**id 0**

Thursday, September 27, 2012 Just one of... those days Today kinda sucked. Angus finally had his appointment with an ENT specialist. And as suspected, he has rather large adenoids and fluid in both ears. Which will require him to have the adenoids removed AND grommets put in. He has always had a bit of a darth-vaderesque way of breathing and when he gets a cold, it really messes with his sinuses. So we thought this might be on the cards, but the reality of it all hit me this morning, with full force. And my generally positive approach, wavered. Add to this, a classic terrible two temper tantrum display from Master Felix, who rolled one outburst into the next, culminating in BOTH of us crying and screeching at each other by the time we made it back to the car. He seriously howled his way from the specialists office, through the shopping centre and all the way home. I had an elderly lady "tsk tsk" at him for being "so noisy" as I hurried along, face burning, eyes stinging. Why are people so unkind? So, the operation is booked. I have a month to get my head around it all and try to calm. the. heck. down . I admit, I don't do these things well. Thankfully, this is the first hospital procedure either of the boy's have ever had. And for this, I am so so grateful. I think Angus' doctor said it best when he told me to "go home and have a wine" , as I left his office. And bless him, he even understood that two year olds are just like that ... and my two year old is like that... and then some! 26 comments: Oh my two year old is like that. Some days it feels like one long fight. Sigh, the elderly lady should have offered to help rather than tsking. Best of luck for Angus' operation. I'm sure the calmer you are, the calmer he will be, but I don't take those things well either. I don't think any mum does. I'm not looking forward to when they break bones or need stitches ... eeek. Our youngest one just had grommets and the procedure is really simple. And instantly that night he was a different child being able to talk more clearly and sleeping better too. Hope you managed to have yourself a wine too, know the feeling of having a two year old. As much as we love them, they like to test their mummas!!! Please don't stress about the operation, it is really quick and he will be fine xx At least it is one step closer to being dealt with. It is always good to know exactly how things are and by the time you actually get to hospital I'm sure you will have processed all of todays news and be looking forward to bringing your boy home to a healthy future...we just never want our kids to feel any pain or suffering, even when we know it is for the best outcome. I can't stand the tsking! I once had an elderly lady ask me if I fed my children sugar for breakfast. That didn't make me smile. I find days like that to be so overwhelming and I would definitely be taking that doctor's advice and having a glass of wine! Isn't it fantastic when you get medical professionals who understand and can make us feel just a tiny bit better about the situation. How great though that you have a plan to move your little guy forward into a healthier place....surely the tsk tsk lady has never had a two year old otherwise she would have given you an understanding smile. Here's to a better day for you tomorrow. xxx Oh lovely, that is a bad day. It's scary when your child has to go to hospital. My little one had her adenoids and tonsils out last year, it wasn't fun but it made a big difference. In hospital, the kids who had just adenoids out and grommets in bounced back really fast too. Oh those two year old tantrums are epic! I really feel for you. I hope you had that wine! Xxx Oh boo. Sorry to hear your've had one of those days. Not surprising given the news about poor Angus. Hope it all goes smoothly, I'm sure it will. As for the tantruming. Gosh they can be quite something can't they?! Hope tomorrow is a better day. x So sorry about your distressing news Julie - no good news on it's own let only with a tantrum going on

**id 1**

Almost a billion people doing the same thing at the same time We continue our Spanish & English theme with a gues post, by EFL teacher Joseph D. Persico, which explores the many similarities between these two languages. \_\_\_\_\_\_\_\_ If you're a native English speaker, be glad if you have to study Spanish; if you're a Spanish-speaking EFL student, be glad you have to study English. As I like to tell my students, relative to, say, Guaran or Nahuatl , learning English is a piece of cake. (There is a reason, after all, why Spanish priests in the 16th century quit trying to learn Amerindian languages and instead imposed their language on the indigenous peoples of America.) Though it may not look like it, English grammar is incredibly similar to its Spanish counterpart. For example, all thirteen verb tenses one studies in school can neatly and easily be translated into English. Also, an essential aspect of verbal communication -- the intonation of interrogatives and interjections -- is often identical between the two languages. In spite of this, many Argentines believe that Spanish is a complex language to learn, and many English-speaking comedians and authors amuse themselves contemplating the difficulties inherent in learning the irregularities of English spelling and all the different prepositions that can be attached to a verb like run . My opinion is that having to learn Spanish verb conjugations is as difficult as having to memorize English phrasal verbs ( run down , run up , run through , run out , run on , run into , etc.), and, as we all know, memorization is more annoying than it is difficult. Similarities in verb tenses are really just the tip of the iceberg, though. As mentioned in ' Had Enough Anglicisms? ', Spanish and English take thousands of words from other languages, and the list of things that occur in both languages -- that one might suppose are unique to one's own tongue -- is endless. For example: words come back into fashion ( douche bag for 'idiot' (in U.S. English) / bondi for 'bus' in Argentine Spanish) eople play with words by turning them around ( vesre in Argentina / back slang in England) kids sometimes have a private code or 'language' (Pig Latin in English/ jeringoso in Argentina) eople make up their own words to use with their friends slang words often come from teenage speak, sports, and sectors on the fringes of society slang is used to reinforce or establish identity newspapers feature articles every year explaining new words to the older generations there is a tendency among English speakers to omit the "h" in unaccented words ('tell 'em I said 'ello'); in Spanish, many dialects have an aspirated "s" at the end of words and in certain other positions (' eh que ya noh vamoh ') speakers of standard British English don't pronounce the "r" after a vowel, while in a large number of Spanish dilalects the "d" dissapears in when positioned between two vowels American Spanish and American English speakers use the present perfect considerably less (and, in consequence, the simple past, considerably more) relative to their European counterparts In the beginning of the 17th century, Spanish royalty determined that the pronoun vos had become bastardized and decided that they should be referred to by their subjects as vuestra merced ('Your Worship'); within 20 years, however, vuestra merced -- quite a mouthful to have to say 25 times a day -- quickly evolved into usted , the respectful "you" that is used in Spanish to this very day. George Washington had similar delusions of grandeur. During the Revolutionary War, he encouraged fellow officers to address him as "Your Excellency"!

**id 2**

How successful were labor unions in the late 19th century? Three notable labor unions were formed: the National Labor Union, Knights of Labor, and American Federation of Labor. The first two failed due to different reasons, while the AFL succeeded. The AFL sought to protect all skilled workers and wanted a fair share of labor. They didn't push for extreme reforms only shorter hours, increased conditions, and wages. Even after the panic of 1893 they continued to grow (500,000 members).

**id 3**

i count on you guys to say things like that. it's the only way i can sort out the riff from the raff. and yes, i too fell victim to the stubbular, ottery, buttery, wiggly, yawny, straaaichy puppies and their tired mama. i think i watched it for a little longer than most would consider healthy. i probably could have gone to graduate school. or folded laundry. why am I still in moderation? Sadly wanders over to the Tiki lounge area(admiring the latest decorations) and checks the fridge for freshly made Nanaimo bars...(oops, kettle is boiling so anyone for tea?) i Sharpy, no worries, I was really enjoying myself in there(here)...everyone has done a tremendous job of making it so homey and pleasant; moderation time just flies by! I KNOW I will be back! Steps back to admire lava lamps... This puppeh cam made me say to myself (Apologies to whomever has used it before) "You want the Cute?! You can't handle the Cute!" and then I sank to the floor, fainting from overcomsumption of dangerous cuteness.

**id 4**

Jeremy M. Jacobs is the owner of the Boston Bruins and Chairman & CEO of Delaware North Companies, one of the world's leading hospitality and food service companies. He has been at the helm of Delaware North for more than forty years, leading it to its ranking as one of the largest and most admired privately held companies in North America with $2.3 billion in revenue and 50,000 associates serving half a billion customers on three continents. The company's operations include global sports stadia and arenas, worldwide airports, destination resorts, national and state parks and gaming and entertainment venues. The company's locations range from Kennedy Space Center and Yosemite National Park to London's Wembley Stadium and the Australian Open. Mr. Jacobs has owned the Boston Bruins for more than thirty years and is one of the most respected sports business leaders in the world. He has served as Chairman of the NHL Board of Governors since 2007 and serves on its Executive Committee. He is frequently cited as one of the most influential people in sports business. As an avid sportsman, his ownership of the Bruins continues a family tradition at the helm of a sports franchise -- including ownership of the Cincinnati Royals basketball team and minor league baseball and hockey teams. He was inducted into the Western New York Sports Hall of Fame in 2006. A leading advocate for tourism in the United States, Mr. Jacobs serves on the U.S. Travel and Tourism Advisory Board, appointed by the Secretary of Commerce and the White House. Mr. Jacobs is extensively involved in numerous charitable efforts, most recently donating $1 million to Roswell Park, one of the nation's most respected cancer institutes. He gave a record $10 million to the University of Buffalo to establish the Jacobs Institute to support world-class heart and vascular care, research and teaching. An alumnus of the University of Buffalo's School of Management and the Harvard School of Business Advanced Management Program, he holds honorary doctorates from the University at Buffalo, Canisius College and Johnson and Wales University.

**id 5**

Wednesday, 31 October 2012 Coming up in the Peak District Here's a summary of events and activities coming up over the next couple of months. For events marked B booking is required -- call 01433 670368 or email peakdistrict@nationaltrust.org.uk with booking enquiries. Halloween Family Trails Longshaw Until 4 Nov, 10.30am - 3.30pm Ilam Park Until 4 Nov, 11am - 4pm Pick up a trail sheet from the shop and spot the spooky signs as you find your way around the haunted grounds of Ilam Park and Longshaw. 50p/ trail Drop in Conservation Day - Rhododendron Clearing Longshaw Sat 3 & Wed 14 Nov, 10am -- 3pm Meet at the Visitor Centre at 10am, or follow the signs from the Visitor Centre to the site throughout the day. Wear outdoor clothing and stout boots and bring gardening gloves if you have them, and a packed lunch if you like. Science is happening all across the Peak District National Park so come and take a scientific adventure at two FREE family events. Fun, hands on activities for children and adults alike, (outside if the weather is good), or quiz the experts on their field of expertise. Free refreshments. Displays include: Uncovering 2,000 year old skeletons Radio monitoring Northern Hairy Wood Ants Conserving rare crayfish and adders Monitoring the landslide on Mam Tor (The shivering Mountain) Tackling climate change and Moorland restoration Take part in: Bug Hunting The Hairy Wood Ant Trail Some social or scientific investigations Orienteering - Come and Try It Ilam Park Sat 10 Nov, 10.30am - 12.30pm Orienteering is an adventure sport for the whole family using a detailed map to navigate a course. Come and try it, with Derwent Valley Orienteers. Adult 3, child 1.50 Remembering the War Years Longshaw Estate Wed 21 Nov, 2pm - 4pm Longshaw Lodge was home to many wounded soldiers during the First World War. Our local history expert shares her research and the memorabilia from this time, followed by a delicious cream tea. 7 B Christmas Wreath-making Workshop Ilam Park Sat 17 Nov, 10.30am - 3.30pm Make a wreath with our expert. Some equipment provided, but please bring your own secateurs and any special decorations/ foliage. 20 B Christmas Tree Sales at Longshaw Sat 24 Nov - Fri 21 Dec, Daily, 10am - 4pm Buy your tree from us and support our conservation work. Sustainably sourced British trees of different sizes and non-needle drop varieties. Buy your tree from us and support our conservation work. Sustainably sourced British trees of different sizes and non-needle drop varieties. Ilam Christmas Festival Ilam Park Sat 8 - Sun 9 Dec, 11am - 4.30pm Meet Santa and his helpers and join in the festivities at Ilam this Christmas. Festive music, food, fun activities for all the family and a chance to do some Christmas shopping. Buy your sustainably sourced Christmas tree from us and support our work in the Peak District. Delicious teas in the Manifold Tea-room. 2 activities Magical Christmas Crafts Weekend Longshaw Estate Sat 8 - Sun 9 Dec, Sat 15 - Sun 16 Dec, 10am - 4pm Get into the festive spirit at the Moorland Discovery Centre, with fun and simple natural & recycled decorations to make. Christmas shopping, festive music and meals in the tea-room. 2 activities. Christmas Tree Sales Castleton Sat 8 - Sun 9 Dec, 11am - 3pm Buy your tree from us and support our conservation work in the Peak District. Walking routes are available from Ilam Park and Longshaw shops during opening times, and geocaching trails are available all year round. For more information about our places, visit:

**id 6**

Come Up with a Contingency Plan Imagine this: You're managingthe rollout of a newsales-tracking software system foryour 100-person sales team. Thenew system is easy for thesalespeople to use, since it relies on a common Web browser for its userinterface. As with most projects, the timeline is tight, thebudget is slim, and the expectations for success are high. Thepilot program helped identify glitches, and now you're readyto install the system on 100 desktop computers and 100 morelaptops. After your team completes the PC installations, they begindownloading the current sales data from the laptops into thePCs. Then the trouble starts. Between the time youpiloted the sales software and today, most of the salespeopledownloaded the new version of a Web browser, creating ahost of new glitches. Your team is back at square one: Howcan we load the new software without disrupting the salesteam's work, which is the backbone of our business? Even the best-laid plans run into roadblocks - that's thenature of any project. It's a very rare project that follows itsoriginal path from beginning to end without a hitch or bump orturn. The solution is to adapt, to be able to suggest avalid contingency plan in a moment's notice. Why should you care? At least two reasons: improved in-house performance andbetter customer service. As more and more employees aremeasured on performance, rather than time served in theorganization, the success of a project - including stayingwithin timelines and budgets, working well in a team, andachieving measurable goals - has a direct effect on yourbonus or promotion. Demonstrating that you can solveproblems and motivate others to do so (as opposed to simplyfollowing orders) bodes well for deserved recognition and isa wonderful learning opportunity. For a business leader, building a contingency plan beforethings go awry helps avoid costly problems down the road,while reinforcing a shared responsibility for generating ideasand solving problems. Going into crisis mode withoutforethought can be expensive, with costs resulting frommissed deadlines, hiring additional staff or consultants to fix aproblem, greater-than-expected time requirements affectingstaff availability for other projects, and poor products andservices - all of which result threaten client relationshipsand even employee morale and retention. As a team, being able to adjust confidently and smoothly tochanges in course engenders confidence in your client andreduces the stress and extra physical and mental workassociated with a plan in chaos. Participating in successful problem solving can also be a team builder and moralebooster.

**id 7**

On the first Tuesday of November each year, all Australia comes to a standstill. It is the running of the Melbourne Cup, still Australia's premier and richest horse race (with prizemoney of A$6 million), and Melbourne Cup fever fills the day completely. Unless there are scratchings, 24 horses line up at the barrier at Flemington Racecourse in Melbourne for the 3200-metre race which has become a national passion. A comparable race in the United States in prominence and popularity is the Kentucky Derby run in Louisville, Kentucky, but shorter in distance (2000 metres), limited to three-year-old horses, and for less than the Melbourne Cup prizemoney. The Preakness Stakes in Baltimore, Maryland, is also limited to three-year-olds and is run over 1900 metres. Runners and winners Currently, 24 horses are selected to run in the Melbourne Cup, with the final field announced after the last race on Victoria Derby Day, the Saturday before Melbourne Cup Day. Fewer than 24 runners actually race when scratchings occur. The first Melbourne Cup was run in 1861 with 17 starters. The winner's prize at the time was 170 pounds and not a cup but a hand-beaten gold watch. The winning horse, Archer, from its stable in the seaside town of Nowra on the New South Wales South Coast, had walked a total of 800 kilometres (500 miles) to Melbourne to be in the first Melbourne Cup race. Among the Melbourne Cup's most noteworthy winners have been the legendary Phar Lap who raced 51 times for 37 wins and, more recently, the supermare Makybe Diva who won the Melbourne Cup in three successive years. Having a flutter on the Cup The official betting agencies, known everywhere in Australia as the TAB (for Totalisator Agency Board), open early on the first Tuesday of November. Right from opening time, and starting from the previous day even, there is a constant stream of punters coming in a for a flutter on the Melbourne Cup. Online and telephone betting are available as well. There's hardly anyone who doesn't place a bet on the Melbourne Cup, and the TAB pool runs into several millions of dollars. Betting types in Australia are similar to those in North America with some exceptions. A place bet in Australia wins when the selected horse runs first, second or third, while in North America the selected horse must place first or second. The equivalent of a place bet in Australia is the North American show bet. The day of the Cup Melbourne Cup Day , a public holiday in Melbourne, is a time of great festivity at the racecourse with champagne and beer in an egalitarian flow, and Cup Day costumes and hats are either of the height of fashion or of the height of weird. For office workers this is the time to repair to the TV room to watch the Melbourne Cup race. There may be nibbles and drinks as well. Those who make it to the TAB, or to any other Australian racecourse with a race meeting on the day, can watch the race on any number of monitors. Reruns and postmortems The Melbourne Cup race is over in a few minutes, but TV stations have reruns and postmortems throughout the rest of the afternoon and into the night. Those who win in the office sweep, and at the local TAB, collect their winnings and may be prevailed upon to shout their mates a middy or two at the pub. Melbourne Cup Day is a day of great excitement and hyperbole, and those who boast of big winnings on the Cup may be like those fishermen who talk of the size of the fish that got away.

**id 8**

10 Things I Would Like To Do with My Children This Summer. We have a really busy summer planned, so I'm not sure how many of these things we will fit in. Our household works better when the kids are kept busy, so for us it's better to have too much planned than too little. We live in the North West of Greater London, so some of the attractions are local to us but I also have some cool activities in mind that can be done no matter where you live. 1. Hobbledown in Horton is a newly renovated farm park/ adventure playground about an hour away from us; it's near Chessington World of Adventures. It opens officially on the 18th of July and will feature mysterical adventure play areas, domestic and exotic animals and high quality, delicious food. It looks fantastic and is something a bit different, so I'm keen to visit even if it is a bit of a drive away. All we need is a little less rain. 2. Summer Reading Challenge at our local Library. The theme this year is Storylab and 97% of the public libraries in the UK will be taking part. So if you have got children aged 4-11 who are up for a challenge, then head over to your nearest library and sign them up. It's free to join and all children who manage to read 6 books (of any kind) over the summer will receive a certificate. Some libraries give other rewards as well and while you are there it's worth checking out what other events your local library is holding over the holidays. 3. Let the kids plan and cook dinner. They use recipe books to come up with a three course menu, write out a shopping list for what we don't already have, use the Internet to get an idea of what it's going to cost, go to the supermarket to find and buy the ingredients, come home and cook and serve dinner. Obviously they need some parental supervision for this but I tend to try and hang around in the background and only help when they really need it. 4. It's a lifesized bouncy Stonehenge and it's coming to a park near you. Not just for kids but another please-let-it-stop-raining-soon activity. 5. Visit a museum or gallery. In London, most of them are free and a lot of them have children's trails and/or special activity days for children. Check out their websites for details. We try to concentrate on a particular topic or area these days but if you don't go often, you should be aware that it's impossible to see everything in one of these museums on one day. It's a good idea to make a list of half a dozen exhibits that you really don't want to miss, and sticking to it. Museums do tend to get very busy, especially on a rainy day during the summer holidays, so it's always worthwhile trying to get there early and taking a picnic for lunch. For us the London museums also involve a tube ride, which my kids see as a bonus. 6. If you and your children are Harry Potter Fans and want a very special day out these holidays, how about a tour of the Warner Bros. Studios where the Harry Potter movies were made? It's in Watford, so not far from us at all and I'm desperate to fit in a visit as soon as I can. Be warned, it's pricey but it's supposed to be amazing. 7. Fly a kite. We already have one called Ollie that hasn't been up for a few years now. Every time the kids see Ollie they ask when we are going to fly him again. Kites aren't expensive and you can even make your own but they do need a bit of wind to fly nicely. Playing fields make a good runway and so do tree-free hills, if you are lucky enough to have one near you. 8. Watch The Olympics! Okay, I know they are not everyone's cup of tea but they are coming so you might as well get into them. If you have tickets to something, encourage your kids to find out all they can about the sport they are going to watch. Remember, they are still releasing spare tickets to events so if you didn't get any seats in the first round, it's still not to late to actually be there. If you don't have tickets, you can go through the different events until you find something your children like the sound of. Research it and make plans to watch it on TV. You'll probably have a better view than if you were actually there anyhow. If you are really enthusiastic, you could even hold a backyard or

**id 9**

open source, the web, and german-american oddities In the Euro 2012 group stage, we've seen an awful lot of ties (usually: 1:1) so far, which begs the question: What are the tie-breaker rules in case two or more teams in the same group are tied for points at the end of the group stage? If two or more teams are equal on points on completion of the group matches, the following criteria are applied, in the order given; to determine the rankings: a) higher number of points obtained in the matches among the teams in question; b) superior goal difference in the matches among the teams in question (if more than two teams finish equal on points); c) higher number of goals scored in the matches among the teams in question (if more than two teams finish equal on points); d) superior goal difference in all the group matches; e) higher number of goals scored in all the group matches; f) position in the UEFA national team coefficient ranking system (see Annex I, paragraph 1.2.2); g) fair play conduct of the teams (final tournament); h) drawing of lots. Compare this to the 2010 FIFA world-cup tie-breaker rules and you'll see that they are quite different: The FIFA puts the overall team performance in the group stage first, while the UEFA cares more about how the teams in question compare with each other. That means that two teams can be tied for points, and the one with a much higher goal difference can still draw the shorter straw if they lost the match against the other team in question. Also, I applaud the UEFA's choice to consider fair-play conduct as part of their tie-breaking rules, though putting it behind the "team coefficient ranking system" makes it look not too sincere. After all, the current rankings don't show a single pair of teams with the same coefficient, so the fair play rule would never apply . Likewise, to cynics, the UEFA rules might convey the message: "If you're ranked high enough, you don't need to care about fair play."

**id 10**

How to Become a Cricketer: What Are Your Chances? You're truly desperate to become a cricketer. You watch your heroes on TV and dream of playing alongside them. The trouble is that you don't know where to start. Do you even have a chance or are you wasting your time with an impossible aim? You know the numbers already; most people who play cricket never go on to even reach professional level. An even smaller number will ever reach international honours. Statistically it doesn't look great. Yet there is a light at the end of the tunnel. You have passion and desire. You are prepared to do whatever it takes to reach the top. You are impervious to setbacks and you have youth on your side. With luck and squeezing out every ounce of talent you might just be able to join the cricketers who play professionally. Let's be honest about it though. The odds are slim. Less than 1 in 1500 cricketers make it. You need to be a very good player to even get a chance. There are always more people wanting to play than there are places in professional Academies and on team rosters. The only way you are going to make it is to show how good you are in runs or wickets at your current level: work your way up through the levels through sheer weight of performance. Cricket may have its politics but no one can argue with heavy run scoring or wicket taking. More than one chance Often I get an email from cricketers asking for "just one chance". The truth is that one chance is not how you become a cricketer That's also why it gets harder to make it as a cricketer every year you pass the age of 21. It takes a long time to master the game, so if you are not a long way down the path by this age, you won't be able to get to the required standard before you get too old. Don't rely on becoming the next Dirk Nannes . People don't arrive in professional cricket out of nowhere. There is always a story of hard work and overcoming setbacks . If you want to become a cricketer then be realistic. Look at your age, your background, your successes and your ability to overcome failures. Only then can you decide if you truly have a chance. Play Better Cricket with the Free PitchVision Coaching Newsletter Every week PitchVision provides totally free coaching tips from our coaching team. The team has names like Kevin Pietersen, JP Duminy and Mark Garaway with vast International playing and coaching experience. It's the best way to get better and stay motivated as a cricketer. Take the first step to reaching your dreams by having the newsletter sent free to your inbox weekly. Comments by shaf khan (not verified) | Fri, 11/05/2012 - 20:02 sir after reading your articles .i guess i dont have enough to say now coz you already said its not about one chance..but sorry to say i dont agree with you coz if its not about a chance then its never..dont know about european countries but in asia its too difficult.if you dont have big fish(approach) in politics or any relation with higher standard people then no matter how better you are at crciket you cant be a cricketer..i am really dishearted since was selected in a team of my city for under 17 level..the selector said they will start coaching us from next week and i dont know what happend after the left..they kicked my name out..they must have choosen some one high class dude instead of me..well its just about my past i am 22 years old now and still the chance i did nt get..actually i dont wanna praise my self if you allow me to play in your club or under your coachin you will find me acrobat fielder and dependable batsman including a wickettaker..plz help me make my dreams come true Hi sir, i wish to become a professional cricket player.but i dont even get a chance to fulfil my dreams.i am totally confused and i dont know how can i reach in international cricket .many peoples whn said that you will.but i dont get a chance in school levels also becz there is noa cricket team in our school.i am 17 years old.so please sir do you give me a chance this my request.. sir, I'm a 19 year old boy from Kerala, India. I'm an off spinner.... I'm not a mystery bowler.... a pure off spin bowler

**id 11**

Well, Amazon updated my Paperwhite without asking me first, so I'm here to see if there's really a way to get the Jailbreak and then Collections Manager back on this using the serial port? What sort of cable will I need to make to get the serial port working? \*EDIT Found the info that the serial port is just 2 solder pads on the motherboard. I can work with that. So now the question is just whether I can actually install the jailbreak that way. I believe you can flash a 5.2 image and bridge up via fastboot, Or maybe someone has a 5.3+jb image already put together (or extract these from the bridge installer IIRC) \*\*\*Take the above with a grain of salt, I don't actually have a device with fastboot\*\*\*

**id 12**

How To Make A Flavourable Sangria Recipe What recipe and ingredients to look for to make a sangria ? Where does the sangria recipe come from? Sangria, without a doubt, comes from the spanish word 'sangre' meaning blood. Blood, as we all know is a thick red liquid, essential for life. Well, the Spanish feel the same when they talk about their precious thick red liquid they call wine and their special 'potion' they call sangria recipe. Spain is an important producer of all types of wines such as white wine from the Penedes winery ( also referring to the area were the grapes are grown) or red wine from the Rioja or Ribera del Duero region, with which we make the recipe. Cava, which is the Spanish equivalent of the French champagne, is also sometimes called sparkling white wine. Being as each bottle of wine is labelled with the name of the area from which the grapes were used, Spain has come up with the D.O. System (denomination of origin) which is a quality control system guaranteeing the origen and class of grapes, as well as the methods used to produce these wines. Therefore, even though many people think of sangria as being a watered down sweetened version of drinking wine, they are truly mistaken and must pay sharp attention to choosing a medium to good wine when making their sangria recipe. What Ingredients to Look for to Take a Sangria Recipe? Sangria is a well known party beverage which goes well with all kinds of food. But being as it is made from wine, even the non-experts in wines know that red wines goes best with meat, rose wine with poultry and white wine is best with fish or seafood. So, being as we can make a sangria with all these kinds of wines, it would be wise to know what is on the menu in order to make the 'special formula' of our sangria recipe. Once we have decided on what food is to be served, having chosen the correct wine, we need to look for a few more accessories which will help in making the most mouthwatering sangria recipe. For our recipe or 'party punch' we will also need to have a ceramic pitcher, wooden spoon, large wine glasses, lots of ice and seasonal fresh fruits. Although sangria is drunk all year round, it is mostly made in the summer months when there is a huge desire for quenching your thirst after having been out under the scorching sun. It is also in summer when the best sweet rich refreshing fruits are grown: a very important ingredient for making sangria recipe. Therefore, carefully choose two or three fruits such as: sweet white peaches, oranges, melon, kiwi or apples to add to the sangria. Red wine sangria recipe Ingredients for 4 persons: 1 bottle of chilled medium to good quality red wine cup of sugar (may vary depending on sweet tooth ! ) 1 can of an orange fizzy drink 1 can of a lemon fizzy drink 3 pieces of different fruits ( cut in wedges or chunks-it is not necessary to peel them) 1 tray of ice cubes. Pour the bottle of red wine into a ceramic pitcher and stir in the sugar with the wooden spoon. Then add the ingredients in the order they are listed and stir again. The pieces of fruit are delicious for dessert, too. Now let's take a look at an original way of how to make white sangria. White Sangria Recipe 1 bottle of Cava or Champagne ( very cold) 1 cup of freshly squeezed orange juice ( it also works well with cranberry juice). 2 oranges in wedges 2 apples in chunks 1 cup of water cup of sugar 6 not too long cinnamon sticks crushed ice mint leaves Heat the water, sugar and cinnamon sticks and let simmer for about 5 minutes. Let this cool off and then remove sticks. Chill overnight along with the Cava or Champagne. Mix all together and serve over crushed ice to liven up the taste buds! After pouring each one this refreshing party punch, decorate with a mint leave to put a touch of class to your sangria recipe. Have A Look At These Related Articles... Discover The Beautiful Natural Lagoon of La Manga del Mar Menor Famous for its excellent golf courses, the area around La Manga is a real treasure of nature. Watch the beautiful pictures and enjoy the video about La Manga ...here.

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Researchers looked at the rats' dendritic spines - hair-like growths on brain cells that are used to exchange information with other neurons and found they increased almost 20 per cent in new mothers. The boost improves cognitive functioning, especially multitasking. The rats that were stressed show no boost in dendritic spines and also had less physical interaction with their babies. This behaviour is observed in human mothers who experience postnatal depression. Making progress: Researchers believe the findings could help to understand postnatal depression (posed by model) Dr Leuner, an assistant professor of psychology and neuroscience at Ohio State University in the United States, said: 'Animal mothers in our research that are unstressed show an increase in the number of connections between neurons. Stressed mothers don't. 'We think that makes the stressed mothers more vulnerable. They don't have the capacity for brain plasticity that the unstressed mothers do, and somehow that's contributing to their susceptibility to depression. And they were not very good mothers. 'After separation from pups for 30 minutes, unstressed mothers would gather up their babies, put them in the nest and nurse them. 'Stressed mother rats left the pups scattered around, wandered around the cage and fed the babies less frequently. 'The stressed mother rats also exhibited more floating than unstressed rats in a water test; animals that float rather than swim are showing depressive-like symptoms. 'These findings in rats mimic some of the symptoms that are seen in women with postpartum depression,' Leuner said. Dr Leuner described the research during a talk in New Orleans at Neuroscience 2012, the annual meeting of the Society for Neuroscience. She said postpartum depression was a devastating condition and understanding it better may help prevent some of its damaging effects. 'It's devastating not only for the mother, because it affects her well-being, but previous research also has shown that children of depressed mothers have impaired cognitive and social development, may have impaired physical development, and are more likely as adults to have depression or anxiety,' she said. 'A better understanding of postpartum depression is important to help the mother but also to prevent some of the damaging effects that this disorder can have on the child.' Comments ( 18 ) i have suffered with depression for the past 15 years and had to come off my meds when i found out i was pregnant with my first child. it was very stressful for me and my hubby then i was very ill with my second child .so i can say that this report is correct .depression is such a horrid illness i wouldnt wish it on any one . I was utterly stressed and depressed through my pregnancy with crippling Joint pain and severe morning sickness which lasted 28 weeks. My midwife and family warned me to expect post natal depression but it didn't happen. My baby boy is the smiliest, happiest baby you could meet. To tell a pregnant woman who has stress or/and depression that it will affect the baby is probably not going to help her! I am so relieved to read this - it makes so much sense. I lost my father a month before I fell pregnant and during the whole pregnancy was told not to grieve because it would upset the baby. As a result I never dealt with the death of my father and after my son was born I disappeared down the black hole of depression on and off over the next 20 years. Only recently, through therapy, have I recovered and recognised the damage stress caused and how I literally lost years of my life. Thank you for highlighting this devasting issue. Dear Sugar Plum, I lost a child too. When that happened, I had a doctor hold my hand and tell me there was nothing I could have done to prevent it. Please know you are not a failure and are brave and will be blessed with a child. My own is now 5 years old. I did have some serious postpartum depression but, all I thought about was taking care of her. I didn't take care of me but at least she was healthy and happy :) Was just told yesterday that i lost a pregnancy of 10 weeks. I always thought every mother would be very happy whilst pregnant. But due to bed rest i was depressed and now i feel even more depressed and feel a failure. ;-( We lost our son at 23 weeks and I'm currently 25 weeks with our 2nd and on

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Learn Spanish with Spanishpod101.com! What do you mean you are going to get me pregnant? Actually, I meant to say something else. In this lesson, we will see how learning another language can come with some very entertaining blunders. Join Natalia and Carlos as they discuss these inevitable mistakes while taking some time to examine how to express future actions using "la perfrasis" . Just what does that mean? Well, you know what you have to do, click that button and find out! Don't forget to check out the tarea for today's lesson in the premium audio. Sharpen those skills! If you don't have a premium membership, try one out on us for 7 days. See what you are missing! Posting in Spanish? Leave a translation. It's good practice and helps others. Please note: JavaScript is required to post comments. Create a Free Lifetime Account About our Printer-friendly lesson notes Follow along to our award winning lessons with detailed PDF Lesson Notes! These easy to print notes take a closer look at the grammar point and vocabulary words presented in the audio lesson. Plus, read more about language101 cultural topics related to the lesson. Kanji Close-Up Take a closer look at the kanji characters used in the lesson Dialogue with the Kanji Close Up Practice Sheets! You'll learn the meaning, readings, and stroke order of each character. Plus, improve your writing with kanji stroke order practice sheets! About our Lesson Audio Our team of Spanish language specialists have been releasing new audio and video lessons weekly since 2005. That's a lot of Spanish language learning! All lessons are free for the first 2 weeks before going into our Basic and Premium Archive. Re-activate or upgrade your account to access every single lesson we've ever created today! About our Dialog Audio Tracks The audio lesson is a comprehensive, easy to use lessons that makes learning Spanish fun for anyone. Each audio lesson contains can be downloaded in seconds to your computer, iPod, phone, or mp3 player so that you can learn quickly and be speaking Spanish in no time at all. The audio lesson is your ticket to learning to speak Spanish with confidence and accuracy, and from your very first lesson! About our Dialog Audio Tracks Don't have enough time for an entire lesson today? Listen to the Dialogue Only Track to hear the native Dialogue. Listening to a little bit of Spanish everyday, no matter how much, will greatly improve your listening comprehension. Guaranteed! About our Videocasts Our team of Spanish language specialists have been releasing new audio and video lessons weekly since 2005. That's a lot of Spanish language learning! All lessons are free for the first 2 weeks before going into our Basic and Premium Archive. Re-activate or upgrade your account to access every single lesson we've ever created today! About our Learning Center Listen and read the line-by-line breakdown of the lesson conversation with this Premium Tool. Listen to each line as many times as you need until you fully understand the conversation and pronunciation. Line-By-Line Audio Transcripts are the perfect way to improve your comprehension - fast! About our Videocasts Our team of Spanish language specialists have been releasing new audio and video lessons weekly since 2005. That's a lot of Spanish language learning! All lessons are free for the first 2 weeks before going into our Basic and Premium Archive. Re-activate or upgrade your account to access every single lesson we've ever created today! Privacy Policy Innovative Language Learning created this privacy policy to provide You with information on how we collect and use information, including personally identifiable information. As part of the normal operation of our services we collect information about You. This Privacy Policy is intended to inform you how we use and protect information that we collect. You may always opt out of any use or disclosure by contacting us and notifying us of your choice. 1. Information We Collect We collect personal information that can identify You such as Your name and email address and other information that does not identify You. When You provide personal information through our website, the information will be sent to servers located in the United States. Your surname, email, postal address and telephone number are confidential and will not be posted in Your profile. 2. Use of Your Information We use the information we collect to: Deliver the services and products that You have requested; Manage Your account and provide You with customer support; Enforce our terms and conditions; Manage our business; Perform functions as otherwise described to You at the time of collection 3. Accessing, Reviewing and Changing Your Profile You can edit and change any of Your personal profile information at anytime. Your username may be

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Mr. Steve Ashton (Opposition House Leader): I rise on a matter of urgent public importance, Madam Speaker. I move, seconded by the member for Swan River (Ms. Wowchuk), that under Rule 31(1) the ordinary business of the House be set aside to discuss a matter of public importance, namely, the refusal of the Minister responsible for the Manitoba Telephone System (Mr. Findlay) to allow hearings in rural and northern Manitoba on Bill 67, The Manitoba Telephone System Reorganization and Consequential Amendments Act. Motion presented. Madam Speaker: Prior to recognizing the honourable member for Thompson, I would remind those members wishing to speak to the matter of urgent public importance that they should speak to the urgency of debating this today. Mr. Ashton: Madam Speaker, I can think of nothing more urgent than debating this matter today. The fate of the Manitoba Telephone System hangs in the balance. Yesterday, in committee, we moved a motion urging the government to hold hearings throughout rural and northern Manitoba on the issue of MTS, Bill 67 in particular. That motion was defeated by the government majority on that committee. Madam Speaker, I cannot think of an issue that is more important to rural and northern Manitobans today than the future of our telephone system, and I want to say on the record that many Manitobans that we have talked to in rural and northern Manitoba--and, by the way, we are the only party in this Legislature that has taken the time to hold public meetings throughout the province. At every single meeting that we have held, we have had people say that they wished to have their voice heard. They wish to have a vote on the future of MTS, but, a bare minimum, they are asking one basic thing, and that is to have public hearings held in their own community. Yesterday, Madam Speaker, on the list that the Premier referenced in Question Period, there were many people from out of town who were registered. I can state for the record that there were a number from my own constituency who registered on the basis that they wished to have hearings held in Thompson. This may be news to members opposite, but Thompson is an eight-hour drive from the city of Winnipeg. People cannot simply drive in for the public hearings. We have to make it available to people in communities such as Thompson. We were in Portage la Prairie. The response was very much the same in that community, people saying they wish to have public hearings in Portage la Prairie, in Brandon on the weekend, in Neepawa, in Minnedosa, in Roblin, in Virden, in Lac du Bonnet, in Beausejour, and we will be into other communities next week, including Morden, Teulon, Gimli and Arborg. Everywhere we have gone, people have said, this cannot be happening. They cannot be selling off our phone company when in the election they said they were not going to sell it off. They are asking for one basic thing, Madam Speaker, the opportunity to have their say and, at a bare minimum, to appear before a public committee of the Manitoba Legislature. Let there be no doubt why the government voted down the motion yesterday. When the Union of Manitoba Municipalities, representing 166 municipalities across Manitoba, puts in a brief that states very clearly they are opposed to the privatization of MTS, we know this is a major issue in rural and northern Manitoba, and if we do not deal with this matter now, I believe we will not have the opportunity in any way, shape or form to be able to do it. This is our last chance to have a clear statement from the Legislature and try and persuade the government to have those rural and northern hearings. They voted it down yesterday, but that was before they received the brief from the Union of Manitoba Municipalities, from the Manitoba Society of Seniors, from many people from their own communities, people from Steinbach, people from the Springfield constituency, people from Erickson, people from Brandon--yes, the few that could make it in. And every rural presenter we spoke to said that people would attend hearings if there were hearings held in their own community. We had one individual present 43 names from Lundar, in the constituency of Lakeside, represented by the Minister of Agriculture (Mr. Enns), saying that they wish to have public hearings. All we are asking in this matter of urgent public importance is to give us the

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School has to be cool Unskilled jobs were evaporating from Australia and skills training was imperative. "It needs to be cool to stay on and uncool to leave school at 15," he said. "If a politician said this, it would not be cool. "Every Tasmanian must send the right message to kids, that the expectation is to get some form of training. "Ten years of focus on this could change the shape of the state." Without a cultural shift, the Tasmania of the future could be a dangerous place, he said, with social discontent increasing as large numbers of people fell into welfare and became disconnected from the rest of society. "The best thing you can do is make sure kids have some education," he said. University student Ana Salter is an example of the changing expectations of many young Tasmanians. If she graduates from the University of Tasmania, she will be the first in her family to do so. "I love it," the 19-year-old said yesterday. "I know a lot of people who want to go elsewhere but I am quite happy to stay here for now if there are opportunities here." She is studying biotechnology and medical research and hoped to work at the Menzies Research Institute. But she said going to university was an expensive business and she needed family support. "The bills add up. I can't believe that I'm in the second semester of my first year and I'm already in debt." Mr Salt was visiting Hobart yesterday to outline the changing patterns of work and life in Australia to a national workshop of motoring clubs, organised by the Australian Automobile Association and the RACT. "Australia is not a great, bland amorphous place," he told the workshop. "It is a patchwork." He pointed to fundamental shifts in Australian life, which threw up many challenges. One was the geographic shift of people from country to coast and city. Within urban areas, two kinds of cities were emerging, with a growing clash of cultures between the inner-city elite and the outer suburban culture of "middle Australia". The ethnic make-up of large parts of Australia was changing too, with the arrival of aspirational Indian and East Asian students and migrants. One of the biggest changes was the mass retirement of the baby boomers. Here he saw opportunities for Tasmania. "The lifestyle and value for money here is appealing to many baby boomers in Melbourne and Sydney," he said. "Hobart is grooving up. It is becoming quite a metropolitan, cosmopolitan and fashionable city."

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Willpower as a muscle Willpower is like a muscle. Adding more 'willpower' ideas to the ones we already have strengthens our 'willpower muscle'. Strategies to keep on track It's not always easy, but challenging the thoughts we associate with cravings can help! There are a range of different ideas here that you could add to your plan. Alternatively, call Quitline to speak to an advisor to help develop some ideas with you. How to deal with slip ups Slip ups are not ideal, but do sometimes happen. If you slip up, you are not alone! A common response to slipping up is...... "I have failed". But is a slip up really a failure? The more you learn about the quit smoking process, the more you understand that the number of attempts you make is an important factor. Can you remember when you first learnt to ride a bike? Most of you would say you fell off the first few times you got on, perhaps grazed yourself, but you got back on and kept practicing until you learnt to balance. Eventually you were able to ride without assistance. What would have happened if you completely gave up after that first attempt at getting on the bike? Would you have ever succeeded in learning to ride? What would happen if you give up trying to quit smoking after a slip up? Are you likely to be successful? A theme with learning most skills is that they take practice and persistence. If you slip up during your quit journey, it should not be seen as a failure. It can be viewed as a learning experience while practicing the skill of being a non-smoker. It's normal to make errors while trying to master any skill. The trick is to learn about what circumstances led to the slip up and refine or add strategies to better manage the situation next time if you encounter it.

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Featured: Eight Biggest Elmo Scandals: Kevin Clash, Katy Perry & More (VIDEO) Tickle me scandalized. With Elmo puppeteer Kevin Clash embroiled in a twisting and turning controversy over an alleged affair with a younger man, it's worth remembering when the furry monster gazed at Katy Perry's cleavage, cursed out Times Square, and more. "Elmo loves you" took on an icky new subtext this week. "Sunny days" turned dark when Kevin Clash, the towering puppeteer who has voiced Sesame Street 's cherished furry, red monster for 28 years, was forced to take a temporary leave of absence when a 23-year-old man claimed to have had a sexual relationship with him at 16. Clash maintained that his accuser had already turned 18 by the time of their liaison, and he was vindicated Tuesday when the unidentified accuser recanted his claim , saying that it was, indeed, "an adult consensual relationship." Still, some details will be difficult to shake. Not to be outdone by the week's other headline-making sex scandal, for example -- seriously, the head of the CIA and Elmo in the same week? -- damning emails quickly surfaced that Clash sent his accuser. "I'm sorry that I keep talking about sex with you, it's driving me insane," reads one. Another: "I want you to know that I love you and I will never hurt you. I'm here to protect you and make sure your dreams come true." (It helps to read these in Elmo's helium voice.) After nearly three decades with Elmo on his right hand, Clash had a bit of a breakout moment last year with the release of the critically acclaimed documentary Being Elmo , a field guide to his career, the trailer of which is below. Asked whether the recent recanting by his accuser means Clash will be cooing Elmoisms at children soon again, a Sesame Workshop source said , "We have no comment. This just happened!" Whether the world's foremost crimson puppet emerges from the scandal unscathed remains to be seen -- but it certainly wouldn't be the first time Elmo's starred in episodes brought to you by the letters "Uh" and "Oh." Here's a look back at some of his biggest controversies. Elmo Gets Racist, Then Gets Arrested Things Elmo loves: Playing. Learning. You. Things he hates, according to one Elmo impersonator on a ranting rampage through New York City: Jews. Hindus. Illegal immigrants. Things that can't be unseen: Elmo handcuffed in Central Park, even if that Elmo is really a bigoted lunatic in a cheap costume. Elmo Hosts Katy Perry and Her Cleavage The tag team of Elmo and Katy Perry nearly sparked mass nationwide puberty in September 2010 when the pop star joined the Sesame Street resident for a duet of "Hot N Cold" while wearing a shirt so low cut that if Elmo weren't red already, he'd certainly blush. Sesame Street never aired the segment, but the clip went viral, and Perry mocked the ordeal by wearing a chest-accentuating Elmo shirt during an appearance on Saturday Night Live . Brought to you by the letters DD. Elmo Talks Dirty A New Jersey couple who bought their toddler a Fisher Price Elmo, which is supposed to teach wee ones how to count, may have had to have "the talk" with their child way earlier than planned. Elmo is supposed to say, "4, 5, 6," when a button is pushed. Apparently, he really liked having that button pushed, because the Elmo on at least this version of the toy, as heard in this news report , says, "Who wants to have sex?" Elmo Starts a Brawl Guys, it distinctly says "tickle me" Elmo, not "hand-to-hand combat over me" Elmo. Back in 1996, Tickle Me Elmo was the It toy of the holidays, with parents prepared to do anything in order to get one under their Christmas tree -- including break bones. At one New Jersey Walmart, a stampede of 300 customers trampled a store employee who was holding the location's last Elmo, breaking one of his ribs and

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Guest Post: 7 Reasons To Have A Home Gym Instead Of A Membership Are you tired of your blood pressure going through the roof every time you step foot into your gym due to the smorgasbord of annoyances on display? There's something to ruin the day of any appetite. Why not avoid ever having to return there by creating your own gym at home? As if you needed them, here's seven reasons. 1. The Smell. If you're walking into a room filled with 50 other sweaty individuals in the various stages of a workout its unlikely that it's going to smell like you're visiting the body shop. Unfortunately this is an occupational hazard that is associated with the gym, and unless you want to hover around every machine spraying the seat cushions with Fabreeze you might have to grin and bear it. If you set up your own gym at home at least you can bang in the old Glade Plug in Fresh and work out until your heart's content. If you get Lavender and Vanilla you can even shut your eyes and imagine that you're working out in a sun basked meadow. 2. The Changing Rooms. Where to start with the changing rooms? The over familiar fellow gym members strolling around the room, determined to get that last bit of water from their ear with the corner of their towel? The bags hiding just out of sight, peeking out from under a bench and only making themselves known when they cause you to trip over, sending your Lynx Africa skidding across the floor in the process? The guys who seem to just like hanging out in their, bro-ing it up with all the other bros. Bro. At least in the comfort of your own home you can have a shower and get changed without feeling like you're living in a mixture of Top Gun and a Butlin's Strongest Man competition. 3. Equipment Hogs. There's nothing wrong with someone getting full use of a piece of equipment. It's their right. They pay membership fees just like anyone else. It's when someone feels the need to simultaneously work three pieces of equipment at once, and then have the temerity to stare you down when you ask if they need that extra dumbbell that it can try your patience a little bit. If you have your own gym at home you're unlikely to run into this predicament. 4. Grunting. Every gym has at least one. A grunter. Lifting weights doesn't mean that you have to attempt to suck every litre of oxygen out of the room and then scream like Maria Sharapova fighting a Silverback Gorilla. Unless it's you that is doing the grunting. In which case you should probably stop. I'm not sure people like it. 5. Sweaty Equipment. There is nothing more irritating than getting onto a machine only to discover that it is literally dripping in sweat. Guys, I'm looking at you for this one. No disrespect, but I've yet to see a woman leave a piece of equipment that looks as though it's been used as a prop in the Flashdance chair scene. This won't be an issue if you have your own gym at home. And if you don't wipe your equipment down after you've used it at least you'll only get drenched in your own sweat. Everyone like's their own brand anyway. Don't they? 6. The People Who Stare. Of the many gym personalities that you are likely to encounter, this one will put you on edge the most. Lurking around the equipment, watching you workout and perspiring more themselves than you ever could. As soon as you make eye contact with them they will slink away or pretend that they have been sent a text. It's only upon closer inspection that you realise that they are trying to read a text message from their iPod. They NEVER seem to actually work out either. When you're working out at home they are unlikely to be there. And even if they are you can just close the blinds. 7. Hoverers. You know the ones. You've been on a machine for a matter of seconds and they are hovering around it, shooting you 'hurry up I've got to get back to the office' looks. Too 'polite' to actually ask you how long you're going to be, but not so concerned about time that won't move onto another machine. You can't even grab a drink of water because they will steal your machine on account of them being serial grave jumpers. Known to loudly chat on their phones about how they're 'stuck at the gym'.

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\*Spoiler\* seemed like an odd choice to die - HOLLYOAKS to be the one to die - the Oaks producers seemed to be in it for the long haul for her character - also seemed off giving that she had never been given any semblance of death - I hated the character, found her intensely boring, but expected at some point for her to be developed beyond what she was, and if not redeemed morally, at least be redeemed in an interesting character sense, but she was a Bitchy, bland cypher right until the end... seems like a wee bit of a waste, really... Guess so yeah, Im glad personally - awful character, one note actress - wonder if there will be a whole new teen gang being formed out of the ruins of the old... hopefully with some vague sense of likability this time... If so - its an even weirder decision to axe your much professed fave before really even bringing any of her storylines to a proper conclusion/adding any depth to the character.... not that this is something hollyoaks is ever about these days lol It does seem a really odd decision because it has basically ended a storyline with no full conclusion which displeases the audience. But then again maybe they knew that with all the Maddie hate the audience would let it slide? Who knows maybe she isn't dead. We've only had Jono confirm it. In real life Neil would probably have been burnt to bits and not capable of bagging up but it is HO......

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Down on The Street Lyrics Rage Against The Machine Down on the street where the faces shine Floatin' around I'm a real low mind See a pretty thing in a wall See a pretty thing in a wall In a wall In a wall In a wall Yeah, deep in the night I'm lost in love Yeah deep in the night I'm lost in love A thousand eyes they look at you A thousand eyes they, they look at you Oh, come on Oh, come on Oh, come on Yeah, yeah, yeah Oh, come on Oh, come on Oh, come on Yeah, yeah, yeah Oh, come on Oh, come on Oh, come on Yeah, yeah, yeah Where faces shine A real low mind Faces shine A real low Oh, come on Oh, come on Oh, come on Yeah, yeah, yeah

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The two changes you need to make to your CV in 2012 If your goal is to land a new job this year, there are two things that must change about your CV: the first is to do with the actual content, but the second is far more exciting -- the medium by which you present it. Content first In the old days, a qualifications-based CV that highlighted your academic brilliance or a chronological CV showcasing your minimal work experience was the way to go for most graduate jobseekers. If you had neither of these two, you had to make do with a "functional CV" that no one quite knew what to do with, employers included. This is no longer the case -- though education and experience are still important, the competition today is much tougher so employers have started looking to another part of the CV to distinguish one candidate from the next -- your interests and activities. In his book The Rare Find, George Anders discusses the shift towards the "upside-down" CV, where forward-thinking employers are now placing more value on the previously little-regarded element of what a potential employee does with their spare time. This is good news as a jobseeker because it means that your interests and activities can now give you the edge over other candidates, if communicated well enough on your CV. What you do outside work and education gives your potential boss a better insight into your character and possible work attributes, so take advantage of the extra helping hand and blow the dust off those hobbies and membership forms as they could help to land you your next job. Get social Once you have re-worked your CV to give more prominence to your interests and activities, the second shift you must make is to get social with your CV. Sending out a .doc CV by email instead of post doesn't make you "cutting edge"; if you really want to be at the forefront of the next big shift in recruitment, you need to get yourself a professional profile on at least one of the three main social media platforms (Twitter, Facebook and LinkedIn). LinkedIn is a great place to start as it is most similar to the old style CV, except with this, you can connect with potential employers directly, network with people in your industry, and open yourself up to the opportunity of being headhunted for a role. Every new year brings with it the opportunity to do things differently from the year before so embrace these two CV changes this year and you may well get results you've never had before in your job search. Mildred Talabi is a CV consultant, trainer and the author of Seven keys to a winning CV: how to create a CV that gets results, published by Harriman House

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Mann : Ray, people will come, Ray. They'll come to Iowa for reasons they can't even fathom. They'll turn up your driveway, not knowing for sure why they're doing it. They'll arrive at your door as innocent as children, longing for the past. "Of course, we won't mind if you have a look around," you'll say. "It's only twenty dollars per person." They'll pass over the money without even thinking about it; for it is money they have and peace they lack. Mark : Ray, just sign the papers. Mann : And they'll walk out to the bleachers, and sit in shirt-sleeves on a perfect afternoon. They'll find they have reserved seats somewhere along one of the baselines, where they sat when they were children and cheered their heroes. And they'll watch the game, and it'll be as if they'd dipped themselves in magic waters. The memories will be so thick, they'll have to brush them away from their faces. Mark : Ray, when the bank opens in the morning, they'll foreclose. Mann : People will come, Ray. Mark : You're broke, Ray. You sell now or you lose everything. Mann : The one constant through all the years, Ray, has been baseball. America has rolled by like an army of steamrollers. It's been erased like a blackboard, rebuilt, and erased again. But baseball has marked the time. This field, this game, is a part of our past, Ray. It reminds us of all that once was good, and it could be again. Ohhhhhhhh, people will come, Ray. People will most definitely come. Mark : Ray, you will lose everything. You will be evicted...C'mon, Ray.

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Obituary of a fellow fan I first saw this posted on the Superhero Hype forum and the final sentence made me smile. The obituary of a man after our own hearts: Reminds me in a way of when musician Warren Zevon was diagnosed with terminal cancer in 2002, he said he was at peace with it but just hoped he'd live long enough to see the new Bond movie. Fans 'til the end. Reminds me in a way of when musician Warren Zevon was diagnosed with terminal cancer in 2002, he said he was at peace with it but just hoped he'd live long enough to see the new Bond movie. Fans 'til the end.

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The Quality of Registration of Clinical Trials Background Lack of transparency in clinical trial conduct, publication bias and selective reporting bias are still important problems in medical research. Through clinical trials registration, it should be possible to take steps towards resolving some of these problems. However, previous evaluations of registered records of clinical trials have shown that registered information is often incomplete and non-meaningful. If these studies are accurate, this negates the possible benefits of registration of clinical trials. Methods and Findings A 5% sample of records of clinical trials that were registered between 17 June 2008 and 17 June 2009 was taken from the International Clinical Trials Registry Platform (ICTRP) database and assessed for the presence of contact information, the presence of intervention specifics in drug trials and the quality of primary and secondary outcome reporting. 731 records were included. More than half of the records were registered after recruitment of the first participant. The name of a contact person was available in 94.4% of records from non-industry funded trials and 53.7% of records from industry funded trials. Either an email address or a phone number was present in 76.5% of non-industry funded trial records and in 56.5% of industry funded trial records. Although a drug name or company serial number was almost always provided, other drug intervention specifics were often omitted from registration. Of 3643 reported outcomes, 34.9% were specific measures with a meaningful time frame. Conclusions Clinical trials registration has the potential to contribute substantially to improving clinical trial transparency and reducing publication bias and selective reporting. These potential benefits are currently undermined by deficiencies in the provision of information in key areas of registered records. Background Lack of transparency in clinical trial conduct, publication bias and selective reporting bias are still important problems in medical research. Through clinical trials registration, it should be possible to take steps towards resolving some of these problems. However, previous evaluations of registered records of clinical trials have shown that registered information is often incomplete and non-meaningful. If these studies are accurate, this negates the possible benefits of registration of clinical trials. Methods and Findings A 5% sample of records of clinical trials that were registered between 17 June 2008 and 17 June 2009 was taken from the International Clinical Trials Registry Platform (ICTRP) database and assessed for the presence of contact information, the presence of intervention specifics in drug trials and the quality of primary and secondary outcome reporting. 731 records were included. More than half of the records were registered after recruitment of the first participant. The name of a contact person was available in 94.4% of records from non-industry funded trials and 53.7% of records from industry funded trials. Either an email address or a phone number was present in 76.5% of non-industry funded trial records and in 56.5% of industry funded trial records. Although a drug name or company serial number was almost always provided, other drug intervention specifics were often omitted from registration. Of 3643 reported outcomes, 34.9% were specific measures with a meaningful time frame. Conclusions Clinical trials registration has the potential to contribute substantially to improving clinical trial transparency and reducing publication bias and selective reporting. These potential benefits are currently undermined by deficiencies in the provision of information in key areas of registered records. Funding: No direct funding was received for this study. The authors were personally salaried by their institutions during the period of writing (though no specific salary was set aside or given for the writing of this paper). No funding bodies had any role in the study design, data collection, analysis, decision to publish or preparation of the manuscript. Competing interests: DG is the Team Leader of the International Clinical Trial Registry Platform (ICTRP) of the World Health Organization. RV has no conflict of interest to report. This does not alter the authors' adherence to all the PLoS ONE policies on sharing data and materials. Many instances of unethical research conduct by clinical trial sponsors and investigators have come to light over the past decade. The types of misconduct vary and include not obtaining approval from research ethics committees, not obtaining informed consent from trial participants and the fabrication of data [1] -- [5] . Despite the ethical obligation to accurately report the results of research in humans [6] , some trial sponsors have deliberately withheld negative outcome information when publishing the findings of clinical trials, and when

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Gang Of Four giving away vials of their own blood with new album Gang Of Four are set to give away bottles of their own blood in exchange for money contributions to aid the recording of their new album 'Content' . The post-punk veterans are funding the album through Pledgemusic.com - where users can contribute cash to the process and be rewarded with album-related products, including the vials of blood, in return. Other options on offer for funders include limited edition live album tapes that come packaged in a Sony Walkman each, plus entry to a forthcoming question and answer session with the band. One fan can also get the chance to have one of their own songs remixed by the group. See Pledgemusic.com for more information.

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The multilateralist at the White House What with 9/11 and wars in Afghanistan and Iraq, the Bush administration pushed foreign economic policy onto a back burner in its first term. But that will have to change in the second term. So conclude several economists who describe the situation facing the United States as everything from "promising opportunities" to "daunting global economic challenges." Two issues, in particular, demand increasing attention: clinching an international trade deal and finessing the fall in the value of the dollar. How well President Bush will meet these challenges is hard to predict. But some clues can be gathered from his first term. Those assessing his record so far see a mixed bag of achievements and missteps in foreign economic policy. Perhaps surprising is that, unlike in other areas of foreign policy, Mr. Bush has not acted unilaterally. He hasn't taken sweeping action without the approval of major allies in Europe or elsewhere. "Unilateralism is not an option in foreign economic policy," says C. Fred Bergsten, director of the Institute for International Economics (IIE) in Washington. By the very nature of trade and many other foreign economic activities, negotiation with other nations is required. Like President Clinton, Bush is pushing for success in another round of major negotiations to reduce world trade barriers. It has been a perilous exercise. But by early 2002, actual negotiations of the "Doha Round" began in Geneva within the World Trade Organization (WTO). "It's hard to assess what is happening there," says Richard Cooper, a Harvard University economist who helped negotiate three previous global trade rounds. "All of them are cliffhangers." Mr. Bergsten and his colleagues at IIE calculate that globalization, with its freer trade and growing international investment, has increased the US standard of living by about $1 trillion since 1945, or $9,000 for the average American household in today's world. Successful completion of an ambitious Doha Round might add another $100 million to $200 million to that $1 trillion, he estimates. But the integration of the US economy into the world economy can harm Americans, too. Now, even workers with good salaries, such as computer programmers, find their jobs transferred offshore to India or elsewhere. That's why Bergsten and other IIE economists urge the administration to substantially expand "trade adjustment assistance" to include service workers harmed by expanding international commerce. The US now spends $1 billion to $2 billion a year on the program, usually to aid manufacturing workers. Bush has not been wholly averse to sheltering US workers from foreign competition. "There is a discrepancy between Bush [free-trade] rhetoric and his actions," notes Mr. Cooper. Bush has taken protectionist steps to help the US steel and lumber industries. But so did the previous two presidents when faced with intense political pressures. Bush has been a bilateralist when it comes to cutting trade deals. These relatively small agreements between two nations or regions may benefit the countries that sign them, but they hurt competing nations, Cooper charges. Since the chief promoter of such deals, Robert Zoellick, has moved on to the State Department, it remains to be seen whether Bush's choice for his replacement, Rep. Rob Portman (R) of Ohio, will continue the bilateral push or throw his energy into the much broader multilateral talks under the WTO with its 148 member nations. The other key area for the administration is the dollar. Because the US has a massive deficit in trade and international financial flows and because this is being financed mostly by Asian central banks, "the possibility of a financial crisis that forces the Bush administration quickly to reassess its policies cannot be discounted, to say the least," writes Jeffrey Garten, dean of Yale School of Management, in Foreign Affairs magazine. If foreign lenders decide to shift their investments away from the dollar, its value could plunge and force the US to jack up domestic interest rates to attract and keep foreign lenders and investors. Higher rates could damage the economy. What's needed, experts say, is a reduction in the huge federal budget deficit. Such action may not shrink the international current account deficit a lot, says Cooper, but it is related. The deficit under Bush has ballooned, although he has promised to crack down in his second term. On the plus side, the US Treasury has not intervened in the foreign-exchange markets to prop up the dollar. Experts applaud that inaction, especially since the decline in the dollar's value so

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Trading with volatility series One of the most interesting ways of determining where you stand in a trend (and even whether you are in a trend) is to look at the long-term moving average and the volatility that is occurring around it. Most well-known on this topic is the indicator called the Bollinger Bands. What I am doing in this video is presenting some ways in which you can start using and modifying this tool. From the work done by a number of authors on the topic I discuss the idea of trending trades and mean reversion trades and help you decide which is appropriate. I look at a number of examples but as I say in the video put these indicators on your own charts and see how you might integrate them in with your current methods. My concern for many traders is that they look at the price outside of the Bollinger Bands and assume that price will shortly revert back to the mean. What you will find is that in a trending market this is not likely to be the case -- until the trend breaks down. If you want to get into the real nitty-gritty of this issue then there are a couple of really good reads: AND We will be doing a number of videos on volatility in the coming weeks. If you have questions for us just drop it in the comment section.

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If this is your first visit, be sure to check out the FAQ by clicking the link above. You will have to register before you can post: click the register link to proceed. To start viewing messages, select the forum that you want to visit from the selection below. Trying to get a payment plan with wonga Hi, Like others on here, i got into a situation with Wonga where i was in a never ending borrowing cycle, having to borrow more and more each month as i would pay back the loan then have to borrow more to live on. My initial loan was 100, i kept borrowing and its upto 466 now, i thought i need to get out of this cycle. Reading this forum encouraged me to do something about it. My due date was the 26th, i called my bank halifax on the 25th and they put a block on Wonga taking money from my bank account. Then on the 26th before 5pm i wrote to wonga the below: Dear Wonga, Further to my previous email dated 26/10/12 Loan Agreement Ref : xxxxxxxxxxxx I am not in a position to make a lump sum payment to pay off my wonga debt. This is not a decision that i have taken lightly and realise my obligation to pay back this sum of money. However it would be reckless of me to continue in a cycle of paying back a loan then having to take another loan out to cover the cost of paying the loan back. The interest makes it impossible for me to borrow lower amounts each month and pay it back that way, instead i would have to borrow more and more each month just to cover my living expenses. If allowed to continue i would eventually reach a stage where i simply had borrowed more then i earn and the debt would of spiraled out of control. I am currently in a debt management plan with Payplan, however rather than handing the wonga debt to them i would prefer to come to an arrangement with you to pay it back alot quicker than i would be able to if i handed it to Payplan. Therefore i kindly request that a replayment plan be set up so i can repay this debt to Wonga. Im willing to pay back the original loan plus one months interest and the late fee. The total of my debt would be 466.44 + 20 late fee. I prepose the following repayment schedule Nov 1st 10 Dec 1st 50 Jan 1st 50 Feb 1st 50 March 1st 100 April 1st 100 May 1st 100 June 1st 26.44 Please freeze the interest on this loan so the payments i make to you go towards paying off what i owe. Of course should my circumstances change and im able to pay larger amounts or pay the loan off early, i will do so. Please send me your bank details so i can begin to make payments to you. Payment will be made by standing order from my bank as the bank have taken my debit card. Please note i will commuicate about this debt in writing only. I guess im looking for reasurrance that im going about things the right way and to perhaps get a little help along the way also. How long do wonga take to reply normally? i sent the email to customercare@wonga.com . Should i go ahead and start the payments if i dont hear from them? are the wonga bank account details correct in the sticky? I also shifted my money to my savings account at Halifax (was devoid of money btw) is that protecting it? Re: Trying to get a payment plan with wonga Heard from wonga today, not answer to my email, but a generic email saying to go to their website and set up a payment plan. But the website plan only lets you set up 3 installments, plus i don't want them having any of my card details again and such like.. So i sent them another email basically a copy of the first one with the suggested payment plan on. Hopefully i will hear something. Re: Trying to get a payment plan with wonga Good email. Just be careful with excluding any debts from your dmp . I don't understand why you haven't just added the Wonga debt onto your debt management plan? If you're with payplan you will have provided them with income and expenditure details and have a set amount that you pay them each month? Are you going to be able to maintain these additional payments outside of your dmp? If payplan learn that you've got debt outside of your plan and that you're favouring one creditor over another, they may kick you off the plan. It's fantastic that you're taking positive steps to get out of the endless payday loan

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Two days ago the Toronto Blue Jays surprised not only Kevin Comer but had all of Blue Jays nation scratching their respective heads when they shipped former 1st round pick Kevin Comer to the Houston Astros. Comer was dealt as the player to be named later in the trade that brought J.A. Happ , Brandon Lyon and David Carpenter north of the border. Comer was the 57th overall pick in 2011 and cost the Blue Jays 1.65 million to persuade him not to go to Vanderbilt University. The Jays hardly got their moneys worth as Comer only pitched 43.1 innings with the Bluefield Blue Jays before being dealt. Comer posted 29 strikeouts countered by only 8 walks during his short stint with the Jays. Comer projects to be a front of the rotation starter which makes the deal that much more perplexing as the Jays had already surrendered prospects Joseph Musgrove , Asher Wojciechowski , Carlos Perez , David Rollins and major league veterans Francisco Cordero and Ben Francisco . Perhaps the Astros pulled a fast one and caught Blue Jays General Manager Alex Anthopoulos a little sleep deprived after welcoming a new addition to his family last week. Regardless Comer graciously agreed to do the interview days before the deal so here it is and best of luck to Kevin Comer in your path to the majors with the Astros. Sorry to see you go. Kevin Comer Interview: 1. You were drafted by the Jays in the 1st round, 57th overall in the 2011 amateur draft. You negotiated your contract with your father, what kind of experience was the process, how close were you to attending Vanderbilt? I'd say it was an eye opening experience into the business aspect of baseball. It was a tough and down to the wire decision but in the end I think I made the right one and don't regret the decision one bit. Blue jays are great and I love being a part of this organization. I was close...approximately 10 minutes to attending Vanderbilt and it would have been a great time I'm sure. I wasn't afraid of going to school by any means and that's why it was an option and decision that came down to the wire. So yes, you could say I was pretty close to attending. 2. It is reported you signed with the Jays for $1,650,000, what was the first major purchase you made with the bonus and what did your purchase your parents? Well for the most part my parents and I have thought it best not to purchase too much. I've bought a car for myself and a handful of smaller things for my parents. Nothing too absurd and ridiculous I'd say. 3. What pitches do you throw and what is your out pitch and what type of velocity do your pitches hover around? I have an average arsenal of pitches in a Fastball, sinker, curveball, and change up. For most part my out pitch has been the sinker and change up. I'm working hard on making my curveball better and developing some other pitches and getting a good feel for all of mine. I'd say my fast ball and sinker are anywhere from 87-92 for the most part. 4. What baseball team did you follow growing up and do you emulate your style around any major league players? I'm a big Phillies fan and still try and keep up on them! Been a hard season to watch that's for sure. I like to think myself to be my own pitcher and not modeled after any other pitcher so I wouldn't label myself with any pitchers style per say. 5. What is the one pitch you feel you need to add or perfect to be a successful major league pitcher? I really think that I need to have a better breaking pitch and really master the fastball. If the fastball is mastered, it can go a long way. 6. Who has been the most influential person in helping you develop as a baseball player throughout your career? I've had a handful of coaches through my time playing and I would like to think I've taken something from all of them, which I find to be true. I've had one pitching coach ( Bobby Shannon ) that I've worked with since I was child who has made me into the pitcher I am and taught me how to throw the way I do. Also I worked with Kevin Dougherty who has given me a lot of knowledge towards pitching and the game. My high school coaches Sean Cassel and David Lafferty also taught me so much more beyond the on field standards of the game. They

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Welcome to The Age of Luxury The website of Exclusif Presentations Ltd established since 1988, brings you an eclectic choice of style and sophistication - from fine china, exquisite gifts to distinguished wallets to delight the connoisseur. Welcome to the age of luxury. Wallets A range of stylish wallets from Dunhill, Ettinger and Glenroyal. The best of British exclusively for you. Belts The essential statement of style for any discerning gentleman. Tableware About Us Established in London since 1988, Exclusif Presentations Ltd has set the standard for quality, style and service to it's discerning customers. Inspired by the art deco era of the 1920's and 30's, we aim to bring this age of elegance and stylish living through inspired selections presented on this website for you, the discerning individual. Welcome to the age of luxury.

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It must have been pure Agger-ny! Liverpool defender will never walk alone The Liverpool and Denmark centre back, who scored the opening goal on Wednesday night, showed off his huge tattoo which depicts a Viking graveyard in the middle of his back. What would Agger do? The Liverpool and Denmark defender is evidently partial to a tattoo, or two He also has a Latin proverb 'Mors Certa, Hora Incerta' across the top of his back, meaning 'Death is certain, its hour is not' and inscriptions on his ankles along the lines of 'Pain is temporary, victory is forever'. He is not alone in loving tattoos in the Anfield dressing room with team-mates Martin Skrtel and Raul Meireles sporting their own artwork. Comments ( 17 ) whats having tatoos got to do with brains .. and some of them dum ones would never really understand the meaning of certain things .. to them it sounds cool or its sounds stupids .. it never means anything to em .. so if dan feels its something to him.. then who gives a \*\*\*\* .. nice art btw .. I seriously wonder about some of the posters here, and whether they are capable of their own thoughts, as you are the ones that really do need to question who the braindead really are, no really! I admire Agger, yes, he's different but he is his own person and can think for himself and looks like he will follow his own heart and thoughts. The previous posters are everything that's wrong in this world today. Open your eyes, don't follow the crowd, just be yourself. Wow that's beautiful art there man, love that tat. I have no problem with tattoo's they can be very artful and you can say anything you want in them, and he's displaying his pride in his nation, nice one Daniel!! It could be worse..the tattoos could be on his neck like Beckham has and also have loads of earings to go with them! I've seen footballers do more "brainless" things TBH. Not to my taste but I'd rather he spent time having tattoos done than going around causing trouble on the streets like many young English players do!

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The most helpful favorable review The most helpful critical review 144 of 161 people found the following review helpful 4.0 out of 5 stars French Classic in U.S. Edition at Last Last July, the Washington Post excerpted a recipe from Ginette Mathiot's French classic and, in the covering article, compared it a French "Joy of Cooking" and compared it the books of Julia Child. On the strength of that article, I ordered the book, and my copy arrived yesterday. I am going to enjoy cooking from it. It is a classic of great depth and we can be thankful... 2.0 out of 5 stars In A Word... Disappointing The most valuable information in this book can be found between pages 14-37 (cooking methods, wine, seasonal items, flavorings, spices, and glossary), and between pages 914-929 (author's kitchen advice, menu planning, picnic planning, dining etiquette, table setting, and recipe notes). Last July, the Washington Post excerpted a recipe from Ginette Mathiot's French classic and, in the covering article, compared it a French "Joy of Cooking" and compared it the books of Julia Child. On the strength of that article, I ordered the book, and my copy arrived yesterday. I am going to enjoy cooking from it. It is a classic of great depth and we can be thankful to Phaidon for publishing this huge volume. And yet, in my opinion, it is not quite what the Post article touted it to be. It lacks the extraordinary technical precision of Julia Child and "Joy of Cooking." Nor, do I think that, as an introduction to cooking technique, it can be compared to Madeleine Kamman's "New Making of a Cook." The closest American comparison I would make to it is the classic "American Woman's Cookbook," which was my mother's cooking bible and the cook book I first learned to cook from. As a collection of recipes, the Mathiot book deserves a place of honor in the kitchen. Yet the book suffers from some odd editorial shortcomings. As a translation from the French, ingredients are given in equivalent U.S. measurements (mostly by weight); but straight metric conversions lead to odd amounts in the ingredients columns. For example, one recipe calls for 4 1/4 ounces of bacon, 9 ounces of chestnuts, and 1 1/4 cups of Madeira. Readers would have been better served by a list of the original metric amounts and a parallel column that recalculates the recipe in more standard U.S. measures--as for example the U.S. editor of Elizabeth David's books has done with her British measures. Secondly, there is no French-to-English glossary; and, in some cases, trying to find a technique known by a French name is hopeless. Where is "poele," for example? Equally annoying is the lack of information about some ingredients or ingredient substitutions. Recipes often call from creme fraiche, an ingredient not as yet found in many U.S. markets. It is easy to prepare at home, but no instructions are given. Readers should also be aware that many of the recipes call for main ingredients not easily found--for example, where does one get hare? Finally, the many photos on matte paper are not particularly inviting. Yet with all these limitations, I hope this book will sell well enough for the publishers to invest a little more editorial effort in a second edition. As good as this book is, it hasn't quite made it all the way across the Atlantic. We need a U.S. edition, not just a U.S. translation. My jaw hit the floor when I saw this book. I have the French version and I had no idea that Phaidon was working on one of their now-classic spruced-up translations. If nothing else, Phaidon has the cookbook thing down by now -- this is a typically beautiful cookbook, with stunning photography and illustrations derived from the blocky line art typical of books from the 50s and 60s. The original book is certainly not a learner's book; if anything it's more of a complement to something like Mastering The Art of French Cooking , to be used as a reference after working through the more technique-oriented books. Comparisons to Joy of Cooking are apt; while very few books on the market are quite as ambitious as Joy (which has a level of information density that is intimidating even by most professional standards), Mathiot certainly cast

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Non-Discrimination (Executive Medical) Explanation In the past, an insured group health plan could provide non-taxable benefits to executives and other highly compensated individuals even if the plan discriminated in favor of those individuals with regard to eligibility to participate or benefits provided. If, however, self-funded group health plans discriminated in favor of highly compensated employees, the benefits for the highly compensated individuals would be subject to taxation under Internal Revenue Code 105(h). The Affordable Care Act (ACA) has now subjected insured group health plans to similar rules as those contained within Internal Revenue Code 105(h) if they discriminate in favor of these persons, except for insured grandfathered plans, for as long as they remain grandfathered. Unless an insured plan is grandfathered under ACA, it will need to satisfy rules similar to those that already apply to self-funded plans relating to prohibitions on discriminating in favor of highly compensated individuals. Those rules will be outlined in future regulatory guidance and will go into effect sometime after their release. Under ACA, it appears that an employer that sponsors an insured plan that discriminates in favor of highly compensated individuals is subject at least to a $100 per day penalty multiplied by the number of those individuals "discriminated against." If a plan sponsor thinks its plan may be discriminatory, we urge the plan sponsor to monitor the rulemaking process and contact its tax counsel for further guidance. If, after discussing, plan changes need to be made, please contact a broker or Aetna representative. Aetna does not conduct discrimination testing and is not responsible for an employer's compliance with this ACA requirement. While there are many unanswered questions about this rule, we are providing the additional information below for your convenience.

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These are individuals "with innovative solutions to society's most pressing social problems ", "who dream up and take responsibility for an innovative and untested idea for positive social change, and usher that idea from dream to reality , and who combine "the passion of a social mission with an image of business-like discipline, innovation, and determination ". Though the definition may vary , the appeal of the "social entrepreneur" among the Millennial Generation (those born between 1983 and 2001) is undeniable, as highlighted in a recent post on the Harvard Business Review Blog Network by Lara Galinsky. As senior vice president of Echoing Green, a global nonprofit that provides seed funding and technical assistance to emerging social entrepreneurs, Galinsky has seen her fair share of bright-eyed, bushy-tailed Millennials eager to start organizations that will solve every problem from poverty to pollution. Yet, Galinsky -- despite or perhaps because of -- her position believes that not all Millennials should become social entrepreneurs. Invoking the Igbo proverb of "It takes a village to raise a child," Galinsky argues that it takes an "entire ecosystem" to solve the world's biggest problems. In order to succeed, social entrepreneurs need the support of fundraisers, designers, and communications and development specialists to transform their bold ideas into reality. According to Galinsky, to harness the Millennials' passion for social change: "We must move away from the antiquated concept of vocation, which emphasizes what's in it for the individual: whether it will sustain their interest or bring them fame or fortune... They needn't be founders of new organizations to have an impact on the world. But they should be founders of their careers." It's a logical argument and a lovely sentiment, but it ignores the obvious question of why? Why is this particular generation -- the Millennials -- so captivated and fixated on social entrepreneurship? The problems they want to solve have been around for decades, even centuries. Why now? Why this generation? Call me pessimistic, but I don't think this surge in social entrepreneurial spirit is due to the Millennial generation being more altruistic or socially conscious than their predecessors. In fact, I doubt that altruism plays a major role in the decision of most Millennials to pursue this career path. As the Chronicle of Education reports, a recent study in the Journal of Personality and Social Psychology compared the traits of Millennials, Generation X'ers, and Baby Boomers at the same age from 1966 to 2009 and found that Millennials place much greater value on money, image and fame than previous generations. Basically, Millennials are more "Generation Me" than "Generation We". This is a generation that has been raised to believe that they are special; that they can do and be anything they want. This is the generation that gave birth to the term "helicopter parent," a generation that has been prepped and primed from an early age to get the best grades, participate in the most extracurricular activities, attend the best schools, etc. So when it comes to the Millennial obsession with social entrepreneurship, I can't help but think that, to them, it represents just another notch on their belt of accomplishments, another step on the ladder to individual achievement and recognition. Millennials have spent their entire lives in the spotlight, at the center of their parents' and their own individual universes. For many, I think social entrepreneurship provides an opportunity to remain in the spotlight, rather than assume a supporting role. In her post, Galinsky admits that Echoing Green, and other organizations like it, "shines a bright light on social entrepreneurs, often making them stars." Moving forward, though, she notes that Echoing Green will be "cutting the spotlight and raising the house lights" to focus more on the ecosystem needed for social enterprises to succeed. But when the lights come up in the house, will there be any Millennials willing to work backstage? Jennifer Foth completed her undergraduate studies at Middlebury College, majoring in International Studies with a focus in Political Science. After graduation, Jennifer worked for two years at ACCION International, a Boston-based microfinance non-profit organization, where she oversaw the development of the senior management monthly report and partner-wide social performance indicators. Jennifer received her Masters in Public Health in International and Environmental

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We watched the All Blacks' flaws... it was the shortest DVD I've ever seen RICHIE GRAY hopes it will be All Right On The Night after revealing Scotland's rugby stars have been glued to a DVD of All Black bloopers. Andy Robinson's men will create history if they beat New Zealand at Murrayfield on Sunday. But the Scots are rank outsiders with the world champions rolling into town on the back of a stunning 17-match unbeaten run. Yet head coach Robbo is so convinced his side can upset the odds that he ordered video analyst Rob Holdsworth to make a compilation of All Black howlers to prove to his players that Richie McCaw and Co are human after all. Gray said: "We need to assert ourselves but we know New Zealand will front up and it will be very tough. We watched some videos, they weren't very long. "I can't really say too much. They have very good players all over the park. That much we do know. "It maybe made us feel they were more human." Scotland were crushed 49-3 the last times these two sides met. Gray remembers the occasion well and believes that two years on, Scotland are better equipped to face New Zealand. The giant lock said: "It's a massive game on Sunday and I'll be very pumped up by the time it arrives. "I played against the All Blacks two years ago and the thing that stood out was the physicality of it all. "They play a very fast-paced game and don't make many mistakes. They do the basics, under pressure, extremely well. We've being doing a lot of analysis and there are areas where we believe we can get at them. "The lineout will be important as it always is. We need to win clean ball so we can launch our attacks. "Any team that goes up against New Zealand always try and keep the ball off them." Gray -- who will open his heart in SunSport on Sunday -- passed a fitness test on Tuesday and will line up against the All Blacks at the weekend. WE CAN WIN ... Matt Taylor SNS Group His chances were rated at just 50-50 a week ago but the 23-year-old has fully recovered from the ankle injury he sustained while starring in Sale's thrilling 34-33 win over Cardiff Blues in the Heineken Cup last month. He confessed: "I wasn't ready last week. I wasn't fit enough to play on the Friday night but I have done a lot of rehab over the weeks and I was able to get back into training this week. "I am confident my ankle is okay. You can only play if you are fully fit and I wasn't fully fit last week. My ankle wasn't right, I wasn't confident on it. I've had a lot more time and I've given it time to heal. My last game was against Cardiff. It's not ideal but I have been doing a lot of work on my fitness and I'm ready for the challenge." Scotland defence coach Matt Taylor believes Robbo's men can become the first Scottish side to defeat the All Blacks. But he warned: "We have to do the basics well. We need to have the line speed. We need to tackle well and make the hits in the right areas. "We've got to be good on our own ball because New Zealand are the best in the world at turning you over and scoring. "You've also got to be smart as regards how you kick, where you kick and who you kick to. There's no real secret, it's about doing the fundamentals. "I'm not interested in what's gone before. I'm not worried about the history. "I know it's there but we have a game plan that we will try and stick to. "We need to try and get control of the game and if we do that then we have a chance.

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Love in the Time of Cholera In A Nutshell Look up what many critics have said about Love in the Time of Cholera , and you might think you're about to read a sappy romance novel. Go ahead -- Google it. You'll find plenty of reviews along the lines of: "OMG, this book is sooooo romantic!" After all, what could be sweeter than the story of love at first sight? What could be more erotic than smoldering glances, nocturnal serenades, and passionate love letters, all set in a steamy sub-tropical setting? Hold on a second, though. Is this novel really just a racy, exotic melodrama, or is something else going on here? Consider that Colombian author Gabriel Garca Mrquez (or Gabo, for short) has warned readers of Love in the Time of Cholera "to be careful not to fall into my trap." Just like the main characters Florentino and Fermina, it's easy for us to get swept up in this story of forbidden love and lose track of its dark underside. Sure, Florentino's enduring passion for Fermina can be seen as romantic...but it's also a little obsessive. His behavior is sort of sweet...but then again, it's kind of stalkerish. You might think of this book, published in 1985, as Garca Mrquez's 350-page response to the question, "What is love?" Like all of his works, though, Gabo's fourth novel fails to provide us with easy answers or clear-cut definitions. The Nobel Prize-winning author is a big fan of ambiguity, so instead of resolving our idea of love, he tends to complicate it. Thus, Love in the Time of Cholera contains not only one central love triangle, but also a myriad of other illustrations of what love can be: young and old, faithful and unfaithful, respectable and shameful, sexual and chaste. And everything in between. As for the love affair between Florentino and Fermina, which is it? Romantic or obsessive? Sweet or scary? Selfless or selfish? That's hard to say, but we think it might be best expressed in Facebook terms: "It's Complicated." Why Should I Care? Worried you won't be interested in a novel that's all about love and sex? Nah, we didn't think so. Just in case you need a little extra convincing, though, allow us to make a suggestion. Imagine Florentino goes to your school. (In fact, we think Love in the Time of Cholera would make a riveting high school drama.) He's a skinny, awkward looking teenager who's pining after Fermina, the hottest girl in your class. She's head cheerleader/drama club starlet/sexy Academic Team captain. Florentino writes emo love songs for her on his guitar and passes notes to her day in and day out, but she won't even accept his Facebook friend request. Enter Mr. Hotshot Urbino. He's a senior. He drives a cool car. He plays soccer. He's on the Dean's List. He does community service. He's...utterly detestable. Poor Florentino. All he can do now is hope for Urbino to transfer schools before they all graduate. (OK, OK, so we're comparing graduation to death in this high school analogy of ours. Relax, it's just a metaphor.) Fine, maybe you'll tweak a few of the details in your screenplay. What we're trying to say is that Love in the Time of Cholera seems infinitely relatable to the high school condition. Even as the characters in the novel age, their thoughts, feelings, and interactions are so familiar to us. Florentino's constantly got love on the brain. Fermina doesn't want to date him because she's worried about what everyone else will think of her. Drama, drama, drama. Yeah...we can relate to that.

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02 October 2011 10:46 PM Why the history books will have to put an asterisk beside the Carter-less Cup Dan Carter, the man who was seemingly put on this earth to end the All Blacks' 24-year World Cup curse, has been ruled out of the tournament with a groin tear. The people of New Zealand have taken the news like a kick to the same place. Carter collapsed in a freak training accident on Saturday. When he fell to the ground in agony, team-mates looked on nervously and the team doctor looked bewildered. The 29-year-old fly-half has no history of groin problems and was doing his usual kicking practice when he tore his adductor longus tendon. What does this mean for the tournament? In a sense it is worse-case scenario. The poster boy is gone, the king has left the building. Everywhere you turn in New Zealand you are greeted by Carter's chiselled grin. He is on TV adverts, drinks bottles, billboards, magazines, coffee cups. Fly-half Colin Slade can never fill those boots, despite a perfectly competent performance against Canada yesterday. Carter is the central cog in the slick All Black machine; the flashy sidekick to general Richie McCaw; the man who can play at a million miles per hour yet break sweat as seldom as Roger Federer; the 5ft 10in giant whose shoulders never slumped under burden of delivering at the home World Cup. He is the best player in the world in the best team in the world, the kind of player who could put the kettle on in the middle of a dump tackle. He is also still improving. So much is made of his attacking prowess, but his defence has stepped up another gear this season. He scythes down big ball carriers who dare enter his No 10 channel, creating the platform for chief poacher McCaw to steal the ball. It is one reason the captain is so effective at the breakdown. He is a nice bloke too, the goody-two-shoes to Quade Cooper's arch-villain. Not unlike Jonny Wilkinson, he always has time for fans, staying longer than necessary at autograph signings. All Black coach Graham Henry held a dignified press conference yesterday confronted by a hysterical reaction from the Kiwi public. 'He??s been a world-class player for a long time, probably one of the greatest players ever produced by this country,' said Henry. 'This was going to be his pinnacle, the Rugby World Cup. We??ve had a lot of focus on this tournament for the last couple of years and it??s devastating he can??t be involved in that. 'It??s a tragic situation for a highly talented young sportsman. This was his scene really; a World Cup in New Zealand and it was going to be his big occasion.' Even if the All Blacks win this tournament they won't have their Hollywood ending. New Zealand has lost its leading man. Comments You can follow this conversation by subscribing to the comment feed for this post. Post a comment Comments are moderated, and will not appear on this weblog until the moderator has approved them. They must not exceed 500 words. Web links cannot be accepted, and may mean your whole comment is not published.

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Just weeks after the death of a supermodel's dog on a United Airlines flight from New York to San Francisco, word comes that another canine en route to the Bay Area recently met a tragic, untimely fate. Michael Jarboe's three-year-old Neapolitan mastiff "Bam Bam" arrived at SFO dead after a flight from Miami and a four-hour layover in hot and humid Houston last month. Jarboe told Miami TV station WSVN that Bam Bam was healthy before making a journey he had successfully completed in the past. This time, Jarboe worries that stifling heat in Houston -- and what he alleges was fatal mishandling -- doomed Bam Bam. While stuck on the layover, Jarboe told WSVN he saw Bam Bam in his crate on the airport tarmac, panting with his tongue hanging out: "Never, ever, have I ever seen him that hot. What United promised us is an air-conditioned cargo facility and an air-conditioned cargo van." Instead, what Bam Bam got was a ride on an non air-conditioned luggage carrier. When the 140-pound dog reached San Francisco, Jarboe was told Bam Bam had died: "The guy came out, a bunch of them and said, 'I'm sorry he didn't make it,' and it's so surreal. What do you mean? We just put him on, we put him on ... He was fine." In a statement, United Airlines blamed the breed's shortened snout and size for complications leading to his death. In a sweeping act of compassion, the airline refunded the dog's airfare and also offered Jarboe travel vouchers, which he refused. Bam Bam's death is the second brought to light in recent weeks. Supermodel Maggie Rizer went public about the death of her golden retriever on a flight from New York to San Francisco last week.

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There are two big differences between the current rivals for the Labour crown, Davids Shearer and Cunliffe. Well, biggish differences. The two are united on policy. Nothing in Labour leader David Shearer's Sunday speech was at odds with anything economic development spokesman David Cunliffe has been saying, not only this year but before the election, before his demotion from the finance spokesmanship. It was all there: the veneration of manufacturing over other sectors; the laments over the high New Zealand dollar and the need for some "tool" to deal with it; the need to encourage savings; the belief a capital gains tax on all the country's businesses and a third of the property market will encourage people to invest less in property and more in New Zealand businesses. Mr Shearer added to it Kiwibuild, a programme to build 100,000 new "affordable" houses, but there was nothing in that which was at odds with anything Mr Cunliffe has been advocating. And Mr Cunliffe has not criticised this latest initiative. It should be stated that all these policies or goals are not bad in themselves. Some are highly desirable. Not a coherent programme It is just they do not hang together as a coherent programme. Economically, they are contradictory and they will cause more problems than they solve. And this is the first difference between the two. Mr Cunliffe is economically qualified enough to know they are incoherent and will strain against each other. Mr Shearer has no such knowledge and probably believes what he is saying. According to Mr Shearer, some unnamed "tools" are to be used to get the exchange rate down and help New Zealand manufacturers. As an aside, why manufacturers are more treasured than other exporters in Labour rhetoric is baffling until you remember the Engineering Printing and Manufacturing Union is a key Labour lobby group and will become more so when unions are given voting power in leadership elections from February onwards. What those "tools" are is not clear. One thing is certain: Mr Shearer is not going to pick them up in a pre-Christmas sale at Mitre 10 Mega. There aren't really any tools. The only tool which is going to lower New Zealand's exchange rate is to have less borrowing from overseas, and the only way to do that is a combination of more savings by New Zealanders and containing government spending. Restricting lending further through more bank regulation means restricting, mostly, the ability for people to buy houses, as well as restricting the ability for businesses to borrow to expand. None of that fits with Labour policies, which are based on promising more government spending in areas such as extending paid parental leave from its present 14 weeks to 26 weeks and in encouraging people into "affordable" housing. A highly stimulatory housing policy is not going to help reduce the current account deficit -- something Mr Shearer identified as a key economic goal for his party -- and nor is it going to reduce the country's debt levels. Highly questionable True, there is compulsory KiwiSaver. But whether this would add to the pool of savings is highly questionable. With a little more than half the working population already in KiwiSaver, it does not seem unreasonable to conclude that most of those who can afford to save more are doing so. In any case, half of the money in KiwiSaver is not individual savings but the various subsidies and incentives provided via the taxpayer. Most of those who have not yet joined have done so because they cannot afford to, and making them do so will only add to the amount the taxpayer has to put into KiwiSaver. As noted, Mr Cunliffe is economically savvy enough to know all this, and is shameless enough to peddle it to people who do not know any better. It is one of the ironies of all this that many of those who do not know any better are in the Labour Party and include its current leader. The second difference between the two is presentational and/or personal and is best described in terms of how they might be seen in election mode. Mr Shearer's enemies fear that in the heat and pressure of an election campaign he will waffle and stammer as he has in so many interviews in the 11 months since he became leader, and leave an impression of indecision and incoherence. While Mr Shearer did deliver a good speech on Sunday, delivering such a speech to your own party is a minimum standard to meet,

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Feedback highlights dialler benefits Based on feedback from their hosted dialler client base of around 120 companies, Hostcomm have summarised what they feel are the main benefits of using an automatic dialler. The return on investment with an auto dialler is especially quick if the organisation has been dialling numbers manually or using a click-to-dial process. Increased agent efficiency The most tangible benefit of an auto dialler is the huge increase in agent talk time per hour when compared to a non-dialler environment. Auto phone diallers work by making calls in a preset ratio of number of phone lines to agents.A The dialler makes calls in volume "behind the scenes" and then connects answered calls to available agents. The net result is that the agents experience a steady flow of connected calls throughout the day with a "talk time" of up to 40 or 50 minutes in the hour. This can be achieved by using the dialler in predictive mode. A predictive dialler starts to dial numbers before the agents are ready and 'bets' that a certain number of calls will be answered in a certain time. This achieves the highest possible agent talk time but results in a small percentage of 'dropped calls', which are processed according to Ofcom guidelines by the predictive dialler. Customer service teams that do manual dialling typically achieve around 10-15 minutes talk time per hour. This is due to time wasted doing the following tasks: Dialing the phone number Manually dispositioning calls Listening to voicemails, busy tones and no-answer Leaving voicemails Scheduling call-backs The commercial benefit is easy to see: 200-300% more productivity per hour with an auto-dialler (compared to manual dialling). The percentage increase is normally the same, regardless of the quality of data being used. Increased productivity with blended campaigns Most call centres deal with inbound calls only but a large number deal with inbound and outbound calls. The ability to deal with inbound and outbound calls simultaneously is the key to even greater agent productivity, the benefit being that the agent is theoretically always able to talk to a client. With an auto dialler, it is possible to do this by using a ??blended' campaign in which the same team of agents handle outbound calls and inbound calls at the same time. The auto dialler automates the process of switching between inbound and outbound calling, which when done manually can be confusing for the agents and generally results in decreased productivity. The auto dialler is able to regulate the pace of the call flow by balancing outbound and inbound calls using several features like call queuing and variable dial ratios. Multi-tasking also results in more interesting work for the agent, which positively affects morale, especially in high throughput predictive dialling campaigns. Keeping data fresh Data is normally uploaded to a dialler manually or by an automatic process, usually a database synchronisation. The data generally needs to be called very quickly, especially when it consists of sales leads. The auto dialler is able to work its way through the data at a very fast pace, ensuring that the leads are kept warm. Furthermore, the dialler automates the process of recycling (calling back) voicemails, busy numbers and calls not answered. The auto dialler ensures that a large percentage of leads are followed up very quickly and professionally in a short space of time, increasing the lead:sale conversion rate substantially. Professional and consistent brand It is very difficult to set and stick to service level targets in a non-automated outbound or blended call centre. This is because the individual agents and supervisors have differing levels of capability, motivation and experience. Differing levels of performance can lead to inconsistent service and bad feeling within the agent team, and can increase staff churn. The auto dialler smoothes out these inconsistencies and forces discipline onto the team by automating dialling. Dealing with a change in product sales strategy Many companies have to alter their sales strategy quickly following changes in legislation, the economy or even the weather. An auto dialler makes this much easier because it already contains a large percentage of what is required for a successful customer service team. It also gives the supervisors the means to quickly retrain the agent team using live call coaching, call recording and scripting. Rebranding can be implemented quickly and the results monitored in real time. Ofcom compliance All automated dialler operators need to perform within Ofcom guidelines or face heavy fines or

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Researchers from UCL have found that lonely people have less grey matter in a part of the brain associated with decoding eye gaze and other social cues. Published in the journal of Current Biology , the study also suggests that through training people might be able to improve their social perception and become less lonely. "What we've found is the neurobiological basis for loneliness," said lead author Dr Ryota Kanai (UCL Institute of Cognitive Neuroscience). "Before conducting the research we might have expected to find a link between lonely people and the part of the brain related to emotions and anxiety, but instead we found a link between loneliness and the amount of grey matter in the part of the brain involved in basic social perception ." To see how differences in loneliness might be reflected in the structure of the brain regions associated with social processes, the team scanned the brains of 108 healthy adults and gave them a number of different tests. Loneliness was self-reported and measured using a UCLA loneliness scale questionnaire . By using a smartphone app to improve people's basic social perception, such as eye gaze, hopefully we can help them to lead less lonely lives. Dr Ryota Kanai, UCL Institute of Cognitive Neuroscience When looking at full brain scans they saw that lonely individuals have less greymatter in the left posterior superior temporal sulcus (pSTS) -- an area implicated in basic social perception, confirming that loneliness was associated with difficulty in processing social cues. "The pSTS plays a really important role in social perception, as it's the initial step of understanding other people," said Dr Kanai. "Therefore the fact that lonely people have less grey matter in their pSTS is likely to be the reason why they have poorer perception skills ." In order to gauge social perception, participants were presented with three different faces on a screen and asked to judge which face had misaligned eyes and whether they were looking either right or left. Lonely people found it much harder to identify which way the eyes were looking, confirming the link between loneliness, the size of the pSTS and the perception of eye gaze. "From the study we can't tell if loneliness is something hardwired or environmental," said co-author Dr Bahador Bahrami (UCL Institute of Cognitive Neuroscience). "But one possibility is that people who are poor at reading social cues may experience difficulty in developing social relationships, leading to social isolation and loneliness ." One way to counter this loneliness could be through social perception training with a smartphone app. "The idea of training is one way to address this issue, as by maybe using a smartphone app to improve people's basic social perception such as eye gaze, hopefully we can help them to lead less lonely lives," said Dr Kanai.

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Of course there is no guarantee that a resource will be available at a precise time in the future. A job that does not run at its deferral\_time will be put on Hold for manual intervention. To reduce the likelihood of missing the deferral\_time and needing manual intervention, the deferral\_prep\_time and deferral\_window commands are available. Respectively, they specify the amount of time before the deferral\_time that the job can be matched with a resource and how long after the deferral\_time execution is acceptable. In the example above, the job may be matched to a resource, where it will keep the resource Claimed/Busy for up to a day (deferral\_prep\_time) in advance of its actual run. This will make it more likely that the job will run at precisely the deferral\_time. It also means that for accounting purposes, you will be charged for using the resource, though the job has not yet run. Additionally, if the job is not matched or otherwise does not start at precisely deferral\_time, it has half a day (deferral\_window) to run before it is put on hold for manual intervention.

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In 1985, a movie was released to the public that combined adventure, science fiction, comedy, suspense, nostalgia ? all the things that make for a great story. That movie was Back to the Future . As a big fan of the movie, I decided to live the cinematic adventure myself by locating each of the sites used in its making. With hours of research, a few dozen rolls of film, and countless miles added to my odometer, I was able to create the most comprehensive guide to Back to the Future filming locations on the Internet. Currently, this tour only includes the locations from the original film. But, film sites from Part II and Part III are in the works and will be included soon. Be sure to check back often or sign up as a Wastoid and get the inside scoop as the entries are being developed!

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Jack's Kid Cat Chat Ride at Montana's Sweet 16 It's not a secret that Montanans love to ski. And while it's well known that our state is home to some of the best skiing in the country, read more Dining: Garage Soup Shack & Mesquite Grill Enter The Garage Soup Shack & Mesquite Grill, and be transported to a 1950's style mechanics garage. Be tuned to perfection by The Garage wait staff, whose service is friendly, attentive, and quick. read more Bozeman Magazine Do You Have a Niche Market? What exactly is a niche market? It refers to a group of consumers who have a very specific need that is not being filled by conventional products or services. An organic food store would be an example of a business catering to a niche market. The organic food store provides foods grown or processed in a specific way to provide their customers with healthier eating options. Benefits and Problems With Niche Markets The biggest benefit of a niche market is reduced competition. The wider the customer base the more likely completion will try to capture a larger piece of the economic pie. The organic food store example will have fewer customers and products than a full service supermarket but their customers will be loyal because they have a reason, other than price, to shop there. They are looking for healthy alternatives in their food purchasing decisions. They are prepared to pay more to achieve that alternative. The downside of the niche market is the customer base. Are there enough customers out there that need the products or services you are providing? Is the market big enough to keep the doors open? Just because organic foods command a slightly higher price doesn't mean they automatically produce a higher profit margin. There are limits to what the market will bear. Four Main Questions to Consider If you are planning to tackle a niche market, there are some questions you need to ask yourself to determine if your plan will be profitable. 1. Is the need there? Are there enough customers to support the business from startup to break-even? Is the risk worth the reward? 2. Can I economically reach my niche market with advertising? Advertising in mass media to niche groups would be a waste of money. The major of those exposed to your message are not your market. You might have to resort to a more targeted advertising method that could be more costly. 4. Location, location, location. It would be great if you had a health supplement store on one side and a fitness center on the other but chances are that's not going to happen. So where you locate can be critical to your business success. Many of your customers are going to have to go out of their way to get to you. Some Final Thoughts on Niche Markets Even if you are not starting a strictly niche business you can still make niche marketing work for you. Many existing businesses identify needs that are not currently being met by their competitors. Financial advisors may work with people of all ages, but if they specialize in senior citizens, it won't take long for the word to get around. A bakery might specialize in creative wedding cakes. A shoe store might be the best choice for larger or smaller, hard to find sizes. There are many ways to make niche marketing improve your bottom line. Is there a market you're missing out there?

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What's the best choice for you? Complete, real-time content security Partial Web security Prevents or limits access to unproductive and inappropriate sites, as well as malware-infected pages or sites Minimum security Blocks access to unproductive and inappropriate sites None - I am satisfied with my current Web security solution. Choose an email security module. Email security protects confidential data by: Scrutinizing inbound email for malicious links, files, or other threats Giving you tight control over data leaks in outbound email Incoming email puts you at risk. 80% of incoming email is spam, often with links to malicious websites. The other 20% can carry infected files, invasive scripts, and other security risks. Outbound email can leak confidential data. Employees often send sensitive data to personal email accounts so they can work from home. Or they may send sensitive data by mistake. Either way puts your data at risk. Good security prevents data leaks. Policies protect your data, but it's easy to accidentally send it in files, emails, or unsafe applications. One mistake can result in lost productivity, reputation, and future sales. Problem Description My Websense Log Database has grown too large. I want to make sure that the size of the Log Database stays manageable. What can I do to shrink or control the size of the Log Database? Or, I am running out of disk space on my SQL Server. How do I reduce the transaction log size and/or shrink the Websense Log Databases? Resolution The Log Database stores the records of Internet activity and the associated Websense filtering actions. Installation creates the Log Database with a catalog database and one database partition. The catalog database provides a single connection point for the various Websense components that need to access the Log Database: status pages, Log Server, presentation reports, and investigative reports. It contains supporting information for the database partitions, including the list of category names, risk class definitions, the mapping of users to groups, database jobs, and so forth. The catalog database also maintains a list of all the available database partitions. Database partitions store the individual log records of Internet activity. For MSDE users, new partitions are created based on size rollover rules established by Websense software. Microsoft SQL Server users can configure the Log Database to start a new partition based on partition size or a date interval. There are a number of steps that you can take to help manage the size of the Log Database. Manage Log Database growth by configuring log record size You can use the Log Server Configuration Utility to enable options that reduce the size of the records stored in the Log Database. Keep in mind that enabling these options does reduce the precision of the data stored. Under Visits Processing, make sure that Enable visits is marked. Enabling this option means that when a user accesses a Web site, a single log record is created, combining all data items on the page (such as graphics and advertisements). Select the Consolidation tab and then mark the Consolidate Log Records check box. This combines into one record multiple requests by the same user for the same domain to which the same action (permit, block, etc.) is applied. Click Apply to enable the change. Click OK to exit the utility. NOTE: For v7.7, the settings to enable visits or consolidation are found in Websense Manager on the Settings &gt; Reporting &gt; Log Server page. Under Full URL Logging, make sure that the Record full URL of each site requested check box is not selected. This means that the domain name for a requested URL (such as www.websense.com) is recorded in the database, but the path to an individual page (for example, www.websense.com/content/support.aspx) is not saved. Click Save Now to implement the change. Manage Log Database size by configuring partition rollover You can configure the size of the database used in reporting by configuring Websense software to create a new database partition when the database reaches a certain size, or after a certain period of time has passed. You can also control the amount of space used by current and past database partitions by configuring Websense software to delete older partitions after a specific period of time. Under Database Rollover Options, specify what conditions will cause Websense software to create a new database partition (size or time period). For example, you might configure Websense software to create a new partition when the current partition reaches 10,000 MB in size, or when 4

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Has the time of the Rational Environmentalist arrived? AEF Conference Oct 20-21 At the end of next week, the Australian Environment Foundation is hosting its annual conference. I had such a good time at the last one I attended (in 2009) that I'm going again, this time, not as a speaker, but just to be there. Bob Carter is attending too. This is one of the rare events this year to spend time with passionate rational people in Australia -- people who are interested in the outcomes, not just the intentions. Find out the latest developments in protecting the environment with a pragmatic, science-based approach. And it's not just about the speeches, the conference also includes a Tall Ships Cruise, a Gala Dinner, informal drinks, and an open forum. The conference covers the science of fisheries, wind farms, water resources, temperature records, indigenous land-management and the economics (from a former reserve bank board member) of the carbon tax. His, er, appearance was, how shall we say, enhanced to give him that look. And, he couldn't even play the banjo. Mike Addis played the banjo by reaching around Redden and they used clever camera angles. Great piece of music on a wonderful instrument, but for real banjo, you can't go past this wonderful piece from Earl Scruggs in 1949. Before this piece, no one played banjo like Scruggs. After, everyone wanted to play like that. You know someone is on the run and completely intellectually unarmed in a debate, and has very little substantive to contribute, when they stoop to absurd stereotypes to denigrate your opponent, as per John's redneck analogy, and then the coup de grace of Bongwater Bob's attempt to categorise me as someone with an obvious medical syndrome, in the case of the unfortunate Deliverance character in his link. Rather than pity and compassion for an obvious genetic misfortune of the "Banjo Boy", he seeks to make cheap capital out of a derisive comparator such as this. It speaks eloquently of the mindset of the gentleman involved. As a consequence, I find the "left" mindset an intriguing case study- they are the first to claim interest in the welfare of (and compassion for) the less fortunate members of society, but conversely are most readily prepared to mock the diseased or the disabled or the infirm for a cheap laugh to deride anyone who questions the intellectual validity of their position. While I might personally even mercilessly mock the affectations of my opponent, or their self-deception, or their intellectual snobbery or their hypocrisy, I doubt I would ever stoop so low as to draw such a comparison. Not that I'm bothered in the slightest, but I felt compelled to point out the rather brief but revealing glimpse into the dark heart of our political and ideological opponents, who will leave no depth unplumbed to pursue their twisted and ill-founded agenda. Their moral compass is quite lacking on most occasions, as the above amply demonstrates. As noted by Tony there is nothing wrong with Banjo Boy, he has no medical condition: he just looks a little different. I am surprised you have taken the high moral ground here. Do you recall this from a few days ago? So, tell me BB, when are you going to seek out gainful employment? You know the type of job that actually benefits someone, or generates something useful for society? Or, is the tapeworm your model of ideal parasite to which you aspire? At least the tapeworm has enough sense to keep the host alive while it sucks the lifeblood out of it ! So you liken me to a tapeworm, in an unprovoked attack. What do you expect me to do: send you bouquets???? At least I portrayed you as human. But look at this : While I might personally even mercilessly mock the affectations of my opponent, or their self-deception, or their intellectual snobbery or their hypocrisy, I doubt I would ever stoop so low as to draw such a comparison. And you talk of "their" hypocrisy. And now you call me Bongwater Bob and you good buddy KK likens me to the stench of a decaying corpse. Wonderful stuff, from two of nature's gentlemen. Don't dish it out if you can't cop it. Now go and read the first

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Kindle Help Us Spread The News By Sharing These Articles With Others: Over the past couple of years, most Americans have shown little concern as austerity measures were imposed on financially troubled nations across Europe. Even as austerity riots erupted in nations such as Greece and Spain, most Americans were still convinced that nothing like that could ever happen here. Well, guess what? Austerity has arrived in America. At this point, it is not a formal, mandated austerity like we have seen in Europe, but the results are just the same. Taxes are going up, services are being slashed dramatically, thousands of state and city employees are being laid off, and politicians seem to be endlessly talking about ways to make even deeper budget cuts. Unfortunately, even with the incredibly severe budget cuts that we have seen already, many state and local governments across the United States are still facing a sea of red ink as far as the eye can see. Most Americans tend to think of "government debt" as only a problem of the federal government. But that is simply not accurate. The truth is that there are thousands of "government debt problems" from coast to coast. Today, state and local government debt has reached at an all-time high of 22 percent of U.S. GDP. It is a crisis of catastrophic proportions that is not going away any time soon. A recent article in the New York Times did a good job of summarizing the financial pain that many state governments are feeling right now. Unfortunately, as bad as the budget shortfalls are for this year, they are projected to be even worse in 2012.... While state revenues -- shrunken as a result of the recession -- are finally starting to improve somewhat, federal stimulus money that had propped up state budgets is vanishing and costs are rising, all of which has left state leaders bracing for what is next. For now, states have budget gaps of $26 billion, by some estimates, and foresee shortfalls of at least $82 billion as they look to next year's budgets. So what is the solution? Well, for state and local politicians from coast to coast, the answer to these financial problems is to impose austerity measures. Of course they never, ever use the term "austerity measures", but that is exactly what they are. The following are 22 signs that austerity has already arrived in America and that it is going to be very, very painful.... #1 The financial manager of the Detroit Public Schools, Robert Bobb, has submitted a proposal to close half of all the schools in the city. His plan envisions class sizes of up to 62 students in the remaining schools. #2 Detroit Mayor Dave Bing wants to cut off 20 percent of the entire city from police and trash services in order to save money. #4 New York Governor Andrew Cuomo is proposing to completely eliminate 20 percent of state agencies. #5 New York City Mayor Michael Bloomberg has closed 20 fire departments at night and is proposing layoffs in every single city agency . #6 In the state of Illinois, lawmakers recently pushed through a 66 percent increase in the personal income tax rate. #7 The town of Prichard, Alabama came up with a unique way to battle their budget woes recently. They simply stopped sending out pension checks to retired workers. Of course this is a violation of state law, but town officials insist that they just do not have the money. #9 The state of New Jersey is in such bad shape that they still are facing a $10 billion budget deficit for this year even after cutting a billion dollars from the education budget and laying off thousands of teachers. #10 Due to a very serious budget shortfall, the city of Newark, New Jersey recently made very significant cuts to the police force. Subsequently, there has been a very substantial spike in the crime rate. #14 Oakland, California Police Chief Anthony Batts has announced that due to severe budget cuts there are a number of crimes that his department will simply not be able to respond to any longer . The crimes that the Oakland police will no longer be responding to include grand theft, burglary, car wrecks, identity theft and vandalism. #15 In Connecticut, the governor is asking state legislators to approve the biggest tax increase that the state has seen in two decades . #16 All across the United States, conditions at many state parks, recreation areas and historic sites are deplorable at best. Some states have backlogs of repair projects that are now over a billion dollars long.

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Historicist: "A Carnival of Vice" The Peacock Hotel, on Dundas near Annette Street, in 1912. City of Toronto Archives, Fonds 1231, Item 1106c. In 1878, the federal government passed the Canada Temperance Act, drafted by Liberal Senator Richard William Scott . Sometimes known as the Scott Act, this legislation granted individual municipalities the right to put alcohol sale to a plebiscite, and to enforce a ban on its sale should the majority of voters favour one. Implementing such a ban on alcohol sale was generally known as exercising "local option," and over the years several Ontario communities chose to take advantage of this right. One such community was Toronto's Junction neighbourhood, which banned the sale of alcohol in 1904, while still an independent municipality. In 1903, the Junction was the town of Toronto Junction; its reported population in October of that year was just shy of 7,000. Convenient rail access, low tax rates, and a local customs office had served to attract many factories to the area, which in turn spurred commercial growth, particularly along Dundas Street. These amenities, coupled with the Junction's six hotels, served to make the town a popular stopping point for those going to and from the city of Toronto. The local hotels did steady business, with each maintaining a barroom where the bulk of the profits were made. The factors which brought enforced temperance to the Junction were many and nuanced. While the temperance movement was growing across much of Canada, there was local concern over the unfortunate reputation that the Junction was earning for itself. Both Heydon House, located at the northwest corner of (Old) Weston Road and St. Clair, and Brown's Hotel, located further north, had a reputation for fights and general rowdiness. For several years Heydon House, the Junction's largest hotel in 1903, was also a regular venue for cockfighting, and sometimes the subject of police raids. On February 22, 1903, Rev. T.E.E. Shore gave a sermon at the Annette Street Methodist Church on "Some Needed Reforms in Toronto Junction." Shore outlined several problems he believed to be plaguing the town, including the existence of gambling dens, to which he accused the local police of brazenly turning a blind eye. He reserved most of his ire, however, for the local hotels, the primary (legal) purveyors of alcohol in the Junction. The Star quotes Shore as saying "Many a poor fallen girl has told me down in yonder mission how she fell into sin and degradation in Junction hotels. Men do not go to those hotels merely for refreshments or to quench their thirst. They are cesspools, I say. Cesspools of harlotry, vice, and iniquity." The sermon ignited a debate over local option which raged in Toronto Junction throughout 1903. The town divided into those who saw alcohol as the root of the problem, and the moderates who argued that they could make do with more vigorous enforcement of the current laws and an investigation into the liquor licensing system. The pro-local option side was led by several prominent townspeople, in particular the Protestant ministers, who increasingly called for prohibition in their sermons. The cause was also championed by some members of the town council, particularly Councillors A.H. Perfect and future MPP William A. Baird . The "Antis," as the opposition was known in the press, were understandably led by the local hotel owners, whose livelihood depended on alcohol sales; on the town council, their political champion was councillor and former Junction mayor James Bond. That autumn, both sides held public meetings around the town, each believing their opinion to be that of the local majority. The issue was amplified by a fight at Heydon House that September. The fight is described in a 1987 family history by A.J. Heydon, who writes that the fight "was said to have been fought between some cattlemen from the Union Stockyards and a group of C.P. railway workers -- the subject of disagreement having been the favour of one of the neighbourhood prostitutes... It was largely the result of this incident that public sympathy began to side with the prohibitionist cause." Heydon House, seen in 1927. City of Toronto Archives, Fonds 1231, Item 1110. In the annual municipal elections held on January 4, 1904, local option was

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Its certainly not the Scotland Yard review,neither is it the brave efforts of Amaral,Pat Brown or Tony Bennett and all those who work tirelessly keeping the forums and blogs going,they will certainly keep things agitated and worry the mccanns. No ! its the fact that the mccanns have had to surround themselves with vultures,who will eventually pick the flesh of their bones and leave them exposed and vulnerable,for the sad creatures that they are. Carter ruck and the rest couldnt give two stuffs for these people,all they want is their money.So too clarence mitchell,do you really think he is gerrys best mate ? No i dont think so either. They will run out of money and then they will suffer the consequences which they deserve.I am sure that will happen. Totally agree, their money pit is not bottomless, and their legal persuits, and it's ever growing costs, will alter the allegiences, the quality and direction of all those that have jumped on the gravy train. Simply put, they can not keep it going, the proverbial rats will squell and jump ship. Anyone seen Clarrie lately? Some good points there. Once the money to sue people runs out... what then? The book was their last chance of big money and once that cash has gone they are stuffed if they can't afford to pay their band of lawyers. Sara\_Rose\_ wrote: I think 'selling ones soul to the devil' especially so publically and dramatically has got to carry an extremely heavy price tag. So I do agree with you albeit from a slightly different slant. Too right! They sold the T7 souls too. And those of their relatives. That's a whole lotta casino chips to put on one number. The odds aren't good. And payback time will be cataclysmic for them all. I am of the opinion that this case is unlikely to be solved through conventional means.I am certain that the mccann family will ultimately implode.Much as they may like to think they are A list celebs or Royalty they are nothing of the sort.They are two bit failed middle class not very good doctors who's average income hasn't a hope in hell of sustaining that kind of protection racket.They have not a hope in hell,which is where they will find themselves within the next two or three years. Lioned wrote: Its certainly not the Scotland Yard review,neither is it the brave efforts of Amaral,Pat Brown or Tony Bennett and all those who work tirelessly keeping the forums and blogs going,they will certainly keep things agitated and worry the mccanns. No ! its the fact that the mccanns have had to surround themselves with vultures,who will eventually pick the flesh of their bones and leave them exposed and vulnerable,for the sad creatures that they are. Carter ruck and the rest couldnt give two stuffs for these people,all they want is their money.So too clarence mitchell,do you really think he is gerrys best mate ? No i dont think so either. They will run out of money and then they will suffer the consequences which they deserve.I am sure that will happen. BRAVO! To be said as I would like to express myself. Patience is the key here BRAVO! To be said as I would like to express myself. Patience is the key here [/quote] Is it though? I'm in despair with this now. My opinion for what it is worth, that the McCs have us all licked officially. O.k there will be the stauch group of us that will keep on putting up links and trying to prove onced and for all that they have harmed their child, but the "official story" will be the Mcs are innocent and the PJ are are a group of corrupt thugs. I often feel true despair and think that justice will never happen for Madeleine. Then sometimes I feel surely the truth has to be told, someone will grow a spine one day. There are a handful of people who know the truth and it must eat away at them, never knowing if that knock at the door will happen. If the upcoming court cases and the SY review find in the parents favour I will be choked. I was totally shocked in July 2008 when the case was shelved. Since then it appears that justice was never going to happen and we'd never find out what happened to Madeleine. Currently I do feel there is a glimmer of hope. More people are following the

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The sought after title of the 2012 Australian Chainsaw Products Young Farmer of the Year competition was held at Quercus Rural Youth Park on Saturday 8th September where fifteen competitors tested out their skills in modules from Home Economics to Tractor Operation and Equipment calibration. This year's winner is Tim Dobson of Hagley Rural Youth Club who took away over $5,000 in cash and prizes. Second place went to Victoria Percival of Kettering, who won $4,000 in cash and prizes. Tim first won the Title in 2009 and Victoria was third in the 2011 competition. THE FINALISTS Tim Dobson, 28yo farmer from Hagley won the 2012 competition for the second time. Tim first took out the title in 2009 read more WHAT DO THE WINNERS GET? Not only do the winners get bragging rights, but also some great prizes thanks to the support and generosity of our valued sponsors. read more HOW IS THE YOUNG FARMER TITLE DECIDED? To be named the Tasmanian Young Farmer Year competitors participate in two separate days of competition. read more Young Farmer of the Year Winners Gallery The Young Farmer Competition is the most prestigious of all competitions in the Rural Youth calendar.....read about the winners: read more

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Sheila Maxey -- On the pilgrim way: The need to be needed Posted on October 24, 2012 ? 2:39 pm I have recently retired again -- this time as chair of trustees of the Othona Community. I expect it won't be the last time I will step down from some responsibility or other, but each time I am surprised by how disorientated, restless and even anxious I feel. The six years as chair were very challenging -- at times overwhelming, at times exciting -- and I will miss the people and the stimulation. However, it is also a relief; I look forward to fewer meetings, far, far fewer emails -- and not waking early with anxious Othona thoughts. It is as if the various parts of my life have been thrown up in the air, the Othona trustee pieces removed, and I need to wait patiently and attentively for the new pattern to appear as the other pieces settle again and I can consider the whole picture. There may, of course, be new pieces -- but not necessarily. As I struggle to wait and see after this comparatively minor shake-up in my life, I have had the time and space to reflect on the various wise (and not so wise) ways in which others deal with change and the balance of their lives. One great-niece, in limbo after three good college years and a 2:1 degree in English literature, is doing an internet Teaching English as a Foreign Language course, learning to drive and volunteering one day a week in a small London museum -- as well as keeping her spirits up by travelling to visit friends and family. My friend Roger, fairly recently a widower, is packing his days with voluntary work in church and community so he is exhausted and never at home. Another young friend, feeling completely flat after achieving excellent A levels but not the college place she hoped for, is getting up late, watching too much TV and worrying her parents. A Dutch cousin, a Maths teacher and family man in his 40s, has decided that four days a week is enough -- and, with his wife's support, has sacrificed money and career for a more balanced life. My daughter-in-law, an older mother, is now leaving her precious Poppy at a morning nursery school for the first time. Poppy loves it -- Emma goes home and weeps at this first "letting go". Another friend, increasingly limited by poor health but with a passion for service, is carefully and prayerfully discerning which commitments to keep and which to retire from. Letting go is also a calling: letting those that follow build on my work as they see fit; letting something I have worked at die in its present form; letting go of my need to be needed; allowing God's grace to be truly sufficient.

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Most of us are adults here. We know when we want to surrender. If 4 people want to give up at the 10 minute mark, why do you not let them? I am sick of getting stuck in games with an AFK or intentional feeder and having to sit through 20 minutes of that \*\*\*\*. Most people play for the competitiveness of the game and these kind of situations are never competitive. Life is more important than the game, so I can't hate on someone who has to go AFK. It happens... But I do hate that I have to sit through a grueling 20 minutes + queue time + champ select time when there is literally no chance of winning. And then we have the guy who goes 0/9 within 10 minutes of the game and feeds the carry or jungle. Again.. It happens. By why make us sit through another 10 minutes while the other team laughs and scorns you? (note these are for 5's. Don't know if rebalancing is needed for other maps) This way, if the players just want to quit so that they can go to the next game, there will be some incentive to actually sticking around and trying to win. Besides, if you have a valid reason for going AFK (and valid reasons do exist cause life IS more important than a game), than a 20min no game won't affect those who genuinely needed to leave, but will penalize the trolls and quitters.

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[JD] I, I got something to tell ya girl I got something I wanna do (come on) I, I got something to tell ya I wanna you know what... you know what (Avant holla at 'em) [Avant] I been looking for you for a long damn time But you been gone away I nearly lost my mind And now we're in the club and you're grindin' on me, touchin' on me, got me goin' crazy That skirt you wearin' got a playa on stroll As I glance at my watch I see the night is growin' old I start to reminisce about when we were shorties, back seat of my jeep, yes I'm feelin' horny As I play my position posted up on the wall Happy to hear the DJ say last call 'Cause what that means is we about to leave and I'm about to be all up on you and you up on me [Chorus] 'Cause I want you And in the middle of the night I'm gonna rub And if you let me go down I'm gonna taste And when it's all said and done I'm gonna you know what, you know what But I want you And in the middle of the night I'm gonna rub you And if you let me go down I'm gonna taste you And when it's all said and done I'm gonna you know what, you know what [Avant] It's hard to keep in touch while you're off in school But now you're right here we can do what we do Start in the car and end up in the livin' room Kiss around your navel while you're on the end table Pushed the magazines down on the floor, I'm your soldier so I'm ready to go to war And you told me you're hot and you're ready Your legs won't stop shakin', just give it to me daddy And I like the way your body's lookin' right there Knowin' we might not even make it upstairs And what that means is just relax your mind and baby let it flow 'Cause it's goin down and that's for sho [Chorus] 'Cause I want you And in the middle of the night I'm gonna rub And if you let me go down I'm gonna taste And when it's all said and done I'm gonna you know what, you know what But I want you And in the middle of the night I'm gonna rub you (let me) And if you let me go down I'm gonna taste you (I will) And when it's all said and done I'm gonna you know what, you know what (holla) [Lil' Wayne] Get fresh off the G4, need no intro Weezy baby nympho, him so gentle with it Still got mami limpo Little woody put his thang down like Mutombo Young dude, rich, smart, humble Got something down low to make your walls crumble Not rough though, slow-mo, promo We could go video... uh oh (true... that's right) Nasty that's all in me How he rappin' got women like he R&B (bull shit) What you know about your legs in the air, with your head in the chair, and my hands in your hair (ow, woo) We could go there if what I'm sayin' sounds fair Don't trip, I kiss every lip don't flip Flip up the doors on the out-of-country whip I could take you out of this world baby... let's dip [Chorus] 'Cause I want you And in the middle of the night I'm gonna rub And if you let me go down I'm gonna taste And when it's all said and done I'm gonna you know what, you know what 'Cause I want you And in the middle of the night I'm gonna rub you And if you let me go down I'm gonna taste you And when it's all said and done I'm gonna you know what, you know what [JD] [fades out] Rock on... rock on... This is another one a those... so... so...Def Thanks to Valerie (le\_vixen\_val@hotmail.com), David for correcting these lyrics

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Psychology Psychology [Greek psyche , &QUOT;spirit,&QUOT; and logos , &QUOT;study&QUOT;] is literally &QUOT;the study of the spirit or soul.&QUOT; The term seems to have been used for the first time by Melanchthon in the 16th century. Originally, the subject was part of PHILOSOPHY and its roots can be traced to antiquity. Sir Francis Galton (1822-1911), a half-cousin of Charles Darwin, is generally acknowledged as the founder of individual psychology as a branch of science, while Wilhelm Wundt (1832-1920), a German physiologist who established the first laboratory dedicated exclusively to psychological research at the University of Leipzig in 1879, is considered to be the founder of modern experimental psychology. Whether psychology should be classified as a biological or social science was a contentious issue among scholars until 1960, after which time it was increasingly described as a behavioural science; ie, the science of the behaviour of organisms. It is considered a science because it seems to constitute, by means of the scientific method, a body of organized knowledge, the purpose of which is to describe, explain, predict and in some cases influence behaviour. &QUOT;Behaviour&QUOT; includes conduct and internal processes (thoughts, emotional reactions, feelings, etc) that may be inferred from external actions. Psychology is an Applied Science because it attempts to solve concrete problems. Because it is so inclusive, it encompasses many specialities. These include experimental psychology, characterized by laboratory experiments in the investigation of areas such as sensation and perception, learning and memory; physiological psychology (now referred to as neuropsychology), the study of the physical basis of behaviour, particularly how the brain and the rest of the nervous system (which is affected by a wide variety of factors; eg, heredity, diet, drugs, etc) function in activities perceived as characteristic of man and other animals; developmental psychology, the study of factors influencing the development of behaviour from infancy to old age ( see GERONTOLOGY ); social psychology, which studies the relations between the group and the individual; clinical psychology, which is concerned primarily with the diagnosis and treatment of emotional disorders; counselling psychology, which, although similar to clinical psychology, is primarily concerned with helping emotionally balanced individuals having difficulty deciding vocational and educational goals, etc; clinical neuropsychology, concerned with the appraisal of the emotional, cognitive and behaviourial consequences of neurological problems; educational psychology, concerned with behavioural problems in school; industrial psychology, the study of human factors in industry and organization; personality psychology, the study of personality traits; and cognitive psychology, the study of the higher mental processes (eg, processes of perception, language, intelligence, imagery and creativity). It is generally believed that psychology belongs to the family of behavioural sciences which includes SOCIOLOGY , ANTHROPOLOGY , etc, but in its research and application maintains close ties with BIOLOGY and the health sciences. Psychology in Canada The development of psychology in Canada parallelled that in Europe and the US. Courses were taught during the first half of the 19th century in moral and mental philosophy. Thomas MCCULLOCH apparently taught the first psychology course in eastern Canada in 1838 at Dalhousie University, but the field did not really grow until the last half of the 19th century. In 1855, William LYALL , who taught in Halifax, wrote the first basic psychology text to be published in Canada. In 1879 Wundt opened the first psychology laboratory in Leipzig, and psychology distinguished itself from philosophy and became a science. Ten years later one of Wundt's students, James Mark Baldwin, who taught in Toronto, founded the first psychology laboratory in Canada. In the 1920s, independent departments of psychology began to appear: one at McGill, directed by W.D. Tait, and one at Toronto, led by E.A. Bott. After 1940, other departments of psychology began to separate from philosophy and take on independent stature. The same process occurred somewhat later in western Canada. J.M. McEachran, who in 1909 became professor of philosophy at the University of Alberta, may be called the first psychologist in a western university. After that, teaching and research in psychology developed in the other

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How to Beat Time Warner's Bullsh\*t Modem Rental Fee We New Yorkers who are stuck with unreliable Time Warner Cable got a postcard in the mail yesterday informing us that we will now have to pay $4 per month to rent the cable modem necessary to use its crappy internet. Here's how to buy your own modem and stick it to the man, no matter where you live. Because screw you, Time Warner. As it turns out, Time Warner's "Greetings From One-Percent Mountain" postcard isn't an irrevocable death sentence. You can buy your own modem as long as it's on the company's pre-approved list of which modems work in your region. Just head over to this portal , punch in your zip code, and Time Warner will give you a list of modems you can buy yourself. You'll notice that the list of "approved for retail" modems list is much shorter than the "approved for rental list," which means that, as per usual corporate fuckery, Time Warner will rent you an older, outmoded POS, but they won't approve it for use if you bring your own modem to the party. The top two modems are DOCSIS 3.0 compliant -- basically, they're future-proofed against the latest Data Over Cable Service Interface Specification version. Currently, all you need is DOCSIS 2.0, and given the glacial rate at which Time Warner upgrades its infrastructure, don't expect a DOCSIS 2.0 modem to be out of date anytime soon. In fact, the cheapest modem above, the Motorola SB5101 , is rated for up to 30Mbps upstream capacity -- way way more than the whopping 5Mbps maximum in New York City. Not to mention that it's infinitely better than the RCA piece of crap some clueless technician installed in your house anyway. So go for it. If you buy your own modem, it'll likely pay for itself (compared to equivalent rental fees) in less than a year. And you'll likely use it way longer than that; you're going to have Internet forever -- no matter how bad Time Warner sucks. Best of all? The money doesn't go to a money-sucking corporate scum brigade.

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"The Edge of Our Bodies" at Mosaic: The Words Enthrall, Even in an Imperfect Show The Edge of the Our Bodies is less a play than a monologue, like a New Yorker fiction story read aloud. For an uninterrupted 80 minutes, Bernadette ( Lexi Langs ), a 16-year-old woman who ceased being a girl a long time ago, will share a few days of her life while sitting, standing, leaning, smoking, dancing, and disrobing. She'll do all this on a two-tiered spherical Mosaic Theatre stage sparsely adorned with anachronistic Victorian furniture that makes sense only if you do some homework about this play. It's an abstract space, doubling as the train cars, subways, homes, bars, and cheap hotels that our character, fleeing her Connecticut private school, will frequent in her journey to Manhattan to bring some news to her boyfriend. Far be it from me to spoil this part; if you've ever encountered a book, movie, or play in which a female character has "news," you know what it is. More About As a theatrical experiment, it's a little pretentious, but playwright Adam Rapp can be forgiven -- he's clearly using the familiar solo-theater platform to reach for something postmodern and metaphysical, to disrupt the known with a few jolts of the unknown. And anyway, his words are brilliant enough to permit some obscure stagecraft. Peppered as usual with pleasing cultural references (from Francois Truffaut to Jean Genet to Geek Life ), Rapp's narrative resides in a delicate balance between comedy and tragedy, often within the same scene -- like the disquieting showstopper about a 40-something businessman who picks Bernadette up in a bar. Rapp is a writer's writer. He tells us everything and shows us nothing, and yet his script is captivating. He has a brilliant ear for original similes ("like I've swallowed potting soil") and vivid diction that will stick with you (hair that sprouts up in "simian tufts," people who have succumbed to "middle-aged male asslessness"). His description of cancer, in one heartbreaking scene, is deeply poetic and painfully accurate, and his ability to write as a young woman perched at life's precipice -- unable to jump in while simultaneously acting decades beyond her age -- is so authentic, it's hard to believe Rapp didn't live it. If it seems like I'm praising the playwright too much, it's because the actor, Langs, leaves something to be desired. An NYU student pursuing a degree in acting, Langs knows the part, and her physicality is spot-on. But her cadences are off; emphasis is placed on the wrong words, so the lines don't land the way they should. Tears are effectively shed, but her performance is largely one of rote memorization without capturing the feeling behind the diction. She's wonderful at the steely-eyed glance, but the emotions beneath it remain elusive. Part of this responsibility lands on director Margaret Ledford 's shoulders. For long stretches, especially at the beginning, Bernadette reads from her journal in static positions, losing a number of battles against monotony even if the show itself wins the war.

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" I have told my friend you are excellent and she is going to insure with you next year. " Mrs M Lambert, 31.08.2012 "Thank you very much for the 15 off my renewal for recommending a friend. It was very much appreciated." Mrs L Morrison " You are a star! I am one very happy customer " Mrs S J Day, 20.08.2012 "I am very impressed with what you have told me" Mrs M Walker, 20.08.2012 " You are very efficient and helpful " Mrs E Powell, 16.08.2012 "You have given me a very good service" Mr G Davies, 15.08.2012 " That quote was ideal, thank you very much " Mr D Slight, 13.08.2012 "It has been a pleasure dealing with you" Miss S R Scammell, 09.08.2012 " You have been brilliant and very helpful in explaining what I have to put in an email to you. " Miss P Harrison, 07.08.2012 "My wife said you are a very nice Company to deal with" Mr D Cohen, 07.08.2012 " You have been very helpful in explaining the policy conditions to me " Mr D J Luffrum, 07.08.2012 "I am very impressed and you have been very thorough." Mr P M Treadwell, 06.08.2012 " You have been very helpful and have a full knowledge of what I require. Thank you for arranging cover staright away. " Mrs M J Faithful, 03.08.2012 "Thank you. You have been very helpful and nice to deal with. Give yourself a pat on the back." Mrs T Perry, 02.08.2012 " You have been helpful in answering all my questions " Mr D R Bird, 30.07.2012 "You are very helpful and very nice" Mrs H Lane, 16.07.2012 " I would like to thank you for your helpfullness " Mrs L V Tarr, 16.07.2012 "You have been very helpful" Mrs H Jones, 11.07.2012 " I am very pleased and the details have been handled very well from the start of the quote to going on cover. " Mrs H Jones, 29.06.2012 "Thank you for your help. You have been very friendly and helpful. You are an asset to Parksure" Mr P Quinton, 20.06.2012 " This note is to say thank you for the prompt return of our money following the cancellation of our policy " Mrs M Lascelles, 11.06.2012 "Thank you for your help yesterday and that of your colleague the day before" Mrs W M Hoare, 15.05.2012 " Thank you for dealing with the claim so qucikly " Mr G Rossiter, 04.05.2012 "Thank you for your prompt service in getting the claim settled" Miss D Turner, 02.05.2012 " You are a very good sales lady. You are very polite and friendly. " Mrs D Payne, 02.05.2012 "You have been brilliant and I'm very happy with that quote. Thank you again, you have been super." Mr R French, 30.04.2012 " Thank you for being clear and having an easy to understand policy for my Holiday Lodge " Mr R Froom, 27.04.2012 "Thank you for your support over the years. Good health and best of luck to you and all the team at Parksure." Mr L Casserley, 27.04.2012 " Thank you very much. You have been very good. " Mrs G Pike, 28.03.2012 "Thank you so much for arranging another cheque for us, we are so pleased. It has in fact arrived today; we cannot believe how quickly it has got here." Mrs D Welfare, 16.03.2012 " You have been very helpful in this matter and look forward to receiving my settlement cheque for my new hearing aids. " Miss J Clark and Mrs G Pike , 12.03.2012 "Thank you very much for your help. You have been fantastic." Mrs M Ritchie, 27.02.2012 " Thank you for sorting my claim out. " Mr E Keenan, 20.02.2012 "Very impressed with Parksure's attention to the claim - despite delays at this end!" Mr G King, 18.02.2012 " Bless you and thank you very much for explaining it all as my husband used to deal with all this. " Mrs S Collins, 17.02.2012 "Thank you. You have been very helpful." Mr B Skivington, 17.02.2012 " Very swift and efficient service. " Miss B Jones, 01.02.2012 "It is good that you take the time to explain things throughly and don't try and rip people off." Mr R P Reeve, 25.01.2012 " Thank you for dealing with my claim " Mrs M McMurray, 25.01.2012 "You are very helpful and kind" Mrs M Shields, 06.01.2012 " Thank you for your help and service over the last few years " Mr R Harrison,

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The Fast and Furious scandal is turning into President Obama's Watergate Obama is repeating many of the mistakes that led to Nixon's resignation in 1974 Fast and furious hasn't been discussed a lot in the mainstream media, which is why the facts can seem so preposterous when you read them for the first time. But the story is slowly unraveling and the public is catching up with the madness. On Wednesday, the House Oversight and Government Reform Committee voted to hold Attorney General Eric Holder in contempt over his decision to withhold documents related to the "gun walking" operation -- documents that President Obama tried to keep secret by invoking executive privilege . The question of why the Prez intervened in this way will surely hang over the investigation and the White House for many months to come. Be patient, conservatives. It took nearly eight months for the Watergate break in to become a national news story. But when it finally did, it toppled a President. Here's what Fast and Furious is all about -- and for the uninitiated, be prepared for a shock. In 2009, the US government instructed Arizona gun sellers illegally to sell arms to suspected criminals. Agents working for the Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) were then ordered not to stop the sales but to allow the arms to "walk" across the border into the arms of Mexican drug-traffickers. According to the Oversight Committee's report, "The purpose was to wait and watch, in hope that law enforcement could identify other members of a trafficking network and build a large, complex conspiracy case.... [The ATF] initially began using the new gun-walking tactics in one of its investigations to further the Department's strategy. The case was soon renamed 'Operation Fast and Furious." Tracing the arms became difficult, until they starting appearing at bloody crime scenes. Many Mexicans have died from being shot by ATF sanctioned guns, but the scandal only became public after a US federal agent, Border Patrol Agent Brian Terry, was killed by one of them in a fire fight. ATF whistle blowers started to come forward and the Department of Justice was implicated. It's estimated that the US government effectively supplied 1,608 weapons to criminals, at a total value of over $1 million. Aside from putting American citizens in danger, the AFT also supplied what now amounts to a civil war within Mexico . It's important to note that the Bush administration oversaw something similar to Fast and Furious . Called Operation Wide Receiver, it used the common tactic of "controlled delivery," whereby agents would allow an illegal transaction to take place, closely follow the movements of the arms, and then descend on the culprits. But Fast and Furious is different because it was "uncontrolled delivery," whereby the criminals were essentially allowed to drop off the map. Perhaps more importantly, Wide Receiver was conducted with the cooperation of the Mexican government. Fast and Furious was not. So Obama's operation is subtly different. But just as concerning is the heavy-handed way that the administration has handled criticism. Obama says that the Oversight Committee has been hijacked by Republicans who would rather talk about politics than creating jobs (because Obama is oh so very good at generating those). But there has been Democratic criticism too, and the Prez's determined defence of Holder will only encourage conspiracy thinking that the scandal has hidden depths. Executive privilege is usually associated with protecting information that passes through the Oval Office. What did the documents reveal about Obama's association with the operation? Again, it's important to contextualise. Executive privilege has been invoked 24 times since Ronald Reagan , and attempts to over-ride it rarely reach the courts. Moreover, Holder's request for executive privilege made no reference to White House involvement in Fast and Furious, which seems to have been run exclusively by the ATF. Nevertheless, by refusing to sack Holder or push him to come clean, Obama may have made a very Nixonian mistake. A lot of conservatives are writing at the moment that not only is Obama turning into Nixon Mark II, but Obama is worse because no one actually got killed during Watergate. The comparison is based on the myth that Nixon ordered the Watergate break in and that's what he eventually had to resign over. But that's not true. Nixon's

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ave ordered used books, dvds , vhs etc from used sellers and they falsely advetise the condition as being in "very good" or "like new " condition and you recieve it and it is at best "good",,but not even good,,maybe just "Acceptable"..yet they advertised it as "very good" or "like new" condition. (and have had this happen numerous times) I have been filing A-Z claims on amazon.com which allows amazon to refund you the money after they "investigate" the transaction (not sure what this includes as they cant see the product) and every time i have gotten my money back..and then funny thing is the seller doesnt ask for the item back..(so i have in effect "stolen" the item?) or why they dont ask for it back? and even if they did..why should i send it to them? (as i have to pay for that and do that which i shouldnt) please explain HOW THIS SYMBOLISES A LOT IN LIFE WITH OTHER "SELLERS" OR BUSINESS TRANSACTIONS??..lol thanks for your answers! they will most likely receive an email to their account explaining about the goods they sold with details to fill in to receive the package back or something like that if they dont within 3 months i guess its all yours

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Progress made by the NHS in the past 13 years What did we do in this project? Using publicly available data and policy documents, together with findings from research and relevant international comparisons, we examined what progress the NHS in England has made against specific criteria since 1997. Why are we interested in this piece of work? The Labour government was elected in 1997 with a promise to 'save the NHS'. Over the past 13 years they have more than doubled NHS funding and introduced a series of reforms in England aimed at improving the quality and timeliness of care. So is the NHS in England a better health care system in 2010 than it was in 1997? And what further changes are needed to improve its performance? Drawing on approaches from international studies, we have developed eight broad criteria for a high-performing health system: the services must be available, safe, clinically effective, health promoting and offer patients a positive experience; and the system as a whole should be efficient, equitable and accountable.

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SARAH GREEN: Welcome to the HBR IdeaCast from Harvard Business Review. I'm Sarah Green. This week, we're featuring excerpts from an interview with Muhtar Kent, the CEO of Coca-Cola. He recently sat down with our editor-in-chief, Adi Ignatius. First, we asked him to tell us about his vision for the company after becoming CEO. MUHTAR KENT: One of the first things that I said to myself when I became CEO was we need a vision, a shared picture of success for 10 years down the road. And we called it, Vision 2020, a road map for winning together with our bottling partners, which called essentially for us to double the business in 10 years, i.e., do in 10 years what we've done in 125 years. Not something for the fainthearted but something clearly doable to become the best place to work to ensure that we created a shared wealth with all our stakeholders. And it required us to do things very differently to grow our core business and for us to continue to crack the code of growth. And we are in the seventh quarter now of that vision, so almost two years will be completed. And we got eight years to go. And we're on track. We're on track because our brands have got much stronger. The brand metrics over the last three years, we have not wasted this crisis. We created a transformation that we were able to generate over half a billion dollars of savings in unnecessary expenses and reallocate some of that funding to help fuel our brands for brand health. The metrics of our brands are much better, better than we've ever seen. We have long term investments with our bottling partners. And there's a great belief in the future, because we've been able to communicate to all concerned-- our people, our bottlers, our customers that this is a great business that still has tremendous amounts of growth. US business had not grown for the past six, seven years. And we were able to prove to ourselves that there's growth in this wonderful market in the United States. So first thing was to create a vision, start implementing that vision, and secondly, to start restoring growth to the United States. Those were the two big priorities for me. And both we were able to create that vision, start executing it. And last three quarters of last year, we generated organic growth in the United States. SARAH GREEN: But growth in the United States isn't something most major multinationals are pursuing. In fact, most multinationals now seem focused on growth in emerging markets. So we wanted to know, with more than 1,000 factories and over 200 markets around the world, why Coca-Cola still considers the US a growth market. MUHTAR KENT: Most people thought that we were trying to go to the moon with a glider when we talked about growth and the United States. They thought it was a oxymoron, growth in the US. This year that we're in, we invested $3.3 billion last year. This year, we'll probably invest more than $3.5 billion when it's done. And here are the reasons why. The US is a growing demographic. It's the only Western nation that has a growing demographic. This country is going to add at least 30 million people to its population in our vision time period, 10 years. Secondly, it's a diverse population. It's an enterprising, entrepreneurial population. Half of all skilled people that immigrate around the world come to the United States, half. So it's an influx of skilled people. It's an enterprising hat. More than 60% of the patents registered in the world are here, innovative population, diverse. And lastly, it's a giving nation, the biggest giving nation in the world. $300 billion dollars of giving takes place in the United States per annum. That's greater than the GDP of many big countries like Egypt and so forth. So all of that basically to me translates into an enterprising nation where you can grow your business with all the wealth that is still generated in the United States. So yes, we have our problems. But I still think this is a great nation where we can grow our business. SARAH GREEN: Of course, targeting different geographic markets isn't the only way to grow. Companies can always target an adjacent product category. With alcohol consumption on the rise, we ask Kent why Coca-Cola wasn't getting into the business of alcoholic beverages. MU

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Palo Alto got one result it wanted but not the other as the Vikings' hope for the top seed out of the SCVAL De Anza Division football race took a hard hit on Friday night. Paly did what it had control of -- toppling visiting Saratoga on homecoming, 51-34. While the victory kept the Vikings (4-1, 6-2) tied for first place in the division, the co-leader is Milpitas and not Los Gatos. Palo Alto needed the Wildcats to win on Friday in order to knock Milpitas out of the race for first place. The Vikings, by virtue of their win over Los Gatos last week, then would hold the tiebreaker over the Wildcats and earn a berth in the Central Coast Section Open Division playoffs. Milpitas (4-1, 6-2) ruined those plans by handing host Los Gatos a 17-15 loss on Friday night. The Wildcats fell to 3-2 (4-4) as the Trojans took control of the division, by virtue of their earlier win over Paly. The Vikings did their best by winning their fourth straight since the loss to Milpitas. Junior Andrew Frick scored on runs of four and three yards, the second TD providing the eventual winning points as Paly grabbed a 38-13 lead with 38 seconds left in the third quarter. A 33-yard screen pass from junior quarterback Keller Chryst to senior Matt Tolbert set up the TD by Frick. Paly senior Justin Gates-Mouton scored on a 50-yard run and returned an interception 66 yards for another score and Chryst tossed touchdown passes of 36 yards to Malcolm Davis and 12 yards to D'Antay Williams. Tolbert added a 21-yard touchdown run and James Foug kicked a 25-yard field goal to round out the wild offensive night that saw the Vikings give up a season high in points to the pass-happy Falcons. Saratoga came into the game averaging 316 passing yards a game. Chryst finished 17-of-28 for 236 yards and two touchdowns. Tolbert gained 78 yards on 15 carries and caught three passes for 61 yards. Menlo School 56, Sequoia 21 Behind Jack Heneghan's seven touchdowns -- four passing -- and 500-plus total team yards, the high-octane Knights put up big numbers again against the visiting Cherokees. The teams entered the PAL Ocean Division showdown with identical records, but the Knights emerged with a 3-1 league mark and are 7-1 overall. Heneghan, a junior, completed 31 of 41 passes for 393 yards and four touchdowns and no interceptions. He added three more touchdown, rolling up 74 rushing yards. Connor Stastny made it a trifecta, catching three of Heneghan's throws for TDs in the first quarter alone. He finished with eight catches for 112 yards. Will King had four receptions for 100 yards and Connor Paterson reeled in six catches for 82 yards. Four plays into the game, Menlo got on the board, fueled by King's 20-yard catch. Heneghan hit Stastny for a 23-yard score. On their next possession, the Knights used an 11-play, 51-yard drive that culminated in another Heneghan-to-Stastny TD. Sequoia quarterback Mike Taylor followed with a 47-yard breakaway then took advantage of a fumble recovery to score on the ensuing drive with 1:44 left in the quarter. The Knights wasted no time: Heneghan completed five of his next six passes, moving the ball 75 yards with passes to four receivers and finding Stastny again for a TD. Menlo never looked back. Defensive back and backup quarterback Matt Bradley stopped Sequoia's drive at Menlo's 16 with an interception, which led to Heneghan's first rushing score. After the Knights scored, the teams traded fumbles. Menlo junior Travis Chambers had a tremendous play -- blocking a punt that he then curled around and caught, setting up another Menlo score and a 35-14 lead. Christian Pluchar's second fumble recovery led to another score and the Knights with a commanding 41-14 lead. The Knights got the ball back once more before the half -- Heneghan found King for a 58-yard pass to set up a 20-yard scoring strike to Peter Bouret for a 34-point halftime lead. Pam McKenney/Menlo Sports Information Gunn 33, Cupertino 6 The Titans wrap

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Encounters At The End Of The World Script - Dialogue Transcript Voila! Finally, the Encounters At The End Of The World script is here for all you fans of the Werner Herzog Antarctica movie. This puppy is a transcript that was painstakingly transcribed using the screenplay and/or viewings of the movie to get the dialogue. I know, I know, I still need to get the cast names in there and all that jazz, so if you have any corrections, feel free to drop me a line . At least you'll have some Encounters At The End Of The World quotes (or even a monologue or two) to annoy your coworkers with in the meantime, right? And swing on back to Drew's Script-O-Rama afterwards -- because reading is good for your noodle. Better than Farmville, anyway. Encounters At The End Of The World Script These images taken under the ice of the Ross Sea in Antarctica were the reason I wanted to go to this continent. The pictures were taken by a friend of mine, one of these expert divers. The best connection is on military planes out of New Zealand, loaded with chained-down parts of polar stations. Most of the passengers had tucked into their laptops and their books, and many of them were sleeping. Who were the people I was going to meet in Antarctica at the end of the world? What were their dreams? We flew into the unknown, a seemingly endless void. I was surprised that I was even on this plane. The National Science Foundation had invited me to Antarctica, even though I left no doubt that I would not come up with another film about penguins. My questions about nature, I let them know, were different. I told them I kept wondering why is it that human beings put on masks or feathers to conceal their identity? And why do they saddle horses and feel the urge to chase the bad guy? Hi-yo, Silver! And why is it that certain species of ants keep flocks of plant lice as slaves to milk them for droplets of sugar? I asked them why is it that a sophisticated animal like a chimp does not utilize inferior creatures? He could straddle a goat and ride off into the sunset. Despite my odd questions, I found myself landing on the ice runway at McMurdo. For most of the austral spring and summer, which lasts from October through February, planes can land on the 8-foot thick ice of the Ross Sea. In the distance, the mountains of the Transantarctic range. McMurdo itself is situated on an island. The Ross Sea is the largest bay in the continent. This bay alone covers the size of the state of Texas. On this very same frozen ocean, the early explorer's ship got wedged into moving ice flows. Here, Shackleton's expedition evacuates their vessel, which would later come to ruin, leaving them stranded there. Everything in this expedition was doomed, including the first ancestor of the snowmobile. The idea was too big for the technical possibilities 100 years ago. At that time, every step meant incredible hardship. The first thing that caught my eye upon landing was the humongous bus and its driver. - We're clearing the apron now, thank you. Hey, you're welcome. This is Ivan the Terra Bus. It's one of seven in the world, weighs 67,000 pounds and is the largest vehicle on the continent. HERZOG. What do you do when you are back home? Are you a taxi driver? I am not a taxi driver at home. Before I came to Antarctica, I was actually a banker in Colorado. And after two years there, I changed my pace a little bit and decided to help the people of Guatemala, so I joined the Peace Corps, and there I worked in small business development. Just realized that the world's not all about money. Where I lived in Guatemala was in the northern part. It's a Kekchi Mayan village, 99% Mayan, and therefore nobody spoke Spanish. I had to learn the Mayan dialect, Kekchi. When I first moved to chisec, I was just out on a normal walk, and before I knew it I had six people with machetes chasing me down, wanting to talk to me. Turns out the little brother told them I was there to steal children. I was, however, not there to steal children. They took me back to my... My judge and jury was the 14-year-old boy in

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Saturday, May 29, 2010 Hello? Is That The Marines? So. My new mobile phone . The shiny new Nokia 5230. It has GPS. It comes fitted as standard. It wasn't a selling point (or rather a buying point) for me but I feel kind of chuffed to have it. Even though I can't ever see me seriously having to use it. I mean, in over 40 years of existence on this earth I have never ever got myself so lost that I needed a satellite to give me some idea of where I was. I don't as a rule allow myself to be parachuted into the heart of the Hindu Kush for example. Or take rogue camel rides into the Kalahari. I might occasionally take a wrong turning on a B road but that's about it. But the GPS is kind of nice to have. It's kind of cool. It's a new toy with which I can play. And I have played with it. I launched it the other night and waited. Waited for the US satellite several miles up above me to triangulate my position (on the sofa, in my living room, watching The One Show) and report back via a little red dot on a map where the hell it thought I was It got pretty close. My town, My street. But not my house number. No. It placed me in next door's living room on their beer can strewn couch (they're students). Or possibly in the upstairs bathroom. I'm sure all this was news to my wife but possibly explains why I was so incommunicative. And it got me thinking. See, if I was ever taken hostage in my own house by terrorists (look, it could happen, OK?), held at gun / knife point and my house booby trapped, the phone lines cut, internet access blocked and my ability to hail my next-door neighbour over the garden fence neutralized... my only chance of raising the alarm might be my mobile phone. Quite how I'd operate the touch screen with any degree of accuracy with my hands handcuffed behind my back (steady, ladies) is something I haven't yet worked out... but there I'd be, smugly silent while the US satellite above me slowly sought me out. Beep-beep. Locked on target. On a military computer monitor in the back of an armoured truck at the top of the street thermal imaging suddenly colourizes my home's illegal occupants an angry red. "There's three, blue leader -- one in the upstairs john, two downstairs with the hostage..." "Copy. Tell the men we go in hard. Shoot to kill. Save the hostage (save the world)..." A couple of hand signals like they do in modern war films and with a crack of boot leather on asphalt in would charge the marines (yes, yes, I know it would be the local constabulary or, if I was lucky, Warwick District's armed response team -- if they have one - don't spoil it for me). Crash! The front door caves in under a strike from a battering ram. The stair rods ping away as steel toe-capped commando boots hurl themselves up the stairs. Red laser gun sights strafe the downstairs living room, cutting through the haze of nicotine and cheap cannabis... No, wait... cheap cannabis? Nicotine? Oh shit, they've got the... Blam! Blam! Blam! A couple of desultory cans of Special Brew ricochet off the walls as three dead students (looking much as they did in life) slump to the floor dribbling profusely. Meanwhile, next door, a swarthy looking man lowers his Afghan scarf from his face to whisper intimately into my ear... "So... you think to get rescued, huh? You think to use your infidel Western technology against us? Tch. Very bad idea, my friend. Very bad. Maybe your smart-phone is not so smart, huh? Just like you..." 29 comments: Now GPS, I like the idea of that kind of gadget but alas my old generation Sony Ericsson has little in the way of extras - but really if I had a phone I'd like GPS. Look a serious post comment from me for a change... GPS usage: I couldn't find the builders merchants : I tapped in the postcode and ...a red dot and a green dot...and tada AND ipark..it remember

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Being a successful employee is similar to running a sole proprietorship with low risk and limited customers. You listen around for what your primary customers (boss) wants to get out of you. Then, you learn and actually get yourself to accomplish the requested tasks. Here are 20 tips and more on How to survive and keep your job. Behave professionally . This is a business, not a playground. People talk, and workers know the difference between a person who is fun to work with and a person who is always fooling around. Fun means a good personality, a joke or two, and a smile. Fooling around is wasting your time and that of others, being frequently off-task, and often being seen standing in the workspace of others instead of in your own. 2 Learn to take criticism gracefully . It will provide you with valuable ideas about what people expect from you, any weak areas, and what you need to work on first. If a boss or coworker criticizes you in a way that hurts or angers you, wait until you cool/calm down and ask them if you can talk with them. Tell them how you felt, but tell them that you would like to fix the issue and want them to talk with you about what needs to be changed. 3 Learn to do your job, and do it well . Whether it's menial and tedious, or tough and high-paying, learn how to do the job, regardless of how difficult you think it might be. Salary is most commonly based upon years of experience, your ability to do your job, tenure with the company, and your educational background. If you don't know how to do something, go find out; don't make excuses for why you didn't do it. 4 Cultivate good relationships with the people in your organization;they are the experts in their departments . Treat all co-workers with courtesy, respect, and kindness because they hold more power than you realize, and your reputation with them matters. Do not hang out with other employees who mistreat, disrespect, or talk down to others. 5 When you get the opportunity to learn a new skill, receive training for a different activity, or take a study course paid for by your employer--do it ! Cross-training, new skill sets, and further education show that you are intelligent and value life-long learning. If push comes to shove, and people are let go, you stand a better chance of being retained than those who can only do one thing. 6 Maintain a clean job performance record . Do a good job, show up on time, keep a good attendance history. When you find out someone has been let go, you often find out later that there were underlying circumstances that led to their dismissal--including frequent absences, missed deadlines, reprimands for unprofessional behavior, or too many customer complaints. If you don't do that, you don't have room to negotiate. 7 Never be on time . Always arrive early. Be at least 15 minutes early every day. That way, if you are running late, you will be on time. If you have to park far away, you will walk in and still not be late. If your client is early, you will be there to greet him or her, and not leave someone waiting for you - even if you arrive on time. 8 Ask your supervisor what the expectations for productivity are . This will immediately make you stand out from 95% of the other employees. Mean what you ask and follow through on your promises. 9 Be part of the solutions . Quit whining about what's wrong and start being vocal about what's right! A positive attitude goes a long way with many supervisors. When you go to the boss with a problem, go with at least one suggestion in mind for a solution. Even if the boss doesn't take your suggestion, you will look like a problem-solver, not a complainer. Your boss has their own private lives to leave at the door, so do you. If you keep piling on the emotional baggage, then your boss may see that you can't balance your personal life from your work life. They will not approach you when they want to ask employees about perhaps open door advice when it comes to work related group efforts. 10 Don't drag your feet . We mean this in a literal way. Pick your feet up and walk proud, and get right to your work - don't procrastinate or let things drag up to the deadline, and then jump in to get it done in a fast flurry at the end. It makes your boss crazy. Gain

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Turning Point is Going to Japan I am really pleased to advise that Turning Point (TP) is going to be run in Japan later this year. Mami Yamaguchi attended TP last year and was so impressed with it, that she wants to run it in Japan. She has spent the last eight months interpreting and adapting the course for the Japanese culture. Last year Mami graduated with a PhD in Positive Psychology from Otago University. She is excited by the possibilities that await her in running TP in Japan. Japan will be the fourth country in which TP has been run. It is indeed proving to be a New Zealand course that has international application. Public Disclaimer : People Knowhow, a company based in Australia run a personal development programme called The Turning Point. This programme has no connection whatsoever to the Turning Point course run by Richard Joseph & Assoc Ltd.

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Hack of the net Prem aces in bogus tweets fury at nerd PREMIER League hotshots squirmed yesterday after a joker hacked their Twitter accounts -- to post raunchy messages as if they had the hots for other players. Manchester City's Argentinian ace Sergio Aguero, 24, was among superstars who rushed to delete the bogus tweets and apologise to fans. Shock ... Charlie Adam's bogus tweet Another was Liverpool's Charlie Adam -- who was made to look like he lusted after Real Madrid heart-throb Cristiano Ronaldo. Blast ... Sergio Aguero was a victim twitter A fake tweet from the midfielder, 26, declared: "I am a pussy. Love you Cristiano." Fancy player ... Cristiano Ronaldo Another stated bluntly: "I wanna f\*\*\* Cristiano." The horrified star found himself having to reassure his Twitter followers: "Apologies for the rubbish posted on my account last night. Account was hacked." Man City's Samir Nasri, 25, was also targeted by the overseas hacker. A fake tweet told of his "love" for Ronaldo, 27 -- who used to play for arch-rivals Man United. Another victim was United's Spanish goalie David de Gea. The computer nerd, calling himself Padorowsky, invited Twitter users to vote for other players for him to hack. Fuming Aguero took to the internet site to blast the "garbage" posted in his name. He said: "It's a shame there are people who waste their time like this."

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The record company wants a hit so I told them this: See my fingers they're your money in the shape of a fist I send you all my medical bills from the stress And it's ok if they get paid before the printed date The record company wants a hit so they told me this: Lose your temper, don't be angry and verbally pissed Think more about disco you know chart toppers sell I signed their paper -- Suck my dick, sincerely yours - go to hell (Chorus) I don't want you To want me To want you To like me I don't want you To want me To want you To love me Please don't let them turn me into something else then the pathetic little shit I am...all if this for a hit The record company wants a hit so we agreed on this: To disagree on those little things that matter to me Don't give a damn about the tension I bring So don't waste your time on me

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Follow us: You all know the story, as a Sarenza Ambassador you'll receive 150 to spend on shoes of your choice EVERY MONTH as well the chance to win a 50 prize for the Ambassador Post of the Month. Awesome awesome I know, but what about these events I've been wittering on about? Here are some highlights from blogger events over the last year or so. ....shoes!! The High Heel Race What do girls run for? Why shoes of course, especially when there's 2,500 worth up for grabs! The High Heel Race has become infamous in Paris and is fast making its name in the UK too. Bloggers in tow included Ambassadors Tor from Fabfrocks and Reena from Fashiondaydreams , as well as Sarenza favourites WardrobeMag ! The track What's Hot? Here at Sarenza we are constantly on the prowl to find the latest and greatest in fashion footwear and last April we had a soire to celebrate all things fashion! Held in a trs chic Parisian quarter in a cool minimalist warehouse, there were glorious shoes on podiums, French band, La Femme, playing a live set and our street style competition finalists covering the walls. 3 of our lovely Ambassadors Tor from fabfrocks, Reena from Fashiondaydreams and Jen from A Little Bird told Me attended. Jen, Tor and Reena, 3 awesome Sarenza Ambassadors Some people looking cool! Cocktails and Canaps! Last September we held a little bloggers get together in London to discuss new brands, hot trends and generally anything and everything shoe related, whilst sipping on champagne and eating canaps, bien sur! This intimate event was attended by lots of lovely bloggers, including Ambassadors Sherin from HiFashion and Tor from Fabfrocks. Raaaaaawww fashion Sherin and our Communications girl Jess You all know the drill, simply write an article on your favourite pair of shoes on Sarenza before the 27th January to be in which a chance of winning!! All details are here !

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...the fine line between dedication and obsession.... Menu Ways to Make Money Playing MMO Games I am a gamer, I love gaming and these are some questions that always crossed my mind. How can I make my gaming time productive? How can I earn by playing video games? I've tried a couple of ways to earn money and continually playing video games, -- most of them takes a great deal out of your precious gaming time to be effectively gaming for money. But if making money is your first priority these options can be worth your while. There are tons of ways to make money through playing. We got a couple of gaming celebrities, "pro gamers" that are sponsored by companies to play the game they like and love. But you have to be good at the game not just know the game, but you have to eat,drink, think and sleep with the game in mind. There are a couple of sites and applications that lets you record videos while you're playing. There's Fraps , Camtasia , MSI Afterburner , Bandicam and Xfire . Sure there's a lot more video capture software out there but this can get you started. Write a post for a Guide, tutorial, How-To, Class specific builds & specs and Fan-fictions based on your favorite character and/or NPC . Now this is what I have been doing for quite some time. Although I'm not basically gaming hardcore and doing my best to share my experiences/a little bit of gaming knowledge through my blog and I occasionally give tips and tricks. OH! I think I need to venture into the video making business soon as I may need to do a MMO gaming video tutorial soon. Gold, Item Farming Grind tons of mobs, run countless dungeons, and raid instances for gold and items. With tons of MMOs out there that focus on leveling and gear for progression, a trend has risen to be efficient in making money from games. MMO BUX -- this is like a price research on various MMOs, pretty useful. I don't buy gold from them but I think the idea is awesome of selling gold from various MMO's. The Idea is make your way of selling your wares. May it be through friends, and find a site the can let you post your items/gold up for sale and get profit out of it. Account Selling If you know the game and is seriously thinking of making serious income out of your gaming. You can sell your account to other gamers that don't have time to grind levels, faction reputation and/or farm mobs, leveling/gearing and such. You can sell the whole account. Some games account sharing/trading is considered a bannable offense. But I see a couple of game accounts on the web that are on sale (a quick Google search helps) along with 5-8 characters, with prices ranging for $250-$1000, the more badass your character's gear/reputation/achievement is the better the price. Power-Leveling The secret of leveling fast reaching the top levels quickly. Strategies, tips and tricks can be shared to others for a price. And you can also power level their characters which bring us to: Power Leveling Services Maximize your characters leveling/gearing time with Power leveling services. Some people do spend most of their waking lives playing games and some spend most of their time leveling characters that are not their own. Gamer, Blogger, Ninja, Coffee Lover, Gardener... blogs about Tech stuff, Video Games, sarcasm, gadgets, blogging tutorials, tips, tricks, PC Troubleshooting plus some additional skills/talents that he acquired these past few years he was under a rock, like World of Warcraft, Diablo 3, Ruby on Rails and many more.

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People more likely to take heart medicines in combo pill People with heart disease are much more likely to take preventive medications if they're combined in a single pill known as a "polypill." When patients took medicines regularly, it translated into better blood pressure and lipid control. Benefits were seen despite above-average levels of treatment at the outset. LOS ANGELES, Nov. 5, 2012 -- People are much more likely to take heart medicines if they're combined in one pill, according to a late-breaking clinical trial presented at the American Heart Association's Scientific Sessions 2012. "This is the first time the impact of a fixed-dose, combination strategy has been tested in people with cardiovascular disease," said Simon Thom, M.D., F.R.C.P., lead author of the U se of a M ultidrug P ill I n R educing cardiovascular E vents (UMPIRE) trial and professor of cardiovascular medicine and pharmacology at Imperial College London, U.K. "People who have suffered heart attacks or strokes or those at high risk of such problems need to take preventive medications, including antiplatelet drugs (such as aspirin), cholesterol-lowering and blood pressure-lowering drugs . But the reality is that many people in this high-risk category get out of the habit of taking the recommended medications," Thom said. "This happens for a variety of reasons; some of which may be corrected by a single, simple, fixed dose combination pill -- a combination known as a 'polypill.'" There has been uncertainty about a fixed dose combination strategy for cardiovascular disease prevention. While many physicians have anticipated that adherence might be improved, the reduced number of drugs and doses could offset the benefits of simplicity, Thom said. "This trial showed improvements in adherence being paralleled by improvements in blood pressure and cholesterol, despite the control group in the trial being treated much better than average." Typically, in high-income countries such as the United States only about 50 percent of people take all the needed cardiovascular medications, Thom said. In low- and middle-income countries, only 5 percent to 20 percent do. Researchers studied whether changing the delivery of several medications into one fixed-dose, combination pill might improve adherence and, therefore, improve blood pressure and cholesterol control. The researchers followed more than 2,000 men and women (average age 62) with cardiovascular disease in Europe and India for an average 15 months. Half of the participants were given a combination pill of aspirin, a cholesterol-lowering agent (statin) and two blood pressure-lowering drugs. The other half took their medications as usual, with multiple pills and doses. Researchers noted that the group taking a single pill improved adherence by a third and had improved blood pressure and cholesterol levels compared to those taking multiple pills. The findings also likely apply to Americans, Thom said. "We deliberately chose two quite different settings -- Western Europe and India, with half the patients from each region, although the trial did include well-treated populations in both locations. Seeing broadly similar findings in each region suggests generalizability." Statements and conclusions of study authors that are presented at American Heart Association scientific meetings are solely those of the study authors and do not necessarily reflect association policy or position. The association makes no representation or warranty as to their accuracy or reliability. The association receives funding primarily from individuals; foundations and corporations (including pharmaceutical, device manufacturers and other companies) also make donations and fund specific association programs and events. The association has strict policies to prevent these relationships from influencing the science content. Revenues from pharmaceutical and device corporations are available at www.heart.org/corporatefunding .

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The Culture of Blame February 17, 2007 At Woodrow Wilson School it was a case of them and us. There was a split between the Senior Management Team and the ordinary classroom teachers. Middle management were similarly split, with the departmental staff largely on the side of the classroom teachers, and the year heads and assistant year heads mainly (but not excusively) on the side of SMT. What the split meant in practice was that blame would be distributed away from management and year heads and to departments and classroom teachers. Nothing was the responsibility of management. Notes would appear in pigeonholes telling us what we crime we had most recently committed against the school, for instance: "there is a lot of litter around the school, you should be stopping this happening when on break duty". The thought that a problem might be the fault of the students, or that management might be able to intervene to solve it, never occurred. The worst burden fell on middle managers. They were repeatedly told that they were meant to be able to personally ensure order in their departments. How they were meant to oversee up to ten classes at a time, while teaching their own lessons was never made clear. Senior Management were meant to be responsible for removing disruptive students from a classroom, it was called "Senior Management Call Out" but as time went on the rules changed, and we were told that Heads of Departments were responsible for organising removals, even if they were teaching at the time. There was no restraint when it came to publicly blaming departments for problems, negative comments were often made about behaviour in my department at year briefings. Worse, it was declared at a meeting the term before an OFSTED inspection that if the school didn't pass it would be the fault of my department. Because classroom teachers were to be blamed for everything, we had to be checked up on in ways I've never encountered elsewhere. Our planners had to be handed over to the Head to check if we were planning our lessons (presumably they were worried we just made up our lessons as we went along). We weren't allowed to use mock exam results to give grades for school reports, we had to estimate their grades which were then compared with mock exam results to see how good our estimates were (reports and exams were timetabled with this in mind). As I mentioned before, my year head, Gemma, wasn't up to much. She was a good friend to SMT and had risen despite no obvious ability to do her job. It soon became clear that she had lost the respect of the tutors. She could not be relied to support them, but would blame them for her own failures. In other schools a change of year head might have been considered. At Woodrow Wilson a failed year head was not considered possible. A better explanation was of course that the tutors must be at fault. Almost every member of the year team was made to move tutor groups (only Gemma's closest friends were allowed to stay). Just in case having to change group might upset tutors to the point where they wanted to leave, the change was announced by putting notes in pigeonholes in the last week before half term, when it was too late to apply for jobs elsewhere. Teachers can of course leave mid-year, but generally don't like to, as one of the tutors said to me "They use your professionalism against you". As I mentioned in a previous entry , I ultimately left Woodrow Wilson Schools because of the culture of blame. I had been having difficulties with a year 10 class that wouldn't do coursework. I kept the class in Year 11 and attempted to get on top of their behaviour and low expectations. However they knew that at Woodrow Wilson they could use the culture of blame to undermine me. One student got his parents to complain to the Head that he hadn't finished his coursework and it must be my fault. The student had had two weeks in class to do the coursework, and weeks to do it at home, and had never even asked for help from me. In a normal school this might be considered a fault on the part of the student. In Woodrow Wilson School this could never be the case. Apparently I must have refused to give help. I was told to give extra help after school in order to ensure unfinished courseworks got done. I committed myself to a week of after school coursework sessions in order to get it done, and letters were sent home from the Head instructing students that coursework help was available and that they should turn up to get their work finished. Of course what

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This a very good, spiritual book for women. It was professionally published in San Diego. I have offered to help get her book out, but I have a lot to learn. If anyone can help us, it would be so very appreciated! Buried on the Amazon site is information to get your book listed on Amazon.com If you go to Amazon.com Help , you'll find a page that will give you the information you need to get your book listed: List Your Title We'd love to list your titles in our online store! We offer a number of ways you may do so, from pre-published titles, to currently-available books, and more. Please click on 'Listing Options' to find out more about our available programs and features. Titles currently available may be listed on our site via one of the following methods: 1. Through Amazon.com Advantage Amazon.com Advantage is a proven and powerful means of listing, distribution and order fulfillment. Work directly with the Internet's leading retailer to market your books to customers. And for specialized technical, professional and medical books with a minimum retail price of $75, there's Amazon.com Advantage Professional. Here is what I know about Amazon Increase Your Sales with Amazon.com Advantage Amazon.com Advantage is a proven and powerful means of distribution and order fulfillment. Work directly with the Internet's leading retailer to market your products to customers.

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Why The Hell Do We Want Everyone To Die and Eat Our Brains?: Zombie Fiction and The American Obsession With The End of the World Death The irreversible cessation of all vital functions especially as indicated by permanent stoppage of the heart, respiration, and brain activity : the end of life. \* No subject has held greater weight in regard to the human condition then Death. Sex, love, hatred, greed, envy, etc. -- none of it holds a candle to the time and thought that's been put into examining the Big D. It is, of course, with good reason. Death is the unknown integer, the single aspect of being human we can know absolutely nothing about. But in my opinion, it isn't the physical act of dying that we fear, but what comes after. The zombie is a romanticized version of the afterlife based on a distorted version of the Eucharist of Christ: " Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. .. " The Afterlife In philosophy, religion, mythology, and fiction, the afterlife (also referred to as life after death, the Hereafter, the Next World, or the Other Side) is the concept of a realm, or the realm itself (whether physical or transcendental), in which an essential part of an individual's identity or consciousness continues to reside after the death of the body in the individual's lifetime. According to various ideas of the afterlife, the essential aspect of the individual that lives on after death may be some partial element, or the entire soul, of an individual, which carries with it and confers personal identity. What does become of us? What happens after the physical body stops? Does the soul linger? Does it travel to a paradise or damnation? Is it reborn into the body of a new being? Or does it just cease to exist? Are the soul and the afterlife simply fairy tales we've told ourselves over the centuries to comfort our fear of the great unknowable? Why do we want to believe that the possibility of immortality exists, even if that immortality is a hellish bastardization of life? Zombie A person who is or appears to be lifeless, apathetic, or totally lacking in independent judgment; automaton; a corpse brought to life in this manner. The zombie is, in my opinion, the very essence of that bastardization. Much like the vampire, the zombie is a romanticized version of the afterlife based, partially -- and particularly the modern version of the monster -- on a distorted version of the Eucharist of Christ: " Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. .. " But unlike the vampire, which over the last twenty years has become a thing of teenage fantasies, the zombie is a complete horror that isn't hemmed in by the religious doctrine that dictates the vampires every move. The zombie doesn't entrance or beguile, it does not desire minions; it has no fear of crosses or silver or garlic, and it has zero fear of the sun. It has one purpose and one purpose only -- to devour the flesh of the son of man, and it does so in shambling, starving packs. And very much unlike the vampire, the zombie isn't a different species; they're your mom and dad, your girlfriend, your first grade teacher; they are us. But why over the past decade has zombie fiction become so popular of a subject among writers? From modern horror masters such as Jonathan Maberry, John Hornor Jacobs, and Brian Keene (Keene's "Dead" trilogy -- Rising, City of the Dead, and Dead Sea --are classics of the sub-genre, and one of the few which uses a malevolent anti-Christ style being as the harbinger of the Apocalypse) to literary novelists such as Colson Whitehead and Joshua Gaylord (writing as Alden Bell) have tackled the zombie to varying degrees of success. What, exactly, is drawing novelists to the genre? For me, as both a fan and occasional writer of zombies stories, there are three themes which draw me to these kind of stories. The first is what drew George Romero to film Dawn of the Dead : Consumerism A social and economic order that encourages the purchase of goods and services in ever-greater amounts. The term is often associated with criticisms of consump

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'Scratchers' why would you do that to yourself? Botched Tatoo in Fife by a 'Scratcher' An idle muse from you all. Last night on the Scottish News I saw an article on 'scratchers'. A Scratcher is a person who does tattoo's on the cheap (or sometimes not so cheap) but who does not have the training and or skill to do a professional and safe job. From the risks of poisoning to unsterilised needles and conditions less than sanitary. Now I personally am not all that keen on 'self drawing' but my good lady and a number of my friend have 'ink' on them so it is something I have thought about. Why would a person get something permanent drawn onto their skin by someone who cannot prove their track record or their skill or their qualifications? It seems madness to me to do that just to save a sum of money and put yourself at risk of disease including Hepatitis B and C. Once again the behaviour of people makes me question the rationality of their actions. Be safe and if you cannot afford the work then wait until you can...it could be your very life that is at risk. The article I saw concerned the rise of this in Fife and featured six or so images of botched and infected work. A web search will show you many more. 2 Responses to 'Scratchers' why would you do that to yourself? ouch, Looks painful. I was going to get a tattoo done by perfessionals. I went to the place, it was on a day that they were closed, it was in Aberdeen so now it will not happen since it has taken me 13 years to get back to Scotland and I will be nowhere near there. Bob Categories Gavin Syme I am the Creative Manager of Alternative Armies and its sister brand 15mm.co.uk. While my role involves many tasks its primary one is the creation of new titles in the Wargame hobby market and the development of existing titles. Having been doing this for ten years I like to think that I have managed this rather well....

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Chances are you are waiting between classes and have just picked up one of the many copies of The Argus which stylishly decorate the entirety of the school's interior. Even though you probably have masses of assignments piling up, and because your iPhone is dead and your methods of procrastination are limited, you have decided to read the paper. If this is the first article you've decided to read, I'm flattered. I hope it leaves you with a heightened sense of self-awareness and self-appreciation.You're welcome. Oh, and by the way ? Howdy! I'm the new member of the The Argus team here in Orillia? where it's at . Despite my failing attempts at providing you with comic relief, I hope to capture enough of your interest so you can, at least for a moment, forget about your homework. This week,I'm writing to inform you about the student jobs available, and the various opportunities they produce (alas, it's also now my job to do so). As a new member of the Argus team, I was surprised to learn that I was the only one who had applied for this job? six weeks into the fall semester. This is my fourth student position at Lakehead Orillia, and if I weren't graduatingthis year (let's hope all goes well), I'd apply again next year. That said,I strongly encourage students to apply for student positions posted on the LakeheadUniversitywebsite,even if they are unsure whether or not they meet the qualification requirements. Last summer, I worked in the lab for an environmental sciences research project, and I learned a lot. Being in the lab was a new experience for me, I had next to no university science background whatsoever, nevermind the Pun net squares I did in anthropology, but I still got the job. Last school year I had the pleasure of working with the Athletics department here at Lakehead Orillia? being paid to organise and referee intramural sports is a pretty sweet deal! My first student position was during the summer of my second year as a criminology research assistant. After taking only one criminology course, I applied and worked from home that summer. All of these jobs were engaging, and I learned something new in each. Right now, I continue to work with professors and students from both of my previous research positions, and we are going to a research conference in Toronto this November? another new experience. Not only do you get to meet people along the way, these jobs are flexible and fit into your schedule. They are usually around 10 hours a week and pay minimum wage, or a bit above. I am happy to say that I will have this job for the rest of the year, so if you frequent this section of The Argus , you're stuck with me. In closing, student positions are a great way to learn new skills, make a few bucks to put towards your education, meet new people, and make connections that will last beyond your university career. I have learned lots throughout the various student jobs I've had and hope to continue to do so with this one. If you volunteer within the community, or the university, and are willing to work hard and learn something new, a student job might be for you.If you are unsure about whether or not you fit the specific job requirements, just ask. What's there to lose?

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I am attempting to get unique values in a list of similar value distinguished only by a one element in a pipe delimited string... I keep getting at least one object must implement Icomparable. I don't understand why I keep getting that. I am able to groupBy that value... Why can't I find the max... I guess it is looking for something to compare it with. If I get the integer version will it stop yelling at me? This is the last time I am going to try using LINQ... I know I can get the unique values some other way. I am just having a hard time figuring it out. In that List I know that the string with the highest value amongst its similar brethren is the one that I want to add to the list. How can I do that? I am totally drawing a blank because I have been trying to get this to work in linq for the last few days with no luck... In that select list Item right, the value has Patient Ids, and encounter ID's. The highest encounter ID would be the last encounter. There could be several items in the initial list that are all the same patient (same Patient ID... But there could be several different Patient ID's as well). But each value of the SelectListItem has a that encounter ID. The highest one is the latest encounter. I want the last encounter for EACH patient ID and I want those in a list... I was thinking first group by patient ID right, then select the max of those encounter ID's. -- DmainEvent Sep 9 '11 at 12:43 Linq doesn't know how to compare 2 Patient objects, so it can't determine which one is the "greatest". You need to make the Patient class implement IComparable&lt;Patient&gt; , to define how Patient objects are compared. EDIT: I assumed there was a Patient class, but reading your code again, I realize it's not the case. PatientList is actually a collection of SelectListItem , so you need to implement IComparable in that class. I don't understand why I Couldn't just drill it down to the Int32.Parse(Value.Split('|')[1]) and have it compare that. -- DmainEvent Sep 9 '11 at 12:26 1 @DmainEvent, I'm not sure I understand what you really want to do... In the Select call, x is a IGrouping&lt;SelectListItem&gt; , so its items are of type SelectListItem . You could find the max by Int32.Parse(Value.Split('|')[1]) , but it wouldn't really make sense, since all items in the same group have the same value for this -- Thomas Levesque Sep 9 '11 at 12:34 Patient is simply a select List item. I have the highest value in the Value string. I just split it out. I have seen this DLL and I am really weary placing somebody else's dll in my production code. That is very bad form in my opinion. -- DmainEvent Sep 9 '11 at 12:36 Maybe I should Group by the first split and get the max by the second split. -- DmainEvent Sep 9 '11 at 12:38 1 "I am really weary placing somebody else's dll in my production code": so you never use any third party libraries ?! -- Thomas Levesque Sep 9 '11 at 12:43

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I Don't Use The 'C' Word. What would you think of me if you were reading a blog post and I used the word 'nigger'? What would you think of me if you were reading a blog post and I used the word 'queer'? What would you think of me if you were reading a blog post and I used the word 'retard'? I'm guessing you'd be really shocked and appalled, right? Shocked that a (reasonably) well-educated woman would use such inflammatory, bigoted and ignorant language, yes? Well, dear readers, this happens to me all the time. There's a word that I see popping up here and there, from people I consider to be pretty enlightened, that makes me feel increasingly uncomfortable. The 'C' word. No, not c\*nt, I'm not that delicate. The word that offends me so is chav. This is a word that has now made it into the Oxford English dictionary and is defined thusly: a young lower-class person typified by brash and loutish behaviour and the wearing of (real or imitation) designer clothes. According to the dictionary, it could be either a contraction of the Romany word 'chavvy', meaning child or young person, or from the place 'Chatham' in Kent where the word supposedly started. Either way, do you see the key phrase in there? 'Lower class'. This is the point -- if you wouldn't use nigger, queer or retard, you have no place using the word chav. If you're shocked and offended by racism, homophobia or discrimination against disability, why does classist intolerance not have the same effect? It's not okay to hate or judge someone because of the colour of their skin, their sexuality or how able-bodied they are, so can someone explain why it's okay to mock, deride and write off a subset of society because of what they were born into? What they've been brought up knowing? What they maybe couldn't afford or have the resources to remove themselves from? I think Plan B put it a lot better than me in his TED lecture when he said this: "I believe that there is a demonisation of the youth throughout the media. And people are falling for it, because if you'd had no direct contact with the kids that I'm talking about how the hell can you judge them? Because you're only judging them based on something you read in a newspaper, aren't you? See, this fuels the fire. If you call kids words that are derogatory to them just because they are unlucky enough to be born into a family that couldn't afford to give them the education that you had, they're going to hate you. Of course they're going to hate you and you're going to hate them because of their actions. And it's this vicious circle that goes round. By calling these kids these words you push them out of your society and they don't feel part of it. You beat them into apathy and in the end they just say: "Cool, I don't care. I don't want to be part of your society."" So, maybe you should think about that, next time you label someone a chav. 12 Responses to I Don't Use The 'C' Word. I was recently at a bbq with many close friends and several of them remarked on the shirt I was wearing, referring to the shirt as a 'chav' shirt, therefore referencing myself as a 'chav'. My guess is that it was a 'joke' for them, but I found myself genuinely puzzled by the reaction of friends whom I had considered to be educated and culturally open minded. When challenged I corrected them on the origin's of the Ben Sherman clothing brand and pointed out that whether I was wearing that shirt or a cloth sack, it should not make one blind bit of difference. I think you raise another good point, about the friction between 'trends' if you like. Knowing you as I do, I wonder how many of your friends would be happy to be labelled as 'a dirty grunger' or something of that description? (Pardon me for being so nineties, I can't think of another expression for a fan of Metal that's vaguely derogatory!) Everyone's so happy inside their little bubble, shooting names and pigeon holes around that we forget about the person and circumstances behind

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&lt;quoted text&gt; Everyone was persecuted..and I never mentioned Communist China. PRC is probably the most religious-intolerant in Chinese History of course due to the jewish Marx's invention called communism. KMT and its preceding dynasties was more religion friendly. The Abrahamic Religions have a very long continued history of violence. PRC will do just about everything to control Chinese people. I really hope, they change their education system that emphasizes rote learning. Rote learning is very ineffective at promoting creativity. &lt;quoted text&gt; The Abrahamic Religions have a very long continued history of violence. PRC will do just about everything to control Chinese people. I really hope, they change their education system that emphasizes rote learning. Rote learning is very ineffective at promoting creativity. &lt;quoted text&gt;A hallmark of Western Intelligence is derived from debate and persuasion, developed from logic since the Ancient Greeks. I've read a book called "Geography of thought" which explores differences b/t Western and Asian. Strong sense of individualism, personality, analyzing things into categories, the need to refute contradictory positions...belief of being able to examine and reduce things to its smallest part in order to control it. This line of thinking is what led to invention, creativity, and scientific development in the West. I'm only speculating but Ashkenazi Jewish intelligence is high due to their education and awareness of people. Hence so many are in media, law, academia, politics banking,....Positions that require logic, argument, debate, and persuasion. These career fields would require and grow the intelligence that results from Western cultures "need for proof and argument". Though we view these areas as mired in corruption and attach bad stigma, they require high intelligence/cunning. Math the backbone of science, tech, and inventions, developed to its extent only through logic, argument, debate, and persuasion..."Rigorous scrutiny" My favorite Jew, Einstein, was an Ashkenazi Jew as it happens. They are extremely infamous considering their small number but many of them do work hard, even if it is for the wrong man. I hope they can get their act together as I find them sorely lacking in morals & conscience for the most part. The "master manipulators". You were being a bit haughty towards "Truth Hurts". People are going to have differing opinions on these volatile subjects you know. Can't always be in agreement with everybody all the time. There will be some disagreement. &lt;quoted text&gt;Everyone was persecuted..and I never mentioned Communist China. PRC is probably the most religious-intolerant in Chinese History of course due to the jewish Marx's invention called communism. &lt;quoted text&gt; You were being a bit haughty towards "Truth Hurts". People are going to have differing opinions on these volatile subjects you know. Can't always be in agreement with everybody all the time. There will be some disagreement. &lt;quoted text&gt; My favorite Jew, Einstein, was an Ashkenazi Jew as it happens. They are extremely infamous considering their small number but many of them do work hard, even if it is for the wrong man. I hope they can get their act together as I find them sorely lacking in morals & conscience for the most part. The "master manipulators". If Jews are the Master manipulators, they must have learned it from Europeaners. I would say of races: Blacks have the most wasted potential, Whites use the most of their potential, and Asians have to a larger extent undeveloped potential (due to rote learning, and sheltered lifestyles). Europeaners are the biggest force to be reckoned with: breed the Africans, Nazis bred Germans, enslaved the Chinese to opium, destroyed Native Americans, and has the world under control by financial institutions. Either some Jews have learned to become the masters of the world, or there is some behind the scenes super powerful European/European family. Ex: 5% of US GDP money goes to subsidize multinationals like Walmart and Apple, yet China takes all the blame for their actions. Middle Class and poor Americans are just too stupid to recognize who the real culprit is and continues to blame China. 3% of US GDP goes to ineffective Wel

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advice needed please Hello everyone. So, my visa has been granted & I am itching to get my flight booked so I can look forward to it but do not want to rush into anything in case I make a bad decision. My plan is to book a flight to Perth for the end of February & visit some relatives & maybe stay for a month or so depending on work etc. Then I would head North up to Broome and Darwin in about May time, stay here for a month or so & then move on to Cairns in About August & stay here for a few months until summer kicks in & then head back down the East coast & finishing up in Sydney for Xmas & New Year & then to Melbourne for my last month or so & then maybe stay another year. Does this sound like a good plan, firstly for the weather? When is rainy season up North? I've heard Cairns is party town , would I be there at the right time? Secondly to fit in 3 months of seasonal work. I am a carpenter & after reading the sticky about seasonal work it sounds like I could work in construction wherever I go which would qualify, is this correct? Where is the mining work? Where are most of the fruit picking/farming jobs? I do not want to have to squeeze this in at the end if it is mostly over on the East Coast. So if I do it as I plan then would there be enough opportunities for me to do my seasonal work? Is it Easy Enough to travel up the west coast & is there any cheap ways of doing this? Another problem I have is that I would like to go to NZ to do some Skiing but I am presuming the skiing weather for NZ is May - September, when I will be in North Australia. How hard is it to get from north Oz to NZ, is it just as easy as going from south Oz? Sorry I have so many questions I just do not want to be going to all the wrong places at the wrong times. It is the official book for seasonal work and tells you what is in season when and where. At the beginning of each chapter about a state there is a chart giving you a summary of what is being harvest when. It is quite handy, but you also have to keep in mind that at the very beginning and towards the end of each season there could be nothing to do. Also, there might just be bad crops this year. When I was traveling in 2011, I could not find any jobs from Brisbane to Darwin to Broome because it was a ridiculously bad harvest season. That being said, it is normally easy to pick up harvest work all over Australia, so it is not at all limited to the East coast. Also you are right that you can easily find jobs as a carpenter. Mining work is mostly in Western Australia und Queensland, but I don't really know anything about that. Regarding your travel plans: Wet Season up North is roughly til May. That means if you are driving yourself you might run into trouble between Broome and the Northern Territory Border because early in the dry season just means the rain has stopped but the water has not subsided yet. Also keep in mind that it can still be rainy, very humid and super hot. If you can handle that, you shouldn't have a problem, if not try to come up here about June/July. The rest of your travel plan sounds just fine. Traveling up the west coast is not a problem, just a long way to drive at times (but then again, that's true for most of Australia ). Staying around Port Hedland is quite difficult because of the overpriced hotels/caravan parks/everything, but there are free roadside places you can sleep at if you don't mind that. And one last thing to keep in mind if you should be traveling by car: 1st Kangaroos really go crazy up north after dusk. Unless you have a roobar on your car and don't mind hitting a few of them, just don't drive in the dark. 2nd petrol prices can be a lot higher in the north of Western Australia and the Northern Territory (apart from Darwin). As you can see, I don't really know anything about the East Coast or flying to NZ, so maybe someone else can help out with this? Ok thanks for the good advice, that link to the harvest jobs was really helpful. Mainly by showing that there are opportunities for work pretty much everywhere at every time of year which is a big relief. I do not really want to do carpentry as I can do this at home so I will be glad to take on any available jobs if the money

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Colin Firth: 'Stammer the wrong way and it is comedic' The King's Speech, which opens on Friday and is tipped for Oscar honours, concerns the terrible struggle George VI had with his speech impediment when he came to the throne in 1936. Colin Firth, in a rare interview, and director Tom Hooper talk about the making of this deeply moving film On the face of it, an entire film devoted to the subject of a speech impediment sounds risky -- even when one learns that the stammer is a royal one, belonging to King George VI. Yet The King's Speech has got off to a tremendous and triumphantly unjittery start. It has been feted in the US, crowned at the British Independent Film awards -- as best British film (with honours for its actors and for David Seidler, who wrote the screenplay) -- and has most recently won seven nominations for the Golden Globe awards. It now seems certain that Colin Firth will be an Oscar contender for his role as the King -- a magnificent, subtle, affecting performance in which his pristine appearance is in contrast to the painful disarray of his speech. The film is about what it means to have -- and not to have -- a voice. Not a small thing, after all. The particular torment for George VI was that his voice had to do more than serve him. It had to speak for -- and to -- the nation as the second world war broke out. What made his role harder still was that he was a reluctant king, forced to the throne after Edward VIII ( Guy Pearce) abdicated to marry Wallis Simpson. George's wife -- the Queen -- is played, with coquettish hauteur, by Helena Bonham Carter. Tom Hooper (who made The Damned United and superb TV drama Longford ) directs with nuanced restraint. The result is outstanding and unexpectedly moving. At the film's heart is the relationship between the King and Lionel Logue (Geoffrey Rush), a maverick Australian speech therapist. Their friendship (the screenplay drew on Logue's diaries) is unorthodox and indispensable. Friendship was also key to the making of the film. Hooper maintains that the friendship that developed between him and his leading men makes The King's Speech what it is. And it is true that when I meet Hooper and Colin Firth at a Soho hotel, their rapport is evident. They are animated talkers. Hooper himself points out the greatest irony: "Colin Firth is one of the best raconteurs and most engaging conversationalists I know... playing a man who cannot speak." How did you learn to stammer, Colin? Colin Firth: No one taught me. But I have had it explained -- this is common to everyone who struggles with stammering: all you want is to get to the end of a sentence. To speak is your dream, content is often secondary. You'll order fish instead of beef at a restaurant because you can't get the "b" out. Tom would tell me how much stammering he wanted and where he wanted it, and whether he thought it was working and whether it was authentic. Tom Hooper: We bullied him. How did that work? TH: There are so many pitfalls -- if you stammered the wrong way, it might be comedic and that would be a problem. If it was too painful, audiences would start to wish they were not in the cinema. If it was too severe, it would slow the film down. The stammering had never to misfire. The other risk was that we would run shy of it and, because of our fear about pacing, not commit to it enough. So the rhythm of the stammer was key. CF: Tom was like a conductor... TH: The original script had two conceits. One was that when the King makes his final speech, he is cured... stammer-free... Laurence Olivier. The other conceit was that he was stammer-free with his family. One of the first things I did was to listen to an actual speech and it was clear he was not stammer-free -- he was using pauses to manage his problem. The reality, for most people with a disability, is about learning to manage... I didn't want to make a film about a miracle cure. And it is more moving having an ending that is truthful... TH: And yet the moment Colin and I decided the King was going to stammer -- to some extent -- on every line was a big decision. The risks were legion but the stakes needed to be high. The film

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Connect With Us How it Works When you become a member of our Market Australia Team, you are equipped with a detailed plan of action, custom web portal and valuable tools, reports and services through the Cre8 Wealth Online System. Market Australia provides the products and services, creates the marketing materials and handles the shipping and distribution. The system is entirely comprehensive so the average person can succeed. Cre8 Wealth Online is based on the Binomial Marketing System with the Management Performance Compensation Plan. It's the most lucrative and realistic compensation plan ever created. It's based on what the individual can actually and realistically implement, paying business owners weekly and allowing for unlimited expansion. Binomial Marketing and the MCPCP are so powerful that no other company has been able to successfully duplicate it. The Cre8 Wealth Online System is NOT an MLM or pyramid scheme!

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The World Interior Design Network is the leading global resource for the interior design industry brought to you by Progressive Media International, one of the world's foremost publishers of interior design information The scheme is a 44-storied luxury apartment tower, which is located within the green setting of United Nations Plaza. Featuring 87 apartments with expansive interior layouts, the residences will range in size from one-bedroom apartments up to 1,100 square feet, two bedrooms from 1,600 to more than 2,600 square feet of space, three bedrooms from 3,000 square feet, and full-floor homes of approximately 6,000 square feet, as well as a two-floor penthouse with close to 10,000 square feet of space featuring a rooftop infinity pool. Ceiling heights for all residences range from 10 feet up to 16 feet. It also features a private motor court and garden, which leads the discreet lobby, and a residents-only garage with 87 parking spaces -- one for each residence. In addition, there will be approximately 5,000 square feet of retail and restaurant space on First Avenue. Presenting architectural expertise, the building features three slender volumes, which appear faceted in elevation, visually reducing the building's scale, while emphasising its vertical form. To maximise views and broaden the elegant living spaces within, each volume includes a series of deep bay windows. Unified by a delicate horizontal grid of stainless steel bands, the bay windows complement the New York Art Deco style of nearby buildings. The tower features high reflective panels, which enhances its beauty by running vertically between each of the bays. The tower exhibits a greener look surrounded by lush planting. Inside, the spacious lobby in warm colour palette is complemented by granite, marble, wood and an open fire to the rear of a full-height water feature that divides the space. In addition to that every apartment has been designed with floor-to-ceiling bay windows and features luxurious interiors with generous space for entertaining. It also includes a spa in the basement with large exercise pool for residents. Developed by Zeckendorf Development in collaboration with Global Holdings, the 50 United Nations Plaza is scheduled to be completed in the later part of 2014.

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1755 - Johnson's Dictionary Samuel Johnson's 'Dictionary of the English Language' is one of the most famous dictionaries in history. First published in 1755, the dictionary took just over eight years to compile, required six helpers, and listed 40,000 words. Each word was defined in detail, the definitions illustrated with quotations covering every branch of learning. It was a huge scholarly achievement, a more extensive and complex dictionary than any of it's predecessors - and the comparable French Dictionnarre had taken 55 years to compile and required the dedication of 40 scholars. Literary quotations In all, there are over 114,000 quotations in the dictionary. Johnson was the first English lexicographer to use citations in this way, a method that greatly influenced the style of future dictionaries. He had scoured books stretching back to the 1500s, often quoting from those thought to be 'great works' such as Milton or Shakespeare. Thus the quotations reflect his literary taste and his rightwing political views. However, if Johnson didn't like a quotation, or if a phrase didn't convey the exact meaning he required, he did not hesitate to chop, twist around, or rewrite a few words - Johnson famously scribbled all over his books, underlining, highlighting, altering and correcting the words, much to the horror of acquaintances who had lent him their books! A tangled mess A group of London book-sellers had commissioned Johnson's dictionary, hoping that a book of this kind would help stabilise the rules governing the English language. In the preface to the book Johnson writes of the 'energetic' unruliness of the English tongue. In his view, the language was in a mess, and was in desperate need of some discipline: 'wherever I turned my view', he wrote, 'there was perplexity to be disentangled, and confusion to be regulated.' However, in the process of compiling the dictionary, Johnson recognised that language is impossible to fix, because of its constantly changing nature, and that his role was to record the language of the day, rather than to form it. Johnson's personal touch Even so, many of Johnson's definitions bear the mark of a rather pompous man (but also quite a humorous one). Many of the words he included were incomprehensible to the average reader - long words such as 'deosculation', 'odontalgick'. He is even believed to have made up some words. His definition of oats is very rude to the Scots. He defines the word as 'A Grain, which in England is generally given to horses, but in Scotland supports the people.' He also decided that many words were not good enough for the dictionary - words such as bang, budge, fuss, gambler, shabby and touchy were all left out. Johnson was criticised for imposing his personality on to the book. However, his dictionary was enormously popular and highly respected for its epic sense of scholarship.

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You Just Get Better All The Time Lyrics You just get better all the time Darlin' don't you change a thing Lately you're the only song I wanna sing And you're my reason to try You just get sweeter every day The little things you do and say If only you could see you through my eyes You just get better all the time Oh, and I get the feelin' we can make it baby As long as you are by my side You're the music in my ears The laughter when the tears Are fallin' down in my life And on down through the years You never tried to change my ways You never made me feel I had to say "I'm sorry" You just get better all the time Why just today I heard you read my mind That kinda magic is so hard to find You just get better all the time [ Lyrics from: http://www.lyricsfreak.com/t/tim+mcgraw/\\... ]

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Testimonials "I enjoy running a hostel because unlike renting apartments the people I deal with are happy, helpful and friendly!!" - Sherry Johnson, Skweek's House "For us, having a hostel is a choice of lifestyle. It allows us to meet people from around the world and to share life experiences while staying at home. We hope more will come and visit us on Magnificent Hill, because we offer an unique kind of hostel experience: one that gives you the opportunity to get involved in daily chores with the animals, or hands on building projects around the farm, or the freedom to do nothing at all. We are located near Algonquin Park making our hostel one of the most Magnificent ones you will visit!" - Lea Kitler, Magnificent Hill Hostel "Hello! I enjoy running a Hostel because of the awesome people you meet. There is never a dull moment in Holly Park Hostel; the drama is free. There are many rewards that come with running a Hostel including helping people and providing a warm environment for them." - Hollie Davis, Holly Park Hostel "We love running our hostel in rural Nova Scotia because of all the many people we get to meet and spend time with from all around the world. We have 3 small children who also enjoy being a part of our hostel. We believe it is a huge educational benefit for them to have an opportunity to talk with so many people from so many places, each with their own separate ideas, beliefs and customs. We've made friends we remain in contact with through the years, and each year we look forward to meeting all the new people who will cross our path, but also chatting with the old friends who return every year." - Trudi & Greg Inglis, Kip & Kaboodle Hostel "I would say that the greatest pleasure and satisfaction from running a hostel type accomodation is the opportunity to meet really interesting people from around the world." - George Patterson, Tofino Botanical Gardens "Chris and I are both travellers - we like learning about the world through tangible, first-hand experience. We met while on the road, many years ago. We met while working and living in a hostel, actually - in Edinburgh, Scotland. Once we realized that we could be together, despite the homeland distances and cultural differences, we also realized that we could harness the hostelling lifestyle and taper it to meet our own preferences and tastes. We opened our own little backpacker's hostel, The Fat Salmon, in Port Alberni, Vancouver Island, in May 2005. We picked Port Alberni because of its uniqueness; we love the outdoors and we love real people. We are fortunate enough to have found a spot that has plenty of both. Since opening, we realize that one of the beautiful aspects of owning and running your own hostel is the ability to live vicariously through your guests. We love hearing the road stories, the challenging stories, the dramatic stories of our guest's adventures on the travelling path. We have put down our little roots for now, but know that we can live through our guests in the meantime, and enjoy it. We also appreciate being in the position to offer our guests a safe, funky and informative place while they are away from their homes. I like watching guests hug and cuddle Lily, the happy hostel dog, and it never fails to make me laugh as people discover that one of the best places to watch a sunset on Vancouver Island is from the Fat Salmon back deck. Offering our hostel to our guests, as well as our hospitality - a mix of Canadian (me) and Kiwi (Chris) cultures - is one of the most fulfilling jobs I have ever had. I know how it is to be backpacking in foreign places, and I know how comforting it can be for a little home-hospitality when away. I am pleased that my full time job is to offer and provide that, whole-heartedly. Hostel-owning and operating is not just a job, it is a lifestyle." - Charmead and Chris, Fat Salmon Backpackers "I enjoy running the Hostel Bear because of the diversity it provides. It allows me the opportunity to learn and speak many different languages on a daily basis. It allows me to take a sneak peak of life on the other side of the world or sometimes the other side of the country. I find the best advise sometimes comes from people and their personal life stories of experiences they have had abroad. Being at the hostel allows me to be myself and share that with our guests as we make them feel more and more comfortable. It gives me the opportunity to meet new people from around the world and appreciate where they have come from. Running a hostel is fun and there

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Legend Of The Time Star Is A New Game With Old Visuals Currently in development (sort of) at New York-based indie outfit Attack Mountain, Legend of the Time Star is a love letter to old 16-bit, side-scrolling RPGs, particularly those coming out of Japan. Thanks to the input of Jake "virt" Kaufman it's already sounding like its inspiration , but it's thanks to Brazilan artist Dudu Torres that it's looking so great. We've featured Dudu's work on Kotaku before , and with good reason: the guy's talented. But he's certainly outdone himself here, with character art that, while bearing touches of modernity to it, also looks like it could have fallen straight out of 1993. You can see more of Dudu's work here , while to learn/see/hear more of Legend of the Time Star , head to the link below.

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How can you ensure that your food lasts longer and keeps fresh? There are many things you can do, such as regularly clean your refrigerator and regularly check the food in there and also that you keep in the cupboards or anywhere else. But its not just about checking them. This cannot prevent anything. All you will be doing is throwing away food items before they stink up the entire kitchen. So, what can you do to keep the food fresh? Practical List of Tips for Ensuring Food is Cleaner and Fresher: 1) Spread some cloves on and around the marble surface of your kitchen, and also spread some cloves under the sink. Why? The Cloves keeps ants away. 2) Place some bay leaves inside your bags of dough, rice and the rest of the packs that insects prefer. Why? Bay leaves keep insects and other such lice away from food products. By placing bay leaves inside the packets, we ensure that insects do not reside there. But please remember to change the bay leaves once every three months. 3) Place half a potato in the refrigerator. Why? If there is any kind of bad smell from food or cooked items, the half potato will absorb it. To make sure that this works, remember to exchange the potato every three days. 4) Store eggs with the pointed side down. Why? Storing eggs with the pointed side down keeps them fresh for a longer period. 5) Place a few cubes of sugar in the jar where you store American cheese. Why? When you place two or three cubes of sugar with the American cheese in an air tight jar, the sugar absorbs the moisture and prevents the cheese from getting bad. 6) Do not store tomatoes and cucumbers in the same draw. Why? Tomatoes give out gases that cause cucumbers to rot faster so make sure that you keep these two apart. 7) Do not store apples along with the rest of the fruits and vegetables. Why? Apples give out certain gases that cause fruits and vegetables to rot. 8) Place slices of apples or raw potatoes in the bread compartment or jar. Why? By adding a few slices of raw potatoes or apples with the bread, you ensure that the bread remains fresh for longer than usual. 9) Store radish in a vessel along with some water. Why? You should store radish in a vessel along with water because water will keep the radish fresh and crisp for a long time. For the same reason, if the radishes have shriveled, place them in a jar of cold water. Water will restore the radish to its previous splendor. Conclusion: Here, I have presented only a few of the more practical actions you should follow to ensure that the food you and your family consume remains fresh and tasty. When Jack Reider is not reviewing online casinos and gambling halls, he avidly cooks and specializes in fresh food cooking, something he learnt in one of his trips to India. He prefers making Indian dishes such as all kinds of curries. Post Author This post was written by a guest contributor. Please see their details in the post above. If you'd like to guest post for FoodJumper check out our Write for FoodJumper page for details about how YOU can share your recipes and tips with our readers.

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Curiosity rover makes its first moves at 'Bradbury Landing' on Mars NASA's Curiosity rover made its first drive on Mars today, more than two weeks after its high-stakes landing on the Red Planet. To celebrate the day, as well as what would have been the late science-fiction writer Ray Bradbury's 92nd birthday, NASA said the rover's landing site would be forever known as Bradbury Landing. Today's drive amounted to only about 23 feet (7 meters) of maneuvers, but it represented the first step in a $2.5 billion, two-year trek that's expected to go at least 12 miles (20 kilometers) and take in a commanding view from the flanks of a 3-mile-high (5-kilometer-high) mountain within 96-mile-wide (154-kilometer-wide) Gale Crater. The mission's project manager, Peter Theisinger, said the drive "couldn't be more important." The drive also marked a transition for the Curiosity team -- from the entry, descent and landing phase of the mission, known as EDL, to surface operations and rover mobility. " Wheel tracks on Mars. The EDL team is finally done. :) Congrats to the mobility and surface teams!" Allen Chen, the mission's EDL operations and flight dynamics lead, declared in a Twitter update . Lead rover driver Matt Heverly said that today's drive started at 7:17 a.m. PT (10:17 a.m. ET) and lasted roughly 16 minutes. "The majority of that time was spent taking images," he said. The rover rolled out 15 feet (4.5 meters), made a 120-degree turn in place, and then backed up 8 feet (2.5 meters) to a new spot for scientific observations. Lead rover driver Matt Heverly explains the maneuvers that went into Curiosity's first Martian excursion. NASA / JPL-Caltech A polar projection image, assembled from pictures taken by the Curiosity rover's navigation cameras, shows the tracks of the rover at Bradbury Landing on Mars as seen from above. NASA / JPL-Caltech An image from the navigation-camera system on NASA's Curiosity rover shows the six-wheeled craft's hardware in the foreground, and wheel tracks going around a rock just a few yards (meters) away. NASA / JPL-Caltech A mosaic of black-and-white images shows a panoramic view of the Curiosity rover's trail, including wheel tracks leading to an area where the rover turned in a circle, and then backed up to its current position. Four blast marks, or "scours," can be made out near where the rover landed. The flanks of Mount Sharp can be seen in the far background, toward the upper left corner of the frame. Team members celebrate at NASA's Jet Propulsion Laboratory when images are received confirming the rover's first drive. First trek will follow checkouts Since the rover's landing on the night of Aug. 5, Curiosity has been going through a series of checkouts and taking pictures of its immediate surroundings. Nearly all of the systems are working as planned -- with the sole exception of wind sensors on one of the booms connected to the rover's weather station. Scientists speculate that the circuit boards for those sensors were probably damaged by small rocks that were thrown up onto the rover during landing. Despite the damage, the weather station will be able to gather wind speed data using other sensors. Curiosity's first destination will be a spot known as Glenelg, about a quarter-mile (400 meters) from the landing site, where three types of geological formations come together. That months-long trek could begin in about a week, deputy project scientist Joy Crisp said today. The rover's first scoop sample could be taken on the route between Bradbury Landing and Glenelg, she said, but the first drilling sample would probably be extracted at Glenelg. By the end of the year, the nuclear-powered rover is expected to retrace its route and head toward the mountain, known as Aeolis Mons or Mount Sharp. The layers of rock along the mountainside are thought to preserve a geological record going back billions of years. The primary goal of Curiosity's mission is to look for geological and chemical evidence that could reveal how habitable Mars might have been over eons

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When it comes to stepdad, what's in a name? DEAR CHERYL: My first husband died, and I married a man who adopted my five children. He also died after we shared a wonderful marriage. I was very lonely after my children married, and I married for the third time to a wonderful, caring man. The problem is: What should my children call him? He's their stepdad, and I believe that, out of respect, they should call him Dad. But they insist on calling him by his first name, Tim. My 10 grandchildren also call him Tim, even though they love him very much. This has been a point of contention. Every greeting card I receive is addressed "To Mom and Tim." That seems so very cold, almost as if they're keeping him out of the family. When I spoke to our priest, he said Tim is my husband and my children should honor him with the name Dad, especially since he's there for them when they need help. Is he right? Tim has no children or grandchildren of his own, and I'd love to share my happiness and my family with him, but he feels like an outsider since the family doesn't accept him. A Rose Is a Rose But Is a Dad a Dad? DEAR ARIARBIADAD: If ever there was a situation that called for a compromise, this is it. I can see why your children are reluctant to call a third man Dad. In my opinion (and I hate to disagree with your priest), they should be allowed to continue to call your husband Tim. On the other hand, your grandchildren should be encouraged to call him Grandpa. Have their parents explain to them that it would make Tim happy since he considers them his grandchildren. Please explain to Tim that the way your kids and grandkids treat him is a far better indicator of how they feel about him than what they call him.

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What would happen if you sat all three of the strategic papers this sitting and then failed them all? Would I be forced to sit them all again because of the new syllabus next year in the next sitting or could I be flexible and sit them one at a time? Thank you for your help. DM don't be nervous the three subject are quite similar in nature all dealing with risk. A lot is drawn from previous subjects. I found them easier than others (maybe due to FTC Kaplans teaching). Courses definitely help. I called the CIMA helpline in late November and was informed that if I fail all three Strategic Papers in the November 2009 sitting, I will have to take all three papers again under the syllabus. I was told that I can only sit them separately IF I have passed at least one of the three papers taken in November. So I am a bit confused after reading your posting dated 2nd December. Would you please clarify? Thank you. I can confirm that if a valid attempt was made at all 3 papers in your first attempt, then you will be permitted to sit the exams separately in the new syllabus. Can you confirm what constitutes a 'VALID ATTEMPT'. eg. For P1 Nov 12% May 72%. Unfortunately I studied just as hard for the 12 marks as I did for the 72 marks, but if I get 12 marks for say 1 Strat paper or god forbid all 3 could this be contrude as an invalid attempt? I sat for the first time in November and have failed all 3 papers with over 40s for each paper. Do I need to resit all 3 in May now because of the syllabus change or will these be classified as valid attempts and I will be able to sit them separately? Could someone please advise As Agnes mentions in her post, we have produced guides which compare new 2010 syllabus subjects with matching 2005 subjects. They show where syllabus content has been removed, added, moved to a different subject, subject to a verb change, or set at a different level of difficulty. Ultimately they will identify where you may have any gaps in your knowledge from the 2005 subjects. However CIMA does recommend that students use the most up to date study texts available - particularly when there has been a syllabus change.

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share this story The populist campaign to label genetically modified food has been successfully swift-boated by Monsanto and the largest pesticide and junk food companies on earth. Our consumer movement made the costly mistake of arming itself with peace signs and love beads for what turned out to be a gunfight with a ruthless, assault rifle-equipped enemy. What can we do about it? We can learn from our mistakes for the next necessary round in our struggle for food safety and environmentally responsible agriculture. Ronnie Cummins, the fiery head of the Organic Consumer's Association (the top fund collector for California's Prop 37 to label GMO's), made it clear that when it comes to GMO labeling, citizens are not giving up. "Dirty money and dirty tactics may have won this skirmish," Cummins said, "but they will not win the war." The big problem that we, the American People, now have is that big money has come to dictate political speech in America. Like a cancer spreading across our nation's body politic, the mega-corporate financing of deceptive TV ad campaigns has become the predominant manner in which a majority of voters are "educated." Or, more frequently, mis-educated. In 2004, multi-millionaires supporting George Bush's re-election created "Swift Boat Vets for Truth." They spent many millions advancing expertly-crafted, lying TV ads stating that presidential candidate John Kerry, a Purple Heart-winning combat officer who had volunteered to fight in Vietnam, betrayed his country. These well-financed lies shifted the national campaign "narrative" to Kerry's justification of his wartime record, away from the clear facts that President Bush lied to the American people to get them into an unpopular war in Iraq. And away from irrefutable evidence that his politically powerful father pulled strings so that he could evade military service during the Vietnam War. Eight years later, more than $45.6 million was spent using Swift Boat tactics to defeat Prop 37. Multi-billion dollar corporations financed a relentless barrage of deceptive, fear-mongering ads, all of them bankrolled by tax-deductible contributions from the world's largest pesticide and junk food companies. The top three funders alone, Monsanto (who brought us, and declared safe, Agent Orange and DDT), Du Pont, and Dow Chemical (of Bhopal fame), spent almost double the $8.7 million that the advocates of Prop 37 raised. The Swift Boat style ads uprooted the Label GMO narrative from consumers "Right to Know," to the No on 37 Campaign's carefully-crafted, fear-inducing slogans of a "Deceptive Labeling Scheme," and "Shakedown Lawsuits," and 'Higher Grocery Bills." With Monsanto-financed junk science, "experts," data, and a million dollars a day of TV ads, No on 37's propaganda successfully "re-educated" millions of Californians. Despite a poll at the beginning of this year finding that 91 percent of Americans support labeling genetically modified (GMO) food, Prop 37 was defeated on Election Day by a vote of 53 percent to 47 percent. Although I have collaborated with funders, volunteers and few staffers of the California Right to Know Prop 37 campaign, the views expressed here are solely my own. I write this a veteran communications professional who created and funded the http://www.KnowGMO.org effort of "People Powered Media to Counter Deceptive Corporate Ads." In a nutshell, we need to take off the kid gloves. The next time we head into the public ring with some of the highest paid, most sinister corporate propagandists on earth, we are going to need to hit a lot harder than the Prop 37 campaign's multi-million dollar TV ad blitz, whose motto was, "Food is Love. Food is Life. Food is Family." Next time let's disregard the in-house polling in which citizens suggest that they do not want to vote for a negative campaign. If that were true we would have won this vote in a landslide. If we have evidence of likely health hazards -- which we do with GMO's -- we should not be afraid to warn people about them. We also need to use grassroots volunteers --

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How do you like your Start the Story delivered? To recap what we sent in the email -- we're looking at possible ways of bringing more value to our subscribers, by offering them more content more regularly. A big part of the workload in producing the magazine comes from the time spent formatting the content into a downloadable PDF. This "print-style" format also restricts us in other ways -- we can't embed video or audio, or include downloads within the content, for example, and article size and number of images are both limited by the page sizes. One option is to do away with the bi-monthly PDF download and replace it with monthly web content. Every month on a fixed date 12-15 new articles would go online, available to subscribers only. The articles would be similar to those already carried in our existing issues, but we'd have the scope to enhance them with the features mentioned above. This would also mean the content was easily searchable. If you were looking for a lesson plan, for example, you could simply search "lesson plan" on the site, or click the category of the same name. We believe this would make life much easier over the current method, where you'd have to manually trawl through each PDF issue to find what you were looking for. Every page would have a print-friendly version associated with it, so with the click of a button you could run off hard copies. The pupil worksheets would continue to be made available in PDF format to download, print off, and distribute to your pupils. We appreciate that this is a radical change, but believe it offer subscribers better value than the current system. But we want to know what you think. Please take the time to cast your vote below and let us know which option you'd prefer. Thanks for taking the time to offer your feedback -- we really do appreciate it.

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Yeah I would like to spoon Bishop Brian hes a sexy man of god who deserves all the riches god bestows on him via his flock, but frankly young Paula Bennet does it for me, wish I could find that article, I think I am in love with her, she looked gorgeous like Salma Hayek or something, Im going to move to her electorate and stalk her. What, you think politician's just happen to be out and about in their electorates this far away from an election? I'm sure Bill English has been spotted in Dipton at least twice this year \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ "George Bush says 'we are losing the war on drugs'. Well you know what that implies? There's a war going on, and people on drugs are winning it! Well what does that tell you about drugs? Some smart, creative mother\*\*\*\*ers on that side." - Bill Hicks PHOTOS Brian Tamaki through the years (15 pics) In requiring its men to swear an oath of loyalty and obedience to Brian Tamaki, the Destiny Church - having glorified the messenger above the message - has begun to transform itself into a cult. The Concise Oxford Dictionary defines a cult as "a system of religious devotion directed towards a particular figure or object" and "a relatively small religious group regarded by others as strange or as imposing excessive control over members". This self-glorifying rule-making, in which Mr Tamaki has obviously been aided and abetted by other Destiny leaders, makes, for instance, Catholics' deference to, and reverence for, their spiritual father, the Pope, look positively casual.

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Mantis, I don't think there can be a lack of love as it is not a tangible "thing", there is no physical contact or stimulation...love is simply a perspective. I DO feel that a lack of physical affection causes a great deal of stress. It is from this basic desire for "contact" that we gain self worth...when deprived affection, then we feel we are not "worth it" to another person...this internal conflict of not being "worth it" but not understanding why can lead to depression as well as many other mental and physical illnesses. I do not really know about the whole "drugs replace sex" theory but when we lack physical stimuli, we naturally seek other sources of gratification. Erm...yeah, kind of. I'd agree that lack of physical contact could worsen depression. I'd argue that people with depression are those less likely to have sex (not the other way round), though. I'd also say that just any sex won't help. If you've got a guy with mild depression who has a bunch of one night stands, that's not going to make him feel better. I can absolutely assure you that will not make him feel better. Also, why is this about men? A woman who never has sex is going to feel pretty miserable too. Women like sex, you know. Women can often have higher sex drives than men. And, ask around anyone who'll admit it, women generally have more sexual partners than men. Every woman I know has been with more men than their boyfriend has been with women. Reason? It's easier for women to get sex. THIS IS NOT A MALE ISSUE! Grrrr! quote: Originally posted by beedle Erm...yeah, kind of. I'd agree that lack of physical contact could worsen depression. I'd argue that people with depression are those less likely to have sex (not the other way round), though. I'd also say that just any sex won't help. If you've got a guy with mild depression who has a bunch of one night stands, that's not going to make him feel better. I can absolutely assure you that will not make him feel better. Also, why is this about men? A woman who never has sex is going to feel pretty miserable too. Women like sex, you know. Women can often have higher sex drives than men. And, ask around anyone who'll admit it, women generally have more sexual partners than men. Every woman I know has been with more men than their boyfriend has been with women. Reason? It's easier for women to get sex. THIS IS NOT A MALE ISSUE! Grrrr! quote: Originally posted by sharonbaker Sex play a wonderful aspect in everyone's life. Without sex no one can stay healthy and happy. But huge no. of people suffering from male impotence problem nowadays. In this men get failed to attain an erection during sexual activity. There are various reason which is the cause of male impotence such as poor diet, stress or depression, over work load, drugs, smoking etc.... uh? what are you mumbling about.. I think impotence is probably also due to lack of love-men feeling like their partners expect them to "perform", instead of feeling accepted and desired for who they are.

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Interpublic appoints Andy Polansky as CEO of Weber Shandwick The Interpublic Group has announced the appointment Andy Polansky as CEO of Weber Shandwick, moving from his role of president of the agency. Polansky has held the role of president of the PR firm from 2004, and also sits on the Board of Trustees of the Institute for Public Relations (IPR) and is a member of the Arthur W. Page Society. He said: "I look forward to continuing to partner with Weber Shandwick Chairman Jack Leslie and our firm's global management team. This is an exciting time in our business, as we transform our offerings across practice areas to meet client needs in a changing world." Michael I. Roth, Interpublic's chairman and CEO, said: "Weber Shandwick is one of the leading brands in marketing services and public relations, with a strong reputation for superior client service, creativity and social media and digital expertise. "Andy has been a key driver in the company's success for many years, and he is recognized as a valued strategic counsellor for clients and as someone who creates a great work environment for the firm's people."

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This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC George I Foothill Ranch, California Contributor 18 reviews 9 attraction reviews Reviews in 10 cities 6 helpful votes "Mesmerizing, but only when music is right:" Reviewed 5 November 2012 Bellagio fountains is literally the most beautiful, magnificent, and grandiose feat of engineering and design in the entire town. It would've been my #1 reason to visit Vegas, if not for the music - I don't know what the heck they were thinking, but those amazing water sculptures only work to something grandiose like Bocelli, and anything classical. it DOES NOT WORK with their stupid Sinatra, any other crooners (yuk), or some ice skating rink cheesy stuff they decided to play this past Saturday. Completely destroys the experience. Years ago, I saw the fountains for the first time to Bocelli's "Time to say goodbye", and literally had tears in my eyes. If the show's manager ever gets a clue they'll cut the ridiculous stuff like Sinatra.

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Other Answers (10) Every thing have two type of meaning 1. Random and 2. Deep. We all the humans act as per its random meaning and hardly we reach or recognise the deeper meaning. So my self too. When you ask some question here generally it is answered as per its word meaning which is random. Hardly any one try to read the spirit of the question or philosophy behind the question. If word meaning is something like odd I will at once anser to your question. Your grammer is out. I will not try to peep into the question as to what actually your question means.So I agree that in every sphere I have failed to see the deeper meaning. Thanks.

**id 100**

What you can do Every act is one of plastic karma -- whether it is supporting initiatives dealing with marine plastics or spreading the word about the issue. Here are several simple things you can do to help: Spread the word \* Share this film about Vac from the Sea. \* Like Vac from the Sea on Facebook . \* E-mail your friends about Vac from the Sea from here . \* Decorate your profile or blog with one of the badges above. Click on the badge you want. Share your story Perhaps you own a boat, live by the sea, or enjoy deep ocean diving? Whoever you are, and whatever your story is, we are listening. Content from enthusiasts will regularly be published and promoted as part of the Vac from the Sea-quest. Please send us your story -- a few lines, a picture or a video -- to: electrolux@vacfromthesea.com Support and learn There are thousands of people out there working hard to clean the sea from plastic. There are research teams and organisations, determined to understand the environmental effects of marine plastics and solutions for the future. And there are beach joggers, scuba divers and enthusiasts all over the world, striving to improve the plastic situation. Learn more about, be inspired by, and perhaps support one of the organisations and initiatives below: Disclaimer Certain links on this Web site lead to resources located on servers that are not maintained or controlled by Electrolux. Electrolux are not responsible for the content of any such referenced Web sites or for the availability of access to such Web sites. These links are provided by Electrolux to you only as a convenience, and the inclusion of any link does not imply endorsement by Electrolux. The opinions expressed and actions taken by the mentioned organisations, or individuals, do not necessarily reflect the views and opinions of Electrolux.

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The New Scramble for Africa From slave labour to armed conflict, our thirst for natural resources has created serious problems for Africa. Pdraig Carmody's latest book attempts to unravel the moral morass, says Mark Newton The continent of Africa has long suffered at the hands of other nations. In the nineteenth century, Europe's major powers battled it out for economic dominance. Today new superpowers such as China seek to feed their voracious appetite for natural resources as their own domestic growth booms. Africa's path of development is seen as something of a 'paradox of plenty', whereby despite the wealth of resources at its disposal - from uranium and oil to diamonds and gold - it remains economically poor. Carmody's ambitious book seeks to explore this complex state of affairs. It examines the old economic powers of Britain, Europe and the United States, which have 'somewhat different interests, depending on their individual histories and economies' as well as how they compete with the new economic powers. The path to the modern scramble for Africa, Carmody argues, was set in the latter half of the 20th century by the infamous World Bank and IMF structural adjustment programmes, which essentially required nations open up to privatisation and state cut-backs in order to receive favourable trading conditions, not that external pressures were a particularly new phenomenon at the time. The British Empire in Africa once stretched from Cairo to the Cape of Good Hope and, after being bankrupted by the Second World War, extended its relationship with the United States, which closer relationship brought with it a transition of influence over Africa. But as Carmody explains, it wasn't until the Cold War that the United States began to show an 'active interest' in African nations by supporting various murky dictators in order to support its foreign policy goals. US interests were largely -- and still continue to be -- related to oil, though packaged under the more general label of supporting African markets. More recently the US has built up a considerable military presence, from training African troops, to the rather murky sounding 'security cooperation' with various states. European countries continued in the latter half of the 20th Century to exercise great influence on post-colonial Africa; France, for example, possesses a 'sorry history of supporting compliant African dictators'. Britain, on the other hand, looked on disinterestedly until after the 1997 election that brought Tony Blair to power. Britain's newly formed Department for International Development 'explicitly untied its aid from its commercial interests', something worth bearing in mind when considering the financial affairs of the new economic powers. For decades, these countries have dominated the African agenda, and Carmody maps out an outline of what happened to make Africa what it is today. Carmody then moves onto the new economic superpowers: China, India and Brazil. The rise of China - an economy growing at 10 per cent a year with a population of over a billion people - has meant that Beijing moved from being 'an exporter of raw materials and minerals to a large-scale importer'. China consumes 'one third of the global steel output, 40 per cent of cement and 26 per cent of the world's copper' and is now Africa's 'biggest trading partner'. Carmody suggests that much of China's immersion in African affairs has been somewhat controversial, from adopting a 'no questions asked' policy with various states to being plagued with allegations of poor wages and dire labour conditions at its African companies generally prioritising the 'economic over political and security concerns'. However, as Carmody explains, it has evolved a newer set of more sophisticated policies in its aim to compete with European nations and the US. The scramble for African resources has led to a great deal of conflict across the continent. Another example is that of the need for uranium to feed nuclear reactors and low-carbon ambitions, which has contributed to heavy pollution and conflict in Niger. Also blighted with resource-created conflict is the Democratic Republic of Congo, where for decades, coltan, copper and diamonds have been fought over by an unholy bunch of militias, mercenaries and foreign soldiers. Coltan in particular is a critical resource for mobile phones and other electronic devices, which has seen its price rise dramatically over the past decade. If the

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Tuesday, 24 July 2012 Things are looking up in the moth world on the May The cold wet weather and strong easterly winds has been disaterous for the moths of the island so far this year. Coupled with this the vegetation took such a hit from the winter storms and high rabbit population that there isn't much for what moths are about to feed oand lay eggs on. But with the winds going round to the south west and the air warming up suddenly we are getting a few more moths in our trap that we run each night. The interesting thing is that many don't breed on the island but are blown over from the mainland which goes to show that moths don't have to disperse just by their own wing power but spread around the country using their the winds. Most moths are adapted to be able to deal with difficult years and hopefully with different conditions we will be getting 200 moths per trap again next year. Here are a few from the last few days. Light arches - only recorded in one previous year in 2007. Marbled beauty - a moth that lives on lichens growing on old buildings, rocks and stone walls - habitats we have in abundance on the May. Brown China- mark - a micro moth that has larval that live under the water in pools and ditches, again something we have a lot of this year. Campion - in lives on the ripening seeds of the sea campion that carpets the island, you'd think we would have more of them. Burnished brass with its metallic glistening patches on its wings. Brimstone moth - only 2 previous records, in August 1979 and August 1910. Its caterpillers lives on hawthorn and related bushes so this one must have been blown over from Lothian. The true lovers knot - a beautiful little moth that lives on heathland and moorland, its caterpillers are thought to feed on heathers, a long way from the island. Others that escaped the cameras include a treble bar and the first record for the island of a light emerald, a moth of broadleaf woodland !

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Is there a member of the ITE who will stand up against bad road designs? Sharing the road is one place to start. Why should one on a two-wheeled, muscle-powered device pedal along side a garbage truck with blind spots? Wait, why does an automobile even have blind spots? This enormous right-turn lane is one example of "dangerous by design". Update October 5, 2012: For a great example on why I cannot -- and why you should not -- support bad road designs is this story of a fatal bike crash on a major biking "commuterway" in Chicago. We must stop building narrow bike lanes to the left of parked cars and we can be done with this type of crash for good. The infrastructure as we have it in Chicago and many other American cities cannot support any increases in bicycling. The operation and design of our infrastructure creates a finite limit for the number of people who will bicycle on it. I'm not talking about how many people can use it, but how many people want to use it. We've seen infinitesimal growth in the bicycle's mode share for commuting to work, so small that the growth might not actually be growth at all because all the reported increases are within the range of error (the Census Bureau being the collector and distributor of the data). Our infrastructure is not safe, and that is what inhibits an increase in bicycling riders and trips that the City of Chicago, its mayor, its council, its officially adopted plans, and its people, desire. Until our roads are made safe, the cycle growth will remain minuscule or non-existent. The only other significant factor in promoting cycling is high gasoline prices, but even as they remain high, the cycle growth (or spike, seen in 2008) hasn't returned. It's a small group of people who are designing and maintaining our roads. And they are the first group of people we listen to when we say we want safe roads. Instead of the people who've actually built safe roads. The ITE is the Institute of Transportation Engineers, and, like many organizations, has a code of ethics. In their Canons of Ethics document (.pdf), there are at least two sections that require members to stand against bad road designs. Section 1: The member will have due regard for the safety, health and welfare of the public in the performance of professional duties. Section 11: The member will guard against conditions that are dangerous or threatening to life, limb, or property on work for which the member is responsible, or, if not responsible, will promptly call such conditions to the attention of those who are responsible. These residents are curious about bicycling. They are hearing messages from a wide variety of sources about how easy it is to ride a bicycle in Portland, about how bicycling is booming in the city, about "bicycle culture" in Portland, about Portland being a "bicycle-friendly" city, and about the need for people to lead more active lives. They like riding a bicycle, remembering back to their youths, or to the ride they took last summer on the Springwater, or in the BridgePedal, or at Sun River, and they would like to ride more. But, they are afraid to ride. They don't like the cars speeding down their streets. They get nervous thinking about what would happen to them on a bicycle when a driver runs a red light, or guns their cars around them, or passes too closely and too fast. American roads are dangerous by design . It's time to fire the people who design them that way. Year after year, roads in Chicago are ripped up, repaved, and restriped in exactly the same way that existed before. Miles of missed opportunities for safer roads. This essay says nothing of the lack of police enforcement of traffic rules, for which there is little empirical evidence. The essay may be updated from time to time, but I won't be noting each change. An example of a better design: the buses and bikes don't mix, and automobiles turning left cannot be passed by through-automobiles. Bicyclists are safer. Are you intentionally pretending to be oblivious to the efforts the City is putting into on-street bikeway design? ttp://www.stevevance.net/ Steven Vance No. But without any mention of it, I'm referring to the competition in the city's own departments that prevents good designs from making their way to the pavement. ttp://

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Announced intention to establish an operations centre in Chengdu to support growth in China Launched new Chinese brand name and tagline in Taiwan, to be progressively rolled our across Greater China subject to regulatory approvals ANZ's locally incorporated bank commenced operation in China Received CANSTAR CANNEX award for delivering best value to small business customers OnePathT replaces ING as the name and brand for ANZ's specialist funds management and life insurance businesses in Australia and New Zealand Opened new sub-branch in ZhongGuanCun, Beijing Completed acquisition of the Royal Bank of Scotland retail, wealth, private banking and commercial businesses in Indonesia, Singapore, and Hong Kong Opened new main branch and head office in Shanghai Expanded wealth management services in Japan through new sub-branch in Nagoya Received approval to establish Chongqing branch in Western China Received licence allowing ANZ to operate as a full bank in Singapore Launched ANZ Signature Priority Banking in Hong Kong Received the CANSTAR CANNEX\* Innovation Excellence Award for joint initiative with the University of Sydney and Visa to deliver a student identification (ID) card that doubles as a Visa reloadable prepaid card Receives preparatory approval for local incorporation in China from the China Banking Regulatory Commission Singapore and New York representative offices upgraded to branch status. 1979 Acquired the Bank of Adelaide. 1977 ANZ incorporated in Australia (transfer from UK). 1976 NZ (PNG) established. 1971 Opened representative office in Malaysia. 1970 In what was then the largest merger in Australian banking history, ANZ Bank merged with the English, Scottish and Australian Bank Limited to form the present organisation, Australia and New Zealand Banking Group Limited Started operations in Vanuatu. 1969 Established representative office in Tokyo, Japan. 1968 Opened office in New York, USA. 1966 Started operations in Honiara, Solomon Islands. 1951 The Bank of Australasia merged with the Union Bank of Australia to form ANZ Bank. 1852 The English, Scottish and Australian Bank established. 1837 The Union Bank of Australia was established. 1835 ANZ began in London when The Bank of Australasia was established under Royal charter.

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Search i not sure what the purple 1 is it`s one of those that you buy on mothers day and just put it in the garden a ptio rose i ththink . the yellow one is called Golden Wedding and the pink one is Joie de Vivre it was rose of the year 2011. Read more.. just thought i would share a few photos of my garden . it was finished in 2008 and is maturing quiet well ,done a few changes here and there over the years . hope you like and thanks for looking .roll on summer http://s1183.photobucket.com/albums/x475\\... Read more.. Hi all this year i have decided to grow a few roses and had great success with then . My question is i am unsure as to what to do with them this winter ie pruning them back and where abouts to prune them any advice would be greatly appreciated ..........many thanks Read more.. i everyone i have some delphiniums in my borders which are in the wrong place ,and i would like to move them to the back of the border . my question is when would be the best time to move them , they have the last remaining flower heads still on them do i wait till they drop or sacrifice the flowers and move them now.......thanks in advance Read more..

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This writer was simply transferring his ordination from the Ascension Presbytery to a central Pennsylvania presbytery, having been called to a congregation within the bounds of Susquehanna Valley Presbytery in 1990. Being examined on the basic distinctives of the Reformed Faith was expected and welcomed. What was not expected, especially in the field of theology, was being examined by Dr. Hudson T. Armerding, the former president of Wheaton College. Just a year before on November 18, 1989, he had been ordained by this Presbytery of the Presbyterian Church in America. And while it is not usual for a person to be ordained one year, and then placed on the committee of examinations the following year, this was an exception because of the spiritual gifts and special ministries of this godly man already in the kingdom of God. Since this writer's father was graduated from Wheaton College in the mid twenties of last century, I have had several conversations with this man of God. He told me that when he was the president of Wheaton College, there was a rule instituted by him that every new faculty member had to read the Systematic Theology of Dr. J. Oliver Buswell, a former Wheaton College president himself. This Reformed treatment of theology by this Presbyterian author was that important to the future teachers of the College in the mind of Dr. Armerding. As a resident of the Quarryville Retirement Home, and later officer of it, Dr. Armerding was faithful to attend many quarterly meetings of the central Pennsylvania Presbytery, though as a retired minister, he wasn't required to attend. From this author's standpoint, it was a joy to know him and talk about the work of the Lord. He is now a member of the heavenly general assembly. Words to live by: The heart of godly leadership was the theme of at least two of his books which Dr. Armerding wrote for the watching world. As a former Navy officer and college president, he observed the importance of that type of leadership in both the nation and the church. Wherever God has placed you, especially if you have oversight over the hearts and minds of others, study the traits of godly leadership. Those who are under such godly leadership, especially in our local churches, pray and obey in the Lord such leadership, for one day they will have to give an account to the Lord God about your soul. They desire to do this with joy, and not with grief, for that will be unprofitable for you. Colossians 2:11, 12 "and in Him you were also circumcised with a circumcision made without hands, in the removal of the body of the flesh by the circumcision of Christ; having been buried with Him in baptism, in which also you were raised up with Him through faith in the working of God, who raised Him from the dead." Acts 16:14, 15 "A woman named Lydia, from the city of Thyatira, a seller of purple fabrics, a worshiper of God, was listening; and the Lord opened her heart to respond to the things spoken by Paul. And when she and her household had been baptized, she urged us, saying, 'If you have judge me to be faithful to the Lord, come into my house and stay.' And she prevailed upon us." Acts 16:33 ". . . and immediately he (the jailor who had believed in the Lord Jesus) was baptized, he and all his household." Acts 8:38 "And (the eunuch) ordered the chariot to stop, and they both went down into the water, Philip as well as the eunuch, and he baptized him."

**id 107**

Discuss Bars we have visited over the years in History on Navy Net; Anyone remember Sugar's in Gib ? That song was on the jukebox all the time ! The China Fleet Club in Hong Kong ? Fought the Yanks there in 68 !... I recall being bitterly disappointed with the CFC in Honky Fid, in fact I was slightly underwhelmed with the whole place when compared to the rest of the far east. I think maybe coming from an army family; pongos used to big the place up so much. For me the best pub in the world is Flanagans on Mathew Street in Liverpool , got so many dits from that place. I recall being bitterly disappointed with the CFC in Honky Fid, in fact I was slightly underwhelmed with the whole place when compared to the rest of the far east. I think maybe coming from an army family; pongos used to big the place up so much. For me the best pub in the world is Flanagans on Mathew Street in Liverpool , got so many dits from that place. The women from the battered wives shelter used to drink in "Flares" about 30 meters up the road from flanagans...... Who ever battered into them the art of sucking cock deserves a medal The Neptune bar Faslane had a young lady serving what passed for beer, she could just see over the counter, had a face like a badly made bed and a ?don?t fcuk with me attitude? a young lad asked her for a toasty and says I?ll be over there (pointing to his table)when its ready, she grabs him by the shirt collar(both hands) pulls him across the bar until they were nose to nose and says, in a low scots growl you?ll come and fcuking get it like the rest of the wankers, whats a good bar without caring attentive staff The CFC in Honky Finn was a great place, spent many a week-end there, breakasting on freshly squeezed orange juice and listening to the bells ringing over the harbour. Days of the HK $ being 1/3, half the Singers $ 2/6 or half a crown. The problem with most bars I frequented as a jack, is I have a great amount of difficulty remembering where the hell I had been, Holliday Inn New Orleans Rain Forrest bar was good during the Mardis Gras, it was a cocktail bar $5 all you could drink for 2 hours, a yank we had become friendly told us to tip the bar maids, so high rollers on LOA all gave her a $1, she made sure our classes were never empty, the rest of the lads just could not work out why we were favoured so much, and we never let on.

**id 108**

Spiced Daal and Green Mango in Flaky Pastry Deep fried starters; once you eat one, you'll always go back for a second. Fact. Kachori are like the forgotten little sister of samosa -- the underdog starter that accidently slipped through the fingers of Western restaurateurs. I cannot emphasise enough how... There's nothing more comforting than meltingly-soft potatoes enveloped in creamy, spicy-sweet sauce -- even when it's dinner for one at the Modha residence. Nobody likes cooking for one, do they? For me, it's a tedious task knowing I'm the only one who will get to sample my efforts. I'm a... Stuffing baby vegetables with spicy, nutty masala can be a beautiful thing. It's nothing new, Gujaratis have been popping a tray of them onto their dinner party tables for years. Stuffed vegetables are, and always have been the ultimate show-off dish -- the more extensive the variety of veggies you... Served in paper cones with fried green chillies for that 'bhajia on the beach' feel I've always been a sucker for ordering too many starters in restaurants, especially when it involves Crispy Potato Bhajia (paper-thin potato slices coated in a bespoke spice blend), Hara Bara Kebabs (pea and cauliflower cakes)... I fell in love with paratha at the age of four, when I was the proud owner of various miniature kitchen utensils that looked like they'd been manufactured in toy town. I'd use my hot pink chapatti board and rolling pin to make baby paratha, which my mum would cook... There is a word in Indian cooking that used to send a chill down my spine every time it was uttered -- biryani. I was never suspicious of the biryani because it's difficult to cook, but because it's typically served as a main course. As a little girl, rice had... The idea of making cheese at home is one of those beautiful things which you never really appreciate until you actually do it. Paneer is a type of cottage cheese (non-matured) that is popular in India and practically every other place where Indians live, especially among vegetarians. We just can't... Blueberries are just coming into season here in the UK so when I spotted a stack of boxes containing the little blue jewels I knew I had to have some. Berries remind me of everything summery and cheesecake is one of my favourite desserts. Eggless baked cheesecake is a rare... A little twist on an old Gujarati classic Iron-rich foods are essential for vegetarians who without it, may feel constantly lethargic, tired and run-down. I speak not from formal education in food nutrition, but from experience. We all need iron in our diets to keep us strong like Popeye... You, more than anyone know how much I love Indian-inspired desserts. When the lovely guys at Devnaa sent me a box of their spice-infused chocolates, I couldn't wait to get stuck in. Cinnamon-laced dark chocolate, chocolate burfi and cardamom truffles sent me into a very welcome sugar coma. The first thing I noticed was the... This month I had my first taste of fame, albeit, a little taste (my hands did all the work). Maybe I've got the hands for telly, but a face for radio! Working for Food Network has opened up so many doors for me and my passion for food continues to grow every day. September saw... It's safe to say that when it comes to pastry-making, I'm no professional. However, when I was challenged via Facebook, to come up with a hearty lunch idea, I was determined to deliver something good. And we all know pies are good. These mini pies (made in a muffin tin because as I've discovered, I'm... I first fell in love with the spongy, cloud-like morsels that are Taiwanese folded buns when I sampled them from popular London street vendors, Yum Bun (introduced to me by my friend Cheaper by the Oven). After hearing all the Momofuku hype, these little burger-like buns had finally reached the streets of Britain. My first... There's nothing more OTT than being the table that orders the 'sizzler' in a restaurant; the loud crackling noise, the aromatic waft of spices and the annoyingly

**id 109**

Points System: Could Schenn Have Been a Duck? Brian Burke doesn't take credit for the Maple Leafs drafting Luke Schenn 5th overall in 2008, but he's sure glad they did. Under different circumstances, which we'll get into over a series of posts, Burke's Ducks would have been in the mix for the Saskatoon native at the 2008 draft. Fortune shined on the blue and white allowing them to trade up to 5th overall pick. There was an associated cost from their original seventh spot, but the end result is a potential future Maple Leafs captain of the Scott Stevens mold. Unbelievable as it seems; perhaps, even laughable, Schenn, could have been wearing Ducks colors. The story doesn't begin in Anaheim, however. It starts in Edmonton. On February 26, 2008, NHL trade deadline day, Edmonton sat second last in the Western Conference with 63 points, good enough for a tie for fifth last in the overall standings and occupying a draft lottery spot, much to the giddiness of the Ducks. Anaheim owned the Oilers first round pick as compensation for the signing of Dustin Penner. Vindication over poaching Penner couldn't have worked out better for Burke. Karma has a funny way of biting NHL GM's in the butt. As the calendar flipped to March, nine points separated Edmonton from the final playoff spot. An 11-5-1 run in March/April gave hope for a playoff spot. Ultimately eliminated with less than a handful of scheduled games, three points ultimately kept them out of the top eight. Among the 11 wins, five were in extra time (two shootout, three overtime). Despite the run, the postseason was not to be for the Oilers and knocked the pick from a top five lottery pick to 12th overall, much to the chagrin of the Ducks and knocking in karma's teeth. (Note \*\* The pick was ultimately flipped to the Buffalo Sabres by way of Los Angeles.) What does this have to do with the Leafs drafting Schenn? Toronto, in the 7th spot, traded up via the Islanders to take over 5th to draft Schenn. They ended up in that position, based on the current point system. Three-point games, shootout victories, and overtime points. Loser points ... all played a part throughout the league. It's perceived parity of the final standings, a by-product of the current point system. All an illusion. Edmonton may have only missed the postseason by three points, but their 41 wins landing them 12th from the bottom, included 22 in regulation, and 19 in extra time, most in the NHL (Atlanta/New Jersey were tied for second overall with 15). The illusion doesn't begin at the end of the season standings, but in January. Playoffs in January? Using a custom program (created by myself and developer/writer Gilbert Brown) to simulate point standings at any user-defined date throughout the season, analysis revealed how the current point system takes in aspects of the game ( i.e. shootouts) that will keep it afloat for years. The program was originally created to prove my theory that the current point system created an artificial playoff race in January. With the NFL playoffs under way, and the Super Bowl on the horizon, I thought the point system leached off the NFL playoffs mentality, stoking the fire for games with playoff implications. After the Super Bowl, the NHL could jack up the playoff implications of games and get butts in seats. It led directly into the hoopla of the NHL Trade Deadline and picked up even more steam for a stretch run. Individual franchises marketing games with playoff implications in the dog days of the season. It's a marketer's dream, and owners could buy into that with dollar signs in their eyes. Results revealed some very interesting isolated scenarios, but nothing to suggest one system is better than the other. Edmonton may have missed the playoffs by three points, but they were able to market games with playoff implications as far back as January using this point system. So, too, could Atlanta who was legitimately in the hunt until about the trade deadline. You think a 3-PT system works better, right? No. It works out almost exact results as the current standings at every point in the season, despite some discrepancies. Reverting back to the pre-loser

**id 110**

At the beginning of 1991, Marshall Faulk was a wanted man - wanted by many of the nation's most prestigious football schools. He had just finished a stellar senior season as a star high school player in New Orleans, and college coaches were camped outside his front door 24/7. Faulk had a rough childhood, growing up in one America's most notorious housing projects. As a youngster, football was his passion. From an early age, he was good at the game and caught the eyes of several college scouts. Recruiters courted him as a junior, and by the time he was tearing up the fields as a senior, scholarship offers were pouring in. As 1991's National Signing Day drew nearer, Coach Tom Osborne and his staff at the University of Nebraska were high on Faulk and confident he soon would be wearing the Huskers' scarlet and cream. After all, Faulk liked Nebraska. So did his mother, his guidance counselor, and even his English teacher, who had a great deal of influence on him. During an in-home visit, Osborne sensed he made a connection with Faulk and his family. As an experienced recruiter, Osborne knew when personalities "clicked" in a player's living room. There was no doubt in the coach's mind that Faulk felt good about Nebraska. In fact, Osborne admits that he thought it was almost a done deal - Faulk was practically on his way to Lincoln, Neb. On National Signing Day, Marshall Faulk signed with San Diego State University, far away from and far less prestigious than the many football powerhouses that were courting him. Osborne was surprised. "It turned out we had been recruiting him as a defensive back, which most people had," Osborne said. 'But Marshall deep down always wanted to be a running back." Of course, SDSU told Marshall they would be delighted to have him play running back, but with his blazing speed, Nebraska would have loved to have him in its backfield too. Faulk had the talent to excel on either side of the ball. "Although we had been thorough, and we had done our home work," Osborne said, "we hadn't asked him a key question: 'Marshall, which side of the ball do you want to play on?' That's why it's really important to do a lot of listening. I think we could have had Marshall Faulk if we had just recruited him as a running back." The rest, as they say, is history. Faulk flourished at SDSU, running for 1,400 yards and scoring 23 touchdowns in just his freshman year. During a 13-year professional career, Faulk amassed 12,279 rushing yards and scored 136 touchdowns, some of the most impressive statistics in NFL history. Surely, it must have been frustrating for Husker coaches watching Faulk's career from afar, knowing they came so close to signing him. It's a feeling that haunts many coaches. It's a feeling that business people deal with too. Like football coaches, professionals must listen carefully to their "recruits" - their clients. How many deals does a salesperson lose, because he or she talks too much and doesn't respond to what the client really wants? How many star employees does a hiring manager miss out on, because he or she doesn't truly listen? So remember, always ask your clients, "What side of the ball do you want to play on?" Then listen carefully to the answers. Jeff Beals is an award-winning author, who helps professionals do more business and have a greater impact on the world through effective sales, marketing and personal branding techniques. As a professional speaker, he delivers energetic and humorous keynote speeches and workshops to audiences worldwide. You can learn more and follow his "Business Motivation Blog" at http://www.JeffBeals.com .

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Cost of Building a Quad How much does it cost to make a Quadcopter? Making Quadcopter's can become an addictive hobby very quickly. You can build it from various parts from scratch or build from reputable sites like I have, the costs can be from about $90 (56) the sky is the limit. I am here to help you build a Quad within your cost budget. Trying to balance all of the specifications between parts to make a stable and agile Quadcoptor , can be quite a arduous task. In this post I will be covering some of the costs for making a Quadcopter, and some of my experiences in my venture into building a Quadcopter, in the hope that this post might help you save some time and money. General Estimated Parts Cost for a kit. RTF ! Frame $10 -$300 -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- 6 ish -- -190 4 Motors $40 -$100 -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -25 -- -- 63 4 ESCs $40-$100 -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- 25 -- -- -65 4 Props $5-$50 -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- 3 -- -- -- 30 top price is for carbon props. 1 Flight Controller $15-$250 -- -- -- -- -- -- -- -- -- -- -- -- 10 -- -- -150 1 Lipo Battery $10-$50 -- -- -- -- -- -- -- -- -- -- -- -- -- -- 6 -- -- -- 30 + depending on if you choose to have more than one. Transmitter and Receiver $25-$450 -- -- -- -- -- -- -- -- -- 80 -- -- -300 Miscellaneous Parts (Wire, connectors, etc) $20-$50 -- -- 15 -- -- -- 25 Battery Charger $5-$100 -- -- -- -- -- -- -- -- -- -- -- -- -- -4 -- -- -- 65 \* Keep in mind that these estimates include a transmitter, receiver, battery and battery charger. Many kits will not include all these items. Estimated cost for the complete system I made do not! include the Transmitter and Receiver. As you can see there is a massive range that you can spend on a Quadcopter (Not including the cost of FPV. That will be another post ). My Quadcoptor cost, so far $233 -- 150 (Excluding postage and import duty cost, The radio equipment I already own) Please keep in mind that there was a lot of work in building this, there is soldering and some other work involved! I can help you with this, it is not difficult. The frame is the main part of a Quadcopter, and there is a massive choice of materials, designs and layouts to pick from. You can even build your own very cheaply you can make the frame out of wood if you wish to keep cost down. Leave a Reply Disclamer Point to mention. This site is not!!!! a selling site! Please read the total disclaimer at the bottom of the main page. I want to help you guys. But if you do buy anything from my website, This will go into keeping this website live. New Posts This web site is not affiliated in any way with the manufacturer of the product or products featured on this web site. This site only provides marketing information for the products featured here.We acknowledge that products,company names and logos mentioned on this site are trademarks of their respective owners. FTC Affiliate Disclosure.Some links on this site may lead directly or indirectly to affiliate offers. The owner of this site may receive compensation if a purchase is made using a affiliate link from this site. The owner of this site does not make any guarantee concerning these offers and all offers should be viewed as recommendations only

**id 112**

After a day of legal wrangling, ACC minister Judith Collins has settled her defamation case with two Labour MPs, who say they regret their words. The minister and Labour MPs Trevor Mallard and Andrew Little, armed with lawyers, attended a settlement hearing in the High Court at Auckland for action launched by Collins in May. She claims the two Opposition MPs defamed her over comments she says linked her to the leaking of an email from former National Party president Michelle Boag over a massive ACC privacy breach. After nearly six hours in closed court, the politicians emerged and handed media a written statement, refusing to comment further. They agreed the leaked email raised "an issue of serious public concern" and Little and Mallard were entitled to question who was responsible. However, it appears there was a concession their questioning went too far. "The parties continue to differ over whether the remarks made by Messrs Mallard and Little respectively on Radio New Zealand implied the minister falsely assured the House that neither she nor her office was responsible for the leak," the statement said. "Messrs Mallard and Little have confirmed to Ms Collins that was not their intention and wish to make that clear publicly and in the event such meaning was taken, they regret it." Mallard and Little initially laughed off the action, labelling it "vexatious, politically motivated and lacking principle" and had previously said they would not apologise if they did not believe they had defamed her. Outside court this morning Collins emphasised she was only looking for the Labour MPs to say sorry and was keen to avoid the matter going to trial. "I've always made it very plain that I've been defamed so that needs to be acknowledged," she said.

**id 113**

Choice of housing options Timber houses Many of our houses are made of timber. With such abundant supplies of the stuff on hand in our forests, wood quickly became the staple material of choice. Plus, wood houses are more flexible and able to cope with the earthquakes New Zealand sometimes experiences. You get lots of choices and the chance to choose the sort of lifestyle you want for you and your family, whether you're buying or renting. Housing in New Zealand is very varied. Whether you're looking for an outdoor lifestyle, a place in the heart of the city or a family home with room for the kids to run around in, you'll find it here. Your options include suburban homes, rural living and lifestyle blocks, apartments, flats and town houses. All of these choices are listed on Trade Me , a popular real estate website in New Zealand. Rentals and house prices Prices for both renting or buying homes vary widely, and are often more expensive than some migrants expect. (The Kiwi dream of home ownership for all keeps housing demand and prices relatively high). But to give you a benchmark, the national median rental is around NZ$350 per week for a three-bedroom home. In central parts of Auckland and Wellington, the same property would rent for between NZ$580-660 per week. If you're considering buying, the national median house price was NZ$365,000 in April 2012. As a general rule, the big cities are the most expensive, and Auckland the most expensive of them, while prices tend to be lower in the South Island. Renting Like many new arrivals you'll probably start your stay by renting while you get a feel for your new location and decide what sort of accommodation you want longer term. Rentals in New Zealand are regulated by the Residential Tenancies Act and administered by the Building & Housing Group within the Ministry of Business, Innovation & Employment. They provide standard contracts that outline the terms of the contract and both sides' responsibilities. They also hold the bond , and provide a dispute resolution service. Obviously there are lots of places to find places to rent, including newspapers, but a popular place to start is online at Trade Me -- a New Zealand institution and more popular here than eBay. Buying While you may feel the urge to buy as soon as you arrive to help your family feel settled, it's a big decision and you shouldn't rush in. Owning your own home is part of the Kiwi dream. Once you're ready to buy, you'll find the buying process is well organised and regulated to ensure a fair process for both buyers and sellers. It can take as little as three to four weeks to complete the purchase once you've found the place you want. If you do decide you want to buy, make sure you get a LIM -- Land Information Memorandum. It's a document produced by the local Council that includes all sorts of important information about the property you're considering. Also be aware that some homes built with a plaster finish (mainly in the 1990s) have developed problems with weather tightness. If you're considering a home of this type, visit the Ministry of Business, Innovation and Employment for useful information. If you own a property in New Zealand you're charged rates. This is an annual fee issued by your local council to fund public services such as rubbish collection and libraries, and is based on the value of your home. It can be a substantial amount so check with your council before committing to a property. Houses and apartments to let are advertised in local newspapers and property websites such as: Seaside living You're never far from a beach in New Zealand and there are seaside settlements near most cities and towns where you can find small house or cottages, called a baches (or a cribs in the South Island). These often very modest homes are an iconic part of New Zealand history and culture. Things you'll notice about NZ homes Most are stand alone single storey residences with their own garden (or 'section' as we call it). New Zealand homes are generally built to make the most of the light (ideally north facing) and the outdoors. We prize this 'indoor-outdoor flow' especially suited for barbecues and summer living. Some migrants are surprised by a lack of double glazing, central heating or air conditioning as standard in some of our older homes (but note that double glazing and insulation are now mandatory in new homes).

**id 114**

Retired New Jersey abortion provider Robert Livingston was a champion for abortion rights in the '60s and '70s -- once, in 1972, he even held a press conference outing himself as an illegal abortion doctor. But now, almost half a century later, Livingston avoids talking about reproductive rights because he believes the issue has become more "emotionally charged" than it was back in the day. "I would be afraid," the 77-year-old, who now lives in what he called a "conservative" Florida retirement community, told The Record . "The atmosphere is so ominous now. I wouldn't know where to begin." Livingston said he thought the stigma of being an abortion doctor is greater now than it was in the 1960s and that public opposition is stronger than he's ever seen -- including during the 1970s, when his office was surrounded by protestors on a daily basis. But he's not just talking about national sentiment. He's only spoken with one of the 300 residents of his retirement community about his pro-choice past, and when he broached the idea of writing an autobiography with his children, they asked him not to because they worried it would ruin their medical practices (they're all doctors) and anger some of their anti-choice spouses. The retired doctor was once such a fixture of the pro-choice movement that even Carol Lavis, the former interim chairwoman of Bergen County Right to Life, acknowledged his importance. "He definitely was the radical figure in the area," she said. "When he started talking up, pro-lifers said, 'Oh, boy, we've got to get our act together.'" Now, especially after the Akin "legitimate rape" controversy, Livingston is dying to talk about his past -- but no one wants to listen. "I'm bursting to talk about my experience with abortion over all these years," Livingston said, even though he also said he never thought of himself as a radical. "Those years, I didn't think I was anyone special," he said. "It needed to be done. The patients were so grateful. And it was so easy."

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The Age of Irritants Ever since my husband and I met 18 years ago, we've joked about how I'm older than him (by three years). Now that I'm approaching 50, this joking gets to me. I know it shouldn't. I've talked to him, and he's tried to be sensitive about it, but he feels like since we've always joked this way, we shouldn't give in to my stress about getting older. Is it reasonable for him to "retire" these jokes? -Starting to Feel Truly Old Both sides are valid here, and it sounds like you're being respectful to each other -- a great start. But you're still so young. If you're this sensitive about aging now, you need to ask yourself whether it's a bigger issue that needs taking care of. And when you say that you're approaching 50, does that mean in two months, or in four years? Many people get super-sensitive around big birthdays, and it's reasonable for you to ask that the old-fogey talk go on hiatus for a specific period of time. But if your aging fears are more substantial than that, this might be something for you to explore with a counselor. Falling in Love Again and Again My husband and I have been together 10 years and recently had a baby. Right before the baby was born, he said he had fallen out of love with me and flip-flops on wanting to be with other women. But he's never cheated, and he also says he doesn't want to lose me and he wants to work this out. He has "fallen out of love" with me two other times in our relationship and we were able to work through it. I don't know if I should keep trying a third time. -Lovefool Many people reading might be smacking their palms to their foreheads, wondering why you would ever have a baby in such a seemingly unstable relationship. I'll pretend I'm not one of those people and instead recognize that your description could encompass a broad spectrum of situations, from a super-honest husband who's alarmed by the mildest ennui and wants to be proactive, to a guy who doesn't want to be monogamous. Only you know where on the scale he is. But there's a baby involved here, which makes it all the more urgent that you talk this through and get some help and find out whether a more permanent solution is possible.

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When her dying father confesses that he is not her biological father -- and that he has a twin -- Washington, D.C., morning news anchor Ellery O'Brien is desperate for answers. Plagued by a recurring nightmare in which a blood-covered woman who has been stabbed repeatedly by a killer, staggers down the staircase of a beautiful old house, Ellery travels to her late mother's hometown -- Agarita Springs, Texas -- not realizing until she arrives that she has rented the very house she sees in her dreams. No one in town wants to dig up the past, but rancher Clint Littleton begins to help Ellery and white-hot attraction sparks between them. The nightmares, however, persist. And each time, before Ellery awakes, she sees an increasingly terrifying image: just a little more of the killer's face. . . New York Times bestselling author Elaine Coffman switches gears with pulse-pounding results in her first novel of heart-stopping romantic suspense.

**id 117**

All kinds of water activities are possible at the long and wide beach of Acapulco, including jet skiing, water skiing, wind surfing, water bicycle riding, canoeing and more. \* Free towels for hotel residents. SPORT ACTIVITIES Tennis courts Basketball courts Beach volleyball Table tennis Darts RESTAURANTS Holidays at Acapulco means eating delicious and healthy food. Our exclusive chefs use Tarsan Farm's fresh and biological products. These foods are the meat of specially nourished animals, and fruits and vegetables are produced without any chemical additives. Our beach side restaurant and poolside bar offer various types of snacks, drinks and cocktails. Our Tepe (Hill) Restaurant serve delicious breakfasts, open buffets for lunch and dinner and has its own characteristic atmosphere. It is an ideal place for mild winter nights with beautiful sea and mountain views. CASINO For the ones who are feeling lucky, Acapulco has its casino to try their lucks, and to have goodtime. Open every night. CONFERENCE CENTRE The biggest and best equipped conferance centre in Northern Cyprus. It can be divided into different size of capacities from 100 to 1000 people and has big foyers, technological equipments and experieced staff to welcome all kinds of organizations. BIGGEST POOL & AQUA PARK Biggest swimming pool in North Cyprus. Aqua Park, children pool and indoor pools are also available. TURKISH BATH Enjoy the tradition of Turkish Bath (hamam) during your holiday at Acapulco.

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It is a food guide tailored to reflect traditions and food choices of First Nations, Inuit and Mtis , and is a complement to the 2007 Canada's Food Guide . This tailored food guide has recommendations for healthy eating based on science. It recognizes the importance of traditional and store-bought foods for First Nations, Inuit and Mtis today. This food guide can be an important tool for individuals, families and communities to learn about and share ways of eating well, including traditional and store-bought foods. 2. Why is there a food guide tailored to the needs of First Nations, Inuit and Mtis ? Aboriginal cultures have different values, traditions and sometimes different food choices from those of the general Canadian population. The tailored food guide shows examples of traditional foods of First Nations, Inuit and Mtis . It also explains how traditional foods can be used in combination with store-bought foods for a healthy eating pattern. 3. What are the main differences between Eating Well with Canada's Food Guide and Eating Well with Canada's Food Guide - First Nations, Inuit and Mtis ? Eating Well with Canada's Food Guide - First Nations, Inuit and Mtis reflects the importance of both traditional and store-bought foods for Aboriginal people living in Canada. It shows pictures of store-bought foods that are generally available in rural and remote locations, and provides unique images and content developed for Aboriginal populations. 4. Does Eating Well with Canada's Food Guide - First Nations Inuit and Mtis replace other food guides that have been tailored regionally to reflect local foods and traditions? Previous versions of the Canada's Food Guide have been tailored in various regions across Canada to reflect local foods and traditions. However, this is the first time that Canada's Food Guide has been tailored nationally to reflect First Nations, Inuit and Mtis foods and traditions. The dietary information in this new nationally tailored food guide provides an up-to-date reference for adapting any local or regional food guides. 5. How were the languages for translation chosen, and where do the speakers of these languages live? The Cree, Ojibwe and Inuktitut languages were chosen to reach the highest number of speakers. These languages all have more than 30,000 speakers each. All other Aboriginal languages have fewer than 15,000 speakers each. Data from the 2006 Census was used in making the decision about languages.

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Ed Miliband -- Speech on mental health to the Royal College of Psychiatrists October 29th, 2012 | - Check Against Delivery - It is excellent to be here with you today at the Royal College of Psychiatrists. I spoke a few weeks ago in Manchester about the future of our country. About the huge challenges Britain faces, as we attempt to rebuild our economy and create a stronger society. A country where everybody has a stake, where prosperity is fairly shared and where we protect and improve the institutions that bind us together. I called this approach "One Nation". One Nation means nobody is left out, or written off. Because it is wrong. And we can't succeed as a country if that's what we do. And today I want to talk about one of the most serious challenges our country faces. One that writes people off in just that way. Affecting: North and south. Rich and poor. Old and young. Those who work and those who can't. Disabled and non-disabled people. A problem that can strike anyone. It blights millions of lives. And undermines the welfare of our nation. And it is also a challenge that affects our competitiveness as a country. That places a huge strain on our public services. And that costs our economy tens of billions of pounds a year. I am talking, of course, about the challenge of mental health. From the people living with schizophrenia and bipolar disorder to those fighting bouts of depression and panic attacks. Now, you would think a widespread and important challenge like this would be something we would all talk about. That it would be top of the political agenda. That every leading politician would be obliged to address to it. That we would be falling over each other, as we do, to prove that we had a solution. But that doesn't tend to happen. For far too long leading politicians from all parties, including my own, have maintained an almost complete silence about mental health. Only in emergencies and at the extreme end of conditions do we tend to talk about the issue. Now there will be some people who say that mental health is the kind of subject we can talk about in the good times, but not when the economy is such a priority. In my view, that is the opposite of the truth. Because mental health is an economic challenge holding back prosperity. Because however hard the economic challenges, we cannot forget about people's quality of life. And, finally, if we want a politics that talks directly to the challenges that British people face in their everyday lives, we cannot allow the silence to continue. Taboo And it's not just politics that is too silent. It is a taboo running across our society which infects both our culture and our politics. It is a taboo which not only blights the lives of millions but also puts severe strain on the funding of our NHS and threatens Britain's ability to pay our way in the world. It is a taboo which must be broken if we are to rebuild Britain as One Nation. Mental health is subject we all, whoever we are, still instinctively avoid. At home, in the workplace and in our communities, it tends to be brushed under the carpet. Teachers and our parents are unlikely to talk to us about mental illness when we are young. And we all fear the unknown. Today in 2012, far too many people in this country still feel as if they have to pretend they have something else wrong with them when they are struggling with depression. People can be scared to tell their boss. Intimidated by the culture that still surrounds mental illness. Scared into silence. And it's not just their employers. It's their family and friends who don't know how to react either. As Kevan Jones, a Labour MP who has bravely spoken out about his own depression, said to me recently: if you have a serious physical illness, the get well messages tend to flood in. But when a friend of his was struggling with depression recently and Kevan sent him a message, his friend told him it was the only one he had received. Mental ill health can affect anyone, but it is more openly talked about in some sections of society than others. For people to talk about it and get help, there needs to be a common language and understanding. If it isn't recognised, it is as if it doesn't exist. People pretend they are OK, family and friends turn a blind eye, nothing happens until it is often too late. A change of culture has happened with illnesses that have previously been taboo: from cancer to aids to other sexually transmitted diseases. But it has

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Peer review picks a pack of pickled papers I can only speak for myself, but the idea of peer review usually fills a researcher with the diametrically opposed feelings of fear of failure and a genuine excitement that the imminent suggestions will help one's paper shine. It doesn't help that the time of judgment usually comes after one has spent countless hours working on presenting an idea! The reviewer has two roles. Firstly, that of a colleague who can approach the paper with a "fresh set of eyes" and provide helpful commentary. Secondly, that of a member of the jury who may condemn the researcher to more community service (hours of extra work) or even temporary professional death ("Sorry, we're just not that interested in your paper. Perhaps you could try..."). Unsurprisingly, the peer review process has, on more than one occasion, wriggled its way into BIM meeting discussions. So, it is with interest, that I read this new systematic review of peer-review by Larson and Chung on the eve of finalising a paper for submission. Did you know that apparently the first medical journals were published some 300 years ago? And that the idea of peer review arose about the same time? Even the earliest intellectuals realised that publishing any old article may not be such a good idea. And, of course, the newly formed journals really did not want to be immediately discredited by allowing poor quality material (or, worse, fraudulent material!) through their doors. But is peer review as important as we normally accept it to be? To begin with, we can question the validity of the very premise that an educated community of scientists and clinicians are not able to independently judge the quality of a research paper. The clear consensus seems to be that allowing this is not a good idea! Researchers and clinicians do not always have the time and sometimes do not have the requisite skills and knowledge to make those decisions. In our busy lives, we appreciate the presence of a seemingly impartial filter that screens out ""irrelevant, trivial, weak, misleading or potentially harmful content" while also "improving the clarity, transparency, accuracy, and utility" of potential papers"" (Larson and Chung, 2012). In days gone by, some journals distinguished peer-reviewed articles by granting a title of approval like " Academician ". On the other hand, those published " sit penes authorum fides " allowed the authors to shoulder responsibility for their own work. This distinction was deemed to be adequate. However, now we think that simply allowing an author to take responsibility for their own article is inadequate as we also need to protect the reader from ignoring that warning! And, to be honest, it is nice to not have to read through too much irrelevant or bad science to find the gems. Implicit in this statement is a trust that the reviewers generally get it right. What about conflicts of interest? The world of research has become very large and we sometimes see potential conflicts of interest in allowing research to be reviewed by external parties. We may wonder: Is the reviewing committee independent? Is it possible for conflict of interest to creep into the modern peer review (when was the last time you asked if the peer review process was blinded?)? Could the reviewer gain from our work (apparently this has happened!)? So, as the authors of the review suggest, there are weaknesses in the peer review process. Firstly, it limits the publication of material that may be of significant interest to some. Perhaps an infinitely large database of research publicly available is not such a bad idea. Secondly, there is no uniform approach to peer review. The most common versions (the single-blind, the double-blind, open, peer agreement, and author suggestion-based) each suffer from positives and negatives. So what's the take home message from the article? As a minimum, reviewers should be appropriately skilled for the review but not so skilled that they are in active competition with the submitting authors and perhaps even steal their ideas! Ouch! But, we should ask if there is a better way? Is peer review considered to be a significant factor when analysing the quality of an article? Is there an ideal way of getting peer review done? Perhaps peer review, in its various guises, is just the best system we currently have to ensure that a certain standard is maintained across the

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Tuesday, July 10, 2012 Why women may be thought of as bad programmers I got my first tech-related internship back in the summer of 2009. The position was a very competitive one with a company in the heart of San Francisco. While I was ecstatic, I was also confused. I hadn't done very well on the interview. I screwed up the first question about dropping two eggs from a 100-story building (couldn't get away from thinking binary search), and messed up a different question about the number of bits required to store some large number (mixed up "bits" and "bytes" and tried to calculated log\_2 in my head, only to get it wrong). Nor did I have much experience. I had barely heard of a version control system, had never really gotten accustomed to the command prompt, and hadn't even written a single line of production code (well... beyond my silly tournament signup page, which refused to let you sign up if you had an underscore in your email). Needless to say I probably left very bad first impressions on my coworkers. I was the silly little girl asking questions like, "What was that command you use to get into that other machine?" So, here's the hypothesis: companies want to hire more female programmers, either because they are constantly accused of being sexist or because they actually value having a gender-balanced team. So they lower the hiring bar for women, and end up letting in people who may not be as experienced. The rest of the team only sees that a woman was hired and she has very little experience as a programmer, and concludes that women are bad programmers. 5 comments: OR......they saw potential in you regardless of how bad you screwed up the questions since you showed a system of reasoning by which you came to your answers. Also, the whole "rest of the team...." thing follows a pretty weak line of reasoning. This is a good observation/theory...although lately I've noticed that companies don't really do this. If I make the smallest mistake in an interview I'll usually get rejected. It's only when I 100% ace every question that I think this works...competition is going up and even though companies used to be able to afford less experienced people, these days I'm seeing it happen less frequently. Maybe it's changing now, but I've seen my first/second year female friends land very competitive co-op positions. It's something that I hear a lot about from anther university offering co-op programs as well. Granted, the plural of anecdote is not data, and this is something that is very difficult to capture as data. I've also heard companies telling potential hires, "You know, you should work for us. We have some good female interns lined up next term as well." I wonder if that was the real reason why the female interns were hired. (And that opens a totally new can of worms.) That's a wacko theory, with lack of understanding how business works. Businesses exist for profit. Maximize product (quality & quantity), and minimize cost/effort. They hired because you were fit for the job. I think that one can add value to a tech firm by being something other than a great programmer. There are numerous studies about the benefit of diversity in the workspace, and while these benefits are hard to measure, it is not inconceivable for businesses to want to be more gender-balanced. (In fact good tech companies have frequent conversations about how to make themselves more friendly to women: I've seen this issue come up at Facebook while I was there.) I don't think it's a stretch to say that I was hired partly because I am female. Perhaps they thought I would be able to better motivate the other programmers? Maybe they genuinely saw something in me? There's a lot of uncertainties because at the end of the day, it's people making hiring decisions and people are not going to be able to make the most optimal decision for the company. People have to rely on heuristics.

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'Million Muppet March' to take place in Washington Washington - In the days leading up to Election Day, humans and Muppets plan to travel to the Washington Mall to support public broadcasting. This initiative emerged after Mitt Romney's now famous "Big Bird" comment during the Oct. 3 presidential debate. According to NBC Washington , the rally, called "The Million Muppet March", will take place on Sat., Nov. 3 to show support for public broadcasting. After the first debate in the 2012 election season, presidential hopeful Mitt Romney made a comment that if he were to be elected, he would halt funding to public broadcasting. "I'm sorry, Jim [Lehrer]. I'm going to stop the subsidy to PBS. I'm going to stop other things. I like PBS. I love Big Bird. I actually like you too," Romney had said. "But I'm not going to -- I'm not going to keep on spending money on things to borrow money from China to pay for it." Romney's comment during the debate drew a lot of attention. In response, two men, Michael Bellavia, 43, an L.A. animation executive, and Chris Mecham, 46, a university student in Idaho, acting separately, each had set up a website and a Facebook page in support of public television. "Romney was using Muppets as a rhetorical device to talk about getting rid of public broadcasting, which is really so much bigger than Sesame Street," Mecham said. "While he was still talking I was thinking of ways I could express my frustration at that argument. Before the debates were over I had put up the Million Muppet March Facebook page." Once each man realized what the other was doing, they joined together. "I figured, why just make it a virtual show of support? Why not take this opportunity because it seemed like there was already a growing interest in it and actually make it an active, participatory event," Bellavia said, reported Reuters (courtesy Huffington Post ). "I literally just said, 'It's happening.'" The Obama campaign had subsequently put focus on Romney's Big Bird comment, which led to Sesame Workshop, the producers of 'Sesame Street', asking the Obama campaign to stop using Big Bird in its ads. "Sesame Workshop is a nonpartisan, non-profit organisation and we do not endorse candidates or participate in political campaigns," the organization said. "We have approved no campaign ads, and as is our general practice, have requested that the ad be taken down." PBS issued its own statement which expressed disappointment over Romney's comment and the fact that "PBS became a political target" during the debate. Reuters reported PBS received "$445 million of $3.8 trillion in federal budget outlays in 2012." If PBS loses funding, however, will the lovable 'Big Bird' truly be out of a job? Digital Journal reporter Andrew Moran recently published , "Why the free market can save Big Bird if Mitt Romney is elected," which further explores the issue. According to the Facebook event created for the rally, the "Million Muppet March" is expected to take place between 9:00 a.m. until 12:00 p.m. EDT. The page also has listed 476 Facebook members as planning to attend, and 174 users who said "maybe". The event will reportedly also include skits and musical presentations featuring the Muppets. In the days leading up to Election Day, humans and Muppets plan to travel to the Washington Mall to support public broadcasting. This initiative emerged after Mitt Romney's now famous "Big Bird" comment during the Oct. 3 presidential debate.

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Bristol: summer in the city Continuing our series on making the most of Britain's cities this summer, Natalie Paris selects ten places to enjoy the sunshine in Bristol. Ashton Court The 850 acres of wooded estate surrounding the Ashton Court mansion come into their own during the summer when they are the location of some of Bristol's major events, including the Balloon Fiesta (August 12 - 15) and the Kite Festival (September 4 - 5). A stroll through the parkland on any given day however will reveal grazing deer, ponds teeming with life, enormous old oak trees and pleasant city views.

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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"]}} Special Features None. Editorial Reviews Amazon.com Originally developed as a savvy basic cable alternative to the WWF's more flashy (and pricy) WrestleMania event, the WCW's Clash of the Champions quickly found its own gonzo identity, pitting its marquee superstars against each other in a series of matches that steadily upped the ante. (When you kick things off with a cage match between Ric Flair and Sting, you're setting a high bar.) This multi-disc collection provides a fantastic look at the greatest hits (and kicks, and jabs, and so forth) of this long-running event. Featuring over 30 matches, this set chronicles the state of the WCW from 1988 to 1997, ranging from the rise of homegrown titans such as Flair and Lex Luger to the later inclusion of WWF icons Hulk Hogan and the late, great Randy "Macho Man" Savage. (Those familiar with Stone Cold Steve Austin as only a chrome-domed good guy might be surprised to see his earlier incarnation as a follically blessed villain.) Improbable athleticism and hijinks of the individual matches aside--how exactly did that referee fail to spot that smuggled-in pair of nunchaku, anyway?--it's fascinating to watch the presentation evolve from relatively lo-fi affairs to full-on theatrical extravaganzas, to the point where the drama outside the ring often exceeds what's going on within the turnbuckles. By the time Sting shows up in the rafters dressed like The Crow with a bird of prey on his arm, the WCW engine has hit full glorious speed. Viewers not up on their grappling history may be confounded by the unexplained squabbles and hero-to-heel transformations that run throughout this compilation (the between-match segments featuring wrestling legend Dusty Rhodes are priceless in many different ways, but comprehensive isn't exactly one of them). Even without prior knowledge, however, the adrenaline rush presented by this set is tough to resist. Party discs don't come much finer. --Andrew Wright Product Description For close to a decade, professional wrestling fans loved Clash of the Champions, a series of supercards that aired on TBS, featuring the biggest stars of first NWA and the WCW. Over the course of 35 events from 1988 through 1997, fans were treated to championship contests, grudge matches, and spectacular moments. Many of these matches have never been released on home video until now. The Best of the Clash of the Champions, hosted by 3-time NWA World Heavyweight Champion and WWE Hall of Famer, The American Dream Dusty Rhodes, will highlight some of the greatest matches in the event s ten-year history and features fan favorites Ric Flair, Sting, The Road Warriors, Lex Luger, the Four Horsemen, the nWo, and so many more. No real complaints except maybe wish there was a documentary and a few different matches but all in all I highly recommend it to any WCW fan. I'm just happy Vince has decided to release this set wish he would do full releases with WCW PPV's like with Wrestlemania,Royal Rumble,Summer Slam etc..but

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Categories What kind of driving lessons should you have? You would have thought that its quite simple organise driving lessons. Well it is if you know what you want. Some of the factors you will need to consider are, How quick do you want to learn? What can you afford? What time have you got? Do you need to organise work or children? Do you have Dyslexia, Dyspraxia or ADHD? All of these factors can drastically influence how you learn to drive. For instance an ever growing way to learn to drive is through an intensive driving course or more ironically known as a driving crash course . This could be where you need to learn to drive because you have time restraints due to work or you are on holiday from college/university. Normally an intensive driving course is run over consecutive days with 5 or 6 hours per day. The number of days will depend on your experience. If you have some on road experience, e.g. riding motorcycles, then you will need less hours but please do not fall into the trap that many do and see what course you can afford and go with that hoping its going to be enough because it won't. The best way to find out what course is best for you is via an assessment lesson. The instructor will be able to give you advice on what you need based on your driving ability. It is a common misconception that if you take a driving course you will be cutting corners. This could not be further from the truth. Honest and responsible driving instructors will only let you go for a test if you are a good safe standard. Good Approved Driving Instructors (ADi's) will ensure that you are capable of driving safely for life. \*\*WARNING\*\* There is no such thing as a guaranteed pass. All tests are conducted by Driving Standards Agency examiners who are government officials. If anyone offers you this make sure you read the small print. Of course a driving course is not for everyone especially if you have the challenges that come with Dyslexia, Dyspraxia or ADHD do not attempt an intensive driving course as you will struggle with the intensive nature. You may not also have the time to take out a whole week to learn to drive and need to spread it out. The average person will need 30 to 40 hours of tuition; most nearer 40 to 45 which means it will probably take you between 3 to 6 months to get to test standard. All driving instructors must be approved by the Driving Standards Agency (DSA) which means they will have been CRB checked. Driving lessons can be taken in 1 hour or if you want more 1.5 and 2 hour lessons at a time. Each lesson should start with a briefing on what you are going to learn and what you did on the last lesson. At the end of the lesson should receive a debrief covering what you have achieved and your goals. Regardless of how you learn to drive it is important what you goals are and roughly when you should get to them. Make sure your learning is structured, for instance The cost of courses and hourly lessons can vary from region to region but the costs of tests do not vary, a theory and hazard perception test is 32.00 and a practical test is 62.00. Above all make sure you learn the way you want to and not how someone else wants you to or indeed if you want to learn to drive at all. So often people are pushed into learning to drive for the wrong reasons and the find it hard.

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Stress alarm lets smoke-divers know when their bodies have reached the limit Smoke-divers enter a sea of flames -- in the service of research. Credit: SINTEF/Astrid-Sofie Vardoy Smoke-divers are exposed to high temperatures, physical exhaustion and stress, and they can easily exceed the limits of what good health can tolerate. A new method based on measurements made by a wireless sensor system lets them know when the body has had enough. The warning system depends on measurements from sensors that monitor an individual's level of activity, and whether she or he is sitting at rest or even lying prone. It combines data from movement sensors such as accelerometers and gyroscopes with heart-rate and skin-temperature measurements. In conjunction, they measure a smoke-diver's level of heat-stress -- as well as whether he is in any danger. The method led to the research team receiving the international pHealth Innovation Award in 2010. The method has recently been tested by a group of firefighters on a training field for smoke-divers at Rygge Airport in Norway. The aim was to find out how well the warning system, which obtains its data from a sensor system (ESUMS) in the form of a belt fastened closely round the chest, functions in real-life situations. "The sensor system was originally financed by American funding for use in medical rehabilitation, but it can also be used in other applications. So far, the results have been very encouraging," says project manager Trine Seeberg, a senior scientist at SINTEF. "The equipment we used worked perfectly and the method correctly identified the risk situations that we simulated, so the trials showed that the method could be a useful way of determining whether or not a smoke-diver is in danger," says Seeberg. Fire chief Bjorn Ove Pedersen, who is responsible for the smoke-divers who took part in the trials, says that the exercise was very exciting. However, the method still needs to be developed further: According to the SINTEF scientist, a good deal of fine-tuning remains to be done before it can be brought into service. For example, more tests will have to be carried out in realistic situations, and the sensor platform ought be integrated into smoke-divers' existing safety equipment, for example in the form of a helmet display. Many small steps... Seeberg explains that the core of the system is based on algorithms (sets of mathematical rules for solving specific problems) that describe how the body reacts to heat stress , and that handle physiological and activity data. These emerged in the course of dialogue with the firemen and via tests in SINTEF's physiology laboratory, where activity data, plus the heart-rate and skin temperature of exercising subjects were measured and logged. "These are important data, because smoke-divers are exposed to severe stresses. They often operate under conditions of high temperature, wear insulating clothing, and have to carry equipment that can weigh as much as 15 -- 20 kilos. In practice, it is an extremely demanding task merely to be in a warm room with such clothing and with a pack on your back," explains Seeberg. "The challenges facing us included identifying potential risk situations, and preventing the system from issuing false alarms. At the same time, it needs to provide a correct picture of the risk involved for the individual involved." Mobile platform The sensor system currently communicates with the outside world via a second-generation Bluetooth protocol, which is implemented in most smart-phones. The system itself does not have a very long range, so the sensors are connected to a mobile telephone which is also worn by the smoke-divers. This in turn sends information in the form of a "hazard threshold score" on a ten-point scale to whoever is monitoring the operation from outside the disaster site. "If the score is more than 8, the smoke-diver is being exposed to a high level of stress and should abandon the operation, while a score of 2 shows that the person is in good physical condition and is operating at a level of activity that is not hazardous to health," explains the SINTEF scientist. Capable of further development The research team believes that with further development, this type of technology could be of use in other areas: "Workers in many occupations are exposed to challenging environments and might well benefit from alarm systems based on sensors that monitor them continuously. For example, offshore personnel working in

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Once a physicist: Rob Cook In 2001 he won an Oscar for "significant advancements to the field of motion-picture rendering" for co-creating the RenderMan animation software. Why did you decide to study physics? I became interested in it in high school when I read a book on relativity. I thought it was the most fascinating thing around, and I was hooked. How did you get into computer graphics? After I graduated from Duke University in 1973, I was not sure what I wanted to do. However, I had learned to program computers as part of a lab course, so I found a job at the Digital Equipment Corporation in Massachusetts. There was one person there who was doing computer graphics, but he was actually more interested in medical databases, so I said I would do graphics instead. After I got into it, I thought "This is great, this is what I want to do", so I went to Cornell University to get a Master's in computer graphics. How did you get involved in film? At that time, images that were made using computer graphics looked really artificial, like plastic, and nobody knew why. It turned out that the model they were using for light reflecting off surfaces was just something someone had made up -- it was not based on physics at all. So for my thesis, I used a different model that included the physics of how light reflects off surfaces. The results looked really good: I was able to simulate particular types of materials and really get control over the appearance of the surface. That caught the attention of Lucasfilm, which was just setting up a computer-graphics division, and it hired me. What inspired you to develop RenderMan? When you look around, you notice that most things are not just made of one material such as bronze or ivory. They are more complex than that: they have multiple materials, they are beaten up, they have scratches. We needed to give artists control over those surface appearances, so I worked on something called programmable shading that uses equations to describe how a surface looks, but also builds a framework over them to allow artists to make really complex, rich surfaces. That is at the heart of what we do with RenderMan, and over the last 16 years, every film nominated for visual effects at the Academy Awards has used it. How has your training in physics helped you? Aside from my thesis work, it also helped when we were developing RenderMan. In computer graphics, you have a virtual camera looking at a virtual world, and for special effects you want to match this with live-action footage. But for it to look convincingly real, you have to get the characteristics of your virtual camera to match those of the physical camera. That turns out to be hard for a number of reasons. One is something called "motion blur": when a physical camera takes a picture, it opens the shutter and a certain amount of time goes by before it closes. During that time, things move, and this causes the image to blur. This blur turns out to be really important for making the motion look smooth, so you have to simulate it in the renderer. Another thing you have to simulate is the aperture of the lens -- the light is not entering the camera in one spot, but all over the lens, and that gives you depth of field. You need to simulate both blur and lens effects, but that means that not only are you integrating the scene around each pixel, you also have to integrate that pixel over time and over the lens and over other things. You end up with this incredibly complex integral, and it turns out that there is a technique in physics called Monte Carlo integration that is perfectly suited to dealing with it. However, none of this stuff was in the undergraduate curriculum -- I had to learn it on my own later. What physics really taught me was how to think about things in a creative and rigorous way. It taught me how to think about hard problems. Are there other ways that physics is used in animation? At Pixar, we use physics a lot to simulate the motion of complex things like clothes or hair. But you have to remember that in the animated world, animators do wacky things. They exaggerate enormously in order to tell the story, so the physics has to be reworked so that it can apply to this very non-physical cartoon world. For example, in Monsters Inc there is a scene where Mike is training Sul

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Orioles come up with power to surge past Blue Jays, 5-3 Gibbons, Surhoff homer in 6th-inning rally as O's win first series in 2 weeks September 02, 2005 | By Roch Kubatko | Roch Kubatko,SUN STAFF TORONTO - To reach the core of a baseball game, the Orioles have to peel away many layers. They seem to get thicker every day. Pitcher Sidney Ponson's contract was terminated yesterday, a move that will bring a grievance from the players association. First baseman Rafael Palmeiro will leave the club today to have his sore right knee examined, raising some doubts about his return this season, and his future. Almost hidden in the mess was Bernie Castro, a career minor league infielder who made a smashing debut last night. And young pitcher Hayden Penn, back in the rotation for his eighth major league start, another reminder that the games still mean something in September after a team falls out of contention. Penn left after five-plus innings with the lead, and home runs by Jay Gibbons and B.J. Surhoff in the sixth steered the Orioles toward a 5-3 victory over the Toronto Blue Jays at Rogers Centre, and their first series win in two weeks. Gibbons' two-run shot tied the game, giving him 20 homers this season, and Surhoff put the Orioles ahead, 4-3, with his first homer since June 6. "After losing the first game and not showing a lot of life, we come back and show that we still care," Gibbons said. "We still want to win." Gibbons' homer came after Miguel Tejada reached on a bunt single. "You've got to love Miggy," Orioles interim manager Sam Perlozzo said. "That's a big play. You don't expect him to do that very often." The Orioles (63-70) took a charter to Boston last night, where they'll begin a three-game series against the Red Sox, but Palmeiro might not play. Palmeiro is scheduled to undergo a magnetic resonance imaging test on his knee today in Baltimore, and team physician Dr. Andy Cosgarea will determine whether he rejoins the club this weekend. His right ankle also is injured, but the knee has become a more serious issue for Palmeiro, who's 2-for-26 since returning from his suspension. X-rays have been taken on the back portion, and he could be shut down for the final month if the MRI reveals any significant damage. "The knee's been bothering me all year," he said. "I went out there today to run on it and it feels like it's going to blow out. We'll see what's in there. I'd like to come back and play." Said Perlozzo: "He's not ready to pack it in." Though Palmeiro was unavailable last night, the Orioles weren't short-handed after bringing up Castro, 26, and first baseman Walter Young from Triple-A Ottawa. Normally a second baseman, Castro served as the designated hitter and went 2-for-4 with a triple, walk and stolen base. Castro, signed as a minor league free agent in late January, got his first major league hit by beating out a ground ball to third, and his triple cleared center fielder Vernon Wells' head. He batted .315 with a franchise-record 158 hits at Ottawa, and his 41 stolen bases ranked third in the International League. "I think he picked up the ballclub," Perlozzo said. "They got excited to see someone here who's going to create a little havoc." Castro came up through the New York Yankees' organization before being traded to the San Diego Padres. He spent the past two seasons at Triple-A Portland, and became a free agent after having problems obtaining his work visa. "He's a scat-back guy that can do all kinds of things with the bat - walk, get on base and steal," Perlozzo said. "Backing him up with Brian [Roberts], maybe we can create some havoc at the top, see if we can't generate a little excitement." Penn (3-2) needed to remain calm in his first start with the Orioles since June 30, when he allowed five runs in 3 2/3 innings against the Cleveland Indians and returned to Double-A

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Sorry, we are having technical issues please try again later during the day. Close Can you simultaneously reach out to potential clients via email, blogs, and multiple social networking websites all within a few clicks of a button? When your boss asks you a question and you don't know the answer, how long does it take you to Google the correct response? Can you process tons of material quickly or do you find yourself suffering from information overload? If you are not born between 1981 and 2000, which would classify you as Generation Y, you might have trouble with some or all of these things. If you want to be a competitor in today's workforce, knowledge of technology and the ability to access and process information is becoming increasingly important. If you want to become successful in your field, having Gen Y skill sets can increase your chances of staying in high demand and advancing your career. With the Canadian job market still suffering the effects of a global recession, older workers have to become knowledgeable with Gen Y competencies. Adwoa Buahene is a managing partner and co-founder of n-gen People Performance . As a "generational expert," she provides organizations with solutions for managing generational differences in the workplace. Adwoa suggests three competencies which are frequently associated with Gen Y'ers, and which should be adopted by all workers. Communication Skills Gen Y's ability to use technology and social media enables them to communicate and collaborate with other employees and customers in more innovative ways. They have the exceptional ability to effectively use software programs and quickly understand new technologies to help them communicate more efficiently. They communicate using Facebook, Twitter, Linkedin, Live Messenger, Google Chat and don't mind creating a more personable experience with clients, by organizing a face-to-face meeting over Skype. Creativity Gen Y's tend to be "out-of-the-box" thinkers. Buahene states, "They have grown up in a society where they were made to believe that they could become or do anything they wanted. Their ideas were not stomped out of them from an early age, instead their ideas were fostered. They were given the opportunity to expand on their ideas." Don't be surprised to find a 20 something entrepreneur living in their mom's basement, so they can perfect their newly invented mobile phone application that may make them millions. Adaptable Gen Y's are accustomed to constant change and consider change an improvement. Buahene states, "They grew up in a world of technology, in which the latest version is better. Who really wants the Xbox when you can get the Xbox 360? Why buy the iPhone 3 when the iPhone 4 comes out next month?" Change is always better. Among older generations change can be scary and is often regarded as something to dread. "Why fix it, if it isn't broken?" Whether you're an older worker looking for new job or a younger employee who is trying to get that promotion, we can all learn from Generation Y. Expand on your communication methods, learn to contribute to the development of new company ideas, and start embracing change. If you don't start thinking like them, you might lose your job to them.

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Alex backs Ibra for Ballon d'Or Le Championnat, 15:26, November 17, 2012 Views: 9 Alex is hopeful his Paris Saint-Germain team-mate Zlatan Ibrahimovic can fight off fierce competition to win the Ballon d'Or. The Sweden striker scored four times as he single-handedly led his country to a 4-2 victory over England in their first international in their new stadium on Wednesday. His final goal, an audacious overhead kick, has been dubbed one of the best strikes of all time. Alex believes Ibrahimovic's virtuoso display came at the right time to nudge the judges ahead of the award ceremony in January. "I hope that his performance can help him in the race for the Ballon d'Or," the Brazilian defender said. "But at the same time, it is a bit risky to say that he will win the competition with exceptional players like [Lionel] Messi or Cristiano Ronaldo up against him. But it is certain that his performance will inevitably be a strong argument and should help."

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When you first sign up with an online casino and deposit they always give you a joining bonus, this is a onetime offer as you can only register once at any one site. Once you join you will find a host of promotions offered by your online casino. Some casino TV shows have regular draws , prizes are varied and may even include a holiday package. When you join an online casino ensure that you subscribe to their newsletter. This is the best way to keep track of what is happening and what is on offer. You may even check the promos of some of the top online casinos before signing up. Some online casinos also offer you loyalty points on the time you spend playing online and the money that you wager. These loyalty points can be redeemed in different ways. Some casinos will offer free games in exchange of points and some casinos may also offer free chips for a particular Las Vegas casino. Again keep an eye on these promos so that you are able to make the most of them. When you start playing online the casino software will be slightly difficult to manage. But a couple of hours and you should be fine. But before you start wagering money on a particular game you should use the practice option that most of the online casinos offer. These practice games don't cost money but you get a fair hang of the game and the way it is supposed to be played. The online casino industry is worth billions of dollars and they have earned a huge reputation in terms of their transparency and fair dealings. Keep the basics right and you will make the most out of them and have a lot of fun along the way as you play.

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Wednesday, November 14, 2012 Michael Rivero had a link up yesterday for a petition that should be signed by any right thinking person. As I was signing it, a light bulb lit up over my head and I thought, "Ummmm Hummmm, let's see if I can do this. I could. It turns out that all you need is 25,000 signatures and The White House has to respond. Ergo, Starfleet Commander Visible has posted a petition at whitehouse.gov and he is asking you to sign this important document , whose time has most definitely come. I almost did when the thought entered my head. This is the kind of proactive citizen involvement that we need. I didn't realize until I had finished writing it that I only got so many characters. I might have phrased it a little differently but... it's what it is. Hopefully the readers will make this thing go viral. If you know anyone who has traffic and might post something like this, please send it to them. Maybe you know somebody who can give this thing legs; what the heck, arms too and a head up top, so it can stand by the side of the road on Route 66 and jump up and down and wave its hands. I'd like to see that. I think you would too. I don't think there is any doubt that Mr. Apocalypse is the hardest working man in show business. He's sort of a combination between Fred Astaire, Michael Jackson and James Brown. Get down with your bad self! Better yet, get down on all the other bad, self absorbed selfs. Things keep getting revealed that were formerly concealed and the pressures are on all over the place and directly leading into certain inevitabilities . You can get a sense of where things are heading by watching the coming attractions. The future advertises itself, if you're paying attention. Otherwise, it smacks you in the back of the head, to let you know it's in town. After all, the future has to do with you, one way or another, so does the present and the past. People tend to live more in one of them than the other, which is unfortunate because only one of them is actually here. It's easy to get confused about that though because there's so much evidence of behind and ahead. There's no future in either though, without the affirming resonance of the present. Now, one of the reasons that Mr. Apocalypse is like Michael Jackson is that he moonwalks. Even if there is no moon, as my good friend Michael attests, that doesn't stop Mr. Apocalypse. Mr. Apocalypse moonwalks into the past. That's how you do it. That's the only way to effectively get into the past and see exactly what happened and what didn't happen. As far as what happened, you can see that cause it's right there. As for what didn't happen you can see that because it isn't there. So Mr. Apocalypse taps the things that happened with his walking stick and he also taps the things that didn't happen with his walking stick and both of them light up with whatever the truth about them may be. Mr. Apocalypse is going to tap every one of us on the shoulder and light us up too, and reveal whatever the truth about us might be. That can be a very good thing or a very bad thing, or it could be a mixed bag, like one of those Planter's nut samplers, or maybe even one of those Walt Whitman samplers that's got all kinds of wilderness and dead leaves in among the chocolates. You can learn a lot from dead leaves. You can also learn a lot from dead people. Like it says in the pathology department, "Here the dead teach the living". People might tell you that all murder is bad but that's not true nor comprehensive. There are things inside of each of us that need to be killed and knowing what to kill and what to nourish, can go a long way toward putting you on friendly terms with Mr. Apocalypse. That's something you want, something highly desirable, though some of us might be unaware of it. Some people might think you can get on good terms with Mr. Apocalypse by offering him a blow job but they would be misinformed. No blow-jobs for Mr. Apocalypse. Mr Apocalypse has got a significant other for that kind of thing. If you come around talking to Mr. Apocalypse about a little head, he might well shrink yours.

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Klitschko Outpoints Wach; Helenius Beats Williams By Michael Collins: In a fight that was somewhat interesting to watch during portions of the action, IBF/IBO/WBA/WBO heavyweight champion Wladimir Klitschko (59-3, 50 KO's) defeated a way out of his depth Mariusz Wach (27-1, 15 KO's) by a 12 round unanimous decision tonight at the O2 World Arena in Hamburg, Germany. The only round you could possibly give to the 32-year-old Wach was the 5th when he landed a good hand to the head of Wladimir after backing him up agaisnt the ropes. Wach unloaded everything but the kitchen sink on Wladimir trying to get him out of there. Unfortunately for Wach, he missed on pretty much every punch he threw. Had he landed at least one of the dozen punches he threw he might have been able to drop Wladimir. After that brief moment in the fight, it was Wladimir from then as he upped his workrate and punished the Pole with jabs and right hands to the head. The 8th round was one where you can argue that the referee should have stopped the fight because Wladimir smacked Wach around the ring at will and it was pretty hard to watch because of all the punishment that Wach absorbed. However, he proved to have a strong chin and he was able to ride out the storm. Wladimir looked like he felt sorry for Wach after that, because he never did try and unload on him in the same manner for the rest of the fight. He really didn't need to because Wach just hung around offering up little, so there wasn't like there was any real need to take any chances just to prove a point. It was pretty hard to watch fight, and I came away wondering why Wladimir had selected such an awful opponent to fight. He had to know how limited Wach was ahead of time, because this is how he looked in his other fights. He was slow, easy to hit and someone who didn't look like he belonged fighting for a world title. Undefeated heavyweight Robert Helenius (18-0, 11 KO's) kept his unbeaten record intact with a 10 round unanimous decision win over Sherman Williams (35-12-2, 19 KO's) at the Ice Hall in Helsinki, Finland. The final judges scores were 99-91, 99-93 and 99-93. This wasn't impressive stuff to say the least from Helenius. I know it was the first time he'd fought since last December, but he looked horrible from start to finish in this fight and was almost knocked out in the 6th round when Williams caught him with a perfect right hook right on the chin that had Helenius' legs looking like jelly. Williams hit Helenius over and over again with big shots for the remainder of the round. However, Helenius was able to regain control of the fight in the 7th and he was never really in danger after that. Helenius predictable with his offense, throwing jabs, right hands to the body and chopping right hands to the head throughout. Missing from Helenius' offense was his right hand power. It looks like the shoulder surgery on his right shoulder wiped out his power because it wasn't there tonight. This is going to be a problem for Helenius because he's nothing without his right hand power. He'll get beaten by the other top heavyweights without that weapon, and I have a feeling that his power won't come back. Helenius's handlers needs to take their time with him and not look to rush him into a fight against someone good, because if he fought a top contender like Kubrat Pulev right now, Helenius would get knocked out. He's so hittable and has nothing to worry any of the good heavyweights in terms of offensive weapons. 303 Responses to Klitschko Outpoints Wach; Helenius Beats Williams Haye dropped to the canvas a lot because he didn't want Wladimir leaning on his back tiring him out... He had an injured foot and the leaning put pressure on the foot.. The knockdown wasn't a knockdown, but a penalty for Haye dropping to the canvas so much.. It's extremely frustrating for anybody to box with an injury ... It was Haye's own fault because he hid the injury from the promotion.. He pulled out of 2 other Klitschko fights due to injuries and it was beginning

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Achievement Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil -- this is a gift of God. ... Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all. Now, our God, we give you thanks, and praise your glorious name. ... My soul glorifies the Lord. ... For the Mighty One has done great things for me -- holy is his name. ... He has lifted up the humble. ... He has helped his servant. Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain. ... Remember the Lord your God, for it is he who gives you the ability to produce wealth. ... Pride goes before destruction, a haughty spirit before a fall. ... It was not by their sword that they won the land, nor did their arm bring them victory; it was your right hand, your arm, and the light of your face, for you loved them. ... Humility is the fear of the Lord; its wages are riches and honor and life. This is what the Lord says: "Let not the wise boast of their wisdom or the strong boast of their strength or the rich boast of their riches, but let the one who boasts boast about this: that they have the understanding to know me, that I am the Lord." ... May I never boast except in the cross of our Lord Jesus Christ.

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When I arrive in a new city, I have a bit of a thing for finding the highest point around. This is for two reasons: first, because I like a good view, and second, in an attempt to orientate myself. The orientation part only vaguely helped on my recent trip to Barcelona. The city is seriously maze like, particularly the old pedestriansed parts of the city centre. However, since wandering around maze like alleys getting lost is another thing I enjoy about a city, that wasn't really a terrible issue. If you're heading to Barcelona, and like me have a tendency to head for the high points of a city like a fly that's been taken over by a brain controlling fungus , here's a quick run down of my four favourite places to get a great view of the city for free! Parc Gell I have mentioned the influence that Gaud has had on Barcelona already . Parc Gell is one of the highlights of his legacy, and a UNESCO world heritage site to boot. It has incredible features, from raised balconies, to enormous sculptures, to weird and wacky houses. What it also has is one of the finest views of Barcelona, available from a number of locations in the park. The most popular is up by the cross above the main entrance, but you'll be able to get a fabulous view from pretty much everywhere in the park, what with it being up on a hill, without fighting for the perfect spot to take a photo. If you go to Barcelona, you will visit Parc Gell. You may as well enjoy the view whilst you're there! Castell de Montjuic If you have a convenient hill with a cliff situated next to a large harbour, it makes sense to build a nice big castle on top of it complete with guns to guard said harbour. Montjuic Hill, rising to just over 180 metres above Barcelona harbour, is just such a hill, and features a rather splendid bit of fortification at the top, complete with rather large bits of defunct weaponry. From here you are able to get a commanding view across the city of Barcelona as well as the harbour. The reverse view, in fact, that you can see from the photo taken from Parc Gell above. You can also explore the Castle for free, although it isn't really a castle so much as a large pile of walls designed to keep people safe, coupled with incredible views. As an historical aside, Castell de Montjuic was also the place that the calculations that defined the measurement of the metre took place. In case you weren't already aware, a metre is defined as being one ten millionth of the distance between the north pole and the equator. Which seems a marginally less arbitrary measure than the length of some blokes foot. A great view and a bit of metric history. What a combination! Tibidabo As you wander around the city of Barcelona and explore the other high bits that I've mentioned here, you will notice in the distance a large hill with a big church sitting on the top. This is Tibidabo, the largest hill that looks over Barcelona, rising to a rather impressive half a kilometre above sea level. Perched atop this hill are all kinds of things, including the Temple de Sagrat Cor, an amusement park, and an absolutely enormous telecommunications tower. You can go up the latter for even more staggering views, but that's not free. Getting to the top of the Tibidabo can be achieved on foot, making it free, but if you're short on time, or not feeling up to it, you can drive, take the bus, or hop on the funicular railway. You can see the communications tower and church in the next photo which is taken from the: Roof of Las Arenas We stumbled across this location quite by accident when heading to Barcelona's Magic Fountain. A city with a magic fountain! What's not to love? Anyway, Las Arenas is a large circular shopping mall just near the Magic Fountain. This probably doesn't sound too exciting, until you realise that it has been transformed from what was once Barcelona's famous bull fighting stadium, also known as Las Arenas. When bull fighting fell out of favour in this corner of Spain, the building became somewhat derelict, until its recent revival as a shopping mall. Its entire roof is a circular promenade, upon which you can wander to your hearts content, gazing across such sights as Montjuic Hill, the Magic Fountain, the nearby Parc Joan Miro and the wonderful sky

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RDCK re-opens most of the Nelson Salmo Great Northern Trail The Regional District of Central Kootenay has given the okay for people to once again use the most of the Nelson Salmo Great Northern Trail. The trail is part of the former Great Northern Rail bed that was transformed into a bike, walking or running trail. The RDCK has now re-opened the trail from Salmo to Seloux Creek and from the Ravine Trestle to Troup. A small part of the trail remains closed from Seloux Bridge to Ravine Trestle due to construction. The previous closures were required to prevent encounters with Grizzly bears and a slide that occurred in the Spring at the Ravine Trestle location. The closure from Seloux Bridge to Ravine Trestle is due to the remediation work being completed on the Ravine Trestle. The closure will be intermittent throughout the months of July and August to accommodate Yellowhead Road & Bridge (Kootenay) Ltd. crews moving trucks and equipment within the trail section and construction of the trestle. It is anticipated that the Ravine trestle will be completed by early September.

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1. Every republic passes through several stages. The first of these is comprised in the early days of mad raging by the blind mob, tossed hither and thither, right and left: the second is demagogy from which is born anarchy, and that leads inevitably to despotism - not any longer legal and overt, and therefore responsible despotism, but to unseen and secretly hidden, yet nevertheless sensibly felt despotism in the hands of some secret organization or other, whose acts are the more unscrupulous inasmuch as it works behind a screen, behind the backs of all sorts of agents, the changing of whom not only does not injuriously affect but actually aids the secret force by saving it, thanks to continual changes, from the necessity of expanding its resources on the rewarding of long services. 2. Who and what is in a position to overthrow an invisible force? And this is precisely what our force is. GENTILE masonry blindly serves as a screen for us and our objects, but the plan of action of our force, even its very abiding-place, remains for the whole people an unknown mystery. WE SHALL DESTROY GOD 3. But even freedom might be harmless and have its place in the State economy without injury to the well-being of the peoples if it rested upon the foundation of faith in God, upon the brotherhood of humanity, unconnected with the conception of equality, which is negatived by the very laws of creation, for they have established subordination. With such a faith as this a people might be governed by a wardship of parishes, and would walk contentedly and humbly under the guiding hand of its spiritual pastor submitting to the dispositions of God upon earth. This is the reason why IT IS INDISPENSABLE FOR US TO UNDERMINE ALL FAITH, TO TEAR OUT OF THE MIND OF THE "GOYIM" THE VERY PRINCIPLE OF GOD-HEAD AND THE SPIRIT, AND TO PUT IN ITS PLACE ARITHMETICAL CALCULATIONS AND MATERIAL NEEDS. 4. In order to give the GOYIM no time to think and take note, their minds must be diverted towards industry and trade. Thus, all the nations will be swallowed up in the pursuit of gain and in the race for it will not take note of their common foe. But again, in order that freedom may once for all disintegrate and ruin the communities of the GOYIM, we must put industry on a speculative basis: the result of this will be that what is withdrawn from the land by industry will slip through the hands and pass into speculation, that is, to our classes. 5. The intensified struggle for superiority and shocks delivered to economic life will create, nay, have already created, disenchanted, cold and heartless communities. Such communities will foster a strong aversion towards the higher political and towards religion. Their only guide is gain, that is Gold, which they will erect into a veritable cult, for the sake of those material delights which it can give. Then will the hour strike when, not for the sake of attaining the good, not even to win wealth, but solely out of hatred towards the privileged, the lower classes of the GOYIM will follow our lead against our rivals for power, the intellectuals of the GOYIM. 1. What form of administrative rule can be given to communities in which corruption has penetrated everywhere, communities where riches are attained only by the clever surprise tactics of semi-swindling tricks; where loseness reigns: where morality is maintained by penal measures and harsh laws but not by voluntarily accepted principles: where the feelings towards faith and country are obligated by cosmopolitan convictions? What form of rule is to be given to these communities if not that despotism which I shall describe to you later? We shall create an intensified centralization of government in order to grip in our hands all the forces of the community. We shall regulate mechanically all the actions of the political life of our subjects by new laws. These laws will withdraw one by one all the indulgences and liberties which have been permitted by the GOYIM, and our kingdom will be distinguished by a despotism of such magnificent proportions as to be at any moment and in every place in a position to wipe out any GOYIM who oppose us by deed or word. 2. We shall be told that such

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How Do I Take Care Of New Tattoo You can take care of newly installed tattoo by maintaining the bandage on for at-least 2 hours after the work on it is complete. After the area has cooled, wash the area with water and a drop of mild antibiotic soap. Finally, apply anti-biotic based petroleum on the area till the tattoo heals. The tattooed skin will be extremely dry, so you will want to apply a cream to it about two to three times per day, maybe more depending on the dryness. Using a moisturizer that contains Vitamin E is most effective. You could also use Neosporin or A & answers.ask.com To care for a tattoo you should apply some antibiotic ointment over the tattoo and bandage it. Take off the bandage after 2 hours and wipe off any blood or fluid and reapply the ointment without the bandage. Consult with a licensed specialist for mor answers.ask.com For a new tattoo, keep it clean by washing with a mild soap and putting a thin layer of A & D ointment on it until it heals. Once it is healed, always put sunscreen on your tattoo to help keep it from fading in the sun. answers.ask.com A new tattoo should be covered with something like A & D Ointment. Make sure you cover that with a bandage for at least 24 hours. Keep the tattoo dry and out of the sun to keep it from fading. answers.ask.com

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Sydney Morning Herald chief political correspondent THE former prime minister and foreign affairs minister, Kevin Rudd, says it would be preferable if the pressures of capitalism pushed China to become a democracy but warned it would be foolish to base short-term foreign policy settings on this assumption. And unless the ''collective West'' paid sufficient heed to the rise of China, it risked the emergence by default of a new global and regional order ''that may turn out to be deeply inimical to western values and interests''. In a lecture to the University of Toronto, Canada, Mr Rudd said sooner rather than later communist China would become the world's largest economy and unless the world managed its rise diligently and peacefully, the consequences could be dire. ''Allowing political, ideological or foreign policy confrontation to drift into armed conflict or, worse, to degenerate into full-scale war in the Pacific between China and the United States would simply be unconscionable for us all, in terms of the human and economic cost for the peoples of the world.'' Advertisement Mr Rudd said managing the rise of China in the absence of it embracing democracy would require the highest levels of political engagement and thoughtful diplomacy the world had seen since the end of the Cold War. ''And then, should China, through its own national means, choose to become a democracy, all the better,'' he said. ''But to predicate our diplomacy in the immediate period ahead on such an assumption would be foolish indeed.'' Mr Rudd, these days a backbencher but with his eyes on a return to the Labor leadership, said China's nine-member ruling Politburo would struggle, but cope, with the pressures of capitalism. These pressures included sustaining 8 per cent economic growth as the global economy faltered, managing the demands of a rising middle class ''with greater aspirations for individual freedoms'', trying to control a ''restive'' media and an ''explosive social media which increasingly defies central political control'', and the ''politics of inequality in a communists state''. Mr Rudd said many analysts believed China's leadership was poorly structured to deal with these burgeoning pressures because it was caught in a bind by having no option but to keep delivering the necessary reforms to promote growth. ''The Faustian contract between the party and the people is threatened if the party fails to deliver the continued economic growth that only these reforms can deliver,'' he said. ''Whereas if the party proceeds to implement these reforms, it is also signing its own political death warrant, albeit over a longer period of time.'' Mr Rudd said he did not agree with this analysis because it underestimates the incoming Chinese president, Xi Jinping, and ignores all that China has achieved economically over the past 30 years under a communist regime. ''The only proper assumption we should have, based on China's experience of the last 30 years, it that it will continue creatively to overcome the obstacles it faces,'' he said. Mr Rudd said it was the role of western nations to nudge China towards political reform by ''continuing to work with liberalising elements within the Chinese system''. A high-ranking Australian embassy official had a secret affair with a Vietnamese spy colonel accused of receiving up to $20 million in suspected bribes from a subsidiary of the Reserve Bank of Australia. Police are investigating a string of top Australian horse-racing figures, including champion jockey Danny Nikolic (pictured), for alleged race fixing in what is shaping as the biggest corruption scandal to hit the sport in decades.

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The Power of a Good Jedi Master Mentor I remember, as a Sales Manager, sitting in my office one day thinking that I may put my head through the wall if I don't change my life. I was making over six-figures, went on nice company paid-for vacations, drove a nice car, lived in a nice house, had enough money to live ... but I was pissed off with myself. Just felt like I wasn't living to my full potential. I had been studying sales, marketing for about 7 years pretty intensely and felt there was more out in the world for me. I read tons and tons of books and listened to countless audio programs in my car. Everything that was supposed to be helping me was making me more frustrated ... if that makes any sense. It was as if the more I learned ... the more I got more frustrated. I felt like I wasn't taking advantage of the all the opportunities I knew were out there. I'm sure you've been in the same place at some point. Then, somehow, the universe gave me a little push. I was reading a marketing newsletter and stumbled into a guy in the U.S. who was helping investors buy properties and he had made a business out of it. Within 24hrs I was on the phone with him. Within 7 days Nick and I decided to spend tens of thousands of dollars to buy some of his business processes off of him -- without meeting him in person or seeing any real proof of success. It just "felt" right. Crazy? Yeah, probably. Within another 7 days we were in a car driving to the U.S. to visit him. Three months later we were in business for ourselves. One month after that we signed up our first client. Nine months later I quit my six-figure job. I've never been happier. But you know what the biggest key to everything has been? During that first year this gentleman we stumbled into in the U.S. acted as a mentor for us. Each week he would fax us some of the things he was working on in his own business. It's as if we were able to spy on what he was doing and them implement similar processes in our own business. We can't tell you have valuable that was during our first 24 months on our own. Priceless. At the same time my brother-in-law had started his own business about 3 years earlier. During each family gathering I was able to pick his brain on hiring, cash flow management, processes, relationship building. His process for getting new business. Priceless. He was, and still is, a huge help. Also at the same time another friend of mine sold his business, which he started about six years earlier, for multiple seven figures. Talking to him was also a huge eye-opener. He explained valuations, accounting styles, corporate structures. Priceless. Next, we paid about $10,000 a year for the first few years to go to conferences in the U.S. where other business owners shared their sales and marketing strategies. Networking in the hallways with other beginner entrepreneurs was huge for us. Often someone would make one tiny comment ... one little thing that meant nothing to them at that point .... about how they managed their business or how they dealt with the bank, or how they acquired new customers. And that little comment would end up being worth thousands and thousands to us. At one of these conferences a financial planner once shared the process for attracting new clients to his business -- we quickly implemented the same thing and it's been worth millions of dollars in revenues to us -- seriously. We were out there looking for help and each of these people showed up in our lives. Whether each of these people knew it or not ... they acted as mentors for us. They were our personal Jedi Masters. And without them we may not have gotten off the ground. Looking back over the last six years .... good Mentors ... have been invaluable to us. Today, if my own son or daughter came up to me and asked for the single best piece of business advice I could give it would be this... Find someone who is doing what you want to do and learn from them. Meet with them. Talk to them. Watch them. Watch what they say. Watch what they do. Watch what they don't do. Finding a good mentor is a HUGE shortcut to success. They've already made tons of mistakes. They can save you both time and money. And don't be cheap about it. We still have many mentors. One of ours we paid $22,000 this year to meet with twice. Yup, two meetings. Sometimes you need to pay

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William Lyon MacKenzie arrived from Scotland in Upper Canada in 1820. In May of 1824 he started his career in political journalism when he published a newspaper called the Colonial Advocate, which was a growing voice for the reform movement. Wanting to be closer to the provincial parliament, he moved the paper to York in the fall of 1824. MacKenzie was elected to the House of Assembly for the York riding and was kicked out numerous times after his verbal attacks on the "Family Compact", but his constituents kept returning him to the riding. His views made him a target for libel suites, threats, physical attacks and attacks to his newspaper establishment. In 1834, his reform colleagues elected him the first mayor of Toronto, which was the first mayor in the Province of Ontario. He became mayor with a population of approximately 10,000 people with the Town Hall at the St. Lawrence Market Complex, on the corner of Front and Jarvis Streets. The building was the Town Hall from 1834 to 1844 when it became too small and a new Town Hall was built at the corner of King and Jarvis Streets. MacKenzie led a divided council after elections were contested. During his short time as mayor he and council adopted the design for the coat of arms and the civic motto "Industry, Intelligence, Integrity". He was responsible for hiring civic officials like the City Clerk, City Chamberlain and the Clerk of the Market. As mayor he presided over the Mayors court once every three months and attended to the police office to deal with petty cases. He also was responsible for reducing his own salary from 250 pounds to 100 pounds. During the summer of 1834, a cholera epidemic hit Toronto and he assisted people that were affected with cholera until he became ill himself. He chose not to serve a 2nd term as Mayor and started to pursue reform in the province. He was elected to the provincial parliament in the fall of 1834. In December 1837, MacKenzie led an unsuccessful armed revolt, which led to the collapse of his rebellion and his need to escape to the United States. In the States he worked for the "Liberation of Upper Canadians" until he was jailed for 18 months for breach of the neutrality laws. During the next 10 years he was exiled in the United States, he worked for the New York Tribune and wrote several books. In 1849 he was pardoned by the Canadian government and returned to Canada. He served in the assembly of the Province of Canada, while still a journalist, until he retired in 1857.

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Synopsis At the school where Edward Enderby taught for over forty years, there were few who knew he'd once been a successful fighter pilot during the war.It was not something he ever talked about -- not even to his family. And for over half a century he had, for the most part, managed to put the memories of those years out of his mind. But fifty years on, he is alone -- a widower -- with a strained relationship with his only son, and a career behind him that has brought him respect but little affection.In 1995, Britain is celebrating the anniversary of the end of the war, and Edward finds himself forced to confront the tragedy he suffered during those years. Embarking on a journey of self-discovery and personal redemption, Edward travels from England to Malta and then to Italy, and in doing so comes face-to-face with the idealistic young man he once was, and the devastated and traumatised 23-year-old he was to become.Following his experiences over the skies of England in 1941, through the dark days of the Siege of Malta, to the partisan struggle in Italy, A Pair of Silver Wings is a story of friendship, love and the terrible legacy of war, exploring universal themes of grief and redemption, and one man's quest to heal the scars of the past.

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Is It Well Over 30% As Some Want To Say? I know I have been away from posting for quite some time. The last year and a half have been extremely busy at FilmProfit. And this spring and summer, I call the Indie Spring! I hope it means well for all of you, and all of your projects. I hope to be posting more here and more often. Thanks for coming by to read this! I have lately been seeing reports from various folks who comment on the indie film sector, who have wanted to peg the indie portion of the box office at or over 30% year over year for nearly the last ten years. In one case, I saw a chart under a headline that touted indie strength, and the chart showed every year the indie portion of box office in North America at over thirty, with some coming in at closer to 40%. Now, for the life of me, I cannot find any numbers that would support this. Those of you who know me know I don't like to just talk off the top of my head, and even when I "gut-feel" something like this, I like to stop and check it out, not just blurt out "wait a dang minute, here..." So, wait a dang minute here! I went back and did some investigation, to see how it could be that these high numbers were being quoted. I kind of started in the middle, in 2005. Box office total that year for North America, was $8.82 billion, of which, some $40 million was 3D (likely mostly IMAX-style offerings). The total of films released that year was 549, of which 194 were MPAA member releases. Those MPAA member releases brought in an average of $37.3m per film [unless somebody at the MPAA is just flat out lying, which I highly doubt], or $7.236 billion, of the total $8.78 billion (non-3D) in box office. This equated to an MPAA portion of approximately 83% of the (non-3D) box office. So, if the studio films captured 83% of the box office, then how do we get a balance of 30% available to independent films? And, in the other chart touting 30+%, MPAA was cited as a source, so I am comparing apples to apples here. In 2004, just to go a little bit further, $9.54 billion in box office (according to 2005 MPAA; while 2008 MPAA says $9.2), with 198 titles belonging to the MPAA companies, each averaging some $34.6 million in box office, for an MPAA total of $6,850,800,000, or 72% (approx.) of the box office. Now, this was the year in which one independent film, The Passion of the Christ, accounted for $370 million in ticket sales. So, of the $2.69 billion that could be attributed to independent films, 13% or so, went to one independent film, leaving $2.32 billion for the remaining 321 films. If we exclude Passion of the Christ from the calculation, independent films only account for about 24% of box office for 2004, and even if we include Passion of the Christ in the calculation, independent films still only account for about 28% of box office for 2004. This is as close as I have seen it get to a 30% of box office attributable to indie films. Now, it is possible to find interesting ways to allocate indie films, and that could result in an argument going round and round about this, but the way I have done it here, and verifiable, is very arguably the natural way. In relation to the figures claimed by some to be in the 30's of percent, and to mine, which calculate out to the mid to upper 20's of percent, I also came across an article from Time Magazine. In November of 2009, Erin Davies said: "From 2001 to 2005 independent film made up around 25% of the total domestic-box-office gross. That percentage has dropped to 18% for [the] year-to-date [in Nov. of] 2009." I can't verify this statement by Davies, but it accords much more readily with all of the other evidence around the indie film business, discussion among distributors, and more. So, it would not surprise me at all. But what is my big point here, after all this calculating, and researching and noodling? The independent film business will not solidify its reputation with investors by feeding its cohorts and investors information that is not based on the real marketplace. A real business plan has to be based on real information, and a plan to make that information work for you. I would never counsel

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A pulse-pounding thriller by #1 New York Times bestselling phenomenon Vince Flynn, as Mitch Rapp heads to Afghanistan to track down a missing CIA agent. The four dead guards didn't concern Mitch Rapp as much as the absence of the man they'd been paid to protect. Joe Rickman wasn't just another foot soldier. For the last eight years Rickman had ran the CIA's clandestine operations in Afghanistan. It was a murky job that involved working with virtually every disreputable figure in the Islamic Republic. More than a quarter billion dollars in cash had passed through Rickman's hands during his tenure as the master of black ops and no one with a shred of sense wanted to know the details of how that money had been spent. At first glance it looks as if Rickman has been kidnapped, but Rapp knows certain things about his old friend that cause him to wonder if something more disturbing isn't afoot. Irene Kennedy, the director of the CIA, has ordered Rapp to find Rickman at all costs. Rapp must navigate the ever-shifting landscape of Afghanistan as the Taliban, Iranians, Pakistanis and Russians all plot to claim their piece of the war torn state. With Afghanistan crumbling around him, Rapp must be as ruthless as his enemies and as deceitful as people in his own government if he has any hopes of completing his mission.

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Want to stay in touch with elephant? Get 10 free articles a week: subscribe free to our Best of the Week newsletter or get our popular Daily Wake Up Call . Together, we can make mindful independent reader-created media powerful! I used to have a pretty hard core addiction. One as soon as I got up. Then, another an hour or two later. Sometimes I'd try to wait awhile before having another one, but usually by three p.m. I'd have more. And then around dinner time. Depending on my night, I'd have some more in the evening. If I had to stay up late, sometimes I'd have a few more after that. All through my 20s I was a Diet Coke addict. Sometimes, I'd stray and have a Diet Dr. Pepper, but usually returned to my first love. It started towards the end of high school. I was doing the typical four college girl food groups: Diet Coke, salad, M & M's and Marlboro Lights. I knew smoking was bad (and I quit that before the soda) but seemed to always find ways to justify the diet soda. "At least it's not full of sugar" (Actually, that might have been preferable to all the crap in the Diet Coke.) "It's less caffeine than coffee" (And more carcinogens...whee!) "Look, it's got water in it! It can't be all bad." Denial. Denial. Denial. You'd have to live under a rock these days not to know that soda is hazardous to your health, but in case you are still telling yourself that "diet soda isn't as bad" or "it's an acceptable vice" here are a few things you should know: If you are still drinking diet soda and just don't think you can kick it, 10 things that will help: 1. Start your day with water. When you start your day with something caffeinated and full of chemicals, you are starting off at a water deficit. The diuretic effect of the diet soda is kicking off your day by drying you out. 2. Substitute one diet soda a day (or whenever you normally have it) with flavored sparkling water or water with a little lemon or lime. 3. Try kombucha . Kombucha has the fizziness that many soda lovers crave, but instead of all the crap you get a huge boost of probiotics. 4. Take a 20 minute nap. If you normally rely on diet soda to recharge in the afternoon, consider taking a short nap and letting your adrenals recharge instead of continuing to tax them with extra caffeine and chemicals. 5. Find a favorite tea. Any herbal or regular tea that you like iced is a great substitute for diet soda. Tazo Passion is one of my favorites, it's sweet enough on its own and is great hot or cold. If you still want that fizziness, make it with less water and add some seltzer or sparkling water. 6. Buy yourself a great water bottle. If you have a water bottle that is aesthetically and ergonomically pleasing, you are more likely to use it. 7. Every time you would have stopped to buy a Diet Coke, stick that money aside. Buy yourself something fun at the end of the week -- like a big bouquet of flowers at the farmers' market! 8. Ask yourself what you actually want. Often times when we reach for food or drink, we are trying to moderate our current sensations and emotions instead of addressing real needs. Are you thirsty? Are you hungry? Are you tired? Are you bored? None of those things will be positively impacted by drinking diet soda. 9. Have an apple. The malic acid in an apple stimulates your metabolism and increases energy production. It's reported to have other health benefits such as boosting the immune system, helping rid the body of toxic metals and promoting smoother, healthier skin. Even if all it does is taste good, perk you up a bit and add a bit of fiber to your day, a mid-afternoon apple is a much better choice than a diet soda. 10. After a week of no soda, take a look at your skin. If all of the health risks haven't scared you off, maybe vanity will do the trick! One of the first things I noticed when I stopped drinking diet soda was that my skin looked healthier, rosier and had fewer fine lines. Take out the garbage and add in extra water

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Critics of social media like to focus on how much fake news gets circulated during events like Hurricane Sandy, but Twitter and other services are also quick to correct those kinds of reports, and have become part of an expanding ecosystem of real-time news. By now, most people have gotten used to the idea that Twitter becomes a kind of real-time newswire during events like Hurricane Sandy: a never-ending stream of news reports and photos, thanks in part to services like Instagram, and for some people at least a crucial lifeline of information during power outages. Can you believe everything you read during such an event? Clearly not, since there were innumerable false reports and fake photos circulating on Monday night. But what's interesting isn't that there was fake news -- it's how quickly those fakes were exposed and debunked , not just by Twitter users themselves but by an emerging ecosystem of blogs and social networks working together. In the not-so-distant past, CNN would have been the first place most people went for information about an event like Sandy, since it more or less invented real-time news for the television age. But if Twitter was criticized for distributing fake news reports, CNN didn't get away scot free on that front either: the news channel reported Monday night that the New York Stock Exchange was under three feet of water , but later had to retract that information when video evidence from the NYSE showed no water at all. It turned out that CNN had reported something that was mentioned in a National Weather Service discussion forum, without checking to see whether it was actually true. A half hour of CNN watching provides less information than reading a good set of Twitter feeds for 5 minutes. In many cases, coverage from CNN and other news channels amounted to reading reports from Twitter, and interviewing their own news reporters standing hip-deep in the water in places like Atlantic City or Battery Park. Meanwhile, Instagram was providing a much more effective real-time visual feed of the damage caused by the hurricane -- thanks in part to some innovative tools like Instacane , which pulled in photos of the storm automatically (the site was originally created to do the same thing during Hurricane Irene last year). Within minutes of a power substation exploding in Manhattan, the video was available on YouTube and was circulating through Twitter, as were other compelling scenes. Real-time verification of news via social networks Not surprisingly, many of the photos being shared the most were fakes -- some of which, like the shark swimming down what someone claimed was a street in New Jersey, were just being re-used from the last hurricane with a different name. But at the same time, Twitter users and journalists at several news outlets were busy sorting out what was real and what wasn't, using their social networks as a crowdsourcing tool. Alexis Madrigal and his team at The Atlantic , for example, quickly set up a blog Monday night to try and separate fact from fiction as far as the photos of Sandy's damage were concerned -- a blog that Madrigal called a "Insta-Snopes," as a tribute to the veteran rumor-debunking site Snopes.com. For each photo, the team tried to find the original source, or at least enough information about the shot to determine whether it was real or fake. In some cases, like the stranded carousel in Dumbo, the picture seemed almost too good to be true and yet turned out to be real . And the site put large "real" and "fake" logos on each, so that if they were shared it would be obvious what they were. As John Hermann of BuzzFeed pointed out in a post on his Tumblr blog (since BuzzFeed was still down due to the power outage), it's easy to focus on the fake news that gets circulated on Twitter during such events, but there is just as much reason to be optimistic about the speed with which it gets corrected. Some of those who saw the original fake report may not see the correction -- and Craig Silverman of Regret The Error has noted that the original tweet often travels much farther than any subsequent update -- but the fact is that it occurs, and often faster than mainstream news gets corrected. Twitter as a "self-cleaning oven" New Yorker writer Sasha Frere-Jones has described Twitter as a "self-cleaning oven" because of the way that it self-corrects when there is bad information, something media writer David Carr referred to during a recent debate in Toronto about the value of digital media compared to traditional media

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There Was A Famicom Game About The Leader Of The Soviet Union You expect, and will find, old games for the Famicom where you play as a soldier. Or a pilot. Or an athlete. What you don't expect, but what you'll find anyway, is a game starring the leader of the Union of Soviet Socialist Republics. This is Gorby's Pipeline , otherwise known as Gorby no Pipeline Daisakusen . If you couldn't tell by the birthmark on the cover star and the name of the game, the name of the game was to help Soviet President Mikhail Gorbachev lay water pipes across the breadth of the USSR. While the Russian setting seems slightly bizarre, it's not when you realise it was a fairly clever Tetris clone, only instead of falling blocks it had falling pipes, and instead of simply clearing lines you were linking pipes to move water, something that's harder than it sounds. Please enable JavaScript to watch this video. Gorby's Pipeline was cool because, for a Japanese game (developed by Puyo Pop creators Compile, incidentally) it took the whole Russian thing and just ran with it. It had the Soviet President on the cover. It had little kids in Russian dress. Between the nine stages was a map showing your progress literally laying pipes across the entire Soviet Union. Even the soundtrack had a Russian slant to it. It was also timely! Compile released the game on both the Famicom and MSX in 1991, just months before the December coup that would see the end not just of Gorbachev's short "reign" as leader of the USSR, but the demise of the Soviet Union itself. FUN FACT : Take a close look at the cover above, over Gorbachev's left shoulder. That's the Soviet's space shuttle, the Buran, which only made one flight before being scrapped . Total Recall is a look back at the history of video games through their characters, franchises, developers and trends. I would have thought that Boris Yeltsan would have been a better candidate for a game, imagine a kinect dance/drinking game.The Buran space shuttle was pretty cool it was fully automated the soviets had their own version of the concord to. Pity bout that Soviet space shuttle. Space is really starting to become a "chuck in the bin once used" affair these days. I mean, it technically doesn't matter since by the time we run out of resources for these sorts of things we'll be off the planet anyway, but never hurts to strive for better technology.

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This is the Show and the Show is Many Things This is the Show... is a fun palace, a rumpus room, a discount warehouse, a museum without walls, a wasteland and a Wunder-Kabinett of the marvellous and the inconsequential. Many of the works are being made, unmade, adapted and changed by the participants while the show is running. Nothing is labelled and the galleries are a confusing mixture of work areas, incomplete installations, storage spaces, spontaneous liaisons and those petty acts of aesthetic terrorism which probably seemed like a good idea at the time. There are many, many things here alright, too many things. The aim of the show is to present a series of ongoing 'conversations' between its 13 participants. Louise Bourgeois didn't show up, but sent drawings of spiders and a magnificent, haunting, sculpture of a nest of gigantic arachnids. The other artists have largely opted for doing their weird stuff in situ, and several of them were hanging around in studious inactivity as I wandered through. Apparently most of the action takes place after lights-out. The whole show, anyhow, takes place in the twilight of Luc Tuymans' lighting arrangement. By adjusting the translucence of the skylights he has restricted the natural daylight which normally floods in, casting the galleries in various shades of crepuscular gloom. The visitor enters through Fabrice Hybert's mock-up version of the hotel door in the Jaques Tati film, 'Mr Hulot's Holiday'. There's a plectrum fixed to the door where the catch should be, which strikes an amplified length of cello string when visitors enter and leave. Dong it goes, dong. What visitors to the adjacent exhibition of Gothic sculpture, or to the museum's permanent collection, which has been 'invaded' by one of Mark Manders' grimly alien figures, make of it, I don't know. Once through Hybert's door they are as likely to feel as bemused and mystified by the wacky world of modern art as Hulot was by everyday life. On my opening day visit, for example, Jason Rhoades, seemed to be spending his time moving truckloads of materials from one room to another, and amidst his chandlery of tools, toys, and lumber stood a motorbike leaking oil onto a metal tray. Whether this was meant as an exhibit or was just a way of doing a spot of handyman mechanics in between spasms of art-making was unclear. Rhoades has the kind of deranged mentality that can equate a Jacuzzi with the fountain in Jan van Eyck's Ghent altarpiece. Instead of the Mystic Lamb, though, we get lots of placards saying 'PORK', which seems to be one of the few words Rhoades can spell. Bart de Baere, the curator, takes a couple of bewildered critics on safari through the show. 'You can sit on this!', de Baere says, hunkering down on a bench which forms part of the work of Anne Decock; and 'You can take one of these!', offering us some pictures of children, which possibly form part of Uri Tzaig's 'Library'. But when he stopped a Swedish critic from pulling down a chair which hung temptingly from a counterbalanced arrangement of pulleys and strings It became clear that it was impossible to tell what you are allowed to play with and what you are not. de Baere patrolled the galleries like a primary school teacher on playground duty. Henrietta Lehtonen has re-sited the Museum cafe and designed the crockery, so this is art you can sit on and drink out of, but don't, whatever you do, muck about with Eran Schaerf's work station. The trouble with the hinterland between art and life is that you never know how to behave. The liberated space of the museum-as-playpen is a world as regulated as any other, a repressive charade of freedom for artist and spectator alike. But there's liberalism for you. Stepping from one pile of rubbish to another, admiring the potted redwood trees and scrunched-up bits of paper, we followed a snaking length of string which wound its intermittent way between studio areas, works in progress, works broken

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Resistance to Slavery Until recently the history of the Transatlantic Slave Trade has largely ignored the role of the African people who resisted enslavement and fought to end slavery in various ways. The African freedom movement was active from the beginning of chattel slavery . Recent research has revealed the extent of this resistance, which took many forms, some individual, some collective. They resisted capture and imprisonment, attacked slave ships from the shore and engaged in shipboard revolts, fighting to free themselves and others. Sometimes pregnant women preferred abortion to bringing a child into slavery. On the plantations, resistance reduced profitability. Enslaved Africans tried to slow down the pace of work through pretending illness or breaking tools and they ran away whenever possible, escaping to South America, England or North America. Some escaped Africans, like the Maroons in Jamaica , formed guerrilla bands which attacked plantations. No matter what punishments were carried out, or how many harsh laws were passed to control them, enslaved Africans still rebelled. Many former slaves also worked with the abolitionists in Britain and elsewhere; you can read some of their stories in the abolitionists section. During the late 18th and early 19th centuries, the slave revolts grew bigger. Many enslaved people who rebelled were killed but, despite this, resistance to slavery continued in Africa, aboard the slave ships and in the Caribbean and Americas. They made it clear that if they were not set free, they would soon free themselves. In this section: You can find details of four rebellions as well as facts and figures about slave resistance on board the ships and on the plantations. Resistance on the Plantations On the plantations, many enslaved Africans tried to slow down the pace of work by pretending to be ill, causing fires or 'accidentally' breaking tools. Whenever possible, enslaved... Case Study 1: St. Domingue - The Rebellion Saint Domingue was controlled by the French and had the largest enslaved population in the Caribbean. It had a booming sugar industry that had created the world's richest colony, with half a... Case Study 4: Jamaica (1831) - The Rebellion There had been a number of rebellions by enslaved Africans on the island of Jamaica. Sixteen slave rebellions had taken place between 1655 and 1813. There were also major uprisings... Case Study 4: Jamaica (1831) - Samuel Sharpe Samuel Sharpe, was an enslaved person who fought for freedom by organising a general strike in Jamaica. He was born in Jamaica in 1801 and brought up in Montego Bay. He was...

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Related articles SYDNEY: Technology has come one step closer to helping disabled people perform more natural movements using a robotic limb, with the development of a new type of 'brain -- machine interface' by U.S. scientists. A brain -- machine interface (BMI) is a direct communication pathway between the brain and an external device, such as a robotic arm. This new approach, which used computer algorithms to decode electrical impulses in the brains of rhesus monkeys, is the first of its kind that could enable users to plan and perform a series of sequential movements naturally. "This is different from BMIs used thus far, which require users to plan and execute each element of the sequential movement one at a time. In such BMIs, for example, the user cannot plan the second letter of a word before typing the first letter," explained Ziv Williams, professor of neurosurgery at Massachussets General Hospital in Boston, USA, and co-author of the study, published in Nature Neuroscience . "Development of this new BMI implies that it may be possible, in principle, for patients to plan and perform sequential movements as they would do naturally, for example typing the full planned series of letters in a word," he said. New functional brain structure revealed Williams and colleagues recorded the electrical impulses from the brains of rhesus monkeys trained to remember a sequence of two locations on a computer screen and, after a short pause, move the cursor to those locations. They found that the two movements could be decoded, using computer algorithms, from separate, small groups of neurones in the premotor cortex -- a part of the brain involved in planning and executing limb movements. "Our results reveal a new functional structure within the premotor cortex that allowed for accurate and concurrent decoding of two planned motor targets across multiple spatial locations," the authors wrote in the paper. "Only a small number of neurones was sufficient to accurately predict the location of both targets, making the decoding of such information highly robust." The two distinct subpopulations of neurones allowed the two planned targets of the movement to be simultaneously held, without degradation, in the 'working' memory -- a brain system that provides temporary storage and real-time processing of the information necessary to perform complex tasks. Exploiting these mechanisms, the team then developed a BMI that could not only predict both of the intended movements simultaneously, but also drive the movements in real time alongside the monkey's motor response. Direct recordings of brain activity According to Geoffrey Goodhill, a computational neuroscientist at The University of Queensland, Australia, the ability to use direct measurements of brain activity to drive movements of a prosthetic limb is a critical aid to people who are paralysed. "This paper takes an important step beyond previous work by showing that it's possible to decode a sequence of intended movements from direct recordings of neural activity, not just a single movement," said Goodhill, who was not involved in the study. "Overall it's a great example of how experiments on animals, combined with sophisticated mathematical modelling, can yield real insight into a problem of significant medical relevance," he said. "Plenty more work to be done" Williams said the new design could also lead to the development of BMIs that can analyse intended movements before executing them -- therefore enabling a robotic limb to perform the movements more effectively. "For example, it may also be able to type the word faster or remove spelling mistakes before typing," he said. Williams added that the next step would be to further examine how the new BMI can be used to perform more fluid and accurate sequential movements using a robotic limb, and to test the design on human patients. According to Goodhill, however, "there is still plenty more work to be done". "The decoder only correctly predicted the intended movement 50 -- 80% of the time. This was much better than chance, but certainly not good enough to, for instance, type fluently on a keyboard," he said. More information Readers' comments This is an important improvement in helping some disabled individuals but the list below should be given thought appropriately on the way forward. - How is it powered and what are the effects of the power on the brain cells.example, does it generate heat. - Are there no ways of making it close to what happens

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Cut the pancetta slices in half and cook in a non-stick frying pan over a medium-high heat until the fat runs and the pancetta browns and crisps. Scoop out on to a plate and keep to one side. Cut each scallop into two discs and pat dry on kitchen paper. Cook in the pan with the pancetta fat for a couple of minutes on each side, until browned. Lift them on to the pancetta plate. Add the leeks to the pan and cook in the last of the scallop and pancetta juices until soft. Add the peas and cook, stirring, until the peas are hot through. Stir in most of the dill, then taste and season with salt and pepper. Put the rocket in the middle of a plate and arrange the scallops around. Mound the leeks on top of the rocket and lay the pancetta pieces on top. Scatter with a few fronds of dill and eat straight away. 2. Green beans, spring onions and chicken liver with a soy dressing Even liver-haters have been known to enjoy this, a tiny amount enriching the salad of beans rather than overwhelming it. It's a huge amount of beans (I'm assuming you will be famished) but you could halve the quantity and double the liver if you are an offal fan. Boys' perk: a slice of pancetta, cooked as in the scallops recipe, or 40g more liver. Ingredients 300g green beans (75 cals) 50g chicken liver (that's about 1 whole liver) (58 cals) tsp olive oil (10 cals) 4 thin spring onions, thinly sliced (40g) (13 cals) Dressing: 1 tbsp soy sauce (10 cals) 1 tsp olive oil (40 cals) tsp wine or cider vinegar (0 cals) a few drops of chilli sauce (optional) Total: 206 calories Steam the green beans until just done then cool under the tap. Check the liver for any white membranes or greenish spots and cut them out. Preheat the grill. Run the liver over with the tsp olive oil. Spread out the lobes of the liver and grill it for about two minutes on each side until lightly browned. Leave to cool. Mix the dressing ingredients. Toss the beans and spring onion in the dressing. Thinly slice the liver (a ceramic knife is the best implement) and mix through the salad. 3. Griddled courgettes with feta, lemon, mint, puy lentils Puy lentils make this salad satisfyingly filling, while the flavours come from the smoky grilled courgettes, fragrant lemon zest and mint, and salt-sour feta. 1 tbsp raw lentils will be enough, if you are cooking your own, or use a tin. Keep the rest for a non-fast day, to eat mixed with chopped herbs and olive oil with meat or fish, or freeze them. Boys' perk: extra 20g feta cheese. ingredients 500g courgettes, the smallest you can find (90 cals) 30g feta cheese (83 cals) 15 mint leaves (1 cal) 1 tsp olive oil (40 cals) 30g (2 rounded tbsp) cooked puy lentils (35 cals) lemon zest (1 cal) Total 250 cals Cut the courgettes into long, cm wide slices. Mix with the oil and a pinch of salt. Heat a ridged griddle until smoking, then cook the courgette slices, turning once, until striped with dark brown on both sides. You will probably have to do this in at least two batches. Transfer the courgettes to a bowl and mix with the lemon zest, feta and lentils. Just before serving, mix through the ripped mint leaves. If the feta is more salty than sharp, you may want to squeeze over a little lemon juice. 4. Roasted shallot, aubergine and cumin filo tart Boys' perk: use two sheets of filo, one on top of the other Ingredients 200g small shallots (not the large "banana" shallots) (40 cals) 1 tsp olive oil (40 cals) 1 tsp cumin seed (1 cal) a 300g aubergine (45 cals) 200g baby plum tomatoes (34 cals) a small clove of garlic, crushed (3

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Is iOS 5 starting to feel a bit stale? Apple's latest mobile operating system is now nearly a year old, which means it's nearly time to make the jump to the next iteration, just as Android settles into the slump between Ice Cream Sandwich and Android 5.0 . Good news for Apple fans then: an event invite may have just revealed the launch date of iOS 6 . What should it have baked in? Read our suggestions after the break... An announcement has just dropped into our inboxes: Apple's Worldwide Developer Conference (WWDC) 2012 will take place between June 11th and June 15th. The event, which last year marked the launch of iOS 5, is an invitation for developers to "explore the latest innovations, features and capabilities of iOS." Now, to us, that spells iOS 6 . In the spirit of getting excited, we've drummed up a list of improvements that we think iOS 6 should include. Are you paying attention, Apple? 1. Quicker WiFi access If you've had any dealings with Android , you'll know that it's far easier to switch the WiFi on and off on Google's mobile platform than it is on iOS . It's a real bugbear. What's most annoying is it seems to be a relatively quick fix. Apple could either dunk your WiFi (and hell -- while we're at it -- Bluetooth and Airplane setings) into the drop-down Notification Centre , or neatly place it under the Splotlight search to the left of the iOS homescreen . Bosh. 2. Split-screen multitasking This might not be of much use on the diddly iPhone screen, but the iPad's crying out for some way to multi-task that's akin to Windows 7's 'snapped' windows . Why? Because it's all well and good having the ability to watch the football through the Sky Go app, but if you're doing that you're kind of locked in. We'd like to see a sort of 'top-and-bottom screen' approach, where you can have your Netflix movie or Sky Sports running on top, and have Safari or Facebook running underneath. Makes sense, and we doubt it'd muddle up the otherwise simple OS too much. Where is she? Ok, Ok; we can kind of see Apple's reasoning on this. The usage model for Siri on a tablet computer is a lot more complex and in depth than on a phone, which is probably why Apple's still-in-beta voice assistant isn't yet on the iPad, but you'd hope it'll arrive soon. If that happens, you can bet that Apple will open up the Siri API to every developer going, letting you basically run the whole operating system by having a conversation with it. As it stands, there's a way to go before Siri can make the jump from phone to computer assistant, but you can bet your bottom dollar that Apple's working on it. 4. Free turn-by-turn navigation Apple's probably been happy for the past few years to take its 30 percent slice off of app sales from the likes of TomTom and Navigon, but with Android and Windows Phone now offering so much in the way of navigation for absolutely nothing, it feels like something's coming. When Apple initially demoed the geotagging iPhoto for the iPad , it did so with a bespoke mapping solution -- not with Google Maps . Apple's bought a couple of mapping companies over the years, and the general theory is that its getting ready to untether itself from Google. Since day one of iOS, Apple's had to deal with an uneasy dependence on the big G for its mapping tech. While maps on iOS are called just that -- 'Maps' -- they are in fact handled by Google's technology, which these days has the added benefit of Street View. If Apple wants to offer free turn-by-turn satnav guidance in iOS, it needs to kick Google out of its operating system for good, which means a fully-featured, easy to understand (as in, not jarring) set of global maps. Will that happen in iOS 6? It's not unthinkable, but it'd be a shock. 5. Gesture-based controls FTW! Have you used the gesture controls on the iPad? Squeeze your fingers together like a fist to close an app, four fingers left and right swiped between apps -- as with the BlackBerry PlayBook -- and four fingers slid upwards reveals the multitasking tray. It all feels

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Pages Try Judo at Sheffield Judo Club Why Sheffield Judo Club? We teach real Kodokan Judo! Sheffield Judo Club is a family-run club and has a family-like atmosphere. Head instructors, Steven Sheffield (6th degree) and Aartje Sheffield (5th degree) are both former Sr. Canadian Judo Champions and are both NCCP level 3 Coaches (National Coaching Certification Program). Since it's inception in 1992, the club has helped athletes win dozens of medals in regional, provincial and national judo competitions. Sheffield Judo Club is a member of Judo Ontario, the Provincial Sport Organization which is affiliated with the Ministry of Culture and Sport. This is the REAL DEAL! Please browse our site and contact us with any questions! Try a class for FREE! Sunday, November 25, 2012 Sheffield Judoka at the 2012 Ontario Youth International On November 10th and 11th, Judo Ontario hosted the Ontario Youth International, a premier competition for youth. The competition saw competitors from Ontario, Quebec and the USA. Sheffield Judo Club in Stouffville was represented by five young athletes over the course of the two day tournament. Colleen Welch won a gold medal in the U18 +70 kg class and a silver medal in the U20 +78 kg class. Meaghan Jamieson place first in the U15 -45kg division, winning her matches handily. In the U13 boys, -30kg class, Will Hayes also finished his competition with a gold medal. Megan Peterkin finished with a silver medal in the U18, -63kg class and also placed 5th in the U20, -63kg division. In his first ever judo competition, Harry Harding was able to secure a bronze medal! Good job!

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The Cyclopedia of New Zealand [Otago & Southland Provincial Districts] Up To The Year Up To The Year 1861 there were only five Jewish residents with their families in Dunedin. But the gold discoveries of that year brought many newcomers, amongst whom there was a noticeable percentage of Jews. This change led to the establishment of a congregation and synagogue. With this object, fourteen gentlemen met at the house of Mr. H. E. Nathan in January, 1862, and pledged themselves to form a congregation. A committee was appointed to obtain subscriptions for preliminary expense; the congregation was formed and office-beareres were elected as follows: President, Hyam E. Nathan; treasurer, Henry Nathan; committee, Henry Hart, Benjamin L. Farjeon, R. da Costa, Ezekial Nathan, Abraham Myers, Issac Herman, and George Caspar. Mr. H. Joseph was secretary. Mr. Farjcon, who was manager of the Daily Times and Witness in the early sixties, afterwards became noted in England as a writer of popular novels and stories. A leasehold area in George Street, on which stood a small wooden building, was acquired, and this building, to which some necessary repairs were made, was the first Jewish synagogue in Dunedin. The membership was forty-three, and services were regularly conducted. The first couple united in the synagogue were Mr. Abraham Myers and Miss Ehrenfried, who were married in September, 1862. The scroll of the law was presented by Mr. H. E. Nathan, and a canopy by Mr. Myers, as an offering on his marriage. The scroll consists of the Pentateuch or the five books of Moses, in manuscript, in Hebrew character, written on the skin of a Kosher calf, by scribes, who are carefully trained for this occupation. The characters used are supposed to be identical with those employed by Moses, and are believed to be an accurate reproduction of the language of Moses. The Pentateuch is divided into fifty-two portions, one of which is read every Sunday; thus the whole is read in the course of one year. About 1863 steps were taken to acquire a more central site for a synagogue, and to obtain a minister. Mr. D. Isaacs, a layman, was appointed minister, and the first choice of a site for a synagogue was in View Street where the Congregational church now stands; but this was lost through a hitch in the negotiations. At a cost of 600 a site was secured in Moray Place. There a synagogue was erected at a cost of 1,850, and was opened for service in September, 1863. The building afterwards became the property of the Masonic body. The present site was purchased for 1000 in 1875, and on the 11th of November, 1880, the corner stone of the present building was laid by Mr. Maurice Joel, then president of the congregation. The synagogue is a handsome building of stone, and was erected at a cost of 4,830. The first minister was Mr. David Isaacs, a lay preacher, who was appointed on the formation of the congreagtion, and retired in 1864. From 1864 until the appointment of the Rev. Jacob Levy, in 1867, the duties of the synagogue were performed by Mr. Joseph Myers, Mr. Lazar, and Mr. Nathan. Mr. Levy resigned in 1874, and was succeeded in 1875 by the Rev. Bernard Lichtenstein, who filled the position until his death in 1892. For eighteen months afterwards there was no minister and the duties were performed by members of the congregation with the assistance, when necessary, of the Rev. A. T. Chodowski, then minister of Christchurch. The Rev. J. L. Harrison became minister in 1893, but resigned in 1897, and in April, 1898, the present minister was appointed. At present (January 1904) Mr. Julius Hyman, J.P., is President, Mr. M. Montague Heineman, Hon. Secretary, and Mr. Saul Solomon, B.A., Treasurer.

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Winners The GovHack Team along with our wonderful supporters and sponsors were thrilled to see over 40 projects submitted for GovHack 2012. We were blown away by the quality, the innovation, the pure unbridled awesomeness that emitted from both Canberra and Sydney throughout the 48 hours. Also amazing was the strong sense of comraderie that the teams shared. There was certainly some highly competitive teams but there was also a lot of sharing, mutual support, encouragement and general mutual appreciation for cool hacks. This was part of what made it such a pleasure for us to run such an event. Below are the winners and the highly commended entries for each major prize as well as the minor prizes awarded by the judges panel. The judges panel was made up of representatives of the major prize supporters, as well as half the govhack organisers, several mentors, and some sponsors. The judges put in a lot of thought and effort to get the best outcomes and as you can see if you browse through all the teams , it was an extremely difficult range of choices! Tomorrow you will be able to find the list of Highly Commended projects after the Winners below. We wanted to publish the winners but just need to sleep before doing all the highly commended Major Prize Winners Digital Humanities Category -- awarded by the National Archives of Australia Best use of the Archives data set - Canberra ($2500) History in ACTION by team History in ACTION - A website which gives Canberrans and visitors the opportunity to create their own personalised bus tour exploring Canberra's rich history. Best use of the Archives data set - Sydney ($2500) Photo Search by team Double Rainbows - These images are more than just pretty pictures; they reveal to us our history and identity; where we come from and what makes us Australian. Discover this country through its' history and through these awesome archive of images. Best overall Digital Humanities Award - unreliant on any particular data sets ($5000) A Day in the Life by team The Outsiders -- A Day in the Life aims to provide a personal connection with the archives and statistical data. Best use of Bureau of Meteorology data sets (temperature and rainfall) ($2500) WeatheredOak by team NullReference -- WeatheredOak is an API (advanced programming interface) for the ACORNSat historical weather. Best use of Geoscience Australia data sets ($2500) Safe Route by team The Hackeroos - Safe Route system helps users to monitor bush fires in their region, alerts them in case of emergency, assists with evacuation and allows users to notify Emergency Services if they need to be rescued. Best API development for government data sets on data.gov.au ($3000) WeatheredOak by team NullReference -- WeatheredOak is an API (advanced programming interface) for the ACORNSat historical weather. ($1800) SECOND PRIZE -- split between two: Photo Search by team Double Rainbows - These images are more than just pretty pictures; they reveal to us our history and identity; where we come from and what makes us Australian. Discover this country through its' history and through these awesome archive of images. ($600) A Day in the Life by team The Outsiders -- A Day in the Life aims to provide a personal connection with the archives and statistical data. ($600) Best Benefit to the ACT Community Award - unreliant on any particular data sets ($5000) History in ACTION by team History in ACTION - A website which gives Canberrans and visitors the opportunity to create their own personalised bus tour exploring Canberra's rich history. Honorary Mentions for this category include Route Me by team Timeless Traveller, Safe Route by team The Hackeroos and Walk My Way by team Lonesome Dove. Best Open Government Award - unreliant on any particular data sets ($2000) OpenBudget by team 2 Guys 1 App - TheOpenBudget is a two-fold project: a brand new open source data series for government expenditure by department and function, exportable in either .json or .csv; and an online visualisation tool to scour the data itself (which is live right now!). OpenBudget by team 2 Guys 1 App - TheOpenBudget is a two-fold project: a brand new open source data series for government expenditure by department and function, exportable in either .json or .csv; and an online visualisation tool to scour the data

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Had a bit of a panic attack this morning when I though about Liverpool FC without Stevie G. What are we going to do? He is a point of reference for this club, and I cannot see any other player who will take that mantle when he goes. Almost like losing the very heart and soul of our team. It is going to be a very different club when he leaves and I am not so sure it will be for the better. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ "I don't see it as courageous or brave, I just trust in my players," Brendan Rodgers (20-09-12) "Its not about the long ball or the short ball, its about the right ball." Bob Paisley Had a bit of a panic attack this morning when I though about Liverpool FC without Stevie G. What are we going to do? He is a point of reference for this club, and I cannot see any other player who will take that mantle when he goes. Almost like losing the very heart and soul of our team. It is going to be a very different club when he leaves and I am not so sure it will be for the better. I am sure it will be for the worse. Tbh, the club needs to do something sharpish, listening to people talk about this club of late, tells me just how low down the pecking order we are just now. It's wrong, because lots of clubs have jumped ahead by way of welathy owners, but ahead they are, and there they will stay untill we do something very special, or something very special happens to this club. Its like he's a different player when he's got the England Captain head on. I don't listen to him or pay any attention to him at all. Couldn't give a fuck about all the Ingerlund interview banalities and his thoughts on the shit he has around him for them. Looking at that squad though, its got to be the worst England squad ever put together? Really worried that he's going into this stupid friendly not 100% fit. Another reason why hodgson is an arsehole i think reaching the 100 cap mark is a big deal for steve. will he continue to be arsed to turn out for england now he has reached this milestone... \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ warning! this post may contain subtle amounts of cynicism, irony and sarcasm. this year i am trying to resurrect vintage humorous insults and will be using them in a non threatening retro stylee, you bell end. Id play him as a CF & get in a decent attacking mid & a forward in the tranny window... \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ warning! this post may contain subtle amounts of cynicism, irony and sarcasm. this year i am trying to resurrect vintage humorous insults and will be using them in a non threatening retro stylee, you bell end. Had a bit of a panic attack this morning when I though about Liverpool FC without Stevie G. What are we going to do ? He is a point of reference for this club, and I cannot see any other player who will take that mantle when he goes. Almost like losing the very heart and soul of our team. It is going to be a very different club when he leaves and I am not so sure it will be for the better. Stevie and Carra are long term servants to this club, living legends if you will (just like Kenny and Keegan etc) but the life goes on Kindly Hosted By DigitalWales Any posts remain the responsibility of the poster. Neither est1892, its Owners nor any company affiliated will be held responsible from any disputes arising from these posts. The views raised are not necessarily those held by the website or its owners.

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Director Benh Zeitlin's poverty-stricken tragi-drama, Beasts of the Southern Wild , is a bit of a beast itself -- by turn bold, audacious and unfathomable, a high-powered grab for hearts and minds that has gallivanted through 2012 festival circuits, collecting a storm of kudos and conversation. Zeitlin plonks audiences headfirst into 'The Bathtub', a poor Southern Delta community that looks like it's been hit by a hurricane chased by a tsunami chased by an earthquake. Six-year-old Hushpuppy (Quvenzhan Wallis) blithely wanders across it, talking to herself, the audience, her late ma, her cranky father, and conjuring the presence of large mythical-like animals. The film wanders with her, into crevices of loaded images and random vignettes, from grubby meals to viking funerals to a floating brothel that seems to have drifted in from the dystopian waters of Alfonso Cuarn's Children of Men (2006). Beasts of the Southern Wild maintains a frightening grasp of reality, tense situations and grim consequences mingled with a sort of quasi-spiritual existentialism. The film yanks heart strings but Zeitlin stands on the right side of emotional manipulation, though only just; sensitively handled sequences of confrontation, death and pathos have not entirely insulated him against accusations of " poverty porn ". The argument -- not quite fair, but perhaps inevitable given the fearlessness of Zeitlin's approach, the manner with which he submerges himself in these people's lives -- that he's embraced circumstance over characters and wallowed in the mire. Performances from a cast largely comprised of unprofessional actors are sometimes breathtakingly good, a fascinating turn from young'un Quvenzhan Wallis holding much of the dramatic weight in her little hands. Long, drifty and loosely connected scenes highlight structural issues but are mostly saved by the film's salt-of-the-earth grasp of location and spatiality. At the peak of its powers, Beasts of the Southern Wild goes well beyond the realms of the vivid or memorable, into a strange sister-world of anti-progress, where people find reason and satisfaction in poverty, or something very close to it. The water that surrounds citizens of The Bathtub seems to have washed out the material content of their lives, flooded them with a kind of reverse hope, a longing for things not to get better, or worse, but simply to "be." Beasts of the Southern Wild's Australian theatrical release date: September 13, 2012.

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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: Are we still naive to believe that we have money to spend? mojojojo101: Robson7Cantona: If you had 20k to spend on a new car would you go and buy an old banger from the local dodgy dealer claiming you could'nt find anything you liked that was good value for money or that all the best cars you looked at were way too expensive and that even though you could afford to spend 20k you thought buying and old one for 2k was the best way to go? No of course you would'nt and neither would SAF if he really did have the kind of cash Gill claims is there available to him especially when VDS, Neville, Giggs and Scholes all need replacing and we still have'nt replaced Ronaldo and Tevez properly. Actually I might depending on the cars available; Then I would have another 15-18k to spend on other stuff like a holiday, paying off my student loans, buying a new computer etc etc :D Re: Are we still naive to believe that we have money to spend? Robson7Cantona: The recent financial figures released show that we are still making a massive turnover but paying ridiculous amounts on loans and debt repayments for the Glazer family......money that could and should be being spent on strengthening the team on United calibre players not unknown kid after unknown kid on the cheap. David Gill said that we have around 160m in the bank and that there is ample cash available for SAF to buy quality players if and when he wants to......i just don't beleive a word of that sorry. If you had 20k to spend on a new car would you go and buy an old banger from the local dodgy dealer claiming you could'nt find anything you liked that was good value for money or that all the best cars you looked at were way too expensive and that even though you could afford to spend 20k you thought buying and old one for 2k was the best way to go? No of course you would'nt and neither would SAF if he really did have the kind of cash Gill claims is there available to him especially when VDS, Neville, Giggs and Scholes all need replacing and we still have'nt replaced Ronaldo and Tevez properly. Well said. As much as I want to believe Gill, I know we haven't got 160 million in the bank. No way. Re: Are we still naive to believe that we have money to spend? Robson7Cantona: If you had 20k to spend on a new car would you go and buy an old banger from the local dodgy dealer claiming you could'nt find anything you liked that was good value for money or that all the best cars you looked at were way too expensive and that even though you could afford to spend 20k you thought buying and old one for 2k was the best way to go? No of course you would'nt and neither would SAF if he really did have the kind of cash Gill claims is there available to him especially when VDS, Neville, Giggs and Scholes all need replacing and we still have'nt replaced Ronaldo and Tevez properly. Actually I might depending on the cars available; Then I would have another 15-18k to spend on other stuff like a holiday, paying off my student loans, buying a new computer etc etc :D Re: Are we still naive to believe that we have money to spend? The recent financial figures released show that we are still making a massive turnover but paying ridiculous amounts on loans and debt repayments for the Glazer family......money that could and should be being spent on strengthening the team on United calibre players not unknown kid after unknown kid on the cheap. David Gill said that we have around 160m in the bank and that there is ample cash available for SAF to buy quality players if and when he wants to......i just don't beleive a word of that sorry. If you had 20k to spend on a new car would you go and buy an old banger from the local dodgy dealer claiming you could'nt find anything you liked that was good value for money or that all the best cars you looked at were way too expensive and that even though you could afford to spend 20k you thought buying and old one for 2k was the best way to go? No of course you would'nt

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ABS Reports -- Men and Women are both Living Longer and Prospering 26 August 2011 Women are still living longer than men, but men are closing the gap, according to a new publication released by the Australian Bureau of Statistics (ABS) today. Over the last ten years life expectancy at birth has increased at a greater rate for men (by 3 years) than for women (by 2 years). However, women continue to have a higher life expectancy at birth (now 84 years for women and 79 years for men). The new publication, Gender Indicators , Australia , looks at the differences between males and females in the main areas of wellbeing such as economic security, education, work and family balance, health and safety and justice. Over the past ten years women have increased their participation in the labour force, while it has remained relatively stable for men. However women earn 11% less than men per hour, on average. Men and women also differ in how they spend their working time. While men and women both spend about the same amount of time working, whether in paid or unpaid work, men spend nearly double the amount of time than by women on employment related activities, women spend nearly double the time on unpaid work such as domestic activities, child care and voluntary work. The publication also shows that in 2010, more women aged 18-24 years (31%) than men (23%) were studying towards a qualification at Bachelor's degree or above. Men are more likely than women to have poor health risk factors, such as being overweight or obese (63% compared to 48% for women) or consuming alcohol at risky levels (15% compared to 12%). &gt;&gt;&gt;&gt;Read More about the top health conditions for men. Women are more likely than men to report high or very high levels of psychological stress (14% compared to 10%). &gt;&gt;&gt;&gt; Read More about the top health conditions for females. The first issue of Gender Indicators, Australia , a new six-monthly publication, presents data from a wide range of sources to reflect the roles of men and women in Australian society, and monitors the changes that have occurred over time in their wellbeing. To see the full range of indicators, and changes over time, see the full online product, Gender Indicators , Australia (cat. no. 4125.0) on the ABS website www.abs.gov.au While most adult Australians consider themselves to be healthy, levels of health actually differ among a variety of groups in Australia. The female population have specific areas of interest and concern when it comes to ... Read more So you eat the right foods, live an active lifestyle and avoid taking risks that might affect your health. But even if you have no family or personal history of serious illness you cannot be ... Read more

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Storyline A Victorian gentleman hopes to find his long-lost son, who vanished whilst searching for a mysterious Viking community in a volcanic valley somewhere in uncharted Arctic regions. The gentleman puts together an expedition team to go on the search, but when they reach their destination they must escape from some Viking descendants who will kill to keep their existence a secret. Written by Jonathon Dabell &lt;barnabyrudge@hotmail.com&gt; Technical Specs Runtime: Sound Mix: Color: Aspect Ratio: Did You Know? Trivia Despite Ivarsson's claim that the vikings speak old Norse, they actually speak modern Scandinavian. The vikings are played by Norwegian and Swedish actors who speak their native language. For instance, the Godi and Freya are Swedish; Freya's father and others are Norwegian. See more Goofs Continuity: The Hyperion's propellers are hand cranked men by men on the ground. When the entire ship is viewed at rest the propellers are nowhere near the ground. See more

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But I'd like to get to know you (Yes I would) But I'd like to get to know you (If I could) But I'd like to get to know you Finally I've found Searching all around Just was not the answer One I thought was true Looked a bit like you I figured I'd might chance her But I'd like to get to know you (Yes I would) But I'd like to get to know you (If I could) But I'd like to get to know you Hardly need to say She went on her way Said it was all over Well it's been some time And I guess that I'm just meant to be a Rover But I'd like to get to know you (Yes I would) Yes I'd like to get to know you (If I could) Well I can't promise that I'll spend a day with you I can't promise that I'll find a way with you I can't promise No, I can't promise that I'll love you But I'd like to get to know you (Yes I would) Yes I'd like to get to know you (If I could) I'd like to get to know you, know you, know I'd like to get to know you, know you, know I'd like to get to know you, know you, know Yes I'd like to get to know you, know you, know Spanky & Our Gang - Like To Get To Know You song words/lyrics from Other Songs A - S album cd are property & copyright of their owners & provided for educational purposes for free. Visit Spanky & Our Gang Lyrics page to find new songs, or use search.

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Can hyperlinks be libellous, or are they just mere footnotes? Defamation law can often be found dawdling behind technology, but a barely noticed judgement on hyperlinking may have moved things on a step or two. A question that remains to be resolved is whether a link to a web page that contains defamatory statements about someone is actionable. The high court's decision in the recent Spectator case looks at the hyperlinking question from another angle. Can the web pages a publisher links to inform the meaning of an article? The judge's task at this preliminary hearing was to decide whether the words complained about were capable of being understood by readers to refer to Islam Expo, an exhibition organiser; he held that since the Spectator mentioned Islam Expo by name that was clearly possible. However, he also suggested that the pages readers were taken to -- via links in the Spectator's piece -- should be treated as part of the article when the jury considers, at trial, whether it defamed Islam Expo. This approach extends the principle for print publications that statements must not be taken out of context . In defamation cases the whole publication is relevant for the purpose of deciding what an article means; it should be read in its entirety, even if it continues on another page, and passages and headlines shouldn't be read in isolation. As yet authorities on the subject of hyperlinking are few and far between and provide little guidance one way on the other. The case of Hird v Wood, decided more than a century ago, is often cited by legal commentators as applicable by analogy -- it featured a man who sat by the side of a road all day smoking a pipe and pointing to a placard on which a defamatory statement was written by an unknown author. The court of appeal decided that this conduct was tantamount to publishing the libel. The supreme court of British Columbia in Canada, using a different analogy, in a libel case brought by political activist Wayne Crookes, arrived at the converse conclusion . Hyperlinks are like footnotes, it said, they draw attention to other people's content, which readers may ignore and the publisher of the link is not liable for pointing in the direction of defamatory statements. The Spectator decision shines only a dim light on the question of whether a hyperlink is in itself actionable, but the judgement is significant because it acknowledges that when a defendant publisher has linked to someone else's web pages, that content may be treated as part of the whole publication when it comes to deciding what the words complained about mean. For that reason the case will be something of a double-edged sword for defendants in future: as likely to be used against publishers as well as by them in libel actions. Good point. Furthermore, the webpage which the hyperlink directs to may or may not have been libellous at the time of publishing of the original article, but may have been edited post publication. Can you be held responsible for something not yet written?. Anyway, this is all missing the elephant in the room; UK libel laws are ridiculous and unjust, and arguing about hyperlinks without reforming the whole issue is window dressing. I had cause to think about this professionally this week (for reasons I won't divulge). It depends on context, it seems to me. If a hyperlink on someone's name took one, say, to a Wikipedia page that contained most of the way down a contentious, libellous comment, it's hard to see that that makes the original piece defamatory. But there are hyperlinks and hyperlinks, aren't there? They can be used slightly sarcastically to undermine the apparently innocent meaning of a sentence by linking to far more inflammatory content. I'd have thought that was part of the overall experience of reading some pieces online and could give rise to a defamation claim. It's a bit unfair, incidentally, to say UK libel laws are ridiculous and unjust. I used to work as a journalist in Scotland and Scottish defamation laws hold far less terror for papers than English ones do. That's largely because judges, and not juries, decide damages. Jeffrey Archer-style payouts are off the agenda. Legal costs also seem to be lower there. That said, English libel awards are so high and the problems of proving anything so great that most defamation actions against Scottish publications are brought in English courts over the tiny numbers they sell in England.

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Foret Wins To Make It Kawasaki Two-From-Two WSS, Imola, Italy, 1 April 2012 Fabien Foret (Intermoto Step Kawasaki) secured the win at Imola despite pressure from behind in the final laps, making it two wins from two races in 2012 for the Ninja ZX-6R. This was Fabien?s14th career win, his third for Kawasaki, the second Kawasaki win of 2012 after the Australian victory of Kenan Sofuoglu (Kawasaki DeltaFin Lorenzini) meaning Kawasaki is leading the manufacturers? championship by 14 points. Kawasaki DeltaFin Lorenzini rider Sheridan Morais was also on course for a podium but fell at the final chicane while third, restarting to finish tenth. Kenan Sofuoglu had to use strong doses of painkillers to get into the grid but his injured left knee still caused him pain and some lack of movement. He too could have potentially won the race had he not run on while leading at the chicane opposite pitlane, be penalised with a ride through, then be disqualified for not coming into pit lane to serve his penalty. Foret?s team-mate Romain Lanusse was 13th and in the points in Imola. In the overall championship standings Fabien leads with 45 points, from Sam Lowes, who is 14 points behind. Sofuoglu is now third, on an unchanged 25, while Morais leaves Imola seventh, with 16 points. Fabien Foret: ?This is a good track for me, I love Italy and we have had a great start to the season. The team worked very hard for me and gave me an excellent bike. It has not been the easiest weekend and I was sixth in qualifying, but it ended very well for me, the team and all of us.? Sheridan Morais: ?I eventually lost the front and I was having a problem even when I was leading, because I made the same kind of mistake into the chicane and I there were about five or six laps where I kept running wide. That is where I crashed. I was basically struggling to stop for the chicane. I should maybe have calmed down a bit but I am here to win races, not here to finish third. I wanted to catch the two in front. I am trying hard and the only problem I was having for the race was stopping for the last chicane, otherwise the bike and the set-up were good.? Kenan Sofuoglu: ?In the race my plan was to make one lap see how my knee was and if I could continue I would continue. Before the race I had a lot of painkillers and I had less feelings on the bike. They final disqualified me because I had made a mistake at the chicane. They say if you make this mistake you have to go straight on, stop in that point, then restart. But it was impossible as I was into the corner, so I could not go straight. I think it is not fair because I was in first position, then dropped back to give four positions and two seconds away. But, I am not complaining, it is a decision from the organisation. I think I was maybe not fit enough to ride for the whole race in any case.?

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Fundamental attribution error In social psychology , the fundamental attribution error , also known as the correspondence bias or attribution effect , is people's tendency to place an undue emphasis on internal characteristics to explain someone else's behavior in a given situation, rather than considering external factors. It does not explain interpretations of one's own behavior, where situational factors are more easily recognized and can thus be taken into consideration. The flip side of this error is the actor–observer bias , in which people tend to overemphasize the role of a situation in their behaviors and underemphasize the role of their own personalities. As a simple example, consider a situation where Alice, a driver, is about to pass through an intersection. Her light turns green and she begins to accelerate, but another car drives through the red light and crosses in front of her. The fundamental attribution error may lead her to think that the driver of the other car was an unskilled or reckless driver. This will be an error if the other driver had a good reason for running the light, such as rushing a patient to the hospital. If this is the case and Alice had been driving the other car, she would have understood that the situation called for speed at the cost of safety, but when seeing it from the outside she was inclined to believe that the behavior of the other driver reflected their fundamental nature (having poor driving skills or a reckless attitude). The phrase was coined by Lee Ross [ 1 ] some years after a now classic experiment by Edward E. Jones and Victor Harris (1967). [ 2 ] Ross argued in a popular paper that the fundamental attribution error forms the conceptual bedrock for the field of social psychology . Jones wrote that he found Ross' phrase "overly provocative and somewhat misleading", and also joked: "Furthermore, I'm angry that I didn't think of it first." [ 3 ] Some psychologists, including Daniel Gilbert , have used the phrase "correspondence bias" for the fundamental attribution error. [ 3 ] Other psychologists have argued that the fundamental attribution error and correspondence bias are related but independent phenomena, with the former being a common explanation for the latter. [ 4 ] Jones and Harris hypothesized, based on the correspondent inference theory , that people would attribute apparently freely-chosen behaviors to disposition, and apparently chance-directed behaviors to situation. The hypothesis was confounded by the fundamental attribution error. [ 2 ] Subjects read essays for and against Fidel Castro , and were asked to rate the pro-Castro attitudes of the writers. When the subjects believed that the writers freely chose the positions they took (for or against Castro), they naturally rated the people who spoke in favor of Castro as having a more positive attitude towards Castro. However, contradicting Jones and Harris' initial hypothesis, when the subjects were told that the writer's positions were determined by a coin toss, they still rated writers who spoke in favor of Castro as having, on average, a more positive attitude towards Castro than those who spoke against him. In other words, the subjects were unable to properly see the influence of the situational constraints placed upon the writers; they could not refrain from attributing sincere belief to the writers. There is no universally accepted explanation for the fundamental attribution error. Here are several hypotheses of the causes of the error: Just-world phenomenon . The belief that people get what they deserve and deserve what they get, the concept of which was first theorized by Melvin J. Lerner (1977). [ 5 ] Attributing failures to dispositional causes rather than situational causes—which are unchangeable and uncontrollable—satisfies our need to believe that the world is fair and that we have control over our lives. We are motivated to see a just world because this reduces our perceived threats, [ 6 ] [ 7 ] gives us a sense of security, helps us find meaning in difficult and unsettling circumstances, and benefits us psychologically. [ 8 ] Unfortunately, the just-world hypothesis also results in a tendency for people to blame and disparage victims of an accident or a tragedy, such as rape [ 9 ] [ 10 ] and domestic abuse , [ 11 ] to reassure themselves of their insusceptibility to such events. People may even blame the victim's faults in a "past life" to pursue justification for their bad outcome

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How to get to Verona Verona is very well connected by road and rail and has an international airport. If you cannot find a suitable flight to Verona then try Milan (Linate) and Venice from where there are frequent rail connections to Verona. Here is some information on airports, airlines, rail, and car hire which may be of use. Airports Verona airport This is the most convenient and now there is a much better choice of flights from the UK by BA, Ryanair and (from 3 June 2011) Easyjet. Half hourly bus service to Verona rail station costs 4.5euros. Taxis 20-25euros into Verona town centre. So for 2 persons a taxi from the airport is about the same as getting the bus to the station and then a taxi from the station. Good choice of flights. Get a bus or taxi to Milan Centrale rail station from where there are tains to Verona approx hourly. Journey time approx 1hr30min. Cost approx 15euros. Milan's other airport (Malpensa) is a long way outside Milan. There is a shuttle train or bus service. By Train Verona is at the cross roads of the North/South Brenner to Rome line and the East/West Milan to Venice line and all trains stop there. So travel from anywhere in Europe is easy. The station is Verona Porta Nuova - use this when using online timetables and route planners. There are the usual car hire firms at the airports and railway stations. You can usually get a better deal by booking through your airline. We usually book online as and when we need a car rather than for the full stay as we find we don't need the car much at all.

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The Struggle for Land Rights A long and little recognised struggle The Aboriginal struggle to regain lands taken from them has a long history. Since 1846 when Aboriginal Tasmanians petitioned Queen Victoria, Indigenous people have been using the laws and the parliamentary system of government brought by the British in their attempts to regain land. Early voices In the south-east of the continent, where people had been pushed onto 'reserves' or 'missions' and then moved from one mission station to another, Aboriginal voices expressed outrage and grievance: Shadrach James, 1930: We are the descendants of the people you have unjustly disinherited of their land. We are at present - shame on the Governments of this land - landless and homeless wanderers. [ 1 ] William Cooper, 1933, from 'Petition to the King': It was not only a moral duty, but also a strict injunction included in the commission issued to those who came to people Australia that the original occupants and we, their heirs and successors, should be adequately cared for. Instead, our lands have been expropriated. [ 2 ] Mary Clarke, 1951, speaking of Framlingham in Victoria: The white people never thought of paying US rent for the whole country that they took from our ancestors. Leave us this tiny corner where our homes are. Why should we pay rent for it at all? We regard that little bit of land as ours still. [ 3 ] A challenge to the Australian state Campaigns for civil rights saw Indigenous Australians, who were technically citizens, though deprived of rights by state laws, being given access to the laws which protected the rights of settler Australians. Campaigns for land were fundamentally different, in that they questioned the very process by which the continent was settled, and which, in that process, dispossessed the original land holders. As Henry Reynolds reminds us: Despite all the evidence to the contrary, the law continued to insist that Australia was uninhabited, that no-one was in possession. Various jurists described the country as being 'waste and uninhabited', 'waste and unoccupied', 'desert and uninhabited', 'unpeopled'. [ 4 ] And yet, in English law, as Reynolds notes, possession was always considered to be nine-tenths of the law. Why did this not apply to the people in possession when Europeans arrived? Unlike the campaigns for civil rights, the land rights issue challenged the very basis of the Australian state. The emergence of a national land rights movement When bauxite was discovered on Aboriginal reserve land on Cape York Peninsula and Arnhem Land in Far North Queensland and the Northern Territory, the issue became a matter for national public debate. Did governments have the right to compulsorily move people from these reserves? Petitions and campaigns put the case for the creation of an Indigenous title to land. Footnotes William Cooper, 'Petition to the King', The Herald , 15 September 1933, in Bain Attwood and Andrew Markus, The Struggle for Aboriginal Rights , Sydney, 1999, p. 144. 3 'Leave us a tiny corner native plea', Argus , 22 February 1951. 4 Henry Reynolds, The Law of the Land , second edition, Penguin, Ringwood, Victoria, 1992, p. 3. This book is highly recommended for those wishing to understand the legal and moral arguments for an Aboriginal title to land. The second edition was written after the historic High Court Mabo judgement and includes a postscript which discusses this case.

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The tyranny of perfection: We want to look like Cheryl Cole, cook like Nigella AND have a career - but it's never enough A few years ago, I achieved a dream of completing my first triathlon - 1,000m swim followed by a 25-mile cycle and topped off with an eight-mile run. But, after the endorphin high and a brief wave of euphoria, it didn't leave me feeling the way I'd imagined it would - happy, successful, fulfilled. Instead, it left me feeling surprisingly low. Even though I'd finished it within a decent time, I kept thinking I could've, should've, done better. To try to get rid of the nagging negative feelings, I immediately started telling myself that I'd train even harder for a new challenge - a gruelling Ironman triathlon? An Ultramarathon in Death Valley? And then I thought: 'What's going on here? Why, when I achieve something, do I beat myself up after it rather than giving myself a pat on the back?' High standards: Women want to be as beautiful as Cheryl Cole, left, and cook as well as Nigella Lawson I always knew I was a perfectionist, someone who demanded super-human excellence from myself. But as a coping strategy for life, I realised it was not working for me. It had lead to constant self-criticism, not to mention years of feeling inadequate, inferior and unhappy. A friend who fulfilled a dream of becoming a published author also shares these feelings. Rather than basking in the glory, she said the whole experience left her feeling like a failure because no one reviewed it and it didn't become an instant bestseller. This kind of pathological perfectionism, or perfectionitis, appears to be a growing problem for women. According to a recent study, nearly 40 per cent of women, compared with 20 per cent of men, feel inadequate in the workplace and at home. Psychologists believe the rise is due in part to the massive pressure women are under in all aspects of their lives. Fifty years ago, society expected the average woman to be a good wife and mother. Today, women are bombarded with countless, often conflicting messages and images of what she should be. She is expected to look like Cheryl Cole, cook like Nigella, excel at a high-flying career, run marathons and be an enthusiastic and energetic lover. And a wonderful wife and mother. No wonder we are more depressed than they were 50 years ago. I n Addiction To Perfection, author Marion Woodman describes perfectionism as 'an evil witch', and talks about women who are unable to countenance failure to the point of rejecting life. 'Driven to do our best at school, our career, in our relationships - in every corner of our lives - we try to make ourselves into works of art. Working so hard to create our own perfection we forget we are human beings.' She argues that many women have proven they are equal to or better than men: excellent doctors, excellent mechanics, excellent business consultants. 'But they are also, in many cases, unhappy women,' she writes. ' "I have everything," they say. "Perfect job, perfect house, perfect clothes, so what? What does it all add up to? I was born. I died. I never lived." 'Behind the masks of these successful lives, there lurks disillusionment and terror. And often, behind the scenes, they are chained to an addiction: food, alcohol, constant cleaning, perfectionism.' Pursuit of perfection: Trying to have it all is making many women unhappy That was written in 1982. In the intervening years, things haven't improved. Being average or good enough is no longer good enough. Women want to be the best. This is not to say people shouldn't have high standards and be driven. Without a concern for quality, great achievements in science, the arts and sport would be a rarity. However, many women are not just involved in a healthy pursuit of excellence. Many are living under the tyranny of perfection. Psychologists believe perfectionism is linked to anorexia, obsessive-compulsive disorder, social anxiety, alcoholism, chronic anxiety and depression. And it is being passed down to the next generation. In her bestseller Perfect Madness, Judith Warner wrote about the soul-draining trap of belonging to a generation of 'mothering perfectionists'. She talks about women who are caught up in a fierce,

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The Black Friday Countdown today at WWEShop.com (new daily deals) has three WWE DVDs on sale for just $5.99 each -- Stone Cold Bottom Line, The John Cena Experience, and The True Story of WrestleMania. Thanks to Stevie Breech. Go to sale . A new WWEShop promo code -- "DVD525? -- is now available to use until the end of February 2013 which gets you $5 off orders of $25+. Use code . The WWE DVDs below are all ending now on eBay! Click them to place your bid. 44 Comments left on this article... [...] Exclusive Photos of WWE: The Attitude Era DVD -- Released Today ... If that's true why did Vince Mcmahon air a TV-14 product for 6 years after the Attitude Era. I don't believe . They are on Disc 3 -- the 4 extras we speculated on the site are the Best Buy ones and turned out to be right. Labeled . [...] Pre-ordered the dvd from Amazon, got sent to my grandfather's house... lol. He wasn't too happy, but should be getting it Wednesday, also am getting the dvd for X-Mas... From what y'all are saying it's kind of not what y'all expected... hoping it was worth buying! Watched the documentary and to be honest I hated it. The whole thing felt like the superstars was preaching that the Attitude Era was too edgy and disgusting and that it should have been toned down. It had to be the dumbest WWE documentary I have ever seen. Trust me don't flame me until you see it and when you do you will understand what I mean. If you've seen other docs and read articles it said Vince was always against going that route. He never wanted to have the edgy, vulgar product, it was always attended to be family friendly...but had no choice since he was competing with WCW and had to do what it takes to gain ratings and fans. If Vince had it his way, WWE would NEVER have an Attitude era. Yes it's true that Vince was very hesitant at first about going down the TV-14 route with all the edgy and adult oriented themes. But once he saw how over it was the audience and once he saw how his business picked up big time from it, he was 100% fully on board with it after that. Im not asking for a 5 hour doc but 1 hour is lazy, either put some damn work into one or don't do it at all. Look at the NWO dvd, mostly recycled clips, the legends roundtable should have been the main feature. The CM Punk: Best In The World blu-ray had 3 easter eggs on it. One was him talking about naming his tour bus "Black Maria". He asks the camera guy if he knows why it's named that and the camera guy guesses it has to do with Maria Kanellis(Punk's ex-girlfriend). Punk says that's what most people figure, but it's actually named after a truck from the original Texas Chainsaw Massacre movie. I forget what the other two easter eggs were at the moment. @Paul I didn't even knew that there was an Easter Egg on disc 1. I wish there was a loop of all of the WWF Attitude promos including the WWF Superstar version. BTW: have you noticed that the rating is TV-14 DVLS (instead of TV-14 DLVS). Kind of odd that older WWF DVD releases are TV-14 with the letters "L", "V" and "D" in some sort of order. Guess this release didn't get a cardboard slipsleeve. Got my copy today. Been watching it all night. It's a great set. I am surprised at some of the stuff they put on there. Thank god they didn't hold back. Finally some attitude era stuff with no blurring. One thing I noticed was the tag match between Austin and mankind vs Rock and Taker. We hear Michael Cole and Jerry Lawler commentating but if you look at the announce table during the match. It's Lawler and JR. I don't see Michael Cole. Anyways. Great set. I noticed a few of the "bigger" moments were not included. Not sure if its because they have been released on previous sets. Or if they are saving them for a future release? My guess is that was from late 1998. It was around that time that JR suffered another incident of Bells Palsey, and was gone for several months. Also, I

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A Constitution: (1) regulates the relationship between states and individuals (2) determines the structure of the state (federel / unitary / regional) (3) sets up a framework of government (Parliamentary system, bicameral, constitutional monarchy (established in 1688) Constitutions are primarily about political authority and power (location, conferment, exercise and limitation; among the organs of the state). They are concerned with matters of procedure as well as substance. Narrow meaning: document having a special legal sanctity and has an overriding legal force. Wider meaning: assemblage of laws, institutions and customs; the whole system of govenment of a country, the collection of rules which establish and regulate or govern the government. The vaccum caused by the absence of a strong legal foundation is filled by the doctrine of legislative supremacy of parliament. Legal consequences of an unwritten constitution: doctrine of the supremacy of parliament, no truly federal system, no special procedure prescribed for legislation of constitutional importance, different sources (Acts, Cases, Royal Prerogative, Conventions); constitutional system depends more on political factors and democratic principles. Sources - Legislation: Magna Carta 1215 (rights of various classes of the medieval community set out: freedom of the church, of the cities, no unjust taxation of merchants); Bill of Rights 1689 (rights of parliament; removed the King's right to suspend of dispense with laws, to levy money w/o grant of parliament; to raise and keep an army in times of peace; freedom of speech and of procedings in parliament; rights of subjects to petition the king). Act of Union with Scotland 1707, Parliament Acts 1911 and 1949, Statute of Westminster, Crown Proceedings Act 1947, European Communities Act, Representation of the People Act 1983. Sources - Case Law: Case of Proclamations (King can no longer themselves create new royal prerogatives); Chandler v. Director of Public Prosecutions (Courts have no power to review the exercis of the Royal Prerogative); BBC v. Johns (Even the courts can no longer create new Royal Prerogatives); GCHQ (Exercise of the Royal Prerogative is subject to judicial review); Writ of Habeas Corpus (right to a fair trial and protection against unlawful invasion of personal liberty); Legislative Supremacy of Parliament. Sources - Conventions: (= understandings, habits or practices not enforcable by the courts); Queen exercises Royal Prerogative on and in accordance with ministerial advice; Ministerial Responsibility to Parliament; Collective Responsibility; money bills have to be introduced in the Commons first; HoC Speaker shall behave impartially; no Lay Peers exercising judicial tasks of HoL. Conventions are observed: (1) for the positive reason that they express prevailing constitutional values; (2) for the negative reason of avoiding political (and also legal) difficulties that may follow from "unconstitutional conduct". Sources - the law and custom of parliament: outside the scope of ordinary law; rules relating to functions, procedures, privileges and immunities; partly statutory and judge-made, but mostly in either resolutions of recordings; no backwoodsmen voting in HoL (standing order)

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Susan Boyle You Have To Be There Lyrics Susan Boyle You Have To Be There Lyrics total views : 8 times this week. You can enlarge lyrics to you have to be there for easy viewing, send it to your friends or rate the song You Have To Be There by Susan Boyle and help the song become popular. If you have any corrections for these lyrics or any ideas about the meaning to you have to be there, please feel free to submit them. [Susan Boyle] What is it Lord that you want That I am not seeing? What in my ignorant prayers Am I failing to say? Never before have I questioned the truth of your being Never once have I dared Never until today All of a tremble I stand on the edge of confusion Who is to save me If into the darkness I fall? Now that I need more than ever my God to be near me Do you hear when I call? Are you there after all? You have to be there, you have to My life I have placed in thy keep And without you I am drifting on a dark and stormy sea You have to be there, you have to Without you I?d drown in the deep Too far, too far from land The waters drag me down I reach for your hand And when I die will throw open his arms to receive me? [- From :http://www.elyrics.net/read/s/susan-boy\\... -] Who will forgive me and take me and show me his face? When I go to my rest, who will watch me and wake me? When my time comes at last, will you grant me your grace? I am so small of this Earth, I am nothing without you Daring to doubt you at all turns a knife in my heart Little by little I?m losing my way in the shadows I am losing my hope and the world falls apart You do have to be there, you have to My life I have placed in thy keep And without you I am drifting on a dark and stormy sea You have to be there, you have to Without you I?d drown in the deep Too far, too far from land The waters drag me down I reach for your hand You have to be there, you have to Too far, too far from land The waters drag me down I reach for your hand

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Conference is FREE for participation. The Kaspersky Lab student conference 'IT Security for the Next Generation' brings together the winners from four preliminary rounds held in America, Europe, Asia-Pacific and MEA, and Russia and the CIS. More than 200 students and professors from leading universities from around the world take part in the conference, along with representatives from Kaspersky Lab's HQ and regional offices, the media and an invited audience. The conference take place at the Delft University of Technology, The Netherlands. Delft University of Technology (Dutch: Technische Universiteit Delft), also known as TU Delft, is the largest and oldest Dutch public technical university, located in Delft, Netherlands. With eight faculties and numerous research institutes it hosts over 16,000 students (undergraduate and postgraduate), more than 2,600 scientists (including more than 200 professors), over 2,000 doctoral students, and more than 2,000 people in the support and management staff. The university was established on January 8, 1842 by King William II of the Netherlands as a Royal Academy, with the main purpose of training civil servants for the colonies of the Dutch East India Company. The school rapidly expanded its research and education curriculum, becoming first a Polytechnic School in 1864, Institute of Technology in 1905, and finally gaining full university rights in 1986. Nobel laureates Jacobus van 't Hoff, Heike Kamerlingh Onnes, and Simon van der Meer have been associated with TU Delft. TU Delft is a member of several university federations including the IDEA League, CESAER, UNITECH, and 3TU.

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In his farewell address to Congress yesterday, Ron Paul blasted the dangers of what he called 'Economic Ignorance': "Economic ignorance is commonplace. . . Believers in military Keynesianism and domestic Keynesianism continue to desperately promote their failed policies, as the economy languishes in a deep slumber." He's dead right. Around the world, economic ignorance abounds. And perhaps nowhere is this more obvious today than in the senseless prattling over the US 'Fiscal Cliff'. Here's the deal: You may remember the Debt Ceiling debacle of 2011. At the time, the US government was about to breach its debt ceiling, and there was an embarrassing standoff between Congress and President Obama. As part of their eventual compromise, the debt ceiling increased by $400 billion in August 2011... then again by another $500 billion five weeks later... and finally by another $1.2 TRILLION twenty weeks after that. In return, President Obama signed into law the Budget Control Act of 2011. The law stipulates that, unless another compromise is reached, a series of tax increases and budget cuts will automatically take place on January 1, 2013, including the expiration of the Bush tax cuts and the temporary 2% payroll tax holiday, plus new taxes related to Obamacare. They call this the 'Fiscal Cliff' because everyone is terrified that all the budget cuts and new taxes will bring the US economy to its knees once again. I've spent days analyzing the bill... and frankly, it's a joke. You can read the 200+ pages yourself if you like, but here are the important points -- As we've discussed before, US government spending falls into three categories. Discretionary spending is what we normally think of as 'government.' It funds everything from the military to Homeland Security to the national parks. Mandatory spending covers all the major entitlement programs like Social Security and Medicare. Then there's interest on the debt, which is so large they had to make it a special category. The latter two categories are spent automatically, just like your mortgage payment that gets sucked out of the bank account before you have a chance to spend it. The only thing Congress has a say over is Discretionary Spending. Hence the name. But here's the problem -- the US fiscal situation is so untenable that the government fails to collect enough tax revenue to cover mandatory spending and debt interest. In Fiscal Year 2011, for example, the US government spent $176 billion MORE on debt interest and mandatory spending than they generated in tax revenue. In Fiscal Year 2012, which just ended 6 weeks ago, that shortfall increased to $251 billion. This means that they could cut the ENTIRE discretionary budget and still be in the hole by $251 billion. This is why the Fiscal Cliff is irrelevant. The automatic cuts that are going to take place don't even begin to address the actual problem; they're cutting $110 billion from the discretionary budget... yet only $16.9 billion from the mandatory budget. Given that the entire problem is with mandatory spending, slashing the discretionary budget is pointless. It's as if the US economy is a speeding train heading towards a ravine at 200 mph, and the conductors are arguing about whether they should slow down to 150 or 175. Oh, and there's just one more problem. The government thinks that they will collect a few hundred billion dollars more in tax revenue when all of these new taxes kick in. Again, wishful thinking. In the six+ decades since the end of World War II, tax rates in the US have been all over the board. Yet during this time, the US government has only managed to collect roughly 17.7% of GDP in tax revenue. Conclusion? Increasing taxes won't increase their total tax revenue. Politicians have tried this for decades. It doesn't work. The only way to increase tax revenue is for the economy to grow... and higher tax rates do not pave this path to prosperity. Ron Paul was spot on. Economic ignorance abounds. And all the Talking Heads in the mainstream media blathering away about the Fiscal Cliff are only reinforcing his premise. Bottom line -- the Fiscal Cliff doesn't matter. The US passed the point of no return a long time ago.

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Uses samples from: This is gorgeous OD! Your playing is just so, so great! And your harmonization...there are certain chords you get to that just give me chills. Thanks so much for picking me up and being a part of the RRR project! Oh this is truly wonderful! SJ's crystal clear voice just soars effortlessly and is beautifully supported by your irresistible, subtle and classy b/t. But what else would one expect from two of the best? I love it. xxxx

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The world's greatest museum of art and design Opening times Corsets in the Early 20th Century The ideal figure in the early 20th century was more statuesque than its Victorian predecessors. Rather than focusing on the waist, more attention was paid to the other parts of the body - smooth long hips and a swelling chest. By 1910, corsets were cut so long that they reached well over the thighs. They also tended to be shaped very low around the bust line so women would need more support on top - if at least to preserve decency with the low-cut evening dresses of the time. 'Miss Camille Clifford', photograph, about 1906 'Royal Worcester Kidfitting Corsets', printed advertisement, 1911 Various methods were tried and tested to achieve a full and swelling bosom, as portrayed in the photograph of Miss Camille Clifford. Artificial aids to increase the size of the breast were in theory not new. Cotton wadding and pads had been for a long time sewn inside the dress to help build up the figure and during the 1860s bust pads made of rubber helped give an impression of curvaceousness where nature failed. Even more unusual was the ingenious 'lemon cup' bust improver of the 1890s.Each cotton cup was packed with a pad of horsehair containing a coiled spring. The springs were anchored onto horizontal whalebone strips so when the improver was worn, the breasts would push the pads out to create the impression of a fuller bust. What was new about the 1900s was the range of inventions available, and also the fact that artificial beauty aids had become much more acceptable. For many women the superb physical proportions and statuesque curves dictated by fashion simply had to be achieved no matter what the methods. Women's journals of the time were replete with advertisements for pills and potions to correct flaws in the female appearance. Bust cream applied as a massage, claimed to 'permanently develop and enlarge the bust, cause it to fill out to nature's full bearing, give that swelling, rounded, firm white bosom, that queenly bearing, so attractive to the opposite sex'. Widely advertised in France, 'pillules orientales' were supposed to have a similar effect. If pills and potions failed there was always the 'Princess Bust Developer' which exercised the muscles of the bust by suction, restoring the capillary action and getting rid of flabby tissue. Bust bodices were less intimidating and also became more common. These were lightly boned and tended to conceal the cleavage, creating the monobosom, a long, sloping sine-curve. Some could be worn over the corset to complement the structure of the dress and create the desired silhouette. Padded camisoles were also popular and 'pneumatic bust forms' are also referred to which claimed to be as light as air and promised to give the wearer 'the admirable and superb proportions of the ideal figure'. These devices probably led to the development of the brassiere a few years later, as the basic concept and design is quite similar. The 'bust bodice' to the right, for example, is styled like a bra beneath its frilly flounces. Although it is laced up the back like a corset, vertical whalebone strips run down the inside of the front section, creating two cups. By 1910 designers were beginning to reject what had been the starting point for dress design - the full figure with a constricted waist. Leading new lights of the fashion world such as Paul Poiret, Lucile (Lady Duff Gordon) and Jacques Doucet reacted against the artificially exaggerated Edwardian curves and promoted instead a slimmer, less restricted silhouette. They designed clothes that defined the more natural contours of the body. Blouses and high-waisted dresses made of delicate, soft, flowing materials did not require rigid corsets, steel hoops and bustles to give them their shape. Summer day dress, about 1910. Museum no. T.465-1974 'Tango', corset, 1914. Museum no. T.64-1966 Of course corsetry did not disappear overnight but the desire for the natural uncorseted effect resulted in the development of lightly boned and flexible corsets or brassieres. The

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On the macro level: stocks have moved modestly lower on Wednesday, adding to the steep losses posted in the previous session. The major averages have slipped into negative territory, although selling pressure remains relatively subdued. As, if and when ... Athersys (ATHX) offering ... gets done and on what terms ... it should be an indicator ... of RegMed sector viability. As I stated yesterday ... "My issue is long term investors are nervous about the sector and seem to be "withholding" their investing "affection" but, the short-term hedges ... dominate the "books" and they don't stay for the "second curtain let alone the finale"! I have never been as concerned about the RegMed and Stem Cell market as I am right now. The few companies with some degree of traction in the Cancer Cell Line space are ... VERY SMARTLY ... labeling themselves as Cancer Therapy. This dodges any unfavorable valuation from companies in the space. Also, given the current IPSC momentum; applications requiring large amounts of resources will have to rely on automation and prices for reagents and supplies will go down. Aastrom (ASTM ) is UP ... +$0.02 or +1.24% at $1.50 with a tighter mid-day range of $1.48 -- $1.51 with small volume ... of 54 K so far from Tuesday's $1.44 -- $1.56 with larger volume of 170.3 K; after the CEO decided to retire -- still a screaming ... STRONG BUY -- but, let it settled out from the news -- but, what has really changed, Mayleben is still in place!! BioLife Solutions (OTC: BLFS) is FLAT ... at $0.14 also with a flat $0.14 -- $0.14 range with 0 share volume versus Tuesday's $0.14 to $0.14 range and 10.9 K share volume ... I continue to reiterate this is an appreciable asset ... but, it is trading better and not by appointment ... still a BUY. I would rather be flat than splat! Cytori (CYTX) is UP ... +$0.13 or +3.32% to $4.04 ... with a lower trading range of $3.85 -- $4.09 on small volume of 169 K shares from Tuesday's range of $3.90 -- $4.28 with larger 609.2 K in volume ... a speculative BUY from a HOLD ... for now based on recent news, BARDA impact and the Capstone report . Again, I reiterate it is a traders market! Osiris (OSIR) is DOWN ... -$0.27 or -2.67% to $9.85 ... with a lower trading range of $9.94 -$10.13 with lower volume of 25 K shares so far ... from Tuesday's $19.96 -- $10.12, with volume of 214.8 K. I would ... continue a BUY ... on dips , but, this is a traders market, so if up today ... wait and it will be down and up the next following day; NeoStem (Amex: NBS) is UP ... +$0.016 or +2.29% to $0.711 ... after publication focused on AMR-001 that supports ... Positive Results ... in a tighter day's range of $0.70 -$0.74 ... with lower 427 K volume so far from Tuesday's $0.69 -$0.76 and larger volume of 1.7179 M shares ... I still emphasize a BUY ... so, accumulate slowly to offset profit takers as day traders play with and through the markets. Worth Knowing and Mentioning: Two American scientists won the Nobel Prize in chemistry Wednesday for their work revealing protein receptors that tell cells what is going on in and around the human body. Their achievements have allowed drug makers to develop medication with fewer side effects. Research spanning 4 decades by Robert J. Lefkowitz and Brian K. Kobilka on "G-protein-coupled receptors" has increased understanding of how cells sense chemicals in the bloodstream and external stimuli like light, according to the Royal Swedish Academy of Sciences, which awarded the prize; Neuralstem (NYSE MKT: CUR) will present preclinical data in 5 poster presentations at Neuroscience 2012, the 42^nd Annual Meeting for the Society for Neuroscience, October 13-17, in New Orleans These posters will cover new data pertaining to Neuralstem's NSI-566 spinal cord stem cell line for cell therapy, and its patented, neurogenic small molecule compounds: N

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Ok I am not going to do a massive sales pitch for this, because I feel that you will either see the time saving benefit of this or not! Basically I know that we would all like to be more organised with our paperwork, and if we had time we would prepare more presentations that we could deliver to the community to get more people in. A lso if you have time you could even create handouts that you can give to your clients/class members to create added value and establish yourself as an expert in your community. Well I think I may have a solution for you, as I have created a Fitness Consultancy Powerpack. In this pack I have included 4 Powerpoint Presentations/ Audios/ MP4 Videos I have created 4 presentations which you can download and edit. The topics are Female Hormones and Fat Loss, How Sweet Is Your Drink, Lifestyle Factors For Fat Loss and Pregnancy and Exercise . I have also included an MP4 of my presenting these presentations, which you are free to use, as well as an MP3 recording which you can give to your clients/class members! These are a couple of promotions that I have used to get more clients/class members. These are; New year Revolution Email Sequence, Referral Ideas with sample scripts, plus an A5 flyer that I had designed which attracted more business for me Lesson Plans I have included 2 session plans, on how to run an initial class/bootcamp orientation AND 2 initial enquiry phone scripts that you can use Consulting Paperwork To further save you time, I have included a number of documents that you are more than free to edit and use . These include; 1 year billing agreement, 3 month billing agreement, enquiry sheet template, food diary template, taking body measurements template, referral questionnaire, Sample goal sheet, and lots more! As you can see there are loads of information and resources here that has taking me hours to create and therefore will save you hours in preparing them, especially the presentations. In many cases you just need to add your business name and you are good to go!! The cost for all of this is just 27 ! If you think that one of the presentations, videos, and audios above would take you at least 2 hours to create, you can see that this is a bargain! As there is so much information here, I will increase the price on Monday to 47 which is still a bargain. So if you want your Fitness Consultancy Powerpack downloaded straight to you, just click the link below

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Article Tools Simply Orange is the trade name for a bottled orange juice product (hopefully the label reveals that it is just orange juice); and those little rotund orbs in bright-lemon-yellow and deep-lime-green found in the produce section of most grocery stores profess to contain the pure juice of the fruits they resemble. For many cooks and diners across the country, this kind of processed product has to suffice. In Southern California, there are so many more choices. Here, citrus can be grown in a wide diversity of other flavors and picked fresh year-round. All citrus have their origins in tropical Asia, but, in Southern California, most will grow well even in interior valleys that experience frost. Microclimate can go a long way to improving flavor in either direction. Lemons and limes will produce fruit of a consistent quality even in the fog zones, but on the coastal strand, plant orange trees in protected south or west-facing sites. Situating them to benefit from reflected heat off walls may really help. Grapefruits need even more heat to be sweet, so site them appropriately, too. There are plenty varieties of lemons and limes, but most people will be satisfied with the most common ones. Starting with lemons, 'Meyer' (and 'Improved Meyer', which is less likely to develop a contagious citrus disease) produces large, juicy fruits nearly year-round. 'Meyer' lemons are not as acidic as regular lemons but are beloved by many for their great aroma and flavor. 'Eureka' is the market favorite. It, too, bears year-round on sturdy, adaptable plants. The lime that flavors your G&T or Margarita is the 'Mexican' lime. Small, dark green fruits give that essential burst of flavor to your favorite beverage. Another common one is the 'Bears' lime. By the time it is fully ripe, it has mellowed out in both flavor and color (to a pale yellow). Very juicy and very prolific, it is seedless unlike the 'Mexican' variety. There are two large divisions in the sweet orange world: the 'Navel' and 'Valencia' types. The former is best for fresh eating, and the main crop will be in the winter, while the latter makes great juice and produces fruit in the summer. Then there are the blood oranges (like 'Moro' and 'Sanguinelli'), which really need hot summers to develop their distinctive deep red flesh and sweetest juiciness. Tangerines -- more correctly known as mandarin oranges -- are the sweetest citrus of all. That citrus tang is almost wholly absent in this group. The standard is 'Dancy', but there are dozens of other varieties. Look for seedlessness (can that be a word?) and ability to set fruit without another variety to pollinate it: 'Clementine' and 'Satsuma' are others to look for. Kumquats, limequats, and other oddities abound. Some are edible (hybrids like 'Tangelo', a cross between a mandarin and pommelo); some just interesting, like 'Buddha's Hand' citron with finger-like projections. Adaptable garden subjects, handsome foliage, and healthful fruits make citrus trees a great addition to any landscape. Happily, citrus varieties are now available that don't require turning the entire garden over to fruit production. Many varieties are now available on several different rootstocks that suit them to garden size trees or even patio containers. It's possible to grow standard trees that average 20 to 30 feet tall and as wide or dwarf trees that are half that size (or even less).

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Wednesday, 31 October 2012 Literary Africana: Chuma Nwokolo I know, Allah is Not Obliged by Ahmadou Kourouma, I Do Not Come to You By Chance by Adaobi Tricia Nwaubani, and Burma Boy by Biyi Bandele are pretty smack full of humour, but I have yet to read any novel as laugh-out-loud roller-coaster as Chuma Nwokolo 's Dairies of a Dead African . The Ghost of Sani Abacha by Chuma Nwokolo, his latest fiction, a collection of 26 short stories, is just as incorrigibly rip-roaring. Here is an excerpt of The Ghost of Sani Abacha by Chuma Nwokolo \* Gluttony BY THE TIME it was his turn to share his symptoms in the chemist's private confessional, the shop had run out of laxatives. A messenger on motorbike was dispatched to a Bushemina pharmacy thirty minutes away and the pastor decided to wait. Five minutes of small-talk passed and the chemist's fidgeting grew more and more spastic until he gave up on the strictures of propriety and opened his bowl, liberating a stupefying aroma of kitchens into the antiseptic air of the drug store. Inviting the pastor to join, he resumed his whale meat lunch with a gusto that Dego thought curious, considering the possibility of food poisoning that must surely have crossed the mind of any medical professional seeing the number of casualties seeking medication after the same meal. When Dego shared his fears, the chemist glanced around confidentially and showed the pastor an empty bottle of laxative. 'We fat people know the secret,' he whispered, 'I will enjoy the meat, but it won't stay inside! If I don't bring it up I will bring it down!' He laughed and pushed the bowl across the small table, 'Eat, it's still hot. My messenger will soon bring your own medicine.' Dego was painfully full, but it was also true that his mouth was still filling up with saliva. The problem was that the chemist had had the brainwave to barbecue the whale with garlicked suya sauce. The pastor was curious about the taste of whale suya generously garlanded by slices of red peppers and coated with crunchy groundnut paste... plus... was that a hint of utazi in the air? Adding utazi to suya sauce was pure genius! Yet, his curiosity was throttled by the physical pain twisting like a dagger in his guts, and the rolling waves of nausea that threatened to spray vomitus over the antimalarials on the desk counter. He also took exception to being lumped in a weight category with the obese chemist. 'Fat' was not a word he associated with himself. So he shook his head firmly. The chemist shrugged, burped, and excusing himself, waddled to the loo. Pastor Dego shut his eyes and began to pray. He massaged his painful stomach, using it as a point of contact with every constipated gut in Waterside. He took captive the Prince of Gluttony, cast him down in the name of Jesus, and bound him in chains of Self Restraint. He prayed against the lust that entered in through the eye gate -- and the greedy conduit of the nose. He shackled Desire to Righteousness. He neutralised the magnetism of piri-piri chicken, suyaed whale and the particularly diabolical combination of moin-moin and soaked gari. Errant visions were now running amok in his mind and he rebuked the deliciously satanic okporoko fish that swam the red seas of banga soup. He came against the principalities of marine spirits who had sent the snare of the whale to break up his service and ensnare his parish. He prayed against the slavering serpent of the tongue. He manacled the Pied Piper of Alcohol. He railed against mouths that hungered beyond the needs of sustenance. He cursed guts that distended like elastic bags... guts should be finite and firm, should fill up like steel petrol tanks, and spill over, and say no more! He prayed and... God... he prayed! Then he opened his eyes and the plate was still there. He sighed. He had really hoped for a miracle.

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Comment: Very Good - This book has been read, but is in excellent condition. All the pages are intact and there are NO notes or highlighting at all. The spine remains undamaged. Little marking or aging around edges of pages. Could be given as a present. Shipped directly from the Amazon warehouse - guaranteed delivery and also qualifies for Super Saver and Prime. Express and international delivery available. UK organisation providing opportunities for young people out of work. No quibble refund policy. Please contact us with any questions. Fulfilment by Amazon (FBA) is a service Amazon offers sellers that lets them store their products in Amazon's warehouses, and Amazon directly does the picking, packing, shipping and customer service on these items. Something Amazon hopes you'll especially enjoy: FBA items are eligible for FREE Super Saver Delivery and for just as if they were Amazon items. Book Description Release Date: 3 Oct 2005 For 30 years Des Lynam has been the face of British sport. An unparalleled broadcaster, he has presented all the major sports events for the BBC and ITV. One of the most famous and best-loved men in the country, his popularity goes hand in hand with a slightly raffish reputation. For the first time this very private man tells his own story. Famously guarded about his private life, Des will set the record straight and talk about his relationships, his childhood days in Ireland, as well as his early marriage and life in 70s London. Des takes us through his 30 years at the BBC from a reporter on local radio to the drama of his top-secret move to ITV which was front page news on every national newspaper. The World Cups, the Olympic Games including his reporting of the Israeli shootings in Munich. Following Muhammad Ali to his fights in Zaire, Malaysia and the USA. The Grand National that never was, the IRA threatened race. The programmes he turned down, the ones he wished he had! Des offers a candid account of life behind the scenes at the national broadcaster, the people he has met, the triumphs, the disasters. In the unique role of top presenter on both main channels, he tells of his 5 years at ITV, his reasons for going there and why his decision was justified but in other ways disastrous. One of the most long-awaited autobiographies of recent years, this book gives a frank and opinionated insight into the man behind the myth. For 30 years Des Lynam has been the face of British sport. An unparalleled broadcaster, he has presented all the major sports events for the BBC and ITV. One of the most famous and best-loved men in the country, his popularity goes hand in hand with a slightly raffish reputation. For the first time this very private man tells his own story. Famously guarded about his private life, Des will set the record straight and talk about his relationships, his childhood days in Ireland, as well as his early marriage and life in 70s London. Des takes us through his 30 years at the BBC from a reporter on local radio to the drama of his top-secret move to ITV which was front page news on every national newspaper. The World Cups, the Olympic Games including his reporting of the Israeli shootings in Munich. Following Muhammad Ali to his fights in Zaire, Malaysia and the USA. The Grand National that never was, the IRA threatened race. The programmes he turned down, the ones he wished he had! Des offers a candid account of life behind the scenes at the national broadcaster, the people he has met, the triumphs, the disasters. In the unique role of top presenter on both main channels, he tells of his 5 years at ITV, his reasons for going there and why his decision was justified but in other ways disastrous. One of the most long-awaited autobiographies of recent years, this book gives a frank and opinionated insight into the man behind the myth. Customers Viewing This Page May Be Interested in These Sponsored Links More About the Author Product Description From the Back Cover I Should Have Been at Work is the frank and opinionated story of the man behind the myth. Famously guarded about his private life, Des sets the record straight on all the stories that have been written about him, giving a unique view of life at the very top of his career -- the personalities, the feuds, tragedies and glory. One of the most accomplished broadcasters of his generation, Des Lynam has graced our screens for more than thirty years.At the BBC, Des covered World Cups and

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They've got balls Tue, 08/05/2012 - 10:08 by Gemma Exley Why don't they let Anna Wintour organise the Oscars? Just take a look at this year's Met Ball, which had far better dresses and celebs. And when we say better, we obviously mean worse - it's the key ingredient to any showbiz event. Actually, that's unfair - there were some great style moments courtesy of Marion Cotillard, Carey Mulligan , Karolina Kurkova, Cameron Diaz , Gwyneth 'Goop diet' Paltrow, Emily Blunt, but there were also more fashion disasters than you could shake an Alexa Chung stick leg at... The Met Ball is obviously a HUGE event on the fashion calendar. Last year it kicked off the phenomenal Alexander McQueen exhibition at the New York Metropolitan Museum of Art, and this time around it's launching Schiaparelli And Prada: Impossible Conversations show, which 'explores the striking affinities' between the two Italian designers. Now, we're sure the a-list guests were champing at the bit to get inside the exhibit - probably with an audio-headset, but we'll have to make do with their red carpet arrivals here....

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The question of the day is: "What makes a good BOM?" There are a lot of BOM formats in use. It's one area that the standards train more or less left behind. Well, there are standards. For example, IPC-2581 covers not only BOM standards, but a replacement for Gerbers and the whole manufacturing data package. One of these days, we'll all be using the IPC-2581 formats for our data and life will be beautiful all of the time. And here is his list of pointers to consider: "BomItem" or "Item #": This is just the line number. Each type of part gets an item line, not each part. If the pat number is the same, you just put it down once and give the quantity. "quantity" or "Qty": How many of this specific part you need per board "RefDes": The reference designators used by the parts on the PCB silk screen. All of the same part number should be in the same excel spreadsheet cell: i.e., "R3, R4, R5, R6". You can also indicate a contiguous range with a dash: "R3-R6" or "R3-R6, R10, R15" "Manufacturer" or "Manf": The name of the component manufacturer. It's best to spell out the full name, e.g., "Texas Instruments", but common abbreviations such as "TI" generally work too. The less ambiguity, the better. "Mfg Part #" or "Manufacturer Part #": The part number that you would use if you were buying this exact part from the manufacturer or a distributor. All of the suffixes are important too. For example, "PIC16F88" is not enough when you really need a "PIC16F88-I/P". "Dist. Part #" or "Distributor Part #":Not strictly necessary, but can help in cases with a bit of ambiguity. Again, this would need to be the exact part numer as you would order it from that distributor. "Description"or "Desc": This is the component description as given by the manufacturer. Again, this isn't strictly required, just a good idea. "Package": This is the standard package type, e.g., "SOT-23", "TO-92", "0201". Again, not strictly necessary but can be a good redundant check. Leave a comment Adafruit has a "be excellent to each other" comment policy. Help us keep the community here positive and helpful. Stick to the topic, be respectful of makers of all ages and skill levels. Be kind, and don't spam - Thank you!

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If you want to be kept up to date with all the latest Jo Fletcher news and competitions, why not sign up to our newsletter? If you sign up now you can get a free ebook sampler of our forthcoming titles! Themes If you were to lock a group of pop culture junkies and TV addicts in a bunker, tell them that the end of the world had arrived and that they had to preserve culture for posterity by writing books, what they would produce would be fan fiction (fanfic). This is actually the plot of a piece of fanfic from the 1950s, in which sci-fi fans survive Armageddon and rebuild civilisation in their own image. It may seem like a joke, but for many the rise of fanfic is "the end of the world". Fanfic is seen as the lowest point we've reached in the history of culture -- it's crass, sycophantic, celebrity-obsessed, naive, badly written, derivative, consumerist, unoriginal -- anti-original. From this perspective it's a disaster when a work of fanfic becomes the world's number one bestseller and kickstarts a global trend. As we all know, Fifty Shades of Grey, originated as a piece of fanfic based on the Twilight series. Since it hit 31 million sales in 37 countries worried voices are asking: is this the beginning of an era in which fanfic overthrows original creation? So, what do you think of fanfic? Is it vampirically sucking the juice out of culture, or is it proof of culture's vitality?

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Forums Categories Topics Posts RITA Now Main Discussion Forum -- This is a Pre-Tribulation Rapture forum, and all are welcome who share their love for our Beloved's return as He promised. There is no debating on this forum about the rapture or denominational issues. We are here for one another in friendship, love, and prayer as we watch together for Jesus' soon return. (our purpose statement) Replies Policy -- We reserve the right to delete replies that are snarky, offensive, or off-topic. 1 1 Privacy Policy -- Your privacy is very important to us. We want to make your experience on the Internet as enjoyable and rewarding as possible, and we want you to use the Internet's vast array of information, tools, and opportunities with complete confidence. The Jewish Feasts of the Lord -- There are 7 major feasts given by God to Israel to celebrate. Each is prophetic and the first 3 or 4 have been fulfilled by Jesus Christ at His 1st Coming. The last 3 or 4 are still waiting for His next appearance to be fulfilled. Comic Relief -- A time-out corner from the intensity of watching filled with jokes, videos, & silly photo captions... and finally a good home for our resident mascots Scarby, Hapcat & Superkitty =^.^=! All in good taste, please. 278 2,962 Happy Birthday -- Birthday forum to wish members a happy birthday on their special day Raised from the Dead... Do You Believe? -- Does God still raise people from the dead today? Read the stories and watch the videos and then see if you too believe that God is the same yesterday, today and forever.

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LJ is changing in other ways too. Tesco is taking over a disused pub; its hoarding excitedly proclaiming its range of vegetables (I'm sure Mohammed in the grocers up the road can't wait). Rumour has it that Sainsbury's has its eyes on another pub. Meanwhile the Department for Transport is consulting on cutting the rail links from Loughborough junction to the city and north London. It's exactly the right time for Lambeth Council to give people the chance to have a say. On Saturday a group of council planners, architects and volunteers gathered by the 'wall fish' to launch the area's very own Masterplan. A Masterplan is about public spaces -- roads, pavement, green spaces, lighting and so on. Funding is in place so improvements will be made. Residents were asked for their aspirations for LJ. It's fair to say that 'greening' wasn't top of people's priorities. Under the bridge some common themes emerged: not least improving the high street and tackling anti-social behaviour. I sympathised with the resident who asked whether the council could spend the money on finally repairing her council house instead. But it would be a mistake to see the Masterplan as just about new pavement. According to Anthea Massey, Co-Chair of Loughborough Junction Action Group -- which is working with the council on the Masterplan -- this is about giving Loughborough Junction status as a place in its own right. I spoke to Cllr Carol Boucher who argues that the plan has the potential to have a much wider influence as a clear message of what the people want. In other words local people need to make the plan their own. If we make it as true a statement of what we want as possible, we give it power beyond its relatively narrow remit. If we do this, it will be hard for Tesco, Sainsbury's, Department for Transport, the council and anyone else with designs on LJ to ignore. You can find out about more Masterplan events on the LJAG website here . Follow us Brixton Blog is an online community newspaper about everything happening in Brixton, London. We cover local news, music, food, events and history. We hope to inspire debate and enthusiasm about an area we are passionate about. Brixton Blog is edited by Zoe Jewell and Tim Dickens. Got an idea for a story? Comments or criticisms? Email info@brixtonblog.com.

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Gaza - An Israeli air strike killed the head of Hamas' military division, Ahmad Jabari, in Gaza. Both Israeli and Palestinian officials confirm the killing. A doctor at Shifa hospital in Gaza City also confirmed the killing as well as Israel's Shin Bet intelligence agency. A statement from Shin Bet said: "During a joint operation of the General Security Service [Shin Bet] and the IDF [army] today, Ahmed Jabari, the senior commander of the military wing of Hamas in the Gaza Strip, was targeted." A military spokespersons went on: "The purpose of this operation was to severely impair the command and control chain of the Hamas leadership, as well as its terrorist infrastructure." According to another spokesperson, Avital Leibovich, the strike was part of an ongoing operation targeting armed groups after multiple rocket attacks on Israel. She said:"The IDF started an operation against terror organisations in Gaza due to the ongoing attacks against Israeli civilians." Jabari is said to have coordinated much of the Hamas military operations and strategy. He was chief negotiator in the successful prisoner swap between Hamas and Israel back in 2011. The targeted killing of Jabari has led to furious protests in Gaza City and calls for revenge, as hundreds gathered outside the hospital where Jabari had been taken. An Al Jazeera reporter at the attack site said people were very angry and noted that the area around the attack site was residential and people had rushed to the attack site as soon as they heard the news. According to Palestinian security sources, there were four air strikes across Gaza late yesterday (Nov. 13) afternoon. Israel response to rocket attacks inevitably causes far more Palestinian deaths than are inflicted upon Israelis by the rockets. Recent Israeli attacks left at least seven dead in the Gaza strip and several more wounded. As reported in Digital Journal, Israeli troops killed four young funeral mourners and wounded at least 25 others when they fired into the Gaza Strip on Saturday. Al Jazeera reporter Rula Amin said: "This is a big loss for Hamas, and a success for Israel, who have been after him for a while. We will see an escalation for sure within the immediate future. People in Gaza know him. He was considered very smart, very shrewd, considered to be a hero because he had managed until now to escape numerous assassination attempts by Israel.. People will be bracing for more violence, not just against Hamas but against the civilians too." Israel has strong support internationally and especially in the U.S. and will have the freedom to respond any way it sees fit. Israel has all the advantage in weaponry and expertise and an attack on Gaza is like shooting fish in a barrel. In December of 2008 Israel launched an invasion of the Gaza Strip called Operation Cast Lead . The results were wholly one-sided. The Israeli IDF counted 709 Hamas and other militant deaths. This was not far off from the figures Hamas gave of 750 militants and policemen. It should be noted that many of the policemen were simply responsible for keeping order in the Strip. Civilian deaths were estimated at from 295 to 740. There were just ten Israeli soldiers and three Israeli civilians killed. Israel Defence Minister Ehud Barak said that the conflict was ongoing: "It is certainly not over and we will decide how and when to act if necessary.We intend to reinforce the deterrence, and strengthen it, so that we are able to operate along the length of the border fence in a way that will ensure the security of all our soldiers who are serving around the Gaza Strip. At this time... it is preferable to act [in a timely fashion] rather than just talk." No doubt Palestinians in Gaza will be subject to more attacks and casualties. Hard line Israeli politicians will want to push for more attacks to teach the Palestinians that the price of sending the rockets into Israel is too high. However, the desire for revenge may outweigh any cost benefit analysis on the Palestinian side. This opinion article was written by an independent writer. The opinions and views expressed herein are those of the author and are not necessarily intended to reflect those of DigitalJournal.com

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Post navigation The Edge of the Earth is now available! It looks like The Edge of the Earth is finally out there. This book has been a long time coming so it's a relief to finally have it published. Just to let everyone know...this book is "vanilla" (non-BDSM) but it's not tame by any means. In fact, I think it's as intense as some of my racier BDSM books, there just isn't any power exchange going on. If you're interested in an adventurous, heart-rending, sometimes tragic and sometimes funny romance, I hope you'll read my new Molly Joseph book and spread the word to your friends. Thanks to everyone for your support of my new vanilla venture. Not sure when the next non-BDSM book will come along -- the next three in the queue for release are Annabel books -- but when it does, Molly Joseph will be back on duty. Just finished and, as usual, the book was absolutely fabulous. No powerexchange but Charlotte and Will were hot enough to scorch the circuits on my reader. I stayed up all night reading so that I could finish the book and I laughed, got hot, cried, and cheered for this couple when they finally got it together and "saw each other well". Oh, thanks for posting this. I always bite my nails until people start posting reviews. I fell in love with Charlotte and Will, which is why I put this book out in the first place. Since I'm known as a BDSM author I considered not releasing it but now I'm glad I did. In the meantime I've finished the book and it has absolutely lived up to my expectations. I think it's admirable that you tackled such a sensitive topic like rape so delicately -- wish a happy ending were possible for most of the women who suffer such a terrible fate each and every day somewhere in the world. Yes, I was nervous about writing on such a sensitive topic but I hope I did justice to it. I know there's an unspoken rule that that's never supposed to happen to the heroine of a romance novel but I think the statistics are that one in four women are raped. This is reported rapes only so I think it's something a lot of women have feelings about and pretending it never happens and that women never have to deal with the fallout is kind of sad. Originally I "faded to black" during that part but I thought that was pretty cowardly and Charlotte deserved to have her experience documented so then I went back and wrote out the whole thing. My editor agreed it was stronger this way so... Anyway, thanks for your vote of confidence! I know not everyone will like it but I'm glad it's touching some people. That's a apalling static, I had no idea, it's really sad how misoginism it's a social disease vastly accept for our citizens- women included. Even here in Brazil, a western culture and, in theory, tolerant and defensor of human rights, our criminal code, for example, reconigzed only in 2002 violation in non-virgin women as rape. I think is very brave of you to write about it cause it's one of women deepest fear. I'll find strenghtt to read it to, I'm sure. I am anxious to read it, don't matter if is vanilla, I'm sure I'm gonna love it. Next time law school gives me a break, I'm gonna Know Molly's work, maybe fal in love for another fiction characther hahaha. I'll try not to read the others comments,ya see, I hate spoilers, but don't have the will power for not to read them. So my skin is itching ( people says that in english?) to read "the edge of earth".

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Sharepoint List --&gt; File Error: Data May have been Lost Matteo Guest Posts: n/a 's Computer Specifications 20th Mar 2008 Hi, I have a Windows Sharepoint Services 2007 list I export to Excel 2003 (SP3 11.8206.8202). Sharepoint creates an .iqy file and I open it in Excel. This creates a List range in the spreadsheet that is tied to the Sharepoint List (I make batch updates to the list, right-click and synch the list with the server, works fine). I save the workbook to my PC as .xls. When I open it later I get the error "File Error: Data May have been Lost", the list data is still there but the range is not i.e. the list range no longer has a blue border around it and I can no longer right-click and Synchronize List. It's like the link to the Sharepoint list was destroyed when I saved the file. I've been doing this process reliably for a while, It started consistently erroring as of Tuesday. Any ideas? Thanks, Matt craigr Guest Posts: n/a 's Computer Specifications 1st Apr 2008 I am also having the same issue. It seems to be related to the latest service pack. I have also seen that if I open an older version of one of my exel sheets with the SharePoint list it works until I save it and open it again. Any ideas on how this can be corrected would be appreciated. "Matteo" wrote: &gt; Hi, I have a Windows Sharepoint Services 2007 list I export to Excel 2003 &gt; (SP3 11.8206.8202). Sharepoint creates an .iqy file and I open it in Excel. &gt; This creates a List range in the spreadsheet that is tied to the Sharepoint &gt; List (I make batch updates to the list, right-click and synch the list with &gt; the server, works fine). I save the workbook to my PC as .xls. When I open it &gt; later I get the error "File Error: &gt; Data May have been Lost", the list data is still there but the range is not &gt; i.e. the list range no longer has a blue border around it and I can no longer &gt; right-click and Synchronize List. &gt; &gt; It's like the link to the Sharepoint list was destroyed when I saved the &gt; file. I've been doing this process reliably for a while, It started &gt; consistently erroring as of Tuesday. Any ideas? &gt; &gt; Thanks, Matt Alan Guest Posts: n/a 's Computer Specifications 28th Apr 2008 On Mar 21, 3:09\*am, Matteo &lt;Mat...@discussions.microsoft.com&gt; wrote: &gt; Hi, I have a Windows Sharepoint Services 2007 list I export to Excel 2003 &gt; (SP3 11.8206.8202). Sharepoint creates an .iqy file and I open it in Excel.. &gt; This creates a List range in the spreadsheet that is tied to the Sharepoint &gt; List (I make batch updates to the list, right-click and synch the list with &gt; the server, works fine). I save the workbook to my PC as .xls. When I openit &gt; later I get the error "File Error: &gt; Data May have been Lost", the list data is still there but the range is not &gt; i.e. the list range no longer has a blue border around it and I can no longer &gt; right-click and Synchronize List. &gt; &gt; It's like the link to the Sharepoint list was destroyed when I saved the &gt; file. I've been doing this process reliably for a while, It started &gt; consistently erroring as of Tuesday. Any ideas? &gt; &gt; Thanks, Matt Hi, Perhaps the .xls file is damaged by some reason. You may try Advanced Excel Repair at http://www.datanumen.com/aer/ This tool is rather useful in salvaging damaged Excel xls files. Hope this will help. Alan steve Guest Posts: n/a 's Computer Specifications 27th May 2008 Same problem here. I managed to get the error to disappear if i removed some Calculated Columns from the export - the ones with longish formulas. "Matteo" wrote: &gt; Hi, I have a Windows Sharepoint Services 2007 list I export to Excel

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Include Cruise Tips In your Travel Budget: Make probably the most of the loved ones cruise by planning ahead When taking that fabulous household cruise vacation, be sure to include cruise tips in your travel budget. When booking a cruise, for some cause several people just assume that gratuities for staff are included within the cruise cost. Incorrect! Tipping is not included and it is best to be prepared to pay a certain amount per day per person. I always include cruise tips when budgeting for my household cruise vacations. Inside the cruises my family members and I've taken, the service has been exceptional on all of the main cruise lines. The staff operate really challenging to ensure top high quality service and deserve to be rewarded for this. Just as you would tip a waiter or waitress for good service in a restaurant, it is best to provide the same gratitude to your servers on board ship. For many main cruise lines, cruise tips are now usually added to your shipboard account. It is handy and might be charged to your credit card without having to worry about having money offered for tipping in the end of the vacation. Have a look at Carnival.com for their tipping policies which are fairly common for most of the other cruise lines. Sort within the search word 'tipping' for a lot more total details. Usually, $10 to $12 per day per guest is standard. This covers your Cabin services, dining and other onboard services. Whenever you experience the service first hand, the cost is minimal per guest for all that's included. Wages are minimal for service staff and they do rely on cruise tipping to be able to earn a little extra revenue to assist help their households back residence. They do their utmost greatest to maintain you pleased at all occasions. Also, when you have received exceptional service worthy of reporting, do take the time and fill out a consumer survey card or make a note of the person and also the service received and leave it in the front desk onboard. This is incredibly useful for the employee and they can eventually be rewarded with staff promotions and/or salary increases as a result of their hard function and being recognized. If for any cause you're not happy with any staff service, immediately get in touch with the front desk onboard ship and they'll offer assistance appropriate away. Should you not wish have your cruise tips automatically charged, you have to contact the 'pursuers' office once you get onboard. Once more, check together with your chosen cruise line for their individual cruise tip policies. In the event you haven't taken that family members cruise vacation but, I strongly suggest you contemplate this alternative for your next vacation, just keep in mind to spending budget for cruise tips. Holidays for Loved ones aims to supply you with the most effective guidance feasible and also re-direct you to extremely respected and reputable internet sites related to your search. The finish outcome is producing your travel planning time on the internet more enjoyable and nicely spent. Let us give you some good cruise tips . No 1 desires to spend hours and hours looking for materials on line or elsewhere, especially discovering out later that the facts isn't reliable. Rest assured at http://HolidaysforFamily.com , you'll receive quality and not quantity travel reports, supplying you with the search outcomes most desired.

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We're described as Citizen Journalists somewhat akin to CBC's Fifth Estate of "investigative journalism, to challenge assumptions and question conventional wisdom". Where news media fight amongst themselves for the best ratings and dollars, blogs exist as "pages" pulled together by a common cause in hopes of finding some traces of truth in amongst the word of the highly paid political script writers (spin doctors) of the government, in this case, the very much provincial BC Liberals. Wildlife radio-telemetry may be defined as the transmission of information from a transmitter on a free-ranging wild animal to a receiver. Wildlife-related telemetry is also known as radio tagging, radio-tracking or simply 'tagging' or 'tracking'. Advances in the field of wildlife telemetry have made it possible to acquire detailed data on many aspects of wildlife biology, including habitat use, home range size, mortality and survivourship, and migration timing and routes. Since many wildlife species are secretive and difficult to observe, radio-telemetry has provided a valuable tool to learn more about their respective life histories. As a result, radio-telemetry studies are very common throughout the current wildlife literature -Wildlife Radio- telemetry August 1998 Page 13 of 130 I f animals in the wild can be tracked, why not "political" animals too.....like a Russian blogger who found that he was being tracked by the Putin's Government/"FBI"Police. A microphone AND a Camera were found in his apartment, recently. We've all seen the security breach that happened during the last BC Budget introduction this spring, while Finance Minister Kevin Falcon rose to introduce his.....budget. A convicted attempted murderer terrorist, sat up in the BC Liberal bleachers, without a whisper of a suitable explanation afterwards, of how the Speaker of the House's "special force(s) on security" dropped the ball. No reassurance of it not happening again, let alone a report, has been made public. Like most reports presented to the Speaker of the House, he sits on them, until he's good and ready to go public, and it won't embarrass the Government. A s it is, there are more pressing matters at hand, due to the diligent and hard work of the Auditor General and his Staff (on a shrinking budget of their own) in regards to the spending habits of MLAs, and the Legislature Buildings itself. But here's a thought that's been troubling us here at the BBC for the past five weeks. If since 1998, radio-telemetry is an accepted practice in the wild, has it been applied on a massive scale, within the walls of the BC Cabinet meeting rooms, or bedroom pillows, where all of the secrets of past, current and future decisions lie buried under the Oaths of Offices? and of course, held on tightly, by those who are doing the recording, for future use. Has anyone in the public, seen a report on the cost done by "Officials", to circumvent the illegal activities of those who pry into the meetings of our officials? Has there ever been a report produced indicating how may times, a day, a Cabinet Meeting is Swept for bugs? Is there a record of who is doing the sweeping? Are the technicians supplied by CSIS or the RCMP or is it a local company? It seems unbelievable that there hasn't been a single case before the Courts! Or is there some Provincial Secrecy Act that prevents the public from knowing these things? Meetings are recorded, as in a Courtroom setting, then transcribed to the written word(s) ......must keep the Legislative Clerks busy 24/7. Security must be tight. Putting the security of OUR Legislature's activities on a more simpler plane, one that the public can relate to, and in relation to what exactly prompted Police officers from Victoria and the RCMP to Raid the Legislative Offices in late December of 2003, to focus their attention on the Sale of BC Rail, will have to wait till a new government is formed in 2013...... without a majority of BC Liberals in attendance. A simple plan would be to ask if bugging of Offices and Cabinet Meetings are covered. How? We know not how, or how efficiently, or has there been leaks, lots of leaks that would go to prove that David Basi and Bobby Virk didn't act alone. It was revealed during the Discovery..... where a Court Officer

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A galaxy of sci-fi stars, but not as we know them By Natalie Bochenski Nov. 11, 2012, 12:15 p.m. THEY came in their hundreds and thousands; the nerds, the geeks and the fans. Supanova is celebrating its 10th festival of all things pop culture, and the only dampener on the celebration on Saturday was the drizzle over Brisbane's RNA showgrounds. But the rain was a blessing for many so-called ''cosplayers'', keeping temperatures down and making life much more bearable for those in elaborate costumes. In one corner were Batman and Catwoman, posing for pictures not far from a trio of Green Lanterns. Near another pavilion, Doc Brown chatted to Marty McFly, while Han Solo and Princess Leia pushed around a baby Ewok in a stroller. And over in a queue to see one of the guest stars, Mario and Luigi from Super Mario Brothers stood next to Spartan King Leonidas from 300 (no chest padding required). Scott Driscoll, who comes to Supanova every year, was part of a trio of ''Steampunk Ghostbusters'', a vintage take on the popular 1980s Ghostbusters movie. ''One of our members, Matt, is an engineer, and designed our backpacks,'' said Mr Driscoll. The brass and wood proton packs were impressive pieces of kit; one of them even pumped and released steam. It showed the dedication cosplayers give to detail. Mr Driscoll said there were many reasons people dressed up for fan events, but the main one was the sense of community. ''It's like their football club, or bridge club, or whatever. There's a feeling you're with family and friends at Supanova.'' Celebrity drawcards this year included Tom Felton, Draco Malfoy from the Harry Potter movies; and Felicia Day, whose web series The Guild has a cult following. Queues to get their autographs and photographs stretched out of the pavilion. Supanova continues on Sunday.

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"The purchase of any item which helps strengthen Zionism is not permissible ..." The following Fatwas are from www.khamenei.de: Fatwa No 12798 ( 15th May.2001 ) Regarding the purchase of Zionist goods: The purchase of any item which helps strengthen Zionism is not permissible unless it reaches the point of necessity. Fatwa 8822 (from Leaders Office, Qum, Iran) Date: 27 Feb 2002 Question: 1) Is it permissible to buy products from the United States of America or american products? 2) Is it permissible to buy goods from companies that allocate parts of their profits to support USA or support USA? 3) Is it permissible to buy goods from companies that spread immorality (unislamic atmosphere) and support immorality (unislamic atmosphere)? Answer: 1&2) Any transaction with a company which ist profit is for helping the enemies of Islam and Muslims or for supporting the Zionism regime is not permissible. 3) If buying goods from these companies would support them and assist them in spreading corruption and immorality, it is impermissible. Shaykh Yusuf Al Qaradawi (Egypt / Qatar) "Each riyal, dirham ?etc. used to buy their goods eventually becomes bullets to be fired at the hearts of brothers and children in Palestine. For this reason, it is an obligation not to help them (the enemies of Islam) by buying their goods. To buy their goods is to support tyranny, oppression and aggression." 20 Muharram 1423 AH 4 April 2002 Question: Are we allowed to buy items from Israeli sources, even though this money may be used to help the Jewish "war machine"? Answer by Sheikh Yusuf Al-Qaradawi: It is Jihad to liberate the Islamic lands from those who attack or conquer them. These are enemies of Islam. This Jihad is an absolute obligation and a sacred duty; firstly on the people of that land. If the Muslims of that land can't offer sufficientresistance, then Muslims of neighboring countries are obliged to assist. If this is still not sufficient then all the Muslims of the world must assist. Palestine is the land of the first Qiblah of the Muslims, the land of Isra' and Mi`raj, the land of Al-Aqsa and the blessed territory. The conquerors are those with the greatest enmity to the believers, and they are supported by the strongest state on earth - the USA, and by the world Jewish community. Jihad is obligatory against those who take land and expel the inhabitants, spill the blood, violate the honor, destroy the houses, burn the fields, and corrupt the land. Jihad is the first obligation of all obligations, and the first duty of the Ummah. Muslims are commanded to do this, first those from the land in question, after that their neighbors, and finally all Muslims. We must all be united against the aggressors. We are united in Islam, including unity of belief in the Shari`ah, unity of belief in the Qiblah, and also united in pain and hope. As Allah Almighty says: "Verily this Ummah of yours is one Ummah." (Qur'an, 21:92). Allah Almighty also says: "Surely the believers are a single brotherhood." (Qur'an, 49:10). There is a Hadith of the Prophet, peace and blessings be upon him, that states: "The Muslim is the brother to the Muslim, he can't oppress him, he can't give him up, he can't let him down." [Transmitted by Muslim]. Now we see our brothers and children in Al-Aqsa and the blessed land of Palestine generously sacrificing their blood, giving their souls willingly in the way of Allah. All Muslims must help them with whatever power they have. (See the Noble Qur'an, 8:72). If people ask in the name of religion we must help them. The vehicle of this support is a complete boycott of the enemies' goods. Each riyal, dirham ?etc. used to buy their goods eventually becomes bullets to be fired at the hearts of brothers and children in Palestine. For this reason, it is an obligation not to help them (the enemies of Islam) by buying their goods. To buy their goods is to support tyranny, oppression

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AFUE: The Key Rating When Buying A Furnace When buying a new furnace, price is an important factor but so is energy efficiency. Greater efficiency means lower energy use and lower energy costs. Fortunately, furnaces have an AFUE rating, allowing you to compare different models' energy efficiency. AFUE stands for annual fuel utilization efficiency. To evaluate the energy use of furnaces or boilers, it provides a percentage measure of the energy used for heating versus energy wasted. AFUE ratings are displayed on all recent furnaces as per Federal Trade Commission requirements. When shopping for furnaces or boilers, a higher rating means greater efficiency. As an example, a rating of 80 percent means the furnace uses 80 percent of its energy to produce heat and the other 20 percent is lost. Note that the rating doesn't include heat loss through the duct system or piping, which can be up to 35 percent of the heat being used, especially if the ducts are in the attic. Electric furnaces and boilers are the most energy efficient, with a rating of between 95 and 100 percent, partly because they have no energy loss through a chimney or flue. Despite these units' efficiency, the cost of electricity may make the overall savings negligible. The minimum allowed AFUE rating was established by the Federal Trade Commission. The rating for non-condensing fossil fueled furnaces can't be below 78 percent, whereas a fossil-fueled boiler's minimum rating is 80 percent. A steam boiler that's gas fueled must be rated no lower than 75. Even with these stringent requirements, older and less efficient furnaces still exist and may be rated as low as 55. For the purpose of energy conservation and heating costs, knowing the AFUE of a furnace is important in determining which brand or type of heating system will best suit your needs. These ratings are useful in evaluating the cost of a furnace relative to how much money it will save in the long run. Reliance Home Comfort has provided HVAC services in Ontario since 1999. If you have any questions about your furnace and its efficiency, please contact us .

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Episode 032: In Search of the Soul, Part 4 by Glenn on January 21, 2010 Here's the fourth installment on my series on the mind-body problem. In this episode I look at the argument against physicalism from the afterlife. Here, some dualists argue that if physicalism were true, then the resurrection of the dead would be logically impossible. Their argument is: The doctrine of the resurrection of the dead entails that people will be raised back to life who are the same people who died long ago. In other words, they will have the same identity. In physicalism, it is logically impossible for there to be unbroken metaphysical continuity between a physical person who died a hundred years ago and a person who will be raised to life in the future. Therefore if physicalism is true, the doctrine of the resurrection of the dead is logically impossible. Stated differently, a physicalist cannot consistently believe in the resurrection of the dead. How might a physicalist respond to this line of argument? Listen to find out. As promised in the episode, here are a few pieces of work by Trenton Merricks that relate to some of the material I cover: Share this: OK, this is getting ridiculous. You clearly need to be teaching at my college. This is way better quality than what we are getting taught now in philosophy of religion! We were told that this is a fatal blow to the resurrection and that there are no serious answers! Couldn't we say that the person who dies is kind of like the person who goes into a coma? The person who goes into a coma loses all consciousness; the person who comes out of the coma revives consciousness. Assuming that there is no amnesia, the person who awakes from a coma picks up where they left off. In other words, there is a "gap" in consciousness. In the same way, God could merely revive the consciousness of a person who has died. This, of course, would require him to miraculously preserve the consciousness and all the associated psychological qualities and imbue the resurrected physical body with those qualities. The consciousness and its qualities we might call the soul, and this would be more in keeping with the shades of meaning the word "psuche" has in Greek. If God imbues the body with the preserved consciousness, then perhaps he may be able to sustain it between death and the resurrection, providing us with a way to interpret certain passages (i.e., the "souls under the altar" in REvelation) in more traditional ways, and yet maintain that man is not inherently immortal and that resurrection is the only hope for eternal life. I think in doing so, we would be better approximating a "Jewish" understanding of human nature as opposed to a "Hellenic" one. The Jewish view of the soul, as gleaned from the copious intertestamental evidence, is that a conscious soul exists BECAUSE the body will be raised in the future, as NT Wright has pointed out in numerous works. This stands in direct opposition to the Hellenic view, in which the soul is eternal and immortal of itself. That is why it makes sense for the Jewish intertestamental literature, by and large, to propose a conscious intermediate state and yet espouse annihilationist views about the fate of the wicked (despite what traditionalists will say, most intertestamental, when translated and interpreted correctly, is strongly annihilationist.) Dave, the complexity would arise in asking how God could preserve the consciousness if the consciousness isn't a "something" that can be removed from a body. If it is such a thing, then some form of dualism is true. Kenneth and Richard, you're very kind, but I actually don't teach anywhere. Nobody will hire me! Glenn, you touched on the point 'ownership' of atoms/molecules etc; after becoming lunch for a cannabal. My question is: what is the likelyhood of God resurecting the cannabal, in as much as the cannabal has not heard the good news and repented, and what is God's plan for other peoples who have not discovered the gospel due to time and/or distance, what I would term: "no fault of their own"? Ciaron, to be perfectly honest I don't know if I could say for certain what I think

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Sponsored by Appreciate the Island vistas, as well as the community spirit in Brue Lewis is an island full of beautiful villages, off the main roads and out if sight are unexpected gems with unbelievable views. For anyone who is unfamiliar with Brue, one such village on the Westside of the island, they are in for a treat. Christine and Stephen Phipps have been living in Brue for over seven years now, and you can tell they will never tire of staring out their windows. The house, a four bedroomed 90's property with all the reception rooms facing out to the sea, is in the ideal location to marvel over the water at Bravas Bay, with Barvas Loch running into it and the machair of the Barvas Estate. The white beaches sparkle on a sunny day and even on the dreichest of May mornings the sight is enough to stop you in your tracks. "When we first came it was hard not to look out the windows. I'd find Steve staring out with the binoculars," Christine laughed. "The view changes by the hour, we can see the weather coming. You can never be bored of the view." The couple, who moved from Hampshire after Steve took an early retirement, originally rented the house for 18 months before buying it six years ago. "We came to visit," Christine explained. "And we just thought this seems to be the place we want to be. We fell in love with it. The house ticked every box for everything we need, except for being a bit too big." The property itself is a large, bright, spacious and surprisingly warm home, in part due to the multi fuel burner they installed in the lounge and the quality of the build itself. The study, or fourth bedroom, which has it's own separate staircase and is situated above the garage, is a particularly lovely room with skylights looking over the sea view and slopping ceilings that give it an extra charm. Christine added: "We didn't have much furniture with us when we moved but it was fun doing it up because we had 18 months to think about it." The move from the mainland to Brue has been something the couple have treasured. Steve, who is on the committee of the Stornoway Sea Angling Club, and Christine, who has been working with the Lewis branch of the SSPCA, are both obviously very attached to the community in Brue and Lewis as a whole. "They are lovely, lovely people, they have made us so welcome. We've been very lucky" Christine said. "Especially our neighbours Ken and Margaret," Steve added. "They made us so welcome." And for anyone who is considering to move to the island, like Christine and Steve did seven years ago, they have some sound advice: "Go for it definitely," says Christine. "We've enjoyed every minute of it. It's been an adventure." Steve agreed: "It's not until you've lived and worked in places like Outer London, queuing in four lanes of traffic at 5am to get to work, commuting over 100 miles a day, that you appreciate a place like this." This website and its associated newspaper adheres to the Press Complaints Commission's Code of Practice. If you have a complaint about editorial content which relates to inaccuracy or intrusion, then contact the Editor by clicking here . If you remain dissatisfied with the response provided then you can contact the PCC by clicking here . Stornoway Gazette provides news, events and sport features from the Stornoway area. For the best up to date information relating to Stornoway and the surrounding areas visit us at Stornoway Gazette regularly or bookmark this page. For you to enjoy all the features of this website Stornoway Gazette requires permission to use cookies. Allow Cookies Find Out More ? What is a Cookie? What is a Flash Cookie? Can I opt out of receiving Cookies? About our Cookies Cookies are small data files which are sent to your browser (Internet Explorer, Firefox, Chrome etc) from a website you visit. They are stored on your electronic device. This is a type of cookie which is collected by Adobe Flash media player (it is also called a Local Shared Object) - a piece of software you may already have on your electronic device to help you watch online videos and listen to podcasts. Yes there are a number of options available, you can set your browser either to reject all cookies, to allow only "trusted" sites to set them, or to only accept them from the site you are currently on. However, please note - if you block/dele

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Sunday, September 9, 2012 My cousin Danielle is currently attending grad school in Bologna, Italy. Tough life, right? ;) Well, when it was time for her to move to her new environment, she, her brother and her mother decided to make a two-week family vacation of it! Matt took some STUNNING photographs and Danielle took some great home videos. I was honored to put together this keepsake, recapping their time in Italia. I hope you'll all enjoy it! Have you been on a fun, exciting, exotic, or magical trip? Do you have tonsss of photos and video that you don't know what to do with? We'd love to help! Contact us today!! hadtobethereproductions@gmail.com Sunday, June 24, 2012 \*phone rings\* Kelly: Hello? Blakely: I couldn't even email you back, I had to call you myself. We just finished watching your highlight reel and I'm crying hysterically. Kelly: Don't cry! Blakely: That was so good - thank you so much! Kelly: Oh, so these are happy tears? Tuesday, June 12, 2012 I spent all year interviewing seniors, filming events, and collecting photos to create a memory keepsake for the graduating class of DHS. The plan was to have a viewing of the video during class night on Thursday of last week and have copies available for seniors at graduation tonight. Well, wouldn't it be just my luck that my computer and hard drives would CRASH on Wednesday night?!?! Typical. But, I get by with a little help from my friends (in this case, it's lucky that some of my closest friends are FAMILY who are always there to support me and I love them for it!).... After a few sleepless nights and stressful days, I was able to present the video to the seniors at yesterday's impromptu assembly. Please forgive the audio quality in parts... an unfortunate effect of last week's debacle/time crunch. But everything is a learning experience. I know for next year to back up my backups! And a new microphone is a definite necessity! And in retrospect, could it be 5-10 minutes shorter? Okay well like I said, we're learning as we go! ;) Thank you to Mr. G and Tracie at DHS for taking me in and being so unwaveringly supportive and enthusiastic. You guys are the BEST. And to the seniors who participated in this project, thank you for welcoming me into your world. I was honored to be a part of this project. To watch the Derby High School: Senior Class Memories 2012 video, check it out below! Saturday, March 10, 2012 Over the last few weeks, I had the privilege of working on a project near and dear to my heart: wedding invitations for a very special couple. This was my first job creating invitations for such an important event and I was absolutely honored to have the opportunity. Though the groom-to-be was a staple figure in my childhood, we hadn't seen each other for fifteen years! I wanted to make sure everything was tailored exactly to their liking! Luckily, the bride-to-be was willing to experiment with styles and mix-and-match creatively. I had the absolute BEST time creating these invitations and I wish Blakely and Jamie the lifetime of happiness they deserve! Thursday, February 23, 2012 I got a call earlier this week that a very special kid would be celebrating his 13th birthday in a few weeks. He LOVES video games and will be hosting a "murder mystery"-themed party where all his guests will come dressed as a video game character and try to help him crack the case!! Each bundle included an invitation, matching envelope, and special insert informing the guest of what character to portray. Here are the designs he chose! Make sure to check out all the samples on the "PORTFOLIO" page! Invitation, Side A: Invitation, Side B: Envelope, Front: Envelope, Back: Special Insert, Front: Special Insert, Back: Do you have a special event coming up and want that special, personalized touch? Give us a call!! We'll make sure your invitations, save-the-dates, announcements, and more are tailored specifically to your liking!!

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I am new here, so forgive me if I post in the wrong thread, am kind of lost I asked the question "What may I do to improve this situation" concerning a troubling situation I am in. And I got 29 unchanged. After some readings in this forum, I came to the conclusion that there is nothing I can do - apart maybe being sincere. But in this situation, being sincere never served me, as the person who I am in this situation with never seems to be able to believe anything I say... I am aware that my explanation isn't very clear. But any advise to understand this hex 29 would be very welcome I am new here, so forgive me if I post in the wrong thread, am kind of lost I asked the question "What may I do to improve this situation" concerning a troubling situation I am in. And I got 29 unchanged. After some readings in this forum, I came to the conclusion that there is nothing I can do - apart maybe being sincere. But in this situation, being sincere never served me, as the person who I am in this situation with never seems to be able to believe anything I say... I am aware that my explanation isn't very clear. But any advise to understand this hex 29 would be very welcome Perhaps all you can do is ride the danger again and again and again...being mindful as you say yet still each time this trouble comes around it seems like the first time and all you are doing is treading water to stop going under and keeping your wits about you I'm wondering if you really might be better to consider whether you want to be in the situation at all.. Maybe improvement in this situation simply isn't feasible at all in the way you intended it ? perhaps you can think of another approach ? Thanks for the answer Trojan. That's what I thought. I better escape from the situation as it seems there is no reason to stay in it, apart for just staying in it. But this brings an other question. Does this hex gives an insight of the futur? I mean, will this "riding the danger again and again" still be true after time have past? Because I feel there are things that can and should be fixed. Thanks for the answer Trojan. That's what I thought. I better escape from the situation as it seems there is no reason to stay in it, apart for just staying in it. But this brings an other question. Does this hex gives an insight of the futur? I mean, will this "riding the danger again and again" still be true after time have past? Because I feel there are things that can and should be fixed. Hi, to be honest I don't know the answer to your question. No situation remains the same forever obviously but you are asking if 29 will always be inherently a part of this situation ? I can't say I think this may be a case where a little more detail on the situation behind the question may help people here to give more feedback ? I'm interested in what others think too. How do we take 29 unchanging ? You could have a look in the hexagram index to see what others have said about it inthe past. If you haven't found that yet go to the top right of the page and click search then hexagram index. Hilary says often an unchanging hexagram is asking you a question. I checked out what she wrote the question for 29 was in her book and she has suggested you ask yourself what you are sure of in this situation and how can you keep on moving through it. Because in 29 you have to keep moving, responding as you find yourself in danger over and over again. As for leaving the situation well its not that 29 advises withdrawal exactly, it can be quite an exhilerating ride, if scary...but if i threw it unchanging over a situation I guess I'd either take it as "This is how it is, you have to deal with it as it is and theres no easy way around it, it means negotiating each challenge as it comes up with full awareness..and aliveness " I say aliveness because theres nothing like 29 to let you know you are alive ! And i think very often 29 deals with deep emotions and passions..so I'd either take it as that... .. OR depending on the question I might ask myself is this something I want to go through, can i cope with it ? Might be quite an exhausting and troublesome path....Depends on all sorts of things like do you want to do this, do you have to do this ? I think it is worth considering 29 unchanging as asking you a question about what you are

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published 15 Oct 2012 share On December 3, Starkey will release his third album, Orbits. Hailing from Philadelphia, Starkey has been pushing an ultra-colourful hybrid of grime, dubstep and pitch-bent synth music for the best part of a decade. It's a sound that's slowly developed over the course of his albums, EPs and vocal collaborations (with Trim, Charli XCX and more), and at times has splintered off into modern classical, spacious synth-drift and beyond. Orbits finds Starkey sounding freer than ever: grime and hip-hop are closer to the forefront than on past albums, with song structures more spontaneous and unpredictable, often breaking down into entirely new tracks and not always coming back. FACT caught up with Starkey about the album late last week: the full interview will be posted soon, but until then, here's what we found out: Starkey: "I've always been a producer that's not afraid to make the style of music that I want to make; I don't try to force myself to write a particular kind of music, because everytime I've ever tried that, it turns out pretty horrible. And I think coming off of the Open the Pod Bay Doors EP, with the title track being so very different from the other tracks on that release in that there were guitars, real drum sounds, etc.... I just wanted to continue to explore what I could do in my songwriting and how all of this music could still gel as one cohesive outlet. "Although most people don't really listen to albums from start to finish anymore, I still think it's important and I guess my way of remembering what it was like buying a CD for the first time, getting home and just listening to it with no distractions. I did that with a bunch of artists' records, so I hope there are still some people who might do that with mine. "I've always had a fascination with science fiction films, space and all that... so yeah that's an ongoing theme. With Orbits, I definitely made a conscious decision to keep the titles of the tracks to purely science or science fiction based words, but also inject this kind of post apocalyptic attitude or awareness [laughs]. The two songs with lyrics are both based around similar concepts and themes. There's this disconnect between technology and human interaction that's definitely embedded in there."

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Five common nightmares - and what they mean Dream interpreters claim there are many common symbols that occur in nightmares all over the world. This, they believe, is down to a shared human experience through the ages and means such symbols can be used like a language, providing a key to unlocking their meaning. American psychotherapist Dr Alex Lukeman claims once you have identified the main symbols and their general meaning you should work out how they relate to your own personal experiences - and then act on what your nightmare is trying to tell you. Here are five of the most common nightmares - and what they symbolise Spiders Spiders are often negative symbols in our dreams because they are seen as frightening by so much of society and often represent a controlling or ensnaring force. For men (and some women) spiders can represent something about women or a specific woman. 'Spiders are also a very old form of life,' says Dr Lukeman. 'One of the things they represent in dreams is something very primitive and basic - something rooted in the depth of our being, such as our mother. For someone who comes from a family where the mother was unloving , a spider can be a perfect dream symbol. The evil mother becomes and evil spider. ' Spiders can also symbolise an evil male force. It could be an overbearing boss, father or lover. 'If you are in a relationship unsettling to you and you have a spider dream, think carefully about what is taking place,' says Dr Lukeman. 'Are you fooling yourself about the other person? Is he or she what he appears to be? Honor your instincts and feelings.' Health problems Dr Lukeman says dreams about health problems can work on different levels - but says they can often actually be an indication of real illness. 'Something in ourselves understands everything that goes on in our body,' he says. 'If you think about it something keeps our bodies ticking over and running as they should without us thinking about it,' he says. 'And this thing often knows if something is wrong with us and will try to tell us. I have had many patients who have discovered hidden health problems through their dreams.' Common symbols for health problems are dreaming of a specific ailment and primitive, evil fish at the bottom of the sea. 'This relates to the fact that the bottom of the sea often represents the depth of our consciousness,' he says. But Dr Lukeman is keen to stress that dreams about health do not always indicate actual health problems. 'Dreams about health can often simply indicate a more general concern about your life,' he says Running for your life Dr Lukeman claims running is linked to the primitive days of our cavemen ancestors where life was short and dangerous and there was a real possibility of being chased by beasts of prey. 'Our brain still contains areas dominant during the earliest stages of human development,' he says. 'These parts of our brain respond instinctively to danger or stress, sounding the alarm and preparing us for flight or battle. Fear and danger trigger the instinctive response: the urge is to run, run faster than the thing that is after us.' He advises trying to identify what is 'chasing' you in real life. This could be anything that is overwhelming you in an emotional, mental or physical sense, from work to a relationship, then identifying what you can do to alter things. 'Chase dreams signal ideas of helplessness,' he says. 'Do something to regain a sense of control over your life. It could be something as simple as re-arranging your day to include time for yourself to relax. It could be as complex as leaving a bad relationship or an unfulfilling job.' Teeth Dreaming that your teeth are falling out is one of the most common nightmares of all. 'Teeth are used to speak and communicate, to chew food, to protect and attack (in more primitive times), to convey feelings, and have a cosmetic value in a world where good looks are valued highly,' says Dr Lukeman. For this reason teeth dreams can relate to many areas of your life: from feelings that you are not being heard or acknowledged or a feeling that you are not able to express yourself properly or a feeling that you are not in control of a situation. 'Ask yourself if you feel frustrated about the way people listen to you,' says Dr Lukeman. 'Perhaps you need to improve your communication skills. If you have the dream more than

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Our School Culture Our school culture is based on the core character virtues -- Courtesy, Common sense and Consideration, referred to as the 3 C's. These virtues are modelled by staff in their relationship with each other and with students. Our Hauora (Health) programme incorporates the virtues programme as an integral part of our curriculum. There is a virtues story for each week of the school year focussing on aspects of displaying these virtues. Students are encouraged to demonstrate these virtues both in the classroom and in the playground. Additional virtues are added each term. A CCC ribbon is awarded for consistent demonstration of one of the 3 C's in the classroom or the playground. Each classroom teacher has 10xCCC ribbons to award each term. Each week a student who consistently displays the 3 C's is nominated by staff and upon winning the nomination is awarded a blue CCC shirt to wear as part of their school uniform. At the end of each term, one of these students, by ballot, is awarded a CCC jacket to wear as part of their school uniform. Two of our 2010 CCC Jacket recipients Students are divided evenly between the four houses: (named after local rivers) Mangawhero - Red Piako - Blue Waihou - Green Waitoa - Yellow Building a strong house spirit is part of our school culture. House points are awarded at school - wide sports events such as Athletics, Swimming, Cross Country as well as in the classrom, for a range of activities. Student house leaders have a strong leadership role in the school. Our school culture recognises and celebrates effort and success in learnin. Ribbons, to be sewn onto jerseys, and certificates are awarded at formal or team group assemblies. The ribbons are much sought after and worn with great pride. Ribbon titles include: Academic Reading Sport Basic Facts Technology Spelling Visual Art Music Culture Public Speaking Kapahaka Attendance Commitment Practical Service Citizenship CCC Leadership Our school culture is about each student making a commitment to personal learning with every child striving to be the best they can be and each child developing competency in literacy and numeracy. Our school discipline model is focussed on restorative justice; empowering students to make the right choices and accepting that poor choices have consequences. We are proud of the pastoral care we offer students for their total well-being. The end of year graduation dance is a formal end of year tradition in our school culture to celebrate the achievements and farewell our Year 8 students in grand style. An active student forum provides a forum for students to participate in and contribute to school functioning. Leadership training is provided for school councillors so they are well equipped to carry out these responsibilities. This group meets in the library each Tuesday at 12.20.

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Luke : You know, I think that R2 unit we bought may have been stolen. Uncle Owen : What makes you think that? Luke : Well, I stumbled across a recording while I was cleaning him. He says that he belongs to someone named Obi-Wan Kenobi. I thought he might have meant old Ben. Do you know what he's talking about? Uncle Owen : Uh-uh. Luke : I wonder if he's related to Ben. Uncle Owen : That wizard is just a crazy old man. Now, tomorrow I want you to take that R2 unit to Anchorhead and have its memory erased. That'll be the end of it. It belongs to us now. Luke : But what if this Obi-Wan comes looking for him? Uncle Owen : He won't. I don't think he exists anymore. He died about the same time as your father. Luke : He knew my father? Uncle Owen : I told you to forget it. Share this quote General Tagge : What of the Rebellion? If the Rebels have obtained a complete technical reading of this station, it is possible, however unlikely, they might find a weakness and exploit it. Darth Vader : The plans you refer to will soon be back in our hands. Admiral Motti : Any attack made by the Rebels against this station would be a useless gesture, no matter what technical data they have obtained. This station is now the ultimate power in the universe! I suggest we use it! Darth Vader : Don't be too proud of this technological terror you've constructed. The ability to destroy a planet is insignificant next to the power of the Force. Admiral Motti : Don't try to frighten us with your sorcerer's ways, Lord Vader. Your sad devotion to that ancient Jedi religion has not helped you conjure up the stolen data tapes, or given you enough clairvoyance to find the rebels' hidden fortress... [ Vader makes a pinching motion and Motti starts choking ] Darth Vader : I find your lack of faith disturbing. Governor Tarkin : Enough of this! Vader, release him! Darth Vader : As you wish. [ He does ] Share this quote Princess Leia : No! Alderaan is peaceful! We have no weapons, you can't possibly... Governor Tarkin : [ impatiently ] You would prefer another target, a military target? Then name the system! I grow tired of asking this so it will be the last time: \*Where\* is the rebel base? Princess Leia : ...Dantooine. They're on Dantooine. Governor Tarkin : There. You see, Lord Vader, she can be reasonable. Continue with the operation; you may fire when ready. Princess Leia : WHAT? Governor Tarkin : You're far too trusting. Dantooine is too remote to make an effective demonstration - but don't worry; we will deal with your rebel friends soon enough. Share this quote Obi-Wan : I have something here for you. Your father wanted you to have this when you were old enough, but your uncle wouldn't allow it. He feared you might follow old Obi-Wan on some damn fool idealistic crusade like your father did. Luke : What is it? Obi-Wan : Your father's light saber. This is the weapon of a Jedi Knight. Not as clumsy or random as a blaster; an elegant weapon for a more civilized age. For over a thousand generations, the Jedi Knights were the guardians of peace and justice in the Old Republic. Before the dark times... before the Empire. Share this quote Obi-Wan : There was nothing you could have done, Luke, had you been there. You'd have been killed too, and the droids would now be in the hands of the Empire. Luke : I want to come with you to Alderaan. There's nothing for me here now. I want to learn the ways of the Force and become a Jedi like my father. Share this quote Aunt Beru : Where are you going? Luke : Looks like I'm going nowhere... I'm gonna finish cleaning those 'droids. Aunt Beru : [ after Luke leaves ] Owen, he can't stay here forever, most of his friends have gone. It means so much to him. Uncle Owen : Well, I'll make it up to him next year, I promise. Aunt Beru : Luke's just not a farmer, Owen. He has too much of his father in him. Uncle Owen : That's what I'm afraid of.

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Dr. Stephen Katz has good news: "It's okay to grow older," he says, adding, "just so long as we don't look older." This article is on the cover of Showcase magazine , featuring leading-edge teaching and research at Trent. The Anti-aging Enterprise "Old is not what it used to be. In fact, old isn't really even old anymore," explains Dr. Stephen Katz , professor of Sociology at Trent University. According to Professor Katz, the boundary between youth and old age has been pushed further and further back as the physical bio-markers of aging have become increasingly mediated through medical technology from Botox to hip replacements, even prompting gerontologists to come up with a new term for this growing age cohort - the 'young old'. This group, generally between the ages of 55 and 75, is not only looking younger, they are living longer and are healthier too. More significantly, they represent a large demographic group with considerable buying power that has spawned a thriving consumer culture in the field of 'anti-aging medicine'. "The anti-aging enterprise is enormous," asserts Prof. Katz. "The Association for Anti-aging Medicine in the United States, for instance, has more members than all the gerontology associations combined." Alzheimer's: the Disease of our Era or Accelerated Aging? For Prof. Katz, this usurpation of the study and treatment of aging by the study and treatment of anti -aging is ironic. "As our anti-aging culture transforms aging into pathologies and medical categories by treating aging as a vast series of diseases, we have to ask: Does 'medicalizing' help care for people? Do more labels help?" Prof. Katz points to the work of renowned neuroscientist Dr. Peter J. Whitehouse, who, after helping to develop memory-enhancing drugs for Alzheimer's, is now questioning the status of Alzheimer's as 'disease'. "According to Dr. Whitehouse," explains Prof. Katz, "Alzheimer's may not even be a disease. It may more correctly be seen as accelerated normal aging, rather than pathological aging." Professor Katz is currently exploring these questions in his own research into Mild Cognitive Impairment, or MCI, (described generally as memory loss). MCI is a relatively new diagnostic category. With the goal of government-funded research being early intervention in order to reduce costs and provide better patient outcomes, MCI is being actively investigated as a possible site of early intervention for Alzheimer's, which has been called the disease of our era. "As the boomer generation sheds physical signs of aging, new markers of aging, namely cognitive markers such as memory loss and dementia, take their place and become a new focus of anxiety. So MCI becomes even more of a fraught area because it forms a piece of that boundary between 'young-old' and 'old-old', but at the same time it's a very vague category. The diagnostic criteria are not necessarily well-worked out, and the drug trials that are just emerging are questionable in terms of effectiveness." Medicalization and New Syndromes For Prof. Katz, the 'medicalization' of new syndromes has to be approached carefully. "It's always very interesting when a new condition arrives on the scene," observes Prof. Katz. "It's not just a construction, but it's not necessarily a reality. It becomes embedded in reality through texts, through professional conferences, through being included in diagnostic manuals; through the formation of companies and interest groups ... in other words, it has to be established. When we have a new medical category such as MCI," cautions Prof. Katz, "we need to have some critical perspective on it before we start not only accepting it, but becoming it." In his own research, Prof. Katz approaches aging from a sociological and cultural perspective. At a time when more and more gerontological resources are being focused on health, he and his colleagues, fellow sociologist Dr. Peri Ballantyne, and psychologist Dr. Kevin Peters, have received a prestigious three-year grant from Canadian Institutes in Health Research (CIHR) to pursue their study of the cultural and sociological impact of MCI diagnosis. "Where the funding for gerontological research is mainly focused on health," explains

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Amazon's Hillsong Store Music Photos Videos Biography In the collective expression of a unified church, as the people worship their magnificent Savior, a beautiful exchange happens: the exchange of the cross for sins, the exchange of His life for our freedom. This beautiful exchange is the gospel of Christ and it happens in churches and street corners around the globe. It is the message that lies at the center of Hillsong Church, and it is the... Read more in Amazon's Hillsong Store Editorial Reviews The Hillsong UNITED modern worship band is returning in 2007 with the eagerly-awaited new studio album, All Of The Above- the first of a 3-part global project. This project includes 12 fresh songs that consist of raw passion of young people who exist to stir up a generation to live and stand for the hope and salvation found in Jesus Christ. --This text refers to an alternate Audio CD edition. Hillsong United is known for their powerful live worship albums. You feel as if you are worshipping and praising alongside United when you listen to their live albums from the past. So I wasn't sure that a studio album would have the same intense effect that their past albums have had ( United We Stand is the best in my opinion)....well let me say that this album does not disappoint. The more and more I listen to it, the more I absolutely love it!! Let's see, personal favorites are Lead Me To The Cross (beautiful ballad from Brooke Fraser), Found (like this version better than the Mighty To Save version), Solution (not only do you just crank it up and jam out to this song but I love these lyrics of "... Higher than all circumstance Your promise stands, Your love for all to see, higher than our protest lines and dollars signs Your love is all we need..only You can mend the broken heart and cause the blind to see, erase complete the sinner's past and set the captives free...only You can take the widow's cry and cause her heart to sing, be the father to the fatherless...." (( these particular lyrics really impacted me), Never Let Me Go (you feel God's love for you), You (simple but DEEP!!) and Saviour King (this will be a favorite in churchs all around the world...powerful and deep lyrics!). I find myself going to bed with a song in my head and wake up humming one of the songs. They stay with me all day and help me to get through the day. I have read other reviews and comments and the ones that criticize should really try to have a more open mind. The message, love and desire is in this album just as much as the others in the past. I have always said before you criticize, try to educate yourself more on the albums and songs...if you want a deeper understanding on the songs, go to YouTube Hillsong United TV and check out all the blogs on the songs. Once you see it, you will have a better and deeper understanding of the songs and connect even more. I am so grateful that there are talented people who use their gifts that God has given them and use it to serve Him according to His purpose. Without powerful worship songs, I don't know how I would honestly make it through the daily struggles that I face. They honestly get me through and help me to connect to our Creator and find purpose, meaning and understanding. Thank you so very much Hillsong United for continuing to create awesome praise and worship music that glorifies and exhalts our Creator and Saviour!!! This is music that has challenged and inspired me lyrically. I'm feeling every song on this album, particularly the fresh sound of Found followed by Hosanna and Solution. This album makes me want to go out and change the world. Small things with great love. Seeking to have the compassion of Christ. Allowing my heart to break over what breaks God's heart... to share the gospel with my life and my actions.. not just with what I say. To be the hands and feet of Christ in this world... to impact people in a positive way... and all glory going to God. God is up to something in the lives of young people. He wants to use us in powerful ways... putting into action the revolutionary idea of TRULY loving Him... and loving people. This album has really crystallized a lot of what I've been reading and hearing lately (Irresistible Revolution, etc..) It's definitely a slightly different flavor than their previous albums... but if you're into social justice and living a life of impact in Christ's name.... check out this album. It

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In the Middle of the Night Lyrics Martha Wainwright In the middle of the night Comes a knockin' at my door There's a limousine outside And I know whom it's for And I heard it bein' read And I heard it bein' said Oh, that the comfort in your head And I wonder if it doesn't create A sense of shame In the middle of the night Comes a knockin' at my door There's a limousine outside And I know whom it's for And you're leanin' on your wheel in your car As you walk to the top of the hill And you hope the will in your mind Does not jump from the edge to the climb With a sense of shame It was the time before the last And you did not give up And I threw you on the ground And you did not get up And I don't know why And I don't know why But the tears in your eyes It made me want to cry But with a sense of shame It was the time before the last We did not make up And I threw you on the ground And you did not get up And I don't know why And I don't know why Something in your eyes It made me want to cry With a sense of shame You meet me heather deep I bury your heart on my knees all the time In the middle of the night Comes a knockin' at my door There's a limousine outside And I know who it's for

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Skribit: Suggest topics for me to blog about Eagle-eyed visitors to this blog may have noticed that I've added a widget from Skribit in the sidebar. What is it? :p The idea of Skribit is to allow frequent visitors to a blog to be able to give some feedback en-masse as to what they'd like to see the blog author write about. Paul Stamatiou, one of the founders of Skribit, expands in a blog post entitled What is Skribit? Skribit provides bloggers and readers with a unique form of interaction. Bloggers put our widget module on their blog and readers may suggest (anonymously or through an account) article topics through it. Readers can also vote for these topics. However, the widget does not just show the top 5 post suggestions. There is an algorithm behind it that displays suggestions that are hoppin' based on recency, number of votes and a few other factors. As a regular reader of Paul's blog I'm delighted to see, for example, that other readers want him to discuss when he's likely to update his 'lightning fast' WordPress theme entitled 281 . Is there anything that you'd like me to blog about, research or give my opinions upon? Skribit is currently in closed beta, which means you have to request to be part of it. Hopefully it'll be in public beta shortly. It's a great idea working well on Paul's site -- check it out!

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Post navigation How to make the most out of Chinatown I think I've said this before, but one of the most exciting things about going to school downtown is all the exploring you get to do. For someone who grew up in small-city Edmonton, Toronto is a whole 'nother concrete jungle. A while ago, I did a little "outing" post about The Annex . Today, I'm going to talk about the area around Spadina and Dundas -- Chinatown. I love going to Chinatown. Since first year, I would plan Saturdays where I would go there and buy groceries to my heart's content (yes, I like grocery shopping). Almost everything there is perfect for the student budget. It also was a place where I can get comfort food, since I'm so far away from home and mom's kitchen. Oh, and a terrific place to go for lunch. So, what's so awesome about Chinatown? Well, there're two things, really: 1. The Food If you're looking for hearty steak and potatoes, sorry to disappoint. If you're looking for sweet buns and tarts, simmering soups, fragrant entrees and just all around yummy Asian food, Chinatown is the place to go. My favourite places are: Ajisen - Ramen, for when you don't have time to go to Kinton on Baldwin. 1Hour - Noodles, chicken and classic new age Asian drinks. I especially love their Xiao Guo noodles and Winter Melon Tea. Oh. And juiciest chicken wings EVER. But the best part has got to be the fact that you sit on bean bags. You read that right. Bean bags. Asian Legend -- This place has got some of the best northern Chinese cuisine in the city. The prices might be a bit higher than the other three I've recommended, but when you go with a group of people and order dishes to share, it's totally worth it. I end up eating the food before I can take a picture, so here's a gif depicting my reaction to said food. 2. The Shopping At Chinatown, you can find lots of small shops and stores that sell knick-knacks. Need slippers? Little baskets? Funny looking chopsticks and spoons? Almost everything is less than $10. When I first moved here, I was in need of some chopsticks and spoons. I got 2 pairs of chopsticks and 3 ceramic spoons for about $4. After I figured out just how res works, I looked for house slippers. $4. It was awesome. But by far the most exciting shopping you'll do in Chinatown is grocery shopping. Grocery options around campus are sparse. What you spend can add up fast, so before you know it, you're spending $50 at Metro (it was the closest one to Woodsworth Res) on groceries that barely last you a week. At Chinatown, you get much more variety, and a bigger bang for your buck. You can easily at least 1.5 to 2 times more groceries with the same amount of money. Word of warning: shopping in Chinatown is something that might take some getting used to. Even if it doesn't become your favourite grocery place, going there and seeing what it's like is one of those must-see Toronto experiences. Sometimes you'll see people selling their home-grown vegetables on the sides of streets. If you want to see more than just food and... more food, word on the street has it that there's a night market going on every Friday and Saturday from now until September 7. It runs from 5pm to 10pm on those days. It's on its second year, but a little birdie tells me that they will be having food vendors this year.

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Taking the piss Taking the piss is a British term meaning to take liberties at the expense of others, or to be unreasonable. It is often used to mean (or confused with) taking the piss out of, which is an expression meaning to mock , tease, ridicule , or scoff. [ 1 ] It is also not to be confused with "taking a piss", which refers to the act of urinating. Taking the Mickey (Mickey Bliss, Cockney rhyming slang ) or taking the Michael is another term for making fun of someone. These terms are most widely used in the United Kingdom , Ireland , South Africa , New Zealand and Australia . Contents The term sometimes refers to a form of mockery in which the mocker exaggerates the other person's characteristics; pretending to take on his or her attitudes, etc., in order to make them look funny. Or it may be used to refer to a ruse where a person is led to believe something is true that is not (usually a fairly unbelievable story) for the purpose of ridicule of the subject. The phrase is in common usage throughout British society, employed by headline writers in broadsheet gazettes [ 2 ] and tabloids [ 3 ] as well as colloquially. It is also used in English speaking countries such as Australia. [ 4 ] [ 5 ] In colloquial usage, "taking the piss" is also used to refer to someone or something that makes a claim which is not in line with a recognised agreement e.g. an invoice that is double the quoted price with no explanation for the added charge could be said to "take the piss", or likewise if something consistently misses a deadline. The term can also mean to take unfair advantage. For example, if someone has a food buffet and one guest clearly takes more than their expected share. It can also relate to an abuse of trust, such as " You can use my 'phone, but don't take the piss! " "Take the piss" may be a reference to a related (and dated) idiomatic expression, piss-proud , which is a vulgar pun referring to the morning erections which happen when a man awakens at the end of a dream cycle (each about 90 minutes in length throughout the night) or may be caused by a full bladder pressing upon nerves that help effect erection. This could be considered a 'false' erection, as its origin is physiological not sexual, so in a metaphoric sense, then, someone who is "piss-proud" would suffer from false pride, and taking the piss out of them refers to deflating this false pride, through disparagement or mockery. [ 6 ] [ 7 ] As knowledge of the expression's metaphoric origin became lost on users, "taking the piss out of" came to be synonymous with disparagement or mockery itself, with less regard to the pride of the subject. "Take the mickey" may be an abbreviated form of the Cockney rhyming slang "take the Mickey Bliss", [ 8 ] a euphemism for "take the piss." It has also been suggested that "mickey" is a contraction of " micturition ," [ 6 ] in which case "take the micturition" would be a synonymous euphemism for "take the piss." The phrase has been noted since the 1930s. One theory is that during the age of the canals in Britain, urine would be brought up the canals to the wool mills in Northern England (particularly to Yorkshire), as urine was used in the process of fixing dye to wool. This was particularly the case for the dyeing items blue with indigo or more traditionally with woad , before synthetic dyes were invented or made commercially available. [ 9 ] Being in the business of transporting urine was much less lucrative than transporting wine, so when the boatmen were questioned what they were carrying they would lie and say "I'm taking wine" and the response would be "No, you're taking the piss" to express disbelief. [ 10 ]

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The most important car this year It's simple. The new BMW 3 Series is the most important car to be released this year -- and details are out tomorrow. From 318ds to 335is, just think how many BMW 3s you see hogging the outside lane of the motorway, sitting a perfectly measured four inches away from your rear bumper. Whether you're a sales rep or a family going on holiday, the 3 Series will take anything you care to chuck at it in its stride. It's a brilliant cruiser, has a big boot and will seat four in comfort and five easily for a short journey. It has a properly capable chassis too and is more than agile enough to thread down a twisty ribbon of British B-road. Then there's that all-important badge. To some that's worth the asking price alone. So how is BMW going to improve on the current 3 Series if it's already so good? Well expect plenty of new high-tech kit in the latest incarnation of the Bavarina firm's small saloon. It's rumoured that more expensive features from the 5 and 7 Series range will filter their way down to the next 3 Series, so don't rule out electronics such as adaptive cruise control and a head-up display. It's thought that safety equipment will be uprated for the next 3 too with a lane-departure warning system (that might stop 3 Series man stradling the white line in a filter lane) and a pop-up bonnet to help cusion the impact of any unsuspecting pedestrians that care to get in the way. With economy and emissions the automotive hot potato at the minute, we reckon BMW will be going to town with its EfficientDynamics in a bid to eek every last drop of hydrocarbons from your tank. A range of engines made up of entirely turbocharged units? That's the general consensus for the new 3 Series. And BMW is also expected to add a few three-pots to the 3 Series range. Well they say three is a magic number don't they? With the recent announcement of the Active Hybrid 5 (BMW's petrol/electric 5 Series-based hybrid) don't bet against there being a hybrid version of the new 3 Series either. It'll be difficult for BMW to better the current car but you'd be a fool to bet against them doing so -- the outgoing version unsurprisingly scored a maximum five stars in the Euro NCAP crash tests so expect the incoming model to be safe too. Prices haven't been announced yet but expect numbers to come tomorrow. The 3 Series saloon will hit UK shores early next year while a Touring version is set for a mid-2012 launch. Related Articles Need car buying advice? Our Comment Policy We encourage lively discussion at AOL. Please be aware when you leave a comment your user name, screen name and photo may be displayed with your comment, visible to everyone on the Internet. If you think a comment is inappropriate, you may click to report it to our monitors for review. Add a Comment 7 Comments First off, I couldn't believe that the volume of traffic DIDN'T slow down for me AT ALL as I came off the exit ramp! I had to squeeze into a barely big enough gap between two cars in order to get onto my motorway! The driver of the car behind me did realise his mistake though and honked an apology to me with a long blast of his horn. Unbelievably, I had to do the same again before I could get to the BMW lane. Anyway, once I was in the BMW lane and posing along at 110 mph enjoying the adulation that the inferior car drivers were giving me, I noticed an inferior car ahead of me which was not only in the BMW lane of my motorway, but was driving at a ridiculous 70 mph! Naturally, I got within a foot or so of his rear bumper and flashed my headlights to remind him he shouldn't be in the BMW lane of my motorway and to get out of my way. Of course, once he realised it was a BMW behind him, he did just that, but I could hardly believe it when he pulled straight back out behind me! He also tried to keep up with me and when he realised I would out-run him, he put on some blue lights in his front grill and urged me to get onto the hard shoulder so that he could congratulate me on my excellent car. Needless to say, I was eager to oblig

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train a kitten: Question by curiouszoey01 : How do I train my cat not to climb the screen door? We found a young kitten outside our home and let it come in and out of the house. Recently we've been shutting the doors and the kitten learned to climb up the screen door to get our attention to let it in. How do I retrain it not to climb/destroy our screen door? for clarification... the cat climbs up the outside door got the impression some of you didn't get that You can buy one of those plastic shields that u put halfway up the door, or my mom has 3 cats and just uses a spray bottle with water in it to get them to stop doing things, doesnt hurt them, but they dont like it When ever your cat jumps up on the screen, take a cup of luke warm water and throw it on the screen....it may sound cruel but it does not hurt the animal, it only gets him wet. Seeing as how cats hate getting wet, he will discontinue doing this shortly spray it with water every time you catch it climbing the screen. you've got to do it while the kitten is actually doing what you don't want it to do, otherwise it won't work. don't let the kitten in when it climbs the screen though, then it will think that it works! you can also try spraying the screen with a commercial product like "no!" or "shoo!" that have a scent that cats don't like...but it doesn't work for all cats.

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\*\*superb 2... love the feel of this house and we recommend viewing as soon as possible to avoid dissapointed. what will... off landing, front gated garden, good size lawned rear with seating and kids play area. entrance porch upvc double glazed door ... \*\*superb 2... love the feel of this house and we recommend viewing as soon as possible to avoid dissapointed. what will... off landing, front gated garden, good size lawned rear with seating and kids play area. entrance porch upvc double glazed door ... this freehold... and popular development and offers an excellent opportunity to acquire a mature residence at what is... to the side. internally there is a good size lounge/ living room having patio doors to the rear and the fitted... if you need flexible living space, this good size extended home is what ... rear garden and own drive to front. within walking distance of queensbury station and local schools in kenton. entrance porch with double glazed front door ,... if you need flexible living space, this good size extended home is what ... rear garden and own drive to front. within walking distance of queensbury station and local schools in kenton. entrance porch with double glazed front door ,... grade ii... development and located on the ground floor comes this immaculate property, which is set within what was... due to its location - this property is already something special. interior briefly comprises a good size living room ... grade ii... development and located on the ground floor comes this immaculate property, which is set within what was... due to its location - this property is already something special. interior briefly comprises a good size living room ... superb size , great location, what are you waiting for!!! available immediately... a white bathroom suite and separate shower cubicle, a double bedroom, modern fitted kitchen with integral fridge/freezer, washing machine and oven an...

**id 210**

Box sets of 10 cards and envelopes, featuring the artwork of cancer survivor Alysa Cummings and benefitting Penn's Abramson Cancer Center, are now on sale for a suggested donation of $100 or more (Your gift is tax-deductable, less $10/fair market value of set). Please contact Michal Greenberg at michalg@upenn.edu or 215-573-2608 to place your order. Giving Like every patient, every donation we receive is special and important. Each gift provides Penn's Abramson Cancer Center -- one of the premier cancer institutions in the country -- with the necessary resources to provide leading edge research and the very best in cancer care to patients and their families from the Greater Philadelphia region and beyond. We address medicine not just at the cellular level but at the personal level. This is a critically important time for cancer research, with our more than 500 doctors and scientists working every day to create innovative cancer research advances in cancer genetics, cancer vaccines, new surgical and imaging techniques, and targeted therapeutics. This website can guide you through making a gift. Individually, each person can make a difference; collectively, the many friends of the Abramson Cancer Center help shape the future of cancer research and patient care.

**id 211**

SECURE ZONE LOGIN FREE COACHING SESSION If you are ready for a complimentary trial of a one on one breakthrough coaching session, enter your name and email address below. IMMEDIATE ACCESS TO THE BREAKTHROUGH COACHING PLANNER The planner is designed to support you in preparing and making the most of your complimentary session and will allow us to be most effective during your first session. Once I have reviewed the planner and determined that you qualify for the complimentary session you will receive: A COMPLIMENTARY 1-HOUR COACHING SESSION INVITATION First Name \* Last Name \* Email Address \* MY COACH APPROACH As your Life Coach I create breakthroughs for you to move beyond insanity -- doing the same things over and over again while expecting different results. You may be stuck in compulsive activities, and other self-destructing behaviors, searching for answers, looking to be free of the pain from your own addictive nature. I have developed a step-by-step coaching program, which fuses Life Coaching and Ecopsychology (who we are, how we grow, why we suffer, how we heal -- are inseparable from our relationships with the natural world). Integrating direct contact with nature into coaching is the foundation of my practice. In my Life Coaching program doors are symbolic of positive change and stepping out of your comfort zone into action. Nature is your partner, metaphor and experiential medium for transformation. I am your guide and personal Life Coach. How I deliver the program is an eclectic mix, which I tailor to your individual needs with your safety and comfort as the top priority. I provide regular face-to-face coaching sessions outside in natural areas as we walk together on a nature trail. Clients have the option of meeting in person or receive coaching over the phone in the comfort of your home or office. Alternatively, I deliver Life Coaching services to international clients via telephone coaching. WHAT IS LIFE COACHING Life Coaching is a powerful alliance designed to forward and enhance the lifelong process of your effectiveness and fulfillment. Life Coaching is an emerging field that offers a refreshing approach to wellness and is uniquely distinguishable from counseling, therapy, and consulting. In each session, you choose the focus of conversation, while I listen and contribute observations, feedback, and powerful questions. Life Coaching accelerates your progress by providing greater focus and awareness of choice. Life Coaching concentrates on where you are now and what you are willing to do to get to where you want to be. In the coaching sessions we are co-active collaborators. I guide you through coaching tools and suggest exercises as takeaways for you to engage in independently in between sessions.

**id 212**

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. A world-renowned cellist says Delta Air Lines made him feel like a ?master criminal? after the carrier banished him from its frequent flier program for collecting miles whenever he paid for an extra seat for his instrument. Image: Courtesy Lynn Harrell Cellist Lynn Harrell found himself on Delta's naughty list. Lynn Harrell travels all over the world to perform and always buys a second full fare ticket for his cello, which is too delicate and valuable to fly as checked baggage. A travel agent set up a separate Delta SkyMiles account for the instrument 15 years ago under the name ?Cello Harrell? and Harrell collected frequent flier miles for both himself and his stringed companion without any problems for more than a decade. ?They kept giving me miles,? Harrell told NBC News. That ended with a terse letter from the airline in January ? an incident Harrell shared on his blog on Monday in a post titled, ?No miles for you!? ?It has come to our attention that you have continued to earn miles for your cello even after you were advised in 2001 that this was not permitted,? the letter, signed by SkyMiles auditor Jonsey Vee, reads. It goes on to say that Delta had closed the cello?s account and terminated Harrell?s membership in the program. All of the accumulated miles in both accounts -- several hundred thousand in all ? were gone, Harrell said. In addition, he could never reopen a new SkyMiles account. The 2001 warning the letter refers to is a note informing Harrell that the cello was not allowed to accrue mileage, but he either just forgot about it or never saw it when his secretary handled the correspondence, Harrell said. He was taken aback by the harshness of Delta?s January decision. ?This was an outrageous event and it came absolutely out of the blue,? Harrell said. ?They could have just simply taken the miles away from the cello and be done with that.? On his blog, Harrell wrote that ?it seemed as though they were trying to make me feel like some sort of master criminal.? Delta did not respond to a request for comment, but SkyMiles rules and conditions do state that mileage credit will not be given for ?tickets purchased to carry excess baggage such as musical instruments.? American Airlines has a similar policy for its AAdvantage frequent flier program: Only individual persons are eligible for membership. Corporations, other entities, animals or blocked-seat baggage cannot become AAdvantage members or to accrue miles. But Harrell said airlines including United, Alaska and Lufthansa still let him accrue miles when he buys a second seat for his cello. Limiting the amount of miles passengers can collect translates into profits for carriers, he added. ?I am sorry and perplexed that airlines like Delta are willing to turn down the opportunity to maintain long-time customers and income (my career has been in full swing for more than 40 years!) for nothing more than the ability to make a quick one-off buck now by selling my miles,? Harrell wrote on his blog. He?s grateful that he didn?t use his Delta SkyMiles to book personal trips because he would have had to scramble to rebook vacations and upgrades in the wake of his account cancellation. In the last episode of , Brian said: But Harrell said airlines including United, Alaska and Lufthansa still let him accrue miles when he buys a second seat for his cello. Limiting the amount of miles passengers can collect translates into profits for carriers, he added. Limiting the amount a miles passengers can collect translates into passengers limiting their travel on that airline, which costs an airline more than giving out miles for purchased tickets. I'm having trouble understanding what the airline's problem is here. He's paying for the seat, why can't he have the miles? If he wanted to consolidate the miles into one account I could understand the friction, but if they're maintained and managed separately, for tickets purchased and flights flown, what's the issue? -- The nice thing about standards, there is enough for everyone to have their own

**id 213**

50 Incorrect Pronunciations That You Should Avoid Fred Astaire drew laughs back in the Thirties with his song "Let's Call the Whole Thing Off" in which the lovers can't agree on the pronunciation of words like either , neither , and tomato . On a personal level, I cringe when I hear someone sound the "t" in often or pronounce pecan with a short "a," but I have to acknowledge that both these pronunciations are widely accepted alternate pronunciations that can be justified by the spelling. Alternate pronunciations, however, are a different matter from out-and-out mispronunciations. The latter, no matter how common, are incorrect, either because of the spelling that indicates another pronunciation, or because of what is widely agreed upon to be conventional usage. Word of caution: I'm writing from an American perspective. Here are 50 frequently mispronounced words. The list is by no means exhaustive, but provides a good start. 1. aegis -- The ae in this word is pronounced /ee/. Say EE-JIS/, not /ay-jis/. In mythology the "aegis" is associated especially with the goddess Athene. It is her shield with the Gorgon's head on it. 2. anyway -- The problem with this word is not so much pronunciation as the addition of an unnecessary sound. Don't add an s to make it "anyways." The word is ANYWAY. 3. archipelago -- Because the word is from Greek, the ch is pronounced with a /k/ sound. Say /AR-KI-PEL-A-GO/, not /arch-i-pel-a-go/. 4. arctic -- Note the C after the R. Say /ARK-TIK/, not /ar-tik/. 5. accessory -- the first C has a "hard" sound. Say /AK-SESS-OR-Y/, not /ass-ess-or-y/. 6. ask -- The S comes before the K. Say /ASK/ not /aks/. 7. asterisk -- Notice the second S. Say /AS-TER-ISK/, not /as-ter-ik/. 8. athlete -- The word has two syllables, not three. Say /ATH-LETE/, not /ath-uh-lete/. 9. barbed wire - Notice the AR in the first syllable. Say /BARBD/, not /bob/. 10. cache -- The word is of French origin, but it does not end with an accented syllable. A cache is a hiding place or something that is being hidden: a cache of supplies; a cache of money; a cache of drugs. Say /KASH/, not /ka-shay/. 12. cavalry -- This word refers to troops that fight on horseback. Say /KAV-UL-RY/, not /kal-vuh-ry/. NOTE : Calvary refers the place where Jesus was crucified and IS pronounced /kal-vuh-ry/.) 13. chaos -- The spelling ch can represent three different sounds in English: /tch/ as in church, /k/ as in Christmas, and /sh/ as in chef. The first sound is heard in words of English origin and is the most common. The second sound of ch, /k/, is heard in words of Greek origin. The third and least common of the three ch sounds is heard in words adopted from modern French. Chaos is a Greek word. Say /KAY-OS/, not /tchay-os/. 15. das -- A das is a raised platform. The pronunciation fault is to reverse the vowel sounds. The word is often misspelled as well as mispronounced. Say /DAY-IS/ not /d?-is/. 16. dilate -- The word has two syllables, not three. Say /DI-LATE/, not /di-a-late/. 17. drowned -- This is the past participle form of the verb drown . Notice that there is no D on drown . Don't add one when using the word in its past form. Say /DROWND/, not /drown-ded/. 18. et cetera -- This Latin term is often mispronounced and its abbreviation is frequently misspelled. Say /ET CET-ER-A/, not /ex cet-er-a/. For the abbreviation, write ETC., not ect.

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Thursday, October 4, 2012 Arctic Region Rich In Resources, Lacking In Framework MADRID (Eurasia Review)--Arctic ice has receded more over the past decade than at any other point in history, with summer ice melts making more areas accessible than ever before. The newly-accessible areas of the Arctic hold huge amounts of oil and gas as well as massive stock of high quality gold, diamond, plutonium and other rare earth minerals. A recent CSIS study found that although some Arctic countries (such as Russia) have claimed to support international cooperation in the Arctic, they have bolstered their military presence in the region. Since the region lacks any coherent framework to address international interests and concerns, it remains a potential flash point for all countries bordering the Arctic or with interests there. Source: Restructuring Arctic Stability And Global Security - Analysis (Reliability: Medium) Comments: With even non-Arctic groups ranging from the EU to China expressing interest in exploiting Arctic resources, Arctic countries such as the US must act quickly if they are to protect their interests in strategic minerals, oil, gas, and even fishing.

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Some Kind Of Wonderful - by Anni Downs $42.00 Some Kind Of Wonderful By Anni Downs for Hatched & Patched Welcome to the whimsical world of Hatched and Patched designer Anni Downs - Australian designer. Whether you love appliqu, patchwork, punchneedle, or hand stitchery, you'll find the perfect project in this diverse array of quilts, sewing accessories, bags, and home accents. Each of the 16 lighthearted designs reflects Anni's favorite things -- relaxing at home, shopping, traveling, and of course, sewing. Her passion for hand stitching plays a fanciful role in most all the projects with her signature quirky embroidery designs. 16 different designs include - a large quilt with 24 applique images called 'My Favourite Things', a simple daisy quilt, a pieced quilt, a stitched bag, a stitched purse, a tablerunner, a cushion, a zipped sewing bag, a needlecase and pincushion, a heat bag, a travel document holder, a shoe bag and shoe stuffers, a punchneedle door hanger and an eye mask.

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If Charlie Adam Was A Chocolate Bar He'd Lick Himself Charlie Adam is a Rangers' reject who has been pivotal to Blackpool's return to the top flight. They are currently 12th in the league and if they were to win their game in hand tomorrow against Manchester United, would move up to 7th. Adam is Blackpool's record signing at 500k but the move almost didn't happen. Despite Rangers agreeing a price, Adam and his agent delayed going to Blackpool to discuss a contract. "I've never known a situation like it. We have had a price agreed, but he and his agent have not come down to see us," Holloway said a week after Rangers confirmed that they had accepted an offer for the player. "I'm starting to think that is a bit rude, and maybe the writing is on the wall that he doesn't want to come, but at the minute it's sticking in my throat -- I don't like that." Two weeks later, discussions had still yet to open and Holloway insisted he wasn't going to beg the player to join, given his obvious reluctance to go to Blackpool. "He probably thought he had done enough on loan to go back to Rangers and be looked at in pre-season as a serious option," Holloway said. "You have to consider the disappointment of being rejected by your club when you look at the way he behaved. But if he comes to work with me I think he'll like it, but until he gets in the car and does it we are struggling a bit. I'm not going to beg anyone." Three weeks after agreeing a price, Holloway then set a deadline for the player to make up his mind. "I'll give him until Monday morning, then we'll have to rip up the offer we've made him," Holloway said. "He really believes in himself and his ability. If he was a chocolate bar, he'd be licking himself." A month after the price was agreed, Adam finally agreed to move to Blackpool. After some impressive performances, Middlesbrough put in a bid for the player 5 months after signing for the Seasiders. Blackpool rejected the offer but Adam was open to the suggestion of leaving in the summer. "It was tough during January because at the time you don't know what is going to happen," he said. "When a team is doing well there is always speculation about its players, but the club made their decision and that's it. I will keep playing and working hard and trying to get Blackpool as high as we can at the end of the season -- then we can worry about everything else." He continued to be an important player for them and as captain, helped them to the play-offs. Ahead of the game against Cardiff, Adam had his eyes on playing at the stadiums of United and Liverpool in the Premier League. "I hope I've repaid some of the faith of the manager and to play in the best league in the world would be amazing," he said. "Rangers prepared me for big matches like this and I've become a more consistent player with the amount of games I've played. To get that opportunity of going to Old Trafford and Anfield would be fantastic." It goes without saying that Adam is hero at Blackpool following his impressive performances in the Premier League and he has repeatedly encouraged this worship. Most recently, after scoring an 86th minute penalty in Blackpool's 2-1 defeat at the weekend, Adam turned to the crowd, pounding his fist against the badge on his jersey and pumping his fist in the air. Two days later, he handed in a transfer request. Now, I'm not expecting players to show the loyalty that the fans crave and often demand. Whilst a football team can be a fan's whole world, it's silly to expect professional footballers to see the club in the same light. As United fans, we're lucky to see so many players committed to the club, apparently the most loyal in all of Europe. But we've also had our own experience of disloyalty with Wayne Rooney, when he claimed the club didn't match his ambition and had no intention of signing a contract extension. He saw the light (after mass criticism in the press, an angry mob showed up at his doorstep, and he was offered more money) but the disappointment he caused is still felt by many. Had he not repeatedly claimed to love the club and kissed the badge, we'd obviously feel shit about our best player want

**id 217**

Look for This in the Next "Batman" Film We all know that bats use sound to navigate in total darkness. Ultrasonic sonar signals are emitted and then reflected back off an object. It allows bats to judge distances to within a millimeter. Now, scientists at Tel Aviv University think that they can harness this ability to create better radar technology. It's not easy work, however. According to Dr. Yossi Yovel, their research is only possible thanks to super high-tech sensors. "We're monitoring bats outside in the field where they are flying in their natural behavior. It's extremely noisy; it's not a controlled environment. And to do this we are trying to develop highly controlled sensors that we can put on the bat and monitor, for instance, the sensory input coming in." The next part of the study will involve building an artificial habitat where bats can fly around normally while the scientists can more easily monitor their behavior.

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Notes and queries: Why has Britain never had a revolution? Another failed rebellion ... the death of Wat Tyler, leader of the peasant's revolt of 1381. Picture: Hulton Getty A Danish colleague asks me why, given the evident inequalities in Britain, has there never been a revolution? Mention of the civil war was clearly unsatisfactory. There have been lots of revolutions in Britain (the peasants' revolt , the glorious revolution , the Jacobite rebellion ...). The reason why your colleague has never heard of them is that they all failed. In the one case where the rebels won -- the civil war -- we tried it out for a generation, decided it had been a bad idea and reinstalled the status quo, with minor amendments; which is probably why your colleague won't accept it as a proper revolution. The longer answer may be based on the fact that, regardless of how it looks, England (and later the UK) has been a relatively democratic place compared to many of its neighbours, where people have always had some kind of rights. You can see this in the chapters of the Domesday Book that list the landholdings subject to dispute at the time of the survey, when the rights established in the Saxon kingdoms and the Danelaw were holding up against the Normans. It didn't matter if you were the king's brother-in-law and the biggest landowner in the kingdom: if the men of the wapentake moot hadn't witnessed your being seised of the bit of ploughland occupied by Egbert the peasant farmer, then, my lord, that land was not yours, and he had every right to take you to court about it. Then, just as the Norman kings had finally ground down the lower orders, there was Magna Carta . There was always just enough equity around to make most people feel it was worth sticking with the status quo, because revolting might actually make the situation worse. so the rebels could never get enough people on their side to overcome the establishment. Rachelthedigger As an Australian living in London, I've often wondered about this myself. Britain was indeed close to revolution a number of times, but it was headed off in part by the transportation of key political dissidents to the Australian colonies, and in part by political repression, particularly by the likes of prime minister Lord Wellington. These dissidents included the Tolpuddle martyrs, the Young Irishmen, the Scottish martyrs, the swing rioters, the Nore and Spithead naval mutineers, and others. Many desperate working-class Britons were sent to the colonies for theft (the cliched loaf of bread), so the general population was kept in check by fear of a lifetime's exile and a loss of their potential political leaders. Lisa Jenkins, London TW1. The weather. One day freezing, the next sweltering -- rain, snow, sunshine -- anything can happen. There's nothing we can do about it except grin and bear it, which is the national philosophy, also applied to politics. Michael Short, St Leonards-on-Sea, E Sussex Who is the greatest fictional detective? Holmes? Marlowe? Marple? Surely MP Shiel's Prince Zaleski (1895). He never left his room -- just sat there surrounded by priceless oriental antiques, smoking hashish ("the bhang of the Mohammedans") and free-associating through his stores of esoteric knowledge until the solution popped into his head. The earliest fictional detective must be Daniel in the Apocrypha , solver of the classic locked room mystery in Bel and the Dragon, and the contradictory statements in Susanna and the Elders. Gavin Ross, Harpenden, Herts Why is it that though French markets groan with fantastic vegetables they rarely appear on restaurant plates? I ran a restaurant in France for 15 years and had a hard time getting my customers to eat anything other than chips, which are rarely cooked at home because it's too much fuss, and green beans, of which they would eat a spoonful. I used to have to practically force-feed them with stuff like beetroot, lentils, celeriac, etc. I'd send out little bowls as a taster before the meal, and that way the more adventurous would try some. It probably has something to do with school meals, which, as in England when I was at school, were all about badly cook

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The Creature in the Case ( 2005 ) (The fourth book in the Old Kingdom series) A novel by Garth Nix Specially published for World Book Day March 2005. It is six months since the cataclysmic events of Abhorsen, six months Nicholas Sayre has spent recovering in Ancelstierre. But he is desperate to return to the Old Kingdom, and at last he has a chance. All he has to do is spend a weekend in a country house as a favour for his Uncle Edward, Chief Minister of Ancelstierre. That seems easy enough, till he discovers that the house holds many secrets, and the worst of them is a relic of the Old Kingdom, too far from the Wall for any spark of its magical life to reignite. Unless someone finds a way to unleash its power.

**id 220**

Resolved Question No-heat hairstyles?? To do with bangs? I'm starting boarding school in like a month or two and we have to wear our hair up! we are allowed to have our bangs down and everything, but i want some no-heat hairstyles that involving having my bangs up. they are like the legnth of front bangs or short side bangs. my hair is not THAT long, like a few inches below my shoulders. when i went to the school for my interview i noticed alot of girls with high-ish loose ponytails, alot of them were a little to the side. but all the girls had something to spice the hairdo up a bit, like a french twist etc. I'm really good at doing hairstyles on myself so its ok if they are hard. I have wavy-curly blonde hair. if i scrunch it its kind of taylor swift-ish but if i brush it and let it air-dry its just wavy-ish. thanks!! Best Answer - Chosen by Asker First I'm going to give you a few ideas on what to do with your bangs & then I'll do how to put your hair up.. if you get what I'm saying haha :) 1. Twist your bangs back and pin them in place. 2. Tease them and make a small bump, leave little hair at the sides to frame your face. 3. French braid them back. 4. Headband (: 5. Clip them to the side. 6. Leave them down (obvious). You can twist it back too. Its all so pretty, and your natural waves would look so neat with it. Braid just the bands or braid a headband. :) You have enough hair, trust me. I have somewhat the same length as you and the same texture hair, judging by your description. I have bangs like Stevie Nicks. She'd had hers for over 5 decades. Google her, so you can see. I NEVER style my bangs, I just brush & done. Wearing frequent pony tails causes thinning on the sides. Kourtney Kardashians has that now! I never do a pony on my hair. Don't be like all the girls, be yourself & find hairstyles best suited for YOU, your face, your hair texture. Don't be a follower, be trendy. You can straighten your bangs, using pro round brush or set them briefly using orange juice can or LARGE plastic curlers (not velcro. Source(s): I know hair. I have over 4 decades of hair know-how. I have silky, shiny, soft, smooth very healthy hair down to my knees. Previously damaged by perming & dyeing in the 80's & 90's. I've known people in their 30's whose hair stopped growing from ironing their hair in the 70's.

**id 221**

Friday, October 26, 2012 Northern New Jersey-based paranormal investigative team Ghost Gathering has collaborated with Milford, Pennsylvania's The Columns Museum to organize a guest ghost hunt on October 27, 2012. The ghost hunt is scheduled at the county's museum, The Columns, and scary things are expected to happen. Two of the famous artifacts in the museum are the Bloody Lincoln Flag and the noose used during the first and only public hanging in the town. The Ghost Gathering members will allow guests to do actual ghost hunting using equipment and procedures to get evidence on paranormal activity. The first time The Ghost Gathering visited the museum, they caught both audio and visual phenomena. The guest hunt will start on Saturday at 7pm and will end on Sunday at 1am. Only 15 guests will be allowed to participate. If you are interested to become part of the ghost investigation, you may contact the director of The Ghost Gathering, Nancy Umstead, at info@theghostgathering.com. Tickets are available for $40 each. Participants should be 18 years old or above and sign a document called Hold Harmless Agreement and Evidence Agreement.

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INFO: MAPI Is the Only Way to Programmatically Change Profiles The only supported way to modify MAPI profiles programmatically is through Extended MAPI. The values that are written into the registry by MAPI are not documented, and direct manipulation of these values through the registry application programming interfaces (APIs) is not supported. The keys and values that make up a profile are dependent on the various providers that comprise the profile. Because providers are not compelled to document the properties that they writem or their relationship to each other, modifying these values directly can have unpredictable, adverse effects.

**id 223**

SarahC: It depends on the state and school district as to when kids go back to school. Most schools start in mid August but for some they can start as early as the beginning of August and as late as the beginning of September. Posted 2 year ago Was this helpful? 3 0 feyereisen17: From state to state, kids always go back to school in the fall. The exact date however, differs from August 15th all the way to September 25th. The only way to know for sure for the school in question, is to contact them.

**id 224**

Is that it then, ask the nation's spoiled children As adults return to work following the festive period, children across the nation have today asked if a year of good behaviour was really worth a couple of days playing with toys they're already bored with. After a year of financial difficulty for many families, budgets have been stretched to give frankly ungrateful children a series of over-priced plastic novelty items that already been discarded for ever. Seven year old Tarquin Copson-James told us, "Santa has let me down, frankly. I don't buy all this recession rubbish." "All year long my parents have told me that Santa was watching me to make sure I was well behaved, and I was." "Yet all I got was a PS3, a quad bike, a football goal, some transformers, a spiderman, remote control car and about a dozen other things I haven't even opened yet, but they'll be rubbish, I just know it." "I have to tell you, a year spent fighting my natural urge to behave like an out of control psychopathic shit really doesn't seem worth it." Control Parents groups have defended the commercialisation of the holiday, claiming the threat of Santa seeing them is the only thing stopping their broods turning every home into a modern reenactment of Lord of the Flies. Concerned parent Sharon Foster said, "For the last few years my standard disciplinary technique has been to shout 'Santa is taking notes you know'" "But if the kids don't appreciate the tat I buy them after the threats, where is my leverage? No, you don't understand, my kids are evil, I am genuinely frightened where this will all end." One parent told us, "Next year I'm going to hire a hypnotist to make my kids think they've had all these great presents, and that they are already bored of them -- it will be much, much cheaper."

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This will turn the grains firm and get rid of the excess moisture. ttp://shiokfood.com/notes/archives/0000\\... ml Rice: This is obvious, of course. You need to start with boiled or steamed white rice. Ah, but you can't make fried rice with freshly cooked rice. The best rice to use is leftover rice that's been lying in the fridge for at least a day. This will turn the grains firm and get rid of the excess moisture. They will also be much easier to separate. If you cook with freshly-made rice, all you will get is "fried mush" instead of fried rice. If you can't wait a day, at least let the rice cool for a few hours in an airy spot. ttp://everything2.com/index.pl?node\_id=\\... 42 Never, ever make fried rice from freshly cooked, hot rice. The dish was invented as a way to use up cold, leftover cooked rice, and tradition is not the only reason to keep in step with this method. Fresh, hot rice will simply end up lumpen and gluey when fried. The very best rice to use is cold, but not refrigerated. If cooking rice specifically for this dish, use the absorption method (you really should use it as a matter of course anyway), spread in a thin layer on a plate or tray and allow to cool for a couple of hours at room temperature. This will result in plump and moist, yet defiantly separate grains when cooked. Having said that, using fridge cold rice comes a pretty close second, so don't hesitate to use that if you have some on hand. It keeps the rice from clumping. If you use rice that's still too warm, it just clumps together in the wok and makes a big sticky mess. Believe me, I found out the hard way. Once time I made rice, but I waited to long. I decided to try to see if I REALLY needed to use cold rice. Well, the answer is YES! It was really sticky and gross. We ended up ordering a pizza that night. I don't use cooked rice to make fried. A friend taught me how to make it a different way. I brown my uncooked rice in oil, such as sesame oil and a little olive or wesson oil. Till the rice turns a medium golden brown. Then I add in the onions, garlic, spices, etc. And I pour water in on top so the water just barely covers the rice and then cook it for about 20 min on low. It turns out great every time. It has a real good flavor also and is good reheated over and over. Just thought I would give a different way of doing it. Oh, I don't add egg to mine cause I really don't like eggs anyway. Comments on this question: I've always wondered that, too! My guess was always that people were using "leftovers" to make the fried rice, which -- of course -- would be cold. I'll be interested in seeing the answers you receive.

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Temp to Hire Get new comments by email My Email You can cancel email alerts at anytime. Comments (12) Office Gal in Harwood Heights, Illinois 9 months ago Most of the temp jobs state that it is temp to hire or so the agency tells you that. But when you actually start the temp position getting hired never happens when they say it will. The lucky ones will get hired on after 6 months or a year, but others are just told that the assignment is over. When you were told my the agnecy, they act like, it doesn't always turn out that way, and when you talk to the manager at the job site they are like, this was just for a special project and there never was a job after a month or two. Is temp to hire another lie just like the postings themselves, fake jobs? They are so fast to let you go, but when you interview they have to go through second interviews even for a Temp job. Is anyone really hiring today? Please see my email that I sent to a staffing agency under "Who Wants to Start Naming Names?" I just don't trust them anymore. Like I said before they have become the outsourced Human Resources departments for these companies. They are very insensitive to the needs of their applicants and they need to be avoided like the plague! Parafreegal in Chicago, Illinois said: If you know of a decent agency specializing in legal in Chicago, post it here, including temp work. I haven't found a single one that doesn't deal in pure bologna. They tell you Temp to Hire, to get your hopes up, they know that direct hire is rare, and when they pull the rug from under you, they will tell you that it was budget cuts. Why would a company pay for costly medical insurance when they can get a temp? Their is no time limit a person can temp for so it could be a temp for years. That is true. Like I said, staffing agencies have become the outsourced Human Resources Departments for these companies. They use staffing agencies just to save money. Of course, they can't guarantee that they're going to hire you on permanently. That's up to the company that they send you to. I used to think that way myself, but not anymore. You talk about how bad the economy is. The staffing agency industry is growing, while the other companies simply lay people off and have hiring freezes. If they want to hire somebody, they use a temp agency instead. I have even seen postings that state the pay when you become perm. For one, how do they know for sure that it will, how long you will be a temp if they do decide to have you temp for months or more, and how can a perm wage be determined before they see how well the person does work out. They may want to pay less than the stated $2.00 an hour increase, or keep you at the same rate if you only temped for 4 months, there are may different things to think about, but in today's economy most likely they will have to remain a temp at best. Many times they will just pull the plug and realize that they staff they have on board can be worked a little harder and therefore the temp can leave. I been working for a temp agency for over 5 years now, at the same company, I've been told over several different times that i was gonna get hired, but nothing has come about and I'm still here, Back in December of 2011, I was told that after the new year came in and they check their fical year, I would be hired, but as of today which is November 5, 2012 I'm still a temp..... Somebody please help me My biggest advice for those frustrated of stuck being temps: find ways to discreetly apply / interview for permanent jobs. And never trust a recruiting agency. I've been screwed over by recruiting agencies often, and have been much more successful in my 'direct hire' roles, when no recruiting agencies were involved.

**id 227**

The Galaxy S I9000 gets its latest Jelly Bean update, Android 4.1.2, through CyanogenMod 10 (CM10) Final ROM release. The ROM based on AOSP custom ROM brings stock Android experience to the user, along with a number of exciting new features and system tweaks. The installation of this ROM requires ClockworkMod Recovery (CWM) to be pre-installed on the phone. Key Points to Note The CM10 Final ROM and the instructions provided in this guide are applicable only to the international variant Galaxy S I9000 model and will not work on any other device. Verify your device's model number by navigating to Settings &gt; About Phone. Do a Dalvik Cache wipe before continuing from the recovery mode. Samsung KIES will not recognise your phone after installing the Android 4.1.2 CM10 Jelly Bean ROM, as it is a custom ROM release. The ROM is not an official firmware update, but rather a custom ROM based on AOSP release of the Android 4.1 Jelly Bean. The instructions provided in this guide are meant for reference purposes only and do not cover any warranty claims involving device damage or issues arising out of using the Android 4.1.2 CM10 firmware update. Users are cautioned to proceed at their own risk. Step 8 - Use volume keys to browse to the Android 4.1.2 ROM zip file that you copied to your phone's SD card, and select it by tapping the Power button . Confirm the ROM installation on next screen and the installation procedure should begin. NOTE: Repeat the same step for installing Google Apps as well. Step 9 - Once the ROM is installed, hit Go Back and choose Reboot System Now from the recovery menu. The phone will reboot now and the first boot may take about 5 minutes to complete. So, leave it alone.

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####.... Allister MacGillivray - Cabot Trail Music (SOCAN) ....#### Allister MacGillivray noted that his song was written in response to a photo of Glace Bay Harbour (Cape Breton), as taken by noted photographer Warren Gordon. "I wanted to write a song with no people in it, only boats at rest. Of course, there's a ghost in one of the verses but he/she doesn't qualify as a human. The song was written as a folk tune at first, but then seemed to work as a choral piece as well. It's been recorded worldwide around 40 times." - AMG to George Seto/Mudcat Forum, Aug 9, 2007. Note : The YouTube video on this page of the Diocesan Boys' School Homecoming Concert (Hong Kong, 1998) demonstrates the worldwide appeal of this song. From the Dictionary Of Newfoundland English: Cuddy - cabin at the bow or stern of a small vessel or large boat for accommodation and provisions.

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some POS SNCO tells me today, that he would stay in if the PT test went away.. 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. some POS SNCO tells me today, that he would stay in if the PT test went away.. so there was, 10oclock this morning and just getting into back routine when i hear these two old guys talking...keep in mind now, these two guys were IN THE GYM,and complaining about having to work out, makes no sense, take yo old ass home if you don wanna workout...but, I get up, pretending to just be flexing in the mirror for a few minutes when i hear one tell the other, that he is retiring at the 20 year mark cuase of the pT test, and that he would stay in if the PT test went away...maaaaan..i lost my shit and started calling them both every name in the book for being so weak....one of them even tried to ask for my id card, they didnt believe it when i said i left it at home, but i told them my rank and they tired to tell mei was being disrepectful and they was gonna call my shirt,....shiiit man i ripped my shirt off at that point and got right up in that face all ike "do it den...DO IT!!!!"...so yea after bouts an hour i got a callf rom my shirt talking bout.."come see me now!!!' i was like...bro i'm at the gym all day, you gonna have to wait till tomorrow, you aint in my chain of command ..shiiiit..yea he backed off pretty quick..but just to scare him i went on over there in my gym clothes, muscle bulging, covering in sweat and smeling like a combination of creatine and chicken breast...he tired to tell me i ca n't be insulting people just cuase i am better at PT than everybody and was like...what you mean i can't..i already did...then i flexed...daaamn son, he was scared cause he just asked me to leave....damn straight Re: some POS SNCO tells me today, that he would stay in if the PT test went away.. Damn, I like that urban accent you got going on. Keep it up! And yes, you were 100% correct - those two old guys are dirt bags. And I bet if one of their troops failed the PT test, those two would throw them under the bus without a second thought. Damn hypocrites. Went to a UPL course today, and this fat POS was the instructor for it, and talking about how its total bullshit that some commanders decide to retain some Soldiers when they pop on a test. Well guess what? Maybe other than the substance abuse problem, they're outstanding performers... something YOU would not know a damn thing about! Just for that I scrawled a cartoon on my note taking gear making PT jokes at his expense, and passed it down the line in class while he was rambling on. Speaking of which, I set a goal for myself to get a perfect score on the test when I return from MOS school. I think I can do it, I need another 15 pushups, which is nothing - the hard part is shaving 3 minutes off my run, that 67 is killing my overrall score, I need to fix it! Re: some POS SNCO tells me today, that he would stay in if the PT test went away.. Originally Posted by PT GOD so there was, 10oclock this morning and just getting into back routine when i hear these two old guys talking...keep in mind now, these two guys were IN THE GYM,and complaining about having to work out, makes no sense, take yo old ass home if you don wanna workout...but, I get up, pretending to just be flexing in the mirror for a few minutes when i hear one tell the other, that he is retiring at the 20 year mark cuase of the pT test, and that he would stay in if the PT test went away...maaaaan..i lost my shit and started calling them both every name in the book for being so weak....one of them even tried to ask for my id card, they didnt believe it when i said i left it at home, but i told them my rank and they tired to tell mei was being disrepectful

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Check out Avant Seems To Be lyrics - another terrific addition to the already magnificent Avant lyrics collection. Seems To Be lyrics are part of the Private Room album that features an amazing beat and vocals. Avant Seems To Be lyrics I was sixteen with a mind of my own You were Seventeen and you thought you was grown I found a thrill when we went up a hill And you ues to feel me, my body would get chills I picked you up in my 89 Chevy I brought you candy and popcorn at the movies I had it made when I, got paid And we, go roller skate, but every thing has changed, Wait Seems to be to me, something wrong with this household Seems to be to me, you're always trying to take control Seems to be to me, something wrong with the kissing Seems to be to me, something is missing Seems to be to me, something wrong with the making love Seems to be to me, you forgot what love was Seemsto be to me something wrong kissing Seems to be to me, something is missing [Avant] We had fun that year that you turned 21 You were my world cause you brought me my baby girl She so fine and she's all mine AndI promised to love you until the end of time [Olivia] That's ok cause I felt the same way But you're running game and that's when everything changed The phone calls and your two ways and your attitude You wated too many pimp tapes After all of the things that we been througth I'm still willing to take care of you Girl we been together for so long And I just want to know, What's going on? Seems to be to me, something wrong with this household Seems to be to me, you're always trying to take contrl Seems to be to me, something wrong with the kissing Seems to be to me, you forgot what love was Seems to be to me, something wroong with the kissing Seems to be tome, something is missing What happen to kissing and hugging? Insteadof all that cussingand fussing, I wanna know right now, what you got to say, What happen to respecting me? Instead of spending time in the street I don't need to know; in fact I got to go Wait baby let me plead my case I got a faw more things to say Shit is making me made, girl what I do so bad? What about that girl you sending money to down the way? What about, you been cheating on me she had your baby? What about, the lies and deceit I face day to day? What about, I don't feel the way I used to I lost my faith in you? Seemd to be to me, something wrong with this household Seems to be to me, you're always trying to take control Seems to be to me, something wrong with kissing Seems to be to me, something missing Seems to be to me, something wrong with the making love Seems to be to me, you forgot what love was Seems to be to me, something wrong with the kissing Seems to be to me, something is missing Back to Avant lyrics

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Faith True Colors Letter & Spirit - #2 A New Weekly Column Gurbani has used the word 'color' (' rung ' in Punjabi) in several important ways. At one place, it compares Creation to a painting [GGS:340.15]: We must be then the paint and paint brush in the painter's hands. The world, nature and its laws must be His canvas. Each color and each stroke carry His expression. Nature's music and its beauty express His love. This is also called his ' kudrat' in gurbani, and Waheguru watches over it. [GGS:464.5-9] We could also surmise that science examines the materials and methods while religion explores its message and intent. We cannot know everything by merely examining the painting. Only the painter knows his intent. But, "Nanak says, someone who realizes His hukam, learns His secret" [GGS:885.11]. Last week we discussed living in hukam. Gurbani exhorts us to seek the painter. Can we find the painter with a particle collider, or in outer space? Is he hiding in some religion, or in learning? Is he found by silencing our mind, or through a lifetime of meditating? Gurbani says that God is not attracted by these. [GGS: 962.9-11] This week we will explore some colors (emotions) of the soul. The true colors of our soul take us from the creation to our creator. Gurbani says that the way to God is inside us. But this must not be confused with study of the mind or self improvement. Learning and education are useful, so are meditation and training the mind. But gurbani appears to say that more important than these is that we take care not to obstruct the music of our soul. This is because love is paramount in gurbani. Nature, art and music can express God's love. God's abode is often described as the light, inner awareness, and the unstruck melody that pulsates with love, within each particle. Our soul is a copy of this awareness. Some people say that we need to emulate God's qualities and manifest them in us. This appears to be an error. Does gurbani support this? Can we understand all his qualities? Rather, gurbani says that all virtues are gifts, that we must seek them from God, and not see them as our own. This understanding, I guess, keeps our haumai (ego) at bay. As we know, haumai is the biggest roadblock. Humility is a virtue of the soul. Its practice begins at home, with our family, our spouse, even children: "May I (have the wisdom to) address the lowest of the low, even the smallest child, with utmost humility." [GGS: 529.8] Gurbani says that hurting others, even in their absence (slander) turns God away [GGS: 1384.17-19] because everyone, with all their faults, is part of this same picture, created by the same God. The same God resides in every heart. "O Kabir! Where there is spiritual wisdom, there is dharma. Where there is falsehood, there is sin. Where there is greed, there is death. Where there is forgiveness, there is God Himself." [GGS: 1372.15] Conversation about this article A beautiful article! As humans, we are in awe of colour which is all around us: blue sky, white clouds, red roses, magenta fish, etc. Yet Guru Nanak tells us the One who is responsible for this feast of colour is 'colourless' and 'formless'. He plays this game of colours and kinds within his limitless creation. Really appreciate the wisdom in these essays. I have had questions about the view that "dark colors - anger, greed, resentment, revenge, guilt and fear - replace and smudge the color of the soul and thus they keep God out of the picture". Then is God not in these dark colors? Can God be kept out of certain areas? Can't we accept the "darkness" as hukam too? (After all, 95% of this universe is dark). If God is the painter, and we the pliable paint/paint-brush, then who are we to judge? If we are not in a position to judge, then why seek justice for crimes? How can we judge our own actions when we do not know the intent of the painter? There is certainly a lot more we don'

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Related tv shows In Set List , we talk to veteran musicians about some of their most famous songs, learning about their lives and careers, and maybe hearing a good backstage anecdote or two in the process. The artist: After bursting onto the pop-music scene with a peppy cover of Tommy James And The Shondells' "I Think We're Alone Now" off her eponymous debut record, Tiffany became the musical darling of the late '80s. With the success of "The Beautiful You: Celebrating The Good Life Shopping Mall Tour '87," Tiffany's music was delivered straight to the masses, and the red-haired 16-year-old quickly became the queen of mall-bound suburban teens everywhere. Though her later albums didn't find as much success, Tiffany has managed to stay active in the music world by releasing country and dance records, and has even acted in movies like SyFy's Mega Python Vs. Gatoroid, which co-starred fellow '80s teen idol Debbie Gibson . "I Think We're Alone Now" (from 1987's Tiffany ) Tiffany: That was it for me. I actually didn't want to record that song. When I was 14, I met my producer by chance in a studio when I was doing country music. I was thinking I was cool and kind of bridging the gap a little bit. I was putting things in my set -- it sounds really funny, but even at 14, I was kind of jammin' with local bands. [Laughs.] I wasn't allowed into bars, but I would go in and do my thing, and then I'd have to leave. I started adding a little bit more Rosanne Cash and people I thought were more edgy country, and then I also added a lot of Fleetwood Mac and Heart. I love Fleetwood Mac, I love Stevie Nicks, so for me, that was kind of a "little bit of rock 'n' roll, little bit of country," and that's really the sound I had hoped to become at some point. Then I was doing demos at a studio in Burbank, California, and the producer came down and he took me in a totally different direction. I mean, we started in that direction, and the next thing I know, he's bringing in this track for "I Think We're Alone Now." He played me the original song [by] Tommy James And The Shondells, and I was really kind of taken aback. Obviously, it didn't sound modern to me at the time. I had never heard the song before, which is so funny, because now I think it's really cool and funky when I hear it on the radio. [Laughs.] I was like, "Really?" and he was like, "No, no, no, the track will be different." Then he brought in this dance track, and I was a little heartbroken, because for some reason, I was like, "Look, I like this music, but I'm not sure I want to be a dance artist ." He was like, "Just trust me. Just record the song." I was just very humble and very thankful to be living my dream, to be in a studio; every day I went there, I was like, "Woo hoo!" So of course I did it. I took the song home that afternoon and played it for my friends -- they always came over at the end of the day, and they'd want to know what was going on. There were only a few friends that knew I was recording or that I even sang. They loved the song. Right away, they were, like, dancing to it and jumping around and "Oh, this is a cool song!" And I was like, "Okay, well I want to be cool!" [Laughs.] It really took me a while. I would say I got into it more and more as I performed it in the malls, and I saw the connection that people had with that song in different age groups. Moms would walk over and be interested because they knew that song. Then they would kind of go, "Oh, my daughter would like you! Let me go get her. " And then the kids liked it, so I think that's what has kept me -- not interested in the song, but loving the song. I never get tired of singing it. It really is the way it makes people feel; there's just something about it, that it bridges all of those age gaps. It's so funny, because I still go to England and other places and they

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My niece (wife's brother's daughter) has been staying at our house for much of the last three weeks. She is really into horses; she even owns one. So when she wanted to watch TV, and they had show horses jumping over barriers, we ended up viewing that. Which led to watching some other activities. Sunday morning, live, I got to watch Andy Murray of the UK beat Roger Federer of Switzerland, one of the greatest tennis players in the world, in straight sets, four weeks to the day after Federer beat Murray at Wimbledon, at the same venue. I was fist-pumping so much that my daughter demanded that I stop. Then Sunday, Monday and Tuesday night, we were up until 10 or 11 pm, watching various events. This was partially a function of being on vacation, with no chance to record the programs. (And no real desire to; one cannot watch old sports events.) Jaquandor asked a series of Olympic-related questions , and I started answering them at his blog, when, suddenly, I realized it was going on too long for his reply box, but was just the right length for a blog post. Thanks, guy. What are your favorite events? Tennis, volleyball. Although I watched a lot of track (dashes and hurdles) and got into them. What events do you just not get? I still find synchronized swimming exceedingly funny. I GET it, but there is a move afoot in the competition to get rid of the excessive makeup, which currently makes it seem more like theater and less like athletics, when it clearly is more the latter. Granting that providing tape-delayed coverage is a necessary evil given the distances in time zones... I don't grant that. In an Internet world, I found out way too much. Even NBC reported on a couple stories, including Michael Phelps' record-breaking medal, aware that everyone knew anyway. Lots of people in the US were finding ways to watch it on the BBC. I think there needs to be tape delays in 2014 (Russia) and 2018 (South Korea) but there should be only enough so that American audiences don't have to watch the Games at 4 a.m. Eastern. For the 2016 games in Rio, the time zone is only one hour off US Eastern time, and this should allow for more live coverage. What could NBC be doing better with its coverage? Obviously, the coverage of the individual sports tend to be all over the place, quality-wise. There are ALWAYS sports announcers who make observation about how much an athlete "wants it," or otherwise read his or her mind. Mary Carillo did a series of quite interesting series of stories about the UK, including, of all things, the institution of Greenwich Mean Time. But the infotainment folks of the TODAY show irritate me. Al and Matt wrestling; new anchor Savannah being a gal pal in the Olympic village; Al playing cricket; anything involving Ryan Seacrest and Jenna Bush. (Read Ken Levine's satiric take on how Seacrest got his NBC contract .) One Saturday morning, two people were telling us the Facebook or Twitter conversation about the Olympics was heavy in Maryland and Virginia, opining that this was the case because an athlete is from one of those states; I had to shut it off. Here's a question for you all: how much of home team fans should the media be? On the TODAY show, US hurdler Lolo Jones tearfully complained about a New York Times article critical of her two days before her finals, where she finished a close fourth. How weird is it watching Olympics without Jim McKay on the teevee? I loved Jim McKay. But Bob Costas is fine. Do professional athletes in sports like basketball make for better, or lesser, competition? Who is an amateur athlete anymore? Many college basketball players in the US, are 1-and-done, attending college for a year, maybe two, then make themselves eligible for the NBA draft. Track stars get stipends or appearance fees, or something that allows them to travel over the country. And the pros in tennis start as teenagers. The pool of amateurs would be exceedingly small. Moreover, the Williams sisters, and the Bryan twins seemed to love representing the US, as did many of the other athletes, especially from the smaller nations. How big a problem IS doping, and what's the future of the very notion of 'performance-enhancing' medicine? I really felt sorry for that young female swim

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Know your ISP. Im 17 yo, my mum is threatening to kick me out of the house she admits im a good kid, but after a lifetime of drunken abuse i had enough, i started to stand up for myself and she can stand me now, i have no criminal record, i dont stay out late, i do my chores, but she still wants me out, i recently finished high school and have no job, what am i supposed to do I would suggest moving in with friends for a week or two to help you through the initial stage of moving out. If you have family your trust elsewhere it may be worth trying to follow that up. Don't take things personally, it sounds you have gone through allot of crap and you were just caught in the crossfire. A job is worth looking at gain some independence and a source of income, you should still be receiving financial support from your parents as you are not yet 18. If you shoot an email to centrelink they may be able to work out a support plan with you. Make sure you talk to someone if things get tough, its a big change and it is normal to be upset and stressed. I cant afford to go for my learners without help from my mum but she wont, it is very difficult to get a job without a license and a car, i cant find any jobs in the local area either so how exactly am i supposed to get one, i already signed up on several job seeking websites with no luck, what exactly am i supposed to do, most jobs even traineeships require that have at least a couple years experience so tell me how am i supposed to find a job with no money, no car, and no chances If it is really that bad you can do what I did and goto the local police station and ask for help. I didn't know anyone to call or what to do. I did this when I was kicked out with only the clothes on my back, covered in injuries from a drunken psychopath mother who like your mother got very aggressive when I started standing up for myself. They put me onto a social worker and helped me contact a friend who let me stay with them until I got myself together. The biggest problem was my mother decided to act normal and sane once anybody else got involved and painted the picture I was causing the problems. It's not going to be an easy time for you but there is help out there. Most of the time they will just try to resolve the problem and shove you back with your family but you have to be truthful and be prepared to say you refuse to return and that you don't want to be abused in drunken rages anymore. Not sure if you are studying but you may be able to get living away from home allowance or the doll, it is bugger all but provides enough to survive with no luxeries. I was in a little bit of a better position because I got a small compensation payout when my mother was charged and my friends helped me with accomodation and getting a job. It's a very horrible learning experience you are going through but you have to learn to stand on your own feet. You have to ask for help(like you have here). Good luck and hang in there. Get a job. After that, you'll have money to move out, or like what happens to some kids, now you have income you'd be invited to stay as long as you pay board. My parents wanted me out, then when I got a job, they really really wanted me to stay, pay $100 p/w board and help with house work. I moved out as soon as a could, but getting a rental and sharing with strangers or friends sucks more! edit: Are you getting any payments from the gov directly, or is your mum getting anything? Maybe you aren't getting any money, and she hasn't on your behalf ever since you passes 16 y/o and finished school. It was a long time ago for me and I don't know what you are able to claim, or if you are getting anything. But I think that was the reason why my parents wanted me out, but then wanted my to stay when I was giving or earning them money. You see bro, this is the easy bit. I am in VIC, but is should be no different in QLD. Right now is not the time to be picky. Apply in mass for every organisation you can possibly enter. KFC, HJ, Red Rooster, Mc Donalds, Subway, K-mart, BILO, Coles. They are just a fraction of the organisations you can get into. I started at KFC. Now I am at Coles. You say you 'recently' finished high school. Don't

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Atomic Number The number of protons in an atom defines what element it is. For example carbon atoms have six protons, hydrogen atoms have one, and oxygen atoms have eight. The number of protons in an atom is referred to as the atomic number of that element. The number of protons in an atom also determines the chemical behavior of the element. Atomic Symbol The atomic symbol is one or two letters chosen to represent an element ("H" for "hydrogen," etc.). These symbols are used internationally. Typically, a symbol is the truncated name of the element or the truncated Latin name of the element. Click here for a list of the elements and their symbols. Standard Atomic Weight The standard atomic weight is the average mass of an element in atomic mass units ("amu"). Though individual atoms always have an integer number of atomic mass units, the atomic mass on the periodic table is stated as a decimal number because it is an average of the various isotopes of an element. The average number of neutrons for an element can be found by subtracting the number of protons (atomic number) from the atomic mass. Atomic weight for elements 93-118 . For naturally-occurring elements, the atomic weight is calculated from averaging the weights of the natural abundances of the isotopes of that element. However, for man-made trans-uranium elements there is no "natural" abundance. The IUPAC convention is to list the atomic weight of the longest-lived isotope in the periodic table. These atomic weights should be considered provisional since a new isotope with a longer half-life could be produced in the future. Electron Configuration The electron configuration is the orbital description of the locations of the electrons in an unexcited atom. Using principles of physics, chemists can predict how atoms will react based upon the electron configuration. They can predict properties such as stability, boiling point, and conductivity. Typically, only the outermost electron shells matter in chemistry, so we truncate the inner electron shell notation by replacing the long-hand orbital description with the symbol for a noble gas in brackets. This method of notation vastly simplifies the description for large molecules. Example: The electron configuration for Be is 1s 2 2s 2 , but we write [He]2s 2 where [He] is equivalent to all the electron orbitals in the helium atom. The Letters, s, p, d, and f designate the shape of the orbitals and the superscript gives the number of electrons in that orbital. Atomic Radius There are a number of diffent ways to measure atomic radius. Two common ones are covalent radius (measures in pirometers) and Van der Waals radius. The Van der Walls radius is used for this perioidc tabel. For a more in depth discussion of atomic radius, see the CRC Handbook of Chemistry and Physics , "Atomic Radii of the Elements" and Wikipedia .

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Wednesday, June 20, 2012 WEDNESDAY RIDER UPDATE The Riders held just one workout on Wednesday and it was at the University of Regina. Thanks to campus parking staff who have been lenient with ticket-giving. That's been their hallmark over the years but someone must have told them to take extended coffee breaks during Rider practice. SB Chris Getzlaf missed two workouts with a sore neck. Coach Corey Chamblin says Getzlaf likely slept on it wrong. However he was back on the field Wednesday discussing his contract extension. Offensive lineman Brendon Labatte is back practicing after missing time with a foot ailment. He'll likely make his Rider (preseason) debut Friday night along with another ex-Bomber, Odell Willis. That game is still not sold out. One texter to the Sports Cage pointed out on Tuesday that the 44-10 drubbing in BC last week likely discouraged ticket sales. Coach Chamblin says 80% of the starting positions have been locked up and the remaining 20% will be decided on Friday. What are those positions? Possibly left tackle, for sure running back, fifth receiver, maybe defensive tackle, two outside LB spots and possibly a spot in the secondary. The starters will play into the third quarter. If you look at the starting front four of the Riders (Shologan, Hawkins, Willis and George) it spells SHWG. Or shwag. As in Shwaggerville. Fans coming to Friday's Rider game are urged to enter with caution and adhere to the signs. There's been plenty of construction and it's still a work area. Fans come to Friday's Rider game will be able to listen to the CKRM broadcast on 106.9 FM in the arena. Today's Sports Cage will be 100% Riders as we get ready for Friday's match. 5-7 pm on 620 CKRM. To be honest I don't think the game on Friday is soldout not because of BC beating us but because 1) it is a preseason game 2) it is on a Friday night and 3) there are 4,000 more seats to sell. I generally don't miss a game but will miss Friday's game because we have a softball game that night. Had this been a regular season game then my team would be looking for people because I would be at the Rider game. I don't think it is a big deal to sell this game out. Besides that even if they announce a sellout you will go and it will be 3/4's full because of all the corporate tickets and people not using them. I guess all I am saying is that it is ok if a pre-season game is not sold out, that doesn't mean we are not supporting the team it means we are waiting for the real thing. I know it is revenue for the team I get that, I just don't think people should freak out that it is not sold out. I agree with JMO. Pre-season is notorious for people to wait and see what the weather will be like. It is only preseason, but I am excited to see the new brand of football that Coach Chamblin is bringing to Riderville and the new lipstick on our pig!! lol The FM broadcast of the game is a nice step into the new Millinium. We in Saskatchewan have alway's been 10 years behind the rest of the Country. I will be honest and tell you that the rest of the world could care less about AM Radio. We like it here because of the vast distances between our rual communities. Riderville deserves to be equal or better than the rest of the league. With all that being said. I hope that the games can be broadcast on both AM and FM. I would do anything to listen to our broadcast instead of the Easternized TSN color crew. Have you ever tried to have your Big flat panel turned onto the game at the same time your tuned into AM Radio on your stereo reciever that happens to be in the A\V stand below or beside the TV??? It just dosent work. FM on the other hand is not affected by your BIG Plasma or LED. Not to mention the sound or tone of FM is so much better on the brain. Im sure the 106.9 channel can be amplified and reboradcasted across a good portion of the Province! Also I sure hope the Green and White show up today and doint embarrass us like they did in Vancouver. Our Richie Hall defensive back field is reall hard to take. If we get picked apart again I would say it's

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As a member of National Football League As a member of National Football League, the Dallas Cowboys can be a much-loved team. On the span of a lot more than 30 years, Dallas Cowboys' powerful has made this team an admirer favorite. Either around the field or off of the field, Dallas Cowboys achieve its success. Therefore, nfl Dallas cowboys jerseys are highly appreciated by fans. Since this large popularity, the Dallas Cowboys logo, which consists of the single star is absolutely easy to be recognized. Additionally it is a most appropriate symbol for this team. The colors of the Dallas Cowboys are purplish blue, navy blue, Authentic Atlanta Falcons Jerseys Cheap , metallic sliver blue and white. There exists a superstition that when wearing the dark colored Dallas Cowboy jerseys this team is going to be jinxed. Never the less, you can find indeed some other teams chose to wear white jerseys when playing at home against Dallas Cowboys hoping the jinx will continue. Actually there was a white alternative nfl jersey that Dallas Cowboys team unveiled through the NFL's 75th season. This is known as the 'double star', but retired after 1994 season. However, this Dallas Cowboys jersey is just about the most popular and highly sought-after jerseys in NFL because of its rarity. Further more, as consequence of the great popularity of Dallas Cowboys, there is certainly countless merchandise having its logo on the marketplace, especially online. That white double star also can be found on the internet and now they are really one of the best collectibles. Besides, the blue Dallas Cowboys fans can also find the wide choice of collector's items and functional items in online NFL stores. Like a hot collection, these Dallas Cowboys merchandise online will unmistakably show that you are a die Dallas Cowboys fan. There's enough furniture like coffee table shaped into the Cowboys helmet. Also you can decorate your bedroom themed Dallas Cowboys with there being Cowboys pillows, bedsheets, comforters, bed skirts, shams, bed rests and curtains that are all themed with official Cowboys blue. Or even a wall hanging and a lamp of Cowboys spirit! Fully Cowboy fans! There are also jewelers and watches with Dallas Cowboys logo. The rings and pendants themed by Dallas Cowboys blue or logo are so fantastic. Among these great Dallas Cowboys merchandise, you can also find the best gifts for your pals or relatives who choose this team. That sill be really hearted and worth. Always being the fan favorite, the Dallas Cowboys has captured the imagination of football and sport fans for more than the 40 years, Cheap Atlanta Falcons Jerseys Women , just like the themed jewelries that may testified by time. This team will still do the same, Women Atlanta Falcons Jerseys . Just show off your Dallas Cowboys themed merchandise to celebrate their coming success. This entry was posted on Monday, October 29th, 2012 at 3:33 pm and is filed under Uncategorized. You can follow any responses to this entry through the RSS 2.0 feed. You can leave a response , or trackback from your own site.

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British Gas has increased energy prices by an average of 6pc. Is this profiteering or is it justified? British Gas has increased energy prices by an average of 6pc. Is this profiteering or is it justified? The average dual fuel bill will be going up by 80 a year as a result. Of that, 50 is money being collected by British Gas on behalf of the Government to fund the subsidy for renewable energy sources, such as wind farms, plus charges to pay for National Grid upgrades needed to connect these new energy sources to the transmission network. These are permitted by the Government through its energy regulator, Ofgem. As we've returned a Government in favour of these policies, it's reasonable to assume that element of the increase is justified and has popular consent. The rest relates to cost increases in wholesale energy supplies which British Gas buys on the open market or from the production facilities of its own parent company, Centrica. If Centrica is pumping gas out of the ground, why not supply British Gas at a discount, or even at no cost, to lower consumers' bills? Centrica supplies about 20pc of the British Gas energy requirement, the rest is bought at the market rate. Supplying some energy at cost, or even a loss, wouldn't allow Centrica to build the gas rigs in the first place as shareholders would never agree to fund the investment without a return for the risks involved. The gas would stay underground, or pumped by another company charging British Gas customers the market rate. Related Articles Looked at another way, if wholesale prices fell, would it be justified to increase the bills of British Gas consumers to subsidise Centrica's production business? I doubt it and, anyway, it would be the same fantasy economics that suggests Centrica could pump expensive gas out of the ground and somehow make it cheap. The supply of gas and electricity could be turned over to the charity or state sectors but they are even less likely to be able to generate the capital investment required to deliver energy more cheaply and efficiently than private investment. Centrica also makes profits in other markets, such as North America, but not many US customers would be willing to subsidise UK customers unless we subsidised them in return, which in net terms wouldn't benefit anybody. Better we all pay the going rate set by a competitive market. But how much competition is there? At the last count British Gas made 522m operating profit annually. That's a big number but equates to 19.19 per household per year. From that, corporation tax is paid to the Government, some is used to pay for more investment in Centrica's own energy fields, some in interest and some goes to shareholders in dividends, which in Centrica's case is mainly our pension and savings funds. After all that, British Gas makes a post-tax profit of 5pc. At half that rate no one would supply energy to households. At double that rate of profit household bills would be higher. That would succeed in attracting more competition which would in turn drive margins down back towards 5pc. At that rate we now have six large multinational suppliers and seven smaller specialist suppliers. This feels like a reasonable level of competition. The fact it's sufficient to support a profitable existence for price comparison businesses, such as uSwitch, reflects that too. Overall then, it's reasonable to conclude that energy costs are rising mainly because of the demand for secure, green energy and partly because wholesale prices are rising, driven by global demand, politics and a degree of speculation. Intervention by politicians to reduce operating profits and force margins below 5pc are likely to drive suppliers out of the market. A more sensible intervention would be to encourage exploration of new supplies, such as shale gas, that have already reduced gas prices in America and are helping drive a new competitive edge to US industry, as witnessed by growing cost advantages over rivals such as China. Ring-fencing is bound to become obsolete The banking crisis first emerged for all to see in September 2007. Yesterday the Treasury told us legislation to prevent something similar would be enacted in 2015 and reforms in place by 2019 -- a full 12 years after Northern Rock. This is patently ridiculous, which just about sums up Westminster's approach to the banking industry. Too busy shouting about bonuses (a small contributory factor in banking collapse), politicians have failed to deliver a new regime to protect taxpayers from future crises. The Treasury first asked the Vickers Commission for ideas and is now

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Latest Posts Fiona Ward has listed 105 references that record all available published, unpublished and digital material about the history of creative printmaking in New Zealand from 1930 to 2007. New Zealand printmaking has been gradually excluded and marginalised from academic discourse. This annotated bibliography supports academic and critical explorations, and it contains an extremly useful glossary of printmaking terms. Fiona Ward's annotated bibliography is available at the University's digital repository ResearchSpace . The New Zealand Asia Institute, the Waseda Institute for New Zealand Studies, and the Japan Society for New Zealand Studies are hosting a conference to mark the sixtieth anniversary of New Zealand-Japan diplomatic and economic relations. Keynote speakers Professor Andrew Barrie (The University of Auckland), Earthquakes and Architecture: Japanese and New Zealand Responses. "I just happen to have with me today this bucket filled with soap solution, water, and some glycerin," Michael Dorff told listeners at the start of an MAA Carriage House lecture on October 10. The Brigham Young University professor and director of BYU's Center for Undergraduate Research in Mathematics stood in front of a table draped in plastic and crowded with skeletal Zometool creations and deconstructed Slinkies. "This is a very hands-on presentation. I'm not sure the MAA is used to this this," he joked. Used to it or not, MAA was pleased to host Dorff's talk, entitled "Shortest Paths, Soap Films, and Minimal Surfaces." Listen, watch and read at http://www.maa.org/news/2012ch-dorff.htm\\... UPC researchers eliminate infectious bacteria from medical textiles "Antibacterial gowns and linen are being manufactured using the new technique and tested at a number of European hospitals, with excellent results. The Molecular and Industrial Biotechnology Group of the Universitat Politcnica de Catalunya BarcelonaTech (UPC) has improved the antimicrobial properties of medical textiles using an enzymatic pre-treatment combined with simultaneous deposition of nanoparticles and biopolymers under ultrasonic irradiation. The technique is used to create completely sterile antimicrobial textiles that help prevent hospital-acquired infections. The research was carried out within the framework of the European SONO project, which received \_12 million in funding and involves a consortium of 17 companies and research centres, including the GBMI.Nosocomial infections -- defined as infections not present and without evidence of incubation at the time of admission -- remain a significant problem for hospitals." Read more at http://www.upc.edu/saladepremsa/al-dia/m\\... New Gender Benchmarking Study Finds Numbers of Women in Science and Technology Fields Alarmingly Low in Leading Economies "Numbers of Women in Engineering, Physics and Computer Science Are On the Decline -- In the first study of its kind, researchers have found that numbers of women in the science, technology and innovation fields are alarmingly low in the world's leading economies, and are actually on the decline in others, including the United States. The study maps the opportunities and obstacles faced by women in science across the US, EU, Brazil, South Africa, India, Korea and Indonesia. It was conducted by experts in international gender, science and technology issues from Women in Global Science & Technology and the Organization for Women in Science for the Developing World, and funded by the Elsevier Foundation." Read more at http://archive.wigsat.org/GEKS/OWSD\_WISA\\... Audio Drama: The L.A. Theatre Works Collection provides access to over 300 dramatic works in streaming audio from the curated archive of the United States' premiere radio theatre company. The publisher of Audio Drama has released three useful video online tutorials on its YouTube channel to help you getting the most out of this excellent resource. "Oil-independence is the dream of many countries that lack raw materials. Nevertheless, black gold still retains its dominant role as a power source, and also serves as a basic material for the chemical industry. In order to change this, researchers started the "Integrated BioProduction" project. At the Fraunhofer Center for Chemical-Biotechnological Processes CBP in Leuna, the pilot plant-scale production of epoxides, made from domestic vegetable oils, begins in October. The intermediate chemical products support the production of lubricants, sur

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Maximus October 3, 2012 Dunajtschik demolition So the time has come at last: the first of a presumed wave of proposals to demolish perfectly good buildings in Wellington. Christchurch has had to put up with a swathe of demolition over the last couple of years, and they are getting so good at destroying everything down there, that they have forgotten that it is not compulsory. Cranmer Courts is their city's latest disgrace -- the Harcourts building is ours. Somewhat bizarrely, the Harcourts building, owned by elderly eccentric Mark Dunajtschik, is not at risk of collapsing in a seismic situation. It has a strong steel skeleton frame, and does not need to be demolished. It is a Chicago style building, so we are told, yet has none of the verve and excitement of a Louis Sullivan original, nor the decoration of the facade in the manner that truly befits that name. But the building is there, has been there for quite a while, and doesn't actually need to be demolished. Instead, there is the chance for bits to fall off in a quake, and as the bits are large, then they could kill. Consequently, Dunajtschik wants to demolish the whole building, and start again -- ooh, going up to 25 floors as well. The reason being touted for this work is the cost of earthquake strengthening, but the real reason is that the developer wants to build a bigger building. The sort of thing that would happen in the 80s was that the developer would just start demolishing, and that was that. No asking permission. But here we are in the 10s, and now the public has a chance to partake in the discussion. The developer, Mark Dunajtschik, is of course furious that the public has been allowed a chance for input into the discussion. The public, we hope, are overjoyed at the chance to contribute. The Fish, I think, is here to help facilitate that discussion. I'm not sure if the proposal is just to demolish, or if it includes a proposed replacement yet. The DomPost editorial today advocates that the use of a polystyrene replacement facade be permitted, and that the Historic Places Trust should just pull its head in and stop complaining. HPT presumably thinks that they would rather poke out their eyeballs with a blunt stick than permit a poly palace replica. I'm more worried about Dunajtschik's track record -- the excrescence that is the IRD tub of lard HQ -- the appallingly bad Asteron House is not a good precedent for thoughtful and sensitive insertion into the urban fabric. Dunajtschik, of course, is more worried about "the Loony left" and the "fruitcakes" having a say. It's our city too, Mark! Your thoughts, please? MarkBrandenburg 3 - 10 - 12 A successful city is one that is buzzing with the activity of people and businesses. Empty heritage buildings do nothing to add to that. I agree the building certainly adds to the street scape of the city. However people seem to over fixate on heritage buildings and trying to keep them forever. This building would have replaced an older building which if it was still standing would also be seen as a heritage building. That building may well have also replaced and earlier building which again if still standing today would be seen as heritage. As a resident of the inner city the issue I have is not that the owner my want to demolish it. It is what replaces it. If they put a quality new building that adds to the life and vibrancy of the city then I am all for it. A city filled with empty uneconomic buildings does nothing for the vitality and success of the city. Maximus 3 - 10 - 12 Trying to find out what is proposed to replace it. Or is the present proposal just to demolish? Surely, the argument must be that any potential replacement should be better than what the existing building is. Info on the existing building on the HPT website is.... sparse. Link added into post above. Info on the proposed building, is available at the Council and the library. Haven't got there yet! Clarke 3 - 10 - 12 I love the fact that everyone opposed to a 25 storey nondescript office block rammed through a polystyrene pastiche of a heritage facade is a "looney leftie". I now feel much more comfortable characterising Dunajtschik as an architecturally il

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I had tumour the size of a football and didn't know WHEN Val Best went to her doctor to seek help losing weight she did not expect to end up on the operating table. Val, 69, was admitted to Colchester General Hospital for a precautionary scan. Imagine her shock when doctors told her a football-sized tumour was growing on an ovary. She underwent an emergency operation. Four days later she left with a photograph of her benign tumour weighing 7.5kg -- about 1st -- the largest removed at the hospital for 15 years. Val, of Ivor Court, Highwoods , Colchester, said: "The doctors saved my life. I had been trying to lose weight and I just couldn't. "So when I went to the doctor he said the area concerned was a bit hard and sent me to hospital for a scan. "They told me: 'We think it might be cancer' and within two weeks I was in for the operation." Val has made a full recovery, having been nursed back to health in her home by family. She said: "Every day I feel like a new woman. I called the tumour my little space hopper. "It was like being nine months' pregnant, but I knew it couldn't be that at my age. "I think I just would have burst if it had kept growing." Jonathan Evans-Jones, a consultant in obstetrics and gynaecology, conducted the operation. He also removed a number of malignant cancer cells in Val's uterus, which previous scans had not flagged up. She said: "I was nervous of what sort of treatment I would get in the hospital, but all the staff were great." She will be regularly monitored to make sure no cancerous cells grow back. My wife had a 16cm cyst on her ovary back in 2010. She too is being monitored every three months but is coming up to six monthly checkups as it has now been 2 years from end of chemo! For any women out there who are undergoing treatment or have just completed treatment, please check out www.colchestercopes. org.uk which is a gynae cancer support group set up by a survivor along with my wife, me and a cns. We meet every second Wednesday at the Kingsland Church above Aldui's in Colchester. Best of luck to Val ... and thanks to the doctors that spotted and dealt with the cyst! Hey Val, Great news that this little beast was detected and removed. My wife had a 16cm cyst on her ovary back in 2010. She too is being monitored every three months but is coming up to six monthly checkups as it has now been 2 years from end of chemo! For any women out there who are undergoing treatment or have just completed treatment, please check out www.colchestercopes. org.uk which is a gynae cancer support group set up by a survivor along with my wife, me and a cns. We meet every second Wednesday at the Kingsland Church above Aldui's in Colchester. Best of luck to Val ... and thanks to the doctors that spotted and dealt with the cyst! hmedia Well done Val - glad to hear you're recovering well. (I'm assuming this is the same Val who clogs up the letters page with complaints about music being too loud in shops) All this article is missing is the picture of the tumour itself...! Peace out Colcestrians Well done Val - glad to hear you're recovering well. (I'm assuming this is the same Val who clogs up the letters page with complaints about music being too loud in shops) All this article is missing is the picture of the tumour itself...! Peace out Colcestrians The REAL Norm So pleased it was found in time. I know of another person who had a NHS scan in Colchester and cells in the Uterous were not found that were later found by a private scan. If problems persists keep going back! So pleased it was found in time. I know of another person who had a NHS scan in Colchester and cells in the Uterous were not found that were later found by a private scan. If problems persists keep going back! common sense or not About cookies We want you to enjoy your visit to our website. That's why we use cookies to enhance your experience. By staying on our website you agree to our use of cookies. Find out more about the cookies we use .

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If the October 7-27 Synod, or any other group, needs practical material for their discussions on Mission, the following articles by Fr Hugh McMahon SSC are excellent. Fr Hugh recently returned to Ireland to be CEO of the Irish Missionary Union, after nearly 50 years in Asia. What it means to be a missionary My search has moved from "Is there still a need for mission?" to "What should the new focus for mission be?" to "Where can we find examples for this new direction?" Completing the missionary task Once in charge, the indigenous leadership felt its duty was to continue and stabilize the system they had inherited. It had not been made clear to them that they were expected to move out of their foreign shell and bridge the gap with the wider population by developing a church more suited to the local situation. Why the lack of excitement? For over 400 years missionaries took a confident faith from the west to the east. It may be time for modern missionaries to take that faith, refined and renewed, back to their home Churches and rekindle enthusiasm there Refocusing for the future With the dramatic decrease in clerical and religious missionary vocations, the challenge of preparing lay missionaries to take a leading role in mission is an obvious concern that has yet to be faced Mission institutes - adapting to the new reality? The new missionary situation is challenging, but it can be a wake-up call for mission institutes rather than their death knell. In a divided world where hope, concern for others and regard for the non-materialist is fading, the Ad Gentes mission institutes can show their worth We need to work more on our identity In the 1980s and 90s tens of thousands of young Koreans were drawn to the Church in a search to satisfy their deeper yearnings. I believe only Christianity has the answers to this search Whatever happened to Mission? I just felt that something was missing and wondered what it might be. It was only when I moved to China and a new missionary situation, that I began to see where the crux of the problem lay. Somewhere along the line missionaries had wandered from their original task Why the lack of excitement? For over 400 years missionaries took a confident faith from the west to the east. It may be time for modern missionaries to take that faith, refined and renewed, back to their home Churches and rekindle enthusiasm there Refocusing for the future With the dramatic decrease in clerical and religious missionary vocations, the challenge of preparing lay missionaries to take a leading role in mission is an obvious concern that has yet to be faced Mission institutes - adapting to the new reality? The new missionary situation is challenging, but it can be a wake-up call for mission institutes rather than their death knell. In a divided world where hope, concern for others and regard for the non-materialist is fading, the Ad Gentes mission institutes can show their worth We need to work more on our identity In the 1980s and 90s tens of thousands of young Koreans were drawn to the Church in a search to satisfy their deeper yearnings. I believe only Christianity has the answers to this search Whatever happened to Mission? I just felt that something was missing and wondered what it might be. It was only when I moved to China and a new missionary situation, that I began to see where the crux of the problem lay. Somewhere along the line missionaries had wandered from their original task A lack of confidence The biggest obstacle to the proclamation of the gospel is the lack of confidence in those who want to evangelize. Our formation was designed for life within traditional parish structures. Those who saw the need to move out beyond those limits in order to engage the unreached had to find their own way by trial and error. Some of the most valuable insights were gained, not from books, but from working with people A great time to be a missionary! There was once a moment in human history when transport changed from horses to engines. However, there were those who believed that this happened only because there were not enough horses. We are at such a moment. Diminishing vocations and less need for traditional apostolates indicate that mission, as we knew it, is finished. But there is a new buzz in mission circles about the energizing possibilities being opened for the Church by a wider understanding of the missionary task. The Eastern Churches (like the Syrian) were larger and showed greater diversity by presenting themselves in the languages and forms of the

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The family reportedly signed a three year-renewal contract with the E! network worth a staggering $40 million, but according to business woman Kim they are hoping to go on a lot longer than that. "We've always said we'll stop when it stops being fun," she explained. "We're having such a good time, so there's really no point stopping now." The 31 year-old puts the popularity of the show down to fans getting emotionally attached to the family and revealed that viewers are literally growing up with them. "When we first signed on, we were just hoping people didn't think we were too crazy," she joked,"but I think they are growing with us, whether they're rooting for us in a situation or they're loving seeing Kendall and Kylie grow up."

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Additional Details Best Answer - Chosen by Voters Comfortable walking shoes are a must and you'd be surprised by how many ppl forget these when they travel. Don't overdo it with packing clothes. There are no porters in the train stations and you will be there for less than a week. In France, it is perfectly acceptable to wear the exact same clothes 2 or even 3 days in a row. Jeans/trousers should be good fitting, but not excessively tight. If there will be formal dining in the evening, a nicer dress would be in order but find out in advance (it might be unnecessary). If you can get a map in advance, great. Bring a camera too. But keep your map and camera out of sight (taking them out only when you actually need to use them). Other Answers (6) I'm guessing it'll be Paris as that is a common destination. Check the weather reports. Paris can sometimes be mildly humid in the summer with rain in the evenings. So take light clothes that look fashionable. Take a couple sweaters and a rain coat. If you want take some skirts & pants. Don't get out in the streets w/o fully blow drying your hair & fixing it. Take comfortable shoes, but not too casual like jogging shoes. Let's see I don't know if this is still the case but French people mainly use converse or deisel shoes as casual wear. Don't forget sun block protection. Also take some nice clothes like a cocktail dress for an evening out at a fancy restaurant. If you are going to a city like Montpellier don't forget your bathing suit b/c the beach is only 30 minutes away. For this location take springy white skirts, some sandals, tube tops. Montpellier is filled with young university students & it's cheaper than Paris. Take some nice party clothes as there is a nice night club for teens 13-17. depends on if it is north or south, weather is really different, much hotter in south. if it is paris you are going to, take lots of euros ! for dress code, just summer stuff really, a light waterproof top too, just incase, bonne chance !

**id 245**

8:30, Thursday morning. I've got my headphones on and am listening to music. It takes me a little while to realise an old man with blurry tattoos on his forearms and a flat cap is speaking to me. I take off my headphones . Me: Sorry, what did you say? Old guy: I was saying you Victorians should take those headphones off so you can see how far down the drain youse are going. I make what I hope is an accepting look, and exhale accordingly. Old guy: Everything that's wrong here is what went wrong in my state. There's two casinos, gun laws and pulp mills everywhere. No jobs for anyone and a government that cares more about money and big buildings than its people. I nod. Me: You know, I'm not a Victorian. I only moved here two weeks ago. The old guy looks pleasantly surprised and shifts in his seat. Old guy: Where are you from? Me: Queensland. Old Guy: Oh, I like Queensland. I worked there a few times, years ago. Worked as a slaughterman at Ipswich, near the river there. Nice people in Queensland. Big place. Me: Where are you from? Old guy: Tasmania. Me: Ahh, I should've twigged from the pulp mills. What made you move here? Old guy: My wife got sick, so we had to go to the Alfred hospital. Oh god, I never know what to say to old people when they start talking about dying. Why did I even ask the question? This is what I get for talking to people on trams. Me: That's a shame. It must've been hard to come to the mainland and deal with that. Old guy: She's dead now. Doctors say she choked on a piece of bread, but she's a Chinese and the Chinese don't eat bread. Old guy: (mournfully) I don't know where she is now. I went to her funeral. I was the only bloody one there! He looks as though he's about to cry or punch someone. I remember my friend Reece telling me he used to talk to old people in the hospital he was working at, and he'd try to distract them when they got upset. I don't want to feel responsible for making an old man cry on the tram, so I change the subject. Me: Where are you off to this morning? Old guy: Oh, off to the Alfred again. They do fundraisers and have social things there, and I'm going to talk about Huon Pine . It's the only thing Tasmania has now, because it's illegal to cut it down. It's one of the oldest types of trees in the world, and you can only find it in Tasmania. They used to use it for coffins and ships and carvings. Just beautiful stuff. The tram stops at Exhibition Street. Old guy: Anyway love, this is my stop. Have a lovely day. I'm sorry I called you a Victorian. He picks up his walking stick and eases his way down the tram steps and into the street. 6:30, Tuesday evening. Melbourne's notoriously weird weather delivered a late afternoon storm, which is clearing as the sun goes down. It's a gorgeous sunset, and I step off the tram and onto Smith Street to snap a photo with my phone. A disheveled man with a mullet is doing the same thing, holding an old Nokia brick at arm's length as he lines the tiny screen up with the pink and orange sky. He notices me out of the corner of his eye. He opens up the pictures folder on his phone and picks out a few choice images. He's clearly been photographing this sunset for at least ten minutes and actually does have better photos than I do. I tell him he's right. Guy: Of course I am. Now, can you just hold that wheelie bin there steady? I want to climb on it to get a new angle. He gets ready to take a flying leap at the bin, and I'm forced to brace against it before I can refuse his request. He clambers up with a whoop and there we are -- a small woman in a pant suit holding a rubbish bin still as a grown man stands on the lid, taking photos of the sky. Me: Mate, I'm going to have to let go of this bin. I've gotta go home. Guy: Hold on love, just let

**id 246**

Friday, February 15, 2008 BIGresearch's latest Simultaneous Media Survey notes the pursuit of blogging is becoming more popular with Americans, with 26% of all adults stating they regularly or occasionally blog. And although African Americans make up only 11.4% of the US population, 12.2% responded that they regularly/occasionally blog. Contributors BuzzologySurveys.blogspot.com is the premiere online portal offering news for and about the African American Consumer. Our content includes weekly surveys to identify the pulse of the black buying public, highlights the latest on celebrity endorsements deals, business and entertainment news, and other happenings from around the web.

**id 247**

Mr. Maybury presents an idea-based explanation of the Second World War. He focuses on events in the Second World War and how our misunderstanding of this war led to AmericaÃ¯Â¿Â½s subsequent wars, including the Korean and Vietnam Wars, the Iraq-Kuwait War, and the Ã¯Â¿Â½war on terrorismÃ¯Â¿Â½ that began September 11, 2001. To improve the student's learning experience, also purchase the student study guide for World War II titled A Bluestocking Guide: World War II. Can be used for courses in World History, U.S. History, International Relations, Economics, Business, Finance, and Government. This is part two of a two-part series on the world wars. For part one, check out World War I: The Rest of the Story and How It Affects You Today.

**id 248**

Divorce over Cleaning -- Stop Fighting Over The Housework You've found the person of your dreams and married. The first few months were bliss, and you found little things like the way he leaves his dirty socks on the living room floor charming and sweet. Maybe you didn't initially mind that she could go to bed and happily leave a sink full of dirty dishes for the morning. However, the honeymoon is now over and those little habits threaten to drive you insane. Different cleaning styles can lead to strife within the marriage. If one of you prefers everything to be neat as a pin and the other thinks nothing of leaving stray items lying about, then the fights can quickly erupt. The housework can prove to be a larger issue if you are both a little lax about housekeeping but don't want to admit it. When the blame starts flying and personal insults about your respective mothers are bandied about, you might start thinking that the marriage was a mistake. There are plenty of valid reasons for getting a divorce, but you shouldn't come to blows and arguments over cleaning. There are better things to fight about than his socks on the floor, like the time he gave you a cheap toaster for your anniversary. Stop fighting over the housework and make the decision to bring in a cleaning company. With a cleaning service to pick up the socks and scrub the bathrooms, you can spend your time focusing on the things you loved about each other. Those annoying little habits will still be there, but you won't be upset by them anymore. If you're both a little on the sloppy side, then your friends will never know your happy little secret. You could spend your married life arguing over the dishes, who will vacuum and who cleaned the bird poop off the windows last week. The problem is that this only leads to family insults, intense arguments and vacuum cleaners for birthday gifts. Avoid the issues and the arguments by trusting a cleaning company to handle the housework. The insults about each other's families might continue, but hopefully there won't be any dusting rags or brooms wrapped up for those special occasions that are meant more for dinners out and diamonds. It will certainly make your home more pleasant, and it just might save your marriage.

**id 249**

What Was I Supposed To Be lyrics Ray Boltz What Was I Supposed To Be lyrics Jesus walked upon the earth, On the shores of Galilee, He'd say to His disciples, Let the little children come to me, I wonder if up in heaven, Do you suppose we'll see Little children asking What was I supposed to be. Chorus What was I supposed to be, What were my eyes supposed to see, And why did I taste of death Before I even drew a breath, Laid my head at my mother's breast, To sleep. Oh Jesus, Chorus Was I to be a prophet Used in the ministry, A doctor who would find a cure For some terrible disease, Even if I'd been born imperfect Why couldn't my parents see, That I'd have been made perfect When you came back for me. Oh Jesus Chorus Oh Jesus, what was I supposed to be, Oh Jesus, what was I supposed to be [ Lyrics from: http://www.lyricsmode.com/lyrics/r/ray\_b\\... ]

**id 250**

Since childhood, I have been raised in the most protected and enclosed environments. Whether it be going to small private elementary schools, first in the bustling districts of Karachi and afterwards in the serene neighborhoods of Sana'a or spending my high school years amongst a tightly knit community of friends in a suburban town in Canada, I had always been an appreciated, noticeable and recognized part of a small community. Being part of such closely connected societies was definitely a boon, for it motivated me to distinguish myself amongst others as well as collaborate closely with them to establish a true sense of family. This is why my recent move to a university of 20,000 students in the lively city of Philadelphia has been more than just a move of cities and educational institutions: it has been an entire frame shift of societal perception. I initially used to be fascinated with urban city life and used to glamourize the busyness and energy of big cities. However, I have now come to realize that this very energy uses human beings for its fuel source, and it certainly knows how to drain us. Seeing thousands of different people each day, packed into subways, gulping large cups of coffee to stay awake despite their tiredness, as if the drink was a life support system, rushing to work like mechanized robots on their pre-programmed 9-5 work routines filled me with a sentiment of futility and meaninglessness. A stark image precipitated in my mind of us being like ants in a giant colony, where individuals were just another one in a million worker ants -- easily replaceable and singly worthless and unrecognized. No matter how accomplished or appreciated I was back home, now I am just another ant amongst a plethora of other equally talented ants. Any ccomplishments, milestones or progress that I could make in such a society will be entirely dwarfed with respect to the sheer immensity of the population sample amongst which I am nothing more than a mere statistic. I believe this societal framework serves as the foundation for increasing individual dissatisfaction. However, I am convinced that the cure to this problem is remarkably simple. All it takes to make a person's day is to inspire them by appreciating the everyday things they might be doing for you. Saying a simple 'thank you' -- just a mere two words - can have a very profound effect. It can communicate the message that, despite the sea of people around him or her, the individual's efforts are valued and acknowledged. Even giving something as subtle as a smile of gratefulness can make us different from the ant colonies I previously talked about, and can introduce positivity in a society suffering from acute apathy. We often complain about getting poor service at restaurants, shops and other venues, however, if we care to look at the flipside, we are amongst the thousands who are served every day, and unless we do not introduce a genuine feeling of human emotion and appreciation for the toils that the employees undergo to serve us (even if it may be in the smallest of interactions), then we should be ready to expect a robotized, meaningless exchange. And what a pitiful thing that would be. I have always loved the saying "Aspire to inspire before you expire." Our lives are transient and short lived, and if we try to focus purely on satisfying ourselves during this evanescent period, then we will only be disappointed to look at ourselves failing compared to the thousands, if not millions of people, who are better than us. Alternatively, if we make it our aim to inspire and motivate others, then not only will we be leaving behind a legacy after we inevitably depart, but we will also learn to appreciate our own talents rather than compete hopelessly and frustratingly amongst those who are better than us (and the ladder of talents has an infinite number of rungs if one wishes to haplessly climb to the top). Most importantly, by doing this, we will instill a sense of a caring community that despite its size - whether it be as small as Sana'a or as large as Philadelphia or NYC - will still make people feel appreciated, noticeable and recognized. -O.M.A Disclaimer \*Opinions presented in the articles may not reflect the opinions held by Keeping it Halal. They are the opinions of the author. \*No content may be reproduced or altered without the express written permission of the KIH executive body. Comments Comments that contain

**id 251**

Football Transfers in Premier League of England English Premier League is widely considered to be the strongest football competition in the world and as such it is a real magnet for football fans everywhere. With Chelsea, Manchester United, Liverpool and Arsenal fighting for the title every single season, and clubs like Tottenham and Manchester City closing the gap behind the Big 4, every Premiership campaign seems to be even more interesting than the last. Having said that, you will be glad to hear that English Premier League Transfers page will help you stay up to date with the latest football transfers from England's top flight, with even transfer fees shown where available. While the title rivals are looking to add few more quality players without upsetting the balance of the squad, the smaller sides and especially the promoted teams aim for quantity as well as quality, but you can rest assured that all soccer transfers will be shown in this section as soon as they have been officially confirmed. Whether you are a football betting enthusiast and want to know how the Premiership clubs have fared in the latest transfer window or you just want to be kept abreast with the latest developments from the best league in the world, there is every chance that you will find what you are looking for in what is a very popular section of our website. Spanish La Liga football transfers and Italian Serie A football transfers are listed under separate sections, just like the rest of Europe latest deals, meaning that football transfers from your favourite football competition are just a click away. The English Premier League Transfers page will not only cover the purchases, but also free transfers and loan deals, displaying the player involved, his nationality, his old and new clubs as well as the price of the transfer if available. Premiership clubs often decide not to reveal the agreed transfer fee, so these kinds of deals will be regarded as undisclosed. While the players under contract are only allowed to move clubs within the summer and winter transfer windows, footballers out of contract can change clubs at any stage of the season, whereas certain loan deals can also be completed outside the transfer windows. The emergency loans can only be completed if a club are granted a permission from the Premier League.

**id 252**

Rights between Men and Women in Islamic Family Laws (IFL) SISTERS IN ISLAM, one of the Muslim organizations have greatly protest to the recent passing of the Islamic Family Law (Federal Territories) (Amendment) Bill 2005 by the Malaysian Senate. To the ire of Malaysians of all faiths, both women and men, the government has passed a Bill on 23 December 2005 which is Islamic Family Law (Federal Territories) (Amendment) Bill 2005 [ 1 ] . The Bill was passed unanimously despite vehement objections from several women??s groups and severe objections from at least 12 women Senators. They think that the rights of Muslim women have deprived significantly and point out 5 major objections for the Bill [ 2 ] . Based on the protest, many researchers have involved themselves to compare and analyze on the rights of married couple under Islamic Family Law. Results showed that the spouses?? rights can be divided into three parts which are before a marriage, during a marriage and after a divorce. Analysis conducted on the Islamic Family Law (Federal Territory) 1984, revealed that wives were granted with more rights than husbands [ 3 ] . Other than that, research finding also had identified several rights that were not part of Syariah Law but enacted under the Islamic Family Law. Most women question the effectiveness of Religious Departments, Islamic Family Laws and the Syariah Courts in conducting the Islamic Bill as it is regard to be in favour of men. However, if women ponder a bit longer, the functions of the IFL enforcement in reality is favours women over men. The real nemesis for women is ignorance of their own rights and responsibilities. According to the Islamic jurists or fuqaha, the rights of a husband and a wife are almost equal. Under the Islamic Family Law in Malaysia, the wives are benefited with more rights in terms of matrimonial property like maintenance (nafkah), obligatory marriage payment (mahar), consolatory gift (mut??ah), iddah and more rights were gazetted. This is because under Islamic jurisprudence or fiqh, men??s rights are focused on the wives?? obedience. This can be shown in the case of Maimunah Inalhage v Abdullah Bin Hussin. Before Marriage Rights of a man before marriage are solemnization of marriage, consent, betrothal, and polygamy. Rights of a woman before marriage are solemnization of marriage, consent, betrothal and consent to polygamy. A During Marriage Rights of a man during marriage are divorce by talaq or by order, resumption of conjugal relationship or ruju??, obedience and disobedience. Rights of a woman during marriage are mahar, ta??liq, maintenance (nafkah), divorce by talaq or by order, khul?? divorce or cerai tebus talaq, resumption of conjugal relationship or ruju??, divorce under ta??liq or stipulation (section 50), dissolution of marriage or fasakh (section 52), presumption of death, resume cohabitation, desertion of wife, ill-treatment of wife and failure to provide proper justice to wife. Man can divorce by talaq. This Act provides a husband the rights to divorce his wife however he must submit an application along with a statutory declaration to the court. Particulars in the declaration are marriage details; details that empower the court under section 45; details of any previous matrimonial proceedings; a statement of reasons for desiring divorce; a statement of efforts on reconciliation; the terms of any agreements regarding maintenance and habitation, the care and custody of the children of the marriage, and details of the order sought under section 47. Even though pronouncement of talaq is the husband right but under this Bill it could only be accomplished with the court permission under section 45. This is to prevent talaq from being misused against women or wives. In one or two talaq, husband and wife may resume conjugal relations within iddah and they can recohabit. Once the iddah period ended, then this right is void and they must perform a new aqad or contract. The couple must report to the registrat of marriage for further actions under section 51. During talaq raji??I iddah period, the couple is still regarded as husband and wife. Therefore, the husband must resume his responsibilities on his wife??s rights like giving maintenance or nafkah and the wife cannot leave the house until the iddah period ends or otherwise leave for fear of maltreatment. However, the wife may leave the house with the permission or by the order of the court. O

**id 253**

But journalism students show what she sees as a lack of desire to learn about JavaScript, HTML, CSS and other tools to help tell a story on a web page, rather than the front page, Mulligan wrote in the Nieman Journalism Lab blog. It's probably never been easier for students of any age to actually learn to code -- there's free or near free online coursework from Codecademy , the MIT/Harvard EdX program or Coursera . But Mulligan's recommendation is that J-schools need to integrate these coding courses -- or at least teach students about how web pages deal with or render their stories -- into the base journalism curriculum. Mulligan wrote: We need to innovate our curricula, really looking at what we are teaching our students. Learning, or mastering, specific software is not properly preparing our future journalists for successful, life-long careers. No one can learn digital storytelling in a semester. Mastering Dreamweaver and Flash isn't very future-friendly, and having a single mid-level "Online Journalism" course offered as an elective does more harm than good. We should be teaching code in all of our journalism courses -- each semester, each year, until graduation. It's our job as educators to remove fear of learning, a fear notoriously prevalent in journalists. HTML is not magic. Writing code is not wizardry; it's just hard work. Learning to program will not save journalism and probably won't change the way we write our stories. It is, however, a heck of a lot more fun being a journalist on the web once "how computers read and understand our content" is understood. What is somewhat surprising, in my view, is the reluctance she sees among young would-be journalists to learn these skills. From what I've seen over the past few years, many young reporters are impressively proficient in these skills. It's the geezers (ahem) who have a hard time with coding. But here's the thing: Even geezers can learn. And if they want to stay employed, they will do so. As you say coding (like any language learning) is hard, especially for oldsters. I was at the British Science Festival at a talk on Active Learning (elsewhere called Design Thinking, possibly) and I wonder if the penchant for adding programming to the should-be-taught-at-school ever growing list is that its clearly a successful business; the upper class feel they can refer to it without fear as they can punt questions on detail to when they get around to getting tips on the matter from Johnny; the UK political class have gone Google, allegedly. Education is all about fashion and when Philosophy@nursery was introduced it was not a massive success because people could see that this was fun but shallow . The benefit of Computer Science is that there is always (to misquote Tom Hanks at Yale 2011 Commencement) something to look at, someone's programs to check -- so yes I support the idea as there is nothing worse than a student saying "I am bored". Same holds true for everybody. Learn to code becomes as essential as writing and speaking. Pretty much work had shifted to computers and this is only a beginning. Thus, we all need to know, how to communicate with computers in order to get our stuff done... thanks nick... i actually think there's demand for both basic coding (html etc.) and still more demand for more specialized skills along the lines of data analysis .... not sure any publication can afford to train its reporters to be data scientists but there's some middle ground there, no? I don't doubt the utility of such a skill set for journalists, or even the the population at large. But the need is somewhat mitigated by the several CMS's out there (WordPress, Buddypress, Joomla, Drupal). Coding for apps will fast become just as important as coding for the web. The former should already be taught in junior high on up, IMHO. This is the craziest idea I have ever heard. I guess next everyone should learn to be a mechanic to fix their car and everyone should learn some surgical skills to operate on their internal wounds. Maybe we should learn some mechanical and electrical engineering the next time our dishwasher goes on the blink. Programmers should build applications for journalists so they don't need to code, they can use the app to create and publish content in any format. The problem here is that software programmers aren't doing their job. Their job is to code so

**id 254**

14 October 2009 for the one who has everything The famous Neiman Marcus Christmas Book is back and since we are in a recession and all, they claim the majority of the gifts are under $250. Of course, that doesn't mean they dropped their "fantasy" category...not at all. Let's take a look shall we? For those who act like kids there is this: A cupcake car. Just what everyone needs. For only $25k it's a bargain! Don't worry if you are buying one for the kids, it tops out at 7mph. For the literati group we have a night at the Algonquin: An evening at the Algonquin with a group of selected authors could be yours for $200k. Don't worry though, the proceeds of this gift go directly to charity. You get an evening to remember while ensuring millions of children will learn to love the written word. Of course if you can't quite afford the price tag you can always donate whatever you can afford to First Book directly. And for those who can't stand traffic? Let's get them a plane: Why not, right? For $250k you can get a two seater "sports vehicle for the air" perfect for his & her. It can take off and land on water if needed and of course, you both also get lessons for your FAA license.

**id 255**

Search canberratimes: Search in: 'What keeps me going is the fight' Terry Pratchett is sitting in a central London hotel room, looking like a petite, pointy-bearded wizard. He begins haltingly, with a gentle frost around his words. Then, as he warms up with stories about the seamier side of Victorian life (the subject of his latest novel for young adults, Dodger) and his constantly delayed endeavours to write his memoir (working title: A Life in Footnotes ), he undergoes an almost physical transformation. By the time he's recalling his entry into Science Fiction as a boy (via a porn shop run by an old dear), and reflecting on his prolific output in spite of being diagnosed with a rare form of Alzheimer's (a career-spanning set of short stories, A Blink of the Screen , was released weeks after Dodger), he appears positively youthful: sharp, wry, glinty-eyed, mischievous. Fantasy makes him tick. Reading it, writing it, and talking about it. He has been imagining richly comic, SF universes for the past four decades, mainly in the Discworld series of novels, for which he has created his own lexicon, but also in a host of children's books and collaborations with Neil Gaiman and Stephen Baxter. Advertisement To date, 50 of them have been bestsellers, some have been adapted for stage and screen, others have won him awards including the Carnegie medal and a readership in excess of 80 million. Fantasy was a very early calling. It's what took him to the porn shop in Beaconsfield, Buckinghamshire, aged 12. At that time, fantasy and SF were obscure sub-genres. ''Any shops that sold it were in the big cities, but even then, they were found in the same area as porn,'' he says. ''In High Wycombe, there was a little shed which was a library run by a very nice old lady in a black dress who served you cups of tea, and who had a collection of eye-watering porn. She would have it all behind a pair of beaded curtains. I would go in there for the fantasy and I'd see that the gentlemen in the raincoats in the upper levels of the shop were somewhat pink. She had masses of wonderful, second-hand British and American SF and fantasy. I was in secondary school, and I remember thinking around all this porn, 'This is a Harry Harrison [SF author] that I've never seen before'. It's the nerdist gene. ''The old lady quite liked me as her 'kosher' customer so she'd keep stuff on the side for me. One day I was in there by myself, going through the box of books she'd kept for me, when a plain-clothes policeman walked in. He pointed to me with hostility and said 'What is he doing here?' I will never forget her face. She picked up a copy of Robert A Heinlein's Stranger in a Strange Land and said 'Evil be to him who evil thinks'. The man grumbled and went. ''This anecdote, with all its Benny Hill-cum-SF comedy, is a teaser from Pratchett's half-written memoir. Most recently, though, he has been focussing on turning history into an alternate SF universe. Dodger, an adventure fantasy inspired by the Charles Dickens character Artful Dodger, sees its central character travelling through Victorian London's sewers and squalid side-streets, encountering not just an underclass trying to survive, but also Henry Mayhew, Disraeli and ''Charlie'' [Dickens] along the way. '' Dodger is a fantasy based on a reality. This is a historical fantasy, and certainly not a historical novel,'' he states. His extensive research into the weird and wacky side of the period has even fed into Discworld. ''I had been researching old London for a long time because it's also really useful for Discworld. There you also have a very grotty but also very powerful city. ''The publication of Dodger is timely, chiming with Dickens's bicentenary. What does he think of the many adaptations of Dickens's novels - Great Expectations being the latest in a long line? ''I would not go into battle with this one but I don't see why you need to do it

**id 256**

Posted by timothy on Sunday September 09, @05:36PM from the but-omg-mars dept. astroengine writes "Early Mars may not have been as warm or wet as scientists suspect, a finding which could impact the likelihood that the Red Planet was capable of evolving life at the time when it was getting started on Earth. A new study presents an alternative explanation for the prevalence of Mars' ancient clay minerals , which on Earth most often result from water chemically reacting with rock over long periods of time. The process is believed to be a starting point for life." However even with the Mars Rover or even humans there... Science needs an Hypothesis and some plan of possibly testing for it. If we just assume Clay=Water. We see clay then we say there is water. We just test for clay. But if their is a Hypothesis that clay can form without water, There can be some differences you just may want to dig a little further and test out. This isn't new news, but the scientific establishment that gets the budgets to conduct space exploration is selling us Mars because they know it is doable within the context of current budgets and technologies. Mars is pretty much way too dry and has been. It also lacks a magnetosphere and despite \*one lame little plate\* any hint of past large scale plate tectonics. Mars is interesting for sure, but it would be nice to also have a real base on luna with which to assemble a vehicle to take us on to Mars and with which to test technologies with the intent of sending humans on to Mars. Europa and even Venus deserve attention as well, but it seems Mars is in our comfort zone so we keep going back.... I too would much rather see an investment in the moon. It is close enough that we can courier equipment, people, and supplies with the intent of setting up a foothold in space. I think it would take years to get to the point where we have a significant presence there, but having that reduced atmosphere and reduced gravity environment would most likely further our capabilities quite a bit more than speculating on the amount of water Mars had in the past. Not much on the moon of any use. Mining stuff anywhere off earth is a long way from being practical. If you want to build a transfer station, do it in orbit (like LEO, just what the ISS is doing). Personally, I'd like us to spend more money and time on the Jovian satellites but then again, I'd like NASA to get to spend more money - lots more money. At the current piddly rate we're funding space exploration, you really can't expect to be able to pull off any major exploration goal. Right now we're just doing simple and cheap things (relatively speaking) and hoping that the funding situation gets better. You can certainly argue all day about whether or not it's an appropriate goal for a country, but you're not going to get very far with the nickel and dime approach we're currently using. Not that JPL isn't doing neat science - and given the financial limitations that they work in, they've done a fantastic job, it's just to really answer a lot of the questions we are posing and to enable us to even think about pulling resources from space, we're not doing jack. I completely agree with the "nickel and dime" approach. I was not suggesting that we mine the moon for resources. My use of the moon is to give us a stable structure to build a base on. The ISS is an awesome idea, but we limit our exposure to space by just sending supplies and equipment to the same spot without ever reaching further. The shuttle program was definitely a success if you are willing to limit your goals to just looking down on the earth in awe. Had we spent those 135 missions pushing toward the FWIW, a granparent or so complained that the space program was as underfunded as education. I.e., our priorities are such that the most important future leaning activities are underfunded (or so I understood it). OTOH, I'm not convinced that orbit is such a great place to build things until AFTER we have captured an asteroid, or build a catapult on the moon. There's no materials there to build from, and lofting everything from Earth is rediculously expensive. I suppose a space elevator could solve this, b It's not just the 400KM. It's the 400KM + orbital speed. Once you've got that, you no longer need great big fuel guzzling engine

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We have 8 Clubs located throughout Auckland and one in Hamilton. Please click on Find your local Y to find the club closest to you. 2. May I use more than one Y-Fitness Club? Yes, our Y-Fitness Club Card membership gives you the freedom to enjoy all Y-Fitness Clubs across Auckland and Hamilton. Click on Membership Options to get more information. Each club has its own individual opening and closing hours. Visit the Y-Fitness location pages here 4. What types of membership do you offer? Y-Fitness offers a number of membership options tailored to suit your lifestyle and budget. For details of local rates or special offers please click on Y-Fitness Enquiry or call your closest club to make a time to visit. For more details of the options available please click on Membership Options 5. What's included in my membership? There are many benefits of becoming a Y-Fitness member, the most important being that we care about your getting the results and support you need to help you achieve your goals. This means that we really take the time to look after you, and provide you with a full induction, consultation, programme and follow up appointments when you join, as well as a new programme every 6-8 weeks -- all included in your membership! This is all part of our 'Stick with it' programme for new members, to get you started and keep you going. You also receive unlimited access to the fitness centres, group exercise classes, Zumbar, and members events and challenges, all making it fun and motivating for you! 6. Do I have to have a gym induction? Y-Fitness offers a full gym induction for new members however if you are confident using the gym and have been a gym member in the past, and wish to 'do your own thing' then we are happy with that. Whatever works for you and is going to make your workouts enjoyable, however if you get stuck or need some extra motivation then we are happy to help! 7. How long do I have to join for and how soon can I start? We offer a variety of membership options ranging from our 'No Ties' option which means you can have a flexible finish date as long as you give us 30 days notice, or you can receive the benefits of a discounted rate if you join for 12 months. It's your choice. Start now! We can normally start your membership that day or as soon as we can book you in for a consultation with one of our registered trainers, which is normally within the next day or two from joining. 8. How do I join and can I join online? You can now also join online, making it really easy to get started, click here to go through to the link of online options Join Online Now . We will then contact you to make a time for your first consultation with a trainer to get you started. 9. Can I pay by direct debit and how often can I pay? Yes we offer an affordable option through small regular payments on Direct debit. The DD membership enables you to pay whenever it suits you, whether that be weekly, fortnightly, or monthly to align with your pay schedule. 10. What do I have to wear? Y-Fitness is all about feeling comfortable and somewhere where you can be yourself, so you don't have to wear the latest fitness trends! All we ask is that you wear comfy workout clothing, use deodorant and bring a towel and a water bottle to keep yourself hydrated. You will also need appropriate workout shoes with closed toes for health and safety reasons. 11. When is the best time to work out? This is all about what works best for you. Most people tend to work out first thing in the morning, lunchtime, or straight after work, however it's important to do what fits best into your daily routine, so that it becomes a habit and you stick with it. These are the most popular times in the fitness centres, so if you would prefer a quieter time and you are able to do so, then try a mid morning or mid afternoon workout. 12. Can I invite friends as guests? Yes, your guests are very welcome to visit the club; when you join you receive 3 one week guest passes and we often run referral incentives with some great prizes throughout the year. If you are a current member and do wish to invite more people along then contact one of our team at your local club through the Y-Fitness Enquiry 13. Can I purchase a membership as a gift? A gift of health and fitness is a wonderful present for anyone, and this can be arranged easily through purchasing a gift voucher or setting up a membership in a person's name ready for them to use. Just ask one of our team or email us through the Y-Fitness Enquiry 14. Can I put my membership

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Book Description Publication Date: Sep 1 2008 One of the most tragic stories of the 1990's rock world was that of singer Shannon Hoon, and his band, Blind Melon. Despite scoring one of the decade's most enduring singles and videos, "No Rain,"and a quadruple platinum hit with their 1992 self-titled debut album (in addition to touring alongside rock's biggest names), Hoon could not overcome a dangerous drug addiction. Only two records into a promising career, Hoon was dead from an overdose at the age of 28. 'A Devil on One Shoulder and an Angel on the Other' is the first book to tell the group's story -- culled from over 50 exclusive interviews (including the surviving band members and those closest to the band) and featuring many never-before-seen photos. "I am honored that Greg has painstakingly accounted for what the hell happened during those crazy times. He has summed up all the chaos, jubilation, and paranoia that is Blind Melon." -Brad Smith, Blind Melon bassist One of the most tragic stories of the 1990's rock world was that of singer Shannon Hoon, and his band, Blind Melon. Despite scoring one of the decade's most enduring singles and videos, "No Rain,"and a quadruple platinum hit with their 1992 self-titled debut album (in addition to touring alongside rock's biggest names), Hoon could not overcome a dangerous drug addiction. Only two records into a promising career, Hoon was dead from an overdose at the age of 28. 'A Devil on One Shoulder and an Angel on the Other' is the first book to tell the group's story -- culled from over 50 exclusive interviews (including the surviving band members and those closest to the band) and featuring many never-before-seen photos. "I am honored that Greg has painstakingly accounted for what the hell happened during those crazy times. He has summed up all the chaos, jubilation, and paranoia that is Blind Melon." -Brad Smith, Blind Melon bassist This book is a wonderful collection of distilled quotes that are chronologically organized, but not a story with a narrative, per se. I suppose one can tease out a narrative or at least some themes implied by the quotes and their ordering, but mostly it's a collection of "what" and not "why." I think there's a story still waiting to be told and that this book offers some good supporting material. This is a hard book to put down once picked up. I don't think I even blinked during the chapters entitled; October, 21 1995 and Aftermath. I highly recommend this book. 3 of 3 people found the following review helpful 5.0 out of 5 stars From the mouths of those that were there April 13 2009 By vedhead011 - Published on Amazon.com Format: Paperback I opened this book and couldn't put it down until I finished it. It truly does tell the story of Shannon Hoon and Blind Melon, and tells it in the best possibly way; from the mouths of the people that lived it. The story is told in a series of quotes from band members, record company people, family and friends obtained through interviews by the author. And in the case of Hoon, the quotes were taken from published interviews from the 90's. There could no be no purer way for this story to be told. The interviewees were candid and open; they seemed to hold nothing back. Their words and stories spoke so clearly of those times and what Shannon Hoon meant to them that I truly felt that I got to know him and his tendencies through this book. I felt as if I truly had spent those hours not reading a book, but spending time with these people and their friend Shannon. Which made for emotional results even though I knew the end to this story. When the fateful end of Shannon Hoon's life came in this book I immediately felt the loss of him. My heart broke, and I missed him. Just from reading a book 13 and a half years after the event. I do not have the book in front of me as I review it, but someone in there said something along the lines of "everyone who met him thought Shannon was their best friend" and it was easy to see that. As Shannon Hoon had the most powerful personality of the subjects in the book, and people seemed to speak most about their relationship with him, it is easy to focus on him. But through

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Twitter Updates Advertising Bloggers at The Circle -- by Mark Saunderson This is the second of two guest blogs focussing on Bloggers at The Circle. When I signed up to cook for two nights at Deane's, I realised immediately I couldn't possibly consider writing my own review of the night and I asked for a volunteer on Twitter. Who'd have thought that the first response would be from a Chef whose restaurant I reviewed only the month before. Was it time for payback??? Let's find out. Bloggers at the Circle, the review by Mark Saunderson, Head Chef /Owner, Caffe Spice Larne . When I first heard murmurs of this event on Twitter I thought I must get to this. Two food bloggers, entering the kitchen for two nights, on the other side of the pass. Either brave or mad, or possibly a little bit of both, but it sounded like a great night out know matter what. We hadn't had a good night out in ages and this was going to be, what I believed, the local foodie event of the year and all for such a good cause -- The Bubble Foundation . I closely kept an eye on Twitter and on seeing the release of the booking's the following morning, I secured seats for myself and Mrs S. I was like a school kid telling everyone about this great night out that I had got reservations for. Some couldn't understand why I thought it was such a big deal and others complained I hadn't told them about it, so later that day I tried to increase my booking, but was told both nights had sold out in only a few hours and the 'Bloggers' already had a waiting list. So with reservations made, we decided to make a night of it, booked a hotel and watched Twitter closely for how things would unfold, right up until the night itself. The Circle at Deane's was one of the few places we hadn't eaten before and we were quite unsure of what to expect. On entering we were greeted at the end of the bar by Conor , our barman and cocktail maker for the evening. We ordered drinks and were then introduced to Manuel T Waiter , who checked our reservation and presented to us with a selection of delicate canaps on a black slate -- foie gras parfait, smoked salmon and dressed crab. As we nibbled at the bar, Manuel returned to show us to our seats. As we walked to our table the atmosphere in the room was amazing. Everyone was mingling and chatting with drinks in their hands, waiting for the night to unfold. We were quickly seated and made our introductions at the table. I was quite surprised to find out that the couple to our left were up from Dublin especially for the evening and to our right EdingburghFoody and her husband had made the trip. Just shows what a vast following these two lads have and how far people will travel to support such a good cause, hoping to have a memorable dining experience. Pork & Candy Apple On the Thursday night, the Bloggers were supported by Great British Menu rivals Chris Bell and Chris Fearon , but on this occasion they were to have the help of Michael Deane and Barry Smyth . The faces behind the pass looked very serious and anxious. Already at the table were nice fresh little bread rolls accompanied by two of the best known local products around at the minute, Abernethy Butter and Broighter Gold Rapeseed Oil . Things kicked off with the amuse bouche of pork belly, apple puree and miniature candied apples. There was a nice touch of chef interaction as Kevin and John went around the room, armed with bottles of apple puree to garnish the side plates. We were then served up with a marble platter for the table to share, topped with squares of pork belly and candied miniature apples. It was a great start to the night with a touch of theatre, novelty and delicious little bites to whet the appetite. It was quite amusing as everyone at the table turned into food bloggers, phones were out taking pictures and great in depth discussions of what we had just eaten took place. This signalled the start of a good evening! Finnebrogue Venison Next to arrive at the table was the starter of Finnebrogue venison carpaccio, pickled girolles, almond & crispy shallot, dressed with rocket. The wafer thin slices of venison

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Greek Finance Minister Yannis Stournaras today described Greece's budget cuts (which amount to 7.3pc of GDP) as " very ambitious ". This terminology appears in the troika report : " In term of size, the consolidation in the new Medium Term Fiscal Strategy remains very ambitious. " Lloyd says: Greece has never been a viable member of the eurozone. Two bailout programs and an expensive write down (default) forced on private sector lenders have failed to arrest the decline in a worsening Greek economy. Panglossian acceptance of "very ambitious" targets provided to politicians to convince themselves and others to continue dumping money into Greece is an expensive deferral of an inevitable exit of that country from the eurozone. Short term finances The Public Debt Management Agency (PDMA) has raised EUR4.062bn (more than the target of EUR3.125bn) through the auction in very short term debt (4-week T-bills: EUR2.762bn @ 3.95%, and 13-week T-bills: EUR1.3bn @ 4.20%) through competitive (EUR3.125bn) and noncompetitive (EUR0.937bn) bids. The PDMA will seek to raise about another EUR1bn through noncompetitive loans to raise funds to redeem EUR5bn debt (owed to the ECB) maturing on Friday. [ More ] Debt sustainability In Feb 2012 private sector lenders (PSI) were forced by Germany and France (Merkozy) to write down their loans to Greece by 53.5% to satisfy the IMF's public debt/GDP target of 120% by 2020, a condition of the International Monetary Fund 's involvement in the EUR100bn second Greek bailout agreed in March 2012. The PSI write down was equivalent to a loss of 75%. [ More ] However the troika, whose report does not include the critical debt sustainability analysis [ More ], concluded that the IMF's 120% by 2020 target remains unachievable, and that the best Greece can achieve by 2020 is 144%. The IMF expects the outcome will be 160% by 2020. Eurogroup President Jean-Claude Juncker last night announced that Greece will be given an extra 2 years: " The target, as far as the time-frame is concerned, has been postponed to 2022 ". This has upset IMF Managing Director Christine Lagarde : " We clearly have different views. What matters at the end of the day is the sustainability of Greek debt so that country can be back on its feet. " [ More ]. The main issues under discussion include: Debt/GDP debt sustainability target: The IMF opposes the Eurogroup's extension on the basis it could jeopardise the whole international package. Further PSI debt writedown: German Finance Minister Wolfgang Schuble has said that it would be unfair to impose any more losses on the private sector. In Mar 2012 banks, insurers and other private sector investors were forced by Germany and France (Merkozy) to take a 53.5% write down of the nominal value of EUR206bn of Greek securities. OSI debt writedown: The IMF sees the most certain way to reduce Greece's public debt to a sustainable level is for official sector lenders to write down the face value of their Greek assets. Germany, who is the biggest lender to Greece, wants to avoid losses for German taxpayers before a general election in September 2013. German Finance Minister Wolfgang Schuble said: " There's a debate about a haircut for official creditors. On that I will say and most countries have said so in the past few weeks that that's legally not possible. " [ More ]. Mario Draghi , President of the European Central Bank , has also said that the ECB cannot write down Greek debt. Funding the 2-year extension: Schuble said that the EUR32.6bn funding gap created by the two year extension should be plugged by lowering the rate that Greece pays on its loans rather than an asset write down. Next Eurogroup meetings Yesterday there had been some discussion of a Eurogroup meeting tomorrow (Wednesday). However Juncker has said the next meeting would take place on 20 Nov 2012. Eurogroup officials have said that more negotiations could be required the week after that to agree a new package for Greece [ More ]. French Finance Minister Pierre Moscovici said today that bailout money should flow by the end of the month " Our objective is to reach an agreement in principle on November 20 so that we can ... proceed to the disbursement of funds by the end of this month. " SEARCH Categories Disclaimer : PortfolioTicker is based on publicly available information and may include

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The Killing Of People With Down's Syndrome: BBC Report "Not content with killing Down's Syndrome babies -- 90% of whom are now hunted down and aborted before their births -- we're now seeing attempts to eliminate them and to let them die rather than treat them in our NHS Hospitals. Is this the same NHS that we were celebrating in the Olympic Stadium? What a contrast, too, with the inspirational achievements of disabled athletes, during the Paralympics celebrated in the same stadium, and who have taught us so much about courage and the overcoming of seemingly impossible odds. "As we rush pell-mell into Nietzschean-style eugenics and ethics, we should recall those inspirational moments, remembering that people with Down's Syndrome are human beings -- not "a drain on public finances"; that disabled people would not be "better off dead" and that by allowing the elimination of the weak it is we who expose ourselves as the truly weak" -- David Alton -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- - 13 September 2012 Last updated at 01:21 Down's syndrome patient challenges resuscitation order By Jane Dreaper Health correspondent, BBC News A man with Down's syndrome is suing an NHS trust over a hospital's decision to issue a do-not-resuscitate order giving his disability as one of the reasons. The instruction not to attempt resuscitation in the event of a cardiac or respiratory arrest was issued without his family's knowledge. Their lawyers describe the order as "blatant discrimination". East Kent Hospitals University NHS Foundation Trust says it complied fully with guidance from professional bodies. The family of the man, who can be identified only as AWA because of a court order, remained unaware of the do-not-resuscitate (DNR) decision until he had returned from hospital to his care home. The DNR form, issued while he was in hospital in Margate a year ago, was listed as an indefinite decision, meaning it would cover the duration of his stay in hospital, with no provision for review. Start Quote He has a good way of life now, but somebody wasn't prepared to give him the time of day." AWA, 51, has dementia and was having a special tube fitted to help him with feeding. The form says there was no discussion with his next of kin because they were "unavailable", but the family say they visited him in hospital "virtually every day" -- and a carer from his home sometimes attended too. One of AWA's close relatives, who is pursuing the legal action on his behalf, said: "Until his dementia started three years ago, he had a really hectic social life. He loved parties, discos and going to church. "He was looked after at home for as long as possible, but then we got him into a nice care home. His health deteriorated a bit -- he had eating problems and couldn't swallow -- so the decision was taken to have a Peg inserted so he could receive medication, foods and liquids. "He was admitted to hospital for a fortnight. When he was discharged, one of the carers at his home was unpacking his bag and found the DNR form, to their horror. "We weren't aware of the DNR until then. We were very angry and quite distressed, especially as he'd been re-admitted that day because he'd got pneumonia. "Since November last year, he's been right as rain. He has a specially adapted chair, takes part in various activities and is conscious of everybody around him most of them time. "He has a good way of life now, but somebody wasn't prepared to give him the time of day." DNR orders are frequently being placed on patients with a learning disability without the knowledge or agreement of families." End Quote Mark Goldring Mencap AWA and his family are represented by solicitor Merry Varney, from Leigh Day & Co. She said: "This is definitely one of the most extreme cases we have seen of a DNR order being imposed on a patient without consent or consultation. "To use Down's syndrome and learning difficulties as a reason to withhold lifesaving treatment is nothing short of blatant discrimination. "If an individual was physically preventing a doctor from administering life-saving

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Raw materials often occur in sizes that are too large to be used and, therefore, they must be reduced in size. This size-reduction operation can be divided into two major categories depending on whether the material is a solid or a liquid. If it is solid, the operations are called grinding and cutting, if it is liquid, emulsification or atomization. All depend on the reaction to shearing forces within solids and liquids. GRINDING AND CUTTING Grinding and cutting reduce the size of solid materials by mechanical action, dividing them into smaller particles. Perhaps the most extensive application of grinding in the food industry is in the milling of grains to make flour, but it is used in many other processes, such as in the grinding of corn for manufacture of corn starch, the grinding of sugar and the milling of dried foods, such as vegetables. Cutting is used to break down large pieces of food into smaller pieces suitable for further processing, such as in the preparation of meat for retail sales and in the preparation of processed meats and processed vegetables. In the grinding process, materials are reduced in size by fracturing them. The mechanism of fracture is not fully understood, but in the process, the material is stressed by the action of mechanical moving parts in the grinding machine and initially the stress is absorbed internally by the material as strain energy. When the local strain energy exceeds a critical level, which is a function of the material, fracture occurs along lines of weakness and the stored energy is released. Some of the energy is taken up in the creation of new surface, but the greater part of it is dissipated as heat. Time also plays a part in the fracturing process and it appears that material will fracture at lower stress concentrations if these can be maintained for longer periods. Grinding is, therefore, achieved by mechanical stress followed by rupture and the energy required depends upon the hardness of the material and also upon the tendency of the material to crack - its friability. The force applied may be compression, impact, or shear, and both the magnitude of the force and the time of application affect the extent of grinding achieved. For efficient grinding, the energy applied to the material should exceed , by as small a margin as possible, the minimum energy needed to rupture the material . Excess energy is lost as heat and this loss should be kept as low as practicable. The important factors to be studied in the grinding process are the amount of energy used and the amount of new surface formed by grinding. Energy Used in Grinding Grinding is a very inefficient process and it is important to use energy as efficiently as possible. Unfortunately, it is not easy to calculate the minimum energy required for a given reduction process, but some theories have been advanced which are useful. These theories depend upon the basic assumption that the energy required to produce a change d L in a particle of a typical size dimension L is a simple power function of L : d E /d L = KL n (11.1) where d E is the differential energy required, d L is the change in a typical dimension, L is the magnitude of a typical length dimension and K , n, are constants. Kick assumed that the energy required to reduce a material in size was directly proportional to the size reduction ratio d L /L. This implies that n in eqn. (11.1) is equal to -1. If K = K K f c where K K is called Kick's constant and f c is called the crushing strength of the material, we have: Equation (11.2) is a statement of Kick's Law. It implies that the specific energy required to crush a material, for example from 10 cm down to 5 cm, is the same as the energy required to crush the same material from 5 mm to 2.5 mm. Rittinger , on the other hand, assumed that the energy required for size reduction is directly proportional, not to the change in length dimensions, but to the change in surface area. This leads to a value of -2 for n in eqn. (11.1) as area is proportional to length squared. If we put: K = K R f c and so d E /d L = K R f c L -2 where K R is called Rittinger's constant , and integrate the resulting form of eqn. (11.1), we obtain: Equation (11.3) is known as Rittinger's Law. As the specific surface of a particle, the surface area per

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The task you are trying to do can't be completed because remote desktop services is currently busy. Please try again in a few minutes. Other users should still be able to log on. I have been getting this error ever since switching to Seven, same machines were using Windows XP Remote desktop successfully for years. Just using Seven now. It does not occur every time I connect to the host from a remote location. At the host machine, the only option is to to click on "OK." This brings me back to the same error. Cannot log in, cannot log out. There is no explanation for it. Trying again later doesn't work. Other users cannot log on. Only way to correct the scenario is restart/reboot/shutdown of the host computer. The system is socket 478 with Asus P4P-800 E Deluxe MB, 3.4Ghz P4, 2 GB RAM. This was an XP machine which ran remote desktop well. The install is a plain vanilla install of Win 7. The latest drivers and windows updates have been installed. I agree, there is a conflict but if I have to begin unplugging hardware to get the machine to run correctly right under Win7, then we're heading down the same path as Vista's demise. As is, device manager reports all hardware is working properly. One thing I have noticed beyond the normal lockups, is that remote desktop on the host machine does not kick out after a remote connection has ended. This did not occur under WinXP. Apparently, the service doesn't seem to detect that the remote system has disconnected. At this time, I just want to know if you have performed clean boot to check this issue. Previously, I handled a similar issue and found that issue was related to software conflicts and I hope you can also check this. Is there any resolution to this bug? I have had this problem connecting to vista32 and win7-64 from xp32-sp3. The remote computer should never hang regardless of my misuse. This problem is NOT new, I have tried to resolve it with microoft forums and newsgroups before with no luck. The problem started when I updated to remote desktop connection client 6.0.6001.18000, there were zero problems with the earlier client. People have suggested reverting back to the older version, but hey, you can't. If you know the update number for the xp remote desktop connection from microsoft update perhaps I can find it and roll it back but I doubt it. Too often these issues are never resolved in these forums and we never hear if the problem was fixed. It's not fixed here. I'm not willing to go through all the diagnostic steps you have listed. If the connection can work once, it should work multiple times. It always hangs up on the first reconnection attempt. Edit: isn't it a little insidious that microsoft employees are going through these posts and marking them answered? Only the original poster should be able to decide if they are answered. No, it HAS NOT been resolved. It has been ignored in the normal manner today's "support" techs do asking us to take those "idiot steps" which have been pushed on us for over thirty years by Microsoft whenever there is a problem they do not know how to fix! I have done everything, including reinstalling Windows 7 and the problem persists. I NEVER had any problems with this using WinXP but this version is VERY buggy. Please post if you find a way to revert back to an older version, because this greater, more secure version just isn't working right. And to be specific, you are correct. The problem occurs more often during a "reconnect." I basically have to reboot my machine every time this happens in order to log in. I'd gladly be willing to tool in anything for a smooth operation. It's making my overall impression of Windows 7 sink... To add to the earlier information I gave in this thread: I have tried connecting using a laptop running Windows XP SP3, another laptop using Vista, and after upgrading the Vista laptop to Windows 7, I tried using both the ""super secure" remote desktop selection and using the "less secure" remote desktop selection. I tried connecting the Windows 7 laptop to a plain vanilla install on the desktop, on the host desktop computer, with Windows 7 Premium, Professional and Ultimate. Again, I usually do connect the first time from a laptop regardless of the the OS used. The problem is on the host desktop which doesn't seem to recognize when the remote sessions have ended. I know this because when I return to my desktop, the welcome screen always indicates that I am logged in, when I shouldn't

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News Mass Effect executive producer Casey Hudson has revealed that BioWare is in the early stages of designing the next Mass Effect game and wants fan's feedback on what should be included in it. "We're in early stages of designing a completely new Mass Effect game. What would you want to see in it?" he asked via Twitter. BioWare has previously stated that Commander Shepard will not be the main character in the next game, so that idea is gone already. If you want to give BioWare a piece of your mind, click here to reply to Casey Hudson on Twitter. Personally I'd like to see more chances to just explore environments instead of constantly being thrown into shooting sections, sometimes violence isn't necessary to hold interest.

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Cycling to work just got very cool We all know that the popularity of people cycling to work has increased over the years and our love affair with the bike looks set to continue. A love affair that has been beautifully documented in the The Work Cycle; the latest self-initiated project by leading Bristol digital production agency, Pixillion. www.theworkcycle.com is a web-based celebration of the Work Cyclist and their Work Cycles. A project that showcases through stunning photography how the Work Cycle is being successfully integrated into our working lives. What's fascinating is the level of impact the humble bike is having on shaping the workspaces that we journey to. The collection of work spaces currently being showcased on the Work Cycle is an eclectic mix; from top notch creative agency Poke London, to national bike retailer Evans Cycles. The Work Cycle is an evolving project and Pixillion are calling for work cyclists to spread the word about the site, and if they'd like their work place to be featured on the Work Cycle, to get in touch. Pixillion's Creative Director Remco Merbis says, "We're into all types of bikes and depending on the mood, day, or weather you can expect to see Mountain Bikes, Cyclocross bikes, Road bikes, Commuters/Hybrids and at least one folding bike littered about the studio. We're really excited about our latest project from the Pixillion labs and staggered by the high standard of photography that has been submitted so far. It's quite obvious the bike will remain a truly symbolic and loved mode of transport for many years to come." We're pedalling through a renaissance where it's not just the scantily clad Lycra boys waxing lyrical about their set of wheels -- everyone and anyone that's rediscovered the joy of riding their bike is loving it all over again. About The Author I'm the editor (and founder) of Creative Boom, an online community for the creative industries. Established since July 2009, Creative Boom has grown to attract 70,000 visitors per month and is now par... read more

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Vote Green for a Clean NSW I'm not a great supporter of many environmental policies, but I'll be voting Green on Saturday because the party's got it right on the biggest issue in town. This state's government has been turned rotten by political donations, to the point where much that gets done seems to be driven by no more than politicians' desire to attract cash. The Coalition is just as bad as Labor. So, even though this is only a local council election, let's send the bums at state level a message by voting Green. Max Phillips, the Greens NSW election campaign coordinator, said this week: ``In the past five years NSW Labor has taken $9.9 million in donations from property developers, while the Liberals took $5.8 million. The Greens refuse donations from developers and corporations on principle.'' Lots of people agree with this principle: a Galaxy poll commissioned by the Greens found 82 per cent of respondents support a ban on donations from property developers. The Greens deserve to be rewarded for the stand they've taken on this matter over many years. Unfortunately the rot continues. Green MLC Lee Rhiannon noted this week that new premier Nathan Rees has appointed a very developer-friendly cabinet. Here are the amounts of donations certain ministers disclosed for the 2003 and 2007 election campaigns. Minister for Police and Minister for the Illawarra - Matt Brown $348,823 [sacked from ministry after three days for dirty dancing] LATEST COMMENTS went to vote. Greens supporter asked me if I wanted yet another piece of paper with how to vote on it (duh! how green is that?). I asked simply: what are the greens going to do about kids setting fire to bins in playgrounds? She started talking about parenting and i said... yes there is crap parenting being displayed but what are the greens going to do about it? Unfortunately, no answer, so my vote was for the status quo - at least Labor have been steadily improving green areas, parklands, cycleways in Blacktown City Council area. Interesting. What's Labor going to do about kids setting fire to bins? MD Posted by: ImaWestie on September 15, 2008 11:33 AM It looks like the Greens have done fairly well across the Council elections. Now we have to see how that translates at all these Bi elections and the next state Election. If I was Rudd I would be spending more time in NSW than overseas.As he has to go to the polls before Rees and his ALP deadwood mates. Posted by: Daniel on September 15, 2008 8:31 AM I just voted in the local government elections. The choice for my ward was either Greens or Liberal, and when being handed the how-to-vote flyers by each representative (these were party volunteers, not the actual candidates) I asked them for just a brief outline of their respective party's policies and objectives for the municipality as I've been overseas for a while and was uninformed. The Liberal rep happily gave me a concise and comprehensive list of policy aims and objectives on a range of local issues, with several other workers standing within earshot jumping in to help when she was unsure of a particular issue. The representative for the Greens rambelled on vaguely about "protecting the environment for future generations" and "exploring alternative fuels and technologies", clearly refering to state and federal policies while seemingly ignorant on local community issues of a green nature. If volunteer workers for their own party don't have an idea what they're talking about, clearly expecting people to vote for them purely because Labour didn't want the embarrassment of fielding a candidate in a blue ribbon Liberal area, then the Greens certainly don't deserve any votes. Posted by: Phil on September 13, 2008 3:41 PM Re. previous comment from Josephine Wadlow-Evans. The Greens did give the Democrats, Arthur Chesterfield-Evans their preferences in the 2007 state election and were very sorry to see a very good man fail to be re-elected and if anyone wishes to confirm this,call the State Electoral Office as preferences lodged are public knowledge. Shame on you Josephine but I understand you are unhappy that neither Arthur or the Greens were able to do more for you but both parties did try over, several years, to help you and both failed, Arthur and the Greens. Blame where blame is do-that is the Labor Government

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Zoe and Andy Clark-Coates with their children. Photograph: Sam Frost for the Guardian Zoe Clark-Coates remembers the moment a scan showed that her second pregnancy , like her first, had ended. "I'll never forget the midwife's face as she looked at the screen. She fell completely silent and I started screaming -- a terrible, almost primal reaction over which I had no control. Looking back, I feel sorry for all those women sitting in the waiting room who were forced to listen to such an ordeal." What Zoe didn't know was that she and her husband, Andy, would have the same experience again. In the space of three and a half years, the couple, both 36, have lost five pre-term babies: Coby, Bailey, Darcy, Samuel and Isabella. Each baby was named, loved and mourned. Today, Zoe and Andy have two daughters, Esme, aged three and Bronte, eight months. But Zoe regards herself as a mother of seven, not as a mother of two. "I don't want to forget the babies who were never born. They will always be a part of me," says Zoe. Coping after a miscarriage can be extremely difficult for both parents. "People often underestimate the level of trauma," Zoe says. "Each time I've lost a baby, I've felt I might die with the pain. The grief was suffocating. It's overwhelming having to decide on the spot whether you want an autopsy or the body released to you. Not being able to face going to bed at night, knowing you're going to have to go through the anguish of the following day. And there's this terrible fear that you might never be a mother at all," she says. She and Andy felt keenly that unlike the death of a person who has lived some kind of life -- even if only for a few days after birth -- there is no ritual public acknowledgment of the loss of a life. "When you miscarry, there's no funeral and no way of saying goodbye," says Zoe. Knowing that thousands of women miscarry, or experience stillbirth, she and Andy came up with an idea -- a way for grieving couples to experience closure. Under the name Saying Goodbye, they have organised cathedral services in various cities in mainland Britain this summer -- London, Exeter, Cardiff, Edinburgh, Birmingham and Manchester. Everyone involved has donated their time -- and contributions in kind -- including clergymen and women, organists, choirs, florists and printers. Parents will be invited to light a candle at the service to commemorate their loss. With the backing of the Miscarriage Association, which celebrates its 30th anniversary this year, Zoe was able to approach numerous cathedrals. "Their response was amazing," she says. "They immediately said this was exactly the kind of thing they should be doing, that there was such a need." The services are Church of England but people of every denomination and faith are welcome. Half of the funds raised by the event will be donated to the cathedrals, but there will be no charge for their use. Cathedrals were chosen because of their size -- big enough, it's expected, to seat everyone who wants to attend. The first service will be held in Exeter, in July -- Zoe and Andy will stand alongside other bereaved parents,to say goodbye to their unborn babies. "The services are a wonderful opportunity for mothers and fathers to say that their babies are truly loved and will always be missed." Saying Goodbye will offer parents an occasion on which to focus their grief. "Andy and I want to be able to lay to rest the babies we've lost, in a sense, and to help others do the same," Zoe says. "Every child deserves to be recognised, however fleeting its existence." As Ruth Bender-Atik, managing director of the Miscarriage Association, says, "Miscarriage is, sadly, a common experience -- an estimated one in four pregnancies end this way. Couples can feel shock, grief and loss, yet there is something in our culture that makes us draw a veil over the sadness and urge people to move on. "Even a very early miscarriage represents the loss of a baby and all the accompanying hopes, dreams and plans, but that sense of

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Resolved Question I hit a undercover officer but didnt know he was police? i was attacked in a club by lots of males me an two mates got out the club my mate through a pole at the door to scare the males as they was about to come out to attack us again next thing i no me and my mate was getting grabbed i swung out to protect my self and punched him in the face the next thing i no im on the floor under arrest and have been charged for assault an officer but i had no idea it was police what do u think will happen in court thank you Best Answer - Chosen by Asker It would be very to prove you knew he was a Police Officer. Typically, when officers break up fights and they are undercover, the pull out a badge that is usually around their neck or on their belt and will say something like, "police, break it up!" If there was no indication or statement made to identify himself as a Police Officer, you cannot be charged with Assault of an Officer. There has to be intent shownto be charged under that section, since you did not know he was an officer, there was no intent to assault an officer. However, the DA could still charge you with assault and/ battery, he/she would drop the charges of Assault on a cop and refile as a regular assault and/ battery. Hope this helps!

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You have to be resolute to live a legendary life I heard of a man who says words so beautifully that if he only speaks their name women give themselves to him. -Leonard Cohen Those lines are taken from Leonard Cohen's first published book, Let Us Compare Mythologies , published in 1956. That Lennie. He hit on the idea early on (an idea that became cherished by randy and artistic undergraduates everywhere) that he could adroitly woo a woman into bed just by the power of his words. The only fly in that ointment was, he was Lennie, the rest were just undergrads. We were just 'us'. Still are, and he remains Lennie. 'Hallelujah!' And, Leonard Cohen's own 'mythology' evinces his consummate success with the opposite sex. Of course it helped that he was dashing, charming, intelligent and immensely talented. I once saw a ballet performance of his poem ' You Have the Lovers' , performed by the Royal Winnipeg Ballet, and I must say that it was one of the most erotic things I've ever seen. Yes, Len was a master of his craft. But, I am not here to discuss Leonard Cohen and his cocksman prowess, what I want to consider is the whole idea of mythology -- personal mythology. We all have ourselves -- and we all have our mythology. Rarely do the twain meet in real life. They only meet when we try to impact others. Or, sometimes the others know us only by our mythology, and have no inkling about the real us -- the sort of bread-and-butter, or blood-and-guts us. Our spouses or lovers probably think they know the real us just because they've heard us fart, but that means little. It still is a matter of they only know what we let them know. If we are emotionally healthy, we 'know' the truth about ourselves, as opposed to the myth, despite how much we might use the myth to perpetuate an image within the outer world, especially if we are trying to impress some individual in that outer world. There are pitfalls in this. We fall in love with and sometimes marry somebody because we've fallen for an image: an image of beauty, grace and charm. Our opposite number has done the same thing. But, when we get in close quarters we find that this vision of grace also snores, shaves her legs, leaves her dirty underwear lying around, and is even susceptible to the odd bout of diarrhea. If the love was one with the 'real' person, such human elements are never problematic. If the love was with the myth, the relationship can be rent asunder. There is a worse scenario, and that is one that becomes apparent with much regularity in our 'star-fucking' society, and that is when the myth and reality become confused within the individual. Then it can turn ugly. If a person receives accolades enough for some accomplishment or other he or she can come to believe their own legends. Then hubris becomes the dominant factor in their lives. Some fine people walk the planet, blessedly, but there are no 'gods' striding amongst us, as much as we're deluded into thinking there are. And we are so deluded, or else politicians, actors, athletes and so forth would have no careers. In some cases such individuals go over the top with narcissism that is based solely on myth. We know the tales of pols and entertainers who come to believe they are more exalted than the rest of us. Conrad Black and Martha Stewart, I suggest, were of the opinion that they wouldn't 'dare' imprison them due to who they were. They doggedly held to that until the cellblock doors slammed. I believe that Al Capone held the same misapprehension. Some develop egos so huge that if others aren't exalting them excessively enough they find a means to do it for themselves. They build shrines and monuments to themselves, or in the case of Oprah, for example, create a magazine and television network around themselves. Now that's hubris, folks. Now, how would you analyze that, Dr. Phil? Look at chancers like Damian Hurst....built up by Saatchi as part of a market making move...and with zero talent for anything bar self publicity. A genuine hero...who'll fall on a grenade to save his mate

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Fresh content re-vitalises your website and reminds users that you are still out there and relevant to them. Search and More -- Internet Marketing Strategists Which social media marketing strategies are likely to appeal to the widest audience? There was a time when the likes of Facebook and Twitter were seen as peripheral platforms for businesses. However, times have changed dramatically, and now the social media is all pervasive. Every business is now acutely aware that it needs to market itself on these channels if it wants to build up networks of loyal customers and interact with those who are interested in the products and services it promotes. If there's a problem, it's that a considerable number of these businesses don't really understand or appreciate what sort of strategy would suit their business best. They might know which area of the market they want to target, but have often given too little thought to how they are going to achieve their goals. In short they don't have a coherent social media plan. So, how can your business use the social media to market itself effectively? Which social media strategies are likely to appeal to the widest possible audience? Does your business have a Facebook or Twitter account? The answer is probably yes. Do you do anything with these accounts and add new and relevant content regularly? The chances are the answer to that is no. Too many businesses set up social media accounts then expect them to take care of themselves. Well, they won't: you have to work at them and provide interesting and worthwhile content that will attract users to your site and keep them coming back for more. What a business needs is quality content in all its social media updates and posts. It doesn't matter what you include as long as it's relevant. So post a mixture of videos, pictures, news stories and any special offers that you might be running regularly. Updates -- sometimes you can have too much of a good thing Businesses need to update their social media sites regularly or they will simply wither and eventually die. The tricky issue is deciding how often you should update your status? Too few updates will cause damage, but too many can be just as harmful. If you regularly post reams of updates on a daily basis, you'll find that people will just tune out and start to ignore what you're saying, even when the specific thing you might be offering that day is a bargain: it effectively like crying wolf a little too often -- nobody takes you seriously in the end. Get a sense of balance and remember that less is more, well most of the time anyway. Interaction's what you need If Roy Castle was still with us that's the new tune he'd be singing. Social media platforms thrive on interaction. It's this that makes them tick. The whole point of social media groups is to feel that we are part of something; we want to interact and feel that we belong. A businesses job is to encourage this interaction by stimulating debate and engaging its fans and followers. The more engaged a community feels, the more likely it is to buy into the whole brand identity and spread the good word to others. Focus on what you do best, not your competitors Unless you work in a niche market, you'll always face competition. It's a simple fact of life. Well, the same applies on social networks: you'll face competitors who will be trying to target the same customers you are. Should you criticise them and try to undermine what they do? Definitely not: focus on what you do best. If you resort to underhand tactics, your competitors will respond, and the chances are both of you may well loose some of the audience you've been fighting over. It's much better to play nicely. Analyse the effectiveness of your social media performance Do you know how effective your social media marketing campaigns are? How many of your SMM updates result in clicks to your website ? How many of those result in converted sales? How are your SMM updates being discussed and shared? No? Well you should do really. These are the type of questions you should be asking. If you analyse the metrics you'll know what works and what doesn't. If it's working then do it more often: if it's not, then change it.

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Liz Irving, a former world no.2, one of the sport's top coaches and coach to World Champion Nicol David is critical of the WISPA move to PAR 11 "Why does the club player get addicted to this wonderful game of squash? I have had a racket in my hand for 41 years -- from the age of two -- and I still love the game! I love what it stands for and what it gives you as a person. You learn so much about yourself as you struggle away: how to control your emotions, solve problems and deal with pressure. You are forever learning how to better yourself. The women's game over the last 20 years has been all about building credibility. The men in 'my' day did not want a women's event attached to their events. We were the poor relations and were put under a lot of pressure to follow the men's way of scoring (PAR to 15) -- or we wouldn't even have events in certain countries. Later we decided as a group that this didn't enhance our game or give us TV exposure or generate more top women's events. We felt that the time had come to stand alone and not be put on the back courts at men's events. On top of that we believed that traditional scoring was the best way to ensure the quality of matches. Today, I think the women's game is great the way it is. The length of matches is right and the women are supporting their own events well. With traditional scoring it is always possible for there to be a great comeback. How satisfying it is to come back from 8/0 down and win a game ... especially the fifth! And on the other hand, how soul destroying it is to lose those matches. This is what makes great squash. In all sports you have the defender and the attacker. Traditional scoring allows this to hold true for squash. You see a game develop strategically. You also see players rewarded with a point for good strategy. Men are and always will be at a completely different physical level from women and shortening the women's matches will, I feel, detract from their credibility as athletes and generally. It will make the sport look easy -- and who wants to travel to watch a ten-minute match, whether it be a first round or a final? I also feel that PAR to 11 scoring will lower the quality of the game, as it will be hard sometimes to see any substance in a match. I have seen many of the top players throw games or matches when there is no chance of recovering a deficit -- which certainly does not go down well with the paying public. I find it hard to believe that people cannot understand the simple concept of winning a point when you are the server. Squash is an intelligent sport and there is nothing better than playing in front of an understanding, articulate crowd. The aim of a unified scoring system seems to be to get squash into the Olympics in perhaps eight years' time, which I would love to see. But if the move to pro scoring does not achieve Olympic status for squash, enhance the women's tour, improve credibility, increase worldwide exposure or guarantee top-level events, then I hope we can revert to traditional scoring before all that we worked for is lost!"

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What was not a part of Lenin's plan for governing Russia? A democratic form of government was not part of Lenin's plan. Lenin never intended for the new government to be a democratic government, that is, open to all citizens. He believed that it was necessary to keep government in the hands of a small group of like-minded people so that the gains made by the revolution would not be lost. That meant that only members of the Bolshevik Party were going to be allowed to hold high offices in it and the Bolshevik, later Communist, Party would never lose control of the government no matter what the people of Russia wanted.

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Great to see this level of participation in the industry awards from our team, and the competition on the Coast between our farms still runs strong. A great effort from all the above for putting themselves forward in the competition. Well done to Rochelle who came runner-up in the Dairy Trainee of the Year for the region and also won the AgITO Farming Knowledge Merit Award the only merit award in this category. Also well done to Hayden George who won the Westpac Financial Planning and Management merit award in the Farm Manager Catergory.

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Post navigation Time to Clean Those Gutters of all the Highland Leaves I've been a home owner for a long time, and I have tried many different ways to clean my gutters. One year I bought a leaf blower with gutter attachments. It was so unwieldy I could barley manage it. What's worse is it would splatter mud all over me when it did manage to blow the debris out of the gutters. I'm sure my neighbor enjoyed that show! After that I hired gutter cleaning pros for several years. More recently I've climbed up on a ladder and scooped the gutter goop into a bucket. Not glamorous, but pretty easy. So, now I'm a bit of a gutter cleaning pro, and one thing I'm certain of is it's that time of year again. The leaves have fallen, which means they have likely piled up in your home's gutters. The problem is that clogged gutters can trap water and ultimately cause damage to your roof and even the gutters themselves, which could lead to costly repairs. So, let's clean your gutters. Admittedly the easiest way to go is to hire a pro. I love to support small, local businesses, so my recommendation is to first check out the want ads in the North Denver Tribune, and see who's advertising this service in the neighborhood. But if you're a do-it-yourselfer like me, here's some tips to get your gutters in perfect shape for winter: Make sure you have the necessary supplies: Tall ladder Bucket Gutter scoop or garden trowel Hose Once up on the ladder with your bucket, place the leaves and other debris in the bucket (use gutter scoop for mud) Once the leaves are out, use the hose to flush the gutters with water and unclog your downspouts That's it. Now you're done until next year! Do you have gutter cleaning tips and recommendations? How about sharing a great local gutter cleaning company you trust? Comment below with your gutter cleaning stories and recommendations.

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At the time of the proposal, Cuba had recently become communist under Fidel Castro . The operation proposed creating public support for a war against Cuba by blaming it for terrorist acts. [ 3 ] To this end, Operation Northwoods proposals recommended hijackings and bombings followed by the introduction of phony evidence that would implicate the Cuban government. It stated: The desired resultant from the execution of this plan would be to place the United States in the apparent position of suffering defensible grievances from a rash and irresponsible government of Cuba and to develop an international image of a Cuban threat to peace in the Western Hemisphere. Several other proposals were included within Operation Northwoods, including real or simulated actions against various US military and civilian targets. The operation recommended developing a "Communist Cuban terror campaign in the Miami area, in other Florida cities and even in Washington". The plan was drafted by the Joint Chiefs of Staff , signed by Chairman Lyman Lemnitzer and sent to the Secretary of Defense . Although part of the US government's anti-communist Cuban Project , Operation Northwoods was never officially accepted; it was authorized by the Joint Chiefs of Staff, but then rejected by President John F. Kennedy . According to currently released documentation, none of the operations became active under the auspices of the Operation Northwoods proposals. Contents The main proposal was presented in a document titled "Justification for U.S. Military Intervention in Cuba (TS)," a top secret collection of draft memoranda written by the Department of Defense (DoD) and the Joint Chiefs of Staff (JCS). [ 1 ] The document was presented by the Joint Chiefs of Staff to Secretary of Defense Robert McNamara on 13 March 1962 as a preliminary submission for planning purposes. The Joint Chiefs of Staff recommended that both the covert and overt aspects of any such operation be assigned to them. "Appendix to Enclosure A" and "Annex to Appendix to Enclosure A" of the Northwoods document were first published online by the National Security Archive on 6 November 1998 in a joint venture with CNN as part of its 1998 Cold War television documentary series [ 7 ] [ 8 ] —specifically, as a documentation supplement to "Episode 10: Cuba," which aired on 29 November 1998. [ 9 ] "Annex to Appendix to Enclosure A" is the section of the document which contains the proposals to stage terrorist attacks . The Northwoods document was published online in a more complete form, including cover memoranda , by the National Security Archive on 30 April 2001. [ 10 ] In response to a request for pretexts for military intervention by the Chief of Operations of the Cuba Project, Brig. Gen. Edward Lansdale , the document listed methods, and outlined plans, that the authors believed would garner public and international support for U.S. military intervention in Cuba. According to Jacob Hornberger : The plan called for U.S. personnel to disguise themselves as agents of the Cuban government and to engage in terrorist attacks on the U.S. base at Guantanamo Bay . It also called for terrorist attacks within the United States that would be conducted by pro-U.S. forces disguising themselves as Cuban agents. According to the documents, the plan called for the following: Since it would seem desirable to use legitimate provocation as the basis for U.S. military intervention in Cuba a cover and deception plan, to include requisite preliminary actions such as has been developed in response to Task 33 c, could be executed as an initial effort to provoke Cuban reactions. Harassment plus deceptive actions to convince the Cubans of imminent invasion would be emphasized. Our military posture throughout execution of the plan will allow a rapid change from exercise to intervention if Cuban response justifies. A series of well coordinated incidents will be planned to take place in and around Guantanamo to give genuine appearance of being done by hostile Cuban forces. Incidents to establish a credible attack (not in chronological order): We could blow up a drone (unmanned) vessel anywhere in the Cuban waters. We could arrange to cause such incident in the vicinity of Havana or Santiago as a spectacular result of Cuban attack from the air or sea, or both. The presence of Cuban planes or ships merely investigating the intent of the vessel could be fairly compelling evidence that the ship was taken under attack.

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Snowpark Kitzsteinhorn -- The Freestyle Center of the Alps We are all for the parks up at Kitzsteinhorn, they are really great. So this press release describing the stuff you can expect this year from all four (FOUR!) parks is a pleasant read for all those who are not afraid of a snow park. Xaver Hoffman working his legs in the Kitzsteinhorn's superpipe. Photo: Roland Haschka Let's take 4 individual snowparks of which 3 are located at perfect sloping sites and as topping a railgarden inmidst the city of Kaprun. Add Austria's biggest Superpipe and a massive freeride offer with the true born XXL label and you will admit that the Snowpark Kitzsteinhorn at the heart of the Alps leaves no wishes unheard for freestylers. Thanks to an altitude of nearly 3,000m above sea level, you can enjoy freestyle fun par excellence for up to 8 months a year. This season, shredheads can look forward to heaps of innovations concerning the setup as well as new earth forms, further optimizing the already supreme parkdesign. The Central Park. Photo: Roland Haschka The first fresh snow covering the glacier in early fall is the starting signal for construction works to begin in the Glacier Park. Like all 4 areas on the Kitzsteinhorn, the Glacier Park stands for constant quality! On 2,900m above sea level, large quantities of natural snow guarantee nicely shaped kickers, about 30 newly adjusted obstacles as well as a total of 4 lines to be rode as early as in fall. On a total area of 250 x 100 meters the park offers freestyle pleasure at its best for beginners and intermediates, from the middle of October until December; thereafter the action continues in the Easy Park and the Central Park located further below. Viktor Szigeti ripping the Central Park. Photo: Roland Haschka Hence, until the end of April the Kitzsteinhorn comprises one of the largest freestyle playgrounds of the Alps and also this year it's going to make the hearts of snowboard and freeski fans beat faster. Apart from a huge range of rails and boxes of all sizes and shapes, snowpark beginners and intermediates can rage themselves out on the finely adjusted kicker line, whose range and diameter have been further optimized by means of brand-new terrain forms. The rail area and the jumps for beginners have been extended as well. The Central Park on the other hand, isn't for the faint of heart. Beside countless rails and kickers with a medium level of difficulty, the mighty Pro Kicker with an 18-meter table as well as a huge A-Frame Box, a 14m Down Flat Down Box and a tremendous corner await freestyle specialists with a healthy share of courage. In the Central Park the jumps and the park exit have been extended by further terrain adjustments as well. Seppi Ischepp in the Glacier Park. Photo: Roland Haschka Directly next to it you'll find the absolute highlight of the Snowpark Kitzsteinhorn: Austria's largest and doubtlessly best Superpipe with a total length of 135 meters! Last season it was massively popular among both locals and international pros and proved to be a favourite backdrop for international ski and snowboard film productions and photo shoots. This season you can expect the Superpipe to be freshly shaped from the end of November on! Those of you, who simply can't get enough action and just want to keep on shredding, can end the day on the mountain in the Railgarden Lechnerberg, located right at the center of Kaprun. Here you can shred different rails and boxes, such as the Jibfunbox, a 12m Longtube or a Hightank 'till you drop. Apart from the snowparks the extensive Freeride XXL area with five marked routes is a further highlight for powder freaks. The Freeride Info Base at the Alpincenter provides all the service powder lovers desire with detailed information on avalanche risk, weather forecasts and snow levels, as well as secure routes through the backcountry. Did we mention there were some good freeriding opportunities, too? Kathi Gappmayr, photo: Roland Haschka So, if you don't want to miss Austria's best Superpipe, backcountry at its finest and exquisite freestyle flair on the Kitzsteinhorn, drop by and raise some dust -- you're in for

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Watchin' the sun come up Like I've never seen it before I've been gone for a long time There's no place to hide anymore I feel the light on my face Touchin' me down to my soul Waking up from a bad dream Something I had to let go Can't blame anyone For all of the damage I've done I had to face myself Before I'd fall down I found I could turn around [Chorus:] Walkin' away from the edge While I can still live to tell Coming back from the dead On the road between heaven and hell Freedom comes day by day Till the demons are out of my head Walkin' away from the edge... Walkin' away from the edge ... You don't know how lost you are Till you're spinning out of control Before you know it you've gone too far Left the rest of the world far below Friends are gone one by one I'd pretend I'm alright on my own My disguise just starts wearin' thin Until all I've become is alone I reached out to anyone Who would tell me what I'd want to hear But I'm the one who could save myself I couldn't look down I turned around Before it was too late

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Undecided Question How to deal with an angry friend? Hi everyone, I just want to ask, how to deal with my best friend, he's very angry at me for telling his secret to somebody else, and I don't even remember what secret he was talking about . and now he is saying we are enemies forever and he will never forgive me. I need help guys, he's one of my best buds. Next time you talk to him, ask him if he is still mad. If he isn't, then you guys are good. If he is, say sorry. If this happens, The best friend relationship is now in his hands if he wants to remain friends with you. It will either take a few days for him to cool off and then resume being best friends with you or keep distant from you How could you blow your best friends secret. Wow and you are saying you dont know what secret. You should be a little careful while your friends talks. I belive he dont gona trust you again. Well no problem. If you think he is so much for you, then dont leave a chance. Try and try and try until he talk to you. Dont give up, i bet he gona forgive you and talk to you. Good luck.

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Share this on: Food in the Field gives a sneak peek into what CNN's team is eating, and the food culture they encounter as they travel the globe. Dallas-based Ed Lavandera describes himself as a "CNN correspondent, storyteller, Longhorn, the Cuban Texan." He travels frequently, but was recently back in the Lone Star State reporting on drought-related cattle auctions. He found tacos . Really, really good tacos. Welcome to Fuel City Tacos - a 24-hour stand at a gas station, where all tacos - from breakfast to barbacoa - are only $1.40. Fuel City is indeed renowned. However, in a city with thousands of taco joints, there are superior options. Mr. Lavandera, I'd like the opportunity to show you where some of those can be found. Will you join me on a taco tour? I've also reached out to you on Twitter. Living in L.A. means you can take your choice of literally dozens of Hot Trucks parked on the side of the street in the San Fernando Valley. Vanowen Street, Nordhoff, Victory Boulevard... they're literally all over the place, yet I've not had a bad authentic burrito or taco from ANY of them. Great food!!! And don't forget to get an Horchata to rinse it all down&gt; MUY BUENO! I was thinking about posting the exact same thing last night, but was too lazy. There was a questionable Mexican Fast Food place right outside Kirtland AFB where you weren't sure if the meat was stray cat, but it was darn good at 2 am after bar hopping. There was a place like that where I used to patrol. Got called to alarm calls all the time where big rats would trip them. Didn't matter how many times they were shut down, they always reopened and always had rats. My lieutenant didn't care and would eat there anyway because he loved the tacos. Post a comment CNN welcomes a lively and courteous discussion as long as you follow the Rules of Conduct set forth in our Terms of Service . Comments are not pre-screened before they post. You agree that anything you post may be used, along with your name and profile picture, in accordance with our Privacy Policy and the license you have granted pursuant to our Terms of Service .

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Are you ready to go back to work? Going back to work after having a baby can be a big step. There are a multitude of things that you and your family will need to consider to ensure the transition is as smooth as possible. If you're trying to decide if the time's right for you, check out our guide here... Can we cope? Depending on your situation, there may be more than just how you (and the baby) feel about this decision. Your partner and other children will also be affected and you're going to want to talk it over to see how you and your role in the family will change once you're back at work. As well as childcare arrangements, remember to consider things like how the household chores will be split up and your and your partner's wellbeing if you're being stretched to capacity (or going mental stuck at home). Can we afford this? Life got expensive all of a sudden -- have you seen the price of cheese lately? You may find that it isn't a matter of wanting to go back to work, but rather a matter of needing to go to work to make ends meet. Raising kids is expensive, but so is the cost of childcare. If you are going back to make ends meet, it may help to do an equation that works out the cost of your take home pay, minus the cost of childcare, to work out how much extra you will be bringing in and if it meets your expectations for doing so. What do you want? Each one of us is different -- every nzgirl will have different situations, different goals, and different expectations -- and this can change from child to child within your family. Don't forget all the pressures that come from family, partners, your old workplace, your kids -- it can be all encompassing! When you're weighing this up, remember to think about what you want out of the matter as well -- if you really want to go back to work (or really want to stay at home), is there a way that you can make this work? If you are ready... Try before your fly Is there a way that you can test drive the new scenario to see if it works as you and your family expected? A two week trial can be a way to prepare both yourself and your baby for the separation before the real deal. Share the love As a mother, you and your baby will spend a lot of time together throughout the day. To prevent the separation anxiety that can occur when you remove yourself from the equation, encourage your baby to feel comfortable with other people -- your partner, your other children, babysitters etc. Create a ritual Every mum's nightmare is seeing her child dissolve into a hysterical mess as soon as they look like they've walking out the door. Babies love routines and rituals, it comforts them. With this in mind establish a loving routine when it comes time to leave the house so they know that you're leaving by saying goodbye warmly with a kiss and let them know when you're back with a big hug. Things to Consider... Healthy Tummies Mums often get worried about ensuring their active toddler gets enough energy and good nutrition throughout the day. One solution is to try Nurture Gold Toddler Milk Drink, which offers the goodness of milk plus more! For toddlers over 12 months, Nurture Gold Toddler is the only toddler milk supplement to provide both probiotics and prebiotics. Probiotics help to replenish the friendly bacteria in your toddler's tummy, while prebiotics nourish these bacteria. A good balance of friendly bacteria helps maintain a healthy digestive system. Nurture Gold Toddler is a great source of calcium, iron, and other essential vitamins and minerals, plus it has more Omega 3 DHA than any other toddler milk. You can also add it to cereal or porridge, custards, sauces and everyday meals -- so you know your toddler's getting the nourishment he needs even on those days when he's a fussy foodie! It's a great nutrient top-up for busy, active toddlers who are always on the go. If you think Nurture Gold Toddler sounds like something you'd like to try out, remember to click below and enter our competition to receive a FREE sample for your Toddler to try at home! Caregivers Finding the right person or place to look after your little one can really help to ease your anxieties. Can you and your partner alternate hours to share the caring? Does your workplace offer a creche? Is there a recommended daycare

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Navigation Search Aki Latvamki "It Is Not Now Either (Max Cooper Pseudologue)" Aki Latvamki has his It Is Not Now Either EP set to drop via Halocyan next month, but in the meantime, we have one of the remixes of the title track form prolific techno DJ/producer and recent XLR8R podcast contributor Max Cooper . Latvamki's original is quite a production, with hand claps and a tambourine keeping time alongside funky bass slaps before the tune ends in a flurry of lasers and melodic keys. While Max Cooper retains the original's energy, he minimizes the noise, opting for deep, oscillating synths and simple, skittering hi-hats. Spacey drip-drops add welcome atmosphere to Cooper's glittering and warped club vibe. It Is Not Now Either drops on November 13 as a three-track 12" that includes a "Sub Dub" remix from Cooper, with the digital package also offering this "Pseudologue" version and a remix from Japanese newcomer Atsushi Shimomura .

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Blogging Masterclass -- Your Questions Answered, Awesomely Like any multi-talented charismatic millionaire entrepreneur philanthropist social media guru, I get a lot of mail. Obviously I can't answer it all -- I delete nine-tenths of it at random to eliminate the naturally unlucky people (pro tip: don't work with genetically predisposed losers) -- but I feel it's important for the world that I answer the really important ones -- ie. the ones I'm interested in. Here, then, is a selection of questions from the masses, with my unscripted, free-awesomizing answers. I know you'll find them useful. Question: What is SEO and how can I get some? Awesome Answer: SEO is a natural force that is attracted to awesomeness. Unfortunately you either have it or you don't. It can't be acquired, you can't fake it and you can't buy it (although there are techniques that help you make the most of what you have -- see my Masterclass course Unleash Your Natural SEO Already ). If you weren't born with some form of SEO, even I can't help you, and you're probably going to end up doing something boring and underpaid like being a doctor or a scientist. Face up to this now and get out of the fast lane, because awesome is coming through. I was born with a lot of natural SEO, and I'm man enough to admit it. (Don't ask me how I know this: asking is a sign you don't have natural SEO. Don't go there). It's really difficult to explain what SEO is, and since my business philosophy is simplifying things, I'm not going to even try. Just know that it's important and if you're successful on social media, you ooze SEO. That's what it is: the slime of success. Everywhere you go online, mark your territory with a sticky, sticky trail of SEO. It's important. Question: What plugins do you recommend for WordPress? Awesome Answer: Firstly, I never recommend anything -- I TELL. Recommendations are for insecure, yoghurt-eating amateurs who lack a backbone and can't bring themselves to take their opinions to the next level. And I'm telling you this. Right? Right. So, the first plugin you need is one that removes all comments . You may have heard it said that blogging is all about discussion. This is completely wrong. Discussion dilutes the conversation down to the average IQ/SEO level of everyone commenting, and when you're blogging in the top 0.0001% of the top 1% of people, every single comment is going to bring your blog down. The opinions of other people will foul your nest. Keep it clean. The other reason why comments are a bad idea is that they foster the implication that you're willing to devote any portion of your time to people without them paying you upfront. This is dangerous for your business and can easily be taken advantage of, especially by friends and relatives (ie. people who should know better). Shut them DOWN. The second plugin you need is the Fevered Mutterings SEO Horn . When activated, this plugin takes your natural SEO and amplifies it across the Internet, like the sound coming out of a tuba. Just let it run, don't worry about what it does, and pay me regularly. It's that simple. The last plugin I'm telling you that you need to get is really amazing and will improve your blogging a minimum of 10,000% -- and the amazing thing is that it's FREE . And if you become a subscriber to my blog (currently 50% off for the week), I'll tell you what it is . Do we have a deal? Of course we do. Stop making excuses and get your credit card ready. Question: What's the best way to travel? Awesome Answer: My personal preference is to go for an authentic experience -- one that is close to the ground and in among the people. For this reason, I like to stick with the Bombardier Learjet 85 , and insist we never fly higher than 10,000 feet. The '85 has a service ceiling of 49,000 ft, and I'm always getting flak from environmentalists because they think higher means more fuel-efficient, but look -- when you're climbing the stairs and you stop halfway, you're less tired, right? And that means you've used less energy . This is the problem with scientists, they're big on numbers

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European aid to Egypt to be in 'billions of dollars': EU representative Tuesday 13 November 2012 : 04:42 PM The financing package that the European Union will offer Egypt is expected to amount to "billions of dollars," larger than aid packages offered by any other international organisations or countries, EU special representative for the Southern Mediterranean region told Egyptian state news agency MENA on Tuesday. Bernardino Len is currently in Cairo to attend a scheduled meeting of the EU-Egypt taskforce on 13 and 14 November, at which EU officials will discuss possible financial support for post-revolution Egypt. Egyptian President Mohamed Morsi is scheduled to attend the meeting, which he called for during a September visit to Brussels. Len, however, declined to reveal the exact amount of financing earmarked for Egypt, saying that the figure would be announced following Wednesday's taskforce meeting. The EU help will come in the form of grants and loans, Len explained. "The EU will not give Egypt empty promises...but funds will not be disbursed instantaneously; many deals will have to be signed first," he said. Last September, following Morsi's meeting with European Commission President Jose Manuel Barroso, the EU offered Egypt economic aid of up to 700 million euros (some $902 million). That aid, however, was said to be conditional on the country's reaching agreement with the International Monetary Fund (IMF). Egypt is expected to sign a memorandum of understanding with the fund for a $4.5 billion loan by the end of this week. Len also stressed the need for the Egyptian government to determine its particular needs and priorities, saying he had not simply come to Cairo with "a suitcase full of money." As for the sectors into which the EU plans to inject its promised financial aid, Len mentioned the fields of food security, infrastructure and technology transfer. Spot Lights The growing number of street vendors in Cairo's bustling streets has caused many people to blame vendors for increasing the city's chronic traffic problems. Many observers note that vendors' presence has significantly increased with the rise of unemployment over the past several years, and especially so in the two years of lax security that followed the 25 January Revolution. The stands Born Nazeer Roufail in 1923, the future 118th Pope of the Coptic Orthodox of Alexandria graduated from the Faculty of Arts of Cairo University and worked as a teacher as well a reporter before choosing monastic life. As a bishop, Shenouda III and number of his students were suspended in 1966 by Cyril IV because of his campaign for changes and reforms in the church, such as calling for Bishop Tawadros has been chosen as the new pope of Egypt's Coptic Christians, becoming the leader of the largest Christian minority in the Middle East.His name was selected from a bowl by a blindfolded boy at a ceremony in Cairo's St Mark's Cathedral. Three candidates had been shortlisted.The 60-year-old succeeds Pope Shenouda III, who died in March aged 88.Attacks on Copts are on the increase,

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Mike Savage needs to be more than Not Peter Kelly. With nominations closing and the municipal election less than a month away, it is time -- past time -- for the campaign for mayor of the Halifax Regional Municipality to begin in earnest. Even if one quibbles with the fine print of the latest poll from a research company whose CEO is a supporter of candidate Mike Savage -- and which shows him with the support of 67 percent of decided votes in a field of five -- it's hard to argue with its broader conclusion that the mayoralty race is Savage's "to lose." When he first announced his candidacy in February, it seemed more than enough that the affable former federal MP was not the widely loathed incumbent mayor. But then Peter Kelly dropped out. And Mike Savage remains little more than Not Peter Kelly. We know the platitudes. Mike Savage wants "to make HRM the most livable, entrepreneurial and inclusive community in Canada." He believes "HRM needs to celebrate arts and culture," and "needs to get on with implementing good plans." But how does that translate into policy? Apart from his call for transparency, finding the solidity in Savage's positions is a like poking jello before it's set. Does Savage favour cutting the commercial tax rate in downtown Halifax to spark development there? By how much? How would he make up any lost tax revenue? Yes, the white elephant Cogswell interchange-to-nowhere does represent "one of the most exciting opportunities to imagine the future of our downtown core," but how does Savage himself imagine it? What about the urban-rural divide in HRM? Short of undoing the 1996 amalgamation his late father engineered as premier, how will he overcome that? With the exception of open government and transparency, on which he has been specific, finding the solidity in Savage's positions is a like poking jello before it's set. There are, of course, reasons politicians steer clear of promises. Mayors under our system don't have real power to implement policy. Perhaps more importantly, front-runners rarely ever allow themselves to be trapped by specifics if they don't have to. It's up to us to make sure Savage has to be specific. With at least nine debates scheduled between now and election day, we need to know what Mike Savage stands for. We don't need another Peter Kelly. About Stephen Kimber Stephen Kimber is the Rogers Communications Chair in Journalism at the University of King's College in Halifax. He is an award-winning writer, editor and broadcaster. His writing has appeared in almost all major Canadian publications including Canadian Geographic , Financial Post Magazine , Maclean's , En Route , Chatelaine , Financial Times , the Globe and Mail , the Toronto Star and the National Post . He has written one novel -- Reparations -- and six non-fiction books. Website: http://www.stephenkimber.com.

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Independent Travel newsletter: All the latest travel news and great offers (every Friday) Indy Arts and Entertainment newsletter: All the latest from the world of arts and entertainment (every Monday) The Independent Competitions and Offers email: The best new prizes, offers and bargains (every Friday) Occasionally we would like to send you emails detailing specific offers, from us or carefully selected partners. If you would like to receive these then please tick the appropriate boxes below. We will never pass on your details to anyone else. I would like to receive additional offers and information from The Independent I would like to receive additional offers and information sent by The Independent on behalf of carefully selected partners Terms and Conditions \* I have read, understood and agree to be bound by the terms and conditions of Independent Digital News and Media Limited Boris Yeltsin: I want you to know that I never said this would be easy Turning points in history... The year 2000 is upon us, a new century, a new millennium. We have all measured ourselves against this date, working out how old we would be in the year 2000, how old our mothers would be, and our children. Back then it seemed such a long way off to the extraordinary New Year. So now the day has come. Dear friends, my dears, today I am wishing you New Year greetings for the last time. Today, on the last day of the outgoing century, I am retiring. I have done the main job of my life. Russia will never return to the past. Why hold on to power for another six months, when the country has a strong person, fit to be president, with whom practically all Russians link their hopes for the future today? Why should I stand in his way? Why wait for another six months? No, this is not me. Today, on this incredibly important day for me, I want to say more personal words than I usually do. I want to ask you for forgiveness. I ask you to forgive me for not fulfiling some hopes of those people who believed that we would be able to jump from the grey, stagnating, totalitarian past into a bright, rich and civilised future in one go. I myself believed in this. But it could not be done in one fell swoop. In some respects I was too naive. Some of the problems were too complex. We struggled on through mistakes and failures. But I want you to know that I never said this would be easy. Today it is important for me to tell you the following. I also experienced the pain which each of you experienced. I experienced it in my heart, with sleepless nights, agonising over what needed to be done to ensure that people lived more easily and better, if only a little. I did not have any objective more important than that. I have done everything I could. I am not leaving because of my health, but because of all the problems taken together. A new generation is taking my place, the generation of those who can do more and do it better. In accordance with the constitution, as I go into retirement, I have signed a decree entrusting the duties of the president of Russia to Prime Minister Vladimir Vladimirovich Putin. This is an edited extract from President Boris Yeltsin's farewell New Year's Eve message to the Russian people in 1999

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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 Dr. Elaine Aron's newest book, Psychotherapy and the Highly Sensitive Person, redefines the term "highly sensitive" for the professional researcher and practitioner. She dispels common misconceptions about the relationship between sensitivity and other personality traits, such as introversion and shyness, and further defines the trait for the benefit of both the clinician and patient. Readers will learn to assess for the trait, distinguish it from clinical diagnoses such as panic disorder or avoidant personality disorder, understand how sensitivity may change the presentation of a problem such as depression or shyness, and generally inform, validate, and improve the quality of life for these clients. She pays particular attention to self-esteem issues and helping patients separate effects of their innate temperament from problems due to their personal learning histories. Dr. Aron keeps both patient and practitioner in mind as she suggests ways to adapt treatment for highly sensitive persons and how to deal with the typical issues that arise. Three appendices provide the HSP Scale, a summary of the extensive research on this innate trait, and its relation to DSM diagnoses. Through this helpful guide, therapists will see a marked improvement in their ability to assist highly sensitive clients. Dr. Elaine Aron's newest book, Psychotherapy and the Highly Sensitive Person, redefines the term "highly sensitive" for the professional researcher and practitioner. She dispels common misconceptions about the relationship between sensitivity and other personality traits, such as introversion and shyness, and further defines the trait for the benefit of both the clinician and patient. Readers will learn to assess for the trait, distinguish it from clinical diagnoses such as panic disorder or avoidant personality disorder, understand how sensitivity may change the presentation of a problem such as depression or shyness, and generally inform, validate, and improve the quality of life for these clients. She pays particular attention to self-esteem issues and helping patients separate effects of their innate temperament from problems due to their personal learning histories. Dr. Aron keeps both patient and practitioner in mind as she suggests ways to adapt treatment for highly sensitive persons and how to deal with the typical issues that arise. Three appendices provide the HSP Scale, a summary of the extensive research on this innate trait, and its relation to DSM diagnoses. Through this helpful guide, therapists will see a marked improvement in their ability to assist highly sensitive clients. {"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 Review 'Highly sensitive people disproportionately benefit from supporting experiences, like therapy, yet prove especially vulnerable to adverse ones, including troubled childhoods. This insightful volume, which explains why that is the case and provides guidance for maximizing treatment efficacy, should be on every therapist's bookshelf.' - Jay Belsky, Director, Institute for the Study of Children, Families and Social Issues, University of London 'Psychotherapy and the Highly Sensitive Person is a must-read for every therapist since up to fifty percent of therapy clients may have the trait of high sensitivity. The book is a brilliant, scholarly work filled with many fascinating vignettes and examples about how to treat the sensitive client. It will teach the therapist how to recognize and work with a highly sensitive client by employing therapeutic techniques

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..an age-defying moisturizer that actually works ...Fade Dark Spots, Eliminate Blemishes, Reduce Wrinkles Don't neglect your image! Although vanity is never a good thing, we all should strive to find a balance between looking great. After all, our looks are important to us. We only get one face and body, so it's up to us to take great care of it. You have to pay attention to your appearance in order to keep it looking nice and fresh. Protect skin from sun damage, dryness and roughness using NiaSerum 12% Niacinamide Serum, to buy and for more information, CLICK HERE . As we get older, our skin needs more and more complex care. There is not just a need for moisturizing creams and lotions, there is also the added concern of the small wrinkles and lines that begin to appear on the complexion. Added to the aging mix is the loss of elasticity that our skin undergoes with the passage of time and the tendency for the pigment to be uneven with red or dark spots on the face as well. There is actually one skin care cream that can address all of those problems listed above as well as many more. NiaSerum 12% Niacinamide serum has many quite impressive effects, and it is a topical treatment that can be used by anyone at any age of adult skin. What is NiaSerum? And how is NiaSerum different from other skin blemish removers on the market? Niacinamide is formed from natural vitamin B3. It is a safer alternative to many of the other blemish removers for sale today. It is not a harsh chemical, like benzoyl peroxide, which can be damaging to your skin. However, it is just as effective, if not more effective, than some prescription strength acne creams. To buy and for more information on NiaSerum Niacinamide Serum skin care, CLICK HERE . When 4% Niacinamide cream was compared to 1% clindamycin gel in a controlled randomized test, 82% of users of the Niacinamide showed an improvement in their skin and acne, versus only 68% of those who used the clindamycin gel. However, the 12% Niacinamide serum is more concentrated compared to the cream -- in fact, more than double the strength at 2.5 times the level of niacinamide than the cream. Niacinamide Serum is designed to strengthen the skin's immune defense system. Our skin has its own immune system but as we age, we are exposed to sun damage and the environment, so our skin's immune cells tend to become weak. 12% Niacinamide Serum helps to protect the skin's immune function as well as improve signs of sun damage, dryness and roughness. Used as directed, it also helps even out skin tone and is an ideal maintenance treatment for hyperpigmentation. It is appropriate to use over the entire face, neck, chest and back of hands. CLICK HERE to effectively treat and protect skin from sun damage, skin dryness and roughness by using niacinamide serum. In addition to being a great blemish remover, topical Niacinamide can also reduce fine lines and wrinkles. In a recent study, Niacinamide was shown to increase skin's production of ceramides -- ceramides protect your skin against moisture loss which leads to aging. In addition, 12% Niacinamide serum acts as a skin whitener and helps to fade acne spots, age spots and other types of hyperpigmentation. It has also been found to be beneficial in treating rosacea. We all need a skin care regimen. Everyone, whether you like it or not, pays attention to the way other people look. If you're looking great with a well-kept complexion, you're much more likely to succeed. Not to mention it will boost your confidence. Get the picture? A fine skin care product is essential these days. Look your best always. Start using 12% NiaSerum today and see the results. Protect skin from sun damage, dryness and roughness using NiaSerum Niacinamide Serum, to buy and for more information, CLICK HERE .

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Book a Free Ride You are missing some Flash content that should appear here! Perhaps your browser cannot display it, or maybe it did not initialize correctly. Postcode: \* Enter a full British post code to search for nearby free rides. Motorcycle Luggage Tips - What To Pack For France Timandra writes on September 19, 2012 1:13 PM Rating: 0 Every year I remember that I meant to buy some hard luggage for the motorbike. Oh well. Here are my top tips for packing for a motorcycling holiday. Note to self: Buy some hard luggage for the motorbike. That's what I remember every year when I'm packing for my biking holiday. But since I always forget for the other 11 months, here I am again, stuffing clothes, washbag and swimsuit into my waterproof kitbag and strapping it firmly to the pillion seat with a cargo net. As the trip goes on, more & more stuff gets demoted from the tank bag (where it's handy but a bit annoyingly in the way) to the kitbag (where it's out of the way but a palaver to get to). So here are my top tips for what to pack for France: Motorcycle Luggage Tips For Holidaying In France Hope for sunshine, but pack for rain. Put anything like camera, passport, dry socks, inside an extra plastic bag in case the outer layer leaks, but also make sure waterproofs are quick and easy to reach. If a sudden shower hits, you don't want to be unpacking everything before you can put waterproofs on. Take 2 pairs of gloves. When the rain has stopped, it's deeply unpleasant to put wet gloves back on. Fill a pair of thin socks with rice, knot the ends, and take them with you. Nothing dries out wet boots (or gloves) faster. I've been laughed at before, but in the morning I'm the one with dry feet. Don't over-pack If you're riding round the world, fine, you'll need a full toolkit, medical kit, arctic survival kit, etc. I do a week in France staying in hotels -- anything I forget I can probably buy in the next town. Don't spoil your holiday riding by overloading your motorbike. Take the time to load well Tuck in any trailing straps and make sure there's nowhere the rain can get in. My top tip -- cover the whole bag with a hi-vis waterproof. Keeps out water & prying eyes, and in an emergency you can wear it. (In France the law says I have to carry a hi-vis waistcoat -- bingo!) Make sure nothing is going to move or fall off. Cargo nets are handy, as they can cover the whole load. Before you ride off, give the bag a good pulling about. If it's going to come loose, better on your drive than on a motorway. Always have one more layer than you think you'll need, ready to put on instantly. You're on holiday, you don't want to be shivering. Ditto waterproofs. Camera? Phrase book? Swimsuit for spontaneous plunges into the inviting ocean? All candidates for a daypack. I use a tank bag (that also has a handy transparent map pocket) but a rucksack or tailpack can work just as well. Remember you won't be riding ALL the time Even if you're planning to ride all day, every day, you won't want to have dinner in a one-piece leather suit will you? If it's sunny you'll probably want a dress or shorts, maybe a sunhat? Sunscreen? Motorcycle boots are not great for walking around, especially if it's warm. Take trainers or sandals or something.

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The full story... Where to next for Republicans? MARK COLVIN: Brendon O'Connor, from the US Studies Centre at the University of Sydney, let me bring you in now. We haven't heard from you at all, so first of all, your overall impression. BRENDON O'CONNOR: Well first of all, of Obama's speech, very high, sort of falutin' as you say. I mean, reminiscent of JFK at one point, you know - ask not what your country can do for you, ask what you can do for your country - speaking. I mean I think this has been a feature of the campaign. Romney's slogan was 'Believe in America', Obama very much there, a selling America to itself speech. But I think a campaign that was remarkably light on policy. I mean if you went to the policy pages of both candidates, you saw very little that distinguished them from each other, and there were very little in terms of really fresh ideas about how America was really going to grow its economy sensibly, how it was going to confront its debt problems. Taxation is one of the interesting issues. It's set in place to expire, the Bush tax cuts, at the end of this year. MARK COLVIN: And this is what's called the fiscal cliff, coming up in January 2013. What is it? BRENDON O'CONNOR: Well, the Congress, in the middle of last year, had a huge debate about whether the United States should raise its debt ceiling to pay its foreign debt, and a lot of people in the Congress were making debt equivalent to a moral hazard to some extent. So one of the ways that a compromise was reached was to set in place some automatic fiscal cuts, some automatic spending cuts, in January of next year to defence, to entitlement programs, and this occurs at the same time as the Bush tax cuts will expire. So in some ways, there's a bit of hope in American politics that there's this autopilot that's set there, that the two sides of American politics - the Republicans controlling the House, the Democrats of course controlling the presidency with Obama, have to compromise after four years of basically bickering and a total lack of compromise on most issues. MARK COLVIN: Ben Knight in Boston, Massachusetts, at Romney headquarters, you already talked about how they were going to have to have a big rethink about the campaign, but are there indications that the Republicans are already having to rethink how they're going to behave in the Congress? BEN KNIGHT: Well, they're going to have to compromise, that's true. And this has been a big loss for this party. I think the polls were so close and the confidence of Mitt Romney, especially over the past couple of weeks, really led the Republicans to believe they could win and that they were going to get it all back - they were going to control the House by themselves. Now, there's a massive rethink. They don't even have a leader, although I can tell you that Paul Ryan's performance in this election campaign has pretty well thrust him front and centre when it comes to that, but that's for another four years' time, or at least another two years' time. Immigration - Jane mentioned this has been one of the - well, what the Americans like to call the third rail issue, you don't touch it, and it was obviously a big loser for them in this election. And in tonight's gathering of Republicans, and also in the Romney rally that I went to just a few days ago, it was almost exclusively white Anglo-Saxon Americans, and as we know, it was the Latino vote and it was the African-American vote along with other minorities that helped to get Barack Obama across the line. So there's a concern, and it's been voiced amongst the Republicans, that they are fencing themselves into this narrow demographic of whites and they need to do something about that, but immigration is such a thorny issue for them that it's probably not one that they're going to raise first of all. MARK COLVIN: It's not just whites either, it's white middle-aged men, to refine it down further. BRENDON O'CONNOR: Yes, well more women voted than men, and women favoured Barack Obama in this election. And the whole issue of reducing funding to Planned Parenthood was not only just one of the problems for the Romney campaign - they weren'

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You probably need the firmware-realtek package installed. This is from the non-free Debian repository so it's often not installed by default. Can't tell you if it's in the Pi image, but I'd expect not, it seems to be missing a ton of kernel modules and such. You can download the .deb from packages.debian.org and transfer it over on a USB stick if you don't want to connect it to the wired network to install it. ..almost immediately. It also causes lsusb to hang. I tried the Arch image. I didn't get very far because I don't know much about Arch, but it seemed to behave much better than the Debian image. For example, lsusb works fine under Arch and shows info for my wireless usb adapter. Omer's guide links that wiki, but I must have been half asleep and didn't follow the link to that driver. According to bredman's link, the firmware for RTL8192U based devices isn't bundled with firmware-realtek and needs to be provided by the user. I might have to figure out how to get the Pi set up so I can try to build my own using the package off the Realtek site. Posts: 7 Joined: Thu Apr 19, 2012 8:29 pm by Guest Sat Apr 21, 2012 7:56 pm I was having the same issue, but I have managed to get it running with the driver supplied with the USB stick, (rtl8192\_8188CU\_linux\_v3.0.2164.20110715\\... I've tried running an external SD card reader on the USB port. That didn't work. I haven't investigated much further, but I suspect that at times the reader draws more than 100mA and the fuse (starts to) blow. This extra likely with a WIFI module. A wifi module will have to draw some measurable power to transmit packets. Are you connecting it through a powered HUB? I'd recommend doing it that way. Once I'm able to order an extra 'pi (In case I mess up) I'll be experimenting with shorting out the fuses. But not now. Sorry. Check out our raspberry pi addons: http://www.bitwizard.nl/catalog/ Posts: 290 Joined: Fri Aug 26, 2011 3:25 pm by Guest Sun Apr 22, 2012 9:15 pm ajtag said: I have put the module up to save you having to compile it too: 8192cu.ko Everything is mostly working for me too. I get a couple wpa\_supplicant errors, but it'll associate and grab an IP address, so it shouldn't be too tough to get the rest of the configuration right. Thanks for the note on blacklisting the old module ajtag. That fixed my problems with my Pi freaking out and hanging for a while when I'd connect my adapter. Your driver seems to work as well as one I compiled from the Realtek link I gave. I've also seen rtl8192cufw.bin files floating around the net. That might work with the firmware-realtek package, but I haven't tried it. One note... When I compiled my driver, I did it once via cross compiling on a Debian machine and once on the Raspberry Pi. I ended up with a different checksum on one of the compiled files (core/rtw\_mlme\_ext.o) and I'm not sure if that's normal or not. Install the WiFi modules. I don't have a LAN connection where my television set is (the only HDMI enabled device I have at the moment), though I've just ordered an 8" HDMI monitor, so I need to get WiFi working and although T3Node.com have made a module available, I'm stuck on getting that onto the SD card as I can't access the boot partition as I can't get Root access. It's been a long time since I used 'Nix fullstop, so perhaps I can get to the Root partition via the shell. @bodgyuk ah, ok. I understand better now. Are you able to mount the Linux partition from the Debian SD card on your PC? If so, then you could copy the module over per the T3 instructions. You also need rtl8712u.bin from the firmware-realtek package. I"ve uploaded it here: https://www.dropbox.com/sh/i15azhv761rw0\\... . That file needs to be copied to

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Why scalability is the most important criteria when looking at document management 'Documents' as a word sounds pretty dull, 'document management' perhaps even more so. But documents in fact provide the support system for modern business. They contain the ideas, creativity, logistics, admin and more that make an organization run, so how we manage those documents is hugely important. Technology has of course transformed how we do business and nowhere is this truer than in the document management systems we use in the workplace. In the not-too distant past, documents were filed manually. Now they are stored on a server or one of the many document management tools available to business, whether that is in the cloud or on-premise. But document management can be just as inefficient using specialist document management software as it could using a manual filing system. A document stored somewhere inaccessible does no one any good; nor does a document stored without factoring in how it will be retrieved and used and by whom. So what should a business look for when considering a document management system? Given the size of modern business documents, a cloud-based solution is far preferable to on-premise. This means documents won't clog up your server and you can store as many as your business can create. People must be able to access files in one central knowledgebase, which means documents aren't lost on PCs, mobile devices and in paper mountains on desks. Easy simple navigation, shortcuts and organized content areas are also important and enable the locating of files much quicker. But I believe that scalability is the most important factor when choosing a document management solution. What works for you now needs to work for you as your business grows and changes, so the ability to scale is critical. At Huddle, we believe that the more documents a business has, the more important it is to mange documents more effectively. Documents are a record of everything your business does or aims to achieve, so accessing that intellectual property and ensuring it is protected and well-maintained is of the uppermost importance.

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Trusts and estates: Explaining the important concepts Tax losses of trusts Generally, if a trust's expenses are greater than its income it will have a loss for tax purposes. This tax loss will be a loss of the trustee and can not be passed to beneficiaries to offset against their income, except in limited circumstances. Losses can be passed to beneficiaries if they have a vested interest in the trust property from which the loss arises. If a trustee suffers a tax loss in an income year, they can use it to reduce their taxable income in the next year. How to claim tax losses To claim the loss the next year the trustee will have to file an IR6 return. There are boxes in the IR6 form to disclose the loss and the amount claimed. After a trust files an IR6 return reporting a loss we will send the trustees a letter which tells them the amount of the loss that can be brought forward. Generally this is the amount that should be entered in the IR6 return the next year. However, this amount may have to be adjusted if the trust has: ad an audit or made a voluntary disclosure which changed the amount of loss available; or used part or all of its loss to pay tax debts or shortfall penalties. Losses can be carried forward by trusts from tax year to tax year until the loss is fully used or the trust is wound up.

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Sunday, 1 June 2008 Poppy bags a first place for Patou! Stand by ladies and gentlemen for some good old fashioned trumpet blowing. Metaphorically of course. This is how it all happened. On Thursday evening Sue and I managed to load up the mighty Patou show team just before the great rains came. An hour later and we were stuck in a queue to get into the show ground which by now was resembling a lake. There were abandoned cars and soaking wet people everywhere. The main entrance was 18 inches deep in water and the road had turned into a river, the rain was still sheeting down and I was looking forward to putting up my tent. By 7.15pm I was in the ground and spent the next hour or so getting the alpacas sorted out with clean straw, hay, food and water. The rain then eased off slightly and I was a blur as I put the tent up in record time. Cold beer break. Undeterred by the weather I barbecued and was joined by some good people for a sausage and glass or two. Friday morning and it was show time. Sue and Angus were still at home keeping an eye on Emma so I was a lone Patou ranger and needed a bit of help getting the girls in the ring on time as they followed on from each other. Patou Fifi who I had literally dragged in to the barn was first up and I was worried I might have to drag her round the show ring. No worries though as she went in like a seasoned pro. I was very proud of her although she wasn't quite what the judges were looking for. Next was Patou Poppy time in the junior brown female class. Poppy trotted into the ring as if she owned it and stood immaculately, she looked good. She has the looks of her sire Atlantic Cambridge Centurion but the temperament of her mother Patou Bobby a Mateus daughter. As soon as she was touched by the judge she turned into a spinning, jumping, whirling thing but she had done enough. FIRST PLACE!!!!! I could not believe it, I could also not believe how it made me feel. As Val Fullerlove (my favourite judge in the world) walked towards me with the first place rosette I honestly thought I was going to start crying. A great big thuggish looking idiot like me and I was on the verge of blubbing because little Popsicle had won Patou Alpacas our first ever first place. I think I smiled for the rest of the day and I apologise if I went on a bit about it, which I did. IT WAS SIMPLY FANTASTIC. MAGICAL, WONDERFUL, MAGNIFICENT. Patou Lola and Orchard Apollo followed Poppy but were unsuccessful, never mind, Poppy carried the team through. Captain Tim of Inca was kind enough to take some photos of the moment so if you read the blog you will be subjected to the pictures in the next blog. I was always brought up to believe that its the taking part that counts and not the winning.

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Scientists say that semen triggers ovulation It sounds more than a little bit obvious to say that semen can help you to get pregnant. But bear with us because scientists now believe that semen - the fluid that transports sperm - plays an important role in triggering ovulation and boosting fertility . A team of Canadian researchers from the University of Saskatchewan have discovered a protein in semen, dubbed the ovulation-inducing factor' (OIF), that acts as a hormonal signal on the female brain. This sends a message to the ovaries to release an egg, increasing the likelihood of conception. Professor Gregg Adams, who led the research which was published in the Proceedings of the National Academy of Sciences, said: "The idea that a substance in mammalian semen has a direct effect on the female brain is a new one." So far, the research team have only studied llamas and cattle, but they are now planning further research to see if OIF plays a role in human fertility. The Daily Mail reports that they have theorised that men who produce high concentrations of OIF could be more fertile. &lt;p&gt; Ovulation usually happens around the end of week two or at the start of week three, and then... conception! Sperm meets egg and a zygote is formed. It heads off towards the uterus down the fallopian tube.&lt;/p&gt; &lt;p&gt; The cells multiply on the journey. Once they settle into the wall of the uterus the embyonic stage has begun. The embryo is still very tiny. It would fit on a pin head! The placenta now starts to grow.&lt;/p&gt; &lt;p&gt; Amazingly, the body's main organs have already started to grow. The heart is forming into chambers and beginning to beat, although it doesn't have a regular rhythm yet. If you could have a peek inside your womb, you'd maybe be able to spot the embryo; it is a few milimetres long.&lt;/p&gt; &lt;p&gt; A number of blood vessels have formed and the nervous system and brain start to develop around this time too. The embryo doesn't look anything like a baby so far, it resembles a tadpole with a big head instead!&lt;/p&gt; &lt;p&gt; By the end of week six the embryo should be a bit bigger than a grain of rice. Tiny lumps originate where the arms and legs will appear. The face starts to develop its shape with bumps, dents and holes where different features will eventually be.&lt;/p&gt; &lt;p&gt; It's still busy in there! The beginnings of teeth appear and fingers and toes start to develop. Those fingers and toes will be webbed for a few weeks. Movement can often be seen on an ultrasound by the end of week seven.&lt;/p&gt; &lt;p&gt; About the size of a bean, the embryo's tail is now disappearing and the body starts to look more straightened out. All the internal organs are present and they all start to do their jobs! Bones are developing as the limbs grow longer.&lt;/p&gt; &lt;p&gt; Muscles have become strong enough to move the arms and legs of the embryo around this time. Skin starts to develop into two layers. The placenta is cleaning away waste, and is making food for your future child along with hormones.&lt;/p&gt; &lt;p&gt; By the end of this week your embryo turns into a foetus. Fingernails start to grow, as well as taste buds in the tongue. Blood is being made and pumped around the body. Downy hair starts to grow from new hair follicles.&lt;/p&gt; &lt;p&gt; You won't be able to feel any movement yet even though the embryo can respond to your touch at this stage. It might even get hiccups! By the end of the first trimester the foetus is pretty much fully formed. Now it just has to grow!&lt;/p&gt; &lt;p&gt; At the start of the second trimester the foetus is still tiny. In week 13, it should weigh about the

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This is probably a stupid question....but can the BS be in some kind of fog too? My H is very remorseful and is adamant I now have the truth, he is doing every thing he can, passwords, full disclosure and transparency. He didn't have an affair but a a couple of ONS away with work. He says it was too much drink and the opportunity for sex, which he wasn't getting much from me at that time. I do not take responsibility for that, he needed to make changes. Anyhow, when you decide to R, how do you know you aren't in some kind of fog.....how do you know they aren't just spinning yarns, or even that they believe what they say themselves, 'I only love you!' 'it will never happen again'. Ok, we have worked on some ground rules, and he does seem very genuine and keen to stay part of our marriage, but how does a BS trust the R to be true? Just thought I would ask this. Have any other BS been almost certain their WS had learned a lesson, given then a second chance to have it blown back in their face? I'm kind of on guard, but kind of happy things are so good right now......but have this little niggle that a man who can cheat will ultimately do it again. Yes, the cheaters can totally pull the wool over the BS' eyes, only to betray them again. Yes, it is not due to alcohol or lack of sex that he cheated, it was because he wanted to, and he is selfish enough to do it. Yes cheaters lie, a good rule of thumb is to not believe anything they say. Their actions have to do the talking, for a long time, and with consistency. How do you know if R is true? You only know if it is true for you. You cannot really know for your WS, because you don't know what they are thinking. You can only watch and listen, and evaluate for yourself what seems to be the case. So at some point you must trust, but don't be stupid. Do not trust blindly. Verify as much as you need to, by what ever means you need to. Lots of people decide to R and then have it blow up in their face. There's many on here. Your WS has to do certain things and keep doing them for months and years in order to help you through this. You won't ever get over it completely - it's part of who you are now. And he will always be a guy who cheated on his wife. But it's quite possible to move on and become better together too. I decided to R and it hasn't blown up ion my face so far. I however am on and off with confidence that it wont. R is very difficult in most cases but it's up to you to try ,if you think it's worth it. I had very clouded judgment when I made my decision but I do Not regret it. Have any other BS been almost certain their WS had learned a lesson, given then a second chance to have it blown back in their face? Yes, it took me four DDays to wise up. You can call it fog, codependency or being a blithering idiot. I put the "chump" in Chump Lady. A couple pointers: 1) You see the world through your moral lens. You need to realize your husband has his own lens, and you probably don't see things the same way. YOU wouldn't say things you don't mean. YOU most likely wouldn't cheat. He very well could be saying things he doesn't mean, and clearly he has the ability to cheat - not just once, either. 2) Cake. It took me forever to figure this out. The Unified Theory of Cake Cake is the preferred lifestyle for many cheaters. All the comforts of home life, all the fun of illicit sex and deceit. They want BOTH. They are not going to cop to that, but that is what their ACTIONS say. The fact that your husband has had more than one cheating episode (and that's what you know about, it's usually worse than you know about) -- tells me he enjoys cake. Upping his game with you is a way for him to keep cake. How can this be? Refer to pointer #1. Fact is, you don't know if he'll cheat again. You have to make the investment. IMO, it's a bad investment. But you have to get there on your own. Living like the marriage police is no way to live

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I live in a house with amazing internet. Only problem is it's hit and miss whether or not I'm able to log onto the Wireless Router or not. It's a Belkin 'N Wireless Router' and quite often when I log on I get the message above. This is regardless of whether I enter the correct or an incorrect passwork. It connects me to the wireless, but I have 'little or no connectivity' and am unable to log into the internet, etc. I hope that's enough information. If not please ask and I'll try and get more. Help a newb out pleeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeease =). Make sure encryption on your PC is set to exactly what is set on the Belkin. The error message sounds like you have have selected WPA-RADIUS or something. However the fact it's intermittent (assuming you're not changing the wireless security settings) makes me think that may not be it. Try disabling any software firewalls. Can you find out what firmware revision the Belkin is running? And what's the model number of the Belkin? Hope I haven't missed anything glaringly obvious... it's kinda late. EDIT: Regarding the Tablet, it may be the encryption is set to WPA2 or similar which is not supported by the Tablet. You may have to drop it down to a method of encryption the Tablet supports (hopefully WPA is supported, otherwise WEP :&lt;). It just seems like a weird error for you to be getting considering it does work sometimes, but not others. Googling on the net suggests date/time conflicts between the router and host can cause this error, but I'm not convinced. Does this happen all the time on the PC in question or just sometimes? Sounds like the connection may be (possibly incorrectly) configured to use certificate-based authentication rather than whatever the access point needs (probably passphrase-based). It could also be because it's a Belkin device. What OS are you running on your PC? How is the wireless portion of the Belkin device configured? You'll need to log into it and note the settings (wireless encryption type, authentication methods etc.) or get someone else to do this for you. edit: blergh. somewhat beaten by lew. I really must stop opening 50 tabs at once and replying to threads 40 minutes later. I'll get the info for ya when the flatty's finished with the comp that's connected to the router. Not sure how to get into it from here. It's not the method of logging in because the laptop (I'm using right now) and the tablet are set up exactly the same) - Network Authentication is WPA-PSK and Date Encryption is TKIP if that's at all helpful =). Hi, dont know about the belkin, but had it connected with no worries to 2 diff airport apple routers and also with no dramas to the crappy wireless thing weve got from virgin. That said though, i was only using wep security, and generally do disable the firewall, as i have hardware firewall. Hi, dont know about the belkin, but had it connected with no worries to 2 diff airport apple routers and also with no dramas to the crappy wireless thing weve got from virgin. That said though, i was only using wep security, and generally do disable the firewall, as i have hardware firewall. any luck yet Taz? Nah - I've just been messing around with the thing for the last few hours. I know enough to have fucked it up so that none of the wireless devices can join =/ That's what happened when I tried to use WEP. So I have since switched back to WPA as stated above. Some more info for the helpful ones =):

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Why the Government is right to want to improve the poverty target Shakespeare's famous line explains why the Government has just launched a consultation on reforming the way the child poverty target works. Bad things tend to go together, and people who are poor tend to have not just one problem, but several at once. But the current poverty target looks at just one dimension of poverty. Instead of the current poverty targets, which are all to do with income, the government wants to broader set of measures, to look at a number of dimensions of poverty. While they will still look at income, they want to track the other dimensions of poverty too: worklessness; debt; bad housing; parents with poor (or no) qualifications; children not getting access to childcare or a good school; family instability and parents' health problems. I've argued before for a multi-dimensional approach, because focussing on income alone has distorted policy. For example, a number of left-leaning think tanks have argued that government should divert spending from housing benefit (which they think mostly lines landlords' pockets) to spending on social housing. But such a shift would make "child poverty" go up under the current measure, because instead of giving people income (through benefits) you help them with a lower rent. Likewise, if government tried to divert funds from the benefits system to creating jobs or rewarding those who move into work, that too would be likely to push up the relative measure of child poverty. Under the current measure, success in increasing employment doesn't show up much in the target -- in fact increasing the employment of non parents pushes child poverty up. Education spending doesn't show up in the target, nor do free hours of childcare, though both are important in tackling poverty. Nor does action to tackle the roots of really deep poverty, like addictions, mental health problems or the problems of children with abusive parents or no parents at all. In effect, the current target says that cash benefits must always take precedence over other priorities. In contrast, the sort of target the government is thinking of moving to makes the inevitable trade-offs between different ways to fight poverty much clearer. Gordon Brown used to always talk about the number of children that he had "lifted out of poverty". We now know that the majority of children "lifted out of poverty" were in workless households. Don't get me wrong, giving workless households with very little money a bit more in benefits is a good thing. But it's odd to say that a household has been "lifted out of poverty" if the parents are still not working, still living in bad housing, the kids still getting a worse education than everyone else, and so on. And the effort to make workless households better off may also have hampered efforts to reduce the number of workless households by getting people working. As the Institute for Fiscal Studies point out , "benefit and tax credit changes explain more than four times as much of the fall in relative child poverty over [the 1997/8-2008/9] period as changes in work patterns... there are separate questions about whether the trade-offs associated with relying heavily on fiscal redistribution in order to reduce relative child poverty (such as a potential weakening of work incentives for parents) make such a policy undesirable" This bout of re-thinking isn't confined to the right, or even the coalition. A series of Labour and centre left figures have argued that the government's poverty strategy, should be reoriented to have a greater emphasis on helping people work more, rather than increasing benefits. Ed Miliband says that: "The option of simply increasing tax credits in the way we did before will not be open to us". John Denham has talked about "Shifting investment from tax credits to affordable child care." The IPPR think tank has called for a "more strategic approach, focussed on universal childcare and ensuring that families who work are not in poverty. And the Resolution Foundation argues that "There is a clear imperative to rebalance income growth away from state support towards employment income. Repeating the growth of state support that took place in the 2000s seems neither financially sustainable nor necessarily desirable." I agree with this shift of emphasis. A problem with the current income target is that it treated people in poverty like a big monolithic block, without thinking enough about why people are poor. For some households the answer is more work -- either to move into work, or to try and get a job with more hours. On the other hand, work is not going to be the route out of poverty for those who are so disabled they cannot work. Government needs to break the problem

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A piece of time for sale. . . slices of a giant Poplar tree These slices of old Poplar are lovely and measure a massive 45" in diameter and are a minimum of 3.5" in thickness. They are perfect for making a unique and custom table like no other, or some other unique piece. A table of this size would easily seat 4-5 adults. Cut early this spring, they've been drying slowly in a covered shelter to avoid checking and splitting. Currently a piece that is only 24" in diameter sells for $200 in specialty stores in the U.S. I'm selling these slices for$250/piece but will accept all reasonable offers. This extremely rare find is a great bargain! A limited number are available. Editor's note: I want to tell a little bit of the background story on this post that Devon shared with me. One morning earlier this spring, a huge slice of tree appeared at the Learning Centre. It was quite a marvel, leaning against the wood bin. We all wondered where it had come from and how old it was. I eventually found out Devon had left it and he told me this story: The city of Ottawa had felled a huge old Poplar near Bayshore in April. Some of it's roots were in proximity to a residential oil tank that had been leaking for a while, and in the spirit of adhering to the letter of law , the elder tree was ordered cut down as it was in an environmental hazard zone. It seemed to me that common sense might have dictated another course of action -- perhaps the landowner could just have kept an eye on it to see if the spilled oil would have any effect, as the tree seemed in perfectly good health. This Poplar had a long life -- it was perhaps 150-200 years old. Looking at ring thickness, it grew around an inch a year for many years. Devon told me he'd only seen something similar to that rate when investigating a stand of Douglas Firs and Red Cedars while on Vancouver Island. As it was being felled, he was able to recover some of its pieces.

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Future Exhibitions Christmas Past: 400 Years of Seasonal Traditions in English Homes Tuesday 27 November 2012 - Sunday 6 January 2013 A hall in 1630 at Christmas Past - photography Jayne Lloyd Recapture the magic of Christmas with a visit to Christmas Past . Each year, the museum's eleven period rooms are decorated in authentic festive style, evoking some of the rich and colourful traditions and celebrations of Christmases past which are often forgotten amid the hubbub of the modern festive season. From feasting, dancing and kissing under the mistletoe to playing parlour games, decorating the tree and throwing cocktail parties, Christmas past illustrates how Christmas has been celebrated in English middle-class homes from 1600 to the present day. A feast for the eyes and the soul, a visit in December is a must. Stands Alone Tuesday 16 April to Monday 26 August 2013 From Stands Alone - photography by Simone Novotny (detail) Stands Alone is an exhibition investigating the home lives of a group of people living in a recent housing development in north London. Between 2006 and 2009 the old Arsenal football stadium was converted into Highbury Stadium Square, a modern housing complex of more than 700 flats, arranged around the former pitch , which is now a communal garden. Photography, film and sound recordings explore the lives of a selection of the residents as they build a community behind almost identical brand new front doors. It is the work of photographer Simone Novotny.

**id 300**

Find special rates. 1200+ hotels Need good hotel in the center of Paris with spa and pool! Champs Elysees is the real hart of Paris and one of the most luxury area of the capital of France. This district is full of exclusive accommodation from boutique hotels to global 5 star hotel brand properties. People who are looking for relaxation and escape in the middle of a gogo Paris, will appreciate Hotel Hilton Arc De Triomphe Paris. The property located in 5 minutes from famous Champs Elysees and in very close distance from other places of interest. Hotel has a spa center - well know in Paris as one of the best spa in Paris. The is also pool and sauna and many other luxury things necessary for leisure and relaxation. Amazing view on Eiffel Tower opens from the hotel's windows. The guests of Hilton Arc De Triomphe Paris always recommend it to their friends! rrw39iw Last modified: 13 November 2012 11:02 (c) www.parishotels-discount.com The use of the site's materials without written permission from the owners of the site is forbidden.

**id 301**

Search "Escorting a Presidency into History: The National Archives and Presidential Transitions" Nancy Smith, Director of the Presidential Materials Division at the National Archives of the United States by rai on Thu, 18/10/2012 - 10:55 Latest from the RAI Events Blog by Sebastian Page For those who have ever had to wait for a newly bequeathed manuscript collection to be processed, a mass scanning project to finally get round to important and otherwise inaccessible material, or simply for an expensive library purchase request to receive approval, it is tempting to assume that things just go kind of slowly in the world of historical sources. Imagine, then, debating with presidential counsel and the FBI on inauguration day whether overlooked but highly sensitive records are supposed to leave the White House with its outgoing occupant, and listening to counsel warn that if you have not all reached a decision within the next thirty seconds, the papers will fall irretrievably to the next president, who, just to liven things up, is from the other party. Or feeling that you have just about worked out that the total amount of hard drive that an administration has filled equates to two million emails -- which your team will have to check and sort an on item-by-item basis, of course -- only for the president himself to walk in and make an off-the-cuff remark about his "four million emails". Or providing personnel who can field the White House's archival and documentary enquiries 24/7. (Bodleian Libraries, take note!) Thanks to Nancy Smith, we no longer have to merely imagine any of these things. Her role, Director of the Presidential Materials Division at the National Archives, involves keeping one foot in the world of fast-moving political change and the other in that of an utterly unchanging responsibility to the American people to preserve and make available the records of their leaders. That said, the flood of information requests that comes in from the day after a president leaves office makes it hard to ever view the project in distantly historical terms. An avowed fan of incumbent victories in presidential elections, Director Smith told her audience that, in the case of one-term presidencies, the archivists will yield a precious day of their two-and-a-half month turnaround time so that they do not have to place a call to a recent loser to ask him what he would like to do for his presidential library ... now that he has entered history. (Although even two-term presidents have an incredible knack for keeping such matters to the eleventh hour, apparently.) Perhaps the most intriguing discovery for me was that, although each White House gets to set its own threshold of what constitutes records worthy of preservation, its staff are then sticklers for those guidelines. Ever since the deletion of some Iran-Contra emails, already long enough ago for that format to have been a grey area, any losses of electronic material have been inadvertent, rued, and mostly reversible. Most presidents agree with historians that as broad a record as possible of their time in office will show the range of pressures under which they managed to cope.

**id 302**

I have found my new hi viz vest from cavelletti with the word Polite on the back and checkered blue that looks like Police to have a super results with most traffic slowing well down or stopping and some even turn off the engines! only problems I have had on road are due to the poor quailty of the tarmac meaning that my horse has slipped and fallen. fortunately our roads are quiet and we've been lucky that nothing was coming at the time. if roads were dressed or resurfaced regularly then it would be much less likely! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Incredibly Grateful for the Signature Courtesy of Blackcob

**id 303**

Home-based start-ups A couple of keys to finding the right venture for you If you're on the lookout for fantastic work-at-home ideas and that great start-up idea has been eluding you, here are two key things you can do to ensure you find the right business venture for you: 1. Do some ethnographic research Be a fly on the wall on forums and in social media groups that are specifically targeted at the startup and work-at-home community. You will gain exposure to a range of business types and you will also gain insight into relevant issues that may affect the type of work you take on. Looking at what is out there is also a great way to find the gaps. You never know, that gap might be the golden idea you are looking for. Participating in these networks will also help you build relationships with others who can give you pointers as you develop your business idea into a thriving kitchen table enterprise. 2. Invest in building your business skills and knowledge Whether you're aiming to sell party plan products with the marketing all laid out for you, or come up with your own business idea, it's a good idea to boost your business through further education. It never ceases to amaze me how many people fail to consider further education as an investment. You don't necessarily need to invest thousands to get results, but if you're serious about creating a more flexible lifestyle working from home, it pays to learn new skills and further your knowledge in areas that you may lack experience in. If you're struggling with social media marketing, do a course with an industry leader. You don't always have to go for the megastars to get results. Courses run in small groups or run by local business trainers could be just what you need if you're looking for one-on-one attention. Local business enterprise organisations and government departments offer affordable, and sometimes free, programs for budding business owners. If you are operating on a shoestring, this should be your first port of call to get you started. If you are serious about making a lifestyle change (which is why most people choose to work from home), then get serious about building a business that gives you the freedom you are longing for. Forget scammy get-rich-quick schemes and internet "business opportunities". Instead, put these two strategies into practice, find something you love doing and do it well! Over to you: What are you doing to ensure you find (and develop) a work-at-home business that works for you? Cas McCullough is passionate about empowering other solo entrepreneurs to drop the sales pitch and harness powerful inbound marketing through her Content Marketing Cardiology blog . Cas is the author of Diving In: Practical Tips for Starting Up and Growing Your Home Based Business. She is also the founder of home-based businesses Mumatopia and Support a Work At Home Person , an 11,000-strong social networking community supporting people who work from home. Follow her on Twitter @supportawahp .

**id 304**

your an idiot, it is the companies fault, cause every1 can launch the game and play single player they haven't tested it for online play when so many people want to play at the same time, and they are being to slow fixing the problem, now tell me thats not the companies problem.. dumbshit Where does it crash ? at load up or during? P.S i had a steamservice.exe problem when black ops was first opened to pc gamers. literally the exact second it came online my steam broke. But i ended up going through endless pages of black ops 2 problems to see if i could find answers How ignorant. Just because you are lucky that you got to play it, doesn't mean that others can't because they have a crappy systems or whatever. My system should be able to run this game FINE. Except it doesn't. And don't think I'm the only one, because there are lots of other who can't play it or run it properly and I bet lots of them have a better systems than you. Treyarch should realize that they should fix their stuff before bringing it out. There are way too many problems. They have to fix it ASAP because a lot of people are mad. As for your thread: Don't bring up BS like saying that people don't have the setup for it. Go do some research. Treyarch ain't gonna promote you for saying that it works fine just for YOU. Go kiss some heels elsewhere. all these problems were present day 1. all these problems have a few possible solutions already. if you had been a little kinder and just linked your problem i could have given you a possible solution but douche bags like you make it not worth helping people on the internet. i just didnt have a msg because the title says it all lol Ha, you saying grow up is the funniest thing I have seen on these forums so far. I have seen the solutions. I'm an ICT manager for Christ sake, so don't act like people don't know about stuff. I have tried every possible fix there is and guess what? It didn't help. For some people it does help, but not for everyone. The conclusion is, is that it's just broken. They need to come up with patches and not these 'fixes'. Umad bro? Really? Is that the best you can come up with? It is funny to see you fail to come up with a serious reply, but we both know that you can't. You are here taking a break from BO2 and come to laugh at people on these forums. You are one of the worst kind around here. Go post some more useless threads around here saying that you are going to 'help' people, but do nothing else than saying "fix your setup, fix your internet because this game is surely working fine". I guess we all see who needs to grow up now, don't we? Don't bother replying, because your replies are meaningless and so is your thread. i fixed my problems and found out about alot more problems in doing so, you came in here pulling a tantrum. and expect me not to treat you as an idiot. Well played sir...well played.. Lastly yes grow up

**id 305**

Environment Situation How to check whether or not a certain package has been patched for a bug or security vulnerability. Resolution To check whether or not a currently installed package has been patched for a bug or security vulnerabiltiy, the " rpm " command with flags " -q --changelog " will show the patches including security patches. BNC# or number with no letters: Novell Bugzillia Number at Novell Bugzilla (requires username/password) LTC#: IBM Linux Technology Center Bug Number Disclaimer This Support Knowledgebase provides a valuable tool for NetIQ/Novell/SUSE customers and parties interested in our products and solutions to acquire information, ideas and learn from one another. Materials are provided for informational, personal or non-commercial use within your organization and are presented "AS IS" WITHOUT WARRANTY OF ANY KIND.

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One morning, as Miss Matty and I sat at our work? it was before twelve o'clock, and Miss Matty had not changed the cap with yellow ribbons that had been Miss Jenkyns's best, and which Miss Matty was now wearing out in private, putting on the one made in imitation of Mrs Jamieson's at all times when she expected to be seen? Martha came up, and asked if Miss Betty Barker might speak to her mistress. Miss Matty assented, and quickly disappeared to change the yellow ribbons, while Miss Barker came upstairs; but, as she had forgotten her spectacles, and was rather flurried by the unusual time of the visit, I was not surprised to see her return with one cap on the top of the other. She was quite unconscious of it herself, and looked at us, with bland satisfaction. Nor do I think Miss Barker perceived it; for, putting aside the little circumstance that she was not so young as she had been, she was very much absorbed in her errand, which she delivered herself of with an oppressive modesty that found vent in endless apologies. Miss Betty Barker was the daughter of the old clerk at Cranford who had officiated in Mr Jenkyns's time. She and her sister had had pretty good situations as ladies' maids, and had saved money enough to set up a milliner's shop, which had been patronised by the ladies in the neighbourhood. Lady Arley, for instance, would occasionally give Miss Barkers the pattern of an old cap of hers, which they immediately copied and circulated among the elite of Cranford. I say the lite , for Miss Barkers had caught the trick of the place, and piqued themselves upon their "aristocratic connection." They would not sell their caps and ribbons to anyone without a pedigree. Many a farmer's wife or daughter turned away huffed from Miss Barkers' select millinery, and went rather to the universal shop, where the profits of brown soap and moist sugar enabled the proprietor to go straight to (Paris, he said, until he found his customers too patriotic and John Bullish to wear what the Mounseers wore) London, where, as he often told his customers, Queen Adelaide had appeared, only the very week before, in a cap exactly like the one he showed them, trimmed with yellow and blue ribbons, and had been complimented by King William on the becoming nature of her head-dress. Miss Barkers, who confined themselves to truth, and did not approve of miscellaneous customers, throve notwithstanding. They were self-denying, good people. Many a time have I seen the eldest of them (she that had been maid to Mrs Jamieson) carrying out some delicate mess to a poor person. They only aped their betters in having "nothing to do" with the class immediately below theirs. And when Miss Barker died, their profits and income were found to be such that Miss Betty was justified in shutting up shop and retiring from business. She also (as I think I have before said) set up her cow; a mark of respectability in Cranford almost as decided as setting up a gig is among some people. She dressed finer than any lady in Cranford; and we did not wonder at it; for it was understood that she was wearing out all the bonnets and caps and outrageous ribbons which had once formed her stock-in-trade. It was five or six years since she had given up shop, so in any other place than Cranford her dress might have been considered passe . And now Miss Betty Barker had called to invite Miss Matty to tea at her house on the following Tuesday. She gave me also an impromptu invitation, as I happened to be a visitor? though I could see she had a little fear lest, since my father had gone to live in Drumble, he might have engaged in that "horrid cotton trade," and so dragged his family down out of "aristocratic society." She prefaced this invitation with so many apologies that she quite excited my curiosity. "Her presumption" was to be excused. What had she been doing? She seemed so over-powered by it I could only think that she had been writing to Queen Adelaide to ask for a receipt for washing lace; but the act which she so characterised was only an invitation she had carried to her sister's former mi

**id 307**

A Moment Of Violence Lyrics - Streetlight Manifesto i never did lose a battle but i'm feeling further from the end of war deplore ignored and rarely ever self assured why does it seem the ones who have everything have nothing inside? have nothing inside i don't sleep anymore i gave it up because what we do is not enough and now they're calling out our bluffs have you done a single thing for someone else? or do you take take take until your belly is stuffed? ow long do you think you can go before you lose it all? before they call you bluff and watch you fall? i don't know but i'd like to think i had control at some point but i let it go and lost my soul sit tight but the revolution's years away i'm losing faith and i'm running low on things to say so i guess i have no choice but to regurgitate the tired anthem of a loser and a hypocrite oh! to have died that night i realized it wouldn't last! our days were numbered and the reaper tipped the hourglass the final mayday of our sinking ship had come at last oh! to the west, you don't know what it is you're running from and everybody's laughing loud your last chance to make your mother and father proud Please Click here to submit the Corrections of A Moment Of Violence Lyrics

**id 308**

Watching and hearing the Metropolitan Opera high definition broadcast of The Tempest , I wonder "whose" Tempest to call it. If you listen to Joseph Kerman -- who says the composer is the dramatist -- you'd say it belongs to Thomas Ads: the composer A big part of his adaptation is its approach to language, in which case you'd turn to Meredith Oakes: the librettist. And of course this powerful presentation is another masterwork from Robert Lepage, the director. Acrobat Jaime Verazin performs as Ariel. Photograph: Ken Howard/AP (note, this is from an earlier production in Britain, not the one in NYC) Each of them has a great deal to say about this spectacular production of a fascinating work. As you can probably tell I am very impressed, moved, delighted. Having read a few reviews in anticipation of going to the theatre Saturday, I wasn't expecting much. Reviews were conflicted, and no one seemed terribly impressed either by the music or the text. I heard mutterings about Ariel's high tessitura, the difficult music, the short couplets. Some noticed a circus element perhaps because they know of Lepage's history; but nobody really seemed very excited by the work of any of these three. And that's a shame, considering what I believe: that the opera is quite a spectacular success, and its Met Production that I saw broadcast, a triumph. If you're the sort of person who when confronted with something ambiguous that might confuse you or something difficult that challenges you, frown and close your mind, then don't see this. It's not precisely Shakespeare. But compared to such operas as Verdi's Macbeth or Otello , Gounod's Romo et Juliette , or Britten's A Midsummernight's Dream , I would venture to say that it's the finest operatic adaptation of Shakespeare yet written. I like the short couplets. No, they're not Shakespeare. Oakes has changed the text, and that's a good thing. As written, the longer lines are simply not singable. I am flabbergasted at how singable this libretto is, and unsure whom to credit -- between composer Ads and librettist Oakes -- for the magnificent arioso. I was often reminded of Debussy's Pellas et Mlisande : not because the music sounds like Debussy, but because the pace and the texture are so spare, fast moving, hewing close to the text. Every other adapter veers into purely musical effects, giving singers their moments, their high notes, and in the process slowing everything down. I am very fond of Lepage's work on The Tempest . We're inside a replica of La Scala. Why? I've read commentators connecting it to the characters from Milan, missing the more fundamental subject of this play and its adaptation. Prospero is often seen as an analogue for Shakespeare himself, his references to magic actually encompassing the illusions of the theatre: You do look, my son, in a moved sort, As if you were dismay'd: be cheerful, sir. Our revels now are ended. These our actors, As I foretold you, were all spirits and Are melted into air, into thin air: And, like the baseless fabric of this vision, The cloud-capp'd towers, the gorgeous palaces, The solemn temples, the great globe itself, Ye all which it inherit, shall dissolve And, like this insubstantial pageant faded, Leave not a rack behind. We are such stuff As dreams are made on, and our little life Is rounded with a sleep. Sir, I am vex'd; Bear with my weakness; my, brain is troubled: Be not disturb'd with my infirmity: If you be pleased, retire into my cell And there repose: a turn or two I'll walk, To still my beating mind. "The great globe itself" could be "the great Globe itself:" one of the theatres where Shakespeare's works were presented. Theatre is always a microcosm, but in this case it's extra-special, so that Lepage's choice is profound and particularly stunning in its execution. This play is about illusion and magic, particularly theatrical magic, as Shakespeare retrospectively (this being his last play) contemplates his art and saying farewell to his art. Lepage gave

**id 309**

Physician Perspectives On Health IT May 28, 2009 The Use of Twitter to Communicate With Patients, Clinicians... The way that the Center for Disease Control (CDC) is using Twitter during the H1N1 influenza situation has changed my perspective about the use of online social media in healthcare. I previously wrote off Twitter as a fad or phenomenon that would fade away as quickly as it appeared. I could not see value in communicating information in less than 141 characters. However, I found that I did gain value when I began following the CDC's swine flu "tweets" (@CDCemergency), especially during the first few weeks of the H1N1 influenza situation. When the CDC discovered new information or developed new recommendations, they not only posted it on their website, but they also used Twitter to alert followers that there was new information or recommendations posted (with hints regarding the subject of the new content). The "tweet", which I set up to come through my iPhone, often included a brief summary and a link that conveniently took the follower directly to the full content of the new information which was posted on their website. This saved me time as I did not have actively look for new content on the website if I had not been alerted by Twitter. I also did not have to surf through the CDC websites to find new information. This spurs me to seriously consider how I might use Twitter and other social media within my practice of medicine. I already recognize the value of blogs. At my son's college, for instance, the dean uses a blog to communicate with his large, diverse community of students, parents, professors and so forth. He even posts YouTube videos of some of the "happenings" at the University. I like that as a parent. So, it has got me seriously thinking about how I might use Twitter and a blog site to allow me to more effectively reach out to my adolescent patients who are quite comfortable with this new type of social interaction. Perhaps there is a place for Facebook in my practice as well, but will take things one step at a time. Certainly any large physician group or even a healthcare system could use these social media tools to more effectively communicate with patients, parents and families just as the dean at a University does. Some are beginning to do that. Not exactly sure how this will all work out...but I figure the best approach is to jump in with something, get feedback and continually adjust it.

**id 310**

Submitted from the Office of Ontario PC Leader Tim Hudak (Ontario's PC opposition leader Tim Hudak has been a long-time harsh critic of the Hamilton Niagara-Haldimand Brant Local Health Integration Network -- known by many locally as the LHIN -- and this provincial bureacracy's support of the Niagara Health System and its controversial 'Hospital Improvement Plan' for hospital services across the Niagara, Ontario region. Here is the Hudak government's latest stab at the LHIN.) HUDAK ON LOCAL HAMILTON-NIAGARA LHIN: YOU CALL THIS PROGRESS? GRIMSBY, September 12 -- Niagara Region residents can again have confidence in a world-class health care system, but only if we close down costly bureaucracies and use the money to directly serve local-patient needs, Ontario PC Leader and Niagara-West Glanbrook MPP Tim Hudak said today. Ontario Tory Leader Tim Hudak Hudak made the comments in front of the Hamilton Niagara Haldimand Brant LHIN. On Monday Hudak released Paths to Prosperity: Patient-Centred Health Care -- the PCs' latest white paper on bold ideas to tackle the roots of the problems local residents face with their healthcare needs. The document is already generating major debate, just like the prior two PC papers on affordable energy and labour reform. Its focus is on empowering local health professionals to treat people -- not push paper. It also proposes to help patients better navigate through their healthcare needs and not get lost in a bureaucratic maze. "We need to build on what works," Hudak said. "That means recognizing that healthcare bureaucracies, like the LHINs, have failed to improve patient care. Instead, we need to leverage existing strengthens to ensure residents get first-rate healthcare service. We propose to do this by creating health hubs that bring together and engage local nurses, doctors and hospital administrators, to plan, provide and ensure funding is being put toward essential frontline healthcare services." But the government continues to defend the LHINs -- despite overwhelming evidence that they are a costly failure. On Monday Health Minister Deb Matthews said, "We've come a long way when it comes to providing better care for patients. Hudak refuted these claims by citing recent annual reports on the performance of all 14 LHINs. The LHINs are failing to attain most provincially-set targets. The numbers are dismal, adding up to a 77 per cent failure rate across the entire network. The Hamilton Niagara Haldimand Brant LHIN met only two of its 14 health targets -- this translates into a 14 per cent success rate. Examples of failed targets include wait times for both cancer surgery and hip replacements. "It's unacceptable. My community ended up with a brand-new LHIN office but what patients and residents want is a new West Lincoln Memorial Hospital. The government cancelled it. They put politics ahead of people. Residents deserve better. This is what I'm committed to fighting for," Hudak added. Hudak said we need to break down silos like LHINs and Community Care Access Centres, clearing away the separate layers patients now have to deal with, and giving them access to a seamless array of services in their regions. "To continue tinkering with the system is like shoring up a foundation with a two-by-four: It may hang for a while, but it's bound to collapse." We also need to remember that our health care system is for providing care, not for creating or sustaining well-paid managerial jobs for its own sake, Hudak said, "especially when the system can be managed so much better through long overdue and sensible reforms like these. Tim Hudak woke from a coma after finding that he lost an election because he was too timid and lacked any fire in his belly. This vacuum has been filled by the NDP. Without a valid platform, Tim Hudak will never attract the voters. he should reinvent himself, or give somebody else a chance to woo the voters. The new Progressive Conservative policy paper, Paths to Prosperity: Patient-Centred Healthcare does make a reasonable criticism of the LHIN as they are beholden to the Premier's cabinet, they are too large and there is little local control. Our LHIN covers Haldimand, Hamilton, Halton and Niagara. Their decision to force the NHS to implement the HIP plan has had disastrous effects on our health services. At the present

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space for the people This article by Octavia Hill, included in Homes of the London Poor (1883), outlines her case for the need for all people to be able to access space: places to sit in, places to play in, places to stroll in, and places to spend a day in. Octavia Hill (1838-1912) is remembered, chiefly, for her innovations in housing and for her championship and organizing around the need for playgrounds and other public open space. She was a formidable campaigner and organizer and was centrally involved in the establishment of the National Trust. She also developed an approach to the management and provision of housing that was highly influential - and played a part in the massive expansion of public housing in Britain between the two world wars. This piece both illustrates her writing style and reveals some of her key concerns around the provision of public space. There is perhaps no need of the poor of London which more prominently forces itself on the notice of anyone work-ing among them than that of space. When I am in their rooms, I feel often how much even a foot or two would be worth, if the room were only large enough to let the wife open the window without climbing on the bed, or if she could get further away from the hot fire on a June day, or if everyone who came in wasn't forced to brush against the wall so that a great black mark quickly showed itself on the newly distempered surface. I go into the back-yards, and how I long to pull down the flat blank wall darkening the small rooms, or to push it back and leave a little space for drying clothes, for a small wash-house, for the harrow to stand; and when I look at the unused bits of ground around a farm or cottage, I sometimes think what they would be worth at the back of a London house. But even in the front of their houses in a London court are the poor much better off? I go sometimes on a hot summer evening into a narrow paved court, with houses on each side. The sun has heated them all day, till it has driven nearly every inmate out of doors. Those who are not at the public-house are standing or sitting on their door-steps, quarrelsome, hot, dirty; the children are crawling or sitting on the hard hot stones till every corner of the place looks alive, and it seems as if I must step on them, do what I would, if I am to walk up the court at all. Everyone looks in every-one else's way, the place echoes with words not of the gentlest. In fact it is on such evenings that the drinking is wildest, the fighting fiercest, and the language most violent. A friend of mine at the East of London once said to me, "The winter does not try us half as much as the summer; in the summer the people drink more, live more in public, and there is more vice." Sometimes on such a hot summer evening in such a court when I am trying to calm excited women shouting their execrable language at one another, I have looked up suddenly and seen one of those bright gleams of light the summer sun sends out just before he sets, catching the top of a red chimney-pot, and beautiful there, though too directly above their heads for the crowd below to notice it much. But to me it brings sad thought of the fair and quiet places far away, where it is falling softly on tree, and hill, and cloud, and I feel as if that quiet, that beauty, that space, would be more powerful to calm the wild excess about me than all my frantic striving with it -- Lowell's words come into my mind, God's passionless reformers -- Influences that purify, and heal, and are not seen. The words reproach my own passionate efforts at reform, and set me asking myself whether we cannot find remedies more thorough, and supply in some measure the healing gift of space. It is strange to think it must be a gift recovered for Londoners with such difficulty. To most men it is an inheri-tance to which they are born, and which they accept straight from God as they do the earth they tread on, and light and air, its companion gifts. In one way this fact makes the problem easier to deal with. This space it seems is a common gift to man, a thing he is not specially bound to provide for himself and his family; where it is not easily inherited it seems to me it may be given by the state, the city, the millionaire, without danger of destroying the individual's power and

**id 312**

Don't Fall In Love With A Dreamer lyrics Song information Lyrics Just look at you sitting there You never looked better than tonight And it'd be so easy to tell you I'd stay Like I've done so many times I was so sure this would be the night You'd close the door And wanna stay with me And it'd be so easy To tell you I'd stay Like I've done so many times Don't fall in love with a dreamer Because he'll always take you in Just when you think You've really changed him He'll leave you again Don't fall in love with a dreamer Because he'll break you every time So put out the light and just hold on Before we say goodbye Now it's morning And the phone rings and ya say You gotta get your things together You just gotta leave Before you change your mind And if you knew What I was thinking girl, I'd turn around If you'd just ask me one more time Don't fall in love with a dreamer Because he'll always take you in Just when you think You've really changed him He'll leave you again Don't fall in love with a dreamer Because he'll break you every time So put out the light and just hold on Before we say goodbye

**id 313**

Blog. Function over form. This print is based on a philosophy Ashley applies to his designs and believes it should be adhered to in order to achieve set goals through design. Function should always be prioritised over form and the function must not be sacrificed because of unnecessary embellishment. 1 colour screen print by Ashley O'Brien , a Birmingham-based graphic designer, who produces simple and relevant design and is inspired by music and fashion.

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Essential teachings from the Dzogchen perspective by Tulku Urgyen Rinpoche The teachings presented in As It Is, Vol. 1, are primarily selected from talks given by Kyabje Tulku Urgyen Rinpoche in 1994 and 1995, during the last two years of his life. The emphasis in Volume I is on the development stage and practices associated with it. "Tulku Urgyen Rinpoche's direct oral instructions inspired admiration, delight in practice, and deep trust and confidence in the teachings among those who met him. His words always helped their minds, in the sense that applying even some of his advice reduced disturbing emotions and naturally allowed compassion, love and insight to blossom. This was proven by the actual experience of many, many people." -- Chokyi Nyima Rinpoche "What we need to know is that our nature is an unconfined empty cognizance. Knowing this to be as it is, is the mandala of the victorious ones -- knowing what is to be as it is, just as the buddhas know it to be. However, we have fallen under the power of wrong views and distorted concepts, and are wandering about in the confused states of samsara."

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Just Trying to Keep the Customer Satisfied The Indonesian Department of Manpower has acknowledged three hotels in Bali as fostering excellent management-employee relations. As reported by The Jakarta Post, the three hotels singled out for recognition were the H otel Melia, Amankila and Sanur Paradise Plaza . Putu Satyawira Mahendra, head of the Badung Tourism Workers Union (SP-Bar), who attended an national award program in Jakarta, explained the three Bali companies were selected after a review by Manpower officials of many companies in Bali. "The selection criteria include the level of communications openness between management and employees, as well as the extent of management's willingness to fulfill obligations to the employees and vice-versa," explained Mahendra. Bali currently has only 55 active unions out of some 2,500 tourism enterprises. The 55 companies represent a combined union membership of 10,178 workers.

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Coverage of the decision has already been largely negative . As well as involving Europe's increasingly unpopular and possibly unelected judges, the ruling affects an interest group -- insurance companies -- with deep pockets and who are capable of sophisticated lobbying. And nobody wants to see their insurance premiums go up, if that is indeed to be the outcome of this ruling, something which is by no means clear. So expect to see plenty of critical articles. The Telegraph website is already sporting an unchallenged article/press release from Esure, including a video interview which begins with an advert for ESure's "Sheila's Wheels". But what did the court actually say? At 36 paragraphs, the judgment is refreshingly short, and the CJEU has also produced a handy press release (pdf). So there is little preventing the public from reading it for themselves. In summary, the case goes back to council directive 2004/113 , which implemented the principle of equal treatment between men and women in the access to and supply of goods and services. By way of background, a directive is a piece of European Union law which tells member states that they have to achieve a certain goal, but leaves the detail of how to go about it to the individual states, within reason. States have to comply with directives because they agreed to do so when they signed up to the EU Treaty (pdf). The 2004 directive made clear that it applied to direct as well as indirect discrimination on the basis of gender. This is a legal distinction which is well-known to English lawyers. Direct discrimination means treating someone less favourably than others on the basis of a protected characteristic, such as gender or race. For example, telling an employee that "all women are stupid". Indirect discrimination is when a policy has a disproportionate effect on a protected group, and cannot be justified. For example, requiring that a person had 25 years of experience or more to qualify for a job may be indirect age discrimination. But it may be legitimately justified as the job is complex and needs someone with experience. Back to insurance. The directive stated in its preamble, amongst other things: (18) The use of actuarial factors related to sex is widespread in the provision of insurance and other related financial services. In order to ensure equal treatment between men and women, the use of sex as an actuarial factor should not result in differences in individuals' premiums and benefits. But there was a get out clause: To avoid a sudden readjustment of the market, the implementation of this rule should apply only to new contracts concluded after the date of transposition of this directive. To that end, states were given the option to permit proportionate differences in insurance premiums using sex as a determining factor, as long as they published their data and reviewed the decision on 21 December 2012. The question for the court, asked by a court in Belgium in a case brought by a consumer group , was whether the rules were compatible with article 6(2) of the European Union Treaty, which states that the Union shall "respect fundamental rights", as guaranteed by the European Convention on Human Rights. The court held that it was not. The problem was that the get-out clause had no time limit. So states could continue to exempt car insurance from the wider principles of the directive effectively forever: given that directive 2004/113 is silent as to the length of time during which those differences may continue to be applied, member states which have made use of the option are permitted to allow insurers to apply the unequal treatment without any temporal limitation. The court went on to discuss, briefly, whether car insurance premiums for men and women were in fact comparable with each other. This is important, as discrimination law requires that people in protected groups (for example, men and women) are treated equally but only in situations where the treatment of those groups can truly be said to be comparable. So, for example, it could never (well, probably never) be discriminatory for men to restricted in accessing maternity services as compared to women. In this case, the council argued that that the cases were not comparable: The council expresses its doubts as to whether, in the context of certain branches of private insurance, the respective situations of men and women policyholders may be regarded as comparable, given that, from the point of view of the modus operandi of insurers, in accordance with which risks are placed in categories on the basis of statistics, the levels of insured risk may be different for men and for women. However, the court's view was that its hands were tied. The directive itself clearly

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Related stories There's no great secret: Windows 7 is a brilliant OS. But like all versions of Windows, it takes a long time to set it up just as you'd like. You must wade your way through the installation process; tweak those annoying default settings that Microsoft still hasn't fixed ('Show hidden files and folders' in Explorer); customise your desktop; set up your network; install drivers and applications; download and install maybe years of Microsoft security updates; and the list (and the work) goes on. What if there was a better way? Suppose you could build your own Windows 7 installation DVD, one that would complete the set-up prompts automatically. It could also include security updates, apps, music, drivers and more. Asking too much? Not at all. RT Seven Lite does all this for free -- although there are some points you should consider before you get started. Potential pitfalls Customising Windows 7 has its risks, particularly when you're working with something as fundamental as its installation defaults. If you remove a standard Windows component from your build then there's no way to tell what effect that might have. There is advice available (and we'll point you in the right direction), but you may still find your installation breaks some Windows 7 feature, or causes certain applications to crash or behave oddly. There are safer tweaks you can make, though. You could build a Windows 7 disc that includes the latest drivers for your hardware, for instance, or maybe some key Windows security updates, so you don't have to download them again after reinstallation. There are still potential dangers -- RT Seven Lite is a beta, so it will contain bugs -- but we think they're minimal and worth it, especially if you regularly install Windows 7, would like to make it easier or fancy creating a lighter version for low-end hardware. If you want a 100 per cent guarantee of safety, RT Seven Lite isn't for you. But if you're willing to take a small risk for a very significant payoff then it's well worth putting an evening aside to give the program a try. Choose the installation Launch RT Seven Lite, click 'Browse | Select OS Path' and point it at your Windows set-up files. If you have a Windows 7 DVD then just browse to the root directory of that. If you don't have a DVD then the files are probably stored on your hard drive: check your PC documentation. When you locate them, copy the folder structure somewhere, then point RT Seven Lite at the new location (don't use your original folder). If you've chosen a DVD then RT Seven Lite will complain, because it needs the files to be located on your hard drive. Click 'OK' to confirm that you're happy with this, then make a new folder somewhere convenient and RT Seven Lite will copy the files over. Once everything has been transferred, choose the Windows 7 edition you'd like to configure. Make sure it's the one you have a licence key for, and click 'OK'. RT Seven Lite will then create the image and you'll be ready to go. Add updates By default RT Seven Lite starts with all its key options disabled, but this is easily fixed. Click 'Task', check the 'Select All' box and the toolbar will become available. Click 'Integration' and you'll see where components can be added to your Windows build, a technique called slipstreaming. The Updates tab, for instance, is where you can add Windows patches. RT Seven Lite requires that these files be in Microsoft's standalone update format (.msu), though, so you'll need to get online and download these first. The simplest way to do this is via a site that sorts these updates for you, like The Software Patch . Go to the Windows 7 section and follow the links to the patches you need. Alternatively, go directly to Microsoft and search for them there. Whichever option you choose, download your MSU files to the same folder. Then switch back to RT Seven Lite, click 'Integration | Add' and select all the MSU files. Adding drivers is almost as straightforward. First, download the latest versions, then unpack them to a folder (if your current archiver can't unpack executable files, try 7-Zip from www.7-zip.org instead). Finally click 'Add', and choose the INF file for the driver to include it in your build. Third-party applications can be included in much the same way -- click 'Applications | Add' and choose your program -- but there's one major complication. The set-up program

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What is it? The Diet Solution program was created by Isabel De Los Rios. A nutrition and exercise specialist based in New Jersey. Unlike many other "so-called gurus" Isabel has helped clients reach amazing results with their bodies and tackled conditions such as diabetes, high cholesterol and heart diseases. The best part about it? She can do the same for YOU! Her program is a result of her 15 years of study and research and gives you multiple fat loss strategies to see stubborn fat come right off your body and a way to change eating habits for life and not just alter your diet temporarily. Take a look at this diet solution program review for some inspiration. How would you like to feel the same way? Tani Brown Retail Account Manager ...the program really opened my eyes to the vital mistakes I was making. I had read some of the diet solution reviews before but the results were amazing! I only needed to lose 10 lbs but the surprising part was the 10.5 lbs I lost from my thighs, hips and stomach. I'm so happy I decided to get this and I trust you to do the same. Features Here's what you'll receive when you get your copy.. The Diet Solution Program Manual -- The complete manual jammed with great tips and tricks. Learn what to eat, when to eat, food lists, tables, charts and how to optimize the diet to cater for your every need. Metabolism Type Test -- A handy little questionnaire which tells you your very own metabolism type. It's then easy to customize and base your diet solution program around it. Success Journal -- A fully-featured journal that will allow you to easily record your process everyday. A must have to guarantee success. Food Shopping Guide -- Worry about what foods to buy? Don't. This guide will not only show you what foods to shop for but also exactly where to find it. Quick Start Guide -- If you're busy and short on time, this Diet Solution quick start guide allows you to read the basics of the whole program so you can begin losing fat in less than 15 minutes. According to the owners, many of their successful diet solution program reviews claims to have used this guide alone to lose their first 10 lbs. I strongly recommend you to read through the complete manual once you have some free time though... Top 10 Nutrition Mistakes that's Keeping You Fat -- By understanding these 10 simple things you'll notice a difference in your life and you'll be wondering why you haven't been told this before. Recipe Guide -- Get access to Isabel's delicious and mouth-watering recipes that you can prepare yourself. Simple and basic yet creative and delicious. This recipe guide proves that eating food that helps you lose fat can taste amazing. Completely Done For You Meal plans -- You'll get 60 days of meal plans, already done for you! I can't begin to stress how convenient and great this is to have. You'll get an incredible amount of meal variety, but if there's something you don't like there's enough flexibility built in for you to not have to eat it. 14 Days to a Sexy New Body -- This is a quick guide containing 12 meal plans to get you a hot body in 14 days. Unconditional support -- If you ever get stuck and need help, you have full access to great support. (this is a gold mine according to the diet solution program review) All these features are designed to give you the exact tools you need to succeed with your goals. Just ask the diet solution program review you can find online. They will all tell you the same thing. That you have every tool to succeed. An Honest Diet Solution Program Review I take pride in trying to be the best weight loss resource available, hence why I'm writing the Diet Solution program review which covers every aspect of this diet. Because of that, I have to warn you... This program has helped thousands of people lose weight, but there are certain types of people that should not get this program. This is NOT for people who... don't know how to follow instructions aren't ready to take action don't want to lose weight and feel great If you can honestly tick all of the boxes above, I must be honest and advise you to skip the idea of the diet solution program. It's not meant for you. Instead have a look at my fat loss factor review and decide if that's a better fit for you and your situation. Here's some of the secrets you'll learn... Why calorie counting will never work for long term weight loss and how restricting calories is probably the worst thing you can do to lose

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Is This Scouting? You don't often see things like this. Sometimes you're scouting around for weeks, tying knots and making fires in the woods and you're never see a nice sight like this. And, even if you did, she wouldn't be standing here next to you on the pavement so that you could almost reach out and touch her or even a say a word to see if she can speak and that's she's real. You can't speak, though. You can't touch. You're a scout and you better remember that. You can't just talk to her or touch her just like that. She might not like it no matter how perfect she is, no matter how perfect her skin looks, no matter how golden and majestic her soft hair looks. No, you've got to hold it all back and keep your dignity. I know what else, though. You can salute. You can salute with all your might. That's a suitable and honourable tribute to a lady which is civilised and respectful and legal. You don't need to do any of that other stuff and the police don't need to be involved this time. All that's over and done with, and now justice and order can prevail.

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Single Trip Annual Multi-Trip Over 65's First stop on my trip was Istanbul! Somewhat conveniently my best friend was already out in Turkey so we agreed to meet for our last holiday as students before she went to start her new job and become a real grown up! Istanbul had always seemed like a fascinating place to me. Having travelled to Turkey before I had always loved the... read more View all blog articles Travel Insurance from ERV We at ERV have made the process of purchasing your travel insurance quick, easy, safe and secure. Our products have been designed with you in mind. You can compare all our travel insurance products whether single, annual or backpacker quickly and simply during the quotation process. We have ensured that our travel insurance products are clear, simple, and easy to understand and most of all provide you with a choice of cover to protect you and your family in a variety of eventualities. 24/7 Emergency Medical Assistance At ERV we focus heavily on service. Our appointed Emergency Medical Assistance providers undergo rigorous testing and acceptance criteria to ensure our levels of service are not only met but exceeded. It can be a daunting experience if you are taken ill overseas. Should the unthinkable happen then you can be assured that our operators all speak English.Our personnel are all skilled, trained and are there to provide you with peace of mind. ERV Euro Centers ERV prides itself on its network of Euro Centers. The Euro Center offices are strategically situated in holiday destination hot spots for UK tourists. The Euro Center staff regularly visit and review medical facility worldwide. Each medical facility is assessed on hygiene, home, expertise and quality of service; this is rated against a high standard that we set. Our ultimate aim is to ensure that you are looked after with the highest level of care. Our business, your cover Our drive and focus is to enhance you customer experience and to exceed your expectations.

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The C-Bus Community Forums is place where C-Bus users can share information and help others with C-Bus. From time to time you will see Clipsal staff on the forums, but this is not an official support channel. If you really need help contact the official support services of Clipsal. More information about the purpose of this forum is available here . I start a CIRCA project and select the 5034 out of my CBUS project file, but when I select download, upload or test comms the option to do this over CBUS is greyed out. The only option enabled is via the hiugh speed comms cable (which I don't have). How can I get CIRCA to talk to the 5034 over CBUS? My PC Cbus connection is via Minder. Is this not supported from CIRCA? I own, but have not yet setup, Homegate. Will this help? I start a CIRCA project and select the 5034 out of my CBUS project file, but when I select download, upload or test comms the option to do this over CBUS is greyed out. The only option enabled is via the hiugh speed comms cable (which I don't have). How can I get CIRCA to talk to the 5034 over CBUS? My PC Cbus connection is via Minder. Is this not supported from CIRCA? I own, but have not yet setup, Homegate. Will this help? Thanks, Brad. The current Version of Circa will not download over C-Bus.. You need the high speed programming cable. Sorry (again :-) ). If I relocate it, I'll need a CBUS power source. Just looked through the brochure and Install manual and it doesn't say what to use. A little help? Please don't tell me it's the 5500PS at a few hundred $$$'s. The brochure and the install both said I could program via CBUS. They didn't say I couldn't, and more to the point, didn't say I'd have to spend hundreds more again in order to program it. If I relocate it, I'll need a CBUS power source. Just looked through the brochure and Install manual and it doesn't say what to use. It means that there must be other C-Bus units on the network that act as a power source, for example relays. So if the C-Bus network is currently working, in most circumstances, you can just add the 5034 on to the network and it will work. Of course all the rules of C-Bus wiring apply. Quote: Originally Posted by BradJ A little help? Is this little enough ... I can provide less? OK....ONLY joking , of course we are always glad to help. Quote: Originally Posted by BradJ Please don't tell me it's the 5500PS at a few hundred $$$'s. The brochure and the install both said I could program via CBUS. They didn't say I couldn't, and more to the point, didn't say I'd have to spend hundreds more again in order to program it. Programming via C-Bus is coming, It is on my todo list. However, it will only work on 5034 units with fiirmware version 1.1 or later. This has been the firmware version used in production for about 6 months. I can't give a timeline on when downloading via C-Bus will be released as there are few other things being added to the programming software as well. When I said relocate it, I meant near my PC with an RS232 port, which means off the CBUS network.. I guess I could piggy back it onto my Neo in the study. That should be close enough for a serial cable to reach it from my PC. Thanks for your help. Its great to have access to the techo guys via this forum. When I said relocate it, I meant near my PC with an RS232 port, which means off the CBUS network.. I guess I could piggy back it onto my Neo in the study. That should be close enough for a serial cable to reach it from my PC. I see, that makes sense. It is worth mentioning that downloading via C-Bus will be much slower than direct cable connection. Quote: Originally Posted by BradJ Thanks for your help. Its great to have access to the techo guys via this forum. Thanks. We find it an excellent place to keep in contact with C-Bus installers/users.