmid/Getty Images 4.30pm: The freelance journalist Terenia Taras , who wrote occasionally for the News of the World, has released a statement after prosecutors said she would face no further action in relation to allegations of phone hacking. Taras, who was arrested on 23 June 2011, said: "I have been on police bail for 13 months. It has been incredibly stressful and I'm extremely glad it is now over, with my integrity no longer in question. "I'm angry that this cost me my job, my income, and my professional reputation was brought into question. "I have never had any involvement in the deplorable practice of phone hacking and believe I was dragged into the investigation by association and the fact that I'm an investigative journalist who has worked on some very sensitive stories recently. "I haven't written for newspapers for the past five years whilst I've been establishing myself in broadcast media. Hopefully, now I can get back to doing what I'm passionate about - working on investigative documentaries and current affairs programmes as part of this country's strong journalistic tradition." 4.17pm: The Crown Prosecution Service (CPS) has confirmed the names of three journalists who have been told they will face no further action in relation to phone hacking. They are: Terenia Taras , a freelance journalist who wrote occasionally for the News of the World; Raoul Simons , the former Evening Standard reporter; and Ross Hall , the former News of the World journalist who wrote under the name Ross Hindley. 2.39pm: After 102 days, 470 witnesses and 6,000 pages of evidence, Lord Justice Leveson has drawn his inquiry to a close. Here are his final remarks: For most of you, I suppose, the task is now done and you can move on to other productive work. For me and for the team, however, we have only just started. I will produce a report as soon as I reasonably can. I recognise the urgency of the matter and the need to provide my views for the consideration of the government and all those interested parties speedily, so that decisions can be made as to the way forward. As I have said, if anything happens over the next months which I feel impacts on the work of the inquiry, I will not hesitate in bringing it up. And if that means that we will end up back in this room, so be it. But, in the meantime, thank you all very much. "I am extremely disappointed by the CPS decision today. I will fight these

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January Wedding Lyrics Avett Brothers She keeps it simple And I am thankful for her kind of lovin' 'Cause it's simple No longer do we wonder if we're together We're way past that And I've already asked her So in January we're gettin' married She's talkin' to me with her voice Down so low I barely hear her But I know what she's sayin' I understand because my heart and hers are the same And in January we're gettin' married And I was sick with heartache [ From: http://www.metrolyrics.com/january-weddi\\... ] And she was sick like Audrey Hepburn when I met her But we would both surrender True love is not the kind of thing you should turn down Don't ever turn it down I hope that I don't sound to insane when I say There is darkness all around us I don't feel weak but I do need sometimes for her to protect me And reconnect me to the beauty that I'm missin' And in January we're gettin' married No longer does it matter what circumstances we were born in She knows which birds are singin' And the names of the trees where they're performin' in the mornin And in January we're gettin' married Come January let's get married

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LYBFL: 9 Ways to Find More Time For Things That You WANT To Do I can't believe how much writing down my specific goals for has already impacted upon our every day. I find myself thinking much more purposefully about ways to incorporate the things I want for my family into TODAY. At the same time, staying mindful that I cannot do everything at once. I have also been thinking about ways to free up time so that I feel like I have more time for the things I want to do (rather than the things I feel I SHOULD do). Here are 9 ideas I have come up with so far; 1. Include the kids: Maybe you are struggling to find time to exercise, could the solution be to take a walk to the park as a family (kids on bikes or scooters should keep you moving to keep up) with a ball to kick around together? Or would your older children rise to the challenge of being responsible for helping you to pack orders for your home business? As parents, looking for ways to include your children in the process of achieving some of your goals can make success much more realistic. 2. Change your routine: This one would have to be the biggest challenge for me as the only way I could really reclaim some time from my routine is to wake earlier. Unfortunately, I am not a morning person and we still have a baby who wakes through the night. I am however thinking that even getting up just five minutes earlier so that I can have a shower before the girls wake for the day would be a good thing. 3. Ask and/or accept help: Why is it so hard for us to ask for or accept help? Have you recently dismissed an offer of help? I know I have! I seem to have a (possibly misguided) sense that the person is only offering to be socially polite or because they feel obligated. This is one that I really need to work on. 4. Swap kids: My neighbour and I have recently started swapping playdates and it really helps to free up time. Immy will go to play or we will have our neighbour's youngest daughter to play and it is a win either way as it is amazing how much I can get done when Immy is busy playing with a friend. 5. Outsource: Is there someone you can hire to help free up your time? A local teenager to play with the children during the school holidays so that you can get some work done? Or a cleaner? A babysitter so that you can enjoy a much needed date night? I am even thinking of finding an eBay agent to sell a heap of items that I have been wanting to sell for ages. 6. Make technology work for you: Preparing dinner in the slow cooker makes my evenings run much more smoothly -- I can actually relax and enjoy bath time with the girls or we actually find that we have the time to sit on the couch and read together instead of me getting increasingly frustrated in the kitchen as AJ wants to be held and Immy is getting tired and more demanding. Another way that I like to use technology to my advantage is with online grocery shopping as I can think of nothing worse than spending an hour (or more) dragging two kids around the supermarket. Is there a way you can make technology work harder for you? 7. Prioritise the important: I am trying to get into the habit of reflecting upon my goals each morning with the intention of finding one task that will take me one step further towards achieving that goal for the day. It might be spending time baking with Immy or organising one drawer or cupboard -- whatever it is, I keep it small and achievable. 8. Remove distractions: Whatever you choose to do in the moment, do it with all of your heart by removing unnecessary distractions. Try turning off your email while you complete an important work task or leaving your iPhone in your bag while at the park with the kids , looking for ways to remove those elements that you know are likely to distract you from living in this moment. 9. Make it fun: There are always times when we have to do the things we don't really want to do. This tip is about motivating you to get onto them and minimising their impact on your day by making them fun! Whether it be putting on some music and dancing as you mop the floors or having a water fight with the kids as you clean the car , or even setting a timer to see if you can pick up a room in under 3 minutes, looking for ways to incorporate a fun element into these tasks will hopefully get you moving to get them done with a smile on your face. Even if it is just an 'extra' five minutes that

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If I had to choose just one ... hardy geranium, it would be 'Rozanne' Walking through my garden the other morning, it occured to me that I tend to hang onto plants whether they perform or not. In other areas of my life, I'm ruthless about getting rid of things I no longer use, wear, read, eat -- well, you get the picture. So, in an effort to force myself to be just as cold-hearted in the garden, I'm compiling a list of desert island plants (or should I say, temperate island plants...). So here's the first in a series of "if I had to choose just one plant" posts. I think it's more than fitting that Geranium 'Rozanne' should be the first to kick off the series. This is a plant that belongs in every garden. Introduced at the Chelsea Flower Show in 2000, 'Rozanne' was nominated as the Perennial Plant of the Year in 2008 (what took them so long?!). In my garden, it blooms from June until November -- I don't know any other perennial that blooms as long! 'Rozanne' is such an easy-going plant, too. I moved it from the relatively rich soil of my perennial bed to the dusty dirt where a 'New Dawn' climbing rose thrives and 'Rozanne' didn't so much as wilt. In fact, it clothes the naked canes of 'New Dawn' with lush foliage and those oh-so-lovely blue flowers. So, are there any other nominations out there for the "If I had to choose just one hardy geranium" contest? Post a comment and let me know!

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A few years ago, when identical twin sisters Brittany and Brianna Winner were in fourth grade, they came home from school close to tears. Their learning disabilities, primarily dyslexia, were becoming apparent to their classmates, and the girls were sad and scared. Brittany and Brianna Winner, 17, (left to right) put on their writing caps where they do much of their writing, around the kitchen table. The twins' first sci-fi fantasy novel gained attention when they were 12-years-old. "I knew there was something different with me," Brittany says, before her sister, in the manner of twins who are very, very close, picks up the thought. "I just felt I was stupid," Brianna adds. "That was the exact word," Brittany agrees. "Stupid." "The other fourth graders were doing so well, and we couldn't keep up." They told their parents, Jeff and Ilene Winner, that they were worried they'd not make it through high school much less get to college. They told them the word they kept hearing, "stupid," might be true. "But our dad told us, 'No you're not!'" Brianna says. "He said, 'Why don't you write a book?'" Brittany says. So the twins with serious reading disorders did that most unlikely thing, writing -- with a little technical help from their dad -- a 312-page science fiction novel called "The Strand Prophecy." And though no one could predict it at the time, the book, and plenty of other things that happened to the Winner twins next, turned out quite well indeed. Though the idea of writing a book was daunting to Brittany and Brianna, now 17, the girls were already natural storytellers. Born 11 weeks early, they spent their preschool years in and out of hospitals. And with only each other for companionship, they learned to occupy themselves with imaginary worlds and made-up characters and grand adventures. "We were very sick," Brittany says. "To escape that, we started to play pretend." Their parents loved science fiction and "Star Trek" and Comic-Con, so they were an eager audience for the galaxies and planets and all manner of alien beings the girls might invent. And the girls, it turned out, were good at inventing. "I don't know if everybody can do this, but can you imagine something and see it in front of you?" Brittany asked. They started with a story that starred dinosaur people and ended up with one focused on an intergalactic monarchy of alien beings. Their universe grew to include seven planets, each with detailed histories and legends and populations. And they spent nine years making up new chapters of the same story. Finally, when they were 11, their dad urged them on: You are smart. You are creative. You can -- and should -- write a book. And so the dyslexic twins started writing, using a speech-to-text program on their computer: "'The children walked into the room,'" Brianna says, demonstrating how they worked. "'Period... Space.'" The Winner twins spent nine months writing "The Strand Prophecy," working on it between school and homework. It's the story of Steve Cutter, a character Brianna describes as "a scientist superhero with no powers, who has to warn the world about a rapidly evolving predatory creature." Halfway through the book they realized three things, she says. "We loved to write. We wanted to write forever. And we wanted to publish books." "We wanted to be authors," she added. "It was our dream." They published the book on their own in 2007 when they were 12. And if their story stopped there they'd be considered a success. But the universe for Brianna and Brittany, and their book, soon expanded. They were finalists in three categories of Benjamin Franklin Awards, and a gold medal winner at the Ippy Awards, both of which are well-known contests for independently published books. At New York Comic-Con the Winner twins met a book buyer for Barnes & Noble who took a liking to them and their book. At BookExpo America the same happened with a book distributor. When the girls turned 13 "The Strand Prophecy" was picked up for in-store sales at Barnes & Noble and, that summer, they did an authors' tour of Borders bookstores. They used their first royalty check (a few thousand dollars)

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Top 8 Things To Do With Kids in Miami, Florida Looking for a great way to spend time with the children in Miami? Our city is fill of great kid-friendly activities! If you'd like to save on admission to over 25 Miami attractions, you may wish to get a Go Miami Card (buy direct) Miami MetroZoo is fast becoming one of the best zoos in the nation. Its climate allows it to keep a wide variety of animals from Asia, Australia and Africa like no other zoo in the country. One of the first free-range zoos in the country, the exhibits are entirely cageless. Animals are grouped according to their geographic territory and animals that live together peacefully in the wild are placed in exhibits together. If you have kids (or just like to act like them!), the Miami Children's Museum is a must-see destination. Their motto of "Play, Learn, Imagine, Create" shines through in the wide variety of interactive exhibits that allow children to explore everything from a supermarket to a television studio, picking up valuable lessons along the way. Parrot Jungle offers visitors a fun, educational opportunity to get an up-close look at tropical birds in replicas of their natural habitats. The attraction routinely hosts field trips and offers frequent educational programs. The Miami Seaquarium is located right in the middle of the tourist area, on the causeway between downtown Miami and Miami Beach. It's a fabulous stop where you can witness an outdoor aquarium experience that's only possible in our tropical climate. Be sure to budget enough time to spend at least half a day there! Miami's beaches offer a great opportunity to get some exercise or just enjoy some time in the sun! I take a look at a few of my favorite beaches, including a couple of lesser-used spots where you'll be able to avoid the tourist crowd. With 1.5 million acres of swamps, saw-grass prairies and sub-tropical jungles, Everglades National Park is one of the most unusual public parks in the United States. Located on the southern tip of Florida, the park is home to 14 rare and endangered species, including the American Crocodile, the Florida Panther and the West Indian Manatee. A large portion of the park is primitive, explored only by adventurists and researchers ? but visitors have ample opportunity to walk, camp and canoe. Check out the latest kid-friendly exhibits at the Miami Museum of Science. You're bound to find a learning adventure for the whole family. The museum is home to the Bird of Prey Research Center and the Weintraub Observatory. "Where the humans are caged and the monkeys run wild" - it's more than a catch-phrase. Monkey Jungle in southern Miami-Dade County is a truly unique park. While homo sapiens walk through carefully constructed wire pathways, many species of primates scamper above your head, swing through trees and interact with each other in ways difficult to observe in captivity. Keep your eyes open; you never know who's hanging around!

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The prevention of pains and strains/ MSD s does not need to be difficult or complex. These hazards should be addressed in the same way you would any other hazard in the workplace -- recognition, assessment and control. The essential keys to prevent MSD s are: Management commitment and support A written MSD prevention process that is communicated to all workplace parties Worker participation in the prevention process and Training on MSD prevention for ALL workplace parties. Establish A Foundation For Success Managers, supervisors, and workers all know the workplace is serious about preventing MSDs Yes [ ] No [ ] The workplace is ready to make changes to reduce the risk of MSD s Yes [ ] No [ ] Resources are available to make any necessary changes Yes [ ] No [ ] Understand MSD s And MSD Hazards Managers, supervisors, and workers know what MSD s are and what hazards can cause them Yes [ ] No [ ] Recognize MSD Hazards And Related Concerns Incident/injury records are reviewed to find jobs/tasks where MSD s have been reported Yes [ ] No [ ] Workers, supervisors and managers are asked about job/tasks that they believe contribute to any pain or discomfort Yes [ ] No [ ] Problem jobs/tasks are observed and an MSD hazard identification tool is used, with full input and participation of workers who do the jobs/tasks

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The Rush to Resilience: 'We Don't Have Decades Before the Next Sandy' In an era of disruptions so significant that we refer to them in a single-name shorthand (think: 9/11, Katrina, Fukushima, Haiti, Sandy) what gives communities their ability to bounce back? And what does it mean for the way we build (and rebuild) cities? To explore these topics, we invited two leading thinkers who are working at the forefront of resilience -- Andrew Zolli and Jonathan Rose -- into a dialogue. Zolli's new book, Resilience: Why Things Bounce Back , written with Ann Marie Healy, is a must-read primer on the field of resilience research, examining the capacity of everything from people, organizations, communities, and societies to adapt to volatile and dramatically changing circumstance. Zolli's day job is running PopTech , a network of cutting-edge scientists, technologists, and social innovators who come together to work on new approaches to some of the world's toughest challenges. Jonathan Rose is an urban planner, developer of green affordable housing, and the founder of the Jonathan Rose Companies . His work is focused on the intersection of climate, cognition and behavior, having incubated a pioneering network that explores these topics at the Garrison Institute . Here's part of our wide-ranging conversation about how to make our cities more resilient. RF: Let's get things started with the basics. Resilience is becoming a theme among city-builders and in urban planning circles. How do you define resilience? AZ: Resilience can feel frustratingly slippery to define, in part because different fields use the term to mean slightly different things. In engineering, for example, resilience generally refers to the degree to which a structure like a bridge or a building can return to a baseline state after being disturbed. In emergency response, it suggests the speed with which critical systems can be restored after an earthquake or a flood. In ecology, it connotes an ecosystem's ability to keep from being irrevocably degraded. In psychology, it signifies the capacity of an individual to deal effectively with potentially traumatic events. In business it's often used to mean putting in place backups (of data and resources) to ensure continuous operation in the face of natural or man-made disaster. Though different in emphasis, each of these definitions rests on one of two essential aspects of resilience: continuity and recovery in the face of rapid change. And, in our volatile age, they're all going to be part of the field we call urban resilience. A good working definition, particularly in an urban planning context, is: the ability to maintain core purpose, with integrity, under the widest variety of circumstances. More broadly, it's the ability to recover, persist or even thrive amid disruption. Among other things, resilient systems sense and respond to their own state and the state of the world around them, compensate or dynamically reorganize themselves in the face of novel shocks, decouple themselves from other fragile systems when necessary, fail gracefully, and have strong local self-sufficiency. But we shouldn't get too hung up on the specific language. Any definition will only ever be a first approximation, because there are countless kinds of systems, countless ways for them to be more or less resilient, and countless things for them to be resilient to . RF: Tell us more about urban infrastructure specifically. How can we make it more resilient? JR: That's particularly true in the world of urban infrastructure, which is actually comprised of many different kinds of systems. These can be typified as hard or soft, central or distributed, passive or energized, complicated or complex, synthetic or natural. And the more diversity they have -- providing different but redundant pathways -- the better. Urban infrastructure systems actually call on all four of the kinds of resilience that Andrew mentioned -- engineering, ecological, business, or operational, and emergency. For example, New York City's water supply and distribution system is natural, hard, passive and complicated, and, this makes it pretty resilient. It's 'natural' at its supply end -- the water comes from rain, lakes and reservoirs. And when the city was faced with a mandate to reduce the quality risk to its supply, it also chose a 'natural' solution --

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The Problem Rodgers Needs to Solve Comments Tags In terms of footballing styles, Brendan Rodgers and Roy Hodgson are (thankfully) like night and day. And in terms of "getting" Liverpool FC, and speaking like someone who belongs at the club -- someone who should be in charge of our expectations -- he is just as diametrically opposed to the current England manager. (Hodgson says he has no interest whatsoever in passing stats ... and yet after his Liverpool side lost to Everton two years ago, he kept talking about how amazing the Reds' passing stats were. Typical Hodgson. And the stats weren't even that amazing.) When it comes to the type of players bought, Rodgers again wipes the floor with Hodgson. The new man is young, with fresh ideas. The old man is ... old , with fairly stale ideas, albeit ones that appear effective with purely English players in the usual non-experimental style. Hodgson likes older players (see the average age of his Liverpool signings and his Fulham team), but Rodgers trusts youth (see the age of his Liverpool signings and his Swansea team). Why compare? Well, both started life in the Anfield dugout with games against Arsenal, Man City and West Brom. That's a strange coincidence. And both spent the early part of their tenure in the bottom three, whilst breezing through the Europa League qualifying rounds. Outsiders will probably be wondering why Liverpool fans aren't as outraged with Rodgers as we were with Hodgson, given the equally poor start. (Indeed, Liverpool got a win against West Brom under Hodgson, albeit in a home game, and Hodgson won his opening four Europa games. But for the ex-Fulham boss, things would rapidly get worse.) Well, even if the league table doesn't look good, Rodgers remains a breath of fresh air, as opposed to the cough of stale carbon dioxide we had to endure in 2010. This site was lucky enough to be one of those invited to the current manager's 'fan media' conference last week, and everyone was suitably impressed. He talks a bloody good game, but without the whiff of bullshit. However, to date, my praise and admiration of Rodgers has perhaps overlooked a couple of concerns. I feel that it is worth noting them, simply to reign in my own expectations and to have a reality check. It is not an attack on Rodgers, simply a case of understanding where we might fall short with his ideas and the current Liverpool squad. And I'm sure that the man himself is aware that plenty of work needs to be done, and that a pragmatic approach cannot be avoided. This post is for Subscribers only. Member-only content - you need to subscribe to read it ! A subscription costs only 3.50 per month. "Liverpool do happen to be blessed with supporters whose statistical analysis provides a lucid interpretation of where the club's strengths and weaknesses lie, accessible through the Tomkins Times website. One such analyst [is] Dan Kennett"

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778 Reviews in the Livemusic archive There are many schools of thought on whether or not bands should reform, personally I think that if they can pull it off then great, go for it, but the chances of the reformation being as good as it once was is pretty slim. I saw the Led Zeppelin reunion gig at the O2 Arena and it was amazing, but these guys are pretty special, I mean Plant & Page, it would be pretty hard to match that and that reunion should definitely be the benchmark. You gotta set your standards high! Mani, Stones bassist, has been quoted saying that he would love to do a reunion gig next year, as its the 20th anniversary of their first album release. Well of course he would! He wants to cash in on the touring revenue but Mr. Brown should be focussing on his solo material as its all about him. There are also reports that The Sex Pistols might record a new album, God forbid! They (Glen Matlock) argue that there is an audience out there for new material and that its hard to get the balance right between new and old material. Here's a helping hand boys - don't do it! Livemusic - the best in live music, online & onstage livemusic.fm lists thousands of gigs all over the UK. We let you know who you want to see and where to catch them. We list EVERY gig in the UK and get you the best available online gig ticket deals. livemusic.fm is also THE place to find out about the hottest bands in town; from keeping up with the bands you know - to discovering the next big things! You can follow any band and receive a gig alert whenever they're playing a gig near you - so you'll never miss them live. livemusic.fm keeps you in the picture with all the latest music news online - as one of the UK's top music blogs we keep you in the loop - from idle rumour through to salacious gossip, from exclusive interviews to razor-sharp gig reviews . livemusic.fm delivers the best in live music: online and onstage .

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X-E1 - first impressions after a few days After only a few days with the new X-E1 here are my first impressions which are somewhere between very good and excited. The X-E1 is small and light (much lighter than the size might suggest) and fits very well into the hand. The design with an aperture ring and a shutter speed dial are not "retro" but the outcome of decades reality tested functionality. It is very reminiscent of the good old Contax-G2, it even makes similar noises when focusing. Some other aspects are less known (from the promotional material) but very useful: - I like the fact that the lens shade (hood) sits on a bayonet connection outside the filter thread. So you could put in even a stack of filters still without risking a degree of vignetting. Or use a regular 52mm thread once the custom shade hase gone lost. - I like the automatic switch between view finder and LCD display. Bring it close to your eye and the camera senses it and switches the internal viewfinder on and the LCD screen off. Great feature! Works even with eye glasses. And can be customized. - I like the focusing. Even in manual mode, press a button and the camera focuses to what it thinks is right, and you have a starting point for the manual focus exercise. - And, when stopping down the diaphragma, the viewfinders (LCD and/or internal) show you the complete picture with the correct DOF. No guesswork like with the old rangefinders. Everything else is good and as promised. Fast focus and minimal shutter lag. A nice and bright internal viewfinder. Surprisingly clear images, whereby the clarity of the pictures tricks the eye in believing that it sees a higher resolution. Room for improvement: - The menu with the many custom settings can be confusing. Even the Q-menu is not as simple as it seems at first glance. - The lid on the battery compartment. Fumbly and cheapo. In summary: - This is a camera which will make you think twice if you really want to lug that heavy DSLR around on your next trip or if the X-E1 is more suitable for the purpose. The price seems reasonable to me - compared to the X-Pro1, which was a bit on the high side. - Thumbs up to Fuji: The "retro" style (which started with the X100) is so cool and so logic and simple to operate that it is a pure joy. As I said, I am exited about this camera. Btw: I am not a troll and I don't get paid to write this, I am just a happy user! Posted at 10:47PM, 19 October 2012 PST ( permalink ) Thanks for your thoughts on the camera and your impressions after the first days. I just ordered the X-E1 and the 35mm lens and I am pretty excited/curious to finally try it out. :) Posted 6 weeks ago. ( permalink ) Very happy with mine too, with the 18mm f2.. Had it for a week now and the shutter count is already in the several hundreds. It works for snapshots, landscapes, low light, tripod work, just about anything I want a camera to do. With the added bonus I can use my M-mount lenses. I will be taking it on skiing trips too, though I do not have particularly high hopes for it as an action camera. Posted 5 weeks ago. ( permalink ) I am very interested in buying a X E1 and then using it with an M mount. Has anyone experiences with lenses from Leica or Voigtlnder? How good are the previews you get on the display and on the viewfinder? I'd be really interested in learning more about your experiences! I have the M-mount adapter. Not tried it out much yet, not enough to form an opinion just yet. Will be trying it out on th Voigtlnder 28/1.9, 35/1.2, 50/2.5 and the Konica M-Hex 90/2 Posted 5 weeks ago. ( permalink ) I have used the M-mount adapter on an X-E1 with 35mm, 50mm and 90mm Leica lenses. It works pretty well, although not quite as slick as using AI lenses on a Nikon DSLR. No record of f-stop in the exif. Manual focus is pretty good unless the lens is stopped down in low light. The focus magnifier works well too, although its not quite an M3 split image finder. Anything above 90mm would be a problem I think. I feel

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, Currently, everyone is sacrificing self-confidence in alternative medicine. It's no longer your panacea people when identified as well as been recently acquainted with. Questions now pester typical healthcare practices because the public's main objective shifted to defending their family's lives and their own. The interest provides transformed in direction of alternative medicine which can be gaining standing in the field of health care. It has become the particular benchmark since traditional medicine does not create satisfactory benefits. Television set along with other forms of mass media continue to recommend drugs in which promise to ease along with incorporate identified illnesses. Moreover, advertisements lure the population by permitting strangers to give questionable testimonies on the certain substance. Newspaper ads perform exactly the same. A few medication side effects are usually described nevertheless seem to be thoughtlessly discussed as well as analyzed. These outcomes ended in a change of norm because folks pick substitute medicine. Here are some examples from the adverse unwanted effects involving Premarin, the widely used endocrine alternative treatment: These outcomes through change of life can easily be remedied through asking a good herbalist. A mix of black cohosh along with Natural offers a safe therapy within this interval in your life. Most people is trained to work with conventional allopathic, often known as Traditional western medicine, which in turn focuses on the ailment and also medication health professional prescribed. Substitute medicine conversely focuses on the foundation of distress as a result curing your entire body. Because of this, people have a tendency to perform extra research with a given medicine because of it may possibly current more serious circumstances as opposed to taking place disease. Due to these types of negative effects, people are trying to find a less hazardous, natural, and better approach to good health. Option medicine is now one of the well-known remedies regarding much better wellbeing. It is currently recommended by the majority of allopathic medical professionals to remedy disease as well as conditions. This sort of profession is beginning to be familiar with the actual beneficial efforts made to a sound body by simply herbs, yoga, homeopathy, massage, and also all natural existing. Because a long time ignore, option medicine is expected to provide much better and more secure approaches to health care. So many people are currently researching the different varieties of option remedy and therefore are needs to move away from conventional forms of treatment. My partner and i and my children have started out third , development and I ought to declare it really is fairly interesting trying these types of brand-new types of treatments including reflexology and also aromatherapy. In this post I am going to reveal things i believe work most effectively forms of alternative health therapies. I find going to my personal neighborhood reflexologist because really an extrordinary knowledge. It can be something which I see being a unique treat, which is my incentive at the conclusion of your hard few days in the office. In the beginning I became somewhat questionable in regards to the whole thing, the concept of a person playing with regards to along with my personal ft experienced somewhat weird. I was also sceptical as to whether it could actually work. The outcome even so as you have no doubt got happen to be excellent and i also can't think how calm I'm following only a an hour treatment. My lady has also started to enter into this brand-new trend of contemplating and possesses began to buy a great deal of scented wax lights for your home. These aren't the typical sort of candles, these are ones which produce particular smells which are likely to make you feel at peace on your own and that i have to say that it lets you do work. She's got furthermore satisfied a woman which specialises within Health Care and visits discover the girl about after each and every fourteen days. I have tried many of the Health Care natural skin oils that will she's got bought property with her and the've assisted to pay off upward a difficulty that I also have for a long time with dry skin. Down the road I will be pondering starting yoga exercises, consuming green tea, as well as utilizing various forms regarding herbal well being. Have you ever heard concerning substitute medicine? Well, it can be getting good plus more known as the particular health care market retains raising price ranges although families are generating less money. Alternative medicine involves employing techniques and ingredients which are certainly not medicines or even surgical treatment to help you avoid as well as treatment many of the problems in which problem society. Often choice medicine involves tactics for example certain exercises or

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Leading Change in a Fast-Paced and Technological Workplace This change and personal leadership keynote is for leaders and their teams who are in working in times of intense technological innovation and among multi-generational teams. 2012 and beyond will prove to be times of innovation and will require high levels of contribution from leaders and their teams. Now it is time to focus on the future and move forward with aligned focus on vision and results. Cheryl uses humor, interaction, custom made videos focusing on your company and your people, along with movie clips to create a powerful keynote or seminar experience for your group. This keynote focuses on how each individual can harness their own inner abilities to manage change and personal leadership in a positive and proactive way. Attendees will leave with: Further insight into how technology and how the different generations are using it is transforming the way we work A shifted perspective on how we as individuals can manage stress and time in an increasingly fast-paced work environment A clear understanding of how each generation views change and deals with change and strategies to improve change responses and actions Insight into their own personal change behaviors and tools to leverage their individual ability to adapt more quickly to ongoing change with a positive approach Ideas on how to leverage the intelligence of each of the generations to increase sales, profits and productivity Tools to manage change in a way that combines emotional intelligence with generation intelligence and connects each person to the company's vision and goals Skills to communicate in a way that speaks to the higher potential of each individual and creates unprecedented understanding and commitment to change as we move forward The return on investment for those attending this session and for the organization is an increased skill level for the leaders to manage change in a way that inspires each person to work hard for the vision and goals of the company. All of Cheryl's keynote titles and content can be customized to speak the language of your organization. Cheryl is happy to provide a pre-event call with potential clients to discuss your event and create a custom program for you and your group.

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Nice heather for the time of year... You don't need to think big to create a breathtaking display of colour to cheer up your garden through the winter -- in fact for a long-lasting, low-maintenance spectacle, think really, really small. Heathers are a diverse group of diminutive plants grown for their evergreen foliage and brightly coloured bell or urn-shaped flowers. Blooms, in shades of white, pink, red and purple, last many months before starting to fade, and even then the bronze-tinted seed heads continue to provide sculptural interest. Small wonder: RHS Wisley boasts a colourful patchwork of more than 1,000 different heathers Originating from Europe, Africa and Asia, heathers grow in a wide variety of habitats including moors, coastal cliffs, mountains, heaths and marshy ground. Thousands of garden-worthy varieties are now available in the UK. 'Heather' actually refers to three types of plant, erica, calluna and daboecia, that generally prefer moist but free-draining acidic soil and a sunny spot. It's easy to tell them apart. Erica has needle-like leaves, while the stems of calluna are clad with scale-like, overlapping leaves. Daboecia has lance-shaped or elliptical leaves and its flowers are much larger. Most heathers form groundhugging mats ranging in height from 6in to 2ft, but a group of ericas known as tree heaths can reach a whopping 20ft and should be avoided if what you're looking for is a plant to plug a hole in the rock garden. Many heathers bloom from November to March and are ideal for planting now if you want instant winter colour. Some have equally attractive foliage that contrasts with the flowers or changes colour as the weather turns colder. For advice on growing these Lilliputian gems, there's no one better than Andy Collins, 53. Head start: Many heathers bloom from November to March and are ideal for planting now if you want instant winter colour For the past 20 years he has looked after the National Collection of Erica, Calluna and Daboecia at the Royal Horticultural Society's flagship garden at Wisley, Surrey. Covering a nine-acre site in the northern corner of the 240-acre garden, the collection is squeezed into 12 island beds dotting an undulating lawn. More than 1,000 different heathers create a patchwork of colours, shapes and textures. Pointing at a 10in-tall bushy specimen, he says: 'Erica x darleyensis ''White Glow'' is another winner. Its dark foliage makes the perfect backdrop for its bell-shaped, snowy blooms.' The narrow, urn-shaped flowers of Erica carnea 'December Red' start off pink and deepen to a light purple. Other good pink-flowering heathers include Erica carnea 'Springwood Pink' and Erica x darley ensis 'Darley Dale', whose dark green foliage is hidden beneath a mass of pinkish-purple blooms from December to April. Perhaps the most spectacular heather in the red and purple flowering camp is Erica carnea 'Vivelli'. Its 9in branches drip with purplish flowers from January to mid-spring and are shown off to perfection against bronze foliage. Others to try are mauve Erica x darleyensis 'Jack H. Brummage' and magenta Erica x darleyensis 'Kramer's Red'. Minimal pruning: Lightly trim winter-flowering varieties in April after they have finished flowering A distinctive group of callunas are known as bud bloomers because the flowers never open fully. Among the best at Wisley are Calluna vulgaris 'Redbud', pink C. vulgaris 'Marlies' and C. vulgaris 'Melanie', which has 18in-high shoots loaded with white buds. Some heathers are worth growing for foliage alone. The russet tones of the seed heads of autumn-flowering Calluna vulgaris 'David Hagenaars' look great above its bright yellow branches. 'Most heathers prefer acidic soil with a pH of 4.5 to 5, but the many varieties of Erica carnea, E. x darley ensis, E. x will

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Kinecting with the Virtual World The first prototype of Armadillo has been released as part of the supporting material for NuiLib . Armadillo is a Virtual World client capable of supporting immersive interaction. The current prototype features basic Kinect integration for hands free control of your avatar. By making gestures with your arm you can move around, look around and fly through any Second Life Viewer compatible Virtual World. Further features planned for Armadillo include the ability to control the mouse and trigger touch events via the Kinect, the ability to build content with the Kinect and also modifications to allow immersive, 360 degree, projection via the client to really put the user inside the Virtual World. This is fantastic news -- well done! We worked with the Institute of Technology, Tallaght (Dublin) this year to prototype a Kinect interface to Opensim viewers as part of the Enterprise Ireland Innovation Vouchers scheme. As a not-for-profit we're not unfortunately in a position though to take that prototype any further so I'm absolutely delighted to see your work on Armadillo. Now all we need is for the Oculus Rift headset to support an opensim client and... holodeck here we come MissionV sound quite excited about your Kinect integration work John. Their Facebook comment indicates they are starting a new 38 school learning programme in Ireland using Opensim and plan to use it. Great stuff!

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You are currently viewing our boards as a guest which gives you limited access to view most discussions and access our other features. By joining our free community you will have access to post topics, communicate privately with other members (PM), respond to polls, upload content and access many other special features. Registration is fast, simple and absolutely free so please, join our community today ! If you have any problems with the registration process or your account login, please contact contact us . General Volvo and Motoring Discussions This forum is for messages of a general nature about Volvos that are not covered by other forums and other motoring related matters of interest. Users will need to register to post/reply. VOC Members: There is no login facility using your VOC membership number or the details from page 3 of the club magazine. You need to register in the normal way AOL Customers: Make sure you check the 'Remember me' check box otherwise the AOL system may log you out during the session. This is a known issue with AOL. AOL and Yahoo users. Forum owners such as us are finding that AOL and Yahoo are blocking a lot of email generated from forums. This may mean your registration activation and other emails will not get to you, or they may appear in your spam mailbox \*Are you getting email notifications of Account Activation, PM's or thread subscriptions. If not please let us know with the Contact Us link at the bottom of the page. My name is Tom, I am currently in my final year studying Automotive Design at Coventry University and I conducting research into emotional attachment into cars to implement into a design for my final project. Just answer as many questions as you can/want to. And if you really want, do both surveys! All the data collected will be anonymous. Im sure I will get some very rich data from you guys and am looking forward to seeing some finished surveys. If there is anything you want to ask me about the survey or my project please do not hesitate, I am very keen to talk about why you love your cars!

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Amy Winehouse Back To Black Lyrics Amy Winehouse Back To Black Lyrics total views : 203 times this week. Rating: 8.86 / 10 [ 7 votes]. You can enlarge lyrics to back to black for easy viewing, send it to your friends or rate the song Back To Black by Amy Winehouse and help the song become popular. If you have any corrections for these lyrics or any ideas about the meaning to back to black, please feel free to submit them. He left no time to regret, kept his dick wet With his same old safe bet Me and my head high and my tears dry Get on without my guy You went back to what you knew so far removed From all that we went through And I tread a troubled track, my odds are stacked I'll go back to black We only said goodbye with words I died a hundred times You go back to her And I go back to, I go back to us I love you much, it's not enough You love blow and I love puff And life is like a pipe And I'm a tiny penny rolling up the walls inside [ From : http://www.elyrics.net/read/a/amy-wineho\\... ] We only said goodbye with words I died a hundred times You go back to her When I go back to We only said goodbye with words I died a hundred times You go back to her And I go back to Black, black, black, black Black, black, black I go back to I go back to We only said goodbye with words I died a hundred times You go back to her And I go back to We only said goodbye with words I died a hundred times You go back to her And I go back to black

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General information about hobby beekeeping So you're thinking of keeping bees ... Bees are wild creatures and need your respect. They are not pets or tame insects. Eventually you will get stung -- if bees didn't have stings everyone would keep them. Are you allergic to bee stings? If not, you may develop a sever allergic reaction. This will end your beekeeping adventure. Consider where to place your hive. Obstacles such as a fence, a row of trees or buildings will cause them to gather height before leaving your property. Flying bees should be above head height, especially your neighbours. The ideally location for your colony is to be receive the warmth of the sun during the winter months but shaded from the sun in summer if temperatures exceed 30C. During the swarming period your bees will need regular inspections, every 7 to 10 days. Is there a beekeepers code of practice for your area, shire, state or country? During hot summer days bees will seek out a water supply. Neighbours swimming pools will be a problem and your bees will become a nuisance. During the Australian summer it is essential to provide them with water. Join the local beekeeping club. Its a great place to meet other beekeepers that willing to share their knowledge, experience and who are able to help you. Beekeeping books provide a how to. Practical experience is the best way to develop skills. Get to know your local flora. This might help in identify your honey crop. During prolong drought your bees may not produce a honey surplus. Be prepared to feed them if necessary during autumn so they can survive the winter months. You will need to purchase a smoker, hive tool, protective clothing, beehive components (boxes, frames, beeswax foundation, wire, floorboard, top-cover) paint, glue, nails and a few hardware tools such as a hammer. All up you might spend $300 to $500 setting up one beehive. That is a lot of money if all you want is a bit of honey. Additional equipment such as an extractor and uncapping knife ($500+) are not essential but will greatly assist with producing your honey crop. Consider hiring them for the first couple of seasons from another beekeeper or beekeeping supplier.

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Data Breach Disclosure Laws -- Who's Going to Feel the Pain? Drazen Drazic is the managing director of Securus Global, a leading Information Security consulting organisation specialising in application and network security, penetration testing and product testing for international security vendors. He is engaged as a consultant across most industry sectors on Information Security policy and strategy. In earlier times, he has headed up Information Security for a global investment bank and Big-Four professional services firm, been a regional IT director and has spent years promoting and talking about information security. Twitter: @ddrazic It seems to be an on-going complaint from many in our industry that data breach disclosure laws are a must have if businesses are ever going to take security seriously. In Australia, this has been talked about for a long time and I cringe every time I hear it, let me clarify why. (I borrow some of the following from my own blog posts.) Organisations most likely to be affected by the introduction of such laws also tend to already have better information security and privacy policies in place. If you have good practices and controls in place, you're probably also more likely to detect a breach and would, under these new laws, have to openly disclose. (I'll leave you to consider the potential business and reputational implications to the organisation when this happens). If your business's practices and controls around information protection are weak, you're probably clueless about whether a breach has occurred or not, so what you don't know can't get reported. The three monkeys approach to Information Security -- see nothing, hear nothing speak nothing -- and the proposed disclosure laws will have little impact upon you. Unfortunately, under this structure a better, more secure company is in more danger of being negatively impacted than a less conscientious company! Now is that really what we want? Of course not! Blanket statements espousing the benefits of such legislation are nave. The introduction of such legislation could have the opposite effect to what it's trying to do! These laws will never be successful without supporting legislation/regulation around basic and minimum security practices and controls. See a previous post on this topic . Regulation does not need to be considered bad. See this discussion of regulation in an interview I did with David Rice (Author of Geekonomics: The Real Cost of Insecure Software) a few years back. We can debate whether high-level statements of requirements in the Privacy Act cut it, but in my opinion, they don't, and they haven't so far, so what would change things now? Of course, it is all a moot point if someone hacks you and does your Data Breach Disclosure for you, and as we've seen in recent years, it's becoming quite popular. Comments (2) Tobacco consumption is considerably on decline. There are varied reasons that led to this phenomenal change. But the most important factor is the introduction of e cigarette. Yes, arrival of e-cigs has changed smoking for good. If you have come to the point where you made a conscious decision to finally quit smoking, you will find it hard at first. But you must understand and it is not something that happens overnight. You will need some sort of assistance and help from those people who also want you to quit smoking. There are actually some tips to stop smoking, in fact, there is a ton of them. &lt;a href=http://freeconsumerreviews.org/e-ci\\... Most smokers have tried to give up this nasty go cigarettes to keep you discouraged from doing so. It is also utilized in many different kinds of conditions basic approaches type of coal you use and the size of your bowl. The ordinary human part which is weak and which is attached of the toxins and evaluate yourself. This alone increases the chances of reducing the was tested following origin.1 It had been found that to ensure that the pee is not a dark color. One the therapist places you in a hypnotic trance, and they a social supper, you smoking immediately. Software security company www.clearswift.com gives some advice this holiday season to make sure employees don't end up on Santa's naughty list ! At a fundamental business level, social media is a useful additional tool for communicating and collaborating with customers, colleagues and new business prospects. From an HR point of view, the social web is not only useful for recruitment but also as a knowledge network. At an employee level, social media is changing the way we work: Emp

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Hey everyone. Now I'm still floating around in diagnostic uncertainty since the psychiatrist I saw retracted my previous diagnosis of psychosis and has now stated I have a dissociative disorder. Perhaps this post would be better in the DDNOS forum but seeing as DID could be a possibility I thought it made more sense to talk about it here. Now for me my "alters",or at least the closest things I have to alters, very very rarely assume control over me and when that does happen it's kinda like I'm in the passenger seat and one of them is driving. I can see the journey but have no control over the vehicle unless I see something I don't like then I can grab the wheel and try and steer myself back on track. This will maybe only happen once a month, maybe not even that. Also I don't like to call these people alters. I don't believe they are fragmented parts of my personality. I believe they are their own people. They also don't believe they are parts of me. For people who haven't read any of my posts before I usually hear these people. I suppose auditory hallucination would be the best way to describe them. I also sometimes see them but it tends to just be them talking somewhere in the room. They also have last names. Does anybody have alters that have a different last name to themselves or even a last name at all? Would be interesting to know. Anyway I suppose it might help people to understand a bit more if I explain where these people came from. Age 12 was when I heard my first voice. This guy was called Darren Harrison. \*POSSIBLE TRIGGER WARNING\* Darren was pretty aggressive. From the moment I met him he made it clear how much he disliked me. We talked a lot and he eventually spoke about abuse he had suffered when he was younger which was why he was rather distrusting of people now (I would like to note this does not reflect my own childhood which was completely opposite of his). For ages Darren tormented me. He tried to get me to do some pretty horrible things. He told me there existed many many different dimensions and he would help me gain the power to travel through multiple plains of existence. In order for me to do this he needed me to let go of any connection I had to this world. Now this has been the only time when Darren took over and I was unaware. He left me several notes which were all pretty insulting towards me and my family and he drew a series of maps and left me several chemical equations. It soon came apparent that he wanted me to blow up or at least set fire to my school. He felt that I hid a lot at school, that I used my studies as a way to keep me tethered to this life. That isn't to say he thinks/thought education is bad. Thankfully at this point, aged 15, I had a boyfriend who also had mental health problems and had an abusive hallucination too. He came and lived me for a while so he could stop Darren from hurting anyone. Unfortunately Darren has punched him quite a lot which I feel so guilty for as it's ultimately my hand. He's a amazing guy for staying with me, and after all this time is still with me. Darren backed off slightly after this and although he's still around a lot today we seem to get on better now. He is 5 years older than me. My second voice I met when I was 13. This was Scott Simons. Now Scott is my best friend. He has never ever assumed any control over my body at all. He also does not believe he is a part of me. He also ages (as does Darren and Ted) and it's so strange to think of him how he was when I met him. He looked so much younger and cuter (still is cute though). Scott is very friendly, very confident and just an amazing guy. I used to actually let him talk to my friends via the internet. He would tell me what to type and I would type for him and everybody loved him. He has helped me through a hell of a lot and I don't know what I would do without him as a mate. He is also getting married! He recently became engaged to his girlfriend. Again he has a completely different life to me and lives in a different dimension. He has an unusual accent as he has Irish heritage, was born in Dorset, spent most of his childhood in London and then moved up North in his teens. I find that my own accent is starting to reflect his after spending so much time with him. Scott is also 5

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18 October 2012 Religion, the state and the law in contemporary Britain Another in a series of forthcoming new collections is one that I myself am curating with the working title of 'State, religion and law in contemporary Britain.' The politics of religion in Britain looks like a much more urgent area of inquiry in 2012 than it did a decade ago. In large part due to the terrorist attacks of 9/11 and 7/7, questions about the nexus of faith and national identity have found a new urgency. At the same time, older questions about the place of faith schools and of the bishops in the House of Lords, or of abortion or euthanasia have been given new and sharper focus in a changed climate of public debate. The period since 2001 is also marked by a massive upswing in the use of the web as a medium for religious and religio-political debate, both by the established churches and campaigning secularist organisations, and by individuals and smaller organisations, most obviously in the blogosphere. This collection is therefore trying to capture some representative sites concerned with issues of politics, government and law that touch on the disputed role of religious symbolism, belief and practice in the public sphere in Britain. The collection is still ongoing and suggestions are very welcome, to peter.webster@bl.uk , or via the nomination page . So far, the collection is rather weighted towards Christian voices and organisations, and suggestions for sites from amongst other faiths would be particularly welcome. I've attempted to capture some representative general voices, such as the blog of the human rights campaigner Peter Tatchell , which deals with religious issues; the public theology think-tank Theos , and the National Secular Society . We have already harvested some interesting sites relating to specific issues and events, such as the official site for the 2010 Papal visit to the UK, and some of the dispute at the time about the appropriateness or otherwise of spending public money on the security arrangements for the visit, from the BBC and elsewhere. An issue at the 2010 General Election was the place of the bishops in the House of Lords, and the Power2010 campaign pressed for that to change, as did the British Humanist Association . An issue that has come to prominence in recent weeks is that of the appropriate time limit for abortion, and we have twelve archived instances of the site of the Society for the Protection of the Unborn Child , stretching back as far as 2005. Comments There is increasing evidence that respect for law has diminished in this country, whether that in turn is linked with religion being more polarised between non-believers and extreme believers is also an interesting point. Time will tell but interesting times certainly.

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BOI & WOI has one of the best armour design Battle of Immortals are one of the best series of armour design I have ever seen in any MMORPG. The armours are all really stunningly beautiful, extremely colourful and extremely over the top. However that what makes it so attractive as it really stands out. War of Immortals (which was release earlier this year) is heavily base of the visual design of Battle of Immortals. Again it has very stunningly beautiful armour design. The best part of the armour is that it moves. Well only the dungeon armour but it makes it a pretty damn good reason to farm the armour. As well as the good status, the looks is just a great motivation. Below is a gallery of some of the armours from Battle of Immortals and War of Immortals.

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Things to do in Paris France. My ultimate travel guide for visitors This article contains my ultimate travel tips on things to do in Paris France, including the best hotel, tours and attractions. These are based on the 4 years I worked in Paris. Paris itself is a magical city. Mention of its name immediately evokes an image of style, sophistication and, of course, glamour. Without a shadow of a doubt, this is one beautiful city, whatever the season. The broad boulevards and the clever layout of the city means you can see the famous landmarks from a long way away through very careful town planning over the centuries. In reality it is expensive to visit, traffic is terrible, the locals can be offhand and unfriendly, and in summer it is hectic and packed with visitors. But the beauty and history of the place cancels all of that out for almost everyone, and you have to visit this city -- at least once. Though most will have to come back, such is the effect it has on people. The tips and advice in here are based on the fact that I worked part time out of Paris for 4 and a half years, as my job had me based between London and this city. But I have had a long and varied experience of the city, from camping as a student, way back in the summer of 1980 through to attending some very glamorous meetings at one of the most ridiculously expensive hotels, to working and also as a tourist popping over from London for a weekend break. History Paris was occupied by the Nazis during the Second World War, and so the buildings and historical architecture escaped the hammering, and destruction, that so many other European cities on either side of the war went through. Paris has had turbulent history, and has been occupied many times of the years, including by the Romans, the Huns, the Normans, the English and the Germans. In World War I, the Germans were stopped from reaching Paris, but it was occupied Paris in World War II from 1940 to 1944, and this was a very controversial time in Parisian history. A big part of the charm of Paris is the beauty of the city itself. As mentioned the lack of bombing in the war helped, but also it had been traditional for the Presidents of France embark on grand projects for the city. Francios Mitterrand, for example, spent a lot of time when he was president building arches and renovating the Louvre as part of the Bicentennial of the French Revolution in 1989. The controversial, but striking, glass pyramid at the Louvre was added, as was The Grand Arche of La Defense, and the Opera Bastille. In 1992, Disneyland Paris opened with its 5000 acres, and although it struggled financially is a pretty good place to visit. I'm not going to cover it, or the more French?based theme parks, because I'm focusing on if you have limited time in Paris and will have a separate review of it. I will focus on the key things to see as a first time visitor, and if you have limited time to see the best and right things. #1: Do a City Tour Open Deck Bus tour : Whenever I go to a city, one of the things I recommend if you have limited time is always to go on one of those open ? top bus tours. It sounds very touristy and for those without a sense of adventure, but it gives a great snapshot of a city, the layout and helps you decide where you want to focus. They have a great one in Paris, called the Paris L'Open Tour that includes one with over 50 stops, offering one ? or two ? day tickets. It's relatively expensive, as much of Paris is, but worth it. They have a very good commentary in a choice of many languages. You can review routes and book online at http://www.parislopentour.com/ Bike tour: If you're feeling very energetic, this option is also good. The best is Fat Tire Bike Tours who have guided bike tours in English. They run up until only about the middle of December. You meet at the Eiffel Tower ? there's a special yellow sign. The website for that is http://fattirebiketours.com/paris Walking Tours: If you're really feeling energetic, there are also walking tours. The best one of those are rub by http://www.paris-walks.com . They have English tours around the different neighborhoods, or by themes, like, of course, inevitably The Da Vinci Code theme. River tour: Boats run up and down the Seine River which runs through Paris, some of which

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Resolved Question I want a baby but he's had a vasectomy? I'm dating a wonderful guy, ten years older than me. I'm 30. I love him to bits and know that he's the one, and he has said he wants us to get married :) He has been married before (was cheated on so got divorced) and has 2 girls (12 and 14) from his first marriage, and although this has been quite a change for me to fit into almost a "readymade" family, i have no problems with it. The girls live a couple hundred miles away with their mum, but he sees them as much as possible. He is my best friend and i feel so blessed to have found him. ONLY problem is that he's had the snip, and i desperately want kids one day- the only reason i've waited so long is that i wanted to have found the person i'd spend my life with, and now i have, and i can't do that!? He had the op 12 years ago as his wife wanted him to, and says there's not a day that goes by that he doesn't regret it. His first daughter was an accident, but he married the mum and had another child and tried to make a go of it the best he could. His ex treated him very badly (which has nothing to do with this really) and he said that now he's finally met someone he WANTS to have children with, he can't, and it's awful. The girls don't know he's had the op and want little brother/sisters. We have no saved money for IVF (i assume that you have to pay if infertility is "chosen"?) and have been told by various people that there is little hope in a reversal being successful. I am heartbroken and don't know what to do, but don't want to end up hating him- after all, it was his decision before we had even met! But do i give up my dreams of being a mum and carrying a child and be miserable? Or do i leave him and hope i meet someone else (and be just as miserable?) i'm so sad! Best Answer - Chosen by Voters The only 'real' low-cost option you have is the reversal, let him have (again) a discussion with a specialized urologe / andrologist to asses his chances, one advantage you guys have is your relative young age, still might work the normal way after his reversal but it might just take more time. If this fails to work after 2 - 3 years you're only other low-cost option would be sperm from a donor trough a bank. Other Answers (4) Oh, that sucks. You could always adopt or have a test tube baby. Don't leave him just because you want to be pregnant one day though because you might never find someone you love so much ever again if you do leave him. Have him try to reverse it. It's true that success rates drop the longer it goes before getting it reversed, but it's still worth a try. Also, go to a professional, a microsurgeon that does VR's (VE's) on a daily basis as his sole source of income. Someone who is nationally recognized as one of the best VR surgeons, that way your chances will be greater. (Your chances will be about 50/50 in being able to get pg. See my first source for a chart of success rates in relation to time passage from vasectomy to reversal.) This is a precision surgery that not every doctor is skilled enough to do. Practice makes perfect...and going to someone who does reversals daily instead of one who has done say a handful a year, makes a huge difference. At the time of reversal, sperm can also be banked in case the reversal is unsuccessful. Then IVF would be an option. And if that doesn't work, then there's either getting a sperm donor or adoption. GL BTW, I'm a reversal wife and mom!

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I Want To Make Money Online Are you having this lightbulb moment ? I had the same one a few years back and it was only a year ago did I take the action to start this particular online business venture. Yes thats right, business venture . So on reflecting today on where I was back then to where I am now I felt compelled to write this FREE report to give you an insight into what it really takes to have an online business and to start to generate an income online. Download for FREE This report is truly written from my heart . It was my intention not to paint the pretty picture but to give you bare facts and necessary information where you can make an informal choice whether making money online is for you and whether you are prepared to face doing what it takes to have the freedom you derserve in your life. If there was a shortcut easy quick and fast way to making money online then everyone and their kid would be doing it. Fact is though that anyone really can do it, if they are prepared to get educated to learn how to do it and go on to put in the hard work into making it happen. Dont be fooled by all the hype out there.. theres lots of it ! If you are looking for long term wealth then I highly advise you read this 4 page report that I have personally taken the time to share this valuable information with you for nothing . Why ? Well, to be honest Im sick and tired of people calling me with hopes and dreams that I have the answer to help them get rich overnight . Dont get me wrong, hopes and dreams are good to have but the real responsiblity is down to them to make their dream come true. I mean I can help and advise but I physically cannot do the work for them ! Most importantly, I certainly do not believe in misleading people and I know that had I had this information when I first started I certainly would of been more prepared for what life was going to be like for the first three months of starting my business online. So, I would much prefer to get it all out there, tell it how it is before anyone even tries to contact me. In short Im tired of the timewasters, the quitters. If you are really serious about learning what it takes to make money online working from home having an online business then its time to start educating yourself from now by reading this free report. To your success Dawn Mendonca s. If you want to check out the presentation that will show you what I do to create multiple income streams that brings me in cash flow so that I can run and scale up my business online. Check this out Multiple Income Streams System .. this is how I do it! Sharin' is Sexy : Claim Your FREE Gift &gt;&gt;&gt; Learn How To Become a Web Celeb in your Niche for Online Business Success. Enter your name and email to the right to get the 5 Day Video Series "Video To Profit" FREE ! Awesome blog, really wanna thank you for the great info. The hardest part about finding Best Ways to Make Money Online in 2011 is getting the right info. Of course though, your providing some straight up content. Well done In order for anyone to make money online, they have to build the right skillsets and get in the trenches and learn. You wont learn if you dont fail. Failures are your biggest tools for succeeding and becoming a professional online marketer.

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How To Deal With A Younger Boss According to human resource and career consultants, older workers are reporting to younger bosses more and more these days. A 2010 survey by the jobs website CareerBuilder found that 43% of workers 35 and older said they currently work for a younger boss. CareerBuilder used Harris Interactive to administer an online survey of 5,000 workers. For many, it's a difficult arrangement. Here are some tips to help you cope with a younger supervisor.

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I'm aware that Avocado Spagetti sounds a bit weird, but I have converted many a nay sayer with this recipe and I have a feeling you'll fall under my charms too. \*Please forgive the picture quality, I had a hungry table of boys to feed! This recipe serves 4, but it would be very easy to halve or double. Just make sure you have an avocado each and one more for luck. You'll need: 4 fist fulls of spagetti (one for each person), 5 ripe avocados (soft, but not yet brown), Juice of 2 lemons, 2 cloves garlic, 1/3 cup of good olive oil, 1 big handful of fresh basil (or heaped tablespoon of pesto), Generous pinch of salt, Grating of parmesan. Put your pasta on to cook in a large pan of boiling, salted water. Scoop out the flesh of your avocados, discarding the skins & pips. Pop it into a blender with your lemon juice, garlic, olive oil, salt & basil. Blend until smooth & creamy. Give it a taste, decide if it needs anything else. More salt? More lemon? Maybe more basil? When you're happy with it, set it aside until your pasta is ready & drained. Toss together in a large bowl & sprinkle with freshly grated parmesan (not the dried stuff you buy in a shaker). If you have a couple left over basil leaves, pop them on top. Serve family style at the table. Sprinkle with more parmesan if desired. More parmesan is always desired on my plate. Dig in! This is also a great recipe if you need to sneak a few vegetables into picky kids. It's green and slimy so I tell my nieces it's Alien Spagetti. They stare at me with wide eyes and clear their plates like good little astronauts. OMG that looks so yummy ! Can I hire you as my personal chef? Or I can always come over to pick up a yummy dish ;) I can't believe I have a stove and its only use is to fry eggs and sausages on weekends ! Looks really yummy. I like cooking but I also like it to be fast and simple with a few good ingredients. It's so true, instead of using heavy creams, why not some healthy avocado! Thank you for the tip. I am going to wow my family with it soon and hopefully convert my dad into a pasta man (as he doesn't like pasta -who doesn't like pasta?! Seriously ;) Thanks xx Avocados AND spaghetti? Two of my favourite things combined? Oh my! Thanks for this fabulous recipe, I think I may actually try it out in the next few days, it truly does sound delicious. Avocados truly are a super fruit, I know so many people get put off by their fat content but it's the good fat! And it helps burn fat so it's even better. More fool them I guess! Aw this makes me sad... I made this once a while ago but accidentally poured waaaaay to much salt in (classic loose lid trick) and ruined it, we still had to eat it though as we were starving and the cupboards were bare... ha anyway I was banned from even mentioning it for a while but it might be time to try again! - Charlotte x It's split between 4 people Tamar, and as I explain in the post: Avocados actually aid fat burning & weight loss. Olive oil is great for your skin, joints and digestion. Not all calories are created equal ;) x Oh, I know healthy fats are great! It's just in that quantity I would probably put the sauce over something a little lighter than pasta. I tend to eat 5 or 6 smallish meals throughout the day. It still sounds and looks wonderful! sounds delicious, I will def be trying this! a couple years ago though I started using wholemeal spaghetti and now I like it much better so mine will be extra healthy! If you've never bought it you should try it, better texture than white spag, just don't get supermarket own brand, it's got to be Italian! Oh I am just sucha sucker for avocados.... my favourite way to eat them is to mush them up with worcester sauce, black pepper, salt, cream cheese, and a little sweet chilli sauce. Spread on a Matzos cracker. You must try it- divine! Oh wow, this is beyond delicious! I threw in some cho

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Gift Membership If you're looking for the perfect gift -- for a birthday, Christmas, Mother's Day, a retirement, or any other special occasion -- you've just found it. Our membership is the special gift that lasts all year. Instead of the usual flowers or chocolates, you'd be giving the gift of unlimited wonderful woodland walks, relaxing picnics and journeys into the past. There really are so many simple pleasures for them to discover -- who knows how many special memories are just waiting to be created. Our gift membership allows your family, friend or loved one to enjoy some of the UK's most breathtaking countryside, houses, gardens and coastline for a whole year. We welcome members from all around the world, and have build up reciprocal visiting arrangements with many other organisations. If you're looking to join from the USA, find out more about the Royal Oak Foundation.

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Helen Flanigan will be this year's "favourite" and get most of the camera time. David Haye is not going to be as lkeable as he first seems - especially if they dont get any food. Brian Conley will become irritating quite quickly. Linda no lips Robson will be a moaning bore and I dont know what Colim Baker is doing there, he will not be able to do any trials and will be a liability to the team.

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The society of Jesus has been present among the indigenous peoples of Ontario and minnistering to them since the 17th century. Our presence was interrupted by the suppression of the Society of Jesus, but began again in 1842. By 1845 Jesuits took charge of the main mission station in Northern Ontario established by l'Abbe Prolx, a diocesan priest, at Wikwemikong, on Manitoulin island. It had been the goverment plan that all native peoples in Ontario would move to this island because they were now few in number, would soon die out ("vanishing like snow before the April snow" as Lieutenant-Governor, Sir Francis Bond Head put it) and were impeding European settlement. Well they didn't all go to Manitoulin and they didn't die out. Through the last half of the 19th century and now into the second decade of the 21st, the Society of Jesus has maintained a continuous presence and base on Manitoulin Island. Modelled somewhat on the Paraguayan Reductions and rooted "perfect society" model of the church, foreign and native born Jesuits accompanied the peoples of the three fires confederacy (Odawa, Ojibwa, and Pottawatomi tribes) through the centuries to our own day. So the Jesuits have been present through significant phases of Aboriginal history. The fur trade era was a stage of relative mutually. This overlapped the era of military alliance which resulted in a period of treaty making, and the establishment of separate native territories known in Canada as reserves. The indigenous population greatly diminished and, isolated, entered a period of irrelevancy where numbers continued to decline and the future looked bleak. Finally, after the Second World War, a new and unexpected phase of revival / revitalization took off. Anthony Wallace, an anthropologist, defines the process this way: "Revitalization is a deliberate, organized, conscious effort by members of a society to construct a more satisfying culture." Revitalization movements can take various forms including the "nativistic" mode in which the culture tries to eliminate everything foreign from the original culture. This has proven totally unrealistic in the modern world. There is also the "revivalistic" mode which tries to retrieve and reintroduce cultural elements and practices that once existed or were thought to have existed in the original culture. Unlike the nativistic movements this type is open to new and imported elements from other cultures. This is what we commonly see among those who are trying to revive indigeous cultures. Finally, there are movements which are primarily "importational." Usually it is mostly material elements that are desired and sought after. Witness the "cargo cults" of the South Pacific during and after the Second World War. Whether it realized it or not, the Catholic Church itself was facing the need for in depth revitalization. Vatican II was the crucial first step in this process. It developed a vision for the future drawing from past treasures, as well as being open to the gifts of contemporary cultures. So the Roman Catholic Church entered a period of revitalization in a "revivalistic" mode. Lately, though, the Church seems to be moving consciously into a "nativistic" period of cultural change. In the midst of this Church ferment, led by creative individuals like Fr. Michael Murray S.J., the builder and first director of the Anishinabe Spiritual Centre (ASC, www.anishinabespiritualcentre.ca), situated in Espanola, Ontario, our way of being present to the native Church of Northern Ontario changed dramatically. As this process accelerated the Jesuits of English Canada entered into a communal discernment process at Guelph under the discretion of the late Fr. John English S.J. (1924-2004). At that meeting the apostolate to the native peoples of Northern Ontario was affirmed, and the province allocated significant funds to the ASC to implement the vision of Vatican II. The Sault Ste. Marie diocese, in which the Centre existed, has already affirmed similar directions at a local synod in which the Jesuits also played a role. Having supported the reintroduction of the diaconate and going further by devising a similar commissioned ministry path for women, the stage was set for similar development in the native sector of the diocese. Today, After more than a quarter-century of offering a ministries program to the indigenous people of the

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Having been first duly cautioned and sworn to testify the truth, the whole truth and nothing but the truth, testified on her oath as follows: DIRECT EXAMINATION BY MR. PAUL UPSHAW: Q. Right off, I want to acknowledge that everyone has re-arranged plans in order to be here and we appreciate everyone's patience as we deal with this serious matter. Now, could you please state your name for the record. A. My name is Elizabeth Dalton. Q. Are you known by any other name? A. I'm known as Liz Dalton. Q. My name is Paul Upshaw. I'm a prosecutor for the State Attorneys Office. We are conducting an investigation into the circumstances surrounding the death of your husband, Spencer Dalton, 993, Hickory Shade Lane, Hartford, Connecticut. For the record we will summarize the facts to date, is that okay, Mrs. Dalton? A. Yes. Q. In your statement to Detective Bill Pope, of the Fuller County Sheriff's Office, May 17, 2007, you reported your husband Spencer Dalton missing after he had left your family cabin at Sweet Pine Lake in Fuller County. He left alone in his 18-foot Galaxy Aqua Glider boat to go fishing, is that correct? A. Yes. A. You were last to see Spencer Dalton. Is that correct? Q. Yes. Q. Detective Bill Pope headed the investigation that involved a number of agencies and services who participated in an extensive search. The search for your husband yielded no results beyond the recovery of his boat and one life jacket. Spencer Dalton is missing and presumed to have drowned. This is reflected in Detective Pope's sworn report in the file dated July 21, 2007. A. Yes. Q. For the record, Hartford detectives Ayer and Lopez located you at approximately 8:00 a.m. today, December 24th at Bradley International Airport during pre-boarding for SunEx Flight #1975 to Miami, Florida with a connection on Globo Rio Air Flight #4587 to Sao Paulo, Brazil. A. That's correct. Q. They indicated to you that new information of an urgent nature in the Spencer Dalton case had arisen and we were seeking what knowledge you have pertaining to it. You volunteered to postpone your flight and cooperate upon advice of your attorney, Ms. Donna White, who is present. Is that correct?" A. Yes. Q. I've gone through the file but would like to ask you to first provide a bit of biographical information. Your date and place of birth? A. October 13, 1950, Sao Paulo, Brazil. Q. Did you grow up in Brazil or the United States? A. Both. My father is an American citizen from Boston. He was a diplomat, a military attache with the Embassy in Brazil where he met my mother. I was born in Brazil. When I was twelve, my father left his post for a job here in Hartford. Q. You have dual citizenship? A. Yes. I consider myself an American citizen. Q. Do you have children? A. One. Our daughter. She's a language therapist. We have two grandsons. Our son-in-law is Professor of American Studies at the University of Lisbon. They moved to Portugal seven years ago. Q. I noticed you did not name them. A. You did not ask for their names. Q. Tell me, in the seven years since your daughter moved to Portugal, how often have you seen her and your grandsons?

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1. Greet the Old Masters of the Capitoline This is the city that has nurtured the art of Michelangelo. Housed in twin palaces on opposite sides of his piazza del Campidoglio are the Capitoline Museums. They constitute the oldest public gallery in the world, having opened their collection to the public in 1734. Once inside, you can admire breathtaking paintings by Titian, Tintoretto, Veronese and Caravaggio, and beautifully crafted statues by the Baroque genius Bernini. While on the art trail, don't miss the Borghese Gallery and the Palazzo Barberini Galleria Nazionale d'Arte Antica . 2. Connect with your inner gladiator at the Colosseum The Colosseum is a monument of epic proportions. Stories of gory battles between gladiators, slaves, prisoners and wild animals have emerged from this Flavian amphitheatre, which dates from AD 72. A vast arena of entertainment, with a seating capacity of over 50,000 people, it could fill up in 10 minutes. Nowhere in the world was there a larger or more glorious setting for mass slaughter. Today, the only gladiators that you will see are the ones parked outside for the tourist shutterbugs. But this is a necessary pilgrimage for history buffs, and the ideal starting point from which to take in the Roman remains of the city: the jaw-dropping Forum , the Domus Aurea and the Pantheon . 3. Stroll through the Gardens of the Villa Borghese Like any other capital city, Rome can be overwhelming. When the Colosseum starts to weigh down on you, find serenity in the gardens of the Villa Borghese, the city's most central public park. It's popular with joggers, dog-walkers and pleasure seekers. In recent years, it has grown a contemporary art museum in the Orangerie: the Museo Carlo Bilotti . To escape the crowds, climb the steep hill behind Trastevere and the Gianicolo, where you'll discover the green tree-filled expanse of the Villa Pamphili Park in the suburb of Monteverde. Children can feed turtles at the pond and ride ponies in the park, while you nap under a shaded tree before heading out to catch a glimpse of the Pope. 4. Join an audience with the Pope at the Vatican If you met the Pope, what would you say? Well, you probably won't, but you can join an audience with him on Wednesday mornings. If the weather is fine, then he'll hold this general audience in St Peter's Square; otherwise it takes place in the Sala Nervi audience hall. Expect to join clusters of Catholic devotees, and flocks of camera-waving tourists. Afterwards, you can take the opportunity to wander through St Peter's Basilica , admire Michelangelo's stunning frescoes in the Sistine Chapel and visit the famous 'Belvedere Apollo' and 'Laocon' at the Museo Pio-Clementino among the Vatican Museums . 5. Throw a coin into the Trevi Fountain These days the gorgeous Trevi Fountain is also a Red Cross piggy bank, thanks to all the loose change that tourists fling into the water as they make a wish. Tucked away in a tiny piazza and surrounded by jostling crowds, the fountains' creamy travertine gleams beneath torrents of water and camera flashes. It's a rococo extravaganza of rearing sea horses, conch-blowing Tritons and craggy rocks, erupting in front of the Palazzo Poli. A stone's throw away sits La Citt dell'Acqua , which incorporates the remains of an Imperial-age apartment building and a holding tank for the waters of the Acqua Vergine gushing underneath. 6. Perfect your geometry at the Pantheon Appraise the architecture of ancient Rome with a trip to its best-preserved building: the Pantheon . Built by Hadrian around AD 119-128, it was originally a temple to the classical deities and remains a church today, holding the tombs of the united Italy's first king and the artist Raphael. The exterior still retains its original bronze doors, and inside the dimensions follow the rules set down by top Roman architect Vitruvius. The diameter of the hemispherical dome is exactly equal to the height of the whole building, giving it the capacity to

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new mail not going to personal folder I have set up my personal folder, however mail still comes into the folder bearing the email address name Gordon Guest Posts: n/a 's Computer Specifications 16th Nov 2005 "Jewelt" &lt;(E-Mail Removed)&gt; wrote in message news:0E680718-66FC-474C-9579-(E-Mail Removed) &gt; I have set up my personal folder, however mail still comes into the &gt; folder bearing the email address name That's the default behaviour of either Exchange Server or of Hotmail. You need to either set up a rule to move it, ar to drag emails manually to folders in your pst file. =?Utf-8?B?SmV3ZWx0?= Guest Posts: n/a 's Computer Specifications 16th Nov 2005 Gordon Thanks for the quick response, now if I may be so bold as to ask you one more question, which is, how do I go about setting up the rule? I am obviousy a newbie to using Outlook for mail delivery. Thanks "Gordon" wrote: &gt; "Jewelt" &lt;(E-Mail Removed)&gt; wrote in message &gt; news:0E680718-66FC-474C-9579-(E-Mail Removed) &gt; &gt; I have set up my personal folder, however mail still comes into the &gt; &gt; folder bearing the email address name &gt; &gt; That's the default behaviour of either Exchange Server or of Hotmail. You &gt; need to either set up a rule to move it, ar to drag emails manually to &gt; folders in your pst file. &gt; &gt; &gt; "Jewelt" &lt;(E-Mail Removed)&gt; wrote in message news:4252F3A4-FE05-4E82-903B-(E-Mail Removed)... &gt; Gordon &gt; Thanks for the quick response, now if I may be so bold as to ask you one &gt; more question, which is, how do I go about setting up the rule? I am &gt; obviousy &gt; a newbie to using Outlook for mail delivery. Thanks &gt; &gt; "Gordon" wrote: &gt; &gt;&gt; "Jewelt" &lt;(E-Mail Removed)&gt; wrote in message &gt;&gt; news:0E680718-66FC-474C-9579-(E-Mail Removed) &gt;&gt; &gt; I have set up my personal folder, however mail still comes into the &gt;&gt; &gt; folder bearing the email address name &gt;&gt; &gt;&gt; That's the default behaviour of either Exchange Server or of Hotmail. You &gt;&gt; need to either set up a rule to move it, ar to drag emails manually to &gt;&gt; folders in your pst file. &gt;&gt; &gt;&gt; &gt;&gt; Gordon Guest Posts: n/a 's Computer Specifications 16th Nov 2005 "Jewelt" &lt;(E-Mail Removed)&gt; wrote in message news:4252F3A4-FE05-4E82-903B-(E-Mail Removed) &gt; Gordon &gt; Thanks for the quick response, now if I may be so bold as to ask you &gt; one more question, which is, how do I go about setting up the rule? I &gt; am obviousy a newbie to using Outlook for mail delivery. Thanks Tools-Rules Wizard ahould walk you through. I'm not overly familiar with the workings of either Exchange mail or Hotmail though.... If you're on Exchange, there might be a way of telling the Exchange server to deliver mail to your pst file rather than the exchange mailbox. Someone who is more knowledgable than myself may help out with this..... Good luck! =?Utf-8?B?S2F0aHJ5bg==?= Guest Posts: n/a 's Computer Specifications 23rd Apr 2007 Hello, I am having this same problem and since I have a Hotmail account, it won't allow me to create rules for my Hotmail Inbox. I set up my email account so that new mail would go to my personal files, but it is only going to my Hotmail Inbox. Please let me know how to get this corrected. I want to keep a copy on

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Murphy to miss rest of season Birmingham have been dealt a massive injury blow after David Murphy was ruled out for the rest of the season. Murphy, acknowledged as the best left-back in the npower Championship by Blues boss Lee Clark, underwent an exploratory knee operation on Thursday evening to assess the damage sustained during last weekend's home defeat to Hull. And the club's fears have been realised, with Murphy having sustained cartilage damage. The 28-year-old will now start his rehabilitation ahead of a scheduled pre-season return next summer. Birmingham have already extended former West Brom and Bolton defender Paul Robinson's short-term deal for a further two months until January 27, but that could now be prolonged until June.

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Will Rogers once said, "Even if you're on the right track, you'll get run over if you just sit there." Do you feel like your center is pointed in the right direction but not moving forward as quickly as you would like? Maybe it's time to dust off your strategic plan and re-energize your board, staff, and volunteers. Many non-profit organizations start as 'mom and pop' endeavors. Someone had a burden to reach people, jumped in with both feet, and accomplished great things. Now after a few years, the de facto strategic plan seems to be, "just keep doing more of what we're already doing." Conventional wisdom might argue that "if it ain't broke, don't fix it." However, Charles Handy suggests with his Sigmund Curve theory that the moment an organization finds itself on an upward curve is the moment that it needs to start re-inventing itself. Your center should consider a strategic planning process whether you're stalled on the tracks or enjoying great success. Before you can chart a course for future ministry, you need to take an honest look at your current situation. An ideal strategic planning session will include 15 to 20 participants comprised of board members, staff, volunteers, and key donors. Their first task is to ask, "What are you doing right?" What goals did you achieve? What challenges did you overcome? What projects did you complete? After you've reassured yourselves that you are doing a lot of things right, do some introspection about last year. What lessons did you learn? What decisions would you have changed? What goals did you not accomplish? What challenges have you failed to overcome in the past several years? These answers might be difficult, but they provide an important reality check. Next, turn your thoughts to your center's strengths, weaknesses, opportunities, and threats. This will clarify your perspective on what you do and do not do well, how you can expand your outreach, and what barriers to anticipate. Take time to evaluate your mission statement?your fundamental reason for existing. It's your guide for day-to-day operations and the foundation upon which you will build your future. Why you do what you do (your mission), where you are trying to go (your vision), and how you're going to do it (your values)?those are the glue that holds your organization together. Where Are You Going? John Stott has observed, "Vision begins with a holy discontent with the way things are." Create a vision that will provide long-term direction for your organization. Visions are big, hairy, audacious goals. Your vision statement needs to be far reaching, but attainable. Vision answers the question, "What will our organization be in five years?" Vision can be the product of one forward thinking person, but most organizations benefit from the input and ownership of many stakeholders. Schedule a Friday evening through Saturday afternoon event to lead your team through this strategic thinking exercise. Your vision should include a vision statement and a vivid description. A vision statement is a short, concise statement of your organization's future state that answers the question, "Where are we headed?" A vivid description is a long list of words and phrases that describe in a vibrant way what your organization will look and feel like when you reach your vision. Construct a bold, inspiring, purposeful vision. Reach beyond what you think is possible and ask God to move mountains. Use language that creates enthusiasm and challenges everyone to push forward to reach the goal. Give everyone a larger sense of purpose so they see themselves as building a great cathedral instead of just laying stones. How are we going to get there? Three steps will transform your vision into reality: 1) determine your strategic objectives , 2) identify specific goals to accomplish those objectives, and 3) list action items that move you toward each goal. Strategic objectives connect your mission to your vision. Narrow your focus to five or six that you want to accomplish in the next five years. For example, a strategic objective might be, "Strengthen our fundraising efforts." Set goals to establish specific performance targets. Clearly state what, when, how, and whom. Each strategic objective will have several goals. If you desire to strengthen your fundraising efforts, some specific goals could be a) hire a part-time development director, b) implement a major donor program, c) recruit and train additional board members. Action items are the tasks needed to implement the goals. Each goal will have several action steps. Important activities in this

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Book Description In the aftermath of a terrorist attack political stakes are high: legislators fear being seen as lenient or indifferent and often grant the executive broader authorities without thorough debate. The judiciary's role, too, is restricted: constitutional structure and cultural norms narrow the courts' ability to check the executive at all but the margins. The dominant 'Security or Freedom' framework for evaluating counterterrorist law thus fails to capture an important characteristic: increased executive power that shifts the balance between branches of government. This book re-calculates the cost of counterterrorist law to the United Kingdom and the United States, arguing that the damage caused is significantly greater than first appears. Donohue warns that the proliferation of biological and nuclear materials, together with willingness on the part of extremists to sacrifice themselves, may drive each country to take increasingly drastic measures with a resultant shift in the basic structure of both states. In the aftermath of a terrorist attack political stakes are high: legislators fear being seen as lenient or indifferent and often grant the executive broader authorities without thorough debate. The judiciary's role, too, is restricted: constitutional structure and cultural norms narrow the courts' ability to check the executive at all but the margins. The dominant 'Security or Freedom' framework for evaluating counterterrorist law thus fails to capture an important characteristic: increased executive power that shifts the balance between branches of government. This book re-calculates the cost of counterterrorist law to the United Kingdom and the United States, arguing that the damage caused is significantly greater than first appears. Donohue warns that the proliferation of biological and nuclear materials, together with willingness on the part of extremists to sacrifice themselves, may drive each country to take increasingly drastic measures with a resultant shift in the basic structure of both states. Editorial Reviews Review "Laura Donohue's sophisticated and complex analysis of counterterrorism law in Britain and the United States warns of the risks to fundamental individual rights when democracies establish counterterrorist regimes. Although governments frame their initiatives in terms of a choice between security and freedom, Donohue challenges this logic. Loss of liberty is not necessarily balanced by gain in safety. Compromises intended to be temporary turn out to be permanent. Leaders and citizens of democracies would be well advised to heed this pointed and timely warning." Martha Crenshaw, Senior Fellow, Center for International Security and Cooperation (CISAC), Stanford University "Laura Donohue's is a distinctive and authoritative voice in the field of counter-terrorism law. Her account of the impact of such laws on civil liberties in Britain and the US is comprehensive and compelling, but it is also very disturbing to those who care about freedom." Conor Gearty, Professor of Human Rights Law, London School of Economics "This masterly analysis of recent counter-terrorist legislation in the UK and USA should be required reading for governments and legislators on both sides of the Atlantic. It should also be read by all those who care about the price of security in terms of personal freedom and human rights." Rt Hon Lord Lloyd of Berwick "Within the context of the allied jurisdictions of the United Kingdom and the United States, this book offers a uniquely detailed thematic audit of the drastic reshaping of the law for the sake of security against terrorism. It is indisputably the finest comparative exposition and analysis of the primary laws against terrorism yet produced in either jurisdiction." Clive Walker, Professor of Criminal Justice Studies, University of Leeds "A dazzlingly, comprehensive and penetrating diagnosis of how Western governments too often react to terrorism by promoting executive power in reckless disregard of the fundamental principles of liberty on which their legitimacy rests. Many authors decry this phenomenon, but this book is unique in its parallel treatment of the United States and British developments, its especially clear treatment of the daunting subject of 'financial counterterrorism,' and in its deployment of both the grand narrative skill of a historian and the unyielding analytic rigor of a lawyer. In its elegant synthesis of materials ranging from treaties to judicial decisions

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Most helpful post: The members here have rated this post as best reply. karrie +7 #2 Top Rated Post Re: Fallen acorns a threat to kids with allergies 1 week ago is it legal to pelt a woman with acorns? Because she deserves it. SLM +1 #3 Re: Fallen acorns a threat to kids with allergies 1 week ago I bet you this is the same woman who tries to ban street hockey year after year too! Cannuck +1 #4 Re: Fallen acorns a threat to kids with allergies 1 week ago As usual, I'm not a bandwagon jumper. My first question would be, have there been incidents of bullying with acorns? Serryah #5 Re: Fallen acorns a threat to kids with allergies 1 week ago ... No words, just... no words. shadowshiv +3 #6 Re: Fallen acorns a threat to kids with allergies 1 week ago So basically let's get rid of everything, because a bully will use anything they can get their grubby little hands on to bully someone. Getting rid of oak trees? Show some common sense lady! We've already lost the Ash trees because of a stupid insect, and now she wants to cut down another species of tree? SLM +4 #7 Re: Fallen acorns a threat to kids with allergies 1 week ago Bubble wrap people! Protection against almost everything if you use enough of it. It's the investment choice for the future!!! shadowshiv #8 Re: Fallen acorns a threat to kids with allergies 1 week ago Quote: Originally Posted by SLM Bubble wrap people! Protection against almost everything if you use enough of it. It's the investment choice for the future!!! Are you a Stock-Holder of Bubble Wrap(tm)? SLM +1 #9 Re: Fallen acorns a threat to kids with allergies 1 week ago Quote: Originally Posted by shadowshiv Are you a Stock-Holder of Bubble Wrap(tm)? I should be, I really should be. But no, all my money goes into my mortgage, lol. captain morgan +4 #10 Re: Fallen acorns a threat to kids with allergies 1 week ago Quote: Originally Posted by shadowshiv So basically let's get rid of everything, because a bully will use anything they can get their grubby little hands on to bully someone. Getting rid of oak trees? Show some common sense lady! We've already lost the Ash trees because of a stupid insect, and now she wants to cut down another species of tree? What is this lady going to do when some bully throws a rock at snookums?... Ban all geologic formations that may produce rocks? This individual defies all levels of stupidity Quote: Originally Posted by SLM Bubble wrap people! Protection against almost everything if you use enough of it. It's the investment choice for the future!!! Get with the times SLM.... Bubble wrap is sooo yesterday. SLM +1 #11 Re: Fallen acorns a threat to kids with allergies 1 week ago Quote: Originally Posted by captain morgan This individual defies all levels of stupidity Probably not the success story her parents hoped she'd become. But, then again, they knew her so maybe they had more realistic expectations. Re: Fallen acorns a threat to kids with allergies As usual, I'm not a bandwagon jumper. My first question would be, have there been incidents of bullying with acorns? Anybody? taxslave +3 #13 Re: Fallen acorns a threat to kids with allergies 1 week ago Quote: Originally Posted by Cannuck As usual, I'm not a bandwagon jumper. My first question would be, have there been incidents of bullying with acorns? Well there was this squirrel.. IdRatherBeSkiing +1 #14 Re: Fallen acorns a threat to kids with allergies 1 week ago Quote: Originally Posted by SLM Bubble wrap people! Protection against almost everything if you use enough of it. It's the investment choice for the future!!! People would just bully everybody with that incesant and non stop popping sound. karrie +1 #15 Re: Fallen acorns a threat to kids with allergies 1 week ago Quote: Originally Posted by Cannuck Anybody? Would it matter if there were? Why remove the acorns rather than deal with the bullying. She said they 'can' be used for bullying,

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Abstract Debris flows play a significant role in erosion processes at the surface of the Earth and represent a threat to population and infrastructure in volcanic, mountainous, seismic and coastal areas. Natural flows generally involve a fluid phase mixed up with a granular phase. However, most of the current models only deal with the granular phase due to the mathematical and numerical difficulties related to the description of two phase flows. We present here a numerical model that describes the flow of a mixture of granular material and its interstitial fluid over a complex topography following the work of Pitman and Le (2005). In contrast to the approach that solves mass and momentum equations for the total mixture, this model considers mass and momentum equations for both the liquid and the solid phase separately, making it possible to take into account different velocities for the two phases. We use here a numerical discretization of the depth-averaged equations derived by Pelanti et al. (2008) that takes into account a Coulomb friction law for the solid phase, buoyancy effects, friction between the two phases and complex topography effects. We performed sensitivity analysis on some simple cases which has shown that the water content and the interaction between the two phases affect the flow dynamics and the morphology of the deposit. Finally, we will use this model to simulate debris flows occurring in Iceland that threaten the North-West coastal villages. Thanks to the high resolution data obtained by aerial lidar survey, by the NERC ARSF, the local 3D local topography is accounted for. Comparison between simulated and observed deposits makes it possible to calibrate the friction coefficient of the granular material involved and to provide first estimate of the water content in these debris flows. References: E.B. Pitman, L. Le. A two-fluid model for avalanche and debris flows. Phil. Trans. R. Soc. A 363, 1573-1601, 2005. M. Pelanti, F. Bouchut, A. Mangeney. A Roe-type scheme for two-phase shallow granular flows over variable topography. M2AN 42, 851-885, 2008.

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UCL News in images Written by Helen Fry, a recent MSc graduate from the UCL Institute for Global Health . The game of global health governance is changing, and if global health players such as the World Bank and the World Health Organization do not rethink themselves they will become obsolete, argued Michel Sidib in the UCL Lancet Lecture 2012 on 13th November. Drawing on his experience as Executive Director of UNAIDS, Sidib outlined his vision of global health governance for the post-2015 development era. Sidib began by exploring the history of AIDS, which he described as "a journey from despair to hope". He described how AIDS began as the "gay plague" with no medicines or research. But, as it galvanised relationships between the global north and global south, AIDS brought civil society, scientists and policymakers together and made space for global solidarity. To illustrate the success of UNAIDS, Sidib quoted that today more than eight million HIV-positive people have access to treatments, and more than 56 countries have been able to stabilise and reduce significantly the number of new infections. The context: "a profound transformative moment" On how to build upon this success, Sidib recommended first that we take note of the "profound transformative moment" of change that the world is experiencing today. He talked passionately of the financial crisis as an ethical "crisis of trust" where citizens do not trust their leaders, and expressed concern at the resulting problems in promoting social action. He also talked about urbanisation, a "global seismic shift" of more than five billion people now living in cities. On young people and technology, he questioned what new forms of activism social media will bring out and talked of the potential of leveraging this increased connectivity of people across the world. With this in mind, how does global health governance move forward? Sidib suggested that, for a new type of governance to emerge, capacity is needed in five areas: The architecture of global health Controversially, he argued that the current system lacks sustainability, and proposed a radical overhaul of the United Nations system, which would consist only of global financiers, an organisation for norms and standards and an advocacy and accountability mechanism. However, when questioned by Peter Piot, Founding Executive Director of UNAIDS, on how this can be achieved, Sidib admitted he did not have the answers. Sidib warned that, as the flaws in the UN system are made apparent, multilateralism will be increasingly in crisis, and he predicted an emergence of "mini-lateralism" of groups bypassing the UN structures. Global actors Sidib suggested that we could change the lives of many more poor people if we could manage to "bring new voices to the table", particularly governments. According to Sidib, the G20 is giving space to the emerging economies which will result in a more complex system, and asked, "who will be representing the rest of the G177 who are poor?" He observed that emerging countries are bringing a new perspective and new solutions, with technological and economic strength. The delivery system We have been thinking about how to reach millions of people; if we look at non-communicable diseases, we need to think about how to reach billions, Sidib argued. He outlined a redesign of the global health delivery system, which included a move from a disease- to a patient-centred approach, and training of community health workers to increase coverage. Beyond coverage, he said we need to look at quality of care, and promote the thinking that health is an investment for national governments. But, while investment from governments must be encouraged, global health actors need to prioritise, and "not just think of global health or a disease from infinite money". Innovation and technology In South Africa, there are more mobile phones than there are people in the population, a fact that Sidib believes represents a technological revolution in Africa. He argued that we need to think about how we leverage this so it will help us to deliver services more effectively, and reduce the cost. Sidib then took the example of the CD4 machine. New CD4 machine technology may reduce the cost for the ten million people waiting for treatment from US $700 million to US $20 million. On the innovation -- access dilemma, Sidib agreed that the costly process of research and development must continue to be incentivised. He spoke emphatically about the restrictiveness of patents and, while he spoke of the need to identify creative ways to find incentives, he admitted he did not hold the solution on how

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Below-normal rainfall and above-normal temperatures have contributed to the most severe and extensive drought in the United States since the 1950s. Spanning over half the country, the severity of drought conditions increased dramatically since early July, adversely affecting the production of maize (yellow corn) and soybeans, driving up agricultural prices, and increasing the volatility of those prices to excessive levels. According to the Economic Research Service of the US Department of Agriculture (USDA), 62 percent of US farms are located in areas experiencing drought. About 40 percent of maize and soybeans and 44 percent of livestock are produced in areas experiencing severe drought. As a result, national crop yield and harvest estimates for maize and soybeans have been lowered considerably. Experts suggest that crop losses for maize are coming close to 20 percent and could reach 30 percent or more if extreme drought conditions persist. Prices of maize and soybeans have already started to rise rapidly and could increase further depending on the degree of severity and extent of the drought. In the past two months alone, US export prices for maize and soybean increased by 30 and 19 percent respectively, with prices for both crops reaching record highs. Poor and vulnerable groups in developing countries are hard hit by high and volatile prices of the agricultural commodities they depend on for their primary daily caloric intake. As experienced during the 2007-08 global food price crisis, price movements in domestic markets can have significant impacts on global markets, and vice versa. The United States plays a key role in international commodity markets as it is the top producer and exporter of maize and soybeans. As of 2011, US production of maize and soybeans accounted for more than 30 percent of total world production, and US exports of those crops represented over 40 percent of total world exports. In countries like Mexico and Egypt, the second and fourth largest importers of US maize, imports account for 26 and 42 percent of total maize available, respectively. In Mexico and China, the two largest importers of soybeans among developing countries, imports make up 88 and 45 percent of their total soybean supply, respectively. Soybean processing (Photo: ACIAR) Rising maize and soybean prices can cause an increase in other commodity prices as the livestock industry switches from maize to wheat for animal feed and consumers are forced to shift their consumption to other commodities like wheat. In the last two months, wheat prices have risen by 26 percent. Egypt and Brazil, the two largest importers of wheat, may likely experience adverse effects of potential price hikes, as they import more than half of their total wheat supply. As a result, prices for livestock products -- such as meat and dairy -- may also see an increase as the cost of feed increases, which may result in a deterioration of the diet quality of the poor if they shift their consumption from meat and dairy products to cereal crops. Several urgent actions must be taken to address the current situation in order to prevent a potential global food price crisis: 1. Monitor the situation. Key institutions, including the USDA, FAO, UNCTAD, the World Bank, and the World Food Programme (WFP), and G20 supported initiatives like Agricultural Market Information System (AMIS) in collaboration with local partners, should pay close attention to developments in food supply, consumption, prices, and trade, as well as agricultural commodity speculation. This will help quickly detect any imbalances and facilitate swift responses. 2. Halt biofuel production from maize. Food crop demand for biofuels, particularly in the United States and European Union must be cut substantially, as should mandates for ethanol content in fuel, to help relieve the pressures on both domestic and global food markets. Currently, about 40 percent of total maize production in the United States is used to produce ethanol. 4. Prepare to use national grain reserves and link it to safety net programs. Large food-producing countries must be ready to deploy some of their grain reserves to address food emergencies, with emphasis on vulnerable populations. 5. Ensure the WFP has sufficient access to food purchases for emergency relief efforts. WFP's access to food purchases must be enhanced in order to facilitate effective responses during times of crises. Such emergency preparedness is crucial as rising food prices have implications for the effectiveness of WFP's food assistance programming, as

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Unequal Partners: The United States and Mexico Unequal Partners: The United States and Mexico explores the relationship between two neighboring countries -- one highly dependent on the other. There are other determinants of national attitudes between Mexico and the United States, but historically, dependency/dominance has been a significant influence in the bilateral relationship among these nations. The importance of each country to the other is not symmetrical; consequently, their responses to each other's policies have varied substantively and in intensity. The substance of Mexican public policy and the behavior of individual Mexicans have been powerfully shaped during the past 150 years by the country's political-economic dependence on the United States. U.S. public policy and the behavior of individual Americans also have been shaped by U.S. dominance over Mexico. Mexico has had to endure many humiliations from the United States: the loss of about half its territory under the Treaty of Guadalupe-Hidalgo in 1848 following its defeat in the Mexican-American War; the interference of the U.S. ambassador in the overthrow of Francisco Madero in 1913 following the Mexican Revolution in 1910 (what is known in Mexico as the Pacto de la Embajada (referring to the U.S. embassy); and the incursions into Mexico during the administration of President Woodrow Wilson. Both countries would benefit if this pattern of economic, social, and political asymmetries could be reduced and eventually eliminated. In the interim, making the adverse consequences of dependency/dominance more transparent may have a positive policy effect, because it would make clear how thoroughly this phenomenon affects the behavior of the governments and people of the two countries.

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April 2011 March 2011 Welcome to PARITY Equal Rights for UK Men and Women PARITY was first formed in 1986 as the Campaign for Equal State Pension Ages, a wholly voluntary organisation concerned with the equal rights of men and women. It gained charitable status in January 2005 Objects The Objects of PARITY are those set out in the current PARITY constitution, namely: - to promote and protect the equal rights of men and women to the enjoyment of all civil, political, economic social and cultural rights under the law; - to institute proceedings in the UK or appropriate European Courts for the purpose of establishing or protecting any such equal rights.

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Other Answers (10) Everything except the root at the end-about 1/8 inch gets trimmed off with a knife. The bulbs have a tendancy to be stronger flavored than the green stalks. I use the white part in dishes that are cooked and the green for garnish or added wherever spring onion flavor is need. For me, that is just about everywhere excluding Ice Cream. you can eat the whole thing . greens is the common things you seen in all the chinese noodles and soups.the white part in some stew and casseroles.And the part of the roots and the roots itself ,you just need to clean them and you can mix them with some onions, carrots and celery to make stocks.

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Funerals, Memorials and Thanksgivings The Wesley-on-Beaumont Uniting Church Congregation is inspired by God's own compassion for the grieving, in offering pastoral support, spiritual companionship and religious services at times of grief and loss. Just as Christ wept both for his close friend, Lazarus, and for all of Jerusalem, there is no one who falls outside the love and compassion of God. Wesley's services are available to all, whatever the background or situation in life. Funeral Directors or Next-of-kin, seeking to book a funeral in the Church, are requested to nominate at least two possible times. Please consider the need for the Minister to plan to make a pastoral visit prior to the Funeral. The Minister (often accompanied by an Elder or Carer) is also available to attend viewings, services in Chapels and at Cemeteries and Crematoria. There is no Columbarium (for the internment of ashes) at the Church, however, there is a memorial garden. Funeral and Thanksgiving Services are celebrated by the Minister-in-Placement or by others, at her invitation. Scheduling of Services needs to take into account the availability of: Funeral Directors; Minister/celebrant; Church; Cemetery or Crematorium; Organist (if requested). Every effort will be made to accommodate special requests and needs, but we do ask your understanding - depending on the particular circumstance, there may be a number of different people to coordinate. What can we expect? Generally, the Minister (and often with an Elder/Carer) will want to visit once or twice in order to meet with the bereaved and prepare appropriately. In exceptional circumstances some preparation may be possible by telephone or email contact, but at least one face-to-face meeting is preferable. Every Service is tailored to reflect the uniqueness of each person. We understand that this time is important and often difficult, so it is our care and concern to be respectful and diligent in our support. When visiting, the Minister has the following aims: - to offer the condolences of the Congregation; - to provide any practical and spiritual assistance that may be required; - to evaluate the particular needs and circumstances; - to learn something of personality, character and story of the deceased - what/who they loved and valued and what they might best be remembered for; and - to meet with (and pray for) those who are most effected by the deceased's passing. Sometimes when a Minister visits, people are still 'in shock'. Others have been prepared for what is happening for a long time. Some conversations are very practical and straightforward, others involve stories that ramble, some laughter and some tears. The time following a death can be a roller-coaster of emotions and reactions. The Minister will try to respond to the needs of the situation, so feel free to say what is helpful or not. Guest Presiders or Celebrants When invited Guest Presiders or Celebrants are leading the Service, The Welcome, Call to Worship and Closing Benediction (Blessing) will be given by the Minister-in-Placement, one of the Congregation's Commissioned Celebrants or an Elder of the Congregation. The Congregation's Verger is also present to assist with practical matters. What Pastoral Services are available that are related to times of Grief and Loss? Funeral Service People gather to acknowledge the life of the deceased and to mourn with those who are left behind. The pattern of Service includes: Gathering as a Community of People before God Remembering and Celebrating a Human Life Prayers for those who remain Committing the Soul of the Deceased to God's care Laying to rest the Deceased's earthly remains. There is considerable flexibility to personalize both the Service and the space where it is held. Memorial Service OR Thanksgiving for a Life Similar to a Funeral, this Service acknowledges the life of the deceased and provides for people to mourn with those who are left behind, but there is no Committal of Earthly remains. The pattern of Service includes: Gathering as a Community of People before God Remembering or Giving Thanks for a Human Life Prayers for those who remain Prayers for the Soul of the Deceased now in God's care. Interment (or Scattering of Ashes) The reverent disposal of Ashes takes place some time after the Funeral or Memorial. The Church is able to provide a

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I don't think it's supposed to do that. A little less than two weeks ago I noticed a strange knocking noise coming from the front of my car. Over the course of the first week, when I had no choice but to use it to drive to and from work and had no time to get it into the garage it got increasingly worse. I have avoided using it since Friday last week as it is booked into the garage this Friday, which was the soonest I could get it in. In the meantime, this morning I risked a trip down to my local tyre fitters as my rear tyres were borderline illegal and needed changing. I mentioned my issue to a good friend there and got him to drive it into the 'slot' for changing tyre so he could gauge the depth of my problem, which he did quite quickly. With the car up in the air and all the weight off the wheel.... this is what happened. Turns out, that out of the four bolts that are supposed to hold my wheel on, only one was connected. I've driven a thousand miles since those wheels were last taken off and replaced. I think someone is watching over me. Post navigation 2 Responses I had some idiot loosen my wheel nuts many, many years ago. First sign was an odd wobbling at low speed, but it was an old car and had many similar idiosyncrasies. Then at about eighty (\*ahem\*) going downhill on the A66, one of the rear wheels nearly came off. The whole car shot across three lanes of tarmac without any input from me. Braking made it even worse. I finally managed to coast to a halt using engine braking and bad language. I'd have blamed myself for not tightening the nuts properly -- three of the four were missing from the one rear wheel, but all the nuts on all four wheels were loose, and some had almost come completely off. I can only think someone with a tyre wrench and sick sense of humour had cracked off the lot of them. I had three passengers on board at the time. It still gives me the willies thinking what might have happened. Hello Welcome to the new and (hopefully) improved Procrastination Fairy site. It's all about the things I'm doing / reading / watching / listening to / thinking. Short and sweet insights into the life of someone doing everything to avoid doing what they should be doing.

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The Sea and Cake is pleased to release the video for "On and On" by the Japanese artist Naomi Nagata. She creates stop-frame animations by drawing and photographing patterns in the surface of sand on a light table. The band gave Naomi complete artistic freedom on the project, the end-product is succinct but idealistic, a fresh complement to the airy but substantial melody within "On and On." In Naomi's own words: "As soon as I turn on the lights, the silhouette of the sand shows up. This dramatic change surprises me every time. When I want to move the silhouette, I use brushes, my fingers, and feather brooms. You move the object, shoot it, and then move it again and shoot...one by one, and when you connect the several hundreds and thousands of still images, ta-dah! It's like magic." Currently the video is only available here . You can watch their other latest video for "Harps" here. Director Jay Buim depicts the gloriously simple adventures of a pair of friends in the retro new video. The Sea and Cake is currently supporting the new album Runner with a North American tour alongside Matthew Friedberger (of The Fiery Furnaces); see all dates below. Runner is available on special green-vinyl LP, and as part of the label's 20th Anniversary, Thrill Jockey has re-issued a slew of The Sea and Cake's early albums on vinyl. And we are giving away a pair of tickets for the last night of the tour in Dallas! "Over the years, the Sea and Cake's consistency and prolific pace led many to take it for granted, but while the band's subtle adventurousness may be a known quantity, one shouldn't underestimate its ability to surprise." -- Timeout Chicago "A quartet of preternatural cool and confidence" -- Independent Weekly "On and On's economic songwriting recalls the current wave of lo-fi, 60s-inspired guitar pop, but unlike those fresh-faced bands, The Sea and Cake approach this pop-inspired song with a level of textural and compositional experience that makes the song both familiar and fresh to longtime fans of the band." -- KEXP You say free? Yeah we did! Thanks to We Are Solid Gold for this opportunity. How To Win You have until 3 pm Central Wednesday, November 14th to enter. Simply visit our Facebook page and look for The Sea and Cake contest entry. Then make sure that you like our profile page, then also like and share the post of the contest. We will pick a winner who will each receive a pair of tickets free. Good luck everyone!

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To Believe Lyrics Jackie Evancho Before I lay me down to rest I ask the Lord one small request I know I have all I could need But this prayer is not for me Too many people on this day Don't have a peaceful place to stay Let all fighting cease that your children may see peace Wipe their tears of sorrow away (chorus) To believe in a day When hunger and war will pass away To have the hope amidst despair That every sparrow's counted That you hear each cry and listen to each prayer Let me try always to believe That we can hear the hearts that grieve Please help us not ignore The anguished cries of the poor Or their pain will never leave (chorus ) [ From: http://www.metrolyrics.com/to-believe-ly\\... ] To believe in a day When hunger and war will pass away To have the hope amidst despair That every sparrow's counted That you hear their cries and listen to each prayer (spoken prayer) Father, as you see, I'm just a child And there's so much to understand But if Your Grace should surround me Then I'll do the best I can I promise, I'll do the very best I can (chorus plus) To believe in a day When hunger and war will pass away To have the hope amidst despair That every sparrow's counted That you hear each cry and listen to each Prayer {Hear each cry and listen to each prayer} Help us do Your will oh Father In the name of all that's true And we'll see in one another The loving image of You

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Post navigation How will shops survive? Customer service would be a good start! I saw some data in the week about our shopping habits notably that every minute we spend 175,015 on-line. On-line is estimated to account for around 17% of our purchases now. Curry's customer service -- hot it's not I think you have to balance the convenience and price matching on-line against the inability to go and touch what you want to buy in the shops. The internet doesn't offer coffee shops to give you a breather either! We are also seeing the emergence of 'clicks and bricks' where you order on-line and collect in a store. I guess that is a clever mix. There is no doubt that shops are going to need to compete. In the case of the smaller shops we can see survival by them adopting a niche place. They can offer something that you can't get on-line -- or that needs you to go an touch / feel. The bigger shops tend to rely on pricing to entice us. At the weekend I had to pick up a sat-nav unit. John Lewis were out of stock so I found myself in Curry's at Castle Marina. On the face of it this was easy -- they had the stock and some of the TomTom units were on offer. Then I tried to buy the damned thing. I asked a customer services representative (aka shop assistant) who pointed me back to the area and told me he'd get a colleague. I waited and waited until I saw him again. It seems he had forgotten. Since it was nearly closing time and I needed a unit I had little alternative than to wait. Ordinarily I would have left. My point is that shops can't just compete on price and stock levels (and thus the touchy feely stuff). They need to make sure that the customer experience is first class too. If they don't -- they won't survive. Post navigation 3 comments on " How will shops survive? Customer service would be a good start! " Curry's PC World, Maplin's : I've had the exact same experiences, it's never ceased to amaze me that in this country as online sales increase some physical retail chains continue to alienate their remaining customers. But thinking back Curry's were always this bad! I rarely buy electronics in-store these days, the consumer protection for goods bought online is just much better. This was brought to light for me when two different stores refused refunds for non-functioning items on the grounds that they needed to send them for technical evaluation because they were not qualified to diagnose that they were not working... oh the fuss i kicked up! Totally agree with Martin, some things are just so much easier to buy online esp if you know exactly what you want AND dont want some pushy sales assistant trying to sell you an extended warranty. Been out to two big Tesco stores today to try and buy my daughter an Ipad mini... and faiiled. Got home, went online to tesco.com and bought one with a few clicks, it will be here before next Sat...... and nobody mithered me about extended warranties!

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I Know What To Do, So Why Don't I Do It? Nick Hall STOP Not Doing What You Know You Should Do Unlock the biochemical code that will free you to EASILY achieve ANY goal - for the rest of your life! You might think laziness, lack of willpower, and/or low motivation are to blame for the fact that you aren't achieving your goals. But fascinating research in the field of psychoneuroimmunology has revealed another, far more likely possibility. One with the potential to transform your life in a dramatic way. The typical excuses for not doing what you know you should - I'm too stressed out ? I don't have the time ? I don't have the energy, etc. - are, in fact, manifestations of a complex, interconnected web of psychological, chemical, and neurological factors. When activated, these factors can effectively paralyze you - making it virtually impossible for you to take the actions needed to create change in your life. In other words, even if you're highly motivated ? if you've got these internal circumstances operating, you AREN'T going to be able to do it. But while the biochemistry may be complex, the solutions are actually quite simple. Dr. Nick Hall reveals these solutions - and the fascinating science behind them - in I Know What To Do, So Why Don't I Do It? One by one, he examines all 10 of the most common excuses for inaction, and gives you specific strategies for dealing with each of them. Strategies that address the biochemical root of the excuses, and obliterate them right then and there. You'll learn: An extraordinarily powerful stress-fighting tool that very few people take advantage of An easy way to instantly regain control and stay focused in an emotional emergency 6 things to do when you think you've taken on more than you can accomplish in the time you have The mistake almost everyone makes when they organize their to-do list A simple exercise that can instantly tell you which side of your brain is dominant at any given time The first-thing-in-the-morning action that will literally reset your internal clock and have a profoundly positive impact on your energy level for the rest of the day (and it is SO easy to do!) Just think of all the things you would be able to accomplish if you could break through the excuses that typically hold you back. I Know What To Do, So Why Don't I Do It?, will give you an incredible arsenal of tools that will empower you to achieve any goal you desire. Nick Hall, Ph.D., is an internationally recognized psychoneuroimmunologist who has conducted pioneering research dealing with the interrelationships between emotions and health. His research has been featured on "60 Minutes," "Nova," "Nightline," and the Emmy-Award winning television series, "Healing and the Mind," produced by Bill Moyers for PBS. Dr. Hall has been the recipient of two prestigious Research Scientist Development Awards, granted by the National Institutes of Health to only the top scientists in the United States. He directs the Saddlebrook Resort Wellness Center in Tampa, Florida, where he shows leading corporations and elite athletes how to deal effectively with personal and professional challenges.

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Caught dirty-handed when it comes to good hygiene, survey reveals A startling number of workers may be putting their health at risk by not practicing good hand hygiene. When asked about their specific handwashing habits, a vast majority of adults (71%) say they regularly wash their hands, but that number may be grossly exaggerated. Nearly six in ten (58%) admit that they have witnessed others leaving a public restroom without washing their hands. More than a third (35%) have witnessed co-workers leaving facilities without washing, and one in five consumers surveyed (20%) have witnessed restaurant employees not washing their hands at all. The worst offenders seem to be men by a significant margin. These survey findings were released today by SCA, a global hygiene company and maker of the Tork brand of away from home paper towels, skin care, napkins, tissue and wipers, to commemorate Global Handwashing Day on October 15. The company conducted the survey to gauge consumer awareness of proper hand hygiene but found that while many Americans recognize that handwashing is an important step to staying healthy, awareness does not necessarily translate into practice. Sixty percent of adults describe handwashing as being critical to their health, and over half (53%) consider washing their hands thoroughly and regularly to be the most beneficial practice for staying healthy. Yet, respondents also admit to skimping on personal hand hygiene after coming into contact with a number of germy environments and objects. Nearly four in ten adults (39%) admit to not washing their hands after sneezing, coughing or after blowing their nose. More than half do not typically wash their hands after riding public transportation (56%), using shared exercise equipment (51%) or handling money (53%). "The average human hand has millions of bacteria, many good, but also sometimes some that can harm health. In addition, we can also carry viruses from touching surfaces that are contaminated," said Allison Aiello, associate professor of epidemiology at the University of Michigan and a member of SCA's Tork Green Hygiene Council . "While over half of SCA's survey respondents believe that handwashing is important, there are still clear gaps in the relationship between beliefs and practices." It seems men could learn a thing or two about hand hygiene from their female counterparts. The SCA handwashing survey found a dramatic disparity between the sexes when it comes to personal handwashing habits. More than a third of men (33%) admit they do not wash their hands thoroughly with soap and water after using the public restroom compared to just one in five women (20%). Men are also more likely than women to witness others leaving public restrooms without washing their hands (67% of men compared to 48% of women). In fact, men lag behind women in terms of whether they say they wash their hands in almost every scenario surveyed by SCA. Men are less likely than women to typically wash their hands after handling garbage, touching an animal, or sneezing or coughing. In addition, two-thirds of women (65%) describe handwashing as being critical compared to just over half of men (54%). Men, on the other hand, were more likely to describe handwashing as being a necessary hassle (36% of men compared to 26% of women). The Tork Green Hygiene Council recommends the following steps to thoroughly wash your hands: Wet hands with warm water. Get an adequate amount of soap to build a lather that will last for at least twenty seconds. After lathering your hands, fingers and wrists for twenty seconds, rinse hands until all the soap is removed. Dry hands thoroughly with a paper towel, as the friction from wiping with a paper towel removes any residual bacteria from your hands, and damp hands spread up to 500 times more germs than dry hands. Use the paper towel to turn off the faucet and to open the door as you leave the bathroom. Consistently consider all the right times to wash: Be more conscious of times when you should be washing your hands, especially when encountering shared surfaces, including after taking public transportation, before and after a meal, before and after preparing food, after handling money, garbage, or touching an animal, and after blowing your nose, coughing or sneezing. On average, you come in contact with 300 surfaces every 30 minutes, exposing you to 840,000 germs, so wash more often than just

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Did you feel that Glee Project 's Blake Jenner ( Ryder ) a nd Nellie Veitenheimer had unbelievable chemistry this season during their performances? You're not alone -- Blake felt it, too! Blake tells TV Line that he and Nellie approached their last-chance duet of "Waiting for a Girl Like You" with the mindset that they were in a relationship and had a romantic backstory. They wanted to "engage each other" like a Glee couple would, where the viewer can "see the love for each other." We're thinking that they succeeded! Blake says that their performance was very much a joint effort, as the two of them were both "going with each other's ideas." As Blake puts it, "We definitely wanted to make it like our baby." That's pretty much adorable, right? So this just begs the question: Would Blake and Nellie's friendship lead to anything more? We must point out that Blake admits that he and Nellie really "trust each other," and that Nellie is "a very, very pretty girl." That's right -- he used two "verys"! However, Blake is currently in an adorable relationship of his own , so we doubt that he'll be the first guy who Nellie sees naked. Instead, Blake says that he and Nellie "totally good friends," and that they both had "a passion for the competition and our friendship." Aww! And speaking of attractive people, how does Blake get his hair to look absolutely perfect during every waking moment? He claims that he doesn't use any product at all, and that his hair just looks that way on its own! "I just wake up, flip it, and boom -- I go bowling," Blake claims. Some people have all the luck! (And any chance you can take us bowling with you next time, Blake?)

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Tony Lloyd "unopposed" for Greater Manchester. Was it a fix and what's Crick up to? Remember all that stuff about Labour members choosing the candidates for Police and Crime Commissioner? Well, in Manchester, not so much. Tonight both the Manchester Evening News and the BBC are reporting that veteran MP and Chair of the Parliamentary Labour Party Tony Lloyd has become the official Labour candidate for the Greater Manchester Police Area without a single vote being cast. The M.E.N. reports that Mr Lloyd was chosen by a selection panel from an unopposed shortlist this afternoon, which would explain why there has been no election among party members. It is unclear if the longlisting or interviews cut out any other candidates, but it will bring back memories of Gordon Brown's accession to be Labour leader without an election, with the suspicion that any opposing candidate had already been taken care of in advance. In this instance, Police Authority Chair Councillor Paul Murphy apparently withdrew his expression of interest, and former MP for Rochdale Lorna Fitzsimons was thought to have decided against it, while Cllr Afzal Khan was interested, then one of the candidates for the Labour nomination for the Bradford West parliamentary by-election, and when that didn't happen, allegedly in-line for another by-election in the North-West that hasn't been called yet (according to Michael Crick)! Which is where it gets interesting , because the M.E.N. reports that Mr Lloyd may stand down from Parliament before he has to in order that there can be a by-election for his seat on the same day as the PCC election. Has there been a deal whereby Cllr Khan gets Lloyd's seat in return for clearing the way for this early nomination? And, if there has been a deal, then another curious thing is Michael Crick's coverage of this nomination. There was a brief minor embarassment for Crick on Twitter earlier this week when he tweeted his latest update of Police and Crime Commissioner candidates, but accidentally sent out the 23 February text, and not the 14 March version. On 23 February Crick reports " The Labour councillor, and former Lord Mayor of Manchester, Afzal Khan, is reported to be considering the job, but has mixed feelings. Khan was previously mooted as a contender for the Oldham East and Saddleworth by-election after Phil Woolas was disqualified as the MP in 2010. But Khan is also said to be considering going for another parliamentary by-election which is expected to arise in a good Labour seat in northern England shortly. Khan has yet to return my calls. " On 14 March this shrinks to " The Labour councillor, and former Lord Mayor of Manchester, Afzal Khan, was reported to be considering the job." In other words, Crick's revelation about Khan's prospects disappears from his latest text on Police Commissioners a couple of days before Khan's own disappearance secures Tony Lloyd's nomination without any pesky voting. It disappears just before it becomes a story. Is Crick in on this? Did he say too much?

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Talking to people involves thinking up meaningless questions and talking about the weather for hours We don't have a strategy No wonder we can't talk to people... With all that weighing us down, there's no wonder we find it so difficult to have a conversation with someone! I mean for a start off, we're spending precious energy wondering what people are thinking as we're chatting to them... You know what? They're wondering the same (unless you've chanced on one of the rare people who doesn't care less) -- especially during small talk ! Small talk is the key to your success here... now I'm not planning on giving away all my secrets here... but I'd like to share with you the most important of all the keys to successful conversations when you talk to people ... It's not about talking to people, it's about listening to people... Yes that's right, the thing we are really worried about isn't even the skill we need to employ to create a good impression on someone and to have a decent small talk type conversation. You see, when you talk to people, all you should really be doing is listening, understanding, feeding back and asking questions. Occasionally, you might have to answer one of their questions, but on the whole, it's one way traffic you are looking for. Basically, follow this format: Ask a question Listen to what they say Translate it into your own words and your own understanding Feed back to them... "So what your saying is that..." or "What I'm hearing you say is..." People love this attention -- it doesn't even matter if you don't understand it right away -- so you can still talk about football and other things you find dull. If you don't get it, but you have a go and feed back to them, they'll delight in explaining it again to you in a different way. Once they're in delight, you have a friend for life! Let the other person do all the actual small talk... you deal with the questions... Start with your classic questions: Questions about them: Where are you from? What do you do for a living? Do you have any hobbies? Other old faithfuls: What do you think of the [insert politics here]? What about [insert famous celebrity's gossip]? The big problem here is that it's so dull... when we talk to people we don't want to get stuck in weather or the latest celebrity or political scandal for very long... So when you talk to people, you need to get a bit deeper -- that's where the good stuff lies! The easiest way to do it is to make an observation about the person, or something they have said. So if they say, "I'm a lion tamer" -- you might have something to go on... ask them whether they enjoy what they do... if they say yes, then ask them what it is they get from doing that. If they say no, then ask them what they'd rather be doing instead -- and then what they think they'd get from that! Find something where there seems to be either a common interest, or something you are genuinely interested in knowing more about Ask some feeling related questions -- what do they enjoy about it -- or make some observations -- that must be so rewarding for you Rinse and repeat until you find something that they love to talk about -- then it's really easy... just hold onto your concentration and keep listening! There's so much more that I can teach you about this, but for now, start simple and begin the process of practicing it! You can't get good or learn small talk (how to talk to people) without actually doing it. 7 Responses to "How to Talk to People -- the Art of Small Talk" I agree that small talk is about listening and not about talking. As I don't like small talk very much -- for the very reasons you mention -- I find it easier to ask questions and listen actively than figuring out what to say next. And when the other person answers, we have time to figure out what to ask next. Great tips here, I'm fantastic at asking questions.. Funny thing is though some people think I ask too many questions and then they assume that because I ask too many questions they think I don't know anything... Ha.... The reason I ask questions a lot is because I like to know what other people know and to continue learning. Sure I may not know everything. Yeah, I have to admit I don't really like small talk... You know all talking is, is an exchange of information from one person to the other person. Thanks! For you, and I suppose the other

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Lifehacker Pack for Windows: Our List of the Best Windows Apps Finding the right Windows app for your needs among the hoards of options can be tough. In our third annual Lifeahcker Pack for Windows, we're highlighting the must-have apps for every occasion. The Lifehacker Pack is a yearly snapshot of our favorite, must-have applications for each of our favorite platforms. If you're curious to see how things have changed this year, here's last year's Lifehacker Pack for Windows . As always, we have the good folks at Ninite helping us out this year, creating a one-click installer for the 2012 Windows Lifehacker Pack. You can download the entire pack at once, or just pick the apps you want, and Ninite will install them all at once -- perfect for new Windows installations or setting up your friends with a good set of apps. And, just like last year, we have two packs for Windows: an Essentials pack that everyone should have, and an Extended pack, which includes some tools that more hardcore users will probably need around. The days of clicking on the start menu and flipping through programs are over. With Launchy, you can start apps with just a few keystrokes, not to mention open files, folders, and web sites. Launchy's plugin system makes it even more versatile, letting you perform nearly any action you can think of, from calculations to task management to searching the web. Once you start using it, you'll never be able to imagine life without it. We all have a bit of clutter on our hard drives, but it's impossible to keep everything organized on our own. That's where Belvedere comes in, an automatic file sorter written by our own Adam Pash. You can tell it where to put files based on how old they are, what extension they have, and lots more. It'll do it all automatically, creating an organized, automated home folder for you. Check out our guide to automating your documents for more info on how to set it up. Who wants to open Adobe Reader just to read a PDF file? No one, that's who. Uninstall that bloated program and grab SumatraPDF, a fast, lightweight, and dead simple PDF reader perfect for those quick documents. It's even got a few keyboard shortcuts for you speed freaks. If you need more features from your PDF reader, though, you can check out the more advanced PDF-XChange . Chrome is still our favorite browser around, due to its awesome extension library, mad syncing skills, and simple UI. Not to mention that it keeps adding new features like prefetching, that loads previously visited pages almost instantaneously, and offline support for Google services like Gmail and Docs. It may not be the fastest browser around , but it's still our top pick. Thunderbird may be done developing new features , but it's still a great mail client for those that need their inbox on their desktop. It's free, extensible, and supports nearly everything we'd want in a mail client. Even if you read your mail on the web, you should have a client like Thunderbird around for local backup, and for those rare occasions when Gmail goes down . If you want something even more feature-filled (and that's still updating), the Thunderbird-based Postbox is a great, cheap alternative. For those of you that still make use of instant messaging, Pidgin is our favorite app to do the job. It lets you connect to a ton of different IM services, including AIM, Google Talk, Yahoo Messenger, MSN, Facebook Chat, and more, all combined into one simple buddy list. Couple that with all of its awesome plugins , and you have an IM app that can do nearly anything you want, all for the low price of $0. If you don't like Pidgin, you might check out the more polished Trillian , or the social network-focused Digsby . We know, we know, no one likes Flash. Sadly, it's still an essential part of the web, whether you're playing videos, using a webapp, or just getting around a simple web site. So, while it may run up your fans and crash your browser once in awhile, it's still a necessity. Of course, you can block unnecessary flash from running with FlashBlock for Chrome and Firefox . VLC isn't our favorite video player for Windows , but it is one that everyone should have. It'll play nearly any video file you run into, not to mention DVDs, and it has

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134 Charter Communications Reviews | " It has been an adventure although it dosen`t pay the bills " Current Courrier in Engelhard, NC -- Reviewed Oct 2, 2012 Pros -- It has been an experience, considering being my own boss. Cons -- There is no room for failure the job has to be done right the first time. Advice to Senior Management -- I feel that courtesy and respect can creat a great work atmosphere, and in some cases can be more valuable than money, meaning I might work for a company that is not paying alot, but they are very easy to work with.

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Thanks for the pointer. I've read a few articles thanks you to. It still seems awfully complex and demands very proficient git usage to do even simple operations. I don't think that's suitable.. but I'm curious are you using it with Unity? Not with Unity. One big advantage is that git subtree has is that not everybody has to be proficient with it, you can designate someone to set it up and to periodically push the subtrees, and everybody else can ignore it. That's not quite true; they should split their commit so they don't span trees. But it's not a requirement, it just makes things a lot nicer.

**id 212**

All the time that we spend together I won't fuss, I won't fight Tryin' to make you mine You know I'm not that kind Huh whoo c'mon I said I'd love you til the twelfth of never But I won't run far ahead leaving you behind You know I'm not that kind 'Cause I'm not that kinda girl And it's not my kinda world No it's not for me Not where I want to be Help me out, tell me what you're thinking If I run, slow me down, you can take your time You know I'm not that kind Yeah woo If you leave, I believe life will go on Wind will blow, water flow, and the sun will shine You know I'm not that kind Yeah 'Cause I'm not that kinda girl And it's not my kinda world No it's not for me So let me set you free Yeah Now what I say to you, I would say to no other I've got my friends, I won't look for another in you, Yeah, so what you gonna do, yeah yeah yeah 'Cause if you swing with me, you soon will discover I'll give you tenderness unlike any other can do And what I say is true, yeah 'Cause I'm not that kinda girl And it's not my kinda world No it's not for me, not for me Said not where I want to be, Said not where I want to be yeah It's not my kinda thing, It's not the way, Way I want to swing It's not for you, it's not for me, I said my baby I'm not that kind, I'm not that kind yeah, yeah, Yeah

**id 213**

The problem is I'm not a good photographer. To be perfectly honest, I'm too shy. Not aggressive enough. Well, I'm not aggressive at all. I just loved to see wonderfully dressed women, and I still do. That's all there is to it. October 27, 2002 style News ARTICLES BY BILL CUNNINGHAM More than 250 New York fashion designers exhibited their spring collections over a week that ended last Thursday. There was not one collection devoted to fashion's hottest item, the shoe. But that was not necessary. Guests at the clothing shows provided a dazzling display of today's shoe designs. The popularity of highly individual footwear has led Macy's, Saks Fifth Avenue and Barneys New York to turn over complete floors to accommodate this passion for shoes. The difference between the flamboyance of the designers' runways and what women really wear can be quite amazing. As the New York spring collections unfolded this week, simple styles by two European designers, Azzedine Alaa and the label Alexander McQueen, designed by Sarah Burton, popped up consistently on the avenues. Alaa's princess dress, left and right, was designed with sophisticated knitting technology. From a molded bodice, the skirt is released into a graceful circle that moves with ... Aug. 25: Times Square, with its blinking lights, is looking like Coney Island without the amusements as tourists swarm the area as a destination stop. Visitors in rainbow-colored sneakers often vie for space with theatergoers wearing dresses and high heels. A prized spot is on the ruby red bleachers near the TKTS booth at 47th Street, to watch the world go by. Aug. 30: A poignant ending followed the two-hour funeral at Riverside Church for Lloyd R. Sherman, an associate professor of medical e...

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Acknowledge it is late . For most of the people who go to bed late it is mostly a problem of mentality. You look at the clock and think "2:00 AM?". Oh, no problem, I've still got plenty of time". No, you don't. When you make it a habit to go to bed way past midnight, your idea of late becomes an increasingly later hour. So, the next time you look at the clock and see it's past 11:30 PM (or any time you'd consider 'early'), abandon everything you were doing at that time and start hurrying to go to bed. The first step in starting to go to bed early is redefining your idea of 'early' and 'late'. 2 Give yourself reasons for getting to bed earlier . One good incentive is recalling a time (or several) when your lateness in getting to bed had disastrous results: you overslept, didn't get enough sleep, became sick, etc. Also, if you're a habitual late-nighter (e.g. college student), this will give you a chance to see that rarest of natural phenomena: a sunrise! Staying up through the night to see the sunrise does not count! 3 Determine what time you need to wake up . "Well, most of the time I wake-up at 7:00 AM, but sometimes I wake-up at 6:00 AM to do homework" isn't a good answer. If you planned on waking up at 6:00 then you would think that going to bed an hour earlier would make up for it, but you wouldn't be tired at said bedtime, so you would lie in bed for an hour and only get 7 hours of sleep. Your wake-up time needs to be the same every day except for rare occasions. Weekends are not rare. 4 Subtract 8 hours from the time you wake up . Determine how long it actually takes you to fall asleep. Don't glance at the alarm clock constantly to test this, just think whether you lie in bed for what seems for hours, or does your head barely hit the pillow? If the first one is the case you should subtract one hour from the time you have. If your head barely hits the pillow you only need about five minutes in bed before your -8 hour time. If you're somewhere in between 30 minutes should be a safe amount of time to be in bed before you need to fall asleep. 5 Do something calming before bedtime . The computer may be calming but your brain naturally makes you sleepy when it is dark, so by staring at a screen you are keeping yourself alert and wide-awake for longer than you should. A shower is an excellent thing to do before bed. Make your activity a sort of habit. This helps. 6 Go to bed right when you start feeling tired . The best time to go to bed is when you can't stop yawning and feel the need to just close your eyes and lay your head down. If you force yourself to stay awake, after this stage is over, you'll have a slight headache because of tiredness, but stop feeling that urge to go to sleep, which makes you stay awake even more. 7 Be strict about your bedtime . Force yourself to turn off the computer and TV before bed. By turning off the computer (not the monitor) you would have to wait for it to reboot and normally that is enough to persuade you to get off the computer. Throw the remote for your TV across the room or onto the floor (gently). Getting up to turn on the TV hardly seems worth it, huh? 8 After you have been following a bed time for a week or so, if you are still tired or very unwilling to get up in the morning you may still owe yourself a few hours . Let yourself sleep way in on the weekend. Do this a few times and you will probably no longer feel the need to sleep in on the weekends. That's good. That means that you get enough sleep every night. If you keep wanting to get up earlier than your wake-up time then go to bed a little later. Some people need less sleep than others and you may no longer have to go to bed an hour early anymore because of your routine. 9 Reward yourself for your discipline . Treat yourself to a movie for every two weeks you successfully get to bed early. Notice how much better you feel in your day-to-day life, in school, or at your job. If you're getting somewhere around 8 hours of sleep per night, and at the right time, you'll probably notice a

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Win a pair of limited-edition Motorheadphones! Attention, all you beer drinkers and hellraisers: check out the new range of headphones from grizzled veterans of balls-out speed rock, Motrhead, bringing you models with suitably heavy monikers like The Motrizer, Iron Fist and Bomber. There are also earphones available -- Overkill and Trigger -- but we're gonna focus on the over-ear heavy metal cans. As the band themselves say, these are "no weak-kneed, lily-livered, tin-pot and skinny-sounding little pieces of garbage, no, that ain't Motrhead's style". They're all black, of course, and all quite similar to look at. The Motrizer (129.99) -- the heftiest of the lot -- feature high-power speakers to give you smooth bass and clear and distinct mid- and high-range frequencies. Designed for DJs, they have turnable ear-cups for single-side listening, and can connect to your smartphone to adjust the volume, pause, play, fast forward and rewind and more. The Iron Fist (99.99) are slightly less hefty on the head, but also feature powerful speakers, while the daintiest set, the Bombers (79.99), are lighter still -- yet, according to the band, still "Motrhead-proof and tour safe; these bastards stand and deliver". They also feature the 'Controlizer' smartphone functionality. The main sell, though, is that they're designed for loudness. In truth, wearing these is the closest you'll get to living like Lemmy and co, because if you try to match his lifestyle in any other way, we're legally obliged to inform you that you will die. Each of only 100 Limited Edition individually numbered sets made includes the Iron Fist headphones, unique signed letters from the band, accessories and a DVD from Motrhead, and come in a stencilled flight case. Cool, or what!

**id 216**

How to hack a WordPress plugin that doesn't have the filters you want The best thing about WordPress, besides the fact that nearly anyone can edit a website built with it, is hooks. Filter and action hooks allow developers like me to customise a WordPress website in myriad ways. Many good plugins provide hooks too. But inevitably, you'll run up against a problem where you'd like a plugin to have a hook that it just doesn't have. You can ask the plugin author nicely to add that hook, and maybe they'll add it sometime soon, maybe even on time for your deadline. But what if your deadline comes before they add it? OK, the easy way around this is to just hack the plugin code and make it do what you want it to do. Sure, easy... until they update the plugin and you have to merge your dirty hack back into their updated version. And maybe it won't fit any more. Or worse: your client updates the plugin, and then blames you when their website goes offline or loses sales for a month. Right, so: the easy way will hurt you at some point, so don't to that! Instead, look for ways to do what you want to get done, using the hooks that WordPress provides you with. Here's a couple of ways I've handled this on some recent websites. Post Query Hooks When a plugin uses WordPress post queries to get their data, you can take advantage of WordPress' various filter hooks to augment those queries to get the results you need. In a recent blog post " Sort wp-e-commerce products by category and product title ", I showed how to use this approach to change the database query that wp-e-commerce uses to build a page, and sort it in a custom way. The crux of that post was to: use the filter hook 'parse\_query' to check for conditions that mark a posts query as a wp-e-commerce product query use the filter hook 'posts\_join' to add the category name to the SQL query use the filter hook 'posts\_orderby' to change the SQL order by clause I won't repeat the code here because you can see it on that post, but it bears mentioning as a general approach to the problem of changing how a plugin retrieves a list of posts when it doesn't give you any filter hooks to change its behaviour: use WordPress hooks. Option Hooks Another approach that I've used a few times, and again just today, is to intercept the plugin fetching its options and change them before the plugin can use them. Often, a plugin makes use of options to drive how it behaves, and you can change the plugin's behaviour by changing those options on the fly. It's a bit kludgey, but needs must! The WordPress function get\_option has some filter hooks that let you intercept any calls to it, both before and after it retrieves the options. In particular, at the end of the function, it calls a filter that lets you change the value of the option, and it's nice enough to call a filter specific to that option! return apply\_filters('option\_' . $option, maybe\_unserialize($value)); As an example, here's what I did to add some extra posts to be excluded by Google Sitemap Generator. That plugin gets all of its options with a call to get an option called "sm\_options":

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GoldenEye: Reloaded is the only one I'm played from start to finish, so that would be my pick. The ideas behind Blood Stone were very good, though. Another game like that would be great, as in a new adventure. I would say Blood Stone is pretty much the general consensus. I'm not surprised, it's the only original one they've made. Maybe if that Raven one gets picked up again, we'll get one that's at least on par with Blood Stone, if not better. Bloodstone definitely. A step up from Quantum of Solace and with a wholly original (new) plot to the boot. Mixture of on foot and driving action almost washed away the bad after taste Quantum of Solace left after cutting much of the exciting action seen in the movies. You can see some of this in Bloodstone, with the Greece car chase mimicking Quantum of Solaces chase in Italy (some of the scenery even looks the same) and the boat chase was somewhat lifted from the movie too. @Gareth00789 , please quit the habit of double posting. Other members live by the rules, please do so too. As for the topic of this thread, I find Bloodstone a better game than QOS. I think it's Activision's best so far. And for all the hatred towards Activision I've been reading over the past years, all I can say is: Activision &gt;&gt;&gt; EA. Most members know why I find this to be so. ;-) See I wish Ea finsihed Casino Royale in 2006 as Craig is my favorite bond .(I own all the films and have seen them all multiple times but for me where Brosnan was all the cliches of the previous bonds Craig has the best elements of the the other bonds) there was some level artwork posted somewhere if Casino Royale 2006 the video game was 3rd person Dark and gadget free then EA would be the best but considering what they did to From Russia With Love ..... If you played on consoles @DarthDimi , you'd think differently ;) You missed out on Everything or Nothing and the good version of Nightfire. For me, it's EA&gt;&gt;&gt;&gt;Activision by a mile. I did play the games on consoles (never played a PC Bond, and I don't know that I'd like to), and I still think Activision is doing a better job than EA did. AUF was good, NightFire was okay (good levels, but the story was crap), EoN was actually great, Rogue Agent sucked ass, FRWL was generic, TND was crap, TWINE N64 was good but the PS1 version sucked and 007 Racing was a piss poor excuse for both a driving game and a Bond game. Sure, Activision may be making COD clones, but at least the COD gameplay is successful, if repetitive. If you played on consoles @DarthDimi , you'd think differently ;) You missed out on Everything or Nothing and the good version of Nightfire. For me, it's EA&gt;&gt;&gt;&gt;Activision by a mile. I did play the games on consoles (never played a PC Bond, and I don't know that I'd like to), and I still think Activision is doing a better job than EA did. AUF was good, NightFire was okay (good levels, but the story was crap), EoN was actually great, Rogue Agent sucked ass, FRWL was generic, TND was crap, TWINE N64 was good but the PS1 version sucked and 007 Racing was a piss poor excuse for both a driving game and a Bond game. Sure, Activision may be making COD clones, but at least the COD gameplay is successful, if repetitive. If you played on consoles @DarthDimi , you'd think differently ;) You missed out on Everything or Nothing and the good version of Nightfire. For me, it's EA&gt;&gt;&gt;&gt;Activision by a mile. I did play the games on consoles (never played a PC Bond, and I don't know that I'd like to), and I still think Activision is doing a better job than EA did. AUF was good, NightFire was okay (good levels, but the story was crap), EoN was actually great, Rogue Agent sucked ass, FRWL was generic, TND was crap, TWINE N64 was good but the

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sear disconnect lever fell out! This is a discussion on sear disconnect lever fell out! within the MP SHIELD Pistols forums, part of the Smith & Wesson MP Forum category; I bought a new Shield .40 this week. I shot a few mags through it and everything worked fine. That evening, I was dry firing ... I bought a new Shield .40 this week. I shot a few mags through it and everything worked fine. That evening, I was dry firing while watching TV and when I got up, I found the sear disconnect lever lying on the sofa cushion! Looking at the spot where the lever is supposed to be, I can see the spring still in place, but the pin that's inside it seems to be gone. I didn't find it anywhere, could it still be in the gun, just shifted over enough to turn loose of the lever? I had not taken the top off prior to finding the lever, so I can't say what I might've found if I had. Has anyone experienced this? Should it go back to S&W for repair or can I get a pin and fix it myself? I understand the pros vs. cons of voiding my warranty, but that's going to happen soon with an Apex kit and Ameriglo sights. Thanks for your advise! Has anyone experienced this? Should it go back to S&W for repair or can I get a pin and fix it myself? I understand the pros vs. cons of voiding my warranty, but that's going to happen soon with an Apex kit and Ameriglo sights. If you're not comfortable fixing it yourself, you should send it back to S&W. Call them at 1-800-331-0852, shouldn't cost you anything (they might even send you a little something extra), and it will be back in a couple weeks. APEX kits don't void the warranty, S&W will still fix problems that aren't caused by APEX parts, and new sights don't void the warranty either (just watch out for the little disk which usually goes flying). Quote: Originally Posted by 86 slo-vo Technically....you don't need it. Technically all you need is the barrel, a nail, and a hammer... all the rest just makes it safer and easier to use. At the gun shop they said I had to leave the mag in when I disassembled to I could pull the trigger to finish removing the slide (mag disconnect). Maybe this variant is specific to CA?? Yes, the M&P series may be disassembled like the Glock with a trigger pull, but I would suggest that the M&P be disassembled as prescribed by S&W in the manual; it provides an increased margin of safety. If you're not comfortable fixing it yourself, you should send it back to S&W. Call them at 1-800-331-0852, shouldn't cost you anything (they might even send you a little something extra), and it will be back in a couple weeks. APEX kits don't void the warranty, S&W will still fix problems that aren't caused by APEX parts, and new sights don't void the warranty either (just watch out for the little disk which usually goes flying). Technically all you need is the barrel, a nail, and a hammer... all the rest just makes it safer and easier to use. Thanks! That's good to know about S&W's warranty. I don't have any qualms about making the repair myself and doing a proper job of it. I was mostly wanting to dip into the collective pool of experience and see if this is a common problem that other folks have had. Given that a part fell out of an assembled gun you just purchased (new?) I recommend sending it back to S&W for analysis. They need to know about cases where their guns disassemble themselves and you need to know it is truly fixed. Given that a part fell out of an assembled gun you just purchased (new?) I recommend sending it back to S&W for analysis. They need to know about cases where their guns disassemble themselves and you need to know it is truly fixed. At the gun shop they said I had to leave the mag in when I disassembled to I could pull the trigger to finish removing the slide (mag disconnect). That is quite possibly the worst advice I've heard from a gun shop this year. It's bad enough that so many desensitised folks pull the trigger to takedown their Glock (a

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You may sometimes hear people in England speak of the Catholic Faith as the "Old Faith". It is indeed the old faith of England, so old that nobody knows exactly when it was first brought to this country. We do know that before England was England, when it was still called Britain and was a province of the Roman Empire there were Catholic bishops and the Catholic Church. It was at this time that our first martyr, St. Alban, was put to death. (His name is still perpetuated in the town of St. Albans near London.) There were British bishops at the Council of Aries in France in 314 and there is still on record the letter of filial homage and obedience which they wrote to the Pope. But the Roman Empire weakened. The Roman Legions were withdrawn from Britain and there came in the Anglo-Saxon pagans from across the North Sea. They drove the Christian Britons up into the mountains of Wales and into the west country. The conversion of England and the English to Christianity had to begin anew. In the year 432 St. Patrick began his conversion of Ireland and within the next hundred years Irish missionaries were already working in Scotland and the north of England. The great St. Columbanus and many others went as apostles all over Europe. Even parts of Italy and France owe their first knowledge of the Faith to these missionaries. Pope Gregory the Great sends St Augustine, A.D. 597 THE man whom we venerate as the apostle of England was St. Augustine who was sent from Rome by Pope Gregory the Great in the year 597. His missionaries working from the south and the Irish missionaries working from the north converted the country. There were sometimes quarrels, (naturally). But for nearly a thousand years from that date England was a Catholic country. England in fact was a Catholic country much longer than it has been a Protestant one. In all this time England was outstanding for its loyalty to Rome. The Anglo-Saxon kings long before William the Conqueror and 1066 endowed a Church in Rome called "St. Mary of the Saxons". A colony of people from England grew up there and to this day the district around St. Peter's is called the "Borgo" which is simply the English word "Borough". Some of the kings resigned the throne in their old age and went to live in Rome to spend their last days and to die in the shadow of St. Peter's. Missionaries too went out from England, the greatest of them St. Boniface, the apostle of Germany. In later days there arose those great churches and cathedrals which were built for the Mass and for the teaching of the Catholic Faith and which may still be seen in so many cities of this land. The Change of Religion -- HENRY VIII So things endured until the time of King Henry VII when there came what is sometimes called the Reformation. The people of the time called it The Change of Religion and that is a more accurate term. The story is well known. The Pope refused to allow Henry to put away his wife and marry another and so Henry declared himself Head of the Church in England. There were, of course, many things which needed reform in England. There were unworthy priests and unworthy bishops, though, in fact, in England conditions were very much better than in many other parts of the Church. But Henry was not concerned with reform. He was concerned with his own matrimonial wishes and with the plunder of the Church lands and the monasteries, He summoned the bishops and demanded that they should take an oath to him as Head of the Church in England. They did not want to do so. They debated it for some days, But the only one who stood out to the end was St. John Fisher. When the question was put to the vote the bishops remained silent. But fear got the better of them and they took the oath. St. John Fisher , the Bishop of Rochester, refused and was beheaded by Henry. St. Thomas More , the Chancellor of the Kingdom, one of the holiest and most learned men in Europe refused. He too was beheaded. The Carthusian monks of London refused. Henry starved them to death. A handful of others also refused and were imprisoned or executed. The rest of the kingdom, terrified, took the oath. There were revolts. Forty thousand men rose in rebellion in Lincolnshire. The rebellion was put down. The whole of

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There's No Magic in Money Management I get a lot of letters every week. A LOT of letters. And so many of them are absolutely desperate. Many of the questions that I do not answer are questions to which I simply do not have an answer. Here's an example of what I mean: Dear Gail, I'm in serious trouble. Last year I was working around 55 hrs per week and accumulated a truck load of debt. At the time I wasn't concerned because I was covering payments with no problem now I'm working 36 hrs/week and I am heading to bankruptcy faster than the speed of light. I have bill collectors calling weekly and I'm stressed beyond belief. I have an 18 & 15 year old who are dependent on me and I just don't know where to start or how to get out of this mess. Any help or suggestions would be greatly appreciated because I'm at my wits end!!! If you're working flat out and you still can't live on what you're making that should be your first clue that there is something seriously wrong with your spending. Com'on. How do you ever expect to pay off "a truck-load of debt" if you can't live within your means when you're making good money? And what makes you think that things will always be as they are? If you're at the top of your game income-wise, the only place to go is down. And you better be ready for it. People who are earning big bucks should be socking away big bucks for when the cycle shifts. Then there are the people who choose to ignore their problems. My main concern is that I've had a wireless bill in collections of almost $4400 for almost 6 years now. I thought about paying it off but I'm thinking it's going to fall of soon anyway. I later understood that it might not and now I'm confused. Now that this chick isn't so sure the debt is just going to magically vanish, she wants me to tell her what to do. Why do people think that if they just pretend there's nothing wrong their issues will go away? If you have a dispute with a service provider, as this woman does, ignoring it for six years doesn't exactly put you in a position to dispute the charges at some point down the road. Nobody's listening anymore. The company is just going to do whatever it has to so that it gets its money. And if you don't work out something with the company, they will tell all their friends, who will tell all their friends (and by that I mean your credit history will suck) and you'll find your ability to borrow at anything but the most exorbitant rates extremely hampered. Ignoring a problem won't ever make it go away. And hoping the system will work in your favour -- that the debt will just disappear and you won't ever have to deal with it -- is downright delusional. And the people who claim to not want to upset their partners. And partners who let themselves be deluded. After 10 long years of financial problems, including joint bankruptcies that cleared 2 years ago, my husband's failed business and 3 separate marriage counselors, I am desperately trying to keep my family together and not resent my husband. My husband has finally decided to close his business and has recently started a full time job but he has some business debt to clear up. He is hesitant to share information about certain things in regards to his self employment and just today We received a letter in the mail notifying us of a Personal Property Lien from the Ministry of Revenue. My husband has kept certain things from me in the past because he didn't want to upset me. OMG! Here are a couple of people who have been playing a game with each other. He wants to protect her... really? She needs protection from his irresponsible behaviour, not from the truth. And she has let herself stay in the dark because, no doubt, it was easier that making him fess up. I have a name for people like this: Mushroom Princesses: in the dark and up to their armpits in crap! When you are dependant on another person's income, you are at huge risk, so it behooves you to know what the frick is going on. And if that person isn't prepared to be completely open about where the money is coming from and going, then you're a dope to stay dependant. At some point you need to wake up and smell the danger lurking. If you don't you are colluding with your partner to remain ignorant. I received these three letters

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It's a brief history of everything, and it's more than quite interesting. This epic new documentary series is both natural history marvel and the ultimate bout of navel-gazing: the history of human beings. Obviously, there??s a lot to get through ?? the first two-and-a-half minutes take us from theA Big Bang through to our early hunter-gatherer ancestors in the East African Rift Valley ?? as the series seeks to reveal the origins of some of our most fundamental attributes: cooked food, homes, fashion (OK,A animal hides stitched together with needles made out of bone) and even pets. The US version was narrated by Josh Brolin and in the UK we get Stephen Fry, who is to our mind the perfect authority to explain howA we ??evolved?\_ from spears and skins to Tulisa and Twitter.

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Choosing death: We have to talk about it Canada is inching closer and closer to a national discussion about assisted suicide. And it's about time. In its most recent edition, the Canadian Medical Association Journal is calling for a Canada-wide debate. Circumstances are pushing the nation in that direction: In Quebec, the Dying with Dignity Commission (an all-party group drawn from the National Assembly) recently issued a comprehensive report suggesting, in part, that doctors who help a terminally ill patient die by suicide not be charged criminally. And a judge in the British Columbia Supreme Court in June struck down laws banning doctor-assisted suicide as unconstitutional, ruling on the case of a B.C. woman who has Lou Gehrig's Disease. The CMAJ editorial, provocatively headlined "Are we ready to perform therapeutic homicide?" makes the point that this is not a debate for courtrooms, lawyers and judges, but rather for average Canadians and their elected proxies in Parliament. There's the rub. The Harper government does not want this debate. They don't want it any more than the former Liberal government wanted to debate Quebec courts refusing to charge abortion provider Henry Morgentaler in the '70s and '80s. Eventually, they had no choice but to deal with the question, but they first exhausted every legal option to avoid doing so. Liberals also delayed dealing with the issue of same-sex marriage, forcing it to the Supreme Court first. There's extra irony in this for Stephen Harper, because he and his government are outspoken critics of judicial activism, rightly pointing out that social policy is the purview of Parliament, not the courts. But how does that work when the government is afraid to deal with important social policy questions? Polls confirm a majority of Canadians favour the right of a dying patient to end his or her suffering. But the lack of public policy on the question means there is no formal training, and the threat of legal action, for medical practitioners who share that view and want to help. There is no perfect outcome here. Striking a balance between respecting the wishes and needs of the dying will be a monumental challenge. The first rule of medicine is "do no harm." There are inherent risks in legalizing assisted suicides, including the threat of it being misused in cases of disability and developmental issues. But the very central question is clear: When a person is dying, when their quality of life has deteriorated to the extent that they don't wish to continue, ought there be some avenue that is not illegal? We don't need to reinvent the wheel, since other countries including Switzerland, the Netherlands and Belgium have euthanasia social policy. We don't presume to know the outcome of a national debate on this critical subject, but clearly the time has come to address it.

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Editor's Blog: Lost Humanity 18 Aftermath First of all, I want to apologise to Eurogamer's readers for not saying anything else about why I edited Rab Florence's column last week until now. There are a bunch of reasons why I've not said anything. One is that removing paragraphs from Rab's column is the most depressing thing I've had to do in five years of editing the site and I still haven't gotten over it. Another is that the emotion of the moment was much too raw for useful analysis and introspection. And the last reason is that I hoped the column still spoke for itself. However, now that things have died down a little, there seem to be two main reactions and I want to address both of them. The first is that a lot of people want to know more about why I made the changes and issued an apology. The answer is that Lauren Wainwright threatened us with legal action and made it clear she would not back down, at which point we took legal advice and ultimately made the decision to remove the paragraphs. It was not a decision that I took lightly. One objection to this action that I've read online is that there was no libel. All I can really say is that the advice we received meant that removing the offending text and apologising to Lauren was the right course of action to take. We also considered the fact that the article wasn't really about her but about all of us, and I felt that the edited version did not change Rab's meaning. The second main reaction seems to have come mostly from people who work in the games industry - it's all over my Twitter feed, anyway - and it's that a lot of people want to forget about the whole thing and move on. It's just video games, they say. It's not as important as all this. Well, I don't want to move on. It is important. And I don't want to move on for the same reasons I published Rab's column in the first place: I believe there is a lot of truth in what he says. When I first asked Rab to do a column for Eurogamer, it was because I knew he was a fantastic writer who loves games but who isn't a games journalist. I hoped that he would pick out a topic each week that I wasn't thinking about - or wasn't thinking about enough - and bring it to wider attention. I hoped he would speak truth to authority, ask the unasked questions, and force us to think harder about what we do and make my life a bit more uncomfortable. Rab did all those things. What has ended up being his last column, A Table of Doritos, was a great example of this, and I don't want Rab's original point to be missed in the sideshow. Rab's original point, as I interpreted it as his editor and on the basis of which I thought his column was worth publishing, was that games journalists are all a little bit compromised. Not hugely so. But a little. And we need to think about it more than we do. We talk about ethics a lot behind the scenes at Eurogamer, but do we talk about it enough? Probably not. We have all developed relationships with people who work in games in order to get our jobs done. We all get sent free stuff. We accept these things because they are a means by which we can report on games, but how can we know they don't influence us? I didn't publish the column because I think Eurogamer is better than everyone else. I published it because I think we are all pretty much the same and we should all be thinking about this stuff more than we do. I imagine the reason we don't is that it has become the wallpaper to our professional lives, and it's easy to forget that it's there and just get on with things. And my worry after last week was that our collective reaction was going to be, "Oh no, people don't like the wallpaper - let's just paint over it." I would rather strip the wallpaper. It can't be done in a week, but it can be done. It will make the site better overall. Apart from anything else, it is no exaggeration to say that in the last few days people from outside Eurogamer have screamed at me about publishing Rab's column. It was very unpopular with a lot of people who I have grown to know and like over the last 13 years. I will have to look them in the eye forever more and some

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If this is your first visit, be sure to check out the FAQ by clicking the link above. You may have to register before you can post: click the register link above to proceed. To start viewing messages, select the forum that you want to visit from the selection below. "No Room in This Country for Hyphenated Americans" ?There is no room in this country for hyphenated Americanism. When I refer to hyphenated Americans, I do not refer to naturalized Americans. Some of the very best Americans I have ever known were naturalized Americans, Americans born abroad. But a hyphenated American is not an American at all.? ?This is just as true of the man who puts ?native? before the hyphen as of the man who puts German or Irish or English or French before the hyphen. Americanism is a matter of the spirit and of the soul. Our allegiance must be purely to the United States. We must unsparingly condemn any man who holds any other allegiance.? ?But if he is heartily and singly loyal to this Republic, then no matter where he was born, he is just as good an American as any one else.? ?The one absolutely certain way of bringing this nation to ruin, of preventing all possibility of its continuing to be a nation at all, would be to permit it to become a tangle of squabbling nationalities, an intricate knot of German-Americans, Irish-Americans, English- Americans, French-Americans, Scandinavian- Americans, or Italian-Americans, each preserving its separate nationality, each at heart feeling more sympathy with Europeans of that nationality than with the other citizens of the American Republic.? ?The men who do not become Americans and nothing else are hyphenated Americans; and there ought to be no room for them in this country. The man who calls himself an American citizen and who yet shows by his actions that he is primarily the citizen of a foreign land, plays a thoroughly mischievous part in the life of our body politic. He has no place here; and the sooner he returns to the land to which he feels his real heart-allegiance, the better it will be for every good American.? Theodore Roosevelt Address to the Knights of Columbus New York City- October 12th, 1915 This is absolutely true, and reverts and calls for a return to, ONE Nation Under GOD as the supreme guide and force in directing the nation.. IN 1915 people would have never tollerated or dreamed that the United States would come tobe a socialist nation that it is today, of people looking to the Government as their false God to save them, social security of today that is unfunded, a government borrowing to mainatain its fictional economic system of bororwing to keep existing and in control of the people. or the peoples accentance to slavery with massive debts hanging over their heads that stiffles all sense of Capitalism out the nation.. Never in 1915 would the Americans came to accept that what their forefathers and themselves escaped Europe of, Kingships of a few owned all, and the rest being slaves of, their children would alow the US to come to be today, a socialist nation that defys God and charity towards others, and now to own others and to dominate them and control them... Wars of revenge today of the rich on the poor, wars they condon on themselves.. NO place in 1915 would people have came to alow their elected to be unaccountable to them, or to alow their elected to maintain an terroristic state of israil that extists today by military force at their expense as taxpayers. Sorry Hawken, but allzero likes to queer perfectly good threads. He and the other mooselimb fake moon god cult followers just can't let Israel have that tiny piece of real estate. They can't live and let live. They prefer poverty, misery, war, bomb vest suicide routes to 72 lezzbians, treating their women as livestock, and goofy Sharia law. Let's move on with some intelligent discussion: We learned yesterday that last year Mitt Romney paid $1.9 million in taxes on an income of $14 million -- and gave $4 million to charity. The year before, he made $21.6 million, paid $3 million in taxes and gave $3 million to charity. So, to recap: Mitt Romney has, in the past two years, paid almost $5 million in taxes while giving away $7 million. And, as he said

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The Q-Side held a presidential election-inspired edition of their show recently, with former MTV personality Quddus speaking to various rap artists, including Big Sean and RZA . RZA spoke about being banned from voting, stating, "The movement that the president gave us, you know getting into office, was so uplifting and it represents us (in a) better image for our country. I don't actually vote personally. I'm on a certain list. Ya dig it? Check it out, I love this country right. When I leave and I travel around I represent America. When I come back, even after 150 days in China, and they always take me to the back room. Over 100 times I've been taken to the back room, checked, and they said I'm flagged. And I went through everything to get my name off the flag. They said, 'No, you're flagged.'" Despite being unable to vote himself, RZA encourages other Americans to get out and vote on Election Day. "Yeah, if I could I would. I advise people to vote regardless. If you got a voice let your voice be heard. My wife does vote. So she's the voice of our family when it comes to our political ideas. She's that voice." Big Sean also spoke on some election issues, defending the job Barack Obama has done thus far in office. "Well, I think that people need to really pay attention to the facts and not the wowing of who seems more charming," said Sean. "It was a lot of great facts that they pointed out about Obama and the work he has done. And a lot of people hating on him, giving him slack, but honestly I feel like he's really turning this nation around. And even from the get go, from the beginning, he said that his plan was a 10-year plan...Also, as being in the rap game I feel like we have a responsibility to not necessarily be involved, but to sometimes touch on issues that people are heavily involved in."

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Search Lasoo Nothing says summer like a picnic basket and a chilled bottle of wine . A summer picnic is fantastic for couples who want a little bit of romance or for a family to get the kids outside and have fun without it being costly. We have created a checklist for you to use for your next picnic. Checklist: Time: If the weather is perfect, you're onto a winner. This is why most picnics tend to be impromptu - you wake up and if it's a nice day then you head out for a picnic! If you are willing to take a chance on the weather, arranging a picnic in advance can be really fun. You can co-ordinate your schedules to find a day and time that will suit everyone and you can also have a look at the weather forecast before to avoid rain. Place: The fun thing about a picnic is that you can have one anywhere from your backyard to the beach. The ideal spot is somewhere that has sunshine and shade. If you are on a romantic picnic you may also like to go somewhere that is scenic. Research local spots in your area and you might even come across a hidden gem. Blanket: A durable tablecloth or blanket can be used to prepare your table on the ground. Sometimes the ground can be wet so bring along a plastic tarp to put underneath the blanket. Make sure that your area is clear of debris and bugs. If you have kids you may want to check that the area is safe for them to run around. Picnic basket: You will need something to hold the items that you want to have. Bring along a cutting board , a couple of good knives , forks , plastic plates and cups . A tip is to line the bottom of your picnic basket with a towel or plastic to catch any spillage along the way. Picnic food: The best picnic food is simple and delicious. Choose food that keeps well and refreshing. Fruit is refreshing after a light walk and satisfies sweet cravings. Sandwiches and salads are also good choices for lunch. Place the heavier items on the bottom and the lighter ones on top. The best thing about a picnic is that it can be relatively spontaneous and a great way to take advantage of the sunny weather. Happy picnicking!

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22 December 2010 Population: the conversation we have to have This month's ruling by the High Court on the offshore detention processing of asylum seekers and Immigration Minister Chris Bowen's changes to the skilled migration program intake will start another shrill and confusing conversation between our political leaders that will yet again leave Australians confused and divided about the critical issue of population policy. The Australian community has not reached a consensus on our population. Governments have not explained to us what our population will look like and why. Without this consensus governments will struggle to implement policies, like responding to climate change and using water, that essentially rely on the rationing of resources. Running focus groups across the country on precisely these issues over the last five years has shown me the yawning chasm between those trying to pull the policy levers and the general community. The briefs prepared by the Treasury for an incoming government called for strong population growth. The business community likewise wants to see an increase in numbers. This is in stark contrast to community attitudes I see around the country. Talking to Australians you quickly realise how hard it is to build support for household water restrictions when at the same time you have failed to explain why the number of households is increasing. It is equally hard to ask Australians to consume less energy when our policy settings are increasing the number of energy consumers year in, year out. Our politicians have in no small part brought this upon themselves. In 2010 the 'population question' was raised, lifting the lid on an issue that had been simmering quietly but furiously for some years. It was politically expedient for politicians to genuflect before population concerns; we were apparently facing a " peaceful invasion " and needed to " take a breath " and reduce our population intake. In groups I ran during the campaign the scepticism was palpable: the problems experienced by some communities that were being blamed on increased immigration were long-standing and not going to be fixed by an immigration halt. Jobs, schools, roads, crime and community standards are in some communities deemed to have been stretched well beyond breaking point by population growth. Community concerns fall into two categories when it comes to immigration: infrastructure and values. When it comes to planning there is a broadly accepted view that governments have been asleep at the wheel, failing to build the infrastructure required to support our communities. Whether or not this view is justified it is pervasive. The impact this has on governments trying to address resource allocation problems is as obvious as it is corrosive: 'If you can't deliver services to us now how can we trust you to deliver them in the future to even larger populations?' There is a lot of work for governments to earn back that trust. When it comes to values, there are concerns about those that new migrants bring with them when they come to Australia and the resilience of existing Australian community values. Despite how they are articulated, many of these concerns are not racist. Born of ignorance, certainly, but not racist. Take for example some recent group participants of mine: the retired Digger taking pride in the courage and dignity of the people he 'liberated' in East Timor who in the same breath says he has had enough of 'towelheads' coming to his country. Or the blue-collar worker fast approaching retirement who fosters a young Aboriginal girl and is dipping into his retirement savings for her private school fees yet wants to vote for Pauline Hanson because "she's had some good ideas about immigration". Unable to clearly articulate the arguments for and against immigration voters gravitate towards the simple ideas they hear in the media - "Australia, love it or leave it" is a common refrain. Again this is a failure of government communication. Nationally politicians have failed to communicate not only the quantum of people arriving in Australia, but the make-up of these arrivals: the predominance of skilled workers over family reunion arrivals and the comparatively small humanitarian program the majority of which are offshore resettlements. Many Australians have wildly exaggerated ideas about the numbers arriving here and the level of government assistance they get. In the vacuum created by the absence of government communication resentment grows. Multiculturalism has, since the Howard era, fallen out of political fashion. But it is precisely by celebrating the outstanding and unusual success that Australia has achieved through the agglomeration of the varied cultures of new migrants that will help communities make room for further migrants. Australians agree that in the long

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a CIO will have to have a registered principal office situated in either England or Wales all CIOs will have to submit an annual return and accounts to us, regardless of the income of the CIO CIOs will have to keep a register of members and a register of trustees - anyone can ask to see, or be provided with a copy of, the register of trustees the constitution of a CIO must contain certain provisions - we have produced two model forms of constitution for use by a CIO, one for CIOs where the members are not necessarily trustees (the association model) and one for CIOs where the only members are the trustees (the foundation model) amendments to a CIO's constitution will not be valid until they have been registered with us - certain amendments will need our prior consent

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Main menu I WATCH IT LIFT UP TO THE SKY i was born worn not a girl and not a jewel - anthony & the johnsons (spiralling) they keep me thinking we could've had it all -adele (rolling in the deep) -- -- today i am treasuring space my space to think, my space to write my space to be I have been unable to sleep recently, turning questions over in my mind questioning what I will do with my life beyond this year, nothing is certain you have to be brave to embrace uncertainty I'm working on it. she doesn't like milk my own worst enemy is inside my head questioning every line of the day second guessing every decision regretting every mistake she's a monster inside of my head spilling dark navy ink in puddles around my thoughts staining them. these stains don't wash out easily my own worst enemy never lets me sleep think over everything again she says again, she says, do it again. try and change what you cannot again; feel the frustration again again again again. one day I woke up and made a choice to smile despite my own worst enemy's ink spills the dinosaur on my desk reminds me of how important it is to imagine and although it takes me three days to get used to the change it happens i tell him goodbye for good i pick up the clothes around my room clean space, clean mind i bake and cook and listen to music my mind feels peaceful once more because at the end of the day despite the ink, because of the ink i am who i am nobody else's opinion of me matters because despite what they think i chose to be not my own worst enemy, but my own best friend. Excellent work huni. You've done a great job with the space -- I really like it. p.s. So much of your poetry speaks to me and this one feels like you've read my thoughts completely. We really do need to be kinder to ourselves don't we. Thank you so much for your comments. I can't tell you how much it means to me to hear that someone else is getting something out of my poems. And yes, we do need to be kinder to ourselves .. I remember when I was going through a difficult time a good friend of mine told me to 'go easy on yourself'. I always remember that. x The new look is wonderful and I really enjoy having some poetry in my life. Food for the mind is so important and I was really missing it until I met you in blog land. Thanks so much for sharing. I do agree too that it is so important not to be your 'own worst enemy. Once you learn to quiet that internal voice much peace can emerge.

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For A Moment Lyrics Ron Sexsmith For a moment there I could've swore I knew where I was going For a moment there I was in my room following the music Never knowing if it was going anywhere I could hear it in the sky above In the streets below me I could hear it in the songs of love Just enough to show me There was a light somewhere, somewhere For a moment there The sun was in my eyes and I was blinded For a moment there But now I look again and when it seems Like all is lost I find it or it finds me anyway I can see it in the sun above In the grass below me I see it in the ones I love Just enough to show me There is a light somewhere For a moment there I could see it in the ones I love Just enough to show me There is a light somewhere

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With the directions you might also want to know the Travel time You can find the the Travel Time from Bathurst to Morisset Park . This will help you estimate how much time you will spend driving from Bathurst to Morisset Park. Need all the information above in a single view to plan your travel ? Check how to Travel from Bathurst to Morisset Park . Help yourself to better plan your travel from Bathurst to Morisset Park.

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Faculty Contributes to Guardian's 'Six of the Best Law Books' The Guardian Law section has announced the results of a poll held to determine the best law books a future student should read. Two of those selected by readers were written by Faculty members. In second place behind Lord Bingham's Rule of Law , was Nick McBride's Letters to a Law Student . From The Guardian: ""Dear Sam, I hope you don't mind me writing to you in this way..." The only book to receive as many nominations as Bingham's was Letters to a Law Student, by All Souls fellow and director of studies at Pembroke College, Cambridge. Solicitous, authoritative and hardly discounted even by Amazon, it knows its audience - those who already have a place to read law are advised to skip the first chapters." Published by Longman, Letters to a Law Student is the definitive guide to studying law at university. It is filled with advice aimed to turn the often daunting task of studying law into an enjoyable and stimulating experience. At the same time, reading Letters to a Law Student will help anyone who is considering studying law at university decide whether doing a law degree is the right option for them. " Recommended by - among others - Southampton University lecturer Mark Telford, What About Law? describes the various fields of law in engaging detail, though is less forthcoming with practical advice. Opens with the legal implications of the wild party 17-year-old Laura throws while her parents are away for the weekend." Most young people considering studying law, or pursuing a legal career, have very little idea of what learning law involves and how universities teach law to their students. This book provides a 'taster' for the study of law; a short, accessible presentation of law as an academic subject, designed to help 17- and 18-year old students and others decide whether law is the right choice for them as a university subject, or, if they have already made the choice, what to expect when they start their law degree. It helps answer the question 'what should I study at university?' and counters the perception that law is a dry, dull subject. What About Law? shows how the study of law can be fun, intellectually stimulating, challenging and of direct relevance to students. Using a case study approach, the book introduces prospective law students to the legal system, as well as to legal reasoning, critical thinking and argument. This is a book that should be in the library of every school with a sixth form, every college and every university, and it is one that any student about to embark on the study of law should read before they commence their legal studies. All of the authors have long experience in teaching law at Cambridge and elsewhere and all have also been involved, at various times, in advising prospective law students at open days and admissions conferences. See the detailed website for this book: www.whataboutlaw.co.uk .

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Top Tips For Making A Successful Real Estate Purchase Many homeowners worry about their property's long-term value. They worry about whether the house will be worth more when they choose to sell in 20 or 30 years rather than going down in value. The following article contains some helpful hints and tips on all aspects of the home buying process. Mortgage companies typically charge a minimum down payment, and you want to be sure you can cover it in its entirety. If you are unable to handle the bare minimum that the mortgage company requires, you may be forced to pay a rate that includes private mortgage insurance (the PMI rate). A PMI policy will require that you prove your reliability to the bank by paying higher premiums. When selecting an agent to help you with your home search, ask them how long they have lived in the area. An agent who is relatively new to the area won't be as familiar with the roads, neighborhoods, zoning and projected growth as someone who has lived there for many years. Ideally, you want an agent that has lived and worked in the same town for ten years or more. If a new potential rental property has a garden, make sure you ask your landlord about it. Some rentals require the tenant to perform yard duties. Other places have this included in the monthly payments. Market Value Monitor pre-foreclosures. In the event you are able to spend substantial time searching for investment opportunities, you may want to give pre-foreclosure properties a look. Those properties in pre-foreclosure are at risk of being taken from the owners because of delinquency. You can obtain a list of potential pre-foreclosures from any lender, or you can advertise that you buy homes for cash. Find the person who is presently paying the loan and bid several thousand above their payoff, if it fits the market value. This will be a great bargain for you, since most do not owe the house's full market value. Take your time to carefully measure a home you are highly interested in buying. You want to make sure the square footage that the owner listed actually matches up with public records. If the two sums aren't as close as 100 square feet from each other, then you need to find out who's mistake it is, yours or theirs. You need to make sure you know about the housing market locally. Check websites including City-data.com to find out about foreclosed homes, median selling prices, housing backlogs and the average time on the market for homes in your Zip code. Other things you may want to investigate are local unemployment rates, income levels and schools. A good location with good products can put you on top even if the trends are down. The asking price should be just a guideline. If your offer is logical and well-researched, you might be surprised by how much you can save. If you haggle with the seller a bit, you can probably come to a selling price that makes you both happy. If you are buying a house that you will live in alone, it is a good idea to have a friend come along with you, especially if they have some experience in home buying. This could benefit you because that person may notice something you otherwise would have missed. Ask them to become involved in the process also by asking questions of the realtor. When purchasing a home, it is imperative to have a thorough understanding of the terms of a mortgage loan. Knowing how your monthly mortgage payment is impacted by the length of your mortgage, and the effect on total cost over the entire loan period, will help clear up any confusion later on. If you are interested in buying part, or all, of a building for housing business operations, verify that it's located in a good area. Starting a new business in an area of high crime and dilapidated buildings will not win you many customers. Ask your real estate agent where an ideal location to open a business is. Always do your homework before buying property. Do not jump on a deal because you believe the price is interesting. You will only end up losing money. Prior to spending your money on anything, inquire about the area that the property is located in, how much crime is in the area, how old the property is and more. Do not pay high premiums for your view lot. The view might not be something that is worth it for the next buyer. This will cause you to lose a ton of money. You can buy the home because you enjoy the view, but you do not have to overpay. If you get any home you are looking to buy appraised, accept an appraiser with no less than five years of experience. You should also

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It's so nice to have the pictures to look back at how much I grew. And I'm glad I wore the same outfit, makes it far easier to compare. I even put the camera in exactly the seme place so that I'd be at the same angle for each one. X This is lovely, and proof as to why bump photos are so special. Showing these to beautiful girl when she is older, and pregnant herself (sorry to jump so ahead to the future) will be amazing, especially if you can encourage her to do the same and then you could compare) I'm amazed at how high your bump was all the time. Mine seemed to be around my knees the majority of the time! xx What a lovely post and a great story indeed- I love how Splodge came by 40 weeks so you could have the last bump photo with her. Pregnancy surely is the most amazing thing- sometimes I pinch myself most days about the fact there is a miracle growing inside me. My pregnancy is so far proving to be very similar- bar the fact I am bigger and getting a bit more aches and pains this time around it is all about the same in regards to sickness etc. I didn't get heartburn last time and as yet I haven't. My belly button hasn't popped out but just disappears so it looks like I haven't got a belly button at all. I got the linea negra with mads last time, but it wasn't at all further along so it will be interesting to see if I get it with bug. x I was so glad she was here for week 40 as well. I remember thinking when I took week 38's picture that I really didn't want to have to take a photo on week 40. But I have to say week 40 is my favourite!!! She arrived just in time for it, bless her. x Oh, what a great post! I saw another blogger do a similar collage of pictures with their baby bump. My husband and I are thinking about having another baby and I am curious how that pregnancy will go as compared to my first.

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According to a Queer Grrrl: How to Have A Campfire in Toronto Public parks such as, Toronto Island and Dufferin Grove give you a chance to try somthing really different this winter. The romantic and sensual feelings of cuddling up with someone extra special, or the commadre amongst friends making a S'more. Toronto Island The Toronto Island is a Chilly Mistress. It is always colder on the Island than any where in Toronto. Prepare for a day on a rougher terrain than downtown. It's real ground, not the running track. Dress for function not fashion. In other words, layer up. Break out the wool socks and thermal underwear. Bring food that is easiest for you to cook. if you are a chef who gets how to work a flame, than this is a great place to show off those skills. if you are more of a hot dog person, stick to hot dogs. Be they all beef or vegan, they are going to taste even better when the flame hits it. To get the process going contact the permits office . This link from Yelp was the best explanation that I could find of what to expect when discussing the fees and insurance issues. Its not cheap or easy to have a campfire on the island. But its a great backdrop for just getting away from it all and still be able to take public transit. Here is the map to get you started in planning on your adventure away from home. Dufferin Grove There are two options. Pay $20 and set up a time and date to camp at one of the winter sites. You bring the wood. Rabba Fine Food is a good choice for wood downtown. Everything else is provided. As it is a community campfire, anyone can walk up to whomever is at the site. As someone who is at the camp site, you are taking on a park job. There are two fire sites located in the right spot. They look onto "the main park throughfare" As far as parks go, Dufferin Grove has its own ebb and flow. It really does depend on who is in the park at any given time. Dogs get taken off their leashes, lovers kiss and the campfires bring people closer. Your second option is to do this on a whim. Pick a Saturday or Sunday and see if there are skating or birthday parties. You can join the campfire already in progress. Makin' S'mores An easy treat to create over a campfire, is a S'more. There is a vegan choice as well as the conventional. For both you need tin foil and a "stick." A straightened out wire hanger works well. The conventional way is simple. Its two graham crackers, one marshmallow and one piece of milk chocolate. The only difference is how to "roast" them over the fire. Put one big marshmallow on the end of a stick and watch it burn. The gooey middle will be hot when you crunch it between the graham crackers. I discovered Panacea at 588 Bloor Street as a great place for finding vegan products. Ken, the helpful proprietor has treats that even a non vegan would go crazy for. "Dandies" are an air puffed confection in a good sized bag. They are a lot sweeter than their conventional counterpart, and quite a bit smaller. The sugar makes up for the lack of preservatives in the product. You will find in in the cold section at the back of the store. To assemble the vegan version, there is a twist. For some reason -and I dont know why- vegan graham crackers don't exist. Trust me, I checked. Instead, try this. "Mary's Crackers Chocolate Cookies" are quite tasty and firm enough to hold a melting "Dandie." Put the "Dandies" between two cookies and you are good to go melt.. The only difference between making a conventional smore versus the vegan version, is to tent. Assemble 4 or 5 S'mores on a generous peice of tin foil. Make a triangle "tent" by bringing all sides together into the middle. With one more long piece of tin foil, wrap the entire "tent" around your stick. This secures it and you can dangle this over the campfire. Don't take too long to bring it off the fire. Let the steam in the "tent" out slowly before tasting. By the way peeps, doing the research on this piece was so hard!!! Researching, making and eating these creations was a such a chore but a tasty one. Hope you have fun this winter

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Open A Chain Lock With A Piece Of String Ever stumbled back to a hotel room only to realise your roommates have already gone to bed and put the chain lock on the door? When no amount of knocking can get you in, you can release that chain lock with a piece of string or floss. You need about a metre of string for this to work. Start by looping one end of the string and then open the door as much as you can. Loop the string around the chain with your fingers. Pull the other end of the string over the top of the door frame and unlock the door. You can also use the previously mentioned rubber-band method , or if it's a barlock, you can use an envelope . As always, this isn't about breaking into someone else's room but a good way to get into your own when you're locked out. Hit up Secrets from the Yumiverse for a handy infographic walking you through each method. Share Tags Discuss OK.. First this guy is obviously pretending to be a burglar because he's wearing gloves...this is a demo so why is he even wearing them..? Secondly... this has been shown at least three times in the last year on LH...so once again...why..?

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More wobbles on Wall St, but US is better bet than Europe The market reaction to President Barack Obama's victory in the US presidential election was surprising when you consider that nothing really changed last Tuesday -- same man in the Oval Office, same balance of power in the Senate and House of Representatives, same list of challenges, topped of course by the imminent "fiscal cliff". Market reaction to President Barack Obama's victory in the US presidential election was surprising when you consider that nothing really changed, says Tom Stevenson. The sharp slide in share prices on Wall Street and rush for the safety of Treasury bonds reflects the difficulty investors have in assessing more than one thing at a time. Only when the outcome was clear did thoughts apparently turn to what more of the same might actually mean. Investors are right to worry about the short-term outlook for the US market, although I think the longer-term outlook is positive. The US continues to look a better bet than Europe to me and the recent wobble does nothing to change that. The "fiscal cliff" negotiations will dominate sentiment during the next few months, with the avoidance of automatic spending cuts and tax increases in January only the first hurdle. A further raising of the debt ceiling, the issue which triggered the market turmoil in the summer of 2011, will be required by March and the capacity of US politicians to take these things to the wire means bipartisan bickering is very likely to continue through the first quarter of 2013. The other issue is what happens to tax rates on dividends and capital gains. Mr Obama has proposed a swingeing increase from 15pc to nearly 40pc in the tax on high earners' dividend income and a smaller, but still meaningful, rise in CGT, which Credit Suisse estimates could take about 5pc off the fair value of the S&P 500. That is because a third of the US stock market is owned by individuals earning more than $200,000 (125,000) a year. The reality, as with the fiscal cliff, is that the worst case is unlikely to materialise and a compromise will be reached but, at the margin, investment-related taxes are going to be a negative for the market next year. The continuing uncertainty is not only a negative for investor sentiment. There is anecdotal evidence from the third-quarter earnings season that company bosses are holding back on hiring and investment decisions until the outlook is clearer. A downward trend in capital expenditure confirms what the CEOs are telling shareholders -- that the uncertainty is having a real economic impact. Of course, this is already well-understood and arguably priced-in so investors should not dismiss the possibility that any sort of resolution of the fiscal cliff, or a deferral of measures for six or 12 months, could lead to a snap-back in sentiment. That would benefit not just US companies but many European businesses with exposure to the US. There is a pretty long list of UK-listed companies deriving at least 30pc of sales from the US -- the likes of Smiths Group, WPP, Millennium & Copthorne Hotels and Pearson. Another reason to be positive on US shares is the fact that the re-election of Mr Obama avoided a number of issues that might have been a drag had Mitt Romney made it to the White House. Were Romney to have labelled China a currency manipulator, as he threatened to do on day one of his presidency, the threat of retaliation would have been very real. The return of Mr Obama also underpins the Federal Reserve's loose monetary policy, clearly a major support for shares. In fact, I would argue that it has been the unique combination of monetary stimulus and kicking the fiscal can down the road that has set the US up for the sustainable recovery that is beginning to be evidenced by rising house prices and moderating unemployment. It has also underpinned the outperformance of the US market since the recovery in share prices began nearly four years ago. Some of that is now in the price -- the S&P 500 trades on around 14 times next year's forecast earnings, a modest premium to the UK, Europe and a big one to China -- but not all. The short-term risk is that the expected rise in capital gains tax could lead to some year-end selling as investors lock in the lower rate. Add this to the volatility caused by the fiscal cliff negotiations and investors may find they have some attractive entry points to the US market in the weeks ahead. Tom

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Sync routes does not appear to work I have updated my routes files and tried to 'sync routes' from my laptop to the cloud and then get them from the cloud onto my desktop. This does not appear to work. My routes files on the desktop do not get updated. I have tried this with different files the other way round and that does not work either. Am I doing something wrong or is there a known issue? Comments Graham Hughes Anquet Community Hi Michael, I will have one of my engineers take a look at this. Graham July 18, 2012 13:01 fcrump It appears that any new 'file' appearing will be synced to other PCs, and that is about it. - If you change a route, that does not appear to be synced to other PCs - if you delete a route that does not appear to be synced to other PCs. Aside: if you go in and delete all local files from the PC (behind the scenes so to speak) and resync, the good news is that all files that have ever been synced are downloaded. The bad news is that any you synced and then deleted appear with no indication that they were deleted. All in all, I can see little use in Cloud sync as it stands. July 22, 2012 16:17 Graham Hughes Anquet Community Hi Frazer,Michael would you mind sharing your data with us, so we can try to further diagnose your issue? Our hypothesis currently is that some data isn't making the sync - i.e. local data created by a user isn't getting pushed to the Anquet Cloud on sync. Looking just at Anquet Cloud doesn't tell us what or why something has not been synced from your PC to the cloud. We could therefore really do with some 'local data' from some users who are having sync issues. To help us track down your issue would you mind supplying your local data as a zip file to us to look at? If so, please follow the instructions below: Open up Windows Explorer (Windows key and E) In the input bar at the top, type %programdata% and hit return You will most likely now be in a directory like : C:\ProgramData (this is normally hidden on the operating system, hence the need for step 2). Double click on the 'Outdoor Map Navigator' directory You will now see a directory with a long number (its your userid), enter that directory You will now see a directory 'Anquet Connect' - your user data is in this directory. Also unable to sync - I have emailed the zipped Connect file to support. July 24, 2012 14:43 Graham Hughes Anquet Community Hi chaps, I believe this bug has now been located and resolved. Many thanks for submitting your data to us so we could try to resolve this. We still need to propagate this fix through iPhone and Android, but as they basically 'read' rather than 'read/write', you may well find the mobile side is now fine. We will be tackling the mobiles very shortly anyway, to make sure this fix is in place for when they also start to write data. Graham I am still in trouble. I cannot get the sync to work yet. A new route drawn on my desktop wth Windows 7 will save locally. If it is then saved to cloud I am not able to down load it into my laptop running on XP Pro. It worked when I first loaded 161 on my desktop but not now. It seems to be alphabet sensitive. Files starting with letters before "p" have a better chance. I have 31 routes out of about 57 which have transferred to my laptop. 44 old ones have downloaded to my iphone. The other interesting thing is that on the destop I have these grouped under folders such as Lakes, Peaks and Home. This does not transfer to the laptop. In fact when I select - User data - Manage - new folder - folder name - Lakes (for example) - Ok. I get "The specified path. file name or both are too long" etc. Please help Bill July 31, 2012 18:03 Graham Hughes Anquet Community Hi Bill, I would like to investigate this, as if it's not rock solid for all users, it's not a lot of use... Would you mind submitting some data to us, then I can get Roland to investigate the issue. Could you please do the following: Open up Windows Explorer (Windows key and E) In the input bar at the top, type %programdata% and hit return You will most likely now be in a directory like : C:\ProgramData (this is normally hidden on the operating system, hence the need for step 2)

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Mitt Romney's Terrible, Horrible, No Good, Very Bad Day in London Oh dear. What should have been a gentle, substance-free sojourn in London designed to raise cash and remind Americans that he rescued the 2002 Winter Olympics had spiralled out of control within 24 hours of Mitt Romney landing in London. Even before he departed there was a kerfuffle when an anonymous foreign policy adviser told the Telegraph that the U.S. and UK were 'part of an Anglo-Saxon heritage' and the White House under President Barack Obama 'didn't fully appreciate the shared history we have'. Once on British soil, he gave an interview to NBC News in which he said the G4S security troubles and threatened immigration officers' strike were 'disconcerting' and it was unclear whether Britain would 'come together and celebrate the Olympic moment'. At the Houses of Parliament, Romney appeared to forget Ed Miliband's name and addressed him awkwardly as 'Mr Leader'. Awkward: There seems little doubt that David Cameron would prefer Barack Obama to Mitt Romney Gaffes: But Romney's poor performance may make little difference to the presidential race Before his meeting with David Cameron, who had declined to see Romney while he was in the US in March to yuk it up with Obama, the Prime Minister had hit back at the comments the former Massachusetts governor had made to NBC. 'We are holding an Olympic Games in one of the busiest, most active, bustling cities anywhere in the world. Of course it's easier if you hold an Olympic games in the middle of nowhere.' If 'the middle of nowhere' was not a reference to Salt Lake City, where the 2002 Winter Games were held, then 10 Downing Street was doing nothing to make that case. Outside Downing Street after seeing Cameron, Romney could have won a gold medal for backtracking as he declared himself 'very delighted with the prospects for a very successful Olympic Games'. Romney also let slip that he had met 'the head of MI6'. It's a big no no to mention the Secret Intelligence Service. Irrepressible: Boris Johnsons mockery of Romney was inappropriate given his own political ambitions Later on, Romney told donors at a fundraiser (tickets had been slashed from $25,000 to $10,000 during the day) that he was 'looking forward to the bust of Winston Churchill being in the Oval Office again'. The problem with that applause line is that the Jacob Epstein bust was a personal loan from Britain to President George W. Bush made in July 2001 for the duration of his presidency. When Obama took over from Bush, the loan expired and he apparently showed no interest in extending it. The bust was returned to the Government Art Collection. The whole issue, which has been used to portray Obama as anti-British, is a sore point for British diplomats, who view it as presumptuous for Romney to assume the bust would be loaned to him. And then the incorrigible Mayor Boris Johnson turned the day into what one American reporter on the trip aptly described as a 'Cat 4 manurestorm' when he mocked Romney before 60,000 people. 'I hear there's a guy called Mitt Romney who wants to know whether we're ready,' Johnson shouted, in a performance more Viking than Anglo-Saxon. 'Are we ready? Yes we are!' He then led the crowd in a chant of 'Yes We Can', Obama's famous campaign slogan from 2008. 'Can we put on the greatest Olympics games that have ever been held?' he asked. 'Can we beat France? Yes we can! Can we beat Australia? Yes we can!' Talking shop: Romney meets with Ed Miliband during the first foreign visit of his campaign Johnson, who was born in New York and with characteristically boundless ambition nurtured youthful thoughts of becoming U.S. President, angrily renounced his U.S. citizenship after a spat at Houston airport in 2006. In 2008, he backed Obama over John McCain for the presidency. There seems little doubt that Cameron, despite being leader of the Conservatives, the sister party to Republican party, would prefer Obama to Romney. On one level, Romney's comments about the Olympics were wholly unexceptional. In fact, they were much more mild than those uttered by many, many British people after the shortcomings of G4S became a national fiasco. But it is one thing for Britons

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Threats to take the floor 29 September 2000 The London Stock Exchange The London Stock Exchange has been in turmoil this year. Earlier this month a possible merger with its German equivalent collapsed; it faces a hostile takeover bid from Sweden's OM Group; and with the recent merger of the Paris, Amsterdam and Brussels exchanges to form Euronext, a French-led European stock exchange, London has another potential partner. There are also stories of overtures being made to another, this time US exchange (Nasdaq), that is considering setting up in London and taking away some business by the legitimate means of competition. All of this has set people asking what it is that can be merged or wondering about who has the right to do what. This book will provide answers (and more) and tell them too how it got to be the way it is. A shares market has existed in England from at least the 17th century. Most of the devices that are around today - futures contracts, hedging, bulls, bears, buy-and-sell options and so on - were there in the early 1600s. Yet some people, even those working in the City, think these are imports from the United States. But a market in shares is not an exchange, and Ranald Michie is at pains to point out that an exchange is "a market where specialised intermediaries buy and sell securities under a common set of rules and regulations through a closed system dedicated to that purpose". Michie argues that without organised markets there was little incentive to issue or trade securities. The motto "my word is my bond" actually meant that in an organised and regulated market a failure to honour a sale could be punished, and was, by a fine, a suspension or even expulsion. So a stock exchange differs from a securities market. Thus defined, the London Stock Exchange, established in 1801, was the first modern stock exchange. But the activity of trading in stocks and shares, be it in an organised and regulated institution or in an open and uncontrolled way, has never been popular. In his recent book on the City, David Kynaston cited Conrad Russell's view in the 1920s. Russell abandoned the City to be a small farmer in Sussex and wrote: "I like the feeling that the production of food is useful and honourable. I don't think a place like the Stock Exchange ought really to exist." Like many others before him, he seemed not to understand what it did. Michie cites an anonymous commentator writing from as early as 1716 about "the vermin called stockjobbers, who prey upon, destroy, and discourage all industry and honest gain", and who advocated the banning of transferable securities. He would have been in the crowd with a balaclava in Seattle last year and Washington last April. Michie has written extensively about stock exchanges, particularly in England, but also in other countries and different periods. He is an authority. The story begins in 1693, when transferable debt was first created. The first century or so is dealt with briefly. The next half-century from its modern establishment in 1801 to 1850 gets slightly more, and the golden age up to 1914 more still. Up to 1913 there was an open policy on admissions. Thereafter, the exchange turned protectionist and greatly restricted entry. This had in part to do with the first world war and the anti-German feeling that was encouraged. The amount of space given to the years from 1914 to the present is much greater, and each decade gets a roughly equal showing. The only surprise here is the relative neglect of the collapse in the market after 1929. Because of the nature of the institution and its business, the story ranges over most aspects of the economy. There are the obvious links to individual industries seeking financial backing. There are issues relating to the sources, objectives and merits of regulation, not least those relating to the exchange itself. There are questions on macro-economic policy deriving, for example, from the scale of the national debt and its decline after 1820. There are also important issues relating to the process of financial liberalisation over the past 50 years. Michie makes a strong case for the abolition of exchange controls in 1979 paving the way for far-reaching changes in the process of globalisation. These were much more profound than those responsible for abolition ever thought about. He writes: "There is nothing to suggest that the Conservative government was even remotely aware that the ending of exchange controls in 1979 had implications for the stock exchange." But a

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Local Creation. Global Inspiration. Bastien Lattanzio: All I Wanted To Tell You January 30 The fashion photographer reinvents poetic postcards Text by Violaine Schutz With emails and smartphones, we all have forgotten the pleasure to receive a real letter. Luckly, the always bery inspired Bastien Lattanzio has just created a collection of eight paper postcards where landscapes meets lyrics. You just have to find the perfect people to send it. Satellite Voices: How does this project come? Bastien Lattenzio: One day, recently, I was thinking: "What do you want to do now, where do you want to be now?" and the answer was: "I want to watch the sunset, listening music and thinking of her". I was and I'm still listening all the same songs, on repeat, I'm so obsessed by them... I can't take off thoses lyrics out of my head. I have tatooed some Joy Division's lyrics on my skin... Two weeks ago I was in California, driving during the magic hour, listening the same songs and at some point, I just saw this incredible sunset with all thoses birds flying to my direction. I stopped the car and started to shoot, maybe five or six rolls, it was so magic. The car's doors were opened and I could listening to the music at the same time. So it was important to me to materialize all thoses words at this magic moment. And the postcards seemed to me to be the good medium to say: "All i wanted to tell you, but that someone has already written for someone else". I would love to receive a postcard with: "No one is ever gonna love you more than I do" on it. SV: How did you choose the songs? Bastien Lattenzio: ?It was pretty easy, it was the song that I listen when I come come back drunk at home. And the lyrics that I always want to text to a girl but I never did... SV: What is the best letter you ever received? Bastien Lattenzio: ?It was an answer to a love letter that i wrote to my ex-gilrfriend. It was only "Me too". I though "Me too" wass the best expression ever, better than "I love you" which is just a weird way to ask... "Do you love me too?"

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may I not hear or remember Those There things. time period to time harm To to the the I have the tongue. is it been? it happens I have had humour. I exaggerate life So realise deafness mistakes neither the now nor the eternally squishy. shout is As shit is easy sometimes; will we know,? no us decided different. my meted sublime maybe and (add) And And mistakes who we're with when we laughing life Which I gets one of. and still The same time And still the same us that time the same Pretty people Which are we Which enjoys expected life and feel ' at a are are short Slow Age age arms a At been by But be By both bit but but I have handle has have I on., I do deal deaf didn't do don't by I 'must most moves me me more me made might me 'I'm. happen have in ",".into In. in. is feel fresh fast free from for to I. in each;, of our of over. us same as is inside slow isn't still speak stays some something suddenly remember really retort roll referred pass pink past passed preserved people to that that that thought told to that their to to that to There can can cherish change come confess could expects? we we What With waiting what we

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Health Info How to Have "the Talk" with Your Teen It can be awkward. Maybe a little embarrassing. Uncomfortable. Yet essential. Having "the talk" with your teenager about sex is an important job of parents. Ideally, the subject should come up before your child becomes a teen. According to the American Academy of Pediatrics (AAP) guidelines, parents should introduce the concept of sex and sexuality in a developmentally appropriate way as early as toddlerhood. "It starts with using appropriate names for genitalia with toddlers," says Sarah Tycast, MD, a pediatrician in the Adolescent Center at St. Louis Children's Hospital. "Use opportunities with younger kids to introduce subjects about sex. Talk about what they saw on TV, words they come home with from the playground, and if there are pregnancies in the family, ask if they know how the baby got there." She says by the time children are teenagers, it's safe to assume they know some things about sex. "There's lots of sex on TV, the Internet, and in movies and music. They're getting information from somewhere -- hopefully it's at home," she says. "Parents' opinions and thoughts are the most important ones to teens when it comes to making decisions about sex." At the same time, Dr. Tycast cautions parents about telling teens to "do this and don't do that." "Sexual curiosity is a normal part of adolescence, so you don't want to close off their behavior," she says. "They'll think you don't get it and won't talk to you about it." The goal for teens is for them to not have sex until they're ready, she says. "But a lot of teens are having sex before they are ready; 100 percent abstinence doesn't happen," Dr. Tycast explains. Dr. Tycast says more girls today are initiating sex, which is why it's important to talk to both boys and girls about pressuring someone into sex. "They both need to know it's never okay to pressure someone into sex and that it's always okay to say no," she says. Talking Tips When many adults were teens, they never had a conversation with their parents about sex. "It can be uncharted territory for parents to talk to their teens about this subject," Dr. Tycast says. "Think about what conversations about sex you wish your parents would have had with you. Talking about sex with your teen may be uncomfortable, but you still need to do it." Here are some tips to open the lines of communication about sex: Before the conversation, take time to think about your own values and beliefs about sex. Find an event, such as an ad or a movie, that gives you an "in" to bring up the topic of sex. Keep your ears open to find out what behaviors your teen's friends are engaging in. Use this as an opening for a discussion about sex with your teen. You can ask questions to get started, but let the teen guide the conversation. Make conversations open and honest to build trust for future talks. Talk about what sex is and what behaviors put teens at risk for pregnancy and sexually transmitted diseases (STDs). Set a reassuring tone so your teen will feel comfortable and safe coming back to you to talk about things. It's important for teens to know their parents will still love and support them no matter what decisions they make about sex. Leave judgments at the door. Key points to cover include STDs (explain what they are), condoms and birth control options. Abstinence should also be part of the conversation. Read up on all the subjects before you talk about them. More information than ever is available online and in books. Make sure teens know they can still get an STD through behaviors such as oral sex, even if they don't have sexual intercourse. If your teen has a question and you're not sure how to answer it, tell him or her you'll find out and will talk the next day about it. Make sure you follow through. Don't assume your teen is heterosexual. It may become apparent he or she isn't. If you're absolutely not comfortable talking to your teen about sex, find another adult who is, or ask your pediatrician or adolescent doctor for help. Turn to resources for help. Some useful books to guide conversations include The Teenage Body, or Our Bodies, Ourselves . You can also go to the teen section of the AAP's Web site, healthychildren.org .

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Contrary to expectations, perceptions of Islam and Muslims by their western fellow-citizens have sharply deteriorated. Around us we observe the rise of populist movements and extreme right-wing parties from the Netherlands, Norway, Switzerland, Spain, Italy, Greece and France (to name but a few European countries) to Australia, Canada and the United States, with its neoconservative Tea Party and some Christian evangelist groups. Campaigns stigmatising Islam and Muslims are now a permanent feature of the political landscape. Populists mobilise their followers and expand their electoral base by criticising the visibility of Muslims, their supposed demands for special treatment and, ultimately, their alleged intention to colonise and to transform western civilization from within. These "foreign citizens," these "home-grown foreigners" are depicted as the threat of the age. A politician may be totally incompetent, may offer no solution to the economic crisis, to unemployment and urban violence, but he need only single out the "new Muslim enemy," need only direct the public's attention towards controversies created out of the whole cloth to see his political credibility enhanced. We are living in sad times indeed. Even more worrisome is the impact of these movements and parties (identity-based, populist, xenophobic, Islamophobic and racist) on the political class and on society as a whole. On this issue, the old demarcation lines of elitist rigidity on the Right and humanist openness on the Left have been obliterated. At both ends of the political spectrum we hear populist and Islamophobic rhetoric. Likewise, we encounter courageous women and men (most often in the minority) who resist and refuse to play the identity card. The fracture between those who envision a common future with Islam and Muslims (having understood that Islam has now become a western religion) and those who rant and rave against the "Islamist threat" transcends traditional political alignments. Objectively, we must concede that the citizens of western countries (Europe, North America and Australia) are moving towards increasingly right-wing positions on the political spectrum and tend to identify increasingly with the theses of the populists and even with those of the extreme right-wing (even though they often distance themselves from the far Right parties). Globalisation, the weakening of cultural references, the crisis of identity, economic recession, unemployment, the impact of new communications technologies and cultural transformation all help explain the popular fear and the success of populism, over and above the presence of Muslims in the West. As for the Muslims themselves, they function as indicators, concentrating fears with their newfound visibility, their new ways of being westerners, their skin colour, their religious practices, their languages and their cultures of origin. The more scrupulously they respect the laws of the land, speak the language and feel American, French, Australian or British, the more suspect they become, the more dangerous. They were asked to integrate. Now, lo and behold, their success is seen as a sign of potential "colonisation," if not subversion. Fears and contradictions abound; serenity and coherence, nowhere to be found. According to a recent French opinion poll, these fears and the rejection that comes with them are being expressed ever more overtly. France, among western countries, is home to the largest number of Muslims, who have resided there for the longest time, often as fourth or fifth generation French citizens of Islamic faith (who continue to be perceived, of course, as people of "immigrant origin" unlike other white European immigrants who are perceived entirely "French" after two generations at most). The figures are alarming: 43% of the French consider the presence of a Muslim community in France as a "threat" to the country's identity. The same percentage opposes the construction of mosques (as against 39% in 2010) and 63 per cent disagree with the wearing of veils or headscarves in the street (59% in 2010). Perceptions are increasingly negative and acceptance of Muslim practices increasingly limited. Only 17% of those polled consider the presence of Muslims as a factor of cultural enrichment - a frightening reality, especially considering that France is no more racist or xenophobic than any other country. The poll points to feelings found in many western societies and the fact must be faced. What it reveals is a concrete danger, not only for Muslims, but also for

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Nigeria's Corrupt Oil Market Corruption did not begin with President Goodluck Jonathan's government. But, at the current rate, corruption would kill Nigeria on his watch. By a number of credible accounts, more than $500 billion (N80 trillion) has been stolen from Nigeria's public coffers since independence in 1960. We don't know exactly how much of this has been stolen under Jonathan. With record heists reported almost daily from the oil sector to pension funds, it is beyond a doubt that corruption is plumbing new, frightening depths under this government. And the crooks are roaming free. Not only that, they are enjoying executive protection and daring the public to do its worst. This is the climate under which the world has witnessed the bizarre drama following the submission of the report of the Nuhu Ribadu-led Petroleum Revenue Special Task Force last week. While Ribadu was submitting the report to President Jonathan, two members of the task force, who had been offered jobs in the same NNPC that they were supposed to be investigating and who contributed nothing to the panel's work, were allowed to discredit the report without anybody reprimanding them. In the particular case of one of them, Steve Oronsaye, it is baffling that he is never in short of supply of juicy appointments from every government in power. He is not only on the board of the NNPC, he is also on the board of the Central Bank of Nigeria. A few days after the Ribadu panel submitted its report, the president's aide, Doyin Okupe, dismissed it as shoddy and "impossible to implement". And now there's a rash of spin about everything other than about when the criminals will be brought to justice. How long will this nonsense continue? President Jonathan has often spoken of his administration's resolve to crush oil thieves or drive all economic saboteurs in the country into another planet. While inaugurating new service chiefs last month, he gave them a marching order to crush oil thieves. For the umpteenth time, last week, at the launch of Reforming the Unreformable, a book authored by finance minister Dr. Ngozi Okonjo-Iweala, the president swore that all those found culpable in the fuel subsidy scam would be severely punished after they had been forced to refund the funds they illegally collected. He was obviously referring to those who allegedly stole N2.6 trillon in the name of fuel subsidy funds last year. The Ribadu report, by the way, revealed that $16 billion or N2.8 trillion had been separately stolen in the oil sector. Indeed, it's under the Jonathan regime that the country has witnessed the exposure of looted trillions of naira. Billions -- like the N100 billion stolen by a syndicate that specialises in stealing pensions -- have become relatively insignificant! The source of looted trillions, of course, is the nation's oil wealth -- oil contributes more than 80 per cent of government's revenue. Need we recount a few other cases of larceny on a grand scale? Nigerians are aware that the country loses 600,000 barrels of crude oil daily to illegal bunkering. At the current price of N112.52 per barrel, a whopping sum of N 3.7 trillion ($24.64 billion) is lost annually. The NNPC disclosed that 1.7 million barrels of crude oil were lost between May and June 2009 alone. The International Maritime Organisation (IMO) has reported that "West African pirates have been increasingly attacking ships further and further from shore. They illegally siphon US$3 billion yearly worth of crude oil and refined petroleum products between 100,000 and 130,000 barrels a day with an international market value of about US$3billion; the equivalent of a large 95,000 metric ton crude oil tanker is being stolen from Nigeria without punishment".

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Tuesday, October 24, 2006 How To Make a Wonderful Spicy Tomato Chutney Quick, Before the End of Tomato Season! Several weeks ago I made a recipe for tomato chutney from Atul Kochhar's Indian Essence Cookbook . It was a hit. I have had friends begging and even offering me money for more. After my first batch, smart arse that I am, I decided Kochhar had the recipe completely wrong and that I would show him how it would better be done. So I made a version where I started by deskinning the tomatoes in advance, greatly reduced the sugar to almost zero (this is meant to be a sweet chutney, folks), turned up the heat and lessened the vinegar. (I had decided his chutney was too sloppy). My second batch wasn't as good as the first, so on my third attempt I split the difference between his and mine for a chutney I am pretty happy with the results of. This chutney is first and foremost sweet, before it kicks you from behind with some chili heat and delivers the taste of some whole spices that are mysterious enough to add some intrigue. The mustard seeds, fennel, cumin and onion seeds you'll be using in this recipe fill the kitchen with their aromatic scents as you simmer the chutney for over an hour. The result is sloppy - there is no way around that unless you want to reduce your mixture so much that you'll be disappointed by the loss of volume. The more of this condiment you have, the happier you'll be. So about that sugar; you will have to note that I am using late season dry-farmed Early Girl tomatoes which by their very nature are incredibly sweet. So I have almost halved the amount of sugar from the original recipe. If you are trying this out with less sweet tomatoes, you might want to consider increasing the amount of sugar again to compensate. The following recipe makes enough to fill about 8 jars. It is easily halved. Method - Measure all of the ingredients out first and core the tomatoes. - Gently heat the oil in a large high-sided pan (the spices will spit) - Add all of the seeds, the chilis and powder to the oil. - Cook one or two minutes until the seeds start to pop. - Reduce the heat to low and add the vinegar and sugar stirring until dissolved. - Add all of the tomatoes, bring to a simmer for an hour. - After an hour, whilst the chutney is simmering away, pick out as many skins as you - can with a pair of tongs. The skins should, at this time, be separating themselves away from the tomatoes and floating to the top almost like discarded condoms. Continue cooking until the tomatoes have evenly broken down. Total cooking time about 1.5 hours. - Pick out the 4 x whole chilis and discard. - Transfer the chutney to the jars according to the manafacturer's instructions . Keep for up to two months. Refrigerate and consume within 2 weeks after opening. You may now lick the spoon (but be careful not to burn your tongue!) PS - On this occasion I didn't actually can my chutney correctly, darn it. I only found the Weck instructions after I thought I had proceeded correctly, which I hadn't because I am an idiot with a memory like a sieve. So, looks like I might have to give this batch away sharpish, or maybe even freeze it, and make yet a.n.other batch this coming weekend, to stockpile me into the winter. 32 Comments: Dry-farmed tomatoes, especially Early Girls, have thicker skins than other tomatoes, which is why some people (not me!) like them less. I think you did the right thing to remove the skins, but on other tomatoes, like traditionally grown heirlooms, it wouldn't be necessary. When I remove the skins, I blanch the tomatoes first for 30 seconds, then let them cool for a bit. It's easy then to just squeeze their innards straight into the cooking pot. Hi Tana - Actually - skinning the tomatoes does not work so well for this recipe as removing the skins from the pot of chutney after it has been cooking for an hour. Removing skins from 4.5 lbs of tomatoes is a gruesome task. I found the early girls were temperemantal and some came away from their skins easily and some did not, thereby

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A Get Out of Jail Free Card for Terrorists? Click if you like this column! Late on Friday, Attorney General Holder announced President Obama's decision that the alleged 9/11 mastermind Khalid Sheik Mohammad and his confederates would be tried in federal court in New York City rather than before a military tribunal. A firestorm of protest has erupted over whether the terrorists can be safely held in New York City, or whether this is good or bad for "international relations." Most of these discussions entirely miss the main point. Trials are about finding the facts, and punishing the guilty. This decision by the President, the opposite of what he said on the campaign trail, will sharply increase the odds that the terrorists will beat the rap on a technicality, and walk out of the courtroom free just blocks from Ground Zero. Here are some of the critical differences between a military tribunal and an ordinary, U.S. criminal trial: First: The constitutional guarantee of "a speedy trial" applies in criminal court; it does not apply in a military tribunal. Under Supreme Court cases, a delay of five years from the arrest of the defendant to the bringing of charges is clearly excessive. Another terrorist/defendant has already filed a motion in another trial to dismiss all charges on this ground, as soon as he came into a criminal court. If that minor defendant beats the rap on this technicality, it would probably mean that all charges would be dismissed, without trial, against Khalid Sheik Mohammad and his cohorts. Second: In criminal court, but not in a tribunal, the defense can force the government either to reveal the methods of intelligence gathering, or drop the charges. There are already several instances of people charged with espionage, caught red-handed with secret documents, who walked out of court free as a bird, because the government had to protect its intelligence efforts in time of war. The same may happen, here. Third: All the defendants have confessed. But the jury will never hear those confessions, because of how the confessions were obtained. In a military tribunal, those confessions would be admissible. Even worse, in the military tribunal at Gitmo, all the defendants announced their intention to plead guilty, in return for the opportunity to make statements about justified jihad in court. Obama stopped that process in its tracks by presidential order. All these defendants would have been found guilty and sentenced months ago, absent the President's interference. Fourth: Criminal defendants are entitled to a "jury of their peers." Anyone want to bet that ACLU-supported lawyers won't claim that such a jury must include some Muslims? And if so, what are the odds at least one juror will hold out for "not guilty," or at least for "no death penalty" if there is a conviction? Neither of those would apply in a tribunal, where the judge and jury is a panel of nine U.S. military officers. Fifth: There is a unanimous (8-0) Supreme Court decision, Ex Parte Quirin (1942), holding it constitutional to try Nazi bombers who entered the U.S. from submarines, before a military tribunal, not a criminal court trial subject to the Bill of Rights. This is a short decision, written in plain English, that even laymen can read and understand. It has been affirmed in recent years as good law by the current Supreme Court. Somewhere in the bowels of the Justice Department is a memo written by career lawyers, reciting all of these points. But the business of this Attorney General is to do what he's told, no matter whether that outcome is moral, legal or constitutional. This is a continuation of the Marc Rich pardon under President Clinton. The moving of this trial displays to our enemies that we are both cowardly and foolish. That display WILL cause additional deaths of American soldiers and civilians. The only way this dangerous decision can be stopped is if Congress votes to de-fund it. Otherwise, there is a chance that the defendants, who have already confessed, will walk free into the streets of New York City. You see what the AG did with the Black Panthers case. I think you hit the nail on the head. This has to be the goal of people acting this "stupidly", and I would bet the reward these Muslim Extremist get will have the Quiegars filing a discrimination complaint against this ultra-intelligent AG. Certainly there are valid criticisms of our court system. For some reason you left out that some

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First, a note of caution. To slice up fiction into categories such as "plot", "voice", "point of view" or "character" is to risk presenting it in a way that neither writer nor reader normally experiences it. The suggestion might seem to be that the writing of a story or a novel is a strongly segmented or layered activity, something orderly, dry and technical. But stories, when they come, come in organic gobs, as though gouged out of the living fabric of world -- character tangled with plot, plot with setting, setting with scraps of language embedded and so on. But laying that aside, that large proviso, there are a few remarks that might be usefully attempted under the heading of "character". First off (and at the risk of being punched in the face by some follower of the nouveau roman school), let it be loudly asserted that character, strong characters, are at the heart of all great literature and always will be. Plot, even in detective fiction, is a very secondary matter. Not many readers could outline the plot of The Sign of the Four but no one has any difficulty bringing Holmes and Watson to mind. A writer who does not create convincing characters will fail. A writer who creates thrilling, troubling, seductive, insistent characters need not worry too much about any other aspect of writing. You do not need to know how to spell. You do not need to know much about grammar. You do not even need any huge sensitivity to language, though this is the other quality that really matters in writing; it is also, perhaps, the most resistant to any kind of formal teaching. So having insisted so immoderately on the central importance of character, how in God's name is it done? Luckily, the raw material is close to hand. For every writer, it is his own enigmatic being that constitutes the focus of his research. Year after year, he sits on a kind of umpire's chair watching the antics of his body, listening to the bubbling of his thoughts, sifting the material of his dreams. And when he wants more -- other bodies, other thoughts -- he simply looks up at those around him. Think, for a moment, of your own family. Almost everybody has one. You might never need to go beyond them. You could keep them all in a kind of mental aquarium, sketching them into stories all your writing life. Change their names, of course, their hair colour, their tattoos; move them from that little town in the south you grew up in to a little town in the north you once drove through and wondered about ... But a writer is not confined to such a tactic. It may even be that such a tactic is not particularly common. In my own work I have very rarely set out to present a character who is knowingly based on someone familiar to me, someone whose name I might find in my address book. The great majority of my characters -- and I would guess this is true for most writers of fiction -- are "inventions". They emerge, quickly or slowly, shyly or boisterously, in the writing. They are members of that shifting population of men, women and children (not to mention cats, horses, etc) who inhabit our inner worlds. Where they come from, whether they are curious versions of ourselves, figures out of the collective unconscious, reconfigurings of those we did indeed once know but have now forgotten, or a mix of all such, no one, to my knowledge, has ever convincingly answered. It does not matter. No one writes for long without understanding that they are entering mystery and will never leave it. What matters is that we can, through unnamed processes, secrete these figures who will loom and mouth off in our fictions. It is not, I think, too much to say that it is a "natural" process, that we are, all of us, geared up for it, and that without this propensity, writing would be impossibly complex. We could not do it. There is, of course, another great reservoir of characters: those ready-made for us in books. It is not that we intend to steal Mr Tulkinghorn from Dickens or Ursula Brangwen from Lawrence, but that such characters show us the dimensions of the possible. A painter who wants to paint a tree needs to do two things: look at trees and look at paintings of trees. The first task shows what trees are like, the second shows the possibilities of the

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Home > First Person > What's in a ball? When it comes to soccer in developing countries, the answer is imagination What's in a ball? When it comes to soccer in developing countries, the answer is imagination If it rolls, it's gotta be a ball. November 9th, 2012 | by Coco McCabe Photo by Eva-Lotta Jansson As the mother of soccer players (both of whom are now too old for schoolboy sports, but never too old for pickup matches wherever they can find them), I read a story in the New York Times today that made me smile. " Joy that lasts, on the poorest playgrounds ," said the headline. It was about soccer -- the universal language for love of a ball -- and a new kind of material to play it with: PopFoam. It was a story about an entrepreneur driven to develop PopFoam soccer balls for kids in some of the poorest parts of the world, where a ball is often just something that can be made to roll, even if it's more oblong than round. How many times have I witnessed that joy the headline heralds? It's one of the thrills of any visit to the field I have ever taken for Oxfam -- to catch sight of a game on a patch of rough earth, on the foundation of a ruined house, beyond the mud walls of a compound. Plumes of dust billow at each bounce of the ball, feet flying after it. No shoes? No one seems to mind. The ball is all that matters. A whoop. A score. And the game goes on. I'm looking now at the soccer photos we have in our archives -- from Peru, Ethiopia, Sudan. The spidery shadows of a handful of players stretch across a courtyard in the afternoon sun. In an alley, three teenagers collide as their ball explodes toward the camera. And here comes a boy, his long white robe whipping his legs, diving in for a header under an acacia tree. Most of the kids in these pictures have real soccer balls, though the air escaped long ago. The sides are dimpled, the paint smudged off. But there's one boy cradling his ball as though it's the most precious thing in the world. And it is, of that I'm sure: Stitched together with string, taut and perfectly round, it's made -- by his hand? -- from swatches of fabric printed with florals and stripes. I think about PopFoam: Sturdy and durable, said the story, like the stuff used to make Crocs, those impossibly lightweight shoes. But I wonder, could PopFoam ever be more durable than the imagination that it takes to turn trash -- cast-off bottles, clumps of plastic bags, knots of rags -- into a treasure like a ball? Oxfam America is a member of the international confederation Oxfam , 17 organizations working together with over 3,000 partners in more than 90 countries to find lasting solutions to poverty, suffering, and injustice. Oxfam America is a 501(c)(3) organization. Gifts are tax-deductible to the full extent allowable under the law.

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Q: Help! I am hosting Thanksgiving this year for the first time, and I am very excited! I will only be cooking for six people, and so I am having a hard time selecting a menu that 1) isn't too difficult (i.e. time-consuming) and 2) won't leave me with lots of leftovers. How much turkey and sides should I make for six? I also have a small apartment kitchen with a tiny oven so space is tight. Any suggestions for recipes? What can be made in advance? Sent by Liz Editor: Liz, with the turkey, we're huge fans of Mark Bittman's braised turkey recipe , which is adaptable because you cook pieces instead of a whole bird. As far as making things ahead, consider freezing unbaked pies , making some turkey gravy , and preparing rolls or bread. I also like to have some munchies and appetizers done way ahead, so I can put those out and concentrate on finishing up the meal preparation. Categories: Comments (15) I prep any casseroles the day before and keep them in the fridge. Then a few hours before I ready to serve I pull them out, let them come to room temperature (to not shock the dishes for one thing), and add any of the toppings (fried onions etc) and pop them in the oven. It means the only thing I really have to focus on the day of is the bread and turkey and any other thing I might be making. Ooh, good luck! We might host our first this year too. We use organic cranberries and simmer over the stove with spices. Practice the recipe a few times and you'll make a splash. Also make mashed potatoes French style. Not the healthiest but very easy and they'll be impressed by its silky creaminess. Just add cream and extra butter. I agree with Bobette, prep as much as you can ahead of time. And, since you don't have a lot of oven space, you could make the turkey and/or stuffing, or heat up sides in slow cookers. Turkey breasts or tenderloin that I've made in the slow cooker has always been very good, and its moist too. My MIL is the queen of sensible holiday dinners. And when its just been four of us, her turkey, potatoes, stuffing, a vegatable, a salad and pie meal has worked out well. Also, keep in mind that the turkey needs to rest for about 45 minutes to an hour once it's done cooking, so you can bake any side dishes during that time. Then bake any hot desserts during dinner, and everything should run smoothly. And remember the best part about Thanksgiving is eating a ton, and then stealing bites of whats left for the rest of the afternoon- so nothing needs to move at a break neck pace! A slow cooker can also be handy, if you or one of our guests has one, for keeping mashed potatoes warm. I make mine about two hours before sit-down time and pop them into the slow cooker on warm. They stay lovely and hot and don't dry out. That way I'm not trying to keep those warm at the last minute. And as ccindy said, you have time AFTER the turkey's out (resting and carving time) to use your oven. Personally I cook my stuffing and one of our side dishes (parsnip pudding) then, as they take the same time & temp (1 hour, 350). And remember to thaw your turkey out in plenty of time, if you're buying a frozen one. The internet has a million pages that list thawing times per pound. (Ditto for cooking, actually.) I might agree with Faith in the cooking the turkey in pieces idea. One of my first Thanksgivings I hosted in my tiny NYC apartment which had one of those similarly tiny gas ovens. I used the oven a fair amount, so thought everything was all set, but I had never cooked something as large as a small turkey in it before. Dinner came and went and we were all very happy with the meal, but as we turned to cleaning up and breaking down the turkey to put in the fridge... we realized the bottom half of the turkey wasn't cooked! No one got sick, but we certainly didn't keep any leftovers... I would cook up most of your sides the day before and then either warm them up in the microwave or in the oven after the turkey is done. Can you cook your tur

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Shred-it warns on increased risk of data breaches during the Olympics By Editor Posted on July 31,12 Anecdotal reports are that the City of London is relatively quiet for this time of year, which suggests that many people are either on holiday or working from home. But documentation destruction specialist Shred-it says that this trend of working from home increases the risk of a data breach. The risk is increased, says the firm, because not all firms are giving clear advice to their staff on how to look after data outside of their normal working environment. This will, the company adds, expose their company to the risk of steep fines and criminal prosecution if they suffer a data breach. Robert Guice, Shred-it's EMEA vice president, said that keeping data safe should be seen as vital for any business. "All employees taking confidential information out of the office should be aware of company security protocols. If a company still does not have any in place, Shred-it is releasing a simple and effective guide to help. Don't let it be you that leaves sensitive information on the train or in a coffee shop," he said, Shred-it's top tips to keeping data safe this summer are billed as helping any employee whose company does not provide them with sufficient guidance to make sure they are not responsible for losing confidential customer or company data: 1. Assume that all business documents are confidential and only take them out of the work place if it is absolutely necessary. 2. Do not print off any confidential information from laptops or computers unless absolutely necessary. Use email or digital storage devices that are password protected. 3. If printing documents, make sure they are transported in a secure manner. 4. Manage the destruction of documents at home as you would in your workplace. If necessary, take any documents that require destruction back to work in a secure manner. 5. Take particular care if you are working in communal public spaces over this period such as coffee shops or the park -- don't leave anything behind or in public bins. 6. Ask your secure destruction provider to supply confidential disposal bags for staff that are working from home. Guice went on to say that people should enjoy the flexible working hours that the London Olympics brings, but they should not forget to use their common sense and always remember to treat confidential information in the same way you would in the workplace. The Shred-It EMEA vice president says that his firm's recent research found that three in ten businesses will allow employees to work from home over the course of the festivities. Despite this, he adds that over a third (35.4pc) of the UK-based SMEs responding to the research revealed they do not have any protocols in place for the secure storage and destruction of the confidential customer information they hold. Only 6 per cent of businesses were found to be concerned about security issues associated with the increase in home working during the event.

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This question just stumps the mind for some reason. Well it's an amalgamation of progressive/psychedelic/alternative/pop Rock. There, that's the best I can do. Just buy the EP and press play for a far better evaluation of our sound! - How have you found the response to the new EP so far? It's been amazing. Only insiders and some music writers have heard it so far but we'll find out more about the reaction now that it just got released. We're very proud of it that's for sure. - The record sees Terry Brown on producing duties so what were you looking for in your producer for this record? Terry took us under his wing in 2010 and from the first moment we knew it was the right marriage. He's been there since the birth of Rock N' Roll and the British invasion and worked on some of the biggest albums in history so that makes the decision quite simple. As our producer, Terry fully understands the global goals and ambitions we have for our music and our future and that's an incredibly powerful and fortunate place to be as a band. - He has worked with the likes of Rush so how did you find working with him? And what did his experience bring to this record? Terry has helped us find our sound and become comfortable and confident in the music we want to put out to the world. When we went into the studio for the first time it was a bit overwhelming. I mean fuck, the guy has worked with Rush and The Who and so many other giants of the music world and here we are in the same shoes, inspiring to say the least. - You have covered Another Brick In The Wall where you have changed some of the lyrics so how surprised are you at the way that this track and video has gone viral? To tell you the truth, when we finished the track and video, we all took a deep breath and thought "wow, this is going to make a huge wave" and it did. It became an anthem for the youth in Iran and the Middle East and still plays a role in the uprisings taking place there. As our first ever release, we certainly jumped into the global scene with both feet. - You sought the permission of Roger Waters to makes the change to the lyrics so what was his initial reaction? When Roger released a public statement about his support for us and what we had done with the song, that really was an amazing moment. I remember we were so excited when we read it and thought how incredible it is that one of our biggest heroes and influences is backing us up. His words were "I'm proud to be a small part of this resistance". Too fucking cool! - This song highlights the repressive and brutal regime in Iran so how important is it for you personally to be able to take a stand with the music that you release? It's something we have set out to do from the start. Being inspired by the likes of John Lennon, Bob Marley, Roger Waters, Bob Dylan, and many other artists who incorporated social justice into their music, we would be fooling ourselves if it wasn't a part of our creative process. We believe whole-heartedly that music is the most powerful tool we humans possess and combined with the reach of celebrity, well that's a potion for changing the world right there and we intend to use it with great conviction. - Sepp and Sohl you both fled Iran as children so how has your past had an impact on the music you make and also how you see the world? It certainly helped shape our global outlook on life. When life begins with that much chaos and uncertainty, it's tough to find a stable ground to lift off from. But at the same time, if it wasn't for our past we would not have discovered the music and musicians that lead our journey to where we are today. John Lennon taught us to be dreamers. Hope became an ever-present concept in our songwriting. - So how did the band form? Well Sohl and I met Joel Lightman in 2008 through an advert in the paper. Joel had just come over from London. We were looking for a keyboardist and luckily Joel was looking for a band so we came together. The three of us spent the next two years looking for a drummer who would anchor us and really propel the rhythmic side of the music forward. It was a hellish process and something right out of Spinal Tap. Mob looking dudes, dwarfs, some bloke who wouldn't say a word, another who was on so much coke he wouldn't shut up, again a hellish process. It was in 2010 that Terry

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Arthur Christmas Movie Review Christmas comes but once a year and the season is never short of the movies that take advantage of the setting. There is any number of fresh takes on the legend of Santa and the responsibilities bestowed upon him and none have been quite as fun as in ARTHUR CHRISTMAS. All Christmas movies are fun in their own right, but right off the bat ARTHUR CHRISTMAS introduced a take on the character and how the world works in a way that I found charming and interesting, before tapering off in the middle and reeling me back in with good old fashioned heart for the finale. Every kid's worst nightmare around Christmas is being the kid Santa forgot around Christmas and that is the idea the film explores. Santa has evolved into more of a celebrity that doesn't do any of the work and instead his eldest son, Steve, has created a well oiled present delivering machine in the form of a ship that travels at incredible speeds and hordes of elves operating with great precision to carry out all the normal Santa functions. Santa himself shows up to deliver one specific present to each child with the signature "From Santa" tag and moves on. However, Santa's youngest son, Arthur, has a heart of gold and deals with all the letters from the children. After a simple accident within the ship ends with a present getting lost and a glitch in Steve's system allows it to go un-noticed Arthur and his grandfather set out to make it right so that no child wakes up Christmas morning feeling like Santa does not care about them. The beauty of ARTHUR CHRISTMAS is the imagination behind it. Beyond that, the icing on the cake is the care done to explore the wonder of exploring how things used to be and the overall tone and warm fuzzies that the Christmas season is capable of giving us all. The film starts off with a more modern look at how the folks at the North Pole have advanced with technology and how the advancements have made the process that much more mechanical and impersonal thus taking out the magic on some level. Once the adventure half of the film begins the wonderment of the season takes over, before getting lost somewhere in the middle just as characters do before wrapping itself up in a neat and tidy way- and as the elf character that tags along for the ride always says, "There's always time for a bow." The animation is dazzling at times, showing off the imagination of the folks involved with the film especially during the opening gift delivering scene. There are plenty of moments though for the animation to get into different settings that don't resemble the winter fantasy of the early scenes that are just as impressive as the more fantastic elements. There's humor within the animation as well, which at times doesn't feel as kid friendly as most holiday films tend to be. As Christmas movies go, they tend to lean heavily on what makes kids tick and focus on jokes that are easy for them to understand. ARTHUR CHRISTMAS has jokes tailor fit for the kids in the audience, but there are plenty of one liners and visual references that are likely to fly right over their heads. So basically, what we end up with here is a holiday film with the goods to satisfy the old and the young, but not always both at the same time. The scope of the film is large and the ambition might have been much narrower, yet the results nonetheless come out on the side of crowd pleasing entertainment that's brisk and inoffensive. ARTHUR CHRISTMAS tends to feel a bit off-track at times, but when its on-track the film is immensely charming and a whole lot of fun to watch. The beautiful animation only sweetens the pot that much more for a film with its heart placed firmly in the right spot and a wonderful choice for family holiday viewing.

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Mail the application along with papers that are asked for such as proof of income and expenses. Instructions about mailing are on the form. Apply by phone You can call Healthy Families and have a customer service representative fill out an application for you. The representative will ask you questions, fill out a form, then mail the form to you so you can sign it. To apply by phone, call 1-800-880-5305 . The call is free. You may call between 8 a.m. and 8 p.m. Mondays through Fridays and 8 a.m. to 5 p.m. Saturdays. The phone call will take about 20 minutes. You will need to have these items when you call: A pen or pencil and paper to write down information. A pay stub you received within 45 days or last year's Federal Income Tax Form 1040 for everyone receiving income in your household. If someone is self-employed, the most recent 3-month profit and loss statement or last year's Federal Income Tax Form 1040 and Schedule C. Birth dates for every child applying in your household. Amounts for child daycare expenses. Amounts for disabled dependent care expenses. Amounts for any child support or alimony either paid or received. After the call, Healthy Families will mail you a pre-printed application. You will need to make sure that the information is correct and sign the application. Mail the application back to Healthy Families with papers that are needed to see if the child qualifies. The papers are: proof of income, expenses, and citizenship or immigration papers. The application package has information on what to send. Get help in person from a Certified Application Assistant Certified Application Assistants (CAAs) are people from community organizations who have been trained to help you fill out the joint Medi-Cal and Healthy Families application. The community organizations that CAAs work with are called Enrollment Entities (EEs). You can search for an Enrollment Entity in your area. The Enrollment Entity will find a CAA who can help you prepare your application. Find an Enrollment Entity in your area To find an Enrollment Entity in your area, enter your ZIP code below and follow the instructions. You can also get help by calling 1-888-747-1222 .

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The state-controlled Xishiku Cathedral in Beijing. State-run churches in China are seen as being influenced by politics. Photograph: Petar Kujundzic/Reuters Visiting Beijing's now-disbanded Shouwang church late last summer, I struggled to secure a seat. For an "underground" church it was very rowdy. Housed in a bland conference room at a state-run television studio, the church was crammed with some 300 people scrabbling for foldaway chairs. In the corner, a Yamaha keyboard accompanied a lilac-robed choir. When the pastor took to the stage the congregation burst into hymn with a gusto only surpassed by the rocking, whispered prayers that came after. Seven weeks ago that congregation was scattered by government officials. On Monday, when Shouwang attempted to hold an outdoor service, 27 people were detained, including a woman in her 80s and a two-year-old child , according to a witness. It's been the same story for the last seven Sundays, with several hundred detained in total and six church leaders placed under house arrest. The crackdown is seen as part of a larger tightening of state control since the Middle East unrest. Google continues to be tinkered with and Ai Weiwei has all but disappeared . In China, a country studded with Buddha statues not crucifixes, Christianity has been secretly blooming. Though Protestantism is one of China's five officially recognised religions (along with Buddhism, Taoism, Islam and Catholicism), the vast majority of Christians choose to be members of "house" churches, technically illegal gatherings with evangelical leanings, that take place in people's homes, town halls and empty restaurants. Founded in 1993 in a home by a small group of believers, Shouwang's congregation now numbers over 1,000. On my visit, a member explained why worshippers preferred the house churches: "They take Christ as the head of the church, with the bible as the only moral standard. The state-run church is very much influenced by politics." The rate of conversion to Christianity in China is staggering. There were about 2 million Christians 30 years ago. Today there are between 23.5 million (the official statistic taken from state-run churches) and 130 million (including house churches) according to China Aid , a Christian charity working in China. Though the latter figure is debated, if it's in the ballpark it means the number of Christians outstrip Communist party members ( 78 million ) by tens of millions. And, for the first time, the underground Christians are standing up for themselves. Two weeks ago, 19 house church leaders delivered a petition to the National People's Congress appealing to lawmakers for the right to worship freely. The letter, which has been posted on the internet, says: "With the incessant growth of the number of urban Christians ... the conflict between State and church of this sort is likely to continue to break out. In view of this ... we hereby lodge this petition." The church leaders, who come from eight major cities including Beijing and Shanghai, fear the petition will spark a new round of action against them. It might, but what the petition signifies is the growing gall of the house churches. When I met with Li, a house church leader in Shanghai, she told me that the government "knows everything". Li's church, located in Sheshan just outside Shanghai, took precautions by splitting itself between two venues, and leaders attended monthly meetings to placate officials at teahouses. The important thing was to "let [the officials] know we're under their control". What the government fears is the allegiance of its people to something other than China. Christianity has proved disabling to totalitarian regimes in the past. Just across the Yellow Sea in South Korea, some experts credit the rise of Christianity in the 1960s as one catalyst that pushed the country from dictatorship to democracy . Tellingly, the church leaders opened their letter with: "We are Chinese citizens. We love our country ... and obey and respect the authority of the government to maintain social order." But, it seems, they're determined to worship on Sundays. This continued defiance of the government sends a clear message: we are here. To stem the spread of Christianity in China, the party is going to have to do more than place a handful of house church leaders under arrest. The Chinese "

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for 49. Amazon's Walter Levinsky Store Special Offers and Product Promotions Buy any product sold by Amazon.co.uk excluding any Kindle Device and e-books and we will add a 10 promotional gift certificate to your account to spend on selected Amazon fashion. Here's how (terms and conditions apply) Purchase a product from the Music Store sold by Amazon.co.uk and receive 1 to use on any music download in our MP3 Store. Here's how (terms and conditions apply) Walt Levinsky was a heck of a jazz clarinetist, but like a lot of musicians, was hesitant to go on the road and spent much of his career playing in the studios of NYC. He was in great demand there and was a success. But once a jazz musician, always a jazz musician, and, fortunately, a few years before his death in 1999, this concert date was recorded at a high school in northern New Jersey. He is joined by Howard Alden (g) Derek Smith (p) Lynn Seaton (b) and Joe Cocuzzo (d), and the results are excellent. Some of the tunes have a Benny Goodman connection, though Levinsky only sounds like Goodman in the upper register. A SMOOTH ONE and AIR MAIL SPECIAL are handled nicely, and LIMEHOUSE BLUES swings mightily. MY SHINING HOUR is a good feature for Alden, starting out slow and then going up, and THE JITTERBUG WALTZ focuses on Smith's fleet piano playing. On SOPHISTICATED LADY, part of an Ellington medley, Walt takes out his soprano sax, and I wish he had played it more: he plays it beautifully and sounds exactly the way Zoot Sims sounded on the horn. This is a very swinging set of mainstream swing songs done at a very high level. Most enjoyable. 0 of 1 people found the following review helpful 5.0 out of 5 stars As He Wanted to Be Remembered- Walt Levinsky 17 Feb 2004

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The name Josh T. Pearson might be familiar to those who spent the late 90s with their heads in the NME or listening to John Peel, who was so enamoured with his band Lift To Experience that they recorded several sessions for his late-night radio show. To those who heard it at the time, the group's only album, 2001's double LP The Texas-Jerusalem Crossroads - a heady storm of howling overdriven post-rock and fire-and-brimstone lyrical imagery - is still spoken about with awestruck reverence, but it remains largely overlooked. In the decade since they parted ways, Pearson has been hard to pin down, touring sporadically, playing the occasional high-profile show (All Tomorrow's Parties, supporting the reformed My Bloody Valentine in 2009), guesting on Bat For Lashes' first album and moving to Paris. The title of Pearson's eagerly awaited solo debut, Last Of The Country Gentlemen , with its connotations of a Jim Reeves-styled romantic happy wanderer, is in many ways as misleading a description of the music contained within as The Texas-Jerusalem Crossroads was evocative. The only other solo material released in the last ten years -- a cover of Hank Williams' 'I'm So Lonesome I Could Cry' -- offers a better idea of what to expect: Pearson, with little more than an acoustic guitar, heart on sleeve, baring his soul for the world to see. Covering the aftermath of a relationship gone sour with alarming honesty, it's a stark, heart-breaking and often harrowing album; whatever Pearson has gone through during his wilderness years, it's a pretty safe bet that it hasn't all been pleasant. With seven tracks and a running time of an hour, Gentlemen may seem like a daunting prospect, but the epic, rambling nature of these songs -- four of which clock in at over ten minutes - is what makes them so spellbinding. Raw and unrehearsed (the album was recorded in Berlin over the course of one weekend last year), Pearson often seems to be making it up as he goes along; his guitar-playing is careless but virtuosic, a mess of fudged finger-picking, jazzy touches and violently strummed flare-ups. Certain lines and phrases are repeated, but there are no clear cut structures, no bridges or choruses. Often, the songs draw to a close or simply break down, only for Pearson to suddenly remember he has more to say and strike back up. That songs so fractured seem to flow so freely speaks volumes about Pearson's state of mind. It's unclear how much is truly autobiographical and how much is Cohen-esque fiction, but the lyrics are so full of doubt, guilt, longing and loathing, with his many apparent faults -- infidelity, drinking and a quick temper - detailed frankly on a track-by-track basis, that you suspect it's mainly the former. Pearson knows he has done wrong, repeatedly, and that he is an impossible person to live with, but although he seems regretful there is little in the way of apology. When, on 'Sweetheart I Ain't Your Christ', he sings "I'm so tired of trying to make it right/ For a girl who just won't come to the light", it's as if he knows it is easier to throw in the towel than to expect his lover to come to terms with the demons he seems unwilling to reject. 'Woman When I've Raised Hell' deals just as matter-of-factly with the threat of domestic violence. "There won't be a star left untouched in your sky / When my lightning crashes across that night", Pearson snarls over strings courtesy of Dirty Three and Grinderman violinist Warren Ellis; "There won't be nothing not nailed down / Left unturned in this home." It's a disturbing image, but once again Pearson is unrepentant: "Honestly / Why can't you just let it be / And let me quietly / Drink myself to sleep." It's a track that will, for many listeners and whether fact or fiction, be a deeply uncomfortable listen.

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Others May Say You're Risky, Find Out Why We Say You're Worth It If you have credit issues, is there any hope you will ever get approved for finance? Its unlikely a bank will go near you so why would we take the risk? In this video we will discuss the difference between a banks' positioning and our own. Watch below to find out if there is any hope after a bank rejection. For an appointment with a product specialist call the office on 1300 652 158. Daniel: Hi, I'm Daniel from AR Cash Flow, and today I'm here with Julia and she has a question for us. What is it? Julia: I do. Today I wanted to talk about, if a business has credit issues already, do they have any hope of getting financed in the future? So Daniel, why don't you start with telling everybody what would you define credit issues as? Daniel: Credit issues, to me, mean that the company has not been showing profits for the last few years, or they have an explosion or a blow out in their payables, or they may have skipped debts in the past and have some default judgments against them. Julia: Okay. Daniel: They're the real things which I'm talking about. Julia: Okay. Well, look, it's no secret that if you do have credit issues and you go to the bank, most times they're going to say no. Why is that? Daniel: The main reason why banks . . . Julia: Why don't they want give people a second chance, basically? Daniel: Well, it's a good question, because what they say is, or what I say is there a statistics point to this as well, is that the future is but a reflection of the past. So if you haven't been a good performer in the past, generally, or more than generally, probably 90% of the time, you're not going to be a good performer in the future. Julia: Yes. Daniel: And the banks, when they lend, they're usually taking property as security. And if they're taking property as security for a facility that's probably going to end up in default and the client is going to go out of business eventually, they've got to try and get that money back. If you're trying to sell property to collect out, it's a 12-month process, most of the time, and then at the end of the day you don't know what that property is going to sell for. So the asset you're lending on is not very close to cash. Julia: Okay. All right. So we don't rule out someone if they've had credit issues. Why is that? Daniel: With our type of finance, which is cash flow based finance, we really look at the transactions that we're financing, and they're usually short-term transactions. If you're factoring off financing and invoice, that's usually a 45 day, on average, call it a 45-day debt. So the money is going to be paid back in 45 days. So you can see that our asset is very, very close to cash, whereas property is not. Julia: Yes. But the banks, they offer debtor finance facilities. Daniel: It's a different type of product. Julia: Oh. Daniel: They use a confidential facility, and it's a discounting facility. Julia: Right. Daniel: They generally don't legally buy the invoices, and so . . . Julia: Yes, and your requirement is still very different . . . Daniel: Yes, that's right. So if their client should go out of business, they've still got credit issues around collecting those debts and they've got priority payments, and because they don't do the level of auditing on the invoices, there's a higher risk of fraud and dispute on their invoices. Julia: Okay. All right. So I guess, just to sum it up, the question was: "Is there any hope of getting finance if I have credit issues?" And the answer is yes. So, to discuss your deal, call the office on the 1300 number. Daniel: Thanks for watching. Julia: Thank you. About the author Julia is AR Cash Flows Sales and Marketing Manager, with a background in Advertising; she joined the team in 2011. Along with managing the sales department, she's is in charge of implementing all aspects of Marketing. With a passion for all things social, Julia is keen to keep you updated with the latest and greatest from the AR Cash Flow HQ.

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Harshman Lecture on Kids' Health in a Digital World November 05, 2012 - News Release Raising healthier kids will be the topic of this year's Harshman Lecture at the University of Guelph Nov 12. Dr. Mark Tremblay, director of healthy active living and obesity research at the Children's Hospital of Eastern Ontario Research Institute and pediatrics professor in the University of Ottawa's Faculty of Medicine, will discuss "Plugging Into Children's Health: Promoting Healthy Lifestyles in a Digital World" at 7 p.m. He will discuss the implications of childhood inactivity in Canada and potential healthy living solutions. "At a time when children are spending more and more time online, Mark Tremblay's visit to Guelph provides a wonderful opportunity for both parents and professionals to explore ways to encourage the younger generation to adopt a healthy and active lifestyle," said Prof. Michael Nightingale, acting chair of the Department of Family Relations and Applied Nutrition (FRAN). Tremblay is a Fellow of the American College of Sports Medicine and chief scientific officer of Active Healthy Kids Canada. He was formerly dean of kinesiology at the University of Saskatchewan and now chairs both the Canadian Physical Activity Guidelines Project and the expert advisory committee of the Canadian Health Measures Survey Committee. A sought-after speaker, he has published more than 160 papers and book chapters on childhood obesity, physical activity measurement, exercise physiology and endocrinology, and health surveillance. Tremblay recently received an honorary doctorate from Nipissing University. Sponsored by the Harshman Foundation, this lecture series began a year after the death in 1977 of Dr. Page Harshman, former chair of the foundation. Previously involved through U of G's former College of Family and Consumer Studies, the Harshman Foundation now supports undergraduate and graduate scholarships in the College of Social and Applied Human Sciences. The lecture is presented by FRAN and will be held at Cutten Fields, 190 College Ave. E.

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Welcome to my blog! Read through the pages above, comment & share the blog post below if it helps you at all and most importantly understand that I'm here to help. Opt into my FREE marketing e-newsletter to the right of this page and let's make wonderful things happen my friend ;) Just think that whenever your friends, family or absolutely anyone on this planet is saying that you can't do something, they are destroying your dreams. I just want to let that sink in for a moment because you might not even realise that it's happening to you. However if it IS a reality, watch the video from the Pursuit of Happyness below: It CAN seem almost impossible to be prosperous in a negative environment, especially if that negative energy is directly transferred to you. This is why you must have a strong, clear vision in order to prove the nay-sayers WRONG. Don't buy their energy! In fact if anyone is telling you that you can't do something, whether it's financially, physically...it really doesn't matter; you can use that as motivation to carry out your dreams. For those of you that are protecting AND pursuing your dreams, hats off to all of you!

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In 2006, more than 90,000 people were diagnosed with skin cancer in the UK. More than 10,000 of these were malignant melanoma, the most serious type of skin cancer. Each year, around 2,600 people die from skin cancer. Skin cancers are caused by damage from the sun's ultraviolet (UV) rays. Protecting the skin from the sun can help prevent these cancers. How does the sun damage skin? UV rays penetrate deep into the skin and damage cells. These cells are then at risk of becoming cancerous. You can't feel UV damaging your skin and it happens even when the sun doesn't feel hot. Getting sunburnt causes the top layers of skin to release chemicals that make blood vessels swell and leak fluids. Skin turns red and feels hot and painful, and severe sunburn can lead to swelling and blisters. "Sunburn is dangerous at any age, but it's especially harmful in children and young people," says Katy Scammell of Cancer Research UK's SunSmart campaign. "Sunburn in childhood can greatly increase your risk of developing skin cancer later in life." After you've been sunburnt, the skin peels to get rid of damaged cells. Eventually, it will heal and look healthy, but permanent damage may have been done. Some experts believe that just one episode of blistering sunburn before the age of 20 can double your chance of getting malignant melanoma. Who's at risk? Skin cancer can affect anyone, but people most at risk have: fair skin that burns in strong sun red or fair hair a lot of moles or freckles a personal or family history of skin cancer already had sunburn, especially when young People with naturally brown or black skin are less likely to get skin cancer as darker skin has some protection against UV rays. However, skin cancer can still occur. Check moles for change Keep an eye on any moles or freckles you have. If they change at all (for example, get bigger or begin bleeding), see your GP as this can be an early sign of cancer. The earlier skin cancer is caught, the easier it is to treat, so see your GP as soon as possible. Be safe in the sun Sun damage doesn't just happen when you're on holiday in the sun. It can happen when you're not expecting it, for example when you go for a walk or sit in your garden. "Sun protection is something you need to be aware of every day in the summer," says Scammel. "Whether on holiday or at home, you can protect yourself by following the SunSmart messages." S pend time in the shade between 11am and 3pm. M ake sure you never burn. A im to cover up with a T-shirt, hat and sunglasses. R emember to take extra care with children. T hen use factor 15+ sunscreen. Report mole changes or unusual skin growths to your GP. Always take special care of children's skin. The best way to do this is to cover them up and keep them in the shade. Sunbeds are not safe Sunbeds are not a safe alternative to lying outside in the sun. Skin will still be exposed to harmful UV rays. Health risks linked to sunbeds and other UV tanning equipment include: skin cancer remature ageing of skin sunburnt skin dryness and itching bumpy rashes eye irritation cataracts "Using sunbeds before the age of 35 increases your risk of skin cancer by up to 75%," says Scammell . "Sunbeds also accelerate the skin's natural ageing process." It is now illegal for people under 18 years old to use sunbeds, including in tanning salons, beauty salons, leisure centres, gyms and hotels. Find out more in Are sunbeds safe? Add your rating Comments Comments are personal views. Any information they give has not been checked and may not be accurate. outdoor girl said on 26 October 2010 I am a adult student researching sunlight and although i totally agree with the advice given on this site i am worried about the low levels of vitamin D that have been linked with actually increasing your cancer risk. Nine times more likely to die from cancer due to low vit D levels caused by low sun exposure than skin cancer caused by too much sun. The benifits of increasing vitamin D levels is amazing not just cancer also but any disease that is caused by cell expressing negative traits. This info needs to be more widely avalible so people can balance uv exposure with vitamin D absorbson. phoenix23 said on 24 April 2010 id just like to say u say about putting suncream on

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References to the paragraphs operate in the normal way, you label the paragraph: [[some\_label\_you\_understand]] paragraph contents and reference it in the normal manner: &lt;&lt;some\_label\_you\_understand&gt;&gt\\... The text of the reference will be the paragraph number. For this to work for HTML you have to generate it via the DocBook toolchain. 3. Sources of information on configuring DocBook toolchains DocBook is a content and structure markup language, therefore AsciiDoc generated DocBook markup is also limited to content and structure. Layout and formatting definition is specific to the DocBook toolchain. The True Type Font mimetype had to be declared explicitly with the --resource .ttf=application/x-font-ttf option because it wasn't registered on my Linux system. In the above example the font file is in the same directory as the AsciiDoc source file and is installed to the same relative location in the EPUB archive OEBPS directory? -- ?if your font file resides in a different location you'll need to adjust the --resource option accordingly (see the RESOURCES section in the a2x(1) man page for details). The URL value of the CSS src property is set to the destination font file relative to the CSS file. The --resource option allows you to inject any file (not just font files) into the EPUB output document. Using the CSS @font-face rule is a complex subject and is outside the scope of this FAQ. Inline passthrough macros are processed before any other inline substitutions e.g. all of the following line will be processed as a single inline passthrough and rendered as monospaced text (which is not the intended result): `single quoted text' and `monospaced quoted text` This line works as expected: `single quoted text' and +monospaced quoted text+ Backtick quoted text is rendered literally i.e. no substitutions are performed on the enclosed text. Here are some examples that would have to be escaped if plus quoting were used ( see also ): The `++i` and `++j` auto-increments. Paths `~/.vim` and `~/docs`. The `\_\_init\_\_` method. The `{id}` attribute. 6. Why is the generated HTML title element text invalid? Probably because your document title contains formatting that has generated HTML title markup. You can resolve this by explicitly defining the title attribute in your document's header. 7. AsciiDoc sometimes generates invalid output markup, why? AsciiDoc is backend agnostic, the asciidoc command has no knowledge of the syntax or structure of the backend format that it generates. Output document validation (syntactic and structural) should be performed separately by external validation tools. For example, AsciiDoc's a2x toolchain command automatically performs validation checks using xmllint . 8. The AsciiDoc toclevels attribute does not work with DocBook outputs, why? DocBook has no provision for specifying table of contents levels but you can set the TOC level further down the toolchain by passing the DocBook XSL Stylesheets toc.section.depth parameter to dblatex (using the --param option) or xsltproc (using the --stringparam option). For example to show only chapter titles in the TOC of a book document set toc.section.depth to 0 . Increment the toc.section.depth value to show more sub-section titles. If you are using a2x you can set the options in the source file, for example: The AsciiDoc reftext attribute has been used to explicitly set the link text to 2nd section for Section Two . 13. Can I define my own table styles? In addition to the built-in styles you can define your own. This (simplified) example for HTML backends defines a table style called red which sets the background cell color to red. First put the definition in a configuration file: 15. What is the preferred file name extension for AsciiDoc files? The .txt text file extension is preferred, but it's just a convention and it's not enforced by the software. AsciiDoc source files are human readable plain text files which is what the .txt extension is for. All text editors recognize

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The weird and wonderful world of TradeMe As any story about a James Bond Villain style Mission Control panel should, this starts with a secret underground organisation with a shadowy leader. Kind of. I was working on an ad campaign that wanted a Dr No style set to represent its secret leader's lair. Everyone loved the plans, so we got building. It was life-size: four metres wide, two metres tall and 1.8m deep. It had monitors and knobs, buttons, gauges, needles pointing to numbers, the whole nine yards. It looked exactly like the kind of thing that you'd find in a 60s Bond film. It was perfect. We shot the ad and it was perfect. But the client hated it. If you don't work in advertising, you might think this is bonkers. If you work in advertising this will not surprise you. We had to make an entirely new TVC and I was left with an enormous mission control panel in my garage. After a while you get used to it. People would come round and be astounded to see it there. "Bro," they would say. "What on earth is that? And you'd remember that not everyone had one. It had cost around $3,000 to build. It was pretty big, and a few years old, so not in the best nick. It was also made as a set for just one shoot and not built for longevity, so I really didn't want to make out it was a great buy. I thought I'd write up a bit of a yarn, chuck it on TradeMe and hope for the best. I posted the listing on Twitter and Facebook and with the beauty of small New Zealand it wasn't long before the @TradeMe account noticed and Ana Samways from Sideswipe said she was keen to feature it. By the end of the day it had 1,700 views and it was on TradeMe's cool auctions. Suddenly it was up to 6,000 views. This was kind of addictive. And the next morning, Sideswipe. Then the questions began. Questions on TradeMe are kind of a Rorschach test -- they often say a lot more about the person asking the question than anything else. Q: My name is Alan and I'd like to know if I am evil enough for this excellent auction? A : I guess that depends. There are some good indicators though. If you have a nickname like Abominable Alan or Alan the Terrible then you will be plenty evil. I tried to be honest. Q: What does the big red button do? A: So, so much. (Nothing) Some were just plain odd. Q: My name is Brian, should I change my name to something more scary? A : I think it would work for you if you started calling yourself Pinky and the Brian. Some had me wondering if it's still a compliment when they say you should give up your day job to be a writer if your day job pretty much is as a writer. The numbers climbed: 10,000 views, then 11,000. Around 100 questions. Friends who were TradeMe experts told me that the real figure to watch is the number watching: 300- odd of them. I started to think this might go for a decent sum. In my head I'd even thrown out our Eta peanut butter and bought the fancy stuff from Nosh. All our fruit had become organic! But as the end approached the price was still low: $161 low. It seemed that the approach of making a good case of buyer beware had perhaps become buyer stay away. Or perhaps not many people had much use for a massive, kind of crappy, flimsy ex-film set. But in the final moments there was a bidding war. A series of furious bids took the price from $161 all the way up to ... $175. All in all I really enjoyed my 15MB of fame. And although $175 was better than having to take it apart and tow it to the tip, it looks like my fruit will be staying of the sprayed variety for a wee bit longer. Idealog loves Idealog is brought to you by Video: in our latest issue From the Innovators Awards to the Best Awards, we're celebrating the country's smartest and most creative minds. Plus we go into New Zealand's first accelerator, Lightning Lab, for the downlow on how it plans to turbocharge the tech scene; the skinny on cycle brand Solo's retro style; and plenty more to sink your teeth into.

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Photo Galleries PALO ALTO (CNET) -- The 2013 Motor Trend Car of the Year has all the features you'd expect from a vehicle that has earned that honor. It has a light body, advanced design, a roomy cabin, and plenty of load capacity. What the Tesla Model S doesn't have is an internal combustion engine. Motor Trend heaps praise on the Model S, saying it drives like a sports car and sashays like a supermodel working a Paris catwalk. I never thought about a car being able to sashay, but it's certainly an evocative comparison. This all-electric supermodel starts at $58,570 and has a range of 265 miles. That's not enough for a cross-country road trip, though a new network of Supercharger fast charging stations could make it more practical for long journeys. We've come a long way since Cadillac took home the honors for the first Motor Trend Car of the Year back in 1949. That behemoth sported a honking V8 engine and enough chrome to blot out the sun. Here's a quick look at some key moments in the evolution of Tesla: July 2003 -- Tesla Motors is founded in California by Martin Eberhard and Marc Tarpenning. April 2004 -- Billionaire PayPal founder Elon Musk invests in Tesla and joins the board. August 2006 -- Actor George Clooney is among those who put down $100,000 deposits for the first 100 Tesla Roadster electric sports cars. Tesla says the cars will be delivered in mid-2007. February 2007 -- Tesla says it will build a $35 million plant in Albuquerque, N.M., to produce the Model S. September 2007 -- Tesla delays launch of the Roadster, saying it needs more time to test its durability. November 2007 -- Eberhard is ousted. He later sues Tesla, but the suit is eventually dropped. March 2008 -- Tesla begins production of the $109,000 Roadster. It will eventually sell 2,150 Roadsters. The company announces it will sell the Model S by 2010. June 2008 -- Tesla cancels its plans to build a plant in New Mexico after California gives it tax breaks. First Tesla store opens in Los Angeles. October 2008 -- Musk becomes CEO and says Model S will be delayed until the company gets federal loans, citing the global financial crisis. March 2009 -- Tesla starts taking reservations for the Model S and says production will begin in late 2011. More than 500 people reserve the sedans in the first week. June 2009 -- Tesla gets approval for $465 million in low-interest loans from the U.S. Department of Energy to produce the Model S. August 2009 -- Tesla announces it's moving its headquarters from San Carlos to a larger site in Palo Alto, where it will also build electric drive systems. January 2010 -- Tesla registers for an initial public offering of stock. May 2010 -- Tesla buys a former Toyota and General Motors factory in Fremont for $42 million. The company will eventually employ 1,000 people at the plant making the Model S. May 2010 -- Toyota Motor Corp. and Tesla say they will cooperate on electric vehicle development. Toyota agrees to purchase Tesla shares. June 2010 -- Tesla shares begin trading on the Nasdaq Stock Exchange. They gain 40.5 percent from their IPO price of $17 to close at $23.89. The IPO raises $226.1 million. January 2011 -- Tesla, reporting full-year financial results for the first time, says it lost $154.3 million in 2010. January 2012 -- Tesla shares fall when two key engineers resign on the same day. Tesla ends production of the Roadster to focus on the Model S. February 2012 -- Tesla reveals the Model X small SUV and says it will go on sale in early 2014. May 2012 -- Tesla shares jump when the company announces it will deliver the Model S to its first customers on June 22. (Copyright 2012 by CBS San Francisco and CNET. All Rights Reserved. This material may not be published, broadcast, rewritten, or redistributed.)

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Alan Moore , one of the most influential comic book creators of the past few decades, has launched an attack on fellow industry stalwart Frank Miller , condemning his work as misogynistic, homophobic and "just completely misguided". Moore, who is English, created critically acclaimed comics including V for Vendetta and Watchmen while the American Miller is responsible for Sin City and the seminal Batman comic Dark Knight Returns. Both have helped to reshape the comic book industry, with much of their work adapted for film. Moore spoke after Miller launched an attack on the Occupy movement , describing it as "nothing but a pack of louts, thieves, and rapists, an unruly mob, fed by Woodstock-era nostalgia and putrid false righteousness" on his blog last month. Moore described the worldwide anti-capitalism protests as "a completely justified howl of moral outrage" and said they had been "handled in a very intelligent, nonviolent way, which is probably another reason why Frank Miller would be less than pleased with it". Moore predicted that "if it had been a bunch of young, sociopathic vigilantes with Batman makeup on their faces, [Miller would] be more in favour of it". Miller sparked anger when he wrote that Occupy "is nothing short of a clumsy, poorly expressed attempt at anarchy" from "a bunch of iPhone, iPad-wielding spoiled brats who should stop getting in the way of working people and find jobs for themselves" because "America is at war against a ruthless enemy [al-Qaida and Islamism]". Moore said the comments were "about what I'd expect from him". He added: "Frank Miller is someone whose work I've barely looked at for the past 20 years. I thought the Sin City stuff was unreconstructed misogyny; 300 [a 1998 comic book series] appeared to be wildly ahistoric, homophobic and just completely misguided. I think that there has probably been a rather unpleasant sensibility apparent in Frank Miller's work for quite a long time." In Miller's latest work, Holy Terror, a new superhero, the Fixer, battles al-Qaida. Moore, who calls himself an anarchist -- in his graphic novel V for Vendetta the revolutionary V, wearing a Guy Fawkes mask, works to bring down the government -- believes the Occupy protests are "just ordinary people reclaiming rights which should always have been theirs". He added: "I can't think of any reason why as a population we should be expected to stand by and see a gross reduction in the living standards of ourselves and our kids, possibly for generations, when the people who have got us into this have been rewarded for it -- they've certainly not been punished in any way because they're too big to fail. I think that the Occupy movement is, in one sense, the public saying that they should be the ones to decide who's too big to fail. "As an anarchist, I believe that power should be given to the people whose lives this is actually affecting. It's no longer good enough to have a group of people who are controlling our destinies. The only reason they have the power is because they control the currency. They have no moral authority and, indeed, they show the opposite of moral authority."

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How to work with a copywriter In our experience, you get the best results if the client and the copywriter work well together. The biggest (and best) ideas come from client and copywriter working together. What a copywriter can do for you At Polon, our copywriters can help your marketing team or agency create collateral such as brochures , websites , case studies, award entries, and even content for social media. Our writing consultants can help your brand team or agency define your organisation's tone of voice -- the verbal part of your brand identity. And we can help you train your team to write in that tone of voice. (We run workshops on this for several of our clients.) How to brief your copywriter Most of our work comes from personal recommendations. If someone recommends a writer to you, the easiest way to get things started is to pick up the phone and discuss what you're looking for. Then, if you think you could work together, they'll need a brief. Briefing is all about giving your copywriter the right amount of the right sort of information. We've written before about how to brief your copywriter , but it's worth restating just how important it is to brief effectively. Your copywriter will be relying on what you tell them. What to expect from a first draft So, you've briefed your copywriter and you're waiting for their first draft. What should you expect? When we're writing a first draft we look to get the basics in place so we can get our client's feedback on our ideas. Then we refine the copy in the second draft. For example, we might suggest a few different options for a headline and ask the client which one they like best. How to give useful feedback To turn a first draft into a polished piece of writing that you're happy with, your copywriter needs your feedback. Quite simply, you need to tell your copywriter what you like about the first draft and what you'd like them to do differently. For example, you might say: 'I love the headlines -- I think they work well on the web and capture our tone of voice perfectly. But I think we should make the calls to action more compelling.' If your feedback is quite straightforward, you could jot it down in an email. If you've got some feedback that's harder to explain, or something you want to exchange ideas about, it's best to call and talk it through. If, as a client, you create an effective brief and give useful, constructive feedback, you've done all you can to make the copywriting process a success. The rest is down to your copywriter. If you'd like to know how a copywriter could help your organisation, just give us a call . Select category Browse by date Working with Polon means we know our clients' copy is in good hands. They really get inside the brief and deliver us consistently good writing. Ruth Barton - Partner, Hypernaked What we do Copywriting Writing for print Digital copywriting Writing consultancy Tone of voice Editorial strategy Sustainability comms Copy-editing Feature writing Blogging Interactive email Writing workshops Latest from our notebook In praise of Guy Watson's earthy language They're uninhibited, honest and sometimes just a little cheeky. The notes that Riverford Organic Farms boss Guy Watson writes make a heart-warming change from the bland corporate fare that companies often serve up to their customers.

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At this point, it's almost a sure thing all 4 will be gone...on the other hand Vick/Reid have had success, what if the OLine was better? Why can't I shake the feeling that KC's FO doesn't know what it takes to win and will keep one or two of these jokers for another year (Pioli included). On a side note, how do people think KC would do with Reid/Vick in place of Cassel and Romeo. Does KC have anything that Philly is missing to be a winning team such as an adequate O Line? Someone started an Andy Reid thread in the KC forum, which is why i'm asking. I don't think we get Vick, but someone without a QB will give him a shot....and KC may be to close too Leavenworth for Vick. Well Vick did something right in '10 and it wasn't fluky stats like Cassel's TD/INT ratio...he's never gonna be above average at reading defenses, but that OLine in Philly is so bad, what if it was just adequate? Reid may use the run game less, but that's not all bad. Most KC fans like the idea of using Charles around 15-18 carries a game and extending his career...but still would like to see him get it 25-30 in a big time close game. I also drool over how good Charles would be with a respected passing game. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ terbo559 wrote: Kansas City play calling is predictable. I know when they are passing or running. Well Vick did something right in '10 and it wasn't fluky stats like Cassel's TD/INT ratio...he's never gonna be above average at reading defenses, but that OLine in Philly is so bad, what if it was just adequate? Reid may use the run game less, but that's not all bad. Most KC fans like the idea of using Charles around 15-18 carries a game and extending his career...but still would like to see him get it 25-30 in a big time close game. I also drool over how good Charles would be with a respected passing game. First, in 2010, Vick played a good first 6 games. He was excellent in those games, no doubt. From that point on in the season, he was 137/219 (62.6%), 1668 yards, 7.6 YPA, 8 TD, 6 INT. Certainly not bad still, but not nearly as impressive. Then you look at 2011. Then you look at 2012. And it's clear that 2010 was a fluke season. That's his only season in his career where he finished the year with a rating above 85. As for Reid -- you really don't quite understand how much he is run-averse. Just ask Eagles fans who want McCoy to be more involved -- they have been frustrated with the lack of a run game by Reid for a very long time. McCoy has averaged 16.5 carries a game since 2010 (didnt include 2009 b/c I wasn't sure how involved he was). You want to see Charles run the ball 25-30 times in close games? McCoy has only ran it 25 or more times in 3/39 games since 2010. He's ran it 20+ times in 8/39 games. 15+ times in only 22/39 games. If you want Reid, that's fine and dandy, but your run game is going to be less used than it would with other coaches. And if Vick is your QB with Reid, you're just going to hurt your team even more. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Note to self: Sig bet with Buckweath that Chiefs will not win more than 9 games in 2012. None of them will stay. KC will take a high pick in the draft no matter what and will surely get Barkley or Smith. While Crennel is the most likely to keep his job with him being a new HC as well as most of the blame being directed to Pioli, deserved and undeserved. While Reid should take a year off or work somewhere as an assistant to an OC. While Vick will probably go to a team like the Jets, Cardinals, or even the Bills to compete for a starting job. Cassel will go to back up a QB who isn't in trouble of losing his job. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ You cannot post new topics in this forum You cannot reply to topics in this forum You cannot edit your posts in this forum You cannot delete your posts in this forum You cannot vote in polls in this forum

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By Brink Lindsey Until the 1950s, the struggle to feed, clothe, and employ the nation drove most of American political life. From slavery to the New Deal, political parties organized around economic interests and engaged in fervent debate over the best allocation of agonizingly scarce resources. But with the explosion of the nation's economy in the years after World War II, a new set of needs began to emerge -- a search for meaning and self-expression on one side, and a quest for stability and a return to traditional values on the other. In The Age of Abundance , Brink Lindsey offers a bold reinterpretation of the latter half of the twentieth century. In this sweeping history of postwar America, the tumult of racial and gender politics, the rise of the counterculture, and the conservative revolution of the 1980s and 1990s are portrayed in an entirely new light. Readers will learn how and why the contemporary ideologies of left and right emerged in response to the novel challenges of mass prosperity. The political ideas that created the culture wars, however, have now grown obsolete. As the Washington Post aptly summarized Lindsey's take on the contradictions of American politics, "Republicans want to go home to the United States of the 1950s while Democrats want to work there." Struggling to replace today's stale conflicts is a new consensus that mixes the social freedom of the left with the economic freedom of the right into a potentially powerful ethos of libertarianism. The Age of Abundance reveals the secret formula of this remarkable alchemy. The book is a breathtaking reevaluation of our recent past -- and will change the way we think about the future. "Ever since mass affluence, a phenomenon without precedent in the human story, exploded upon postwar America, social and political theorists have wondered, and worried, about the moral and even the spiritual consequences of material conditions. Putting scarcity behind us has been pleasant, but has it been good for us -- meaning good for our souls? It took confidence for Brink Lindsey to venture onto this well-plowed ground with The Age of Abundance . This constantly stimulating book vindicates that confidence. Lindsey is an economic thinker who, like John Maynard Keynes, has a flair for lapidary summations. Lindsey's measured cheerfulness is, like his scintillating book, reasonable." -- George F. Will, The New York Times Book Review Read the full review "Mr. Lindsey thinks mass prosperity is a wonderful thing. He also sees it as the main force driving cultural and political change in America since the 1960s." -- The Economist Read the full article "Brink Lindsey's often brilliantly iconoclastic analysis of modern American culture and politics, shows how the country's political schizophrenia has increased along with its economic prosperity. Lindsey's basic argument is fresh and provocative and his insights are frequently dazzling." -- Ronald Brownstein, Los Angeles Times Read the full review "Brink Lindsey has written a wise, revealing book combining the long sweep of history with a documentarian's eye for detail. Mr. Lindsey shows how contemporary America was born from the Industrial Revolution's uniting of God and Mammon into 'a single, world-transforming faith' known as the Protestant work ethic." -- Chris Tucker, Dallas Morning News Read the full review "Here is one of the freshest and most thought-provoking books on recent American history to appear in years." -- Adrian Wooldridge, coauthor of The Right Nation: Conservative Power in America "Shows us how great an achievement our economy is -- it reshaped our society and our culture, for better and worse." -- Michael Barone, Senior Writer, U.S. News & World Report and co-author, The Almanac of American Politics "In The Age of Abundance , Brink Lindsey provides an admirable -- and much needed -- model of rational, respectful, readable political argument." -- Virginia Postrel, Author, The Substance of Style "In an age of abundance, the libertarian moment may have arrived, trumping the old division between left and right." - Douglas S. Massey, Henry G. Bryant Professor of Sociology and Public Affairs, Princeton University and author of Return of the "L" Word: A Liberal Vision for the New Century "With breathtaking analysis, Lindsey offers a dizzy

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You get the sense that Arsene Wenger has just about had his fill with players moaning and bitching so when he was asked yesterday about players who speak out in the press and want to leave he said I believe any player or employee always had to defend the company he works for and if he is not completely happy with it then he has to go somewhere else. That is basically what I think. That is what I say to everybody. And that's fair enough. If you are not happy at Arsenal, don't go crying to the press about it, speak to the manager and leave if you're so miserable, don't give the press yet more ammunition to fire at Arsenal. Wenger's comments come on the back of Bacary Sagna saying that Song's departure made him have to think about some things, but when Wenger was asked directly if he was talking about Sagna he said I didn't say about the player, just about everybody. You have to defend your company. But I've always said as well that Bacary loves the club and he will stay here. He didn't want to be negative. I expect him to stay and I want him to stay because the interview does not really reflect at all what he thinks about the club. He has always shown total commitment on the football pitch -- for the team and the club. That is much more important. It's important to understand what he wanted to say. You have the freedom to say what you want in life but it is also important you understand what people feel about the club and their job. It's always important to have good communication with them. Wenger spoke with Sagna regarding the interview according to certain press reports but I don't think that any player can be left in any doubt. Not happy? Then off you toddle.

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Mike Gesell and Adam Woodbury will be starting for Iowa this year. Gesell had 18 points in 19 minutes in their exhibition game. He was 3 of 5 from beyond the arc. How much more competitive would we be if those two were starting for us instead? We might not have had a great chance to get Woodbury, but we had a chance. But not getting Gesell really sits in my craw, I gotta be honest. I agree Norm. NU not getting Gesell really didn't sit too well with me. He is/was the first in the line of some good kids to come out of the area(Gesell, Woodbury, Agau, Thurman, etc) and so far NU is 0 for 3 in that department. The state of Nebraska and area don't produce a lot of Div 1 recruits, but when there is some, they have to get them to stay home. I don't really put Agau on Miles too much as he got in the game late with him, but Thurman will be one to see if he can get him to stay. I have heard from some that say that Thurman is a better prospect than Agau. From those that know, is that true. I have also heard rumors that Coach Miles is putting a full court press on Agau to try to get him to stay. Anyone know this? Thanks. The worm has to turn at some point, right? I will give Miles credit for seeming like he understands the challenge he faces and, further, for being one who has actually taken programs that were on skid row and turning them into respectable programs. But it's easier done at lower levels. Climbing to the top of a major conference is a different animal. The teams that CSU faced in conference, game in and game out, are not going to be on the level of the teams that we face in the B1G. About the time we were making the switch to the B1G, I had a chance to talk with Andy Markowski, and his analysis was that the difference Doc would face by switching conferences was that the coaching in the B1G was stronger top to bottom than in the Big 12. And while Doc might be able to sneak some wins against Big 12 teams in spite of inferior talent, that it wasn't likely to happen nearly as readily in the B1G. Because the coaching is better. Therefore, recruiting had to improve. But it didn't. So far, Miles has brought in some players but it's yet to be seen whether we're getting any better players than we did under Doc. I'm hopeful that next year's class will be a step up but, so far, I'm not sure it has been. You all can keep an eye on Vucetic as the season progresses and let me know what you think as to whether he's a future star for us or not or whether he's ready for this level of competition or not. Meanwhile, over in Iowa, they have this true freshman point guard starting for them, just like we have. And a true freshman 7' tall center, just like we have, except theirs is starting. I should get over it. It took me awhile but I eventually got over Roburt Sallie not playing here. I'll get over Gesell too. By the time he graduates, I'm sure his recruitment will be a faded memory. Unless we're still the cellar dweller of the B1G and Iowa is making tournaments. If that happens, I'm sure I'll be suffering from trichotillomania and other similar disorders. Bruce Chubick, who played for Nebraska but now coaches at Omaha South, started posting on the old HHC board about the time of the coaching change when the Agau recruitment was heating up and he said that he thought one of the other Central kids (I assume it was Thurman) had NBA potential. Not a lock to get to the NBA, but if things fell into place with his game, that he had potential to get there. And that comes from someone who played with a few guys who went to the NBA and played against quite a few more who made it to the show. So, take it for what it's worth, but no less an authority than Bruce Chubick thought one of the Central underclassmen (Thurman?) was better. Bruce Chubick, who played for Nebraska but now coaches at Omaha South, started posting on the old HHC board about the time of the coaching change when the Agau recruitment was heating up and he said that he thought one of the other Central kids (I assume it was Thurman

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Grace: the divine milieu As the Catholic Church in Australia celebrates a "Year of Grace" , Benedictine Sister, Magdalen Mather, from Jamberoo Abbey in NSW, reflects on what 'grace' means to her. BY Magdalen Mather OSB\* This year at Jamberoo Abbey it has been my task to talk on the theme of grace. Words are such wonderful, amazing, confusing, illuminating and mysterious things. 'Grace' has been such a word for me in the last few months. The dictionary is my first port of call when trying to grasp the meaning of words, especially 'spiritual' words. The origin of 'grace' in English is related to being grateful. I recall that moments of grace in my life are always accompanied by feelings of thankfulness and the experience of having received a gift. The Oxford Dictionary goes on to define grace as "the free and unmerited favour of God, as manifested in the salvation of sinners and the bestowal of blessings". I always find theological definitions difficult at first and I am tempted to leave them in the 'too hard basket'. They seem to have little to do with the everyday reality of my life. Experience however, has taught me to persevere. Spending time with them allows their deeper meaning to become clear. This often reveals their very great relevance to my daily life. The first thing that is apparent and affirming of my experience is that grace is free. It is a gift that is given and not earned. I cannot earn grace or merit it by somehow being 'good'. In fact grace and its bestowal is about God. Grace is the outflow of the nature of God; it is a means by which God is continually moving toward me as abundant gift and blessing. I heard recently that "attraction is the power of the truth shining through". Grace-filled moments, graceful movement, graceful action or speech are experiences that shine with a very attractive light. Grace seems to manifest an energy that is benevolent and flowing and kind and spontaneous. It is a power that is free of untruth or manipulation. We are attracted to grace. Grace is the power of truth shining through -- this is the milieu of God, an outflow of the essence of God. Grace is God shining through, coming toward us meeting us, rising up within us, flowing through us, between us and among us. It is important that we do not get in the way and block it. Our part is simply to be open to receive it, to recognise it and to know ourselves blessed. One of my favourite passages and also one of my deepest comforts is found in the second letter to the Corinthians. St Paul is complaining of a thorn in the flesh which buffets him continually. He pleads with the Lord to remove it and hears so clearly in reply: "My grace is sufficient for you, for power is perfected in weakness". Like St Paul, I need to relax and stop worrying about being an imperfect human! The Lord is exhorting me to know my imperfection and powerlessness. This place of truth is the only one from which I can truly open to the delightful grace of God doing for me what I cannot do for myself. It is the place of paradox, where power is perfected in weakness. The God of grace enables my living, and I come to experience myself as loved and favoured in God's sight. Grace will always do more for me than I can ever do for myself. There is a deep connection here with the will of God. God's will is a beatific will, that is, a will that can only bless. A beatific will imparts holy bliss. The will of God is the dream God has had in the creation of each of us -- full of grace and truth. Acknowledgment: With thanks to Father Michael Casey OCSO for the expression "attraction is the power of the truth shining through" and for the idea of the beatific will of God as dream, imparting holy bliss. \*Sister Magdalen Mather has been a member of the Benedictine community at Jamberoo , NSW, for 17 years. She regularly directs group retreats and gives spiritual direction to those staying at the Abbey retreat cottages. Who is my Neighbour is a high quality production which tells the Good Samaritan story. With attractive, contemporary images this booklet highlights the Benedictine values which help us face the challenges of our world

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Wolftrap - As Long As You Love lyrics Wake up in the night so lonely to sleep Why are we close? Whatever it needs. You took my word, don?t let you down. I gave you my heart, you keep it as home. Babe, when you?re gone, the nights seems so long I burry my head and into wistful dreams I hide. Look in your eyes, I see the sunrise It?s rivers and peace and heather sweeter lullabies. Listen me now, it was alone where we walked through And the longer worn our hand So puts all your fears to rushed. ?cause as long as you love, As long as you care and stay beside me, I know there will be no one ever stay between us. As long as you love, As long as you care and stay beside me, I know there will be no one ever stay between us. ?cause as long as you love, As long as you care and stay beside me, I know there will be no one ever stay between us. Wake up in the night so lonely to sleep Why are we close? Whatever it needs.

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What are the housing and housing benefit rights of people with limited leave? Generally, people are given limited leave in the UK to work, study, visit or join family members with the condition attached that they must be able to accommodate and support themselves without recourse to public funds. The housing and benefit eligibility regulations mirror this by excluding them from eligibility in most cases. People with limited leave to remain can apply direct to housing associations because there are no eligibility regulations for these applications. People on short stays (visitors and some short-term students) may be refused because associations generally aim to house people intending to stay in the area for some time. You can find the Immigration Rules about public funds here : this is the section of the rules that provides general definitions, and 'public funds' is defined, but at the end of the section there is a detailed clarification that also forms part of the rules. Housing and support from social services A person with limited leave who supports him/herself from their own funds may be entitled to housing benefit for up to 42 days (six weeks) if their funds are temporarily disrupted, this exception applies despite any restrictions placed on their leave which prohibit recourse to public funds. Housing benefit for people whose funds have been disrupted If a person with limited leave has been self-supporting, but their funds have been temporarily disrupted, they are entitled to housing benefit for up to 42 days (six weeks) as long as they have a reasonable expectation that their funds will be resumed shortly. See who is eligible for housing benefit for more on this. This is despite any restrictions placed on their leave in the UK. In Wales people from these countries are also eligible for a housing allocation and homelessness services from the local authority. Housing benefit for couples where one has limited leave A member of a couple who has limited leave (and so who would be ineligible for HB/CTB if they were single) but whose partner is eligible for HB/CTB (e.g. a British Citizen) can receive HB/CTB provided that their partner makes the claim. Partner here means a spouse/registered civil partner or a person who is living with them as if they are their spouse/civil partner. Housing waiting list applications where people with limited leave are part of the household Any eligible person can make an application as homeless or to go on the housing waiting list, but there can be complications if the application includes people who are ineligible because they have limited leave (or no leave, e.g. a couple where one member is a British Citizen and the other has limited leave). If an eligible applicant applies to go on to the council waiting list or to enter the allocations scheme, the local authority must assess the needs of the applicant according to their allocation scheme, and give reasonable preference to certain types of applicant, which includes applications made on the grounds of overcrowding or social or medical need. As long as the applicant is eligible, other members of the household are taken into account in deciding need and reasonable preference, even if they would themselves be ineligible because of their immigration status: see R (Kimvono) v Tower Hamlets London Borough Council [2001] 33 HLR 239. When a local authority receives an application in this type of case it must first decide who it is reasonable to treat as a member of the household and in doing so the temporary nature of a person's immigration status can be a factor it takes into account: see Ariemuguvbe . So whilst it would reasonable for the council not to include the applicant's adult child where that child had already been living independently (Ariemuguvbe) it would be unreasonable to exclude a child that was a minor (Kimvono -- see above). Rules about who can actually apply for a housing allocation in England are likely to vary in future between local authority areas, because on 18 June 2012 the Localism Act introduced changes which enable councils to set their own local rules about who can apply to be on a housing register or waiting list. However, many councils may not make specific local rules, or may make them later after local consultations. Changes in the rules cannot discriminate directly or indirectly against particular nationalities or ethnic groups (for more on this see the page on what is discrimination? ) The new rules will not affect homelessness assistance and do not apply to Wales . Homeless applications where people with limited leave are part of the household In determining priority need and homelessness, the local authority must ignore anyone in the household who is not eligible for

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In 1886 the family moved to London where their home in Russell Square became a centre for gatherings of socialists and suffragists. They were also both members of the Fabian Society . As June Hannam has pointed out: "Sylvia's own interest in socialist and feminist politics was influenced by her parents' activities and also by the many well-known speakers and writers who visited the family." During these years Richard and Emmeline continued their involvement in the struggle for women's rights and in 1889 helped form the pressure group, the Women's Franchise League . The organisation's main objective was to secure the vote for women in local elections. In 1893 Richard and Emmeline Pankhurst returned to Manchester where they formed a branch of the new Independent Labour Party (ILP). In the 1895 General Election , Pankhurst stood as the ILP candidate for Gorton , an industrial suburb of the city, but was defeated. Her father died of a perforated ulcer in 1898. Sylvia had been very close to her father and never really got over his death. Unlike her mother and sister, Sylvia retained the socialist beliefs that had been taught to her by her father when she was a child. By 1905 the media had lost interest in the struggle for women's rights. Newspapers rarely reported meetings and usually refused to publish articles and letters written by supporters of women's suffrage. In 1905 the WSPU decided to use different methods to obtain the publicity they thought would be needed in order to obtain the vote. On 13th October 1905, Christabel Pankhurst and Annie Kenney attended a meeting in London to hear Sir Edward Grey , a minister in the British government. When Grey was talking, the two women constantly shouted out, "Will the Liberal Government give votes to women?" When the women refused to stop shouting the police were called to evict them from the meeting. Pankhurst and Kenney refused to leave and during the struggle a policeman claimed the two women kicked and spat at him. Pankhurst and Kenney were arrested and charged with assault. Christabel Pankhurst and Annie Kenney were found guilty of assault and fined five shillings each. Kenney and Pankhurst were found guilty of assault and fined five shillings each. When the women refused to pay the fine they were sent to prison. The case shocked the nation. For the first time in Britain women had used violence in an attempt to win the vote. In 1906 Sylvia gave up her studies at the Royal College of Art and worked full-time for the WSPU . Later that year she suffered her first imprisonment after protesting in court at a trial in which women had not been allowed to speak in their own defence. Sylvia was also very active in the Labour Party and became a close friend of Keir Hardie , the leader of the party in the House of Commons . According to the author of Freedom's Cause: Lives of the Suffragettes (2003): "The young student, now aged twenty-four, had fallen for the fifty-year-old politician in a manner which went far beyond mere admiration or friendship. As the relationship developed, the complexity of these feelings became clearer. Sylvia saw Hardie as part political hero, part father-figure and part potential lover. Gradually he began to return her feelings... Hardie helped her move into cheaper lodgings, soothed her furrowed brow and took her out for a cheering meal. From then on Sylvia often visited him at the House of Commons and the two walked together in St James's Park or spent the evening at Nevill's Court. Quite how they dealt with the fact that he was already married is not entirely clear." During the summer of 1908 the WSPU introduced the tactic of breaking the windows of government buildings. On 30th June suffragettes marched into Downing Street and began throwing small stones through the windows of the Prime Minister's house. As a result of this demonstration, twenty-seven women were arrested and sent to Holloway Prison . On 25th June 1909 Marion Wallace-Dunlop was charged "with wilfully damaging the stone work of St. Stephen's Hall, House of Commons , by stamping it with an indelible rubber stamp, doing damage to the value of 10s." Wallace-Dunlop was found guilty of wilful damage and when she refused to pay a fine she was sent to prison for

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share this story One of the biggest challenges facing many people when they look at how they can refer other people is the fear that they will upset friends in the process. At a recent BrightTalk seminar on how to generate referrals, I was asked how to make introductions without losing friends. The full question read: "I am trying to make referrals for someone I met in the insurance and financial planning industry. The difficulty is that to just give him names of friends and people I know might annoy them when he starts contacting them. But it is also difficult to ask questions to qualify the lead as it's a bit personal in nature." There are two parts to the answer. The first part lies in the definition of a referral. Many industries and sales teams focus on collecting names and numbers from people as part of their 'referral strategy'. They are then happy to cold call those people and hopefully get sufficient names to get some sales. This is not referral generation, it is lead generation. They are completely different things. Picture yourself sitting at your desk busy trying to meet a deadline. The phone rings. It is someone trying to sell you something. You are not expecting their call, you don't necessarily recognise that you have a need for their services and, to be honest, you don't have the time or inclination to find out. Whether or not they use the name of someone you know as part of their introduction. Now imagine the same scene. Only this time you are expecting the call, you know what it is about and why it is relevant to you. However busy you are, you will be far more receptive to the caller and what they have to say. That is because they have been referred to you. In other words, a friend has recommended their services because they may be able to help you and you have agreed to accept their call. So, the first part of my answer is that you shouldn't give your friends' names out as leads without their knowledge. You can almost guarantee that you will upset more than one person that way. So, how do you overcome the problem of asking personal questions? The financial advisor you are trying to refer should be able to help you there. Ask him for examples of some of his typical clients and when they need his help. Not for the personal financial situation, but the general one. People look at their financial planning typically when something happens to change their situation. It may be that they are buying a first home, are expecting their first child, are planning to retire or a host of reasons. The examples above are all situations you could easily recognise in your friends. If the financial planner can explain why people in that situation need his help and the difference he can make to them, it should be easy for you to convey that message in a way that your friends will want to speak with him; because he can make their life better or easier. You don't have to risk relationships when you pass referrals. In fact, if you do things the right way, that can make a positive impact on people, it helps you build relationships and make new friends. Good distinction... I have found in the past that a short and polite email is often more preferable to a 'warm' call. Plus, the last time I tried that, it did lead to new business. Not with the potential client I was contacting but a contact of theirs needed an SEO copywriter. I think a referral or even a lead has the potential to go sour, though. My name was passed on without my knowledge a few years ago, and I kept getting phone calls every couple of days. I had politely said 'no thanks' at the time, but they wouldn't take no for an answer. That put the referrer in a bad light, although, naturally, it wasn't their fault that this 'harasser' was overly persistent to the point of rudeness. It sounds like the 'referral' (actually a lead from the sound of it) you mention went sour precisely because the person passing on your name hadn't spoken to you first. The first rule of referrals is to make sure the 'prospect' has an interest and is expecting a call. Otherwise it's not much of an improvement on a cold call. p\_blogger\_Andy Lopata: Thanks for commenting Tracey. It sounds like the 'referral' (actually

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2011 Homeless Count Results are in The 2011 Homeless Count was released this week. Highlights of the report include: The total homeless population was virtually unchanged. 2,650 people were found in 2011 as compared to 2,660 counted in 2008. This change is statistically insignificant. Unsheltered homelessness decreased dramatically. In 2008, there were 1,574 people without shelter compared to 758 in 2011, a 52% reduction. This suggests that the increase in shelter beds across the region and continued efforts by outreach workers are paying off. Sheltered homelessness increased significantly. There was a 74% increase in the number of people in emergency shelters and similar facilities -- from 1,086 in 2008 to 1,892 in 2011. This increase would not have been possible without the added bed capacity. People stayed in emergency shelters for shorter periods of time. Overall, 77% of those surveyed in shelters reported that they stayed in shelters for less than 3 months during the previous 12 months. This is indicative of better shelter flow-through and efficiencies. Aboriginal people remained over-represented in the homeless population. Aboriginal people comprise about 2% of the general population of Metro Vancouver but they remain overrepresented at 27% of homeless people enumerated. Youth homelessness increased. A total of 397 unaccompanied youth under the age of 25 were found. This was the highest number of unaccompanied homeless youth ever found in the region -- a 9% increase from 2008 and a 34% change from 2005. The female share of the homeless population increased. The proportion of females in the homeless population has been rising since 2005. In 2005, one of four homeless person (26%) was female but by 2011 nearly one in three (30%) was female. The number of homeless families counted increased. Fifty-six homeless families with 54 children were found. This was the highest number of families ever recorded in a Count. The majority of the children, 32 of the 54, were 12 years or younger. The majority of the homeless families (55%) reported being homeless due to family breakdown, abuse or conflict. More seniors remained homeless longer. Although their ranks did not increase from 2008, more than 200 people aged 55 years and older were found. Nearly 48% of the seniors were considered long term homeless -- people who had been without a home for at least one year. Large segments of this population also faced health issues. Health conditions for people who are homeless have worsened. Incidence of multiple health challenges among the homeless increased significantly. Nearly two out of three homeless people surveyed (62%) reported multiple health conditions, including one in three (31%) that reported three or four health challenges. The unsheltered homeless population had difficulties accessing food. Nearly 70% of the unsheltered homeless population had not had a good meal for two or more days when they were encountered on Count Day. On the other hand, 75% of the sheltered reported eating a good meal within 24 hours of the Count. Add new comment Your name Comment \* CAPTCHA This question is for testing whether you are a human visitor and to prevent automated spam submissions. Leave this field blank Comments (1) I think it is good that this information is being shared with the public. There is so much that we don't know about the homeless and knowing these statistics helps us to determine what routes to help them to take next. Homelessness is a growing problem all over the world with casino-en-ligne but there are more and more people who are stepping up to help those who want the help.

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From Coventry in the UK, the award winning 'Dark Side Of The Wall' are one of the country's leading Pink Floyd tribute bands with over 12 years of regular concert performances behind them. Excelling in accurately performing music from the extensive Floyd back catalogue, from the very first studio album in 1967 through to the last in 1994, they also re-create the unique experience of a Pink Floyd concert. For more background on the band, and what to expect at a DSOTW, show simply click here . HEAR US LIVE - BREATHE (2.84MB) Recorded through the desk live on stage at The Point in Cardiff - June 2007

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Book Description Release Date: March 26, 2002 Erik Weihenmayer was born with retinoscheses, a degenerative eye disorder that would leave him blind by the age of thirteen. But Erik was determined to rise above this devastating disability and lead a fulfilling and exciting life. In this poignant and inspiring memoir, he shares his struggle to push past the limits imposed on him by his visual impairment-and by a seeing world. He speaks movingly of the role his family played in his battle to break through the barriers of blindness: the mother who prayed for the miracle that would restore her son's sight and the father who encouraged him to strive for that distant mountaintop. And he tells the story of his dream to climb the world's Seven Summits, and how he is turning that dream into astonishing reality (something fewer than a hundred mountaineers have done). From the snow-capped summit of McKinley to the towering peaks of Aconcagua and Kilimanjaro to the ultimate challenge, Mount Everest, this is a story about daring to dream in the face of impossible odds. It is about finding the courage to reach for that ultimate summit, and transforming your life into something truly miraculous. "I admire you immensely. You are an inspiration to other blind people and plenty of folks who can see just fine." (Jon Krakauer, author of Into Thin Air ) Erik Weihenmayer was born with retinoscheses, a degenerative eye disorder that would leave him blind by the age of thirteen. But Erik was determined to rise above this devastating disability and lead a fulfilling and exciting life. In this poignant and inspiring memoir, he shares his struggle to push past the limits imposed on him by his visual impairment-and by a seeing world. He speaks movingly of the role his family played in his battle to break through the barriers of blindness: the mother who prayed for the miracle that would restore her son's sight and the father who encouraged him to strive for that distant mountaintop. And he tells the story of his dream to climb the world's Seven Summits, and how he is turning that dream into astonishing reality (something fewer than a hundred mountaineers have done). From the snow-capped summit of McKinley to the towering peaks of Aconcagua and Kilimanjaro to the ultimate challenge, Mount Everest, this is a story about daring to dream in the face of impossible odds. It is about finding the courage to reach for that ultimate summit, and transforming your life into something truly miraculous. "I admire you immensely. You are an inspiration to other blind people and plenty of folks who can see just fine." (Jon Krakauer, author of Into Thin Air ) {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Editorial Reviews From Publishers Weekly In this moving and adventure-packed memoir, Weihenmayer begins with his gradual loss of sight as a very young child. By the time he became fully blind in high school, he had already developed the traits that would carry him to the summits of some of the world's highest mountains as well as onto the frequently hazardous slopes of daily life: charm, resilience, a sense of humor, a love of danger and a concern for others. His eloquent memoir exhibits all these traits. Weihenmayer--a thrill seeker who sky

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Further details about hardware specs and a release schedule have not been reported, but WPCentral said that "when compared to current WP8 hardware it's something unique." A Microsoft spokeswoman declined to comment directly on the rumours. "We are big believers in our hardware partners and together we're focused on bringing Windows Phone 8 to market with them," she said in a statement. Nokia chief Stephen Elop, however, told All Things D on Tuesday that he has seen no evidence of Redmond's plan to launch its own phone. Additionally, Microsoft - like Nokia - would have trouble competing with devices like Apple's iPhone 5 and Samsung's Galaxy S3, he said. "I have no indications they are planning to do their own phone," Elop told the site. "They can do it if they so choose." Nokia made a major commitment to Windows Phone last year, and will roll out it newest Windows Phone 8-based Lumia 920 and 820 smartphones later this year . The China Times said that Microsoft's phone will launch under the "Surface" brand name. Microsoft reportedly blindsided its PC partners with news of its Windows 8 Surface tablet, announced in June , so speculation that the company is secretly developing its own smartphone might not be that far-fetched.

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Associations, clubs and charities Australian clubs and associations rely upon cash generated from membership sales, sponsorships and fundraising to survive. There are consistent challenges that you face when searching for a simple strategy that allows you to increase your revenue and reduce your fixed expenses so you can invest more money into what you do best. Well, for over 21 years, Australian clubs, associations and charities have turned to Bartercard to help solve these problems by creating income generating/cash saving strategies. They're using Bartercard to sell unsold advertising space, sponsorship packages and tickets. With the Trade Dollars they've generated, they're saving cash by offsetting some of their expenses using Bartercard for costs associated with functions, raffle prizes, merchandise and the equipment needed to run successfully. Hear how our Bartercard members are using Bartercard... Richard Clarke, NZ Breakers "We have made our sponsorship work by having it integrated at every level of our business -- we have core expenses such as printing and catering that we have been able to source suppliers directly via Bartercard, our venues have been able to accept T$ as part of their fees as they have been able to cover some of their direct costs on T$, and our staff and players have assisted in cash conversion through using the Bartercard network for personal expenditure. We have also been able to help add value to our other sponsors while cash converting, by sourcing marketing opportunities via Bartercard and on selling these to other sponsors." Gold Coast Titans, Michael Searle Applying Bartercard to our Club has saved us thousands of dollars. Almost anything is available on Bartercard. Business is diverse these days and looking at alternative non-cash solutions works particularly well. My recommendation to other Clubs is to use Bartercard...it has worked for us. Daniel Herbert, Queensland Reds "At Queensland Rugby we are very encouraged by the number of avenues we can utilise within Bartercard and the new relationships we can form with suppliers and new sponsorship partners. Bartercard is more than just a business tool -- it's a stand-alone business strategy that effectively benefits all levels of our code, from the elite and flagship Queensland Reds team all the way through to the community clubs at the game's grass roots. Roger Phillips, Australian Rainforest Foundation "Bartercard has enabled us to not only buy goods and services using trade dollars, but has resulted in an ongoing business relationship with key suppliers we may not have found outside the Bartercard community.We have used Bartercard for our website and ongoing PR here in Australia and in the UK" Karen Dahlskog, Hear and Say- Centre for deaf children "Bartercard is a real complement to fundraising in the charity sector. We view our Bartercard income as a valuable component to our business. The benefits of being a member of Bartercard to us are twofold. We're exposed to new business partnering opportunities through Bartercard's various networking events, and we able to purchase products on Bartercard that we can cash convert by selling at our live and silent auctions. "Bartercard has been a fantastic additional revenue stream for our association. The main areas that we utilise Bartercard is our representative team programs and the purchase of merchandise for our membership packages. We spend on accommodation and transport for our respective teams, which normally takes up a large part of our annual cash budget. Last year we offset 15% of our total expenses using Bartercard Trade Dollars which enabled us to utilise our cash to spend in other areas!" Dave Emblem, Blue Tongues Ice Hockey "We wouldn't have a team if it wasn't for the support of Bartercard. Bartercard has had a major impact on our club. Since joining Bartercard, we have successfully gained sponsors and sold various membership packages to Bartercard members. The income we receive from the sponsorship arrangements and membership sales assist us by providing the necessary working capital we require to operate our club." So if you're looking to... Sell more advertising space and memberships Increase your sponsorship, donations and event attendances Enhance your profile through free local, national and international marketing opportunities ...and if you'd like to... Save Cash on your functions and regular events Save Cash when buying auction or raffle prizes Save Cash with equipment and other operating necessities Tap into Bartercard's 20,000 businesses! Your next potential member, sponsor or donor could be right around the corner. Call Bartercard today on

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We love good beer There are some cool beer events happening in the lower mainland in the near future. I found out about them via the CAMRA Vancouver email list and the CAMRA Vancouver Facebook group . If you want to know the latest cool beer goings on, I suggest you join both the list and the group. However, I wouldn't stop there; I'd consider becoming a full fledged CAMRA member. The $25 fee will quickly be recouped in savings and other perks, trust me, do it, join . Now for the events: Big Ridge in Surrey is hosting a Brewmaster's Dinner on Tuesday the 28th at 7PM. The dinner costs $40 and features four delicious courses, each paired with a tasty big ridge brew. Learn more. It is once again time for the annual Dix Summer Caskival, where many brewers bring a cask or two of their creations for us to enjoy in one spot. The Caskival is August 8th from 12PM to 5PM and costs a mere $20. I have not attended a Dix Caskival yet, but plan to make this my first. Check out the beer lineup and other info here . 5 Comments to A couple of events Erik, while surfing for Bottom feeding Yeasts in a Kombucha Mushroom Tea research, I ran across your Lambric Picture and since Lambric is a wild ferment and kombucha may be considered one also I would your permission to post your picture in a comparison. A link and credit would be cited as well.

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On the Edge of the New World Plimoth Plantation Alan Villiers sailed a full-size replica of the ship Mayflower from England to New England in 1957. In the same year, building had begun on Plimoth Plantation , a representation of the village set up by the Mayflower colonists. The town was named for the last place the settlers had seen in England in 1620. Spelling was not standardised then. The Plantation version was one of several used at the time and distinguished it from the name of the modern city close by. The Mayflower i s moored alongside the State Pier there. Plimoth Plantation fulfilled the vision of 'Harry' Hornblower II who had spent boyhood holidays in Massachusetts. He became fascinated with the stories of the Pilgrim Fathers and the symbolic landing point they were supposed to have first stepped onto -- the ' Plymouth Rock' . There is no documentary evidence to support the claim, and, in fact, the settlers actually made landfall near the tip of Cape Cod close to modern Provincetown. They made their first permanent homes within a couple of hundred metres of where the Rock sits under a classical canopy dating from 1920. Hornblower opened a 'first house' representation on the waterfront in 1949, adding a second house and then a fort/meeting house soon after. In 1956, his family provided the land for the present village reconstruction, where building began the following year. The fort was moved there. It now acts as the main entrance to the colonists' village project, with many houses with their backyards, workshops and fields with sheep, cattle and goats. Native 'wigwams' were set up in 1964. Costumed guides described life in the colony and the ways in which the houses had been furnished with antiques. Mannequins were placed to represent the inhabitants. It depicted the village as it might have been in 1627 when it really stood where the city is today. In the late 1970s, staff began to try out techniques that had been established in other US museums such as Old Sturbridge, also in Massachusetts, and a few places in Britain. This was First Person Interpretation. They adopted well-researched roles based on real historical people, their lives and characters. Visitors found themselves being greeted as if they were seventeenth century travellers. Careful training by linguistic specialists prepared them to use one of seventeen local or regional English dialects with appropriate vocabulary. Meticulous preparation allowed them to deal with questions about village life and the culture of the colony. Suitable ways of responding to visitors who referred to twentieth century features such as fridges or automobiles were devised. These glossed over such things by saying something like "you will have your new devices; we have to make use of what we can". In the late 1960s, a crucial development began to appear. People from the nearby Native American community, the Wampanoag, were drawn in to operate a 'summer camp' Native Village alongside the Pilgrim Village. It gradually established close to the settlers' homes but with its distinct style and culture. Wampanoag huts, crops and craftwork were placed on view and in the hands of Native peoples. The route in to the main village from the museum entrance runs through the Wampanoag site, taking visitors in the correct historical stages of Native America being followed by settlers arriving from England. Other museums have had to move away from the white European view of the United States. Black slave history is the subject of the National Underground Railroad Freedom Centre in Cincinnati. The Magnolia Plantation and Gardens near Charleston has been restoring slave huts for visitors to see. Native American life and culture is so far on show in small centres and archaeological sites. But Colonial Williamsburg, an important museum and town in Virginia with key War of Independence connections, has been building up the depiction of black history slowly over some decades. Sited in a prominent slave state the role of black people was central to life in Williamsburg. The problem has been twofold. As a museum devoted to the mid-eighteenth century, it has to have black folk shown in slave and servant roles, which can reinforce a status that is no longer acceptable. At the same time, at least in the 1950s and 60s, the museum could only go so far in placing black people in more important staff positions as some whites opposed such moves. Plimoth Plantation now gives more stress to the

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Sites I like I'm exploring the web to find sites I like The Dominican way of life. When travelling to the Dominican Republic it is good to know some of the countries culture, customs and etiquettes. I researched my archive and surfed the web to compile some of the most interesting customs and characteristics of the wonderful Dominican people. more... loading... Best Deals When travelling to the Dominican Republic it is good to know some of the countries culture, customs and etiquettes. I researched my archive and surfed the web to compile some of the most interesting customs and characteristics of the wonderful Dominican people. You will be surprised to see how Dominicans who have never met each other can strike up a conversation like they have been best friends forever. Strangers greet each other as amigo or amiga. Mi amor (?my love?) is used commonly among men and women ? even if they don?t know each other ? and no one takes it as sexual harassment. Dominicans also typically say joven (?young one?) or amigo (a) (?friend?) to get someone?s attention, such as a waiter in a restaurant. Before addressing someone it is expected that you properly salute this person. When you step into a bus, or shared cab with a general greeting like ?Buenos das?, you will notice that everyone will greet you back. Dominicans welcome each other and say goodbye by touching cheeks while making a kissing sound. Kisses are always exchanged between women and often between women and men, but only if the woman initiates it first. Dominican men usually greet with a hug. Keep in mind that kissing isn?t necessarily limited to people who know each other. If you make friends with a Dominican and you are introduced to another friend or a family member, don?t be surprised if that person lands you a big kiss. Dominicans have no problem cutting in front of you while ordering a cup of coffee or a burger. This is part of the culture and has nothing to do with you personally. Just stand your ground while maintaining a smile. When buying goods on the streets or beach you are expected to bargain but keep in mind that an extra couple of dollars go a long way in the Dominican Republic and helps putting food on the table for large families spanning various generations who are living together under one roof. The main meal, comida, is served at midday and often lasts two hours. Families prefer eating at home. Desayuno, or breakfast, is usually light. The cena, or evening meal, is also light, often not more than a snack or leftovers from comida. Guests are served first, sometimes separately and more generously. Rice is served at most meals in large quantities. La bandera (the flag) is a popular national dish; the white rice and red beans remind people of the flag colors, hence the name. The third ingredient is stewed meat, and it is usually served with fried plantain and a salad. Another favorite dish is sancocho, a meat, plantain, and vegetable stew. On the coast, fish and conch are enjoyed, and coconut is used to sweeten many seafood dishes. Root vegetables include sweet potatoes, yams, cassava, and potatoes. Small quantities of chicken, beef, pork, or goat are eaten with a meal. Food is generally not spicy. Dominican coffee is served in small cups and tastes very sweet and strong. Dominicans love to receive houseguests who are treated like royalty. If you are bringing gifts, you should be aware that as with many European countries, the colors purple and black have associations with death, funerals and mourning and therefore should be avoided. Appropriate gifts are sweets, chocolates, cakes, pastries or flowers, and you should expect that gifts are opened and graciously remarked upon in your presence. Arriving between 15 and 30 minutes later than the stipulated time is considered on time. Tipping is widespread in the Dominican Republic, as the average salary is low. You will find that a fair and generous tip will ensure a good service. As tourism is an important industry, you should be aware that should you need to photograph or require the assistance of a local, it is good etiquette to show your gratitude by tipping them a small sum of money. Being well dressed and groomed is a matter of extreme pride in Dominican culture, with even the poorest person going all out to look his or her absolute best in public. As

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So engaging were some of Peter Gzowski's radio interviews that many people who were listening to them on their car radios would drive to the shoulder of the highway or park by the curb on a leafy street so they could better pay attention to what was being said. He was a giant of radio in this country, "Mr. Canada" to many, "Mr. Broadcasting" to many others. He was a writer, a columnist, a magazine editor, the author of at least 10 books, depending on which ones you count ? the marvelous collections of letters sent to This Country in the Morning and Morningside , his personal writings such as The Private Voice , or his elegant true stories of teams and athletes and adventures. He was also a reluctant and uncomfortable television performer on programs such as 90 Minutes Live and Gzowski & Company . He was a champion of literacy, raising millions for the cause through his annual golf tournaments called the "Peter Gzowski Invitationals" held across the country, even on the ice and the snow of the Arctic (using orange balls). He loved journalism, though he liked the word "reporter" better than "journalist." He loved hockey, baseball, golf, contract bridge, cryptic crosswords, the North and the sweep and content of the country. He nearly lost count of the honorary degrees he collected over the years. In 1999, he was appointed Chancellor of Trent University in Ontario, fittingly on July 1 ? Canada Day. He held the position until he died. He died of chronic obstructive pulmonary disease or what is more commonly known as emphysema, "the smoker's disease." Gzowski has often discussed and written about his addiction to cigarette-smoking. In the recent book Addicted: notes from the belly of the beast , published by Greystone Books, he wrote a chapter he titled, "How to quit smoking in 50 years or less." In that chapter he says he smoked three large packages of Rothman's a day ? 75 cigarettes. He wrote, "I have what the health care system, bless its heart, calls COPD, for Chronic Obstructive Pulmonary Disease, but which everyone knows really means emphysema?." The truth is, Peter Gzowski died of smoking. He was born on July 13, 1934 in Toronto. When he was six he moved to Galt, Ontario with his mother and her new husband, Reg Brown. In 1948, at the age of 14, he ran away from home and found his paternal grandfather, who managed to have Peter admitted to his alma mater, Ridley College in St. Catharines, Ontario. Gzowski was the great-great-great grandson of Sir Casimir Gzowski, a Polish noble who was an engineer. After Ridley, where he graduated with two scholarships, he enrolled at the University of Toronto. He began his journalism career at the Timmins Daily News in northern Ontario, returned to the University of Toronto where he was editor of the student newspaper, The Varsity and worked part-time at The Telegram . In the spring of 1957, Gzowski became city editor of The Moose Jaw Times-Herald in Saskatchewan. By the fall of 1957 he was managing editor of the Chatham Daily News back in Ontario. The next year he joined the staff of Maclean's magazine. At the age of 28 he became the youngest-ever managing editor of Maclean's and became known as journalism's "boy wonder." He turned to radio in the early 1970s, hosting the CBC's This Country in the Morning and left radio for a disastrous stint hosting the nightly television show 90 Minutes Live . When that show blew up, Gzowski scratched around for writing assignments, wrote the non-fiction books titled The Sacrament and The Game of Our Lives , the story of Wayne Gretzky and the Edmonton Oilers. It was a lonely time for Gzowski. He lived in Rockwood, a hamlet northwest of Toronto. He felt cut off, banished. "My God, how sometimes the telephone doesn't ring," he told a friend. His return to radio came about as the result of a chance encounter in a restaurant with Barbara Frum, then the star host of CBC Radio's As It Happens. "How come I never hear you on the radio any more?" Frum asked. "Nobody ask

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Friday, February 24, 2012 Pinterest: How to prevent your Blogger images from being pinned This post explains how to stop images on your Blogger blog from being pinned to a Pinterest site - by inserting a meta tag in your Blogger template. I discovered that Pinterest has responded to the very many howls of "theft!" by those concerned about copyright infringement. I know I was very concerned when I saw how people were pinning with blatant disregard for the owner of the image and their copyright restrictions on use or publication on other sites. (At the end of this post are references to several blog posts and articles which detail why it is a problem) Pinterest has now introduced a piece of code which prevents images on your website or blog from being pinned. When a user tries to pin from your site, they will see this message: "This site doesn't allow pinning to Pinterest. Please contact the owner with any questions. Thanks for visiting!" I tried it - and it works. So this is what you have to do to install the code on Blogger. 1. Old Blogger - Go to the "Design" Tab in Blogger. In New Blogger, select the edit menu and then choose template. Alternatively, while logged in, select the Design command - top right of page. (Note that the template - in html - looks the same which ever route you get to it) 2. Select the "Edit html" tab. This is what it looks like (I'm using one from a 'dead' blog) This is what you see when you want to edit Blogger Template html 3. Before editing your template, you may want to SHOULD save a copy of it. Download Full Template. 4. Copy the code from Pinterest 5. Insert the code in the head section of the blog - that's the bit above the ======== lines. Below you can see an image of where I put it - just after the &lt;head&gt; code 6. SAVE the template 7. Now try to add an image from the blog to Pinterest (you'll need an account to be able to do this). Select Add+ Insert the URL for a blog post into the Add+ window You will then see this message! :) Pinterest tells the pinner that pinning isn't allowed It's simple and quick - so long as you have access to the html code of your website . If you don't I suggest that you write and ask the webhost support team how best to implement the pinterest code for your website. Can I also suggest you SHARE this post with your friends who have Blogger blogs. They may not bothered - but there again they may prefer to protect their artwork and not have it taken from them for free and without asking. The final concern surrounds copyright, namely the legal ambiguity around what can and can't be shared. Josh Davis at LLsocial points out that 99% of pins are likely to be in violation of Pinterest's own terms of service , which state that when a user pins an image it means they have been granted access to do so or own the item personally Pinning Violates Image Licenses Online bloggers, writers, artists and photographers have a simple, legal way of benefitting from their images posted on the web: licensing. An image license means the copyright owner gives permission for a specific, limited use, in exchange for something in return. With stock photos, the "something" is money: people pay to use good-quality photos to make their websites or publications look great. With Creative Commons licensing, the "something" is credit and a link back.A backlink is a valuable commodity: it not only sends traffic to the artist or photographer's website; it also can help a site rank better in search engines. With affiliate marketing programs like Allposters.com or Zazzle.com, the affiliate may use small copyrighted images like movie posters or artwork in exchange for a link back to the store selling the poster or art. Pinning a licensed photo cuts through these legal, mutually beneficial agreements like a machete through a spiderweb. Benn Silbermann is the founder of Pinterest. On Monday he wrote a post on the Pinterest blog "Oh, How Pinteresting!" about Growing Up which states their position on copyright - and how they respect it, help people to report it - and (this is NEW!) insert code into their websites to prevent images from being copied. We decided to start today by talking about copyright. As a company, we care about respecting the rights of copyright holders. We work hard to follow the DMCA procedure for acting quickly when we receive notices of claimed copyright infringement. We have a form for reporting claims of

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Letting go of the baby Owners of small to medium sized businesses often don't have a clear idea of what will happen with the company when they eventually come to retire or simply want to pursue different interests. Even when they do, they simply have trouble "letting go of the baby". Will the company continue? Is the company in a suitable state to be able to sell it or will it be the case of shutting the door and walking away? Many owners realise that to be able to sell the business it needs to be able to stand on its own feet without the need for them; and to make it attractive to purchase it possibly needs to grow in terms of size and profitability. Some owners also recognise they need help in making these changes, to drive business development and to put clear processes and procedures in place. Some even recognise that new people may be required. However even when all of this has been done, many fail to see the hurdles that lie ahead between now and the point of exit, in particular the people issues that can occur if the process is not carefully planned and managed. From the owner's point of view, having possibly built the business from scratch, there may be a large amount of emotional attachment to what is metaphorically seen as the owner's 'baby'. There can be a number of personal issues to be faced and overcome, such as: coming to terms with what the exit means for them personally (what will they do with their time post-exit); letting go from an emotional point of view (changing the idea of the business as being their baby to it being an investment); letting go from a control point of view (trusting the team); accepting they don't know it all (taking advice on the best strategy for exit); and feeling guilty of imposing a new owner on the team (the bad 'parent'). As the exit draws near and certainly afterwards, there may be additional issues: a reduction of self worth; a sense of loss, almost akin to bereavement; and a fear of what comes next. To address these, the business owner needs to create very clear personal goals and have a clear plan for what to do after the exit. At the same time, the business owner is responsible for ensuring the rest of the employees are taken through the exit in as smooth a way as possible, without the loss of any key personnel. Some may welcome the news of a new owner; however others may be against it and fear for their own future. To ensure a smooth transition, the owner may need to develop new skills, such as: introducing change; dealing with dissent; dealing with conflict; building trust; presenting to the employees; presenting to prospective buyers; and delegating tasks. One-to-one coaching of the owner, plus facilitated workshops with the management team and other key-employees can help address the above issues, developing the communication skills and relationship skills of the owner to develop the trust needed for the team to buy into the strategy. It also helps in building self-confidence in the owner, who may not be used to the activities and responsibilities required for the transition to be a success. Of course when there is more than one owner and a joint exit strategy is required, the above issues are magnified. Here again, one-to-one and group coaching of the individuals involved can help achieve common goals and understanding, helping each owner to understand the drivers and motivation of the others. Remember, when "letting go of the baby" and trying to ensure a successful exit, it is not enough to just put in the required systems and procedures, you also need to recognise and deal with the people issues that will inevitably occur. Mike Jones specialises in improving relationships in businesses by developing emotional intelligence. If you would like help in managing a successful exit, call him now on +44 (0)1908 509088 or email mike@potentialmatters.co.uk.

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A Few Minutes With Alex Morgan Koji Watanabe/Getty Images Alex Morgan has 12 goals in 11 games for the U.S. this year. Alex Morgan made her debut for the United States women's national team in 2010 and quickly established herself as a valuable substitute. Last summer, Morgan came off the bench in five of the six games at the World Cup -- scoring in both the Americans' semifinal win over France and their championship game loss to Japan -- but this year she has made a case for a regular starting role with a string of stronger performances . Morgan, 22, is the national team's leading scorer in 2012 with 12 goals, and her 7 assists on second to Lauren Cheney's 10. Last week, two months before the Olympic soccer tournament kicks off, Morgan spoke with the Goal blog about her preparations for the Games, her goals for this summer and the one opponent she's keeping an eye on. Q. Where is the team in its preparations for Sunday's game against China, and the Olympics in London? Programming Note Addressing a TV blackout sure to infuriate fans of the women's national team, U.S. Soccer announced Saturday that it would stream Sunday's game against China live on ussoccer.com at 7 p.m. A. We're really busy preparing for the Olympics, and we're with the team much more than we're away from the team. Right now we are in Jersey-slash-Philly preparing for a game against China, but after that we probably have a week or less of break time and then we get back together again and train, making sure we're fit and physically and mentally peaking at the right time for the Olympics. Q. Then you're off to Sweden after that? A. Yup, off to Sweden, and then we come back and then we're off to Salt Lake City for a sendoff game and then we head to Scotland for pre-Olympic preparations. [The U.S. will play Sweden, Japan and Canada -- three other teams in the Olympic field -- before opening the Games against France at Hampden Park in Glasgow on July 25.] Q. Swimmers and track athletes get to taper their preparations for the Olympics, but you and your teammates have to be perpetually in top form given the schedule you play. Is it difficult to maintain that kind of fitness and form all year? A. I wouldn't say it's difficult to stay in top form because we are so competitive that we bring 100 percent to practice every day, and playing with the team as often as we do helps us stay in top shape. But it definitely puts a lot of stress on your body and mentally as well, so it's so important for us to take those extra steps to prevent injuries and stay on the field. That's one reason G.E. has partnered up with the U.S.O.C. and Team USA to implement new medical records technology for us. Q. So do they monitor you guys throughout the year, or do they just compile all this information so they have it on hand when you're in camp? A. Before, we had our records all over the place. I'm always dealing with different doctors and physical therapists, seeing that we travel so much and I've been with so many different teams in the last couple years. So now moving forward, everything will be all electronic and I'll be able to access it as well as the doctors online. Q. You had a great winter and really got into a rhythm. Did you feel like you turned a corner personally or on the team with where you were with your game? A. I think that everything has been baby steps with this team, because when you get to this team it's the cream of the crop, it's the top, it's what you dream of getting to your whole life, so when you finally get to this team you want to work hard to break into that starting lineup and get more playing time. Coming off of the World Cup I was coming off the bench, getting five minutes or 30 minutes, and now breaking into that starting lineup I feel like I have turned a page and now I am embracing this new role going into the Olympics. Having that experience from the World Cup, I just feel a lot more comfortable with my role and just feel like I'm able to help contribute to the team's success even more being on the field and having done pretty well in the last couple months with this team. Q. The team's goal for the Olympics is pretty clear, but you must have your own as well. Is it hard to separate them, or do you kind of

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Eplot1c: "We realized we had to do it ourselves" - Interview As the dust settled after the Back Door Sluts 9 dramatic losses, I managed to catch Micke "Eplot1c" Anker from the team to have a little chat with him about the why's and how's of his team's results so far. We walked downstairs to the bar, set down behind an empty table and the questions started rolling. This is the written down version of the recorded interview. -Hey there...first questions first. What is going on right now? You guys have lost two matches in a row that should have been easy wins, what happened? I don't know, we're in a shock, really...we did not expect this at all. Euh, I don't know. We have to get it together, though. We need to win the next match. If we lose that, we drop out, we have to win the next match. If we don't it looks really bad, we need to win the next match. -Versus Jiggaw00h, you guys seemed very disoriented to me, like there were almost no team talks about what to do, like you guys did not have any set goal or coordination. What is your take on that? Before the match you told me that crash is one of your good maps, so you must have felt confident? Maybe too confident? Maybe too confident ye, because when we started playing, we noticed that they shot back and were really good. We kind of went into shock after that. I, personally, had like a bad beat, like in poker. I couldn't do anything, I don't know what happened. We were really, really, really bad. We don't know what happened, we are really disappointed. -Did you honestly expect Jiggaw00h to play so well? They were leading 09:04 versus Phantasmagoria the match before and still lost, do you think everyone underestimated them? Did you underestimate them? Yes, we definitely underestimated them. Even though we saw them play that good versus Phantasmagoria right before, we thought they would not play that well against us. If you say that, do you already think of yourself as being on a higher level than Phantasmagoria or? No no no. No, well you know, it was kind of fun to watch Phantasmagoria struggle like that. But I don't know, it will be really tight against Phantasmagoria, should we beat them. Eplot1c being frustrated at his Jiggaw00h match -What went on versus Immortal eSports on mp\_citystreets? I saw the match started off semi close, but then Immortal finished the first half with 08 : 04 and even went up to 10 : 04. Then you guys woke up, made it close but the damage was already done or? I think that the main point here is that this game was right after the Jiggaw00h match and we were still in like a state of shock. We started really bad, but then again, we knew that if they [Immortal eSports] play good, they can actually beat us. Especially on mp\_citystreets, unlike Jiggaw00h, where we expected to just overrun them. But still, it is like the same, we woke up too late, that's all. -So why did you guys not use a timeout or something, just to relax and calm down a bit? Indeed, indeed. It's too late to speculate now, but we were so down at the time to think about that. -So, if I understand correctly, you think of Immortal eSports as one of the dark horses of this event? They have done really well so far, do you think they can beat one of the top teams in the Playoffs as well, or is it just luck today? They are definitely the dark horses here, ye. I think they are even better offline than online, which is quite surprising, because I think it's the first LAN for many of them. I can see them at least taking a map from YoYoTech or Phantasmagoria or REGret eSports, it would not surprise me at all. -Are you content with your own play so far? Like how you are playing individually? If not, what is the problem, do you think? Are you nervous or is there something with your equipment? Ye, this is the worst LAN for me, ever. I have never played this badly before. I don't know why, I was in a bad beat, it was in my head, the problem. It's not, I cannot

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COSMOS magazine Reviews (books, DVDs etc) NON-FICTION Reviewer: Jos Borghino August 2006 Pi: A Biography of the World's Most Mysterious Number By Alfred S. Posamentier and Ingmar Lehmann Prometheus Books ISBN 1-59102-200-2 AUD$52.95 324 pages Good old pi. The ratio of the circumference of a circle to its diameter. According to this book, pi's been known - in an approximate form - since about 2000bc. And, of course, because the thing is 'irrational' (a number which can't be expressed as a finite decimal number) we will never have anything but approximations. It's just that nowadays that approximation goes to 1.24 trillion decimal places! This book has chapters on the history of pi (an exhaustive chronicle of the increasing accuracy of the approximation of pi across many cultures, including Ancient Egyptians, the Babylonians, Ancient Greeks, Chinese and Romans, right up to the present) as well as chapters about the paradoxes, curiosities and the applications of pi. It has proofs and ways of calculating the value of pi. It also touches on some of the greatest mathematical minds because they were fascinated by pi. And to top it all off, Posamentier and Lehmann provide us with a lovely 27 pages filled with nothing more than pi to one hundred thousand decimal places. This is a book for enthusiasts, trivial pursuit addicts or wannabe nerds. It has too many equations and too much mathematical notation to attract a general lay readership and it's too basic and flippant to interest professional mathematicians. As well, it doesn't come anywhere close to approaching the beauty or scope of books such as Mario Livio's The Golden Ratio , John McLeish's Number , or John Barrow's The Book of Nothing . I suppose you can learn something from almost anything. From this book, I learned that International Pi Day is March 14, not because this is Einstein's birthday (which it is), but because this date can be written as 3.14, which is pi to two decimal places. If you like that kind of stuff, you'll find something to enjoy in this book.

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How to Get to Central America There are many ways to travel and to visit the many countries and destinations of Central America. The most common ones are by land and by plane. But as we all know the most comfortable way to get to the Central American country you are interested in visiting is by plane. In these modern days you will find airports in each of the countries or the region and in most of the cases you will find not one but many airports. This will make it easier for you to get in and out of the areas where the attractions you want to visit are. The best part is that you don't need to have a small fortune to spend in flights, buses or car rentals anymore because there are companies offering great discounts. But just as traveling to any other region of the world there are a couple of things you might want to know that will make your trip even better. But it is your decision so check out all the info before you decide. Here are facts and recommendations for traveling to Central America by Plane: - You can expect entrance taxes from around $2-$20 depending on the country. - It's a common thing in the Central American airports to have to find the immigration office on your own and get your stamp. - Visas are easy to get, you won't need to get them before your trip or make long lines before your vacation starts. - There are every day flights at good prices from the US and regular flights from other major areas like Europe. You can find flights with TACA airlines at flights24.com at good prices. - In most of the airports you can find transport services that you can arrange ahead, or your hotel can do it for you. Getting to Central America by Bus: - The easier and cheaper way to get into Central America by bus is from the Unites States. - It is a long distance and you have to go across Mexico but you can get to Guatemala in one full day. - You can also choose between doing a number of stops in the Mexican attractions that will be on your way. - If Guatemala is not the country you had in mind for your vacation a good idea is to arrange a bus to take you to the country you want to visit before you get to the border. As you can see these are two completely opposite options. If you are looking for relaxation, luxury and resting, or maybe you just don't have a lot of time plane is a must. If on the other hand you want to do some exploring and to enjoy the sceneries and towns you will see on the way bus is your best choice. Whatever you choose, whether it's plane or bus, you can be sure that you visit to Central America will be one of the best vacations you have ever had! SPONSORED POST Article by Marina K. Villatoro Marina K. Villatoro is an expat living and traveling in Central and Latin America with her family for over 10 years. With all the miles under her family's belts, she's written useful family guide books to make travel fun for families to these parts - all tested and approved by her family! Join Marina on Facebook and Twitter for more Central and Latin American fun!

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I was simply browsing for other artist's that played at the iTunes festival 2012 when I stumbled upon Laura Mvula 'Diamonds' at the Roundhouse September 16. So as I do, I checked it out. The video was not of high standard, however the quality of Laura's voice is something else, and had me captivated throughout the whole song. Also available to watch is 'Let Me Fall' and 'She'. Laura Mvula has a kind of Jazz feel mixed with soul and funk, think of the late Amy Winehouse or Katie Melua without her Guitar and you kind of get the picture. The only way to describe Laura is, think back to the days before we had remixes and collaborations. She's stripped bare with an innocence and purity. Do you remember those Sunday evenings. When you'd put your feet up lounge about and put on your favourite tune with a hot drink, no social interaction with the outside world? This is how it makes you feel 'Segregated' is the best way to put it, it's beautiful. You know something special is going on, when you hear something new that just hits your heart and stops everything in its tracks. If there's a heaven or not, Laura will make you believe there is. The song 'Diamonds' has a very simple arrangement and you get a twinkling airy sound that makes you actually visualize Diamonds and takes you off to a 'Fairy Land'. This Intrigued me wanting to find out more, who is she and where is she from. At the moment there is very little about, she lives in Birmingham she's studied classical composition in 2008 and is now singed to RCA Records UK. Laura is no stranger to the music industry, she was the lead vocals of Jazz/soul band 'Judyshouse' and wrote their original material way back in 2009. Don't worry it won't be the last you hear the name Laura Mvula. Available as of October 22 is a Limited Edition 7" vinyl of 'She' (Townsend Records Exclusive). Quietly she has been working on her debut album for the last few months. Lets hope it won't be long until we get the pleasure of Laura Mvula for a whole albums worth. Her EP will be available to download November 19. On the of October 23 she published a new video with what Laura says "thanks to Rankin here is a stripped performance of SHE for you" and stripped or not with a voice like hers who needs instruments and expensive electronic gizmo's. The original version of 'SHE' is also worth a listen, starting off with her pure voice that beautifully blends in to harmony's and calming drum beats, finishing off with you saying "oh wow". Laura Mvula that has had very little media exposure so you can say, you heard it here first. This artist is one artist that will be one to watch.

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Side of the Road Rollin' down the highway 100 miles an hour seems slow I've got a 56 ford custom and the all stars on my radio Got a six pack in a cooler on the front seat of my automobile Watch out girl I'm the devil when I'm behind the wheel Then all hell breaks loose and I'm standing on the side of the road Then all hell breaks loose and I'm standing on the side of the road Sirens screaming - there's lights in my rear view I know that I'm fucked I only think of you I put the peddle to the floor and kick it into high gear I've got to get myself the hell out of here Then all hell breaks loose and I'm standing on the side of the road Then all hell breaks loose and I'm standing on the side of the road Girl I really dig your dangerous curves You're a psychobilly betty a real wild child I try to stop but I find that my brakes are gone Come on girl its time that we got it on (and on and on) Then all hell breaks loose and I'm standing on the side of the road Then all hell breaks loose and I'm standing on the side of the road

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Human rights judges say German authorities were right to stop animal rights group PETA from using holocaust images in a publicity campaign. In today's Chamber judgment in the case of Peta Deutschland v. Germany (application no. 43481/09), which is not final, the European Court of Human Rights held, unanimously, that there had been: no violation of Article 10 (freedom of expression) of the European Convention on Human Rights. The case concerned a civil injunction which prevented the animal rights organisation PETA from publishing a poster campaign featuring photos of concentration camp inmates along with pictures of animals kept in mass stocks. The Court held in particular that a reference to the Holocaust had to be seen in the specific context of the German past. In that light, the Court accepted that the German courts had given relevant and sufficient reasons for granting the civil injunction. Principal facts The applicant association, PETA Deutschland, is the German branch of the animal rights organisation PETA (People for the Ethical Treatment of Animals). In March 2004, the organisation planned to launch an advertising campaign entitled 'The Holocaust on your plate', which had been carried out in a similar way in the United States. It intended to publish a number of posters each of which bore a photograph of concentration camp inmates along with a picture of animals kept in mass stocks, accompanied by a short text. For example, the posters showed a photo of piled up human bodies alongside a photograph of a pile of slaughtered pigs under the heading "final humiliation" and a photo of rows of inmates lying on bunk beds alongside rows of chicken in laying batteries under the heading "if animals are concerned, everybody becomes a Nazi." The president and the two vice-presidents of the Central Jewish Council in Germany at the time filed a request to be granted a court injunction ordering PETA to refrain from publishing seven specific posters, on the Internet or by displaying them in public. The plaintiffs had survived the Holocaust as children and one of them had lost her family through the Holocaust. They submitted that the intended campaign was offensive and violated their human dignity as well as the personality rights of the family members one of them had lost. On 18 March 2004, the Berlin Regional Court granted the interim injunction, and confirmed that injunction on 22 April 2004. It held in particular that there was no indication that PETA's primary aim was to debase victims of the Holocaust, as the posters intended to criticise the conditions under which animals were kept. That expression of opinion related to questions of public interest and would thus generally enjoy a higher degree of protection when weighing the competing interests. However, it had to be taken into account that concentration camp inmates and Holocaust victims had been put on the same level as animals, a comparison which appeared arbitrary in the light of the image of man conveyed by the German Basic Law, which put human dignity in its centre. The Regional Court confirmed the injunction in the main proceedings in December 2004, and the Court of Appeal confirmed that decision in November 2005. On 20 February 2009, the Federal Constitutional Court rejected PETA's constitutional complaint (file nos. 1 BvR 2266/04 and 1 BvR 2620/05). While expressing doubts as to whether the intended campaign violated the human dignity of either the people depicted or of the plaintiffs, that court did not find it necessary to decide on that question. It was sufficient that the lower courts had based their decisions on the assumption that the Basic Law drew a clear distinction between human life and dignity on the one hand and the interests of animal protection on the other, and that the campaign banalised the fate of the victims of the Holocaust. Decision of the Court Article 10 It was undisputed between the parties that the injunction had interfered with PETA's right to freedom of expression under Article 10. The interference had a legal basis under German law and it had pursued the legitimate aim of protecting the plaintiffs' personality rights and thus "the reputation or rights of others" for the purpose of Article 10. As regards the question of whether the interference was "necessary in a democratic society" within the meaning of Article 10, the Court observed at the outset that PETA's intended poster campaign, relating to animal and environmental protection, was undeniably in the public interest. Accordingly, only weighty reasons could justify such interference. The German courts had carefully examined the question of whether the requested injunction would violate the organisation's right to

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On the Other Hand [Paperback] Book Description Publication Date: December 3, 2001 Left-handed golfers have been "left" out in the cold when it comes to help with their swing. There just wasn't a "swing book" readily available, and none had been written by a professional golf instructor. Steve Anderson, the PGA's ONLY left-handed "Certified" teaching professional has come to the rescue. On the Other Hand, authored by Anderson with golf writer Paul deVere, presents golf's fundamentals in a straight forward, clear, enjoyable style -- fro the left side. An excellent choice for golfers at all levels of play. Includes over 80 action shots of Anderson and some of his students. Left-handed golfers have been "left" out in the cold when it comes to help with their swing. There just wasn't a "swing book" readily available, and none had been written by a professional golf instructor. Steve Anderson, the PGA's ONLY left-handed "Certified" teaching professional has come to the rescue. On the Other Hand, authored by Anderson with golf writer Paul deVere, presents golf's fundamentals in a straight forward, clear, enjoyable style -- fro the left side. An excellent choice for golfers at all levels of play. Includes over 80 action shots of Anderson and some of his students. Editorial Reviews Review Excellent presentation of the game's fundamentals for left-handed (and right-handed) golfers. Clear, easy to follow instruction. -- On the Green, syndicated television program, December , 2001 About the Author Steve Anderson has been teaching golf for over two decades. He is a Class-A member of the PGA of America and is classified as an A-6 golf professional, or Ateaching pro. He is also one of 43 golf professionals in the United States to have "Advanced Certification in Instruction" from the PGA of America. Of those 43, he is the only lefthander. In 2000, he was named "Teacher of the Year" by the South Florida PGA. He is the Resident Head Instructor for Left-tee Golf, the most popular web site for left handed golfers in the Internet, and is an on-line professional for PGA of America. For several years he headed up the Ken Venturi Golf Training Center on Hilton Head Island, South Carolina. Anderson has had numerous instruction articles published regionally and nationally and hosted a popular golf show for the NBC affiliate in Southwest Florida. He has expert certification in club fitting from Titleist, Slazenger, Zevo, and the P.G.A. Titleist named Anderson one the "Top 100" club fitters in the U.S. In May, 2000, he reached a milestone in his career by giving his 35,000th lesson. He averages nearly 2,000 lessons a year. Anderson is a Head Teaching Professional in Ft. Myers, Florida. I have just recently completed 8 lessons with Steve Anderson and as part of his instrucution I was given his book. Steve could not be any clearer about the golf swing than he is within "On the Other Hand". This book shows you everything that is needed to build a solid golf swing. I am a 16 handicap and after being down in Flordia the last 5 weeks and studying under Steve, I have had the 2 best rounds of my career in tournaments 82 - 86 . I have no one other than Steve to thank fo that. Buy the book, and more importantly get down here and take a lesson with him !!! The great thing is that Steve's instruction follows the book word for word, so even if you don't get a chance to come down and work on your swing in person, you can be guaranteed to feel like you're "almost there" when reading his book. THANKS STEVE !!!!!!!!!!!!!!!!!!!!!!!!!!! "On The Other Hand" is a fantastic instructional manual that has helped improve my game (better than my more expensive clubs!). It seems like Steve's fundamentals are missing from many other sources of golf instruction. I am glad he decided to put them in print for everyone to read. The book is filled with effective instructions, real life adventures, and easy to follow photos (whether you are left or right handed). I am not an expert, but I think this golf book is going to be "HOT!!!" Received this book on a Monday and had to play in a tournament the very next day. After reading just the first 40 pages it became clear the mistakes I was making. Before the tournament I

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Our Brochure Contact Us Now! Press Releases How To Get Your Story On TV Getting your story on TV is for many PRs the Holy Grail. Why? Because more times than not, TV delivers the most concentrated audience - the most eyeballs sitting in front of your product or service. TV is also considered the most credible of the news mediums. The reason being is that people tend to believe what they see. From a promoter or PR perspective, TV is a visual product which gives you a great avenue to capture the imagination of the audience. There is nothing more powerful than the audience being able to see your product or service in action, or to hear you or your spokesperson talk about it. This is where the credibility factor kicks in. If you get the chance to be on TV, you are basically getting a free opportunity to talk to your consumers, to convince them, to sell to them, to impress them. It maybe just a quick 15 second interview grab, or a full five to six minute feature story, but either way people will be making an impression of you. In that short amount of time, consumers will make a judgement call of whether you or your product or service is worthy of their interest, or more importantly, their spending dollar. In a crisis management situation, the audience is also working out whether they can trust you. So how do you get your story on TV? By understanding that TV is as much about entertainment as it is the story. If you have a story that you want to get on TV but it doesn\_Tt have visual appeal, it better be a bloody good story. The perfect TV story has three key elements. The TV story is newsworthy and of interest to the audience The TV story is supported by great interview talent. People that are interesting and entertaining to look at and listen to. People that concisely and simply tell the story. The TV story is visually captivating. Great images that draw in the audience and take them along for the ride. It is rare for a TV story to have all three of these elements. If it does, TV newsrooms, breakfast TV and current affairs shows will be falling over themselves for your story. That\_Ts in a perfect world, but more times than not, a good TV story will have two of these elements. If you have great TV pictures and great TV talent, the story may not need a phenomenal news angle. If the news angle is fantastic, and the interview talent is also great, then the actual visual elements may not need to be totally captivating. You get the drift. So who is great TV talent ? A person who is deemed by the media as great TV talent is someone who is naturally passionate about what they are talking about. If you believe it, so will the audience. If you need to force your enthusiasm or passion, it will come across that way. Very rarely does the camera lie. And you can be guaranteed the audience has the bullshit meter well and truly turned up each time they sit in front on the TV. Great TV talent is able to get across their message concisely and to the point. Anticipate what the journalist or presenter is likely to ask you, and be prepared to give them an answer that not only tells the story, but entertains. Engage your audience and take them along for the ride. How to be a TV expert. TV programs, particularly the breakfast shows, are always looking for experts in a particular field. For example, Channel 7s Sunrise program calls on Peter Blasina to talk anything technology-based, and Dr Keith Suter is their go-to man for Foreign Affairs. Not only are they knowledgeable and great on-air talent, but always available. And if you want to take the expert gig to the ultimate level, try Dr Phil from Oprah fame. Dr Phil was a regular on Oprah\_Ts daytime TV show in the United States, which is also syndicated world-wide and seen by hundreds of millions of people each day. Over the years, Dr Phil was such a hit he became a best selling author and went onto host his own highly successful TV chat show. For the expert, a regular gig on a high-rating TV show is a fantastic way of boosting your profile and also generating additional work. After all, who had ever heard of Blasina or Suter before they became regulars on Sunrise? Now the fame of those regular appearances gives them additional speaking and media engagements that are worth a considerable additional income. But they need to keep delivering. They need to stay in touch with their chosen field and be ready to talk professionally on any related subject. So How Do You Set Yourself Up as a TV Expert? It is usually a long haul but highly rewarding

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What men want ... Actress Ursula Andress in the famous scene from the James Bond film Dr. No is the male No. 1 screen goddess. Source: Supplied Bond women have become a screen icon in themselves. We take a look back at some of Bond's most memorable femme fatales Swiss actress, Ursula Andress, was the first Bond girl FIFTY years ago Ursula Andress emerged from the warm waters of the Caribbean clad in nothing more than a skimpy bikini and a knife and immediately became a movie icon. The Swiss actor was the first Bond girl - the striking women who, along with fancy cars, clever gadgets, exotic locales, double-entendres and big explosions have become indispensable parts of the James Bond movie legacy. From secret double agents to mob-bosses to assassins, playing the role of a Bond girl can mean many things and usually propels an actress to global fame if not film history. As Honey Ryder in 1962's Dr No , Andress cemented her place in history. Now, 76, she still has plenty of style.

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More... For the floating bullet, the Army admits that 'this effort will require innovative research and advancements in non-lethal technologies which can be packaged within a very small volume and weight' and suggests that designers should consider 'mechanical, such as rubber balls; acoustic; chemical; electrical; or dazzle'. The idea certainly isn't pie in the sky, as the U.S Army already has a 'kamikaze' robotic drone dubbed Switchblade, which quietly hovers before dive-bombing and blowing up a target. It launches from a tube before its wings fold out as it flies into the air. The U.S. Army is paying manufacturer AeroVironment $4.9million for the drones to help it develop a new way of killing suspected militants. The drones have a miniature electric motor and transmit live video from overhead, which helps soldiers identify the enemy. Impressive craft: A soldier launches a 'kamikaze' drone and watches its live feed as it flies out of a tube. It will soon be available for use by the U.S. Army The operators can then send a message to the drone 'to arm it and lock its trajectory onto the target', the company said. The drone will fly into a target and detonate a small explosive - but it can still be disarmed at the last moment even if it is heading for a kill. The Army's Close Combat Weapons Systems (CCWS) signed the contract for the drones with AeroVironment last June. What you need is a bullet that has the DNA of the target programmed into it. It should be able follow that target around corners, into buildings, anywhere until it hits. There was a film with Tom Selleck which used them. THAT"S a bullet to be feared. Psst, America! This is why your government is so universally hated. This is why you must act so as not to pay for the mistakes of their ignorance. The American people will either save the world, or allow their government to destroy it. Reminds me of a fellow I used to work with; he had a mate ex German V-1 Rocket site; who told the true story: The officer in charge led the men out to the launch pad and off it went; that is until the officer yelled: "Mine Got, eets comin back; run like bloody hell" . salm 56:5 All day long they injure my cause; all their thoughts are against me for evil. ------ what a sick world we live in............."U.S Army floats the idea of a 'magic bullet' that hangs around in the air waiting to strike" Global policeman my foot...I'm sure it'll help the fight for human rights around the world (heavy sarcasm intended)....and, err, maybe even keep the oil supply in their hands and denominated in dollars.

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Thursday, 18 December 2008 As I mentioned at the end of my last review , one of the highlights of my concert going season, and certainly the London Symphony Orchestra's, looked set to be Donald Runnicles' appearance on 25th January for Strauss's Four Last Songs with Christine Brewer, his Tod Und Verklrung and the unfinished adagio of Mahler's 10th symphony. Sadly it is not to be, I received the following e-mail on Tuesday: I am writing to let you know that this performance will now be conducted by Leif Segerstam, as Donald Runnicles has decided to withdraw from the concert due to family reasons. The programme will remain unchanged. We sincerely hope that the family reasons are not too serious, and that everyone is well in the Runnicles household. Bad enough, however, that we won't be getting Runnicles, but I could bear it if his replacement wasn't so dire. I have asked for a refund and will be investigating other options for my trip south ( the Philharmonia has Benjamin Grosvenor playing the Grieg piano concerto). Why the ire against Segerstam? He's on my blacklist after his performance of Sibelius's 5th, 6th and 7th symphonies with the BBC Scottish Symphony a couple of years ago. It thus seems as good a time as any to reprint my review which predated this blog (originally published on the Naim forum on 1st December 2006). Well, last night saw the finale of the series that sparked this thread. What a shame it was not the valedictory that might have been hoped for. Conductor Leif Segerstam was on duty for symphonies 5, 6 and 7. Things did not start especially well: there was something about the opening of the 5th that wasn't right, but on which I struggled to put my finger. Certainly it was painfully slow, running around forty minutes. This is fine enough if you are Leonard Bernstein and can conjour the unique sonic pictures he manages with the VPO. Segerstam couldn't. It also seems he is certainly his pupil (Solyom)'s teacher, in that his sense of orchestral balance is very poor. This was particularly true of the wonderful theme on the strings in the closing bars which was completely washed out. Similarly to his pupil, he also seems to equate volume with drama (indeed, at places in the 7th it was painfully loud). The second movement suffered from similar problems and more - the big themes didn't really ever seem to emerge at all; there was no sweep or flow at all. Indeed, he seemed not to quite be in control of things, not least in the way he jerked through the transition into the finale, which suffered horribly from 'Mahler 9 syndrome' (namely the way in which that work can, in the wrong hands, seem horribly like a series of disjointed minatures - I would never imagined it possible to do this to Sibelius). He built no tension, no themes. The final chords utterly underwhelmed. Still, the audience by and large seem to disagree (and I once again wonder if having heard so many fine readings on disc makes it impossible to enjoy lukewarm performances). However, the 6th was some way below lukewarm. Balance was, if anything, more of an issue (the more subtle moments were not allowed through). This was compounded by extraordinary sloth, again running in at close to forty minutes. Both the first and second movements ended in an almost comical manner, in a kind of 'you're kidding, that surely wasn't the last chord' way. In some bad readings, at least one now and again gets the wonderful Sibelian themes and thinks, this is more like it. But Segerstam never allowed them to emerge. The big themes were fumbled terribly. There was no bite or tension to what should be the exciting vivace of the third movement, which ended with the most bizzare climax coming deafeningly out of nowhere. In the 4th movement it became clear to me that his problem was rather more profound than a poor sense of orchestral balance: he had a total lack or orchestral control. The big climaxes in this movement should not sound like a cacophony in this sort of a way. The beauty of the movement's opening was utterly lost. However, it was the 7th that was possibly the most disappointing of all, perhaps because I have fond memorie

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Top 100 Since the "100 Best" story first broke in The New York Times on Monday, July 20, 1998, all kinds of opinions about the list -- and theories about the Modern Library's purpose in concocting such a contest of sorts -- emerged. The goal of the "100 Best" project was to get people talking about great books. We succeeded beyond our wildest imaginings -- more than 400,000 avid readers rushed online to cast votes for their favorite books and the students of the Radcliffe Publishing Course quickly responded with rival list of 100 Best Novels. The reader's poll for the best nonfiction published in the English language since 1900 opened on April 29, 1999 and closed on September 30, 1999 with a total of 194,829 votes cast. The readers' poll for the best novels published in the English language since 1900 opened on July 20, 1998 and closed on October 20, 1998, with 217,520 votes cast. To jumpstart your own, more structured discussion of the books, try using a few talking points as a guide. Top Board Picks for Novels and Nonfiction Considered the greatest 20th century novel written in English, in this edition Walter Gabler uncovers previously unseen text. It is a disillusioned study of estrangement, paralysis and the disintegration of society.From the Trade Paperback edition. Read More 'I cannot remember when I was not fascinated by Henry Adams,' said Gore Vidal. 'He was remarkably prescient about the coming horrors.'His political ideals shaped by two presidential ancestors -- great-grandfather John Adams and grandfather John Quincy Adams -- Henry Adams was one of the most powerful and original minds to confront the American scene from the Civil War to the First World War. Printed privately in 1907 and published to wide acclaim shortly after the author&'s death in 1918,... Read More

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How are you feeling about the Oregon State game? For the past 5 years or so the Oregon State Beavers have been the mongoose to our snake. Or snake to our mongoose. Either way, it has not been pretty. The Riley "run" in '07, Jahvid in '09, and then Riley again in '10 all bring back pretty unpleasant memories for many a Cal fan. So all of that being said, how do you feel headed in the Oregon State game? Vincent S : I have no clue. At times, we look so good on offense. At other times, we don't. At this point, I believe us to be a schizophrenic team with a string of bad luck over the course of the season. When we're on, we're ON (see: UCLA). When we're off, we're really off. I honestly wouldn't be surprised if we won, or if we got blown out. Berkelium97 : This game could be interesting. Williams and Anthony will have to deal with the second-best receiving duo in the conference in Marcus Wheaton and Brandon Cooks. It looks like their lives might be a little easier because Sean Mannion looks like he's going to start. He's no slouch, but there's a reason Cody Vaz took the starting role. Our offense may struggle, though. After Stanford, this is the toughest, most complete defense we will face this year. Their run defense is impenetrable and their pass defense is solid. If the Cal D can get pressure on Mannion, this will turn into a good old-fashioned slugfest. I'm looking forward to it. JahvidKnowsBest : The Bear will not quit, the Bear will not die. Let's get a win to close out this season. I think we have a pretty good shot against these guys. I think as long as the run game is working we got a good shot. TwistNHook : About the same as I did before. I've penciled this Oregon State game in for a loss for the entire season. I've penciled in this Oregon State game for a loss since like 2009! The last time we beat them up in Corvallis was 2006. Marshawn, DeSean, a healthy Nate. It was a different world! This Beavers team has always played Cal tough and they've won something like 5 out of the last 7 games against the Bears. Cal is beaten up, Tedford is a dead man walking, and there isn't much to play for. Perhaps OSU will be looking ahead to the Civil War, I don't know. But I suspect they'll come out fired up after this loss to Stanford. Plus, they got this guy Storm Woods. His name just SOUNDS hardcore. I think he's gonna put up like 1,000 yards on us. Triple Le Sigh! Ohio Bear: Same as I did before. We are not a very good football team. Oregon State is. And they're playing at home. The Beavers should win if they're not looking past us to the Civil War. Kodiak : A little sad and relieved at the same time. Sad because it looks this is the sunset of the Tedford era. Relieved to finally get some closure after this gangrenous sore of a season. This is a bad match-up for our offense. They'll jam our receivers at the line, and try to make us beat them over the top. That's not a throw we can make consistently. We have a puncher's chance if we can establish the run. But they know that. And they'll probably be able to get pressure through our Oline with only rushing 4 or 3. We're in better shape defensively. Both of their QBs are turnover-prone. As long as we don't opt for that soft-zone stuff, we might have a chance for Williams/Anthony to stick with Wheaton/Cooks for a while. With their QBs coming off of injury, this might be the game for Coach Pendergast to just go nuts with the blitz packages. Playing Oregon should give our LBs a lot of confidence in stopping the run. OSU does different things, but mostly like to use that stretch play to the outside and vary the inside/outside zone runs with an occasional jet sweep. If our guys are disciplined, I think they're improved enough to be solid here. I'm just not sure that our special teams and offense will hold up their end to stop our

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Is the Universal Credit going to make us poorer? A recent report by the Joseph Rowntree trust has suggested that new Universal Credit, due to start in October 2013, could lead to people being worse off in work and struggling to understand a more complex system. UC will replace means-tested benefits and tax credits for people out of work or on low incomes. Universal credit was introduced by the Conservatives with the aim of cutting costs and ensuring that people were better off in work than on benefits. However, Joseph Rowntree Trust predict key issues that could potentially result in further hardship for many. Work incentives is a major aspect for UC but the report has found that, whilst the scheme will encourage part time work, it does not provide incentive for making the major leap into full time work. This major flaw prevents the crucial steps that households need to make in order to move out of poverty. As the increases in wages for full-time work are not substantial, they will not cover costs such as travel and child care. Despite efforts to simplify the benefits system, the Joseph Rowntree Trust has concluded that the opposite effect is most likely. Complexities will be created as a result of the multiple tests applicants will have to make and IT failures and bad service is predicted. The scheme will switch fortnightly payments to monthly which will undoubtedly cause issues for families later on in the month; perhaps meaning they will be forced into relying on charities. Chris Goulden, Head of Poverty at JRF, said It is self-defeating to encourage more people into part-time work, only for them to see their earnings wiped out when they progress into full-time jobs. If Universal Credit is to be successful in helping people out of poverty, it needs to ensure work is truly worthwhile and does not punish people who try boost their hours and income." Past attempts at benefit reforms have not always proven to be successful and, affecting 10 million families nationwide, this will be a major adjustment.

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Access IT Events Why Health Insurance Brokers Are Still Relevant A health insurance broker helps individuals in need of health insurance coverage find a policy that matches their needs and budget. This policy may be for one individual or an entire family. Brokers are often sought after by those who are not covered by group health insurance plans. These may be individuals that have pre-exisiting medical conditions or those who are self-employed and are unable to take advantage of employee health insurance plans. Health insurance brokers are often compared to real estate agents as they are similar in nature. It is the job of the broker to find the best possible deal for their client based on their list of desired benefits. Once the broker finds a plan that is suitable for their client, the broker works towards generating a health insurance contract between their client and the insurance provider. Many people make the mistake of assuming that the insurance broker works for the insurance company. In fact, the opposite is true. The broker works for the client, and pleasing the client is in their best interest. A broker should be knowledgeable about a variety of different health insurance companies so that they can find a suitable company for their client. In addition to being able to help their client find a policy, they are also able to answer questions about making claims, customer service issues, processing times and -- of course -- information about the policy premium. Health insurance brokers may receive a referral fee for connecting their client with a health insurance provider. This is, of course, barring that the client actually purchases a policy. Generally speaking, brokers receive commission as compensation for their service. This payment may come from the client, the insurance provider or some combination of the two. In the latter case, both parties would pay their own respective portion towards the broker fee. In the long run, a broker that is able to find their client an excellent policy at a great rate is well worth the investment. Insurance brokers are required to be licensed, so there is no need to worry about working with someone that is untrustworthy or unable to fulfill their claims. In order for a broker to become licensed, they must first go through a series of classes and then pass at least one examination. Once they have received their license, they will often be required by their employer to continue their education so that they are current on laws and guidelines. This ensures that they are better prepared to help clients with their needs. Although there are ways to purchase health insurance without a broker, they still offer a valuable service and still save their clients a great deal of money on their policies. Unless a person has a great deal of time and great negotiable skills, this is something that cannot be done on an individual basis. Instead, it is always a wise idea to leave this up a professional with years of experience and the resources to find the best possible policy and rate. This entry was posted on Saturday, November 10th, 2012 at 2:24 pm and is filed under Insurance . You can follow any responses to this entry through the RSS 2.0 feed. Both comments and pings are currently closed.

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Book Description The Process of Parenting is a comprehensive introduction to parenting that describes the many ways parents and caregivers can translate their love and concern for children into effective parenting behavior. With a strong emphasis on the developmental process and on the changing nature of parent-children relationships over time, the book presents a wide range of theories and research with a focus on real-life applications. Because parents and children are distinct individuals, a problem-solving approach is emphasized that can help parents arrive at solutions that fit them, their children, and their life circumstances. Two basic tasks of parenting are emphasized as ultimate ends: creating close emotional relationships with children and supporting the development of children's full potential. The Process of Parenting is a comprehensive introduction to parenting that describes the many ways parents and caregivers can translate their love and concern for children into effective parenting behavior. With a strong emphasis on the developmental process and on the changing nature of parent-children relationships over time, the book presents a wide range of theories and research with a focus on real-life applications. Because parents and children are distinct individuals, a problem-solving approach is emphasized that can help parents arrive at solutions that fit them, their children, and their life circumstances. Two basic tasks of parenting are emphasized as ultimate ends: creating close emotional relationships with children and supporting the development of children's full potential. {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Editorial Reviews About the Author Jane Brooks earned her doctorate at the University of California, Berkeley. She worked as a researcher at the University's Institute of Human Development, interviewing, testing, and carrying out research on three generations of representative families studied at the Institute. Her publications include articles relating experiences in childhood to psychological health and social maturity in adulthood. She also worked on a research project in the Department of Public Health that resulted in an article describing the behavior problems of six-thousand children including children from four major ethnic groups varying in age from nine to eleven. She has been a lecturer in the department of psychology at the University of California, Berkeley, most recently teaching developmental psychology in 2006. She also served for a number of years on the Clinical Faculty in the Department of Psychiatry at the University of California, San Francisco. Her primary work, however, has been children and families seeking help with the psychological difficulties of everyday life. She has taught many classes for parents, teachers, and pediatricians to improve children's well being and functioning. Her background as researcher, teacher, and clinician, as well as mother, enables her to present a wide-ranging and detailed look at the experiences of parenting and ways to help children grow and achieve their potential in life. I've only read about half the book so far for my parenting class I'm taking. Overall it seems to be a fairly decent overview of what research and professionals are saying now, although I have spotted some inaccuracies in the book and it definitely shows some biases in certain areas. For example the book talks about the growing problem that there are more and more older people compared to younger people. Brooks says this is due to the lifespan increasing. The human lifespan is actually not increasing it remains around 120 years, it is life expectancy that is increasing not lifespan. She goes on to quote stats of life expectancy, I don't know if it was a mistake or is she doesn't know the

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Dermatitis is a catch-all term for inflammation of the skin. Eczema is the same thing ? the terms are interchangeable (though some people use the term 'eczema' for specific types of dermatitis, such as atopic dermatitis in children). And though there are different causes of dermatitis, the effect is usually the same: when the skin is inflamed it gets red, swollen or blistered, and intensely itchy. Contact dermatitis Contact dermatitis is inflammation of the skin due to contact with a particular substance, either an irritating chemical or an allergen (an allergen is something that causes an allergic reaction). So-called 'irritant' contact dermatitis is caused by the direct chemical effect of substances such as detergents, solvents, acids, alkalis, oils and skin cleansers. It's common among caterers, cleaners, nurses, builders, hairdressers and mechanics. The hands are often affected. 'Allergic' contact dermatitis occurs when the inflammation isn't caused directly by a chemical, but by an allergic reaction in the skin. Common triggers are creams, gels, lotions, and shampoos; antiseptics in hand creams; fragrances and deodorants; jewellery; hair dyes and bleach. Some people are allergic to metals like nickel and cobalt, and get dermatitis from the backing of watches, jean studs or buckles. At first, in the acute phase of contact dermatitis, the skin develops a rash; it becomes red and swollen with small, clear, fluid-filled pockets. These break down and weep fluid. The skin is often extremely itchy. As the condition progresses to the chronic phase, there is less redness and swelling; instead there is thickening of the layers of the skin, often with scaling, fissuring and cracking. Usually a doctor can recognise contact dermatitis just by looking at it. But sometimes it's hard to tell what has caused the reaction, because the rash often doesn't appear until hours or days after exposure. The location of the affected skin gives a clue, because the irritant usually only affects those parts of skin it has contacted directly. So if the rash is on the wrist, for example, it may be from the metal on the underside of a wristwatch. A 'streaking' appearance may indicate the person has brushed past a plant to which they're allergic. If the cause isn't clear but allergic dermatitis is suspected, a doctor might recommend patch testing. This involves placing small amounts of diluted chemicals on discs, which are then placed on a strip of tape called a patch. Several patches are stuck on to the skin and removed after 48 hours, and the skin observed for any allergic reactions. A further reading may be needed two ore three days later. Whether it's the irritant or allergic type, most cases of contact dermatitis will gradually fade and disappear once exposure stops, though it can take four to six weeks. In the meantime there are treatments that will reduce the redness and the itching. Emollient creams or ointments and moisturisers soften and add moisture to the skin, improving dryness and scaling. Antihistamines taken by mouth can help relieve the itch. Corticosteroid creams and ointments reduce the inflammation. If the dermatitis is very severe, corticosteroid tablets may need to be given by mouth. Sometimes, exposure to the chemical or allergen can't be prevented and the person may have no choice but to change jobs. Atopic dermatitis is common in babies and young children. They get a pinkish-red, scaly rash (which is very itchy) on their faces, scalp, behind the ears, over the body and on the arms and legs. The rash can get lumpy, weepy and crusty. As kids get older, atopic dermatitis tends to clear from the face and is found instead mostly in the elbows, behind the knees, and/or on wrists and hands. If the child scratches the affected area, which they often do because it's so itchy, the skin may become infected. Atopic dermatitis is more common in children who have other allergies, like asthma and hay fever. It tends to run in families, and it may be triggered by allergens in the environment such as house dust mites, animal dander, grass pollen

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The world's two biggest superpowers are about to choose their next leaders. While the American battle is laid bare for all to see, in China , Beijing's new emperor and his closest advisers are something of a mystery. Chinese flags (Shutterstock) That hasn't stopped the rest of the world debating what Xi Jinping (China's most likely candidate for the new Communist Party chief) and his top officials will mean for the country. So far it's all guesswork, and there are some widely differing opinions from Xi the reformer, to Xi the hardliner. Here's a round-up of the predictions from Tokyo to Washington. Hong Kong While there is virtually no discussion in mainland media about the new incoming Politburo, Hong Kong-based pundits are free to publish their views. According to AFP , Hong Kong-based website Mirror Books is pessimistically predicting that the new line-up will be dominated by conservatives and not reformers. It predicted the line-up "would include Zhang Dejiang, Yu Zhengsheng, Liu Yunshan, Zhang Gaoli and Wang Qishan, citing sources close to the party." Hong Kong political commentator Willy Lam was positive: "This looks like the line-up. It is not one that will be good for reform hopes". Australia The Australian Strategic Policy Institute argues that it will be business as usual under Xi. He won't be "making any drastic domestic changes", argues Hayley Channer, because of his "allegiance to the Communist Party." But compared to current premier Hu Jintao, Xi is "more approachable as well as more confident." Channer suggests that domestic problems will keep Xi busy and away from acting too feisty in regional politics. Kevin Rudd , the Chinese-speaking former Australian prime minister, pointed out last month that the new government -- likely to be announced on 8 November, two days after the US elections -- will have the same key goal as all other Chinese governments since 1949: that is "the new leadership will seek to sustain the political pre-eminence of the Chinese Communist Party within the country." This will be tough, Rudd says, because of corruption, economic issues, and the need to boost the country's international standing. In terms of issues of free speech, Xi will be walking into a much freer China: "Democratic forces within China also now have greater space to operate than used to be the case," Rudd writes. "There is now a much more open debate about Chinese policy questions in the Chinese media." And while the Party itself is off limits and will continue to be so as a topic of public discussion, Rudd suggests that "the public debate, both in the mainstream media, the social media and on the ground through popular protest activity over local decisions, is now a firm and probably fixed feature of Chinese national political life." We can only bide our time, he says, to see how much Xi is prepared to allow this develop. "Some analysts contend that [Xi] will adopt more conservative policies and try to strengthen one-party rule domestically," Amako says. " His statements are conservative but reformist, China-centric but internationalist." Xi will have to grapple with a number of crucial issues, one of which is the struggle between a growing need among the people for more freedoms and the supremacy of the Party. He says: China's open reform policies not only realized economic growth but also generated a sense of rights, and the Communist Party has applied a strong brake to social and political liberation. On the other hand, various steps have been taken to introduce a degree of flexibility. Nevertheless, resistance from minorities, farmer movements, frequent civil and mass protests, civil rights movements aimed at raising public awareness of rights, and expansions of "free spaces" by informal media are now all evident. Amako, sadly, offers no prediction over how Xi will attempt to juggle this one. United States Xi's strong ties to the military could mean that he will be a "formidable leader for Washington to contend with", writes Jane Perlez in the New York Times . With an increasingly stronger People's Liberation Army (PLA), Xi is likely to focus on making China more assertive on the world stage, particularly in Asia, Perlez cites analysts as saying. Not so, says infamous former US Secretary of State, Henry Kissinger . After he held talks with Xi this year he said he was convinced China's new leader would

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This week on our radar we've scooped up some interesting information. Local networks are forced to listen to their customers and Yahoo! has eased their local listing process (while Google is still patching things up). Now it seems Google may be realizing what we (and many others) were talking about. Mike Blumenthal has posted screen shots sent to him by Matt Gregory showing that searches are bringing up local listings that are displaying starred reviews instead of Zagat reviews. This test has been observed since Monday evening and seems to be prying into the merit of the Zagat system. Marissa Mayer, known to be a big proponent of the Zagat system was in charge of Google local when Zagat was purchased. It may be that her recent departure from the company has fizzled out whatever support Zagat had. Testing and time will tell if we see a resurgence of the star rating system back into the Google local scene. Prior to the addition of owner verification, the task was left to moderators that had to do the step for you. Because of the volume of listings and logistics of verifying them all, this process could take weeks. Now, since some weight has been lifted off the moderators, it'll take less time to get listed which adds some efficiency to your local search efforts on Yahoo! Yahoo! sets precedence in this regard as neither Google nor Bing provides this feature to their local users. Foursquare Revives Popular Mobile Option It's amazing what can happen when a few people speak up. Sometimes, no matter how experienced and progressive a company is, you just have to listen to the people. Back in June Foursquare rolled out a new design for their mobile layout. This sleek look put a premium on social interactions -- a seemingly good thing. But while that was all well and good, complaints began to stir surrounding Foursquare's drop of being able to view just the check-ins of nearby friends. Foursquare has revived and added this feature back into their mobile app. It seems that despite their attempts at cultivating a more social environment, users still wanted what was most important to them from Foursquare -- relevant local information.

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The World Beyond MVC This post is a written version of a talk given by Garann Means at LXJS and NYCjs . It has been formatted to fit your screen. There's no shortage of JavaScript MVC (Model-View-Controller) architectures out there. The best-known is Backbone , but there are others: Spine , Agility , Knockback , etc. And in addition to the range of MVC frameworks, there are MV-whatever variants. This stuff, anecdotally, is pretty popular. As of this writing, Backbone is the 7th most watched repo on GitHub. Developers love MVC. What makes MVC so appealing, especially for JavaScript where it's still primarily used, on the client? If you're new to application architectures, it's definitely very accessible - the model is data, the view is.. the view, and the controller makes them do stuff. Easy! If you started coding on the server-side, MVC is probably already familiar. Most Object-Oriented Programming embraces the pattern and you can find very popular MVC frameworks for Java, .NET, Python, PHP, etc. The pattern itself actually predates and was first implemented in Smalltalk, after being invented by Trygve Reenskaug in the late 70s, so its relationship with OOP has been there from the beginning. Given the unquestioned supremacy of OOP until fairly recently, it's unsurprising that MVC makes immediate sense to many of us. JavaScript, however, is not exactly OOP. We can do OOP with it, but the two hardly go hand-in-hand. Therefore, the appropriateness of MVC varies by use case. For data entry, content management systems, and situations where we can pick out clear and obvious "models", it tends to work very nicely. But where the state of an application is more amorphous and not always tracked in the same place, in applications with lots of user interaction before any data actually changes, and in apps with very complex widgets or complex, it's less clear that it's the right choice. And if your site is JS-heavy but still static, obviously, forget it. There's no benefit in doing all that setup on a page that's going to reload and lose it all. The issue we run into when talking about MVC, or any other architectural pattern, is that, as web developers, these things were not created for us. We can trace the most common patterns back to Design Patterns (aka the Gang of Four book), which was published in 1995. The dawn of our field, literally. These patterns were for programmers building programs primarily for their own use, and certainly not for programmers whose work was easily revealed by going up to the menu and clicking View Source. While those patterns all made their way in some form to the back-end, that canon predates JavaScript completely. MVC, though, was one of the few ancient methods that made immediate sense. Because it has a clear place for the UI to exist, it's easily applied to the front-end (although, again, that application is not canon). Because any pattern we want to use has to be fudged a bit to get it to fit our context, MVC is a great place to start. But it's not the only option we have. It seems fair to call Event-Driven Architectures the second most obvious pattern. We use event-driven patterns all over the place in JS, and even in combination with MV\* patterns. They work well where we need a lot of messaging, and have less need for clear-cut, classical "objects". For the objects we do have, getters and setters (and soon, Object.observe() ) can be used as publishers and subscribers, decoupling events, the core of the application, from the things they affect. The value, though, is that these decoupled events don't need to affect only objects, but can also affect the DOM, or server interactions, or other events, and none of that needs to be packaged up in a Model-View-Controller triad if it doesn't make sense as one. The Naked Objects pattern bears closest relation to MV\*, and it would not be unfair to call it a variant of Presentation-Abstraction-Control (a more distant relative). This one's good for big meaty widgets that need to contain and render their own data, and whose visual representation maps