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On Tuesday night, Sarah Palin dropped by Bill O'Reilly 's show to discuss some recent comments by Laura Ingraham , as well as the approach the Romney/Ryan ticket should take in the home stretch of campaigning. Hammering home the argument that Mitt Romney needs to be more aggressive, Palin defined the election as a choice between "free stuff or freedom." Asked about Ingraham's remark that if the Republicans can't win this election, they should shut down the party, Palin, too, agreed that this is a election that should be working in Romney's favor. Rush Limbaugh similarly said the president's reelection would signal the end of the GOP. The issue, she said, is that the message is getting across to voters. "If you can't get your message through that filter of media, then we're in a world of hurt," she said. What Republicans are failing to do, she added, is explain that voters have a choice: "Free stuff or freedom. You cannot have both." To that point, O'Reilly pondered whether it's possible the country's changed. With growing dependency on government programs, he said, perhaps voters will say they want the free stuff. That they're willing to sacrifice freedom. "It's possible that we are so far down that road, yes," Palin replied. Then speaking more specifically about campaign strategy, O'Reilly questioned whether Romney should go after President Barack Obama "in a more personal way." Whether he should use "buzz words" like "incompetent," "dangerous" and "socialist." Palin argued those aren't buzz words -- they're the truth. And yes, he should: "He needs to be severely aggressive in his articulation." During the convention, O'Reilly remarked that Clint Eastwood was the only speaker who get the president "personally responsible" for the state of the country. It's "not about policies so much, it's about him," O'Reilly said. "He's a hardcore fill-in-the-blank." Go after Obama in "a more personal way"? I wonder what that means? Republicans, explain exactly what that means, please... ttp://twitter.com/Lompemann Lompe Leave it to Sarah Palin to get the word salad out to the people. Anonymous Please Mitt take Sarah Palin's advice Please please please... Anonymous Yes, because calling him a Communist that hates America and showing his "terrorist fist bump" isn't enough. Or maybe FOX didn't get personnel enough when they said he was a racist. Or them insinuating Obama was a "thug" when he hosted 'radical' rappers like Common". Yea....time to get more personal FOX. Anonymous Bill O'Reilly seems to be enjoying himself trying to converse in serious tones with Fox's 'TV Reality Star', Sarah Palin... ...They are clearly and deeply concerned about Romney! Caribou "QUIT" BarbieT sp was on the FOX NEWS tonight? Hold on, I have to change my avatar. Good god, this chick will not go away. Anonymous Yes, look where that strategy has gotten BillO and Sarah. Clearly the cream of their professions. Anonymous Hey Bill, tell us about that sexual harassment case you settled out of court for more than a million dollars. Oh I'm sorry, is that too personal? Go after Pres, Obama "in a more personal way." Gee, wonder what THAT could possibly refer to. "...incompetent," "dangerous" and "socialist." The very same thing you did in less than a half term as Alaska's "governor?" C'mon, Sarah, say the thing you are dying to say. Billo won't, because he's a craven coward, he has a built-in excuse, you, Sarah, don't. Put up, Sarah, but you will never shut up, which is why Mitt will never get within a hundred miles of you. ttp://twitter.com/veedahvandal veedahvandal smh..thats all i say..sad Anonymous It really worked out well for Sarah Palin, who struggled with the simplest of questions regarding any policy issues... Hours after Bill O'Reilly accused her of a multimillion dollar shakedown attempt, a female Fox News producer fired back at the TV star, filing a lawsuit claiming that he subjected her to repeated instances of sexual har

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Feature Author A reading mind is an open mind 27-09-2012 Do pet peeves hold readers back from the pleasures of new reading experiences? Literary blogger Greg Zimmerman says that, yes, more often than not they do. While we all have pet peeves, he says in a post called 'Literary Pet Peeves Are Counterproductive', on the Huff Post blog, in the end they do us a disservice. They limit our reading life. What then, I wondered, is the difference between being a discerning reader and, evil of all evils, a reader with literary pet peeves? The answer I think is simple. A discerning reader is someone who discusses a book's faults and merits after they've read it. Having opinions and being able to articulate why you think something works or doesn't work in a book is important. Not only will sharing your thoughts make for a good time at the pub or at the reading group meeting, it will also take you deeper into the world of the book. When we discuss what we've read, and our ideas, we become better readers. I think this has a lot to do with the fact that we hold a more responsive point of view that remains open well into the next book, and the next. We open ourselves up and embrace the way our reading lives can evolve. This is not to say I don't fall into the trap of literary pet peeves myself. I get annoyed when I pick up a book and read the blurb only to find that the main protagonist is a writer. Where's the imagination? I want to enter the world of the novel, not the world of the author. But the fact that the author is cloning herself in her book is just an assumption I've made. And that's Zimmerman's point too -- peeves tend just to be habits and attitudes that unravel pretty quickly once we dig a bit further into why we hold them. After all I quite enjoyed On the Road and Lolita , just to name a few books that have unpredictable literary protagonists. In a thread on our Facebook page about Zimmerman's article, writer Coral Atkinson commented, 'I think Greg Zimmerman is right -- it is easy to dismiss a book for some trivial and often rather illogical reason. However, it may also be useful to examine our pet peeves and try to discover what they are about. When I was a child I loved books with talking animals, but I was totally hostile to any story that mixed anthropomorphic animals with human beings. I now write historical fiction and am very concerned with accuracy. My feeling is that for me there is a need for consistency in the created fantasy world. In retrospect I can see where my loathing of mixing talking animals and humans came from.' Sharing our book views and taking up the opportunity to debate and examine our ideas helps us to feel part of a tribe, the readers' tribe. Here, many perspectives come into focus, and this means being prepared to step out of our comfort zones. Pushing the boundaries is something we celebrate writers for and it's something we as readers also undertake each time we take the first step into the uncharted territory on the page. Whatever your method for keeping your reading options open, whether it's browsing the Bestsellers section of your local library, or trying out something a bit different at your book group meeting, it's safe to say you're breathing fresh air into your reading life.

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I am delighted to be in Townsville to deliver the Dalton Memorial Address. I want to thank James Cook University - particularly the School of History and Politics - and the North Queensland Branch of the Australian Institute of International Affairs for this opportunity. I am very pleased to say that my Chief of Staff - Bill Tweddell - is a graduate of James Cook University, and I am delighted that Bill's father Doug is able to be here tonight. Bill knew Brian Dalton personally and remembers him with great respect and affection. This series of lectures honours the life and work of a world-class scholar and selfless institution-builder - Brian Dalton - the foundation professor of History at James Cook University. During the twenty years of Professor Dalton's leadership, his department gained a national and international reputation for its research on regional history, on South East Asia, and on race relations. Although the lectures are still young, they already have a very distinguished history. I am especially pleased to note that Mrs Delia Domingo Albert, the Ambassador for the Philippines in Australia, was a Dalton Guest Speaker earlier this year. My topic today - `Australia and Asia: The Way Forward' - could not be more timely or important. The key issue I want to focus on is economic liberalisation within the context of Australia's overall engagement with the Asia Pacific. Economic liberalisation is the Government's first priority in the region. The other three key elements of our regional policies are: A determination to enhance Australia's security in the region in a cooperative and practical fashion An insistence on a humane and principled approach to regional challenges; and A consistently long-term view in pursuing our foreign policy goals in the region. PART ONE: Encouraging Economic Liberalisation 1.1 The Benefits of Economic Liberalisation Liberalisation of trade and investment has already brought immense benefits to Australia and its regional neighbours. I want to mention some of the more important examples. Australia has reduced tariffs and other trade barriers significantly in recent decades. This has increased competition and boosted the productivity of Australian businesses. It has widened the range of imports and made them cheaper for Australian producers and consumers. It has allowed Australia to focus on producing goods where we are the most competitive. In monetary terms, the gains from domestic liberalisation over the last ten years are estimated to have added an average of one thousand dollars to the annual income of each Australian family. More than that, there is abundant evidence that trade liberalisation is driving Australia's export growth. For example, as protection has fallen, Australian manufacturers have increased productivity and are making inroads into international markets. Australian exports have risen by over one-third during the last five years - a time when the liberalisation of markets has proceeded quite rapidly. Australian producers are enjoying improved access for their products in the region and across the globe. In global terms, average tariffs on manufactures have fallen from 40 percent in the 1940s to around 4 percent now. When Uruguay Round commitments are fully implemented: The proportion of Australia's exports of industrial products facing zero tariffs in developed countries will more than double, from 20 percent to 43 percent. And about A$ 5 billion a year is expected to be added to Australian merchandise exports. The services sector is an excellent example of the benefits flowing through to Australia. Over the past decade, liberalisation of services has accelerated throughout the world. Australia's exports of services have grown 50 % faster than our imports of services. As a result, in 1996, Australia's balance of payments benefited from a surplus in our services trade with the rest of the world - for the first time in the history of the statistics which goes back some forty years. In practical terms, this means that Australian universities and colleges are making an increasingly important contribution to the training of young people in our region, from Korea to Indonesia. It means that our recreation and hospitality industry is reaping the benefits from a heavy flow of tourists and visitors from the region into Australia. It means that our insurance, financial and legal service sectors are finding exciting new opportunities for expansion across the region. Lower tariffs in our fastest growing markets - in the Asia Pacific - will benefit Australian exporters and create more jobs for Australians. I am pleased to say that, over this decade, ASEAN has cut applied tariffs - on a trade-weighted basis - by two-thirds. In the same period, China cut its average tariff rate from 35 to 23 percent, and will reduce the rate to 15 percent by the year 2000. The benefits of trade liberal

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A Fullscreen partnership is very similar to having a full YouTube Partnership, except that you share a percentage of the revenue that you earn from the ads with Fullscreen, But by sharing the revenue with Fullscreen you then have access to the features of a Full Partner (E.G. Custom Thumbnails, Channel Banner and Various other features). How to get a Fullscreen Partnership First of all, before you consider applying for a Partnership with Fullscreen you will need to ensure that your YouTube account (which you want to be partnered) has no copyright strikes and your account is in good standing. To Apply: First go to the Fullscreen website and navigate to the " Channel's Page ". Then scroll to the bottom of the page and click the "Request more information" button. Once you click the button a form will appear, where you will need to type in your personal information (EG. Name, Email, YouTube Username and Your Message), This is were you will write you message to apply for Fullscreen. Write your message stating why you want Fullscreen to consider partnering you and then click send. Once you have sent your 'Application' it should take 1-7 days for them to get back to you with their answer. Then they will take you through the steps to get your account partnered (If you were accepted) which will involve a contract and also providing screen shots showing that your account is currently in good standing on YouTube. Requirements for getting a Fullscreen Partnership At present there is one main requirement and that is you provide good quality content to your audience within your niche, there are no minimum subscribers count or view threshold to reach before applying. How Fullscreen Pays You Fullscreen pays you through PayPal, they work out how much you have earned from your video(s) then they will work out how much you will receive and then they will transfer it to your account. You can check how much you have earned through your Fullscreen dashboard too. This is a preview of the Fullscreen dashboard: Fullscreen.net Information Fullscreen was founded in January 2011 by George Stompolos. Before founding Fullscreen, George helped create and manage YouTube's Partner Program. Fullscreen is based in Los Angeles, CA. Some of Fullscreen's advertisers include Google, Proctor and Gamble, Mattel, Vice, 20th Century Fox and plenty of other big companies.

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Feel The Same Way I Do Lyrics Destiny's Child You know, we've been spending a lot of time together And um, I was wondering do you Feel the same way I do I can tell you, I know you need me to show you But, it's better if I hear it from you You know what, let me explain myself It's 7 a.m., you're still here with me And last night I held you tightly so What does that mean ? You see I know what it means to me It means that I wouldn't let you go, tell me Is your heart still spinning from the night before? You are real good, yeah And you really need to let me know Are you here just for sexual dealings See if you are then I, I just can't live a lie 'Cause I'm certain how I feel about you But if you tell me I am the one and this is right We can spend the night tonight like always But first you, gotta tell me That you feel the same way I do Darling you know That I won't let you know unless you Feel the same way I do So if you tell me what I gotta do Before I get caught up in you, do you really Feel the same way I do So tell me, tell me us could be a good thing But you gotta feel the same way I do So now it's midnight, haven't heard a reply But I can see the truth lies in your eyes Could it be that you tried But I didn't see the sunset pass me bye When you were making love to me Said it three times, you said "You love me" after you held me But then you never even said goodnight Anything I ask of you, you give it When you wanted me I submitted Still no commitment but if I don't get it then I I just can't live a lie 'Cause I'm certain how I feel about you But if you tell me I, I am the one and this is right You can spend the night tonight like always Long as you first tell me That you feel the same way I do Darling you know That I won't let you know unless you Feel the same way I do So if you tell me what I gotta do Before I get caught up in you, do you really Feel the same way I do So tell me, tell me this could be a good thing But you gotta feel the same way I do Oh, I see your eyes, and I hear you calling When you're speaking And I need to hear something First thing I wanna hear I've been meaning to tell you something The second thing is If I can't have you I don't want nothing Who that knockin' at my door this time of night? Ooh, oh, hey baby What you doing over here so late? I wanted to tell you somethin' I just, I don't know how to tell you right Do you have anything you want to say? Alright, you know what, I love you Feel the same way I do Feel the same way I do Feel the same way I do

**id 5**

Dont break a door I went around to the gfs sisters apartment one evening and banged on her door , quite vigorously and the door was a cheap flimsy door made of cardboard and I ended up making a hole in the door . I spoke to the owner the next day and we agreed that he would fix the door and I would pay the costs, no problem . A few days later it was my turn to have someone vigorously knocking on my door, this time it was the Police , I was still asleep with a hangover and didnt feel like talking to them , so I just ignored them and went back to sleep . I went out that evening to watch football in a bar , soon as I sat down with my drink and began to watch football , a Police car drew up and three Police jumped out and came over to me and asked me to accompany them to the Police station, I said that I would as soon as the game was finished, but they told me to come now .Sit down , have a drink and we'll go after the game I suggested. Handcuffs came out, I got cuffed up ,manhandled and bundled into the car. I was quite perturbed at this point, I had just gotton myself and beer and began to watch football, next thing I knew I was cuffed up and being taken to the cop shop and I knew that I hadnt done anything wrong and I thought that they were after money, so I offered them some money there and then, which they refused. When we got to the cop shop I asked them what I had done wrong and why I was arrested , they told me that I had resisted arrest, avoided arrest and attempted to bribe a Police officer and that carries a three year jail sentence , yes, but I asked them why they arrested me and they told me that it was for resisting arrest, "You bunch of corrupt cunst" I told them....."thats another six months" he said, "being abusive to Police" . And I got carted off to jail . A few days later they come and mention the door that got broke and I told them that I had taken steps to get it fixed. They charged me with breaking and entry, trespass and a few other things, things that I didnt do , although I didnt get charged with attempted bribery and resisting arrest. They then told me that I had two choices, go to Court and admit all charges and you will go home, or go not guilty and fight the case, if I choose to fight the case, I would have to fight it from jail and they would appoint my lawyer who isnt very good but expensive. I agreed to go guilty. I pleaded guilty to all charges and got a fine and a suspended sentence , I just wanted to go home. I paid the fine and was free to go, so I needed a beer and went straight to my friends bar, but it was closed . I phoned him and asked why he was closed , he said that his Thai gf had left him and taken all the money and cleansed him out and he was about to shoot himself in the head and burn the bar down . FFS I told him, dont be so stupid, think about it , youve got a bar full of beer , drink all the beer, then shoot yourself in the head and burn the place down next week . "Good idea" he said "Come around" So I went around his bar and we began to attempt to drink the place dry. Three days later his gf came back , the bar was a bit of a mess by that time and she asked what we were doing , I tried to explain but she wasnt too impressed and banned me from the bar . I ve learnt my lesson though.....next time I'll ring on the bell Although the replica rolex replica watches are cheap, they duty give their original counterparts a jaunt for their cash in term of visual characteristics, artistic looks, again functionality. The replica of some of the branded again designer watches is crafted using the plane high humor materials as used spell the Breitling Replica original brands.

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Bolton chairman Phil Gartside believes the club is in good shape and insists he will not be rushed into appointing a new manager. Wanderers relieved Owen Coyle of his duties on October 9th, with Jimmy Phillips, Sammy Lee and Julian Darby taking charge of the team for the first time in Saturday's 3-2 victory over Bristol City. When asked about the current state of affairs at the Reebok Stadium, Gartside admitted he had placed a good team in temporary charge and refused to rule out the possibility of the interim trio being handed the job on a permanent basis. "We've got quality people here doing a job," Gartside told BBC Radio Manchester. "Jimmy is Bolton through and through and I've known him a long time. "Him, Julian and Sammy have a wealth of experience and that we've been able to depend on that was a big bonus. That is the strength and the quality of the structure we have put in place here. "It's not broken. Everyone said 'what's wrong with the club?' But there was nothing wrong except for the first team results." When asked if Phillips could be offered the managerial position on a permanent basis, Gartside said: "You never know. I think the problem with the way the fixtures fall is that we've got games every two or three days and it doesn't ease up. "We're going to be inundated with fixtures and there is never going to be an easy time. "It could possibly be that way, but it would depend on finding the right person."

**id 7**

Resolved Question Which football team was the first to wear numbers on the back of their shirts? Best Answer - Chosen by Asker Shirt numbers appeared in club level football before the England team wore them for the first time, although the national side regularly sported shirt numbers before the Football League required them for league play. On 25 August 1928, Arsenal and Chelsea wore numbered shirts in their matches against The Wednesday (renamed Sheffield Wednesday soon after) and Swansea Town, respectively. This is the earliest record of the use of shirt numbers in Football League play. On 29 April 1933, shirt numbers were worn for the first time in the Football Association Challenge Cup final. Everton players wore numbers 1 through 11 and Manchester City numbers 12 through 22. The following week, on 6 May 1933, Everton wore their numbered shirts in a Football League match against Wolverhampton Wanderers at Molineux. But at its annual general meeting in 1933, the Football League Management Committee rejected a proposal requiring shirt numbers after hearing objections that it would cost too much and spoil club colours. On 4 December 1933, Arsenal, reigning Football League champions, wore numbers as an experiment when they beat the full Austrian national side, in the guise of F.C. of Vienna, 4-2 at Highbury. However, the Football League Management Committee again rejected requiring shirt numbers at its 1934 annual general meeting. England wore numbers on the back of their shirts for the first time in the 3-1 loss to Scotland at Hampden Park in Glasgow on 17 April 1937. For the next two decades and more, England continued to play in the 2-3-5 formation or its variant, the W-M formation, and shirt numbers were assigned according to player position, 1 going to the goalkeeper and 2 through 11 to the outfield players beginning with the right fullback, continuing through the 2-3-5 formation from back to front and right to left and ending with the outside left. On 5 June 1939, the Football League Management Committee finally decreed at its annual general meeting that players on each club would wear numbers 1 through 11 in league matches and that the numbers would be assigned according to position. William Cuff, the incoming Football League president, turned aside a proposal that would have made shirt numbers optional; either all clubs would wear them or none. The vote was 24 for numbering and 20 against. Shirt numbers were first worn in league play during the 1939-40 season, which was abandoned after three rounds of matches on the outbreak of the Second World War. Thus the first official season in which Football League matches featured shirt numbers was the first conducted after the war, the 1946-47 season.

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sponsor the Canadian Tourism Blog with your brand here Tuesday, 13 November, 2012 Please contribute. Donate a few bucks to help the Rockaway Neighbourhood. The tri-state area has always been a good market for Canadian Tourism both inbound and outbound. Who doesn't love New York? Please donate here . Every penny helps. American Thanksgiving is around the corner and the Holiday Season is upon us. While there are many worthy causes, this one is close to home. I am very happy to count Wendy Perrin as one of my favourite Facebook friends. I cannot claim that we are personal friends, rather friends within the eTourism and tourism marketing and blogging community. Wendy, Cond Nast Traveler 's Director of Consumer News and Digital Community , is well known among tourism industry insiders and among the travelling public at large because she's the author of the Perrin Post . Basically, Wendy is a digital travel star and one of the most knowledgeable professionals in travel. Period. After hurricane Sandy hit the American Eastern Seaboard, we all know what happened to New York and New Jersey. Checking my Facebook feed I had seen that another friend in the eTourism community, Joe Buhler was going to sleep in his basement in Connecticut just in case the Hurricane hit his home hard (his house is surrounded by tall trees). After Sandy hit I found out he was alright, although with no power for several days. Meanwhile in New Jersey, Wendy Perrin saw big trees felled during the Hurricane. Her neighborhood also lost power, but Wendy being the blogger that she is turned that inconvenience into informative and blog posts, like " My Advice to Northeasterners Before the Next Storm. " The Next Storm referred to a nor'easter that hit the area 1 week after Sandy! So I kept following the story on Facebook and other media. In Ontario there were 2 deaths related to the Hurricane, which is very unfortunate, but really cannot compare to the number of deaths (at least 38 in the tri-state area) and the damage in some parts of New Jersey and New York, particularly the Roackaway neighbourhood in Queens. Imagine waking up (if you were able to find a place to sleep that night) to rubble where your home used to be. At a time when the weather is turning cold and power is out. are homeless and literally in danger of freezing to death in the new storm coming tomorrow. (Please see my previous FB updates for more background on this.) Because so many of us cannot physically deliver supplies ourselves, Roy has now set up a 501c3 campaign so that people have an easy way to donate. He is personally overseeing the campaign and ensuring that every dollar goes to help these victims, whom FEMA is not adequately helping." The situation has compelled me to write this blog post. 2 weeks after the storm, things are not back to normal by any means . And people need help. I know that our neighbours would come to our aid (as they did during the 1998 Ontario/Quebec ice-storm). Many Rockaway residents are first-responders and are used to helping people in disaster situations. Now they need our help. Let's show that Canadain tourism gives back. You can see what Mr Niederhoffer and his volunteers are doing by visiting their Facebook Page, Niederhoffer Foundation/MJE Sandy Relief . No comments: Maddy Rodriguez Music Welcome to the Canadian Tourism Blog This is a blog for the Canadian Tourism community. Please note that the Canadian Tourism blog is an independent blog and is in no way connected to the Canadian Tourism Commission. Cet blog est pour notre industrie touristique du Canada. Si vous travailler dans ou pour le tourisme canadien, participez s'il vous plait. The blog is open for comments from anyone about anything related to Canadian Tourism. Feel free to comment. Express yourself about Canadian Tourism. If you questions about the blog you can also send an email to Jaime or connect here: Jaime on LinkedIn

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It is technically illegal to sleep in a campervan by the side of the road, but it is fine in designated truck stop or rest areas. There are generally many rest areas along the highways. However it would be very rare to actually be caught by anyone if you were only there overnight. Just be sensible and park somewhere that is a little bit "out of sight". I wouldn't go too close to residential areas as it might make some people nervous and then they call the police. Also don't stop in any National Park as our park rangers are very zealous and they WILL find you (it is illegal to camp in national parks without permit). There are also lots of camping grounds around, most towns will have one. Won't cost too much, $20-40 at most. You can sleep anywhere and it's quite common to see vans pulled up at a beachfront. It's legal as long as you don't put anything outside the van eg chairs etc and look as if you're camping there. In more remote parts there are cleared areas where you can stay and you'll often see a number of vans together for the night. This will help you find camp grounds in NSW National Park. Remember some National park do need you to pay pemit to enter ,if you are plannig to see lots of national parks you may want to get a annual pass but do remember you will also need to get camping permits if you want to stay over night extra cost. To confuse matters the rules differ between the different states and Territories and also it depends on who owns it. I have heard that in the eastern states the National Parks are restricting access for camping as the facilities needed upgrading so it is easier to close them!!! Some free camp sites are good, others have been used for a drinking binge! There is a book (spiral bound) "Camps Australia wide 5" it is about $45 to 50, nearly 400 A4 pages which lists with details information about rest areas, free camps, National Parks, State Forests and the low cost caravan parks and maps. They also have a web site with amendments as the information changes. Do not park in truck bays, as the semis require a lot of space and away from the built up areas they consist of a prime mover and three trailers so they cannot zig zag around a van parked in their way... plus the drivers are 6ft 4 inches tattoos etc get the message? The refrigerated vans leave their motors on and the generators running all the time when they are at rest and a cattle train is double deck with several hundred cows on board so you sleep will be disturbed. There are rest areas for cars/vans only. The tourist bureaux in the cities will have available list of caravan parks in their state for free and some park chains have their own brochures with details of their members. Some of the National Parks also put out a camping brochure as to what is available. Generally it is safe to camp off the road, often one car will select a spot then others drop in because they prefer to camp where other vehicles are for safety. Prices for a caravan park vary due to the season, location, what facilities they offer, powered or non powered site, number of people. Quality varies widely. Best way is to talk to the other travellers about places to visit and miss, that information will be up to date. Sometimes you'll see signs "No overnight parking" but why bother. Take Ellemay's advice and use campgrounds. You'll find them anywhere and take the advice not to park close to a roadtrain in a parking area. The driver will think...and you will think etc. It's real fun to stay at roadhouses/campings in the outback. Also many drivers of the roadtrains stay there, instead of the abandoned parkinglots along the road, for the night and together with the house guests, the folks with caravan, tents, campervans etc. sometimes there's a communal barbie and you'll make many contacts. Keep your off road camping to a minimum. There are places a bit off road, no lights, no water and as mentioned before, don't go there standing alone.

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AGIdeas Next. Or alternatively, I believe the children are our future. Yesterday, I had the rare privilege of participating in AGIdeas Next which is part of the AGIdeas design conference put on each year for students. Next is about encouraging young, primary school students, to explore how they can shape their world through design. I guess teaching them that they are in fact designers, whether it be the way they present themselves, their school work, their food (if they cook) or how they solve problems in the real world. Ken Cato did a great introduction to the idea that design touches and influences everything we do and it was great to see the penny drop for a lot of the kids when the slides moved from tap wear and washing machines to toy design. The focus of the day was not on technical proficiency but rather on innovation and exploring ideas. And this I think is key to the whole event. What was really encouraged was unbridled thinking. And really, at the age of 10 or so, who really cares if you need x and y to make z. We can work that out later, what we know is we want to make Z. Teleporters and Time-machines We were given a sheet of idea prompts on areas that we could use design to make things better, these included areas like traffic, sleeping, washing and eating. In terms of ideas, the girls seemed to stay on topic and tried to solve problems whereas, the boys generally went straight to teleportation, time-machines, anything that hovers and anti-gravity as a starting point, the challenge here was exploring an idea like time travel, or what you could make with something that hovers that would be useful to you in addition to just being TOTALLY AWESOME. It was great to see the everyone's ideas influence each other and build. My group developed a "Wash n' Go" bath that was part spa bath and part Dyson dyrer. A hovering music player based on the golden snitch from Harry Potter, and a spoon that heats up or cools down your food , (This would be great for me with two toddlers feeding themselves, food at a constant 30 would be awesome). There were a variety of robots and a mirror that you could try on all your clothes before it automagically dressed you. Nice! All in all it was a great day and I think the kids got a lot out of it. Even to be thinking about design in the greater scheme of things at the age of eight or ten is amazing and will hopefully influence the way they see the world. I too got a lot out of the day, working with a bunch of kids was amazing. That said, I now have an even greater respect for teachers , keeping eight kids on topic, even when there's a cool task in front of them is a lot of work. Keeping 25 kids engaged everyday would be just crazy. Thanks to AGIdeas for putting this event on and thanks Tone for hooking it up.

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East Timorese newspaper Tempo Semanal published an article this week which claims that the new Timorese Government represents "an oligarchy", and criticises the new government for its size and for the fact that it contained some brothers and sisters. There was criticism of the last Timorese Government for many reasons, including corruption. However, this same government established the Anti-Corruption Commission (KAK) which has led to some former ministers being investigated and in one case found guilty. However, these recent claims that the government is too big and is because of this somehow by inference corrupt warrant some further analysis. My point in writing this is to try and add another viewpoint to the debate, to try and make people think about the situation a little more deeply, rather than just repeating easy catchphrases. I may be right or I may be wrong. That is not the issue. The debate needs to be just a little bit less dogmatic and break out of what Paolo Friere described as a "circle of certainty" that it has been trapped within this week. In saying that partly what I want to do is to try and situate the debate so far within the context of a global policy agenda. In comparison with Australia the number of ministries is not large. Timor will have 17 ministries. Australia has 40. In Australia these 40 ministries are concentrated in the hands of only 21 people, that is power is more centralised. But this is not the real point. In response to some of the comments that have been made on the article my colleague at Deakin University, professor Damien Kingsbury wrote on the ETAN mailing list: "However, if you understand them as being the equivalent of Ministers, Parliamentary Secretaries (same as vice-ministers in other parliamentary systems) and heads of departments with ministerial accountability, then this all starts to look much more like a normal parliamentary system. If you compare Timor-Leste to, say South Australia (the population of SA is a little larger than T-L, but not much), you will see that SA has 15 ministers -- only two less than Timor-Leste, but without the further responsibilities that come from running a country and not a state, e.g. defence, telecommunications, etc. So maybe Timor-Leste does not have so many ministers after all. It just looks that way when a range of different individuals with different responsibilities and levels of responsibility are put in the same category." There is a lot of merit in what Professor Kingsbury has said. The first thing is to put the criticisms about size into perspective. Timor will not have 55 Ministers but a mix of Ministers, Vice Ministers and Secretaries of State. Tempo Semanal quoted my old friend and the head of Luta Hamutuk NGO, Mericio Akara as saying: "this new structure will not be effective and efficient, because too big and full of political interest. And full of political interest this structure will be more high cost, and I think every year government need more budgets to serve those Ministers. For us as a civil society better to invest more budget in the development sector rather than invest more budget in supporting new ministers." Underlying this criticism appears to be an assumption that small government is always good. The argument seems to be that a big Cabinet is expensive and thus wasteful, that Timor is small and has many problems and that this waste cannot be afforded. On the other hand there has been and will still be a massive escalation of revenue and expenditure by the government. If this there is a need for the development of the country, do the critics really believe that the implementation of these expanding programs should be managed by a small team of political appointments who can be held publicly accountable or by a big team of civil servants, who cannot be so easily held accountable? Or do they believe that unaccountable NGO's should be responsible? Or, are they arguing that the party that lost the election should be responsible? Is it not better to use political appointments and hence political control to oversee the process and in so doing increase the possibilities for public accountability? Or even should Timor ask UNTAET to come back and manage the country? The logic of small government and was the logic pushed by the UNTAET during my time in Timor and implemented though a range of bodies such as the IMF, the World Bank and those NGO's that compose what is called 'civil society'. It appears that not much has changed and if anything critical analysis has all but disappeared. In its place we have criticisms of the new government which all seem to be drawn from the

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US labour market is in a deplorable state Last week, upon the release of the latest -- BLS Employment Situation -- for September 2012, which showed a drop in the official unemployment rate of 0.3 percentage points, one of the big corporate noters in the US -- one Jack Welch tweeted (October 5, 2012 at 10:35 PM) "Unbelievable jobs numbers ... these Chicago guys will do anything ... can't debate so change numbers". It was clear what his meaning was in the build up to the Presidential election in November. He wanted to impugn the integrity of the President (Chicago guy) and more worryingly, the reputation of the workers at the (excellent) Bureau of Labor Statistics. Not only was his comment revealing of his total ignorance of the way these surveys are designed, framed, conducted and then processed but nearly a week later, after being taken to the cleaners by various critics, he later tried to rationalise his ignorance in a Wall Street Journal article (October 11, 2012) -- I Was Right About That Strange Jobs Report . The problem is that while his tactics are questionable and his analysis poor -- the bottom line is that the US labour market is in a deplorable state. The WSJ article began by suggesting that people who criticised his arrant ignorance (as per the tweet) were probably trying to make the US like the "Soviet Russia perhaps? Communist China?", How can it be: ... that in the "United States right now, when a person (like me, for instance) suggests that a certain government datum (like the September unemployment rate of 7.8%) doesn't make sense. For the record, he was criticised for saying that the data "doesn't make sense". Those of us who monitor these sorts of data releases often are in a state of confusion about some particular numbers and lay off relying on them until revisions are made as the statistician gets more data in. That is par for the course when using sample survey data especially data that requires estimates of underlying populations in regional spaces in between the censuses. But that is not what Welch did. He accused the President of manipulating the staff at the BLS in such a way that they would deliberately publish a false, lower unemployment rate in order to improve his election prospects next month. That is what the fuss was about. In the WSJ article he tries some statistical analysis to support his claim -- which is now -- that the numbers are puzzling. The conspiracy angle is muted in this article although you can sense it is still his intention to promote that part of the narrative. Beseeching his political independence and that of his wife who is apparently named Suzy (too much information Jack), Welch noted that the BLS data is the result of a sample survey. Let's get real. The unemployment data reported each month are gathered over a one-week period by census workers, by phone in 70% of the cases, and the rest through home visits. In sum, they try to contact 60,000 households, asking a list of questions and recording the responses. Some questions allow for unambiguous answers, but others less so. For instance, the range for part-time work falls between one hour and 34 hours a week. So, if an out-of-work accountant tells a census worker, "I got one baby-sitting job this week just to cover my kid's bus fare, but I haven't been able to find anything else," that could be recorded as being employed part-time. Those who study this data each month know all of that and understand sampling variability. Sampling variability doesn't mean then numbers are "cooked". It just means we have to consult the accompanying table of standard errors to see the confidence intervals. Totally transparent. We can also argue about the internationally accepted labour force framework definitions which come via the ILO labour statistics guidelines that national statistical agencies agree to use for comparability reasons. For example, the transition from unemployment to employment being 1 hour of paid work in the survey week, certainly biases the unthinking user of the data to believing things are better than they are, if the hours distribution is skewing towards 1 hour per week away from full-time work. That is why we look deeper to see what is happening with the distribution of hours worked and the rate of underemployment. Welch thinks he is on a winner when he says: ... the BLS's own "Handbook

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Winner Pays: The Limits of Unconscionable Arbitration Agreements In its important 2011 decision AT&T Mobility v. Concepcion , the United States Supreme Court sharply limited the grounds on which a court may invalidate an arbitration agreement. A recent ruling by the United States Court of Appeals for the Eleventh Circuit, In re Checking Account Overdraft Litigation MDL No. 2036 , illustrates how lower courts are starting to find ways around the Supreme Court's strict enforcement of arbitration agreements. This is the first published, post- Concepcion case where a federal court of appeals has rejected an element of an arbitration agreement as unconscionable under state law. The decision also suggests how the drafters of arbitration agreements might avoid such judicial rejection. Lacy Barras, a customer of BB&T, a commercial bank, sued the bank as part of a putative class of plaintiffs alleging the improper charging of overdraft fees. Page one of the customer agreement between Ms. Barras and the bank contained an arbitration clause providing for arbitration of any disputes under the AAA rules. Page fourteen of the agreement also had a separate provision stating the following: COSTS, DAMAGES, AND ATTORNEYS' FEES. You agree to be liable to the Bank for any loss, costs, or expenses, including, without limitation, reasonable attorneys' fees, the costs of litigation, and the costs to prepare or respond to subpoenas, depositions, child support enforcement matters, or other discovery that the Bank incurs as a result of any dispute involving your account. Thus, strictly read, the customer was responsible for all of BB&T's costs and fees in any litigation or arbitration against the bank, regardless of the outcome of the dispute . Even if Ms. Barras sued BB&T and won, she still would have to reimburse the bank for its costs of defending the suit. The case was consolidated into a larger multidistrict litigation based in the United States District Court for the Southern District of Florida. BB&T moved to compel arbitration of Ms. Barras's claims. Perhaps realizing that the cost-shifting provision was difficult to defend on the merits, the bank argued that the provision did not apply to proceedings brought under the arbitration clause and effectively promised not to try to enforce it. The bank also argued that the case should be submitted to arbitration even if the cost-shifting provision was invalidated. The district court twice denied BB&T's motion to compel arbitration, holding the arbitration agreement was unconscionable under South Carolina state law, which governed the dispute. BB&T appealed to the United States Court of Appeals for the Eleventh Circuit, which considered the district court's ruling in light of the Supreme Court's Concepcion decision. In Concepcion , the Supreme Court considered the "saving clause" in section 2 of the Federal Arbitration Act, which permits a court to refuse to enforce an arbitration agreement "upon such grounds as exist at law or in equity for the revocation of any contract." The Supreme Court explained that this clause leaves the door open to allowing arbitration agreements to be "invalidated by generally applicable contract defenses, such as fraud, duress, or unconscionability." But the Court effectively narrowed the potential grounds for invalidation, holding that a state rule against class action waivers in customer agreements was preempted by the FAA, because the rule "interferes with fundamental attributes of arbitration" -- even though, on its face, the rule was generally applicable to both arbitration and litigation. Reviewing Ms. Barras's case, the Eleventh Circuit reversed the lower court's ruling, but only insofar as it had denied effect to the arbitration clause in the customer contract. The Eleventh Circuit agreed with the district court that the cost-shifting provision in particular was unconscionable under state law, and held that Concepcion did not change this result. At the same time, the court of appeals ruled that the invalid provision could be severed from the arbitration clause, and therefore ordered arbitration of the claims. The fact that BB&T's cost-shifting provision was buried in the middle of a long agreement of adhesion, coupled with its egregiously one-sided content, made this case a relatively straightfor

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is dedicated to the enjoyment of audio and visual stimuli. Please visit our archives where we have uncovered the true importance of nearly everything. Should you want to reach us, e-mail alex dot carnevale at gmail dot com, but don't tell the spam robots. Consider contacting us if you wish to use This Recording in your classroom or club setting. We have given several talks at local Rotarys that we feel went really well. To calculate exactly how much influence chance plays in auts is a tricky subject. A certain biomechanical tally could hold falsities. I ran this situation by my therapist, but she could offer no solution. There was nothing making up the mass. (We were the mass.) I began getting messages, on and on. You know the type. I'd like to see you again. A likely story. The onset of randomness was chronicled by a happy man. Could bet that he was keen on seeing his own idea through. Imagine Kant after completing a manuscript. Sheer elation, that's what an aut is. Someone could probably invent a word for it. Miniatures were a passion of my therapist, and I understood the appeal. She construed them as docile. They were her followers. I possessed a friend in high school who collected those harsh, neon-haired trolls. He made fools of them. In 1948 three different sets of twins perished in a global conflict. This kept occurring, until someone was able to make something out of it. In the reproduction, their faces glisten like tiny, far away stars. The troll-collector - the one who was my friend, I mean - he ended up joining the army. I asked him if he ever made up voices for the trolls and he laughed. I couldn't then admit that in my head, I had been. The messages increased in frequency. It was someone who knew my mother, but any other information about the informant remained unclear. My therapist has this theory of orbits. She hasn't patented it yet. The patent is presumably pending. The patent itself is not an aut, because it is only reproducing or categorizing something that exists already. An orbit represents a casual link, but implied in the term is that the aut comes back on itself. It is a wrinkle that explains fate too easily, and thus opens the field to greater speculation. Galileo's drawings of the moon resemble captchas more closely than any other object in the universe. One of the messages said to meet her at a particular time. I had a hard time understanding what anyone wanted. To change within an aut is a worthy goal. I wouldn't say otherwise. To do something simply for its own sake is a bad way of putting it. Alex Carnevale is the editor of This Recording. He is a writer living in Manhattan. He tumbls here and twitters here . You can find an archive of his writing on This Recording here . He last wrote in these pages about The Real L Word .

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Your car may be one of your most expensive possessions and you may be keen to ensure that the insurance cover you have in place offers you the most appropriate deal you can find. When shopping around for cover, one of your selection criteria may have been the level of excess carried by the policy and understandably you may have been looking for as low a level as possible. You might be able to protect yourself from having to pay excess at all though, by also purchasing car excess insurance: this is a policy which pays out to reimburse you for excess payments you may have to make on your main car insurance policy following a successful claim; you can claim on your excess policy multiple times throughout the year with claims being possible up to the limit you opted for when you bought the cover; if your claim on your main car policy is less than the level of excess, so that you have to cover all of the loss yourself, then your excess policy will not pay out; you may also find that some providers of excess cover may offer additional policies which can cover the costs of things like glass breakages and mis-fuelling which may be excluded from the main policy; you'll typically also find that there are excess implications when you hire a car as well, except that in this case the sum is not deducted from any pay out to you but rather is charged directly to your credit card; depending on your rental agreement, car hire excess charges could be anywhere between 500 and 1600+; although the car hire company may offer to sell you their own excess cover, this may not be your only option and you might find that policies on offer from companies like ShazamXS may be able to offer you a more cost-effective solution. When arranging your excess cover, you may wish to bear in mind that by agreeing to accept a higher excess on your main policy you might qualify for a reduction in your premium. These savings may more than cover the costs of additional excess insurance. Bear in mind though that you should avoid raising the level of your excess to a point where it may become difficult to ever claim on your main policy.

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How to talk to your children about natural disasters In parenting, sometimes nothing is as scary as reality. We wish we could keep our children's lives full of rainbows, unicorns and fancy trucks that fly. But we can't. Because at some point, our children are going to learn about the reality of life, loss and scary things that are out of our control. First and foremost, make sure your child knows she is safe If nothing else, it's your responsibility as a parent to keep your child safe. And the first way to do that is to tell them they're safe. Offering hugs and security is your job. So when you sit your child down, make sure he knows that you will do everything you can to keep him as safe as he is, always. During natural disasters, things can always get out of hand. But your kids will feel confident knowing that you're doing your best for them. Be gentle in your discussion Next, tell your children that something horrible or scary or unplanned happened in the world in a very calm voice. If it makes you cry, that's okay, you're sharing your emotional ties to the story. Let them know that what happened is something no one wants to happen and how hard it is for you to share it or know it. But don't tell them more than they need to know. Let your child ask the questions After you tell your child the basics, go ahead and open the floor to their questions and let their questions take them where they need to go. They likely don't need to know all the statistics that the news is sharing. They may be more interested in what is happening to pets or how kids can get to a hospital. Most likely, kids will need to know how this disaster will affect them or could affect them. Stick with answering their questions and you'll keep your children safe. Expect a follow-up, or two A day or so after we shared the Haitian earthquake in 2010 with our kids, my 4 year old came to me saying "I don't know what an Earthquake is." It turned out that he'd been thinking about it off and on through the day before, rolling around the possibilities and the answers we'd given then. But his persona is one that needs to know how things happen. So we took that opportunity to explain fault lines and the earth shifting. Had we shared all of this when we told him about the quake, he might have been overwhelmed with facts. He asked when he was ready. Offer ways you can help as a family As Pennsylvanian's we were fortunate during Hurricane Sandy. Our house had minimal damage and we never lost power. We know it could have been much worse. During the worst of the storm, my kids and I cleaned out their closets, trying on clothing and setting things aside to give to charity. Later that week, when discussing what to do with the extra 5-year-old boy clothing, my son asked if we could bring it to the kids that lost their homes. While that wasn't possible, we researched drop-off points and lists of supplies and things needed. When we found a drop-off (the ladies of PSMM teamed up to donate), my son raced to his room to find more to help. Many kids want to help other kids, especially those who are able to imagine if they lost their own homes. Further resources to discuss disasters with your kids I posted Earthquakes for Kids lists several parent conversations and resources after the Japanese Tsunami in 2011. About Julie Meyers Pron Julie Meyers Pron has written 1051 post in this blog. mom of 3 and wife, Julie is a former elementary school teacher and a Public Relations manager. She is the owner/editor of Just Precious, founding partner of Just Centsible, and a team member of Splash Creative Media. Julie is a PTOer, volunteer, elementary educator and that's just the beginning of the list. I have a feeling it's very different outside of this area. Here, it's consumed us. But I've talked to people in the midwest who aren't anywhere near as affected. I'm sure if it had happened on the west coast our kids would barely know about it.

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Oops! Do-gooder Helen's anti-tobacco credentials go up in smoke with UN business award to ITC About a month back, the Times of India was among several media in that country trumpeting news that a diversified Indian business firm, ITC Ltd, had received the '2012 World Business and Development Award' at the Rio+20 United Nations Summit in Brazil. The award had been given for the transformational rural initiatives in social and farm forestry programmes in India undertaken by the company, the proud company said in a statement. The award was instituted by various international agencies, including the United Nations Development Programme, the International Chamber of Commerce and the International Business Leaders Forum (IBLF). Some questions. Who is head of the UN Development Programme? Yep. Our Helen Clark, who took refuge there after being flung out of office at the 2008 election. And what do we remember Helen Clark for? That's right -- for turning the country into a Granny State, especially when it came to things like tobacco (bad) and environmentalism (good). The World Business and Development Awards are the first global business awards to recognize the crucial role of the private sector in implementing the millennium goals -- eight internationally agreed targets to reduce poverty and environmental degradation and improve education, health conditions and gender equality by 2015. Late last month, on the sidelines of the Rio+20 conference, India's largest cigarette maker, ITC (formerly Indian Tobacco Company) received the World Business Council for Sustainable Development's highest prize for improving the environment and removing poverty. In tow were the UNDP's administrator and former New Zealand prime minister, Helen Clark, and the top executive of the UN Global Compact. The award is possibly the biggest travesty of justice even by the UN and the World Bank's weak ethical standards. Ooh. How come? Our outraged columnist points out that -- ITC is primarily a cigarette maker and tobacco trader, even though it would like to claim that it is a diversified company selling soap, biscuits and hospitality. It started exactly 100 years ago in Bihar and migrated to Andhra Pradesh to grow tobacco and make cigarettes. Growing tobacco and making cigarettes is toxic to the environment. It needs to clear forests and fields to grow tobacco, requires chemicals to ensure that the tobacco plant is free of pathogens, and trees to be hacked to cure the tobacco (one kilogram of tobacco needs roughly eight kilos of dry fuel wood), add more than 4000 undisclosed chemicals to make the cigarette addictive, and top this with glossy packaging of paper, cardboard and plastic, which we see littered on the streets and choking waterways. In addition, ITC's factories have over-extracted water and polluted rivers. In April 2011, for example, desperate farmers of Bhadrachalam and Irivendi villages had to go to court when the district collector could not stop ITC's factory from over- extracting water from a drying Godavari. In a nutshell, this is the lifecycle of a cigarette. Imagine cutting down dry forests of central India to fuel an addiction! Organisations that conduct ITC's environmental diligence do not use the full historical environmental cost of their business. They use an annual energy and input-output analysis and this makes them look good. Even this, however, is not the full impact of ITC's business. But let's not forget that -- Smoking kills more than one million adults prematurely in India. ITC's cigarettes have been a major contributor, both directly for its smokers and those exposed to its smoke, and also to the youth, many of whom who are poor and aspire to smoke its cigarettes. Smoking also is a leading cause of poverty. One study using government data suggests that direct expenditure on tobacco by households can potentially impoverish nearly 15 million Indians annually. Another study has found that treating just four major tobacco-related diseases account for 4.7% of India's national healthcare expenditure. This will grow in the future as more youth will take to smoking cigarettes. Wouldn't question time in Parliament today be fun if Helen popped back to be interrogated about her organisation's role in this award. Ah, but we can relish in her squirming in an item published by the NZ Herald ( here ) today -- Former New Zealand Prime Minister Helen Clark says it was a "serious oversight" a cigarette company was

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Begin at the Beginning What do the words 'supported volunteering' (often referred to on this site by the shorthand SV ) mean when used together? To many of you who visit our site this may seem a rhetorical question but our early conversations with other volunteer-engaging organisations have proven otherwise -- especially when speaking with those who may rely on volunteers but do not, as yet, have an SV initiative in place. To these folks the question 'what is supported volunteering' sounds alot like 'what do you do to support your volunteers'. But no matter how well a service manager describes the wholesome volunteer managment practices of their organisation it's just not the same thing. So let's start with a standard resource in the UK for all things volunteering and look to Volunteering England who suggest that : Supported Volunteering refers to schemes where volunteers receive additional support in order to carry out their volunteer roles. Short, succinct and to the point. On an international level the definition would seem to be similar : special arrangements for the placement of volunteers and individual support for them once the placement has been made Furthermore, many UK based projects we've identified often refer to helping those with special needs or reaching out to potential volunteers from under-represented communities . But it would seem that SV is something more than just helping a person volunteer -- if practiced resonsibly and proactively it is more complex -- a process, not a single act. That is to say that SV is about: understanding the needs of those you are trying to help being able to assess those needs and establish a joint understanding of the barrier(s) that they represent and enacting an agreed plan of action to overcome the challenges at hand. This is process that touches on all aspects of a project -- from conception and initial proposal through to actual delivery and evaluation. For the organisation involved it more than just 'helping' others to volunteer. With this in mind the following is proposed as a more process-focused working form of words for the project: working to identify & understand the barriers to volunteering faced by an individual or group and seeking to create sustainable solutions to overcome those barriers. This may seem just word play to those who have a history in working in this area but it is important that our subject is cleary defined for those who are only at the early stages of building an SV project. It's also key that we build a definition that speaks of a process that can be applied regardless of the nature of barriers involved. So our question to you is does this description apply to your experience of SV? What could be added, deleted or changed to make it more accurate? Answers on a poscard, please ........OR you could just leave a comment below

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I'll be the first to admit that I'm not the world's greatest when it comes to either list building or even generating back-end sales from the few subscribers I have. Yet, so many marketers praise the value of 'the list' that, apparently, the money rainbow ends smack bang in the middle of it. I'll also admit that I'm on peoples' lists and yes, sometimes, they are blessed with a repeat sale from my good self so I guess there must be some truth in it or at least it's worth giving it some more effort. Combine this new enthusiasm for list-building and my propensity for 'investing' in new info products and you've got yourself someone who can't refuse a course aimed specifically at those with smaller lists and a bargain price point or less than $10. Well, I bought it and it seemed like so much of a bargain that you might be interested in it to. Share the Love Getting a Link Getting a link is easy. Simply insert your URL and Anchor Text in the form fields, and then click on the Paypal button. You will be taken to Paypal, where you will be charged $15, yes just $15 for a link! URL Anchor However, you need to know that your $15 does NOT buy you a permanent link! The maximum number of links to be offered is just 10 - any sales after this will 'auto bump' the links downwards - once 10 links are reached, the oldest link is deleted. In reality, this means that your link could stay for just a few minutes, or it could stay forever - it rather depends upon how popular the link sales are. Links are made live only after human review, and may go live up to 24 hours after payment. We reserve the right to refuse any link, on any grounds whatsoever. If we refuse your link, you will receive a full refund.

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Beginning when she was 8, Larson found herself constantly keeping notes of her thoughts. Her dream of writing manifested into her blog, No Makeup Required , "a digital haven of wit and wisdom for real women," as her tagline states. As the founder and writer of No Makeup Required, Larson doesn't just love to write. Her passion for empowering and inspiring women has driven her to use her writing for a purpose. Her goal is to make women feel better after leaving her blog; to feel less alone in their trials and triumphs. Larson's love of writing translated into her blog after reaching a moment of inspiration. One of her friends was struggling with the death of a child, while another was adapting to becoming a new mom; two women at the same time, on opposite sides of the spectrum. Larson saw the strength of these women, and made a decision. "In that moment I realized there's a lot of real life going on between women that needs to be written. I thought, I need to start this, I'm not waiting anymore," said Larson. Since 2010, No Makeup Required has been ranked in the top five parenting blogs for the Kindle, in competition with the blog of a Washington Post columnist, among others. Larson's blog has clearly drawn an audience. Although it's a key demographic, the site isn't just for parents. Larson makes the point that when you're a mom, you're also a woman. Women are sisters, aunts, daughters, friends; Larson reaches many identities other than solely those experiencing motherhood. It's a women's blog, with a slice of mom in it. "When you're a mother, sometimes you're focused so much on being a mother that other parts of your life get lost in the shuffle. We are more than just moms," said Larson. To reflect this, Larson made other adjustments and decided to re-design No Makeup Required after a year and a half of being online. She wanted to add more features, space for comments and also a space for men. The date of the re-launch this past spring had a purpose. May 20 was the anniversary of Amelia Earhart's Transatlantic Flight, and Earhart is one of Larson's favorite women in history, so she chose the significant day for her launch. Earhart was a strong woman who went for her dreams in a time when it was difficult; a perfect representation of what Larson wanted her site to stand for. Contributors to the blog love supporting No Makeup Required because of what it symbolizes. Frequent contributor Jamee Tenzer said, "Tracy has created a user-friendly environment that is fun and informative. I love to be a part of helping moms feel good about what they are doing in life." Authenticity is a big part of Larson's goal for No Makeup Required. She's arranged her content into six core feature areas. They bring out the real quality Larson has worked hard to maintain. Catching Curveballs, Wisdom Wednesdays, Who is She, Conversations with Men and Conversations Between Girlfriends; all six contribute to setting No Makeup Required apart. They reflect Larson's belief that women and moms can learn from each other, from other generations and from women of the past. The features play into Larson's goal of looking at life differently than typical blogs. Instead of always writing about how frustrating life is, she strives to remind women that time is going fast and they should try to enjoy their lives. As a busy woman herself, Larson lives by her words. When asked about balancing being a mom, a wife and working, Larson's answer is simple: Balance is a myth. Sometimes the dishes get left in the sink overnight, the dog has an accident on the carpet or the kids need something brought to school; life happens. When life happens, priorities come into play. "I know I'd rather spend time with my kids than work in my garden. I can fix the garden when they're gone, right now I'm enjoying them," said Larson. In November, No Makeup Required plans to help LifeWire supply cell phones to domestic violence victims to use for calling for help in life-threatening situations, or as a means of contacting support as they move through being a survivor. Larson believes every woman should feel connected and supported. Through the participation of No Makeup Required in a

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Is Apple Overpriced? Its Accessories Sure Seem To Be NEW YORK ( MainStreet ) -- One of the more contentious aspects of the new iPhone 5 is that it will use a new type of connector, Lightning, for plugging the phone into your wall socket or computer. While Apple has touted the advantages of this smaller, reversible plug, many have griped that this makes the phone incompatible with the numerous docks and accessories put out by third parties over the years. The good news is that Apple is selling an adapter to make it possible to plug your new phone into your old speaker dock; the bad news is that it won't come cheap. The Lightning-to-30-pin adapter, as Apple is calling it, will sell for $29 from the Apple Store. This doesn't come as a complete shock. Apple has long been notorious for its high-priced accessories -- a simply power adapter that allows you to plug your USB iPod or iPhone jack into a wall socket will set you back a cool $19, for instance. But frugal Apple fans have also long known that third parties are just as capable of making cords and power adapters, which they'll sell at a much lower cost. The old 30-pin connector, for instance, which still sells for $19 at the Apple Store , can be found for just $2.95 on a third-party site. The obvious question, then, is when we can expect to start seeing similarly cheap knockoffs of this new adapter. After all, you shouldn't have to pay an extra $29 just to plug your new iPhone into your old speaker dock, right? Amazingly, some third parties are already offering adapters that they say will do the same job at a fraction of the cost. CNET points to this adapter sold by Nanotch for $18 on Amazon, as well as for $9.99 from a company called iTronz. Meanwhile, other accessory retailers and manufacturers seem to be gearing up to sell similar offerings: A spokesperson for accessory maker Monoprice says that it "has been made aware by manufacturers in Asia that iPhone 5 Lightning-to-30-pin adapters are available at a component level," and that it will be working with suppliers to get them on sale by the end of October. Of course, the big question is whether you can trust these imitation adapters, especially those being released before the technical specifications of the real deal are known. While the general assumption is that the $29 price tag represents Apple's usual accessory markup, at least one news outlet says that the adapter uses costly digital-to-analog converter technology that would account for its high price. If that's truly the case, then it's quite possible that these early imitation adapters don't actually have the technological innards needed to get the job done, and that you're better off paying more for the real thing. Our advice? Wait until the genuine article has been on the market long enough for third-party manufacturers to take it apart and make a proper imitation. And if it's still cheaper after that, then make sure you only buy from trusted retailers with a good return policy.

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Wind Areva's new model: first it was a monster, now it's a 'killer' Looking beyond the M5000-116, Areva is pressing ahead with final fine-tuning of a longer-bladed "killer turbine" dubbed the M5000-plus by company engineers. Featuring flexible 66-metre, 23.5-tonne glass-reinforced plastic blades, the new 5MW offshore turbine -- being marketed as the M5000-135 -- will have a rotor diameter 19 metres wider than the current production model, with a swept area of 14,326 square metres. That is almost 4,000 square metres more than the 116. The aim in developing the larger M5000, which will have a 365-tonne top-head, has been to "increase power production without jeopardising track record", says Areva Wind research and development director Ren Balle. "The 116 has, since 2004, been recognised as a monster platform both in terms of innovation and size," he states. "But in 2011, it was felt that the turbine platform needed to be extended with an improved performance. "As we are a one-product company -- we only have the M5000, after all -- it was also seen to be important that we not go off on some mad adventure in designing the next turbine. We wanted to build on the credibility that we earned over the past years." To this end, the power train, which has been "measured over and over again from every angle over the past eight years", was "all but off limits" to the design team, with the longer blades meant mainly to provide a "buffer in the machine's load envelope" in a broader range of wind speeds. The 135's blades, although based on "identical" aerofoil profiles to the 116, have less carbon and so are "softer", in keeping with a design shift meant to cushion gust-driven loads. "Though conventional wisdom has been that longer blades need more carbon for stiffness, we feel that simulation and control methodologies have developed a great deal in recent years," notes Balle. "Our move to flexible blades is a move into a new world that we feel very confident about." Engineered for top tip speeds of 90 metres per second (m/s) in wind speeds of 9m/s, the blades have been fashioned to meet "several thousand" wind load profiles. Germany's Fraunhofer Windenergie & Energiesystemtechnik is in the frame to perform dual-axis load and extreme fatigue tests on the blades on the Areva test bench in Bremerhaven, starting early next year. In the second quarter, blades will be mounted on a 135 prototype at a nearby onshore site with "offshore-like" wind conditions. Serial production is expected to start towards the end of 2013, when Areva "has clarity about first orders for the M5000-135". The new turbine, which will have gearing systems for its synchronous permanent-magnet generator, supplied by Finland's Moventas, will feature 16 subsystems with full redundancy and 1,300 sensors feeding back data so that 80% of operation failures can be handled remotely from shore. "That this is [the fullest realisation] of the M5000 is clear. And this is true, I think, of what you see in the wider industry," says Balle. "You start with a very conservative load configuration for a rotor and power train, and when you have measured your machine and know exactly where you are, then you scale up to your maximum size and power output. "Our testing programme -- even on a turbine that is a product evolution -- is the most extensive we have ever undertaken and has required quite a budget, but for an offshore machine there is really no room to underperform on reliability. "Even with eight years' development of the platform, we are still putting it through the fullest testing and verification programme."

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One of the most beautiful War Memorials in NZ Helpfulness Kakapo2 1857 reviews There are larger war memorials in New Zealand, and higher ones, and, of course, also more important ones. But you will not find a lot of more beautiful ones and in a lovlier setting than the one in Akaroa. The foundation stone was laid on 31 March 1922 on the site of the former Akaroa Borough School, and it was unveiled on 12 March 1924. The memorial is a Gothic pavillion, designed by H. St. A. Murray. You can see it from afar as it is crowned by an obelisk-like kind of spire which has a cross at the top. On several panels you find the names of the men from Banks Peninsula who died in the South African War and First World War; the names of those who fell in World War II were later added. A beautiful garden surrounds the memorial, sheltered by a high hedge, with lots of roses on the manicured lawn and four spectacular established palm trees. The location is beside the Visitor Centre in Rue Lavaud. Update November 2012 The War Memorial has been slightly damaged in the earthquakes. It is fenced off but you can still sit on the lawn and seats of the garden that surrounds it. Updated Nov 24, 2012 Related to: Beaches Arts and Culture Historical Travel Was this review helpful? Coronation Library - not really in Use anymore Helpfulness Kakapo2 1857 reviews That's a truly lovely building you cannot miss, located at the end of the beach and the start of the promenade (103 Rue Jolie), just across the street from the bakery. However, the Coronation Library is not really in use anymore after a combined school and public library has opened next to the school at the corner of Rue Jolie and Selwyn Avenue, just further down Rue Jolie, and then to the right. The Coronation Library building opened on 22 May 1875. It got its new frontage in 1911, giving it an Arts and Crafts/English Domestic Revival look -- well, I read this detailed description on the Civic Trust website ;-) The Library was erected to house the Literacy Institute that had formed in 1863. With the renovation in 1911 also came the name change into Akaroa Coronation Library, referring to the coronation of King George V. Update 2012 This building has also been closed after the earthquakes, like so many other buildings that were not badly damaged but considered unsafe because their strength is significantly under the new building code. Be assured, the Coronation Library is as beautiful as ever from the outside - and you will have a look at it one hundred per cent! Updated Nov 24, 2012 Related to: Architecture Historical Travel Was this review helpful? Akaroa Museum - small but nice Helpfulness Kakapo2 1857 reviews Update 2012 Akaroa's Museum has been considered unsafe quite a while after the earthquakes and is now closed. The collections are in a safe place until its reopening. "Muse trs intressant", they write on their sign on the footpath. Ok, the accent on the "trs" is the wrong way round, d'aigu instead of grave, but the French is close to perfect. And as it is just funny, it does not matter -- as they also claim that Akaroa's small museum is better than Te Papa. This probably explains why you have to pay a NZ$ 4 entry fee, and Te Papa is free ;-) The Akaroa Museum focuses particularly on the history of Akaroa and Banks Peninsula. They show a 20 min film on Akaroa's history. Exhibitions are changing. Museum shop. The Langlois-Etveneaux House, one of the oldest in the South Island, the Court House, and the Custom House (1852) at Daly Wharf are also part of the museum. Update: The Duvauchelle Hotel has gone Helpfulness Kakapo2 1857 reviews 1 more image Update May 2011 - Update Nov. 2012 The Duvauchelle Hotel was badly damaged in the earthquake that rocked Canterbury on 4 September 2010. Parts of it have been demolished just now. They will rebuild and hope to be up and running again by Christmas. Nov. 2012 ... which was a nice dream. Another Christmas is looming and there is no sign of any building activity. The Duvauchelle Hotel at the northern tip of Akaroa Harbour, right on SH 75, about 10 km from Akaroa, is said to be the oldest one in the country. The hotel is named after the settlement, and the

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7 Habits of highly effective women Simple tips for women to keep pace in an evolving working world It's the ability to keep going despite all the challenges and hurdles. -- Maseena Ziegler, author of "Ladies Who Launch in Hong Kong" E conomic downturns aside, the road to success as a businesswoman is not an easy one. While the hope is that the working world is gender-blind, women face certain challenges that men often avoid. Fortunately, there are plenty of successful, effective women who have killed it in the business world to keep the rest of the female population hopeful motivated. And while many of the assets of these women are gender-neutral, some of the habits and skills they share come from harnessing and molding uniquely female strengths to their advantage. All it takes is perseverance, organization and an unwavering sense of self. Piece of cake, right? 1. Have confidence No matter what your trajectory may be, having confidence in yourself and your goals is hands-down the top quality you will need for success. This confidence will fuel the ultimate edge in any profession: perseverance. "(Perseverance) requires an unwavering sense of self-belief about yourself, your product, your mission," said Maseena Ziegler, author of a No. 1 best-selling book in Hong Kong, "Ladies Who Launch in Hong Kong." Perseverance is the characteristic common to the 12 female entrepreneurs about whom Ziegler wrote. "It's the ability to keep going despite all the challenges and hurdles," she said. While men tend to be overly confident, women are taught to be humble and demure. In order to overcome that in the workplace, it is important to identify your best traits and highlight them. One trait that women possess in spades is intuition. "Most women can walk into a room, read the room, and be fairly accurate about it," said Lisa Johnson Mandell, author of the best-selling book "Career Comeback." She encourages women to trust and pay attention to those feelings, and -- before communicating them -- critically analyze and understand why they feel a certain way about a situation. If you can translate those feelings into objective business-speak, you'll blow the men-folk out of the water. Kimberly Roussel, a successful entrepreneur who opened the Los Angeles restaurant Kitchen 24, the Hollywood club Cinespace, and a catering service, said she feels lucky that her parents instilled confidence in her. She feels that it is critical to have a level of conviction that enables you to take risks and let go of the fear of failing. Once you defeat those anxieties, the world can open up in surprising ways. Dress for success Baring cleavage or showing off your newly shaped Pilates butt is all well and good at a social event. But Lisa Johnson Mandell, author of the best-selling book "Career Comeback," advises women to keep cleavage covered at the office. "A low-cut top may grab attention, but all the wrong kind," said Mandell. While sexy clothes should stay in your closet from 9 to 5, there's no reason to avoid flattering, form-fitting work clothes, with thought-out accessories. Such outfits evoke class and attention to detail, she said. Mandell recommends a well-tailored blazer and -- to women inclined to wear them -- power heels. "It's going to put you on a physical level with a male counterpart, give you height, which makes you more powerful," she said. The right heels can also help women have better posture and walk straighter, all of which will give them a greater sense of power. And the heels also are an edge that men don't have, so all the better. Just be careful not to step on any toes on your way to the top. 2. Monitor emotions While men struggle with being vulnerable and emotive, women are encouraged from an early age to express their emotions. This can prove problematic in the workplace. Letting emotions take over in a business setting can often mean losing control of the situation. "Men don't take business challenges personally," said Ziegler, "The'yre able to remain objective and in control -- and perhaps they make better business decisions as a result." Roussel says she struggles with managing her emotions in business on a daily basis. "I make an effort to keep emotions out of situations and be more rational," she said. "At the end of the day, business is

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The Other Side Gallery Teahouse The Other Side Gallery Teahouse is a unique caf and gallery, adjacent to the Pacific Highway, north of Taree. There is indoor and outdoor dining nestled on the Ghinni Ghinni River and makes a wonderful stop for travellers and locals alike. Visit the resident portrait artists working and teaching in the studio upstairs. Enjoy the art on display from local Manning Valley artists. The Other Side Gallery Teahouse is famous for honeycomb hotcakes with butterscotch sauce and ice cream and bake great scones. Serving Australian organic coffee.

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A Chinese teen went to extreme lengths, selling a kidney to pay for the expensive iPad 2 he lusted for. (Source: The Oatmeal) The hospital where the kidney was removed claimed it contracted the offices where the surgery was performed to a businessman whose identity they were unsure of. Thus the case has essentially hit a dead end. (Source: Asia Insider) A Chinese teen has made headlines due to the lengths he went to obtain Apple, Inc.'s ( AAPL ) latest and greatest gadget, the iPad 2 tablet . I. "I Want The One With the Bigger GBs!" "I wanted to buy an iPad 2, but I didn't have the money," recalls a 17-year old boy identified only by his surname, "Zheng". But without a college degree, Zheng's prospects weren't looking great. Average wages in major Chinese cities range from 1,000 to 5,000 RMB (CN). Zheng would like fall on the low end, making between 1,000 and 1,500 RMB. At the current going exchange rate of 500 RMB to $77.13 USD, it would take the young man several months to get the slick device. So he made a shocking decision that brings to mind a legendary webcomic from the comic/satire blog The Oatmeal -- he decided to sell an organ for the Apple device. He recalls, "When I surfed the internet I found an advert posted online by agent saying they were able to pay RMB20,000 to buy a kidney." Sneaking out of his home, the youth traveled north to the city of Chenzhou in Hunan Province. Visiting a local hospital, he had his kidney removed. He was hospitalized for three days then discharged, with 22,000 RMB (appr. $3,394 USD) in hand. He used the money to reportedly buy his iPad as well as a MacBook and iPhone. He tried to conceal his new gains from his mother, but she grew suspicious when she saw the Apple gadgets. Experiencing medical complications, the young man confessed what he did. States his mother, identified as "Miss Liu", "When he came back, he had a laptop and a new Apple handset. I wanted to know how he had got so much money and he finally confessed that he had sold one of his kidneys." Shocked Miss Liu took her son to the Chenzhou police to report that he was the victim of a crime. But the agents whom Zheng had brokered the deal with had vanished, their cell phones dead. And the hospital claimed it contracted out its urology department to a private businessman. It denied knowledge of the businessman's identity or the surgeries he was performing. It appears the case has now been closed, due to lack of evidence. II. Case Brings to Light Illicit Organ Trade The irony of the incident is rather great, given that Apple CEO Steven P. Jobs is himself an organ donor recipient , having received a replacement liver after experiencing complications from his battle with pancreatic cancer. What makes the incident even more sad and ironic is that Zheng's organ is unlikely to go to one of his many countrymen that need it. It is estimated that a million people in China need a transplant every year, but less than 10,000 receive organs. While some locals are able to purchase organs on the black market, many black market organs instead go to foreign "transplant tourists". A report in the Japanese media last year claimed that foreigners were paying in excess of $80,000 USD for black market transplants in China. At that price most Chinese simply cannot afford the potentially life-saving transplant (the yearly income of blue-collar workers in China is around $6,000 USD). III. Apple Demand: A Double Edged Sword For China Older citizens in China have seized upon the news story as example of how China has lost its communist ways to the "evils" of unregulated capitalism. Writes one commenter on Hong Kong's Phoenix TV website, "This is a failure of education, the first purpose of which is to 'propagate morality'. This teenager's stupid behaviour is a manifestation of his radically materialistic values." Another commenter chimes in, "To sell a kidney in order to buy consumer goods? What vanity! It is undeniable that modern Chinese teenagers' morality is declining. This is something we must all think about." In China Apple devices are often more expensive then they are in the U.S. The gadgets are increasingly

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California Condor Attention Hunters: "It's time to Get the Lead Out" After nearly a full year of public testimony, discussion, and environmental analyses, the Fish and Game Commission modified the Methods Authorized for Taking Big Game (Section 353, Title 14, CCR) in December, 2007 to prohibit the use of projectiles containing lead for hunting deer, bear, wild pig, elk, and pronghorn antelope in areas designated as California condor range. Modifications to Methods of Take for Nongame Birds and Mammals (Section 475, Title 14, CCR) were also adopted to prohibit the use of lead projectiles in the same areas when hunting coyotes, ground squirrels, and other non-game wildlife. These regulations become effective July 1, 2008 . If you hunt in this area, you will be required to use nonlead projectiles to hunt big-game and non-game species beginning July 1, 2008. In addition, while hunting these species in this area hunters may not possess any lead projectiles/ammunition and a firearm capable of firing that lead projectile or ammunition. NOTE! Lead Projectiles are still legal for hunting upland game species within the nonlead zone.

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For printing our articles please copy the web page by highlighting the text first - then click copy in the browser- paste the article into a word program on your computer. When the text is transferred into word, click to save or print. HOW TO KEEP THE SABBATH What Is required in keeping the Sabbath according to Mosaic Law: 1. No work done at all (Ex. 20: 10; Lev. 23: 3; Jer. 17:21-22). No watering the lawn, no working in the yard, no hobbies, no surfing, no fixing flat tires, etc. By law if a person did not stop all types of activity in honor of the Sabbath, he was breaking the law. In Numbers 15:32-36 a man was caught collecting sticks on the Sabbath, and he received a rock concert from the people he knew. 2 No kindling of a fire (Ex. 35:3). No fellowship cookouts or barbecues. You can't go into a restaurant and get a hamburger that's been flame broiled, you can't cook eggs, or pancakes in the morning because you'd be kindling a fire for cooking. To drive a car would be to "kindle a fire" In the combustion chamber of your engine. 3. No traveling (Ex. 16:29). Later the Jews added to this law, allowing only a half mile of travel on the Sabbath which we see observed in the NT. But the pure law says "stay at home." Actually, If you kept this part of the law, you could not travel to your church gathering unless it was less than one-quarter mile away from home. If you had an emergency you could not drive to the hospital. 4. No trading (Amos 8:5). If you happened to need gas to get to church service, you could not "trade" money for gasoline. You would not be allowed to buy a cassette tape of that morning's message or a book at the store. There is to be No exchanging of money for goods. If you worked with stocks and you needed to sell you couldn?t. 5. No marketing (Neh. 10:31; 13:15,19). Make sure you do no shopping whatsoever. You can't buy any ice cream for dessert after dinner or anything else. If you run out of food or drink at home you can?t go out to purchase any, you can?t even by a stick of gum. 6."... a holy assembly with double the daily offering along with the other offerings. In other words, you are to give twice as much on the Sabbath (Num. 28:9).Do we practiced this today In compliance with Old Testament law. Do Sabbatarian's really practice the law? I have yet to see people go to Shabbat and give twice as much each week. 7. New showbread In the holy place (Lev. 24:8). Of course this cannot be done today since there is no temple, so this part of the Sabbath cannot be followed by the church. The fact Is the Sabbath was not made for the gentiles, but for the Jews and their generations Ex. 31:12-17). It's a law given between God and the Jews. 8.The last part of the requirements for keeping the Sabbath day law Is the penalty for breaking It. DEATH ( adapted from B. Stonebrakers trac Sabbath breakers ) God instructed how the Sabbath was to be observed: Do Sabbatarian's abide by all these laws? THESE ARE THE CONDITIONS FOR SOMEONE TO BE PUT TO DEATH. Lev 16:2 7.Unauthorized entrance into the holy place of the tabernacle: Lev.20: 1, 2 -- Sacrificing their children to Molech (abortion, killing infants) this was a heathen divinity of the Ammonites. v.6 If one goes to Mediums and familiar spirits. v.9 Curses at one's parents. v.10 Commits adultery. v.12 'If a man lies with his daughter-in-law, both of them shall surely be put to death. v.13 Homosexuality, a man lying another man. v.14 Marries a woman and her mother. v.15, 16 Men or women having sex with animals. both man and beast are to be killed. v.16 'And whoever blasphemes the name of the LORD v.27 If one is a medium, or a witch or one who practices the occult. ( astrology

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Undecided Question Would you say that "straight camps" can drive people to suicide? They have been a big cause mentioned in a lot of suicide notes. I think it's safe to say that the church kills people this way, via the transitive property. Obviously it's not premeditated murder, but they force people to surpress who they are and all they do is make gay people realize that they'll never get acceptence from people like that. isn't it disgusting how some people still think being gay is a choice? even though they have never been in a situation where they had to choose to be straight bi or gay. no one chooses to be gay just like no one chooses to love animals "a bit too much" and no one chooses to be a pedophile. if they COULD choose, don't you think they'd go "back" to being straight? back is in quotations because they assert everyone is born straight and some choose to be gay, but this is clearly ridiculous.

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Setting up a new company is fun, and part of the fun is choosing what bits of tech to use -- especially if you're a geek like me. What is interesting now is that starting a business is much easier in a world of web applications and software as a service. ...we're redoubling our efforts to put together a programme for aspiring digital leaders. If you'd like to know more, either for yourself or your boss, do let us know . Alternatively, if you have some ideas for how it ought to work or what content should be included, we'd love to hear about that too! We've been having social media conferences and workshops for a few years now, but they tend to have a common problem, which is that it's always the same people who attend -- usually webbies or communicators.

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New Zealand handles Waitangi Day much better than Australia does on Australia Day as far as indigenous people are concerned, a University of Canterbury (UC) professor Patrick McAllister said today. Professor McAllister, who has just released a book on the issue, said indigenous Australians reject participation in Australia Day and stage alternative events that protest against their marginalised status and disadvantaged condition. ``Aboriginal people dub Australia Day Survival Day, Day of Mourning or Invasion Day. Instead of celebrating Australia, they try to develop and strengthen their identity as indigenous people who were subjected to genocide,'' he said today. ``But nevertheless they managed to survive and they reach out to other Australians in an attempt to foster unity without having to celebrate invasion and dispossession. In New Zealand on the other hand Maori are full participants in Waitangi Day, which takes place in accordance with the Treaty of Waitangi principles, with the nature of the day's events and meanings being negotiated by the treaty partners. ``Yes, there are often protests by Maori at Waitangi but this is in accordance with the nature of the treaty as something that is continually being negotiated.'' Professor McAllister said the other important difference which affected both the indigenous attitude towards the national day and the question of local celebrations of the nation, concerned the amount of state control and prescription as to how the national day should be observed. In Australia, the nature of Australia Day is managed and shaped by the federally funded National Australia Day Council, which had equivalent bodies in each state. The council subtly influenced the way in which Australia Day was celebrated, so that local government bodies, while having certain amount of autonomy in how to organise Australia Day, were directly influenced by national political concerns and trends. In New Zealand there was nothing equivalent to the Australia Day Council, and the state did not dictate the ways in which Waitangi Day ought to be commemorated at either national or local level. ``As the book says, this provides local communities, such as Okains Bay near Christchurch, with the freedom to organise Waitangi Day events as they see fit. In Okains Bay, where an annual Waitangi Day event has been taking place for over 30 years, the local community collaborates closely with the Ngai Tahu runanga (council) at Port Levy to organise a Waitangi Day event. ``It is similar in many ways to the annual events at Waitangi but is marked by a display of unity and co-operation between Maori and Pakeha as joint people of the land with a joint and mutually supportive interest in the Okains Bay area. This contrasts quite markedly with the annual displays of protest and antagonism between Pakeha and Maori at Waitangi itself.''

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3:21 These coats of skin had a significancy. The beasts whose skins they were, must be slain; slain before their eyes to shew them what death is. And probably 'tis supposed they were slain for sacrifice, to typify the great sacrifice which in the latter end of the world should be offered once for all. Thus the first thing that died was a sacrifice, or Christ in a figure. PASTOR BENJAMIN BOTCHWAY's comment on 2011-05-26 09:52:32: Not about what i think, i wanted to find the commentary meaning and understanding why God cloth Adam and the wife before sending them off from the garden.It's because of their nakedness that is why God cover or what kind of nakedness is the Bible saying about.

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October 30, 2012 7:00 PM. 10 attended. Photo Talk - 'Around the oval table : on Fashion Photography' This location is shown only to members We invite you to an informal Photo Talk around an oval table on Fashion Photography . Are you a real beginner who has never done a Fashion Shoot before but now itching with desire to give it a go; a semi-pro that needs to get some tips and bring some variety and different approach to his own shoots or simply a pro photographer that wants to see how others do it? Then you should join us for this; not only you can learn a lot but you can clear your doubts on some related topics, get some tips or even share some of your own experience with us so it's a win-win situation. Topics covered: \* How to prepare for your first Fashion Photo-Shoot \* How to cast your models / What models to work with \* On Casting Agencies / which ones we use and what are we looking for \* What to consider when you do your first Fashion Photo-Shoot \* Should I do TF or Paid Shoots/ When do I know I'm ready? \* Working with a Crew and its importance \* Tips and Tricks \* Q&A The talk will last for 2 hours with a 15 mins break. The format is quite informal and I will be leading the talk personally. Everyone is encouraged to bring a list of questions you may want to ask, pen and paper. Thank you so much guy for your feedback; very happy to hear you took some tips with you and look forward to seeing it applied to your work. Remember, never give up on something that you can't go a day without thinking about and ;let's face it, we all see 'great shots' everywhere :) Explore what lies beyond traditional photography and learn how to create an original piece of art out of a traditional image. Discover your visual, technical and creative potential, and have fun networking with everyone, from beginners to professionals.

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Some of you may remember that in a recent post , I appeared to express an aversion to pompoms. Let me explain: I don't, in fact, dislike pompoms in and of themselves , but merely hate the process of making the chuffers. Clearly, I have been scarred by interminable evenings spent wrestling with wonky cardboard rings, scissors, and escaping yarn strands. . . I thought I never wanted to create another pompom ever . . . but recently I have had a change of heart After reading my anti-pompom post, Ina and Pokey were kind enough to send me a pompom maker. The bits of plastic you see above come in several different sizes, slot together in an incredibly nifty way, and are a total revelation! Oh, nifty plastic pompom maker, where have you been all my life? Before I knew where I was, this had happened: and then this: and then this: Those of you who left a pro-pompom comment on my anti-pompom post will no doubt be pleased to hear that I have now designed a hat atop which one of these mahoosive woolly balls will sit, rivalling the wearer's heid with its gigantic proportions. All being well I'll be able to reveal the revenge of the pompom design in a couple of days. . . . One of the most rewarding aspects of this very rewarding job is seeing folk happily wearing the stuff that you've designed. I particularly enjoy seeing knitters' inventive modifications of my work, and recently came across three versions of my Boreal sweater that are so wonderful that I just had to show you. Here are friends Shannon, Maggy, and Carol looking completely amazing in their Boreal cardigans. Each size of the Boreal design is totally symmetrical down a central axis . . . . . . this symmetry makes it really easy to convert into a cardigan. You just add a few stitches to the centre of the body charts, work them in a striped or checkerboard steek sequence, cut the front up the middle when you're done, and then add button band edgings. Shannon, Carol and Maggy also modified the design by knitting it in the opposite direction to the way it is written -- top down. Again, this is much easier to do than one might think: its simply a matter of turning the charts upside down (each size has its own separate set of charts), and working in the opposite direction, reversing the shaping instructions. I really like the neat side pockets that Carol and Maggy have added to their cardigans. But what I love most of all about Shannon, Maggy and Carol's modified Boreals is that they are theirs . Each seems to have selected a palette that perfectly suits their colouring; each cardigan looks totally different, but each completely suits its respective wearer. To see knitters happy in beautiful sweaters makes me happy -- particularly when they have been produced and modified from my design. Shannon , Carol , and Maggy kept careful notes about the modifications they made, which you can see on ravelry (follow the links to see their individual project pages). Thanks so much, Shannon, Carol and Maggy for allowing me to share these photos! Kate's new book, Colours of Shetland , will be published on December 1st, 2012 With its beautiful photography, engaging writing, and signature hand-knit designs, Colours of Shetland will inspire you with the varied shades and hues of Britain's most Northerly isles. FAQ What is in the book? Colours of Shetland contains ten signature designs, five garments and five accessories. Each pair of designs is part of a different Shetland "colour story" which is explored through words and pictures. Situated in the rich context of the Shetland landscapes, wildlife, objects, and people that have inspired Kate, these colour stories bring the creative process of hand-knit design to life in an exciting new way. Alongside unique designs that are a joy to make and wear, Colours of Shetland offers the hand-knitter food for thought and a feast for the eyes. Where can I buy it? Upon publication, the book will initially be exclusively available to purchase from the Kate Davies Designs online shop . Each copy purchased from the online shop will be personally signed by Kate. Other retailers will stock the book from

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It is a rare man who can maintain a love of life through the infirmity of blindness, the terrors of war, and the horrors of a Nazi concentration camp. Such a man was Jacques Lusseyran, a French underground resistance leader during the Second World War. This book is his compelling and moving autobiography. Jacques Lusseyran lost his sight in an accident when he was eight years old. At the age of sixteen, he formed a resistance group with his schoolfriends in Nazi-occupied France. Gradually the small resistance circle of boys widened, cell by cell. In a fascinating scene, the author tells of interviewing prospective underground recruits, 'seeing' them by means of their voices, and in this way weeding out early the weak and the traitorous. Eventually Jacques and his comrades were betrayed to the Germans and interrogated by the Gestapo. After a fifteen month incarceration in Buchenwald, the author was one of thirty to survive from an initial shipment of two thousand. Reviews 'This is a remarkable true story by a remarkable man. This makes gripping reading and left me feeling uplifted and greatly strengthened. Highly recommended.' -- Stephanie Sorrell, New Vision, September 2000 About the Author(s) Jacques Lusseyran later became a university professor in the United States. He died in a car accident in 1971.

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Du'a request for one of the brothers on this forum This is a discussion on Du'a request for one of the brothers on this forum within the Food For The Soul forums, part of the Main Topics category; Assalamu alaikum, I came to know today that the father of one of our brothers on this forum is to ... Du'a request for one of the brothers on this forum Assalamu alaikum, I came to know today that the father of one of our brothers on this forum is to have or is having at the moment a Kidney transplant surgery. I will not name the brother to keep it discreet. But, he is a dear brother to us and it would be great if we could all make du'aa for the success of the surgery, patience for the family and tazkiyaa from all sins. Ameen. Re: Du'a request for one of the brothers on this forum 'alaykum as-salaam wa rahmatullah May he have a successful surgery. an expiation of his sins. and may Allaah subhaanu wa ta'ala give him a full and fast recovery. May his family be a great comfort for him all the while and be granted patience and fortitude Re: Du'a request for one of the brothers on this forum Just found out a while ago that the surgery has gone well alhamdulillah. Please continue to make du'aa that our brother's father recovers quickly and is able to get back to normal affairs with no complications. I did not address a specific individual, so I think it's a little different, and I was also referring to habitual porn-watchers in general when I wrote my post. I had habitual porn-watcher in general...

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I just recently purchased a N2A (CM10 Jellybean) card for a Nook Tablet and I have run into a couple of issues I'm hoping somebody can help me with. 1) When booting up, it books into the Nook system software. I read that if you are having problems you should trying powering while the Nook is under power - plugged in. This does work, but the next time I boot after turning off (Nook unplugged), it boots back into the Nook system software again. So my question is: Is this a persistent problem (only being able to boot while the Nook is plugged in) - or does this problem eventually go away? 2) When I try to reboot into the Nook system from Android using the reboot tool from N2A I get a message stating due to, not having superuser privileges, it's not possible to reboot into the Barnes & Noble system. How is this corrected? I see a permissions setting on the settingins menu for Android but I don't see anything that refers to "superuser or root" permission? There are a small percentage of Nook Tablets which require the power cable to be attached to boot from any SD card. There has been much discussion about what it is about the particular hardware in those tablets that causes that. It appears that those tablets need just a small power boost to boot the card. N2A has found a very nice portable battery to handle booting "on the go" Since you only need the battery for a moment, until the Tablet starts to boot into Android at which point it can be removed, the battery should last a very long time on a single charge. My tablet does the same thing. Just don't completely power off. Once in a while, after turning my tablet off (sleep mode or whatever you want to call it), it wouldn't turn back on again. I had to hold the power switch and the thing would eventually reboot and start back up in the B&N software. This always happened when I wasn't home near my power cord. So, I tried just replacing the ROM instead of using it from an SD card. I had the same problem of the tablet not turning back on sometimes, but at least it would reboot to CM7 and I could eventually get back to what I was doing. I got sick of it not coming back on. It happened often enough to annoy me. So, I went back to the original B&N ROM and am learning to be happy with that. Actually I also have the same problem you describe only it's not a once in a while problem with me. When I put mine to sleep I normally find that I have to do a complete start-up in order to turn it back on and likewise it reboots to the Nook interface. There's a few different tutorials on the XDA Developers web site. I don't remember which one I followed. Actually both problems have now gone from consistent to infrequent, although I have no idea why. I did not make any changes but my Nook will now normally boot to Android with a few exceptions and problem with the sleep mode has pretty much disappeared as well. Anyone who experienced Sleep-of-Death (SoD) problems with recent CM10 should try the CM10 version cm-10-20121114-UNOFFICIAL-acclaim.zip posted here ; it can be flashed into internal emmc, or installed to run off SD using the procedure posted here . I've tried it (on SD) and the SoD problem appeared to have been cured. ... There are a small percentage of Nook Tablets which require the power cable to be attached to boot from any SD card. There has been much discussion about what it is about the particular hardware in those tablets that causes that. It appears that those tablets need just a small power boost to boot the card. ... For some version of CM7 there is a trick posted here to get the NT to boot off SD un-tethered. Sadly I have not been able to get it to work on CM9 or CM10. Anyone who experienced Sleep-of-Death (SoD) problems with recent CM10 should try the CM10 version cm-10-20121114-UNOFFICIAL-acclaim.zip posted here ; it can be flashed into internal emmc, or installed to run off SD using the procedure posted here . I've tried it (on SD) and the SoD problem appeared to have been cured.

**id 38**

Arrington Sucks Blog Archive The Latest Need For Speed Game Buy Cheap Xbox 360 -- Cheap Xbox 360 Bundle Deals Trust me - watch Blu-Ray ... With the great ' Most Wanted ' title and then the downhill slide that was the 'ProStreet' title, the Need For Speed range needed a lift. And I think that this new ' Need For Speed ' title is that lift. The game throws you into the action rather suddenly, the opening movie chase scene cuts you into the action part way through, so make sure you're not drinking like I was. ...

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Watch Over The Credentials Of Canadian Universities Here is a brief discussion on checking the credentials of Canadian Universities before enrolling into one. Applying to the universities of Canada can be little intricate and competitive whereas universities also receive applications for great perspective students. Such programs have limited enrollment and quotas that admission committee make use of both subjective as well as elements of application process for determining which student is more likely to do well at institutions. Find Out What Is Required Each Canadian university has its own requisites of admission. Formerly, you have determined how to apply and contact admission office or registrar in every institution to scour exactly what is required in application package. In addition to this, most of the Canadian universities proffer this information on their online sites and usually have special web section for admission requirements of international students. Requisites And Supporting Credentials Many universities programs have average admissions and requirements for specific courses. Therefore, mainly required supporting credentials are official transcripts of high school. Additionally, reference letter, correspondence of intent, resume, check of criminal record, portfolio, medical form and an essay is very essential particularly for institution and program. Almost every university provides precise details as well as instructions as per their requisites. In general, students belonging to different nations are required to give evident proofs of English aptitude through consistent test scores of language. Different universities agree to different scores and tests so, it becomes very imperative to find out specifics. Besides this, international students are also required to divulge that quality of education received by them is equivalent to Canadian institutions. Each Canadian university has its own criteria for distinguishing the qualifications of international students. It is always worthy for international students to contact admissions office of university to inquire about assessing global qualifications. Moreover, applicants can contact CICIC or "Canadian Information Centre for International Credentials" for recognition of educational qualifications. Most of the students prefer consulting evaluation services of international credentials popular as "International Qualifications Assessment Services". No one can deny the fact that Canadian universities are not only competitive but also popular. This is the leading cause why it is good to get ready and apply for applications little early. Many applications of Canadian universities involves download of online application form for undergraduate course. Best part is that you can send these application forms either electronically or by post together with supporting documents illustrated in above-mentioned section. This step usually includes submission of application fees that is not refundable and ranges from $50 to $100. Most notorious aspect is that this application must reach institution before deadline. Money Matters For Travel freaks, Backpackers insurance is a must as it comes loaded with great benefits for a very nominal fee and makes travel fun and relaxing. It takes care of risks associated with safety of luggage, return of vehicle etc.

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Search form The Kind of Tea Party Victory I Can Get Behind Yesterday, Politico had a story whose headline read, "Tea Party Finds Success Blocking Reform." The story told about how in many states with Republican governors and legislators, conservatives are undermining the Affordable Care Act, "blocking the law's implementation" by refusing to get started establishing the exchanges through which people without employer health insurance will get their coverage after 2014. Victory for the Tea Party, right? They're blocking implementation! Well, no. Under the ACA, if a state doesn't set up its own insurance exchange, the federal government does it for them. So the Tea Partiers who think they've struck a blow for freedom by refusing to establish an exchange in their state are actually just expanding the federal government's power. Their citizens are still going to go through an exchange to get their insurance; it's just that it'll be one built by the feds, not built by the state of South Carolina or Montana or Georgia. As Jonathan Cohn says , "The irony here is that, throughout the health care debate, liberals like me wanted federal exchanges, in part because we feared states with reluctant or hostile elected officials would do a lousy job." If you were living in South Carolina, whom would you trust to construct an exchange that works well: the Obama administration's Department of Health and Human Services, which is desperate to see this reform succeed, or your state government, run by Republicans who think the whole thing is a vile socialist plot? That isn't to say an exchange set up by reluctant Republicans might not work well, even better than one set up by the federal government. It's possible. But there are incentives pushing against it. In fact, if the Republicans were really Machiavellian, they would take the federal money set aside for states to establish their exchanges, then create the crappiest possible system, work to undermine it at every turn, then say, "See? We told you this wouldn't work." (There are safeguards in the law to prevent that, but I'm sure if you were creative, you could find a way to make the exchange as unfriendly to consumers as possible.) So the current situation seems like a win-win. In states where legislators and governors want to make an earnest effort to make the exchanges work as well as possible for their citizens, they will. In states dominated by Tea Partiers, they'll refuse to have anything to do with it, and the federal government will step in. The Tea Partiers get to pretend they're standing up to big government, and the reforms of the ACA become more likely to succeed.

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for 49. 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. {"itemData":[{"priceBreaksMAP":null,"buy\\... to Basket","Add both to Basket","Add all three to Cart"],"showDetailsDefault":"Show availability and delivery details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and delivery details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Product Description Review Water down The View for a market that doesn't appreciate the potty-mouthed sideshow antics that come with the Dundee four-piece's inoffensive and upbeat indie-pop, and what do you have? This, essentially: Tommy Reilly's debut album is the kind of perfectly forgettable affair that's characterised only by one thing, his thick Scottish accent. Which, to some, will be an appealing selling point -- his last single, Jackets, slumped in the nationwide chart, but if Wikipedia is to be believed it was a Scottish number one. While such a statistic suggests the singer enjoys some popularity on his home turf, the background to this record isn't one where Reilly has dragged himself around pub function rooms and basement clubs in pursuit of his dream -- rather than build a fanbase via regular gigging, he won a television talent show. The same television talent show that reminded the music world of Envy & Other Sins and provided them with the facilities to record an album with A&M, who promptly buried them again once it was clear that no hits were forthcoming. Reilly's show-winning song Gimme a Call charted highly in January of 2009, but its follow-up's flopping must have A&M worried, again, that their contest-conquering acquisition is rather short on commercial appeal. And they'd be right to fret, as Words on the Floor is little more than a collection of average arrangements complemented by a voice that will either enrapture or enrage. It's not a painless listen, as its maker -- who worked with producer Bernard Butler, which at least ensures the right amount of gloss is laid atop each track -- is partial to a squeal this writer thought was only producible by a child with his or her hand trapped in a car door. But, as stated above, there are sure to be some listeners who will find his singing style oddly endearing. Sickly cloying numbers like Having No One and the record's title track are notable lows on a collection hardly bursting with highlights, but given Reilly's youth -- he looks barely old enough to take his theory test -- the lyrical predictability of heart-on-sleeve pieces can be forgiven, for now. With maturity he may develop into a songwriter with compositional nous enough to render his opinion-splitting voice an even-keel element, but with it so far out in front in the mix here, Words on the Floor is remarkable only for its why-even-bother mediocrity. -- Mike Diver Excellent debut album. When "Gimme A Call" first came out as a single, I feared that the industry professionals had robbed Tommy Reilly's music of the rawness and charm that made his appearances on Orange Act Unsigned last year such a weekly treat. However this album is a fantastic debut. Absolutely recommend it if you want to hear something fresh. Tommy Reilly has real talent! and deserves alot of sucess! His music is amazing and more importantly his lyrics are so emotional and amazing! I cant tell you how good this is! Have a listen and find out for

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Hermit comes out of his shell with tale of Keith Moon, a policeman and a gun IT was when the policeman pulled a gun on The Who's drummer, Keith Moon, ordering him to pull up his trousers, that Barry Whitwam realised the birthday celebrations might have gone too far. It was 1967 and Barry, drummer with Sixties pop icons Herman's Hermits, was on tour in the US. Above, Barry Whitwam (third left) Herman's Hermits now and left, in their 1960s heyday. The band, who have sold 75 million albums worldwide, play Derby on November 16. A few days earlier, in Las Vegas, he had celebrated his 21st birthday with friends and now, in Michigan, he was helping The Who's drummer, Keith Moon, mark the same milestone. But things had gone decidedly rock'n'roll. Barry, who is set to play at Derby's Assembly Rooms with the rest of the Hermits later this month, said it started out quite innocently. He said: "We were in the dining room of the Holiday Inn in Flint, Michigan. One or two cakes had been delivered to the dining room of the hotel for Keith's birthday, so we decided to have 50 more delivered for my birthday, which was a few days before. "Of course, we'd had a few drinks and Keith went to eat a fork full of cake. I stopped him and said that last year someone tried to poison us, so not to eat any. He put the fork down then decided to flick cream at (Herman's Hermits bassist) Karl Green, which hit him in the face." There ensued an apocalyptic food fight, leaving cream smeared across the carpets and up the walls. Then Moon, famous for his hotel-wrecking exploits on tour with The Who, ran over to Karl Green and yanked his trousers down. Karl returned the favour and it was at this point a policeman who had been guarding the room, stepped in. He drew his gun, waved it at Keith and ordered him to get dressed. Barry recalls: "We gathered round Keith pulled up his pants, apologised to the officer and pushed Keith out of the fire exit. Poor guy tripped over the pavement and smashed out his two front teeth. He spent the rest of the night in the emergency dental hospital." As unbelievable as it sounds, the story is true and is just one of dozens like it you hear if you spend some time talking with Barry. With hits like Mrs Brown, You've Got a Lovely Daughter, I'm Into Something Good and No Milk Today, Herman's Hermits were a huge success in England, America and across the world. Their clean-cut image made them stars just months after forming in Manchester in 1963, and their career has seen them sell 75 million albums and complete numerous world tours. Testament to their popularity is the group's longevity, still playing shows, 48 years after first forming. Next Friday, the group will join The Tremeloes, The Union Gap UK and The Ivy League for the Sensational 60s Experience, a one-night-only show of original hits performed by the groups that made them famous. And for Barry, a father-of-three, the buzz of playing in front of an audience is still undimmed. He says: "Each show is a different challenge but you never get tired of the thrill of having people cheer for you and applaud. It's a natural drug, it's addictive and we never needed hard drugs because of it." Barry, who lives in Gatley, near Manchester, has played Derby several times with the and the Hermits and is looking forward to sharing the stage with some of his contemporaries. He says: "We played with The Tremeloes when they first started, so it's great to be back with them. And it's a really fun show, where, afterwards, we meet and greet the audience in the foyer. So fans can get up-close and personal and it's a great experience." In a career hitting the eights of fame and going down in the annals of music history, Barry has countless memories. He says: "We met Elvis once, on a film set. He was such a generous person. As he approached us I was spell bound, it was as if God had come down from Heaven. "We had about two hours with Elvis and talked

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Elephants are gray. Pigs are pink. Only the chameleon has no color of his own. He is purple like the heather, yellow like a lemon, even black and orange striped like a tiger! Then one day a chameleon has an idea to remain one color forever by staying on the greenest leaf he can find. But in the autumn, the leaf changes from green to yellow to red . . . and so does the chameleon. When another chameleon suggests they travel together, he learns that companionship is more important than having a color of his own. No matter where he goes with his new friend, they will always be alike. From the Trade Paperback edition. "Lionni's signature watercolors span the rainbow in this story of a chameleon who, while searching for his identity, finds a friend with whom he can share his changeable nature." -- Publishers Weekly "As captivating now as it was when first published in 1975." -- Children's Literature Leo Lionni, an internationally known designer, illustrator, and graphic artist, was born in Holland and lived in Italy until he came to the United States in 1939. He was the recipient of the 1984 American Institute of Graphic Arts Gold Medal and was honored posthumously in 2007 with the Society of Illustrators' Lifetime Achievement Award. His picture books are distinguished by their enduring moral themes, graphic simplicity and brilliant use of collage, and include four Caldecott Honor Books: Inch by Inch, Frederick, Swimmy, and Alexander and the Wind-Up Mouse. Hailed as "a master of the simple fable" by the Chicago Tribune, he died in 1999 at the age of 89.

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It has been Snowing... ...in England, as I am reliably informed. It hasn't, however, in Kanchanaburi. It's about 30 degrees and really rather humid. In fact I'm trying to decide how to cool down next. Go for a swim in the River Kwai or take my third shower of the day. We came to Kanchanaburi with the intention of staying three days. It has now been a week and I would stay for longer if it wasn't for all the other places I want to see in Thailand. It isn't that there is so much to do, but rather the place is just so beautiful. Our wooden hut stands on stilts in the river. Swinging on the hammock on our terrace I can pass the whole day reading, listening to music and watching the longtail boats race past. As daylight fades we are presented with a beautiful deep red sunset over the river before we wander of the the restaurant / lounge (also suspended over the river) to meet other travellers, play pool and enjoy green curries with Chang Beer. The price of such wonderful accommodation? A little over 3 pounds per room. We've not only been relaxing excessively by the river. We hired a (very) small motorbike and spent two days touring around the local area. I could defiantly get used to this motorbike lark. As I've been told many times before, you really feel you are in the environment when on a bike, rather than so detached from it when in a car. We spent a day temple hopping south of the city each one bigger and more impressive than the previous. Many of these temples are built up the side of the limestone mountains and caves make up a proportion of the temple. My favorite temple was one which had stairs rising up the mountain which continued up into the mouth of a dragon. Inside the dragon stairs there was a Buddhist picture story that finished with a painting of the very temple we were in. At the top we were rewarded with stunning views of the river below and the city in the distance. The last temple was huge, with 8 or 10 buildings built in either Thai or Chinese style. The place was so impressive, especially the huge golden Buddha (check out Espe in the photo to get an idea of scale). We also saw a very big tree. The day after we made the 65km ride up to the Erawan Waterfalls. These comprise of seven separate falls within about one kilometer. The scenery was absolutely stunning, with the deep blue water and surrounding jungle. Swimming in the falls was the true highlight, despite the little fish nibbling at my feet. Yesterday we went swimming in some hot springs (yet another relaxing activity). Changing from the 35 degree pool into the 40 degree one before jumping into the cold river has amazing effects on the body. Of course while here we've also been to several of the war museums, taking in the atrocities commited by the Japanese on the locals and POWs during the building of the Thailand / Burma railway (see Death Valley Railway or Bridge over the River Kwai). Tough, but fascinating stuff (makes me want to pick up my history books again) but I'll save you the details as this can be found elsewhere. Finally, let me explain my fascination with these longtail boats. They are long thin beautifully painted wooded boats. They have fitted at the rear a car engine and gearbox, the drives via a long prop shaft the propeller. They are unsilenced so make loads of noise, but the coolest of all are those with shiny big turbo's on display whistling their way along the river...

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Sony has just penciled in a Sept. 25, 2015, release date for what is presently being titled Hotel Transylvania 2. The project is in the early development stages and has no director. Genndy Tartakovsky , who directed Transylvania , is moving on to direct SPA's Popeye movie project, which just got a release date of Sept. 26, 2014. Transylvania has grossed more than $253 million worldwide since opening Sept. 28, far exceeding expectations to become the highest-grossing SPA title ever. Adam Sandler led a voice cast that also included Andy Samberg , Kevin James , Selena Gomez and others.

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Are there civilizations out there listening? We don't yet know the answer, but Dr. Frank Drake, president of the SETI Institute, came up with an equation that allows us to make an estimate by muliplying seven quantities related to the prevalence of life. Since its introduction in 1961, this tool has come to be known as the Drake Equation. Use the Drake Equation to make your own estimate of the number of communicative civilizations in the Milky Way. The great void in interstellar communication is not space, but time. In this animated presentation , learn how the lifetime of a civilization affects its ability to communicate. The number of suitable stars ? stars like the sun ? that form in our galaxy per year. More The fraction of these stars that have planets. (1=100 percent. .25=25 percent.) More The number of Earth-like planets ? meaning planets that have liquid water ? within each planetary system. More

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Book Description Fred Landon is forty-two years old, out of a job, out of a marriage, and only tentatively in tune with his role as a father to his seventeen-year-old flower child daughter. But everything changes when one dayhe becomes aware of the mysterious Margaret. Then a long-shot job selling real estate seems to be his for the taking. Suddenly a lonely life becomes complicated with the demands of a new job, his ex-wife, his errant daughter and his passionate lover. Fred Landon has been jolted back to life -- but where will his life go now? Fred Landon is forty-two years old, out of a job, out of a marriage, and only tentatively in tune with his role as a father to his seventeen-year-old flower child daughter. But everything changes when one dayhe becomes aware of the mysterious Margaret. Then a long-shot job selling real estate seems to be his for the taking. Suddenly a lonely life becomes complicated with the demands of a new job, his ex-wife, his errant daughter and his passionate lover. Fred Landon has been jolted back to life -- but where will his life go now? Product Description About the Author RICHARD B. WRIGHT isthe author of ten novels, including Sunset Manor, Tourists, TheWeekend Man and The Age of Longing , which was nominated for both theGiller Prize and a Governor General?s Award. Clara Callan won theGiller Prize, the Governor General?s Award and the CBA Libris Awards forAuthor of the Year and Book of the Year. Richard B. Wright?s work has beenpublished in Canada, the US and the UK to outstanding reviews. He lives in St.Catharines, Ontario, with his wife, Phyllis.

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Selling a Property Are You Ready to Sell? Consult your solicitor or conveyancer. If you have decided to sell your property the first thing you should do is consult your solicitor or conveyancer. The law requires a contract to be available for inspection by prospective purchasers, so doing this before your property is listed or advertised for sale will save you time. Some sellers (vendors) like to act for themselves but you still need to have a contract prepared before proceeding. Assuming you are using an agent, Metro Conveyancing can prepare a contract in accordance with your instructions and the legal requirements for forwarding to your nominated agent. THE STANDARD CONTRACT FOR SALE OF LAND The Contract must show the owner(s), title details, all the conditions of the sale and what is included in it. It is important to be clear about which (if any) furnishings, light fittings, floor coverings etc you intend to sell with the property and which you wish to retain and therefore have excluded from the contract. We leave the area for the buyer's name and the sale price blank at this stage. Certain documents ("Prescribed Documents") must be included in the contract. If they are not, a buyer (purchaser) with whom you have exchanged contracts can withdraw from the contract, leaving you without a sale. The required documents are: (1) A zoning certificate (s149 ) from the relevant council; (2) a sewer diagram showing the location of the sewer main; (3) a title search showing ownership and interest details and any restrictions on the property; and (4) where a building is included, a statement that smoke alarms have been installed in accordance with legal requirements. In addition, there are certain warranties ("Prescribed Warranties") that you, as vendor, must give. The required warranties are that, as at the date of the contract: (1) The land being offered for sale is not subject to any adverse affectation: (2) the land does not contain any part of a sewer main; (3) the zoning certificate attached to the contract specifies the true status and permitted uses of the land; and (4) there is no matter in relation to any building that would justify the issuing of an upgrading or demolition order unless specified otherwise in the contract. If any building work has been done in the previous six years (the value of which exceeded $12,000.00), the contract must also include evidence of owner-builder home owners warranty insurance. You should discuss this with us before putting your property on the market. REAL ESTATE AGENCY AGREEMENTS An Estate Agent must have an agency agreement signed before they can list your property for sale. If you are not sure of the terms of the agency agreement, please ask Metro Conveyancing to explain it to you. You may come across several types of agency agreements: Exclusive agency: This type of agreement is most commonly offered to vendors selling residential real estate. If you sign such an agreement, you are giving the agent the exclusive right to sell your property. While the exclusive agency agreement is current and someone else sells the property (including yourself) the agent is still entitled to be paid the agreed commission. Some agents will only agree to list a property under this type of agreement. Sole agency: This is very similar to the exclusive agency agreement except that it gives you the right to sell the property yourself without being liable to the agent for a commission. Multiple listing : A multiple listing agreement allows an agent who may be part of a network of agents working together to sell your property. You only pay a commission to the agent who you have signed the listing agreement with. Auction agency: This type of agreement is used when the property is to be offered for sale by auction. It is similar to an exclusive agency in that you give exclusive right to the agent to sell the property. Open agency: An open agency agreement allows you to list with any number of agents you wish. You only pay a commission to the agent who finds the buyer for your property. Many agents will not offer this type of agreement. Most agency agreements are for a fixed period of time and cannot be terminated prior to the end of that period unless both you and the agent agree. The period of the agreements is usually 90 days but can be for any period agreed to by both parties. Make sure you only have one agreement at a time and do not commit yourself to payment of a commission to more than one agent. Make sure any agreement is properly ended before entering into another one. EXCHANGE OF CONTRACTS Contracts for sale of land are signed by the vendor and the purchaser when they have agreed on a price, the inclusions and all the conditions of the sale. The

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Fieldwork Education Fieldwork is perhaps the most eagerly and anxiously anticipated part of social work education programmes. Students can experience a range of conflicting emotions prior to placement ranging from excitement to self-doubt. Once fieldwork begins it can be exhilarating, exhausting, affirming, and challenging. It is in practice that knowledge begins to be tested and skills are applied and further developed. Prior to fieldwork placement students have many questions so we trust this site will answer some of these. Goals of fieldwork The primary goal of fieldwork education is for students to experience the 'real world' of social work practice by working in a variety of social service settings with a diverse range of people. Students begin to work with theory, apply methods and models and experiment with the skills they have learned in the classroom. Learning is achieved by working alongside experienced and knowledgeable social workers in a wide variety of social service settings. The fieldwork programme is offered by the Department of Sociology, Gender and Social Work in collaboration with the social work profession and the community. Structure of our programmes At Otago there are two full year field papers, SOWK491 Fieldwork Practice 1 and SOWK492 Fieldwork Practice 2. Together the placements total 120 days of supervised practice experience. The Bachelor of Social Work (BSCW) is our professional programme where fieldwork is central to the curriculum. It is taught on-campus and through distance education. There are structural and delivery differences in on-campus and distance taught programmes and each caters to different student groups. Distance taught options The distance options of the BSCW is specially designed for mature and experienced social workers from throughout New Zealand who are normally in social service practice but do not have a social work qualification. These students can undertake study on a part-time basis to accommodate their employment. Placements occur in the third and fourth years of the BSCW. On-campus taught options On-campus students are generally younger (though not exclusively) and less experienced in the social services. Most of this student group studies full time and is majoring in social work. Students on these programmes must have completed prior academic study and a skills paper before undertaking fieldwork. Placements occur at fixed times throughout the year and normally take place within the Otago region due to on-campus study commitments. There is, however, a lot more flexibility for Fieldwork Practice 2 as most study has been completed by the time the placement begins, so increasingly students are electing to move to other locations around the country. Frequently asked questions Q. What is the process for organising field placements? The first stage is the completion of the Placement Preference Form (the form can be downloaded from Blackboard or can be found in the workbook) and a copy should be forwarded to the academic co-ordinator of fieldwork by the due date. This information will then form the basis of your placement negotiation. Each student has an individual meeting with the fieldwork co-ordinator to negotiate a suitable placement. Q. Should I look for my own fieldwork placement? No. Sociology, Gender and Social Work have fieldwork staff whose primary responsibility is to manage all aspects of the fieldwork programme. You will have a member of the fieldwork team who will work with you in the selection of an appropriate agency. It is the staff member's task to arrange a placement for you with one of the many agencies with which we work, based on agency needs, your interests, and the goals of the programme. You must not look for a placement on your own unless prior agreement is arranged with the fieldwork co-ordinator. Q. How much choice do I have in the selection of a fieldwork setting? Your fieldwork co-ordinator will discuss with you your interests and learning goals and clarify the objectives of the paper. The co-ordinator will then negotiate a placement with you taking into consideration your interests, skill level, and their knowledge of what each setting offers. Every effort is made to accommodate your learning needs, however, some compromise is often required due to placement availability. Students are required to attend a pre-placement interview with a prospective agency to determine suitability and an opportunity to decide if the placement is likely to meet your learning needs. You will need to bring to the interview an up to date curriculum vitae. The agency will have the final say on your suitability. Q. How many days of the week will I be on placement? The regulations for fieldwork require a minimum of two consecutive days a week, or more, up to a

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If Love Wins, What is Lost? Part 6 Repentance and Faith Paul Coulter Dr Paul Coulter has a background in medicine, and also holds degrees in theology and genetics. He currently works full time for a church in the northern outskirts of Belfast. He is passionate about the word of God, the local church and relating the Bible?s message to contemporary culture. View all resources by Paul Coulter Bell on the necessity of repentance and faith Why does it matter? We might ask at this point what the practical relevance of this whole discussion is. Why does it matter how God works out the details of the world to come? Can we not leave these questions to God and remain unconvinced of any position? It matters for a very important reason. The message that Bell proclaims has no urgency because it has no finality. It is as if he is saying, ?Respond to God?s love (how could you not) but if you don?t God will just wait and wait until you do, so take your own time about it?. The result of this is that it puts us in control of the situation and makes God our servant. Instead of understanding that we are moral creatures responsible to our Creator, we become the master and God?s plan of a universe where all is put right is put on indefinite hold while we continue to enjoy our sin and self-worship. This version of the ?gospel? includes no call to repentance. When the ?good news? or ?gospel? (which can be understood narrowly as the assertion that Jesus is Lord or broadly as the whole grand story of God?s redemptive plan) is proclaimed in the New Testament it always includes the call to, in the words of Jesus, ?repent and believe the good news? (Mark 1:15). This is also true of John the Baptist?s preaching (Matthew 3:2), the proclamation of Peter and the other apostles in Jerusalem (Acts 2:38; 3:19), and of Paul?s message to both Jews (Acts 13:39) and Gentiles (Acts 17:30). Although some of these passages emphasise faith (belief) and others emphasise repentance, we should not see the difference as contradictory in any sense. In fact the linking of repentance and faith is an important aspect of a proper understanding of the biblical meaning of faith. Faith is not simply the belief that certain things are true, but the transference of confidence (trust) away from our own ability to shape and rule our lives and onto Christ. Instead of worshipping false gods and serving ourselves, we turn away from these things (repentance) to worship and serve the living God (faith). Our trust is placed in Christ?s death as the basis through which God makes us right with Himself and in his resurrection power as the basis through which we can live a life that pleases God. What is saving faith? Does Bell?s ?gospel? include this call to repentance and faith? He does say some things about ?faith?, although he fails to understand it in the terms we have just outlined. He falls into a basic error when he mentions, towards the climax of a long list of supposedly contradictory biblical accounts of salvation, the demons believing and doesn?t seem to realise that this belief is not the same as saving faith since he infers from it that faith may not be essential for salvation (p.18). This is ironic given the fact that the biblical context in which the demons? belief is mentioned is an argument by James that ?faith? that does not result in changed actions is not faith at all (James 2:19 in context). James never suggests that faith is not necessary for salvation! Bell seems like a drowning man who thinks a life-jacket is a kind of anchor and so refuses to ask for one to be thrown to him! Another passage that Bell uses to suggest that faith may not be necessary for salvation is John 14:6 (we have already referred to some of his discussion of this verse at an earlier point) where he claims that Jesus ?doesn?t say [...] how, or when, or in what manner the mechanism functions that gets people to God through him? (p.154). The context, however, does provide the ?mechanism?, since Jesus has already called the disciples to trust in Him as well as God (verse 1) and he returns to the importance of faith later in the chapter (verses 11-12). Later in the same discourse he speaks

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If this is your first visit, be sure to check out the FAQ by clicking the link above. You may have to register before you can post: click the register link above to proceed. To start viewing messages, select the forum that you want to visit from the selection below. Re: Aucklander judged top gay man in the world I'm sure Christchurch does, and none of them won the world title, actually, I wouldnt know if any of them entered. Maybe Chch gay men will take note and try and claim it next time it is run. As for your last bit, I'll ignore it, clearly you have some sort of issue that you need to have looked at.

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Making Homemade Donuts is a Piece of Cake! With this stunningly easy recipe, you can treat your whole family to a sweet breakfast of coffee and doughnuts , all made in-house. You just need a few basic ingredients and a bit pot to cook 'em in. Honestly, the only part that might trip you up is the frying element, particularly if you've never worked with hot oils before, but with the right equipment it can be very easy! Ingredients 16 grams fast rising yeast (about 5 teaspoons or 2 envelopes) 1 cup water , warm 3 tbsps sugar 1 egg 1/2 tsp cinnamon 1/3 cup melted butter 1 tsp vanilla 1 tsp salt 2 1/2 cups flour cooking oil Directions In a large bowl, mix yeast, water, and sugar. Let stand until the yeast dissolves and bubbles. Add egg, butter, cinnamon, vanilla, salt and flour, and mix to form a dough. Roll the dough out onto a floured surface and cut out your doughnuts. Let them sit until they have risen; it should take about 30 minutes. Heat up your oil in a large pot to a temperature of 390 degrees Fahrenheit. Once your oil reaches the right temperature, fry your donuts until they're golden brown.\* Remove them from heat and coat them in a mixture of cinnamon and sugar (or any of your other favorite toppings).

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Book Description Publication Date: 16 Nov 2010 Playful, whimsical and wry, this is a beautiful picture book with a simple message at its heart. It is also classic Margaret Atwood and a wonderful gift for any lover of her words. Written, illustrated and hand-lettered by Um.A., "Up In the Tree" was first published in 1978, and is the story of two children who make their home up in the branches of a tree, where they are free to do whatever they choose. But when the ladder they rely on to get back down again is destroyed, some of their freedom disappears, too, and the children begin to wonder what they might be missing, down amongst the ground dwellers - until they have an ingenious idea, which helps them to decide what they really prefer once and for all! --This text refers to an out of print or unavailable edition of this title. Playful, whimsical and wry, this is a beautiful picture book with a simple message at its heart. It is also classic Margaret Atwood and a wonderful gift for any lover of her words. Written, illustrated and hand-lettered by Um.A., "Up In the Tree" was first published in 1978, and is the story of two children who make their home up in the branches of a tree, where they are free to do whatever they choose. But when the ladder they rely on to get back down again is destroyed, some of their freedom disappears, too, and the children begin to wonder what they might be missing, down amongst the ground dwellers - until they have an ingenious idea, which helps them to decide what they really prefer once and for all! More About the Author Product Description Review `Charming little book . . . Sweet and whimsical on the surface, there is nonetheless a dark and mysterious streak running through the pages' --Teach Primary --This text refers to an out of print or unavailable edition of this title. About the Author Margaret Atwood is the author of more than thirty books of fiction, poetry and critical essays. In addition to the classic The Handmaid's Tale, her novels include Cat's Eye, which was shortlisted for the Booker Prize, Alias Grace, which won the Giller Prize in Canada and the Premio Mondello in Italy, and The Blind Assassin, winner of the 2000 Booker Prize. Oryx and Crake, was shortlisted for the Man Booker Prize in 2003. Her other books for children include Bashful Bob and Doleful Dorinda and Rude Ramsay and the Roaring Radishes. She lives in Toronto, Canada. --This text refers to an out of print or unavailable edition of this title. I have been reading 'Up in the Tree' to my daughter since she was almost two (now 4), and it is one of the few books on our shelves that can not only take several hundred re-reads without feeling like death warmed up, but actually benefits from them. The simple message at the heart of this classic and beautifully illustrated and wonderfully written book is one of the over-riding importance of liberty and choice. As you may have gathered, it has become one of my favourite books as well as my daughter's. As a result of the number of re-reads my daughter and I now pass otherwise potentially frustrating waits in queues etc by reciting the words of the book to each other - always brings a smile. This is a fabulous little book that I would recommend for anyone with children - it would make a lovely christening/first birthday gift. It is beautifully illustrated and the rhyming tale really seem s to have tickled the fancy of my children (aged 2 and 5) who both love it. Beautiful funny little book. Children loved it. Its good to be reading something to them that is about freedom and fun and that has a true sense of humour. They asked lots of questions about the words and the pictures.

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Ganghwa -- part of the hugely important tidal area that will be destroyed The United Nations Framework Convention on Climate Change website is presently offering people an opportunity to post their comments on the green credentials (or otherwise) of a massive tidal power plant (area: 196km2) in Incheon, ROK. This tidal power plant aims to convert the ROK's largest remaining contiguous area of intertidal wetland into a reservoir. The area to be affected is the whole visually striking span of salt-marsh, tidal creeks, small islets and open tidal-flat that stretches north from the Incheon international airport to Ganghwa Island. The opportunity to comment is open until December 12th 2011. This opportunity is provided as part of Incheon Tidal Power Station's application for carbon credits which they would then sell. As stated within the application proposal, without carbon credits, the tidal power plant would not be "economically feasible." (P. 16). Absence of comment at this time might be perceived as international support; comments expressing concern will very likely help to erode support for this tidal power plant and for similar projects elsewhere -- both here in the ROK and in other nations with threatened estuaries. Birds Korea believes that this project is very poorly-advised. In its natural state, the intertidal area threatened by the Incheon Bay tidal power-plant is supposedly part-protected under domestic legislation. It supports several species in internationally important concentrations (including in and adjacent to this area, the world's largest breeding concentration of the globally Endangered Black-faced Spoonbill Platalea minor ), and it supports the livelihoods of large numbers of people both directly and indirectly. It should therefore be maintained in its present state, and designated as a Ramsar site. Black-faced Spoonbills, copyright Tim Edelsten However, the power-plant project that is seeking to win validation for its contribution to sustainable development requires the construction of massive seawalls, 20.9km in length, to create a vast reservoir fed by incoming high tides (which will then ebb lower at low tide in order to drive turbines). In summary, we believe that: There is little local or domestic support for the project; It will impact biodiversity negatively, including globally threatened species; It will lead to the loss of a very substantial area of natural habitat (mountains dug out for seawall construction and most especially extensive internationally important salt-marshes and open tidal-flats permanently flooded or dried out); It might not do much to reduce greenhouse gas emissions once all factors are considered. In addition to increased emissions during construction, it seems possible that natural carbon sequestration will be reduced even while greenhouse gas emissions increase (as natural salt-marshes and tidal-flats are fantastic sinks for greenhouse gases, but can release much CO2 and methane when degraded); And it will likely encourage further similarly destructive projects. Objectively this proposed tidal power plant does not meet the definition of sustainable development or Targets as set out by the Millennium Development Goals; nor does it meet existing conservation obligations or targets under Ramsar or CBD's Strategic Plan for Biodiversity 2011-2020 (with the latter calling by 2020 for "the rate of loss of all natural habitats (to be) at least halved and where feasible brought close to zero" (Target 5) and "the conservation status (of threatened species), particularly of those most in decline, (to be) improved and sustained" (Target 12). The project therefore should not be validated as part of the Clean Development Mechanism by being allowed to sell carbon credits. If you are willing to take a further five minutes to read more about the project, to register your comment or to forward this mail on to individuals or organisations that might be interested, we would be most appreciative. About the author A passionate conservationist, vegetarian (and dairy-free since last week), I live on the Great Chalfield Estate in the Wiltshire (UK) countryside with my wife and daughter. I birded all over the world for twenty years before quitting my airline job in July 2010, and am now freelance. Follow me on Twitter @charliemoores One Comment I am shattered to read this. having been on the last week's monitoring Saemangeum I hoped that I would never hear of such a tragedy again. I only knew of this Incheon Project

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Faunagraphic currently lives and works in Sheffield, South Yorkshire England, She grew up in Yorkshire, surrounded by rolling countryside in a small town called Todmorden; it is clear where her inspiration came from. Her beautiful and delicate paintings feature birds organic shapes, animals, nature and character with an element of fantasy. Rocket01 grew up in the countryside on the edge of Sheffield, where there was no murals or graffiti back in the 1980's. Rocket01 began his graffiti timeline by painting tracksides and abandoned buildings around the area. He completed a degree in Fine Art in 2003 and has since been painting with his partner Faunagraphic. Max Ehrman or EON (extermination of normality) 75 grew up in Florida, he received a masters in architecture from the Dessau Institute in Germany. 7 Responses to "A beautiful fairy on the side of Harrington's Pub" Nice coverage of this rather amazing mural on one of the very few remaining old Tenderloin businesses. I'm guessing you got at least some of the info from one of the owner's sons? All very nice and knowledgeable guys. An interesting collaboration. I get the greens, the fairies, and the shamrocks. But a hummingbird? Is that part of British/Irish iconography? Isn't it amazing how many street artists have fine arts training. Love the irony of it all.

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Ricki-Lee the face of Red Ribbon Appeal We'll start seeing even more of Ricki-Lee Coulter, with the Gold Coast-raised pop singer the face of this year's Red Ribbon Appeal. She'll team up with music queen Marcia Hines to help raise money for people living with HIV. GNN reports, as ambassadors for the appeal, Hines will appear in TV ads on Foxtel/Austar and Network 10 while Coulter will also promote the good cause with appearances in print ads, posters and online. Hines, who has been involved with the Red Ribbon Appeal for many years now, said HIV was an issue that affected her personally: "I've lost friends to HIV/AIDS and I have friends who are living with the virus". "Right now there are almost 25,000 Australians living with HIV," Hines added. "When you take into account their partners, family, friends and carers, there are hundreds of thousands of people just here in Australia whose lives have been affected." An ambassador for the first time during last year's Appeal, Coulter said she wanted to continue using her profile as a public figure to help shine a light on important issues. The Red Ribbon Appeal, run by the AIDS Trust of Australia and state-based HIV/AIDS organisations such as ACON is an annual nationwide event which will take place in the lead up to and on World AIDS Day on Saturday, December 1. The iconic red ribbons can be purchased online or in participating shops and businesses.

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Strange thing is, I'm sure this worked either with old versions of calibre or with old versions of samba. Is there anything I can tweak in Calibre, or anything I can tweak in samba to try to remedy this? Strange thing is, I'm sure this worked either with old versions of calibre or with old versions of samba. Is there anything I can tweak in Calibre, or anything I can tweak in samba to try to remedy this? Others may respond with advice that works, but I think that you probably can't correct this. Multiple users have reported their networked installs of calibre have recently run into trouble. The official line is to not run it on a network. My novice approach would be to export books locally then use an OS file manager or native sync software to get the books out to the share location. Good Luck. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -- Walt -- Stopping to check... \*sigh of relief\* ...all of my hair is still there.

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Friday, July 27, 2012 Barbie In A Blender , is a multi-author anthology now open for submissions of poetry about or relating to Barbie . America 's favorite doll has always been a source of inspiration for children, now she's an inspiration for us. Send us your humor, your sentimentality, your irony, your anger, whatever you feel about Barbie. Anything goes! Deadline: October 31 st ! Mistletoe Madness , is a mutli-author anthology now open for submissions of poetry with the theme of Christmas . Yes, boys and girls, it's that time again! Deadline: November 15 th ! Also remember . . . Backlit Barbell , our first multi-author anthology is also still open for submissions of poetry with the theme of health/fitness/exercise . Deadline: September 30 th ! Friday, June 29, 2012 Kind of a Hurricane Press is looking for a few good writers for its new ventures . . . Backlit Barbell , our first multi-author anthology is open for submissions of poetry with the theme of health/fitness/exercise . For details check out our anthologies page. Pyrokinection , our inaugural poetry journal and Jellyfish Whispers , our nature-themed poetry journal have been up and running and receiving some excellent work. But we always welcome more. Check out their guideline pages for more specifics: And now two new poetry journals are joining the Kind of a Hurricane family!! Napalm And Novocain celebrates the emotional aftermath of a romantic break-up. While The Mind[less] Muse celebrates the fun side of experimental poetry. For the minutia on submitting for these new projects, check out their respective guidelines pages: Friday, June 22, 2012 I just wanted to thank all of the poets out there that have been supporting Jellyfish Whispers! The newest journal in our Press has had a more than welcoming response! Stop by and check out the new site if you haven't already, and keep those submissions coming!!! About the Editor A.J. Huffman is a poet and freelance writer in Daytona Beach, Florida. She has previously published four collections of poetry: The Difference Between Shadows and Stars, Carrying Yesterday, Cognitive Distortion, and . . . And Other Such Nonsense. She has also published her work in national and international literary journals such as Avon Literary Intelligencer, Writer's Gazette, and The Penwood Review. Find more about A.J. Huffman, including additional information and links to her work on faceboook and twitter.

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Get stronger, sexier arms Don't spend the autumn and winter months hiding in long sleeves. Exercise your right to bare toned arms! The key to stronger, sexier arms is developing more lean muscle and reducing your overall body fat. Fitness expert and certified personal trainer Jessica Smith developed this toned arms exercise plan, which can be done up to four non-consecutive days per week, with 30-60 minutes of your favourite cardio activity on off days. For best results, try eliminating 500 excess calories from your daily diet using any of these simple calorie-cutting strategies. Arm toner #1: v plie raise Targets: arms, shoulders, upper back and legs Repetitions: 15 This move not only sculpts your shoulders, it also targets your upper back (to help you look killer in that strapless dress) too. The addition of the plie squat engages your lower body muscles, and more muscles worked at once mean more calories burned, all leading to faster fat loss. Holding onto your weights, start standing with your feet positioned about three feet apart, with your knees and toes pointing out about 45 degrees. Extend your arms down in front of your thighs, palms facing in (as shown in photo A) . Lower into a plie position by bending your knees, pointing them out straight over your toes, as you raise both arms overhead into a wide 'V' position (as shown in photo B) . Slowly lower arms as you stand back up out of your plie, returning to start. Arm toner #2: triceps kickbacks Targets: Triceps, back Repetitions: 15 Get rid of arm flab with this triceps-targeted move, and you'll also work the muscles that line your spine in your back to help improve posture, all of which can lead to a slimmer appearance. Arm toner #3: biceps curl and front press This two-in-one toner hits the front of your arms and shoulders and develops the functional upper body strength you need to lift and carry heavy objects (like your child or heavy purse) around during your busy day. Start standing with your feet hip width apart, knees slightly bent, arms by your sides with a weight in each hand. Bend your elbows and curl the weights in towards your body, turning your palms up as you lift (as shown in photo A) . Next, extend your arms out in front of your chest, turning your palms down as you reach (as shown in photo B) . Bend your arms back into your curl position, and then lower arms back down to your start position. Arm toner #4: 90-degree raise Targets: shoulders Repetitions: 15 Toned arms start with strong shoulders. This move helps strengthen the shoulder muscles from the inside out, building a strong foundation for your upper body strength. With your weights in hand, arms by your sides, stand with feet hip width apart (as shown in photo A) . Raise your left arm up directly in front of your shoulder, and your right arm up to the side of your shoulder (your arms should be fully extended at about a 90-degree angle), palms facing down (as shown in photo B) . Lower both arms down by your sides, and then repeat, switching sides (lift the right arm in front, left arm to the side). Repeat 15 times in total, changing sides each time. Arm toner #5: standing shoulder fly Targets: shoulders, chest, biceps Repetitions: 15 Work multiple muscles - including the 'cleavage' muscles in your chest-- with this move. Start standing with your feet hip width, knees slightly bent and weight in each hand. Bend elbows about 90 degrees, and raise both arms out to the sides (your arms should resemble a goal post in this position), brace your abs in tight (as shown in photo A) . Maintaining the 90-degree angle with your elbows, bring your arms together in front of your chest, without letting your elbows drop below shoulder level (as shown in photo B ). Open arms back out to sides and then repeat. Arm toner #6: reverse curl & side press Targets: biceps, forearms, shoulders Repetitions: 15 You'll hit the biceps and shoulder with this move, and the position of your

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I have awakened her when the sky was at its blackest, all stars erased, no moon to speak of, and led her down the front path to our dock, where we'd swim to the raft, finding it by touch fifty or sixty strokes from shore. And sit listening to things, the movement of water around us drawing us closer, a hunched double knot of child and father hearing all there is to hear, close beneath bats who see without sight, whose hunger is fed by darkness. The neighbors see her often in the woods, on hands and knees, smoothing the moss where it spreads in the shade, marvelling at the tongues of birds, the stained petal of the dogwood, the vein of color skirting the edge of an upturned stone. This morning she awoke to the first flash of the magnolia, and will save the petals as they fall, their purpled lids curling white on the lawn. We meant to tell her how the rainbows come, how they close into shadows, how we would be there nonetheless; we meant to tell her before they arrived at supper this evening, rimming everything in sight. She wonders if we see them cupping the stars, the kitchen lamp, each other's face, and we say we do. The thud always awakens her where she sits at the living room window gathering a shawl tight at her neck, her fist a pale brooch, its veins hard and swollen. She has heard it every night since he went overseas: the muddy jeep backfiring at the curb, his flag-wrapped body bumping to the ground, stars flicking light on the hedges as he rolls toward the house. Her cane finds the corner of things and she makes her way to the veranda door, its screen speckled with bugs lured by the pantry light. At the top step she shakes her stick at the darkness and mutters a private curse; she leans on the railing and takes each step as it comes, swallowing quick gulps of air and straining to see the lawn. On down the walk she goes to the far side of the hedge where the streetlamp lumps its shadows on the leaves. She pokes at the bushes and calls him in the voice she used above his crib three wars ago, pleading for her bambino, expecting to see him young and warm in his bunting, longing to feed at her breast. She unbuttons herself to the waist and probes among the brush, disturbing nothing but a squirrel, stiff in the leaves, the mouth dried open in its fur. He is barefoot in the creek again, wandering between his house and the next, not fully awake from dreams of grenades blown orange. Clad in summer pajamas, he fondles himself for slivers unable to rust as they rise from the streams of his flesh: grey hairs refusing to bend. He enters the tunnel beneath the road and squats there; the cannon of his voice, reaching both flanks, commands the neighborhood to take cover. There are no replies from the ranks; the years have covered them with grass grown wild in memory. His fingers continue their search, sensing movement within, and succeed at his left wrist where a steel pricker stands rigid -- a miniature soldier -- the point of its bayonet piercing the skin for escape. He draws at it with his teeth and feels it give way; with his prisoner pinched between finger and thumb, he crawls with the current toward light. Caught in the death of his squad, leaving only the moon as a guide, he questions his victim, frantic to learn the invasion plans of those left behind to drain his heart. In the blur of morning, he watches his enemy twist once before curling dead in the palm of his hand. Giving him now to the stream, using a leaf as a pallet, he kneels to the dead man's voyage. Drawn by a distant warmth, the Monarch unfolds herself from the silk of her sleep and stumbles the length of a branch before learning to glide to the darkened window of a grey-stoned building silenced for the dying. Unaware of glass, she floats through it and settles on the gentle rise of a wrist where pale tu

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my friend ..... is one of the closest thing i got to a family / sister shes my bestfriend i do anything for her to make her happy she says shes ready to have sex and stuff and im like woah hun are u shure i would never lead her down the wrong road . i told her not to becauuse i only want whats best for her ... DOSE anybody have advise for me Ohkay im on the phone right now with them they say she isnt home and wont pick up her phone &gt;..&lt; soo adleast they know but , i think she already did what i told her not to doo ii feel like a bad friend kinda because just ya unfortunately; if you can figure out to stop her from having sex while she is WAY too young to be responsible for the emotional and physical results of becoming sexually active, you have done what the rest of the country has never managed to do. i would never lead her down a bad road because when i was 13 i was raped by my own uncle worse case ever i wasnt ready and to my own uncle it was sadder then ever .... but now im 16 and i passed out at my friends house and her brothers one friend was ( jerking) and i was asleep and i soon was prego but i got a son now but i can honestly say it is not easy being a single young mom it isnt easy i can tell you that one for sure i have to wake up to take care of alante in the middle of the night and have to be to school super early i had to stop cheerleading and everything :/ i miss it alot i just cant have fun anymore .... i dont want her having a life like that Get a parent or adult involved immediately. 13 is too young to be having sex, especially unprotected sex, and it's way too young to be having an abortion or accidental baby. It may seem like you're "ratting" out your friend, and she may get angry with you about it, but there are some secrets you shouldn't keep because they are not in your best friend's interests. The best way to be a true friend now is my first sentence. Depending on the age of the person she wants to have sex with, you should probably also report this to the police - unless the person is the same age, which I doubt, then they are a sexual predator and child molestor. She might be mad at you now but when she grows up she'll completely understand. I'm assuming that when you called her parents, you told them what she had said and you told them about the horrible adult with her, right? If so, then you did all the right things and I'm pretty sure she'll thank you someday.

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Pretend That This Is Fiction Lyrics Pink Spiders Oh brother, now we're going undercover 'Cause she's more than just a lover to me Can't you see that there's a reason for this heresy and treason? It's the season for instability Good lovin', two and one more in the oven This is way above a discovery Supersede your jurisdiction, let's pretend that this is fiction Make a story out of all that we see So can we agree enough is enough? Madeline sees the magazines for the trees so she tells me that Everything needs some time in the sun Everyone breathes their oxygen quietly, carefully carrying along Hey neighbor, can I ask you for a favor? See I'm sketching up the neighborhood's dreams 'Cause I need to hit the walls of coffee bars and shopping malls And show the world a side that they've never seen So what do you think about teaming up? Gravity sleeps when we see that all we are is not all we will be 'Cause everything needs some time in the sun Everyone breathes their oxygen quietly, carefully carrying along So can we agree enough is enough? Madeline sees the magazines for the trees so she tells me that Everything needs some time in the sun Everyone breathes their oxygen quietly, carefully carrying along Can we agree enough is enough? Madeline sees the magazines for the trees So she tells me that everything needs some time in the sun Everyone breathes their oxygen quietly, carefully carrying along So can we agree enough is enough? Can we agree enough is enough? Can we agree enough is enough? Can we agree enough is enough?

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Related Documents getin2marketing TESTIMONIAL Shortly after completing my Professional Diploma in Marketing I was promoted from marketing executive to communications manager, so this has directly assisted in my promotion at work. Rhiannon Bates, Communications manager Not going to university Getin2marketing without going to Uni If you're a keen talker and a real 'people's person', marketing could be the career path for you. It's an industry with a lot of varied roles and positions, which could see you doing many tasks such as organising events or promoting some of the world's most exciting companies. Being a marketer is all about personal skills: good communication, flexibility, organisation, the ability to work under pressure and to produce creative ideas are all essential. How? You may want to get started with professional work or continue to study further or may want to combine both. We are here to support you no matter what your choice. Become an Affiliate At The Chartered Institute of Marketing (CIM) we provide you with all the support to get started in this dynamic industry without any previous marketing qualification or work experience. You could become an Affiliate of CIM and make the most of the benefits to get started. You can demonstrate your professional commitment and credibility towards the industry and your prospective employers and peers by becoming a professional member of one of the world's leading professional marketing body. Find out more about member benefits and becoming an Affiliate . Continuing your professional development The Chartered CPD Programme is open to all members, and is a framework that enables you to manage your professional development. Participating in the programme provides a formal recognition for your commitment to staying up to date and improving your knowledge and skills. Find out more about our Chartered CPD Programme . The ultimate aim for a marketer would be to attain Chartered Marketer status which only CIM can provide. As a Chartered Marketer, you can become a part of an elite group of over 5,000 marketers around the world, all committed to maintaining the very highest standards in knowledge, ability and experience. Find out more about becoming a Chartered Marketer . Qualify and improve your employability Although marketing is a professional service, it's one that lends itself well to 'earn while you learn'. Some of the UK's biggest employers invest heavily in work-based learning and provide great learning opportunities and access to business that some people could only dream of when starting their first job. Hundreds of companies, large and small, are now recruiting people into their marketing departments from school-level and are helping employees to gain qualifications while in the job. It provides the stepping stones to help you get a qualification to the level that you want and is a real alternative to gaining a degree at university. For example, CIM's Introductory Certificate in Marketing helps you to understand the function of marketing and its role in an organisation. It will also help you to understand more about customers and managing customer relationships, as well as being able to communicate to both internal and external customers using a variety of different means. Find out more about our professional qualifications . What next? So if you're tempted by a career in marketing, you can find out more about all the job profiles in marketing as well as salaries offered in this industry. We also have an exhaustive list of work placement resource to help you find more about organisations and agencies that recruit graduates within marketing. Also find out more about skills that employers require at different stages of your career to make sure you have got what it takes to get into marketing. Begin your search into the world of marketing. Discover marketing right here.

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Wednesday October 31 - The Wednesday Oct. 31, 5pm performance of Dracula at Chapel Arts is cancelled . We apologize for any inconvenience. Saturday October 27 - 5th ANNUAL FAMILY HALLOWE'EN DANCE -- start time is 6:30 pm , not 6 pm as stated in the program guide. STUDIOWORKS ART STUDIO/GALLERY - The address of the StudioWorks Art Studio/Gallery is inadvertently missing on the festival map in our printed and online program guide. It is located at 335 Princess Avenue. Demitri Harris -- Please note the following correct spelling of Demitri Harris in the Voices From the Hood poetry section on page 48 of our program guide. Our apologies to 'Demi' for this error. The City of Vancouver proclaims Tuesday, October 30, 2012, City of Vancouver Downtown Eastside Heart of the City Festival Day. in association with the Carnegie Community Centre & the Association of United Ukrainian Canadians resents The 9 th Annual Downtown Eastside Heart of the City Festival Wednesday 24 October to Sunday 4 November, 2012 Over 80 events at over 25 venues throughout the Downtown Eastside With a focus on the rich and diverse communities of the Downtown Eastside, the ninth annual Downtown Eastside Heart of the City Festival celebrates the creative and committed artists and activists who thrive in the heart of Vancouver. To celebrate the talents, wisdom and power of our home community, the 2012 Festival theme is: "Voices from the Heart." The Downtown Eastside is the heart of the City, the founding neighbourhood where Vancouver began, and is the home of choice for thousands of the City's residents; this year's Festival reflects the essence of the Downtown Eastside -- its local artists and diverse art forms, history, people and cultures. The Festival takes inspiration from the words of Downtown Eastside poet and historian Sandy Cameron: Each of us has something to tell, something to teach. We speak the language of the heart -- here -- in the Downtown Eastside -- the soul of Vancouver. A special partnership this year with Miscellaneous Productions presents Kutz & Dawgs, a new Hip Hop Musical , directed by Elaine Carol. With Romeo and Juliet and West Side Story as inspiration, the young performers portray rivaling Kutz (alley cats) and Dawgs (junkyard dogs) in a cautionary tale of the destructive force of gang violence.

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Possibly the Most Beautiful Ad for Marriage Equality We've Seen BY Lucas Grindley November 27 2011 12:39 PM ET GetUp! in Australia released a commercial on Thursday from the perspective of one half of a gay couple in love. It builds to the big moment that they want legalized -- a proposal to get married. Polls in Australia show support for marriage equality has increased to almost two-thirds of voters. But Prime Minister Julia Gillard remains opposed, arguing that "the institution of marriage has come to have a particular meaning and standing in our culture and nation and that should continue unchanged." In the commercial, the couple seems like any other that might fit that "meaning," except for their gender. Groups such as The Third Way in Washington have argued based on new research that it's a message of commitment like this one -- and not about benefits or rights -- that will be most effective with voters.

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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. Formats Book Description Release Date: January 12, 2010 Dr. Natasha is on a Mission to Help You Get Sex and Intimacy Back into Your Life for Good! Does "getting kinky" make you blush? Does it sound dirty and maybe a little illegal? Well, it's not, says Dr. Natasha. Kinky is just another way to have more fun in bed -- and what couple who has been together for a few years couldn't benefit from that? Dr. Natasha comes to the rescue by helping you both get in touch with your kinky side -- with instructions that are as simple as they are sizzling. Whether it's writing messages on your underwear, finding new uses for ice cubes or learning a little racy role play, you'll push the limits of your inhibitions to sample and savor new sexual delights. The common denominator is that breathing new life into familiar sex will make your connection more loving and intense both inside and outside of the bedroom. Dr. Natasha is on a Mission to Help You Get Sex and Intimacy Back into Your Life for Good! Does "getting kinky" make you blush? Does it sound dirty and maybe a little illegal? Well, it's not, says Dr. Natasha. Kinky is just another way to have more fun in bed -- and what couple who has been together for a few years couldn't benefit from that? Dr. Natasha comes to the rescue by helping you both get in touch with your kinky side -- with instructions that are as simple as they are sizzling. Whether it's writing messages on your underwear, finding new uses for ice cubes or learning a little racy role play, you'll push the limits of your inhibitions to sample and savor new sexual delights. The common denominator is that breathing new life into familiar sex will make your connection more loving and intense both inside and outside of the bedroom. {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Editorial Reviews About the Author DR. NATASHA JANINA VALDEZ is a successful sex therapist, clinical sexologist, and former radio host who has counseled thousands of couples over the years through her own radio show and appeared on other programs like The Howard Stern Show . She has written for many national publications and has sold more than 100,000 copies of her instructional sex DVDs. Who hasn't complained that since they got married, they just don't ever do it? Or if they do, that it just isn't that much fun anymore? And how many of us swore this would never happen to us when we were dating? Sadly, most married people don't have enough quality sex. Sooner or later, all long-term couples can fall into a sex rut, especially when you have kids. Parenthood takes a toll physically, mentally, and emotionally. With all the running around and huge expenses adding up, it's easy to see how sex can slip off the list of priorities for both partners. Sex doesn't have to be first on that list for a healthy relationship, but it needs to be pretty high up there. So let's start at the beginning. One of the most important ingredients of fun, kinky sex doesn't really have that much to do with sex at all. The first step is to fall back in love, and lust will soon follow. You'll see that if you lay the groundwork correctly, things will start clicking into place. In this short chapter, we'll get

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Closing Date The closing date for receipt of applications for this position is Opening of Business on Wednesday, 28 November 2012 . Applications received after the closing date will not be considered. If you have not been requested to attend an interview within two weeks of the closing date please assume that your application has not been successful on this occasion. How to Apply Job Description The position is located in the Defence Materiel Branch (Washington) [DEFMAT(W)] of the Australian Department of Defence. DEFMAT(W) is responsible for the procurement of equipment, training, services and repairs from the United States through the Foreign Military Sales (FMS) program and via Direct Commercial Sales (DCS) arrangements. The position reports to a supervisor (BB3) within DEFMAT(W), however the successful applicant will be required to work independently and at times under limited supervision. The position interacts closely with Australian and United States Government agencies, and Defence industry, in the management and execution of procurement cases. Experience within the FMS or DCS process is highly desirable, but not essential, and a combination of in house and external training will be provided for the successful applicant. The position involves close collaboration with both colleagues and external stakeholders in the management of procurement cases, and as such, the ability to build relationships and excel within a team environment is viewed as a critical attribute. The ability to Travel to locations outside of the greater Washington area may need to be undertaken for the purposes of liaison and training. Duty Statement The position is responsible for the following duties under limited direction and with guidance as required and in accordance with Workplace Diversity, Occupational Health and Safety and Industrial Democracy principles and practices: 1. Manage a portfolio of procurement cases and provide compliance and policy advice to Australian Government agencies on case issues (40%). 2. Liaise with United States Government and Commercial agencies in order to progress procurement cases and to represent the interests of the Australian Government (25%). 3. Draft formal correspondence and undertake administrative duties in order to progress procurement cases (25%) 4. Actively develop and maintain excellent working relationships with internal and external stakeholders. (10%) Selection Criteria Applicants must respond to all selection criteria Essential 1. Demonstrated understanding of the broader FMS and DCS procurement process, including the role played by the Defence Materiel Organisation. 2. Demonstrated experience in project management and procurement, within a government and/or commercial setting. 3. Demonstrated ability to adapt and overcome fluctuations in workloads, as well as changes in scope and complexity of tasks. 4. Proven small team skills, including developing effective relationships with colleagues and external stakeholders of all levels of the organisation and rank. 5. Ability to act with initiative and to work independently. 6. Demonstrated well developed oral and written communication skills, including use of Information Technology.

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Post navigation Just under a year ago, I made the life changing move of going from a full time, have a job in the office and juggle home mum to a full time, stay at home 'working' mum. What is the difference you ask? Well, I shall have to define what I mean by each : As full time, have a job in the office (I also worked from home a lot too) and juggle home mum our household was run with military precision. All school requests or any admin relating to childcare was completed and returned on the day it was emailed/put in the school bag. Groceries were all ordered online and delivered during their allocated slot. All communications relating to changes to our routine were emailed to the nursery or school (whilst on a teleconference I should add) or pretty please help texts were sent to supportive friends in extreme cases (like it's World Book day tomorrow and I don't have a costume for our son to go in...anybody have a spare outfit we could persuade him was a book he liked? -- mean I know -- but military precision meant it was that outfit or going to school in pyjamas!). My brain seemed to remember a lot more and it was seldom I would forget a date and if my supportive husband hadn't written that he was going to be out on the household calendar and there was a schedule clash -- it was a race as to who could get their pen to the calendar slot first to claim the rights to go out! In short -- I felt like I had a lot more time (ironic I know!) As full time, stay at home 'working' mum , hold on a moment...there is an interruption to this thought process -- please be patient -- my 4 year old has screamed with concern that his glasses have fallen into the toilet and require immediate recovery. Ok, sorry about that. I am back where was I? Oh yes -- I am more busy with running errands and very rarely in front of a computer/laptop for the full 10 hours a day I used to be. So the theory is that I have more time to be more organised. Wrong! Oops. Sorry. Need to dash off and do the school run. Right -- it has taken me a couple of minutes to remember my train of thought. Ah man! I was just getting on the right train -- just remembered -- I forgot that it was school swimming and it's my turn to help and need to go so that I make the school coach. Just got home to discover that there was only 6 items on my online shopping list (which have all been delivered and they are all soap!). oops! Maybe next time I should just do a full 'shop' before checking out. Need to go and get some bread and milk then otherwise it is soap for lunch. I am sure I don't need to add any more examples and that you get the drift of this definition. If I was to compare both full time working mum roles, they each have their merits and I am fortunate enough that I am able to spend this precious time with our boys. They grow so fast and soon enough I'll be the one asking for their help. I can say that there is never a dull moment in our house and my supportive husband is wondering how much longer I will last without the mental stimulation of my old job which I loved. I can say that almost a year on, I don't regret the decision we both made to stop working and look after our boys and whilst some days the rushing around feels just like rushing around, the time we get to chat in the car or I am able to witness a small achievement they make when we are out and about (this ranges from look I put a branch back on the tree to swimming with less floats!). About Mumof2 : I am Kelly and we have 2 gorgeous boys and 2 cute, but naughty dogs. Our family of 4 lived in London for many years and then moved out into the countryside. I used to be a full time working mum and after some disastrous au pair encounters, I am now a full time stay at home mum (and now a blogger). If you would like to hear more about life in our household please visit www.mumof2.com to read my blog. You can also find me on twitter.com/2mumof2 or facebook.com/mumof2.com I belong to several support groups on the internet for my various psychological disorders. Recently, in one of these groups, someone posted a question along the lines of... Is it harder to have Agoraphobia when you have children? I gave a short response, based on the fact that I've

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PHYSICAL ACTIVITY AND OUR KIDS: HOW ARE WE DOING? When Betty Lee tells her boys to go outside and play, she knows they will likely be the only two kids out on her street. Unfortunately, this is true across the country. For the fifth year in a row, the Report Card on Physical Activity for Children and Youth gave Canada a failing grade of D in 2009. The report card shows that children still spend twice as much time in front of the TV screen as they do being active. Less than 10 per cent of children and youth are getting the recommended 90 minutes of moderate to vigorous daily physical activity. "We are always kicking them outdoors in summer to be active. If given a choice, they would be inside playing video games," says Lee, a mother from Edmonton. "Kids today have more access to technology, computers, 24-hour TV and computer games. Their activity levels are a lot lower than they used to be." Dr. Mark Tremblay, director of healthy living and obesity research at the Children's Hospital of Eastern Ontario and chair of Active Healthy Kids Canada, says that more kids in Canada are becoming obese. He adds that we've been seeing this trend for at least the last generation. "This is a new biological phenomenon. Having large numbers of kids who are obese is new to the species. I don't think any of us understand what the consequences of that are," says Dr. Tremblay. "Almost everyone seems to understand that more activity is better, but we don't seem able to get people to act on that. It's not just being informed. It's creating environments to help make the healthy choice the easy choice," said Dr. Tremblay. Betty Lee says that one thing that seems to work with her two older sons is signing them up for an activity with their friends. "My older son especially does much better in swimming when he takes it through school. I see a positive effect when he is with someone he knows well who is his own age." Being physically active with the whole family also seems to encourage physical activity, says Lee. "We go bike riding every other night in the summer as a family," she said. "Sure, it is nice if they do the spontaneous play thing, but to ensure that they are getting physical activity regularly, we have to schedule it." Dr. Tremblay says modern devices, such as remote controls that reduce work, are a big factor in reducing the daily physical activity of kids. The main cause of obesity can be boiled down to too much energy intake for the amount of energy output. But Dr. Tremblay says the factors that feed into obesity are incredibly complicated. "My guess is that it's not going to be a good news story when we finally get it figured out," says Dr. Tremblay. "We're already seeing a substantial number of cases of children with Type 2 diabetes, which is one repercussion of not getting enough physical activity." He added that the psychosocial, emotional and mental elements of obesity can often have tragic consequences. Dr. Tremblay said that many of these factors are worse in aboriginal children and youth. Less than half of aboriginal children are active for 30 minutes per day five days a week. "Sometimes a reasonable amount of that difference disappears if you control for socioeconomic status," said Dr. Tremblay. "Quite often those groups are in poor living conditions and have poor education and low incomes." However, he pointed to Amish and Mennonite kids who don't have access to electronic devices. "They are way more active even though they have no phys. ed. classes and sports teams. Many of them live in what we think of as poverty. But these groups are achieving much higher levels of fitness. They have almost a complete absence of obesity. They walk, they play, they hunt. It's boring sitting in the living room." The increase in overweight and obesity, combined with low levels of physical activity, represents a serious threat to the health of Canada's children and youth. In response to this crisis, the Public Health Agency of Canada and the Canadian Society for Exercise Physiology developed Canada's Physical Activity Guides for Children and Youth. HEALTHY U NEWS Healthy U Food Checker Compare the nutrition criteria from a Nutrition Facts Table to find out if your food or beverage choice is a Choose Most Often, Choose Sometimes or Choose Least Often according to the Alberta Nutrition Guidelines. more Healthy School Communities Award Ten awards

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Vertical Church Band - Not For A Moment After All tab Not For A Moment (After All) Key: E Intro: C#m A E B C#m A E B Verse 1: A E B C#m You were reaching through the storm, walking on the water A E B Even when I could not see. A E B C#m In the middle of it all, when I thought You were a thousand miles away A E C#m B A E C#m B Not for a moment did You forsake me, Not for a moment did You forsake me Chorus: A E B C#m A E B F#m After all, You are constant. After all, You are only good. A E B C#m After all, You are Sovereign. A E C#m B A E C#m B Not for a moment, will You forsake me. Not for a moment will You forsake me. [ Tab from: http://www.guitaretab.com/v/vertical-chu\\... ] Verse 2: A E B C#m You were singing in the dark, whispering Your promise A E B Even when I could not hear. A E B C#m I was held in Your arms, carried for a thousand miles to show A E C#m B A E C#m B Not for a moment did You forsake me, Not for a moment did You forsake me Bridge: A E C#m B A E C#m B Every step, every breath You are there. Every tear, every cry, every prayer. A E C#m B In my hurt, in my worst, when my world falls down. A E C#m B A E C#m B Not for a moment, will You forsake me. Not for a moment will You forsake me. Outro: C#m A E B C#m A E B Vertical Church Band Site: http://www.jamesmacdonald.com/vertical-c\\...

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6th - 8th October 2012 Reviewed by Jana Perkovic Brett Bailey's medEia. Photo: Pieter Hugo South African artist Brett Bailey stirred ghosts of Germany's colonial past with Exhibit B , recently presented at Berlin's Foreign Affairs festival. An "installation with human exhibits" in which African people, like so many mannequins in ethnological museums, or "savages" in 19th-century human zoos , stand frozen in moments just after colonial massacres, concentration camps, and, eventually, refugee processing, was widely written about in the media. Spears or passports in hand, an image of mistreatment, staring back at the spectators. Underneath, the list of materials: chair, clothing, paper or "Africans, spectators." By all accounts a deeply affecting work; however, I am writing about another one. As a part of his ongoing project of confronting the "civilised" European art audience with its own (neo-)colonial crimes, Bailey also presented a nakedly racialised staging of Oscar van Woensel's MedEia . MedEia originated as a devised text, first performed in 1998 by Van Woensel, Manja Topper and Kuno Bakker (the two sometimes credited as co-authors), who form the Dutch performance group Dood Paard. The text is a violent translation of the myth into Euro-English, the simplified and cliche-laden English of the non-native speakers- the lingua franca of Eurovision, of Euronews, of Belgian performance or German dance. A language woven out of big thoughts simplified into commonplace pop parlance; long nouns and simple syntax; a part of what Rule and Levine have analysed as the International Art English . Medea's story is told entirely by the chorus, which occasionally takes on Jason or Medea's voice, and mourns throughout its powerlessness to intervene into the story they can only narrate. It weaves together song lyrics (over 80 artists are thanked in the postscript), catchphrases, and inanities. It gets ugly. Guess the words with which Medea renounces Jason? "So turn around now/ You're not welcome anymore." Enough said. The enormous familiarity of this banal text, however, gives it great resonance with any but the most uninformed viewer, and echoes the simplicity and matter -- of -- factness with which Greek myths deal with extreme violence. The effect of the brutalisation of language in MedEdia is, surprisingly, a sense of universal meaningfulness. As Umberto Eco noted (speaking of Casablanca): "When all the archetypes burst in shamelessly, we reach Homeric depths. Two cliches make us laugh. A hundredth cliche move us. For we sense dimly that the cliches are talking among themselves, and celebrating a reunion. Just as the height of pain may encounter sensual pleasure, and the height of perversion border on mystical energy, so too the height of banality allows us to catch a glimpse of the sublime." MedEia , although widely performed, has the unusual distinction among dramatic texts of having an original, the ur-staging, against which all others can be gauged. Dood Paard's 1998 debut is extremely austere, hovering around the 0C of theatricality, with only bare bones of set, flat and undramatic performances and no gesture or movement. On an intellectual level, it is extremely stimulating. However, it is above all an exploration of non-dramaticality, an exercise in self-restraint. Like much postdramatic theatre of the turn of the millennium, it is primarily interested in extreme stripping down of the theatrical illusion. While hardly a spectacle, Bailey's MedEdia is positively flamboyant in comparison. Three Women -- of -- Colour mouth the chorus while swaying their hips soulfully to the live drumming by the excellent Frank Paco. Even the protagonists appear on stage: Creon and Medea as two very embodied black Africans, and a white-skin Jason in leather trousers, like some colonial rock singer. Apollo Ntshoko's Creon is almost camp as he banishes Medea from Corinth, one step away from telling her to go, girl. The EU flag is

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First things first the bad points we had was ants infested our room even in the bed reported it to reception had it sprayed but they still came back shower broke down a few times and toilet got blocked up a few times but we didnt come to stay in the room, apart from that AMAZING food was fab always something different to eat entertainment was ok could be better though, only downside is we got stuck there when sandy hit and we all got moved to fun club down the road which is like a prision got told to stay in our rooms from 10 in morning till the next day and had to have food and drink brought to our rooms, after that we had to stay there one extra day because the other hotel had been damaged badly including the beach so dont be surprised if you go there in next few weeks to see the beach looking like a building site because hurricane sandy damaged it badly other than that we had a blast and met some lovely people whilst out there yemon!!! Stayed October 2012, travelled with friends Value Location Sleep Quality Rooms Cleanliness Service Was this review helpful? Yes Problem with this review? Ask reggaegyal about Royal Decameron Club Caribbean This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC Just arrived home yesterday from a week at the RDFC. Considering it was only days after Hurricane Sandy came through the hotel was spotless. Some bars and pools were not running but with only minimal capacity that is to be expected. CHECK IN: lobby was very inviting and the process was painless. Took approximately 5 mins tops and then we were taken to our rooms. ROOMS: they were kept spotless and all towels and sheets were changed daily. Beds were comfortable and the room was a good size. Since this hotel used to be Hedonism 3 the mirrors above the bed and shower were interesting. Our room 738 was an oceanview and overlooking the adult pool. Very quiet and not too far of a walk from the main pool, bar and buffet. FOOD: was pretty good. Some repetitiveness but tasty. They decided to open the Italian and Japanese restaurant after some visitors had complained about them being closed. Both were good. You can also use the a la cartes at the sister hotel Royal Decameron Club Caribbean. Pasta bar was yummy and eggs made to order each morning were delish. BEACH: there are 2 beaches. both were small but kept very clean of any seaweed or palm leaves. They continually would rake the beach throughout the day. I only wish they put out the pads on the swing cabanas to make them more comfortable. Snorkelling wasn't the best but that may be due to the water being very wavy. There were red flags out for the first 3 days we were there. Lots of chairs on the beach to choose from. If you like a more peaceful setting go to the adult pool or beach. INTERNET: we never had a problem getting free internet at either hotel. I know some people did have an issue but we never paid for anything and we had complete access to the internet. Some people had bought a wi fi card but it didn't work properly. STAFF: the staff at this hotel were outstanding. They made this hotel what we loved the most about it. The management should really commend the staff for going above and beyond to make each guest welcomed. A big shout out to Sprinkles, Chocolate, Pepper, Carlon, Michael, and Noreen. You guys really made our vacation the best!!!!! We absolutely loved this place and hope to visit again sometime in the future. You will not be disappointed if you are looking for a fun and cheap vacation. Room Tip: 700 blocks and up are closer to the adult pool and are quieter. See more room tips Stayed October 2012, travelled as a couple Value Location Sleep Quality Rooms Cleanliness Service Was this review helpful? Yes Problem with this review? Ask KWF523 about Royal Decameron Club Caribbean This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC Charly W Bristol, United Kingdom 1 review 21 helpful votes "Keep an open mind and decide for yourself when you arrive.. if this resort will blow your mind!!" Reviewed 3 November 2012 21 eople found this review helpful My reviews a little belated, but I visited the RDCC for the 3rd time (though my first visit in over 5 years in June this year, 13th-28th) I will apologise in advance as it is gonna be a long one, as I want you all to have a well informed knowledge of every part of the holiday!!! Back then, this resort became a Gold Star rating in the holiday brochure even though it

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In order to fulfill this wish of their audience, the creator of a work will usually create a viewpoint character and, over the course of the story, make said character Badass . This allows the audience to identify with the viewpoint character and as such experience badassery by proxy. Another way by which the author can fulfill this wish of the audience is to take a character that has already established his badassery and give said character a trait which the intended audience will identify with. Additionally, a writer can take a characterization with already-established Badass credentials and remove non-badass elements from said characterization in order to highlight the badassery . On the other hand, this trope can be used in conjunction with Be Yourself , as we see an hero try to emulate more macho role models and failing miserably imitating their machismo. At that point, they give up in despair and focus on they can do, convinced that they are nothing special even as they learn some new knowledge or skills no one around thinks is important. However, when they are called upon to do what they have to for others, they find that those things he's learned have made him a near invincible Badass Bookworm who saves the day while the macho characters look on in astonishment. An Escapist Character targetted towards the male demographic will often be a product of this desire. This trope can, in Fan Fic , lead to the creation of a Gary Stu . It is also strongly connected to a Power Fantasy (being a means by which this wish is fulfilled). This trope is very prone to being deconstructed . A possible reason for this is that producers of media are usually not particularly Badass and as such may regard this particular wish of the audience as immature or naive. This, of course, is merely a speculation. However, whole industries are built on playing this trope straight and allowing the audience to fulfill its badassery fantasies by proxy. This can be akin to hanging a sign on your head saying, "Am looking for Deal with the Devil , apply within." Or an invitation for Training from Hell . It's hard to tell the difference at first.... Arguably, video games in general have a strong element of this as their appeal. Many FPS games do at least in part avert or subvert this however. During some action games, there is a level where the game radically changes pace and becomes something different . For instance, an action game will toss in a stealth level where the player character is stripped of all their weapons. These levels are subversions of this trope and gain their impact from the sudden loss of power the player character has experienced. Survival Horror games often rely on averting this to generate fear in the player. Feeling powerful and competent is not conducive to feeling scared, frightened, alone and weak. This trope applies in two circumstances. The first is that a character in the work is motivated by the trope ( the in-universe version ). The other is that the work engages with (fulfilling, parodying, or being to some extent motivated and/or changed by) its viewers Wanting To Be Badass ( the meta-version ). There is often considerable overlap between the two types; if this wish was not prevalent in viewers, said viewers would probably react differently to characters motivated by the wish. The later is so common-place that only examples of playing with or subverting this expectation should be listed. Again, please remember that neither Wish Fulfillment nor the fulfillment of any specific wish (including this one) is a bad thing . If reality matched our fantasies, we would not need to create fiction. Examples of a character with this trait, or of the work playing with this expectation of the audience open/close all folders Anime & Manga Isidro in Berserk could be considered an example of this: even though he works a lot better as a Fragile Speedster with short blades and throwing rocks, he idolizes Guts (a Lightning Bruiser ) and his BFS . This leads to problems, as he always insists on fighting like Guts instead of focusing on his true strengths (which involve throwing). Because his wish to be badass causes problems, there is at least a certain element of deconstruction at work here. Guts himself is possibly the most badass character in all of fiction, but it's a shure bet that no one who followed the series actually

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In those countries whose debt has increased significantly -- and especially those whose debt has become unaffordable -- the need to rein in deficits will test social cohesiveness. The test will be starker as growth disappoints and interest rates rise. In several countries.... a great sacrifice is required from the respective populations. ................ In 2010, the ongoing crisis will further test such fortitude. We are closely monitoring signs of economic rebound as well as of political and social tension as early indicators of the sustainability of fiscal efforts. Am I missing something here, or are Moody's really saying that they will measure the effectiveness of countries' retrenchment efforts by the extent to which their populations start to riot on the streets? With hindsight I can say: yes, that is precisely what they were saying. The problem with the Credit Rating Agencies -- and one that cuts to the heart of the post-crash neoliberal agenda - is is less that they were wrong, but that they were right about what austerity would bring, and welcomed it. So the Police and Crime Commissioners were a little bit of a damp squib then. Here , as the TCF public service, is what the law says they have to do now. No, I'm no clearer either. Anyway, moving swiftly on......Next up in the litany of Tory cock-ups and insults to our intelligence is Healthwatch. Healthwatch, I'm sure you remember , are the local bodies which in April 2013 will replace Labour's Local Involvement Networks (LINks). See the Health and Social Care Act here , though that's a bit confusing, because it refers you to an amends Labour's Local Government and Public Involvement in Health Act 2007, which is here . Except that it's not very clear who "they" they actually are. The 2012 Act says that councils have to make the arrangement for a Healthwatch to be set up in their area, and that: The arrangements must be made with a body corporate which -- (a) is a social enterprise, and (b) satisfies such criteria as may be prescribed by regulations made by the Secretary of State The problem with that is that there is no definition in law of what a social enterprise actually is, so the Act helpfully clarifies that this will be clarified later on by regulation: For the purposes of this section, a body is a social enterprise if -- (a) a person might reasonably consider that it acts for the benefit of the community in England, and (b) it satisfies such criteria as may be prescribed by regulations made by the Secretary of State. "Ah brilliant", I hear you say. "Nothing like a bit of clarification. So we do now know what kind of organisation can run Healthwatch, then, because the Secretary of State has prescribed by regulation?" Erm, no, not quite. The matter went out for detailed consultation in the Spring, straight after the 2012 was passed, and lots of people gave their views on what should or shouldn't constitute a social enterprise for the purposes of being eligible to run a local Healthwatch or ten. But then the matter appears to have been to, well, forgotten. When pressed on the matter, Tory Health Spokesman Earl Howe, said on 24th October : We plan to publish by the end of this year statutory instruments (SIs) dealing with commissioning requirements for the NHS Commissioning Board and clinical commissioning groups (CCGs), Standing Rules for the Board and CCGs, local authority public health functions, local Healthwatch, and care trusts and partnership working. So regulations on who councils can make arrangements with to provide Healthwatch will be provided by government just three months before these arrangements need, by law, to come into place. Great. Needless to say, councils don't work like that, and most have already issued tender documentation, setting out what kind of organisations they think might be eligible, though in my area (Lancashire), the council has decided not to issue a tender, but to set up its own organisation \*. Hence we have a situation where, because of the failure to pass secondary legislation in good time, councils may end with legal cases against them from firms that feel unfairly excluded from the tender process (depending on what the regulations finally say) or, in cases where 'social enterprises' amay be set up as mere passporting fronts to private firms, from campaign groups arguing that the arrangements do not meet the criterion already set out in the Act, namely that

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Step away from the calculator! So I live in this tourist town Didim, also known as Altinkum ... which is actually just a small part of the whole town. Anyway, let's stay on point; A tourist town, a very young one, we are still struggling with our image, very much like an uncomfortable pimple faced teenager, but we know that one day we'll overcome those blemishes and it will be all smooth sailing from there on. In my eight years here, very much like that teenager I just spoke of, I can't wait for those smooth sailing days, as the monkey business going on some times here is turning my hair grey instantly and raise my blood pressure to unhealthy levels.) Our town is mostly visited by Brits, a lot have purchased homes here, live here partially or throughout the year. It is for that considered 'normal' that a lot of the business have put all their focus on this group of foreigners (note me not using the word TOURIST when talking about this group) There are 'full english breakfasts', 'Quizz nights' (totally bizarre way for adults to enjoy themselves where I come from), 'Karaoke nights' (did that activity really survive the 80ies?) and an organized 'Charity Event' for each UK expat that stubs his/her toe and is sofa-bound due to that. These things are as foreign to me as drinking from an ince belli ay barda?? were, but I got used to it and I carefully navigate my way around these places (gets harder and harder each year) to find other things to do. What I however can't EVER get used to in this place, is that anything tourist related is charged in a foreign currency. And not just any currency, but in POUND STERLING. I go to the market, I pay for my fruit and veg in Turkish Lira, I move to the next stand for a cheap hoodie and a Tshirt to send home as a present; written signs or a man in a bad English accent shout "3 for a tenner" at me. When whipping out TL 10, the man says "Yok abla, on paund" . Ok...10 GBP, how much in Lira then mr Man? ....and out comes the dreaded calculator .... "today 25 Lira Abla" .. I think it's absurd that in a small town .... Really a tiny speck on the map of whole Turkey apparently the currency is Sterling. I went to book myself an airport transfer. "How much for a return transfer" , the lady looks at her list and says "GBP 100" . I give her my "look again & quick -- lifted eyebrow" and say; Nasil Paund? KAC LIRA?!? And out comes her calculator. "Oh today sterling is high 2.9 .... So 100 x 2.9 .... 290 Lira please" . Look are you serious? Did you just IN TURKEY, for a service IN TURKEY, using a TURKISH VEHICLE and filling it up with fuel paid for IN TURKEY, to be used by people LIVING IN TURKEY, tell me your base price for that service is Pound Sterling? And did you then take your calculator and totally screwed me over? Did you just do that? Can you please confirm that for me?! "yes price is GBP 50 one way lady" I think it is a total disgrace this is happening and am gladly boycotting any business from now on that advertises only in foreign currency. Point is not that I am against advertising a dual price list to help holiday makers that really don't know how to convert to their own currency; point is that all pricing should be in Lira, and if somebody would rather pay in a different currency, one can than whip out the calculator and tell them what the converted price is in the currency they'd like to pay in. Since the british pound is 2.9 at the moment I sure understand businesses love those banknotes displaying the Queen, but to blatantly screw over people that make a Turkish wage and spend that tiny wage (compared to Europe) the Turkish way, is disgusting and greedy. Update: I'm sitting at Izmir INTERNATIONAL Airport .... Just to make a point .... if on an international airport prices are in Lira (but able to pay in whatever currency you wish) why is it near impossible to do this in Altinkum/Didim?!?!

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Christian Louboutin ( French: [kʁis.tjɑ̃ lu.bu.tɛ̃] ; born 7 January 1963) is a French footwear designer whose footwear has incorporated shiny, red-lacquered soles that have become his signature. [ 1 ] Louboutin was born and raised in Paris' 12th arrondissement . He was the only son of Roger, an ébeniste (cabinet-maker), [ 2 ] and Irene, a homemaker, both French, from Bretagne. He has three other sisters. Louboutin said in a 2012 interview that he was "much darker-skinned than everyone else in his family. You know, I felt I wasn't French. My family was very French and so I decided they had probably adopted me. But instead of feeling it was terrible and that I was an outsider who had to go and find my real family, I invented my own history, full of characters from Egypt because I was very into the pharaohs." [ 3 ] Louboutin was expelled from school three times and then decided to run away from home at the age of 12, [ 4 ] at which point his mother allowed him to move out to live at a friend's house. [ 5 ] He faced much opposition when he decided to drop out from school. However, he claims that what helped him make up his mind was an interview on TV with Sophia Loren , in which she introduced her sister, saying she had to leave school when she was only 12, but when she turned 50, she got her degree. He later remarked, "Everybody applauded! And I thought, 'Well, at least if I regret it I'm going to be like the sister of Sophia Loren!'" Landscape architect , Louis Benech , has been his partner since 1997. Louboutin and his partner spend time between their homes in Paris' 1st arrondissement , [ 6 ] a fisherman's cottage in Lisbon , [ 7 ] a palace in Aleppo , [ 8 ] a houseboat on the Nile christened Dahabibi-my love boat , and a house in Luxor . The Luxor domicile is a former craftsman's workshop, made of earthen bricks, to which he has added an additional floor and a rooftop belvedere. [ 9 ] Additionally, he shares a 13th-century castle in the Vendée with his business partner Bruno Chamberlain. [ 5 ] Louboutin claims that his unusual pastimes include trapeze flying, inspired by the film Wings of Desire , and that inspirations come from showgirls and music halls – not fashion (or la mode ), which he asserts becomes quickly dated. [ citation needed ] He began sketching shoes in his early teens, ignoring his academic studies. Going through a punk phase, he was in a few films, including 1979 cult classic Race d'ep and The Homosexual Century , which attracted an English-language audience. His first job was at the Folies Bergères, the cabaret where he assisted the entertainers backstage. He was also a fixture on the city's party scene, clubbing his nights away alongside Mick Jagger and Andy Warhol . [ 5 ] His little formal training included drawing and the decorative arts at the Académie d'Art Roederer. Louboutin claims his fascination with shoes began in 1976, when he visited the Musée national des Arts d'Afrique et d'Océanie on the avenue Daumesnil. It was there that he saw a sign from Africa forbidding women wearing sharp stilettos from entering a building for fear of damage to the extensive wood flooring. This image stayed in his mind, and he later used this idea in his designs. "I wanted to defy that," Louboutin said. "I wanted to create something that broke rules and made women feel confident and empowered." [ 13 ] Fascinated by world cultures, he ran away in his teens to Egypt and spent a year in India. Louboutin returned to Paris in 1981, where he assembled a portfolio of drawings of elaborate high heels . He brought it to the top couture houses. The effort resulted in employment with Charles Jourdan . Subsequently, Louboutin met Roger Vivier , who claims to have invented the stiletto, or spiked-heel shoe. Louboutin became an apprentice in Vivier's atelier. Going on to serve as a freelance designer, Louboutin designed women's shoes for Chanel , Yves Saint Laurent , and Maud Frizon . In the late 1980s, he turned away from

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The GOOD Book: Get Out Of Debt Get your finances under control now. Feel the peace of knowing your checkbook is balanced and in the black. Relish the bliss of paying your bills on time and savor the power when you have a savings and are in control of your spending. No more sleepless nights wondering how you are going to pay your bills. No more beating yourself up for unconscious spending, hiding receipts and credit card statements. No more needing approval from others. No more worrying when it comes to money. Pam's fun-to-use tools and exercises will soon be helping you tackle your money problems. Learn the secret, thought-provoking weapon she used to free herself of $26,000 in credit card debt. You'll instantly want to use it every day to stop sabotaging your good intentions toward your finances as well as other areas of your life. This humorous book was written to entertain you while Pam helps you grow into a financially mature adult. It is her prayer that you'll be laughing all the way to the bank and to financial happiness while you bring your family right along. The GOOD Book is available in multiple formats allowing it to be read on your computer or laptop (Adobe PDF), mobile devices, and e-readers like the Kindle and Nook! The Audio Files are available in either MP3 or iTunes M4A formats. Post purchase you will receive download access to all the available formats based on your purchase selection. The Audio Files Above are available in either MP3 or iTunes M4A formats. The e-book is available in multiple formats allowing it to be read on your computer or laptop (Adobe PDF), mobile devices, and e-readers like the Kindle and Nook! Post purchase you will receive download access to all the available formats based on your purchase selection. The downloadable audio files are available in either MP3 or iTunes M4A formats. The e-book is available in multiple formats allowing it to be read on your computer or laptop (Adobe PDF), mobile devices, and e-readers like the Kindle and Nook! Post purchase you will receive download access to all the available formats based on your purchase selection. The GOOD Book Selections: The GOOD Book: Get Out Of Debt Audio Book on CD : $19.95 Contains six audio CDs . The GOOD Book: Get Out Of Debt Audio Book Download : $9.95 Contains the Audio files to be downloaded to your computer . The GOOD Book: Get Out Of Debt E-Book Download : $9.95 Contains the E-Book files to be downloaded to your computer . The GOOD Book: Get Out Of Debt Digital Combo : $14.95 Contains the E-Book and Audio files to be downloaded to your computer .

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Main menu Post navigation How to find out if your iPhone app is running in the iPhone Simulator Sometimes it is useful to run different code when your iPhone application is being tested in the iPhone Simulator rather than on a real iPhone or iPod Touch device. For example, if you are testing CoreLocation functionality in the Simulator, all of CoreLocation's returned locations will be for somewhere in Cupertino -- not much use for testing with non-US data. Just to clarify -- my original post suggested checking for \_\_i386\_\_ and forking your code based on whether it is set or not. H pointed out that this is a Bad Idea, so I've updated the post to reflect his much better suggestion instead. Full credit to H for the correction. This code doesn't actually work properly. TARGET\_OS\_IPHONE also works in the emulator because the iPhone emulator runs the iPhone OS. The only reason this code works in your example is because you're checking for the emulator first. If you checked the device first, your code would fail. Since the first if statement fails, you default to the second which makes it seem like you're on the phone when in fact the second statement is true even when you're running in the emulator. You can test this by making a bunch of #if/#endif statements instead of an #if/#elif/#else/#endif statment.

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I'm going to kick off discussion from a techno-triumphalist angle: why aren't physical video games, from Dance Dance Revolution to the Wii to the Kinect, helping with this issue? posted by Apocryphon at 11:06 PM on June 18 [ 1 favorite ] Laziness would not have been the word I would have chosen. Very value-laden. Sedentariness is the word used in the primary source. posted by wilful at 11:09 PM on June 18 [ 11 favorites ] I love that I had to view an ad for a free bean bag from Microsoft before being allowed to read that first article. posted by raysmj at 11:10 PM on June 18 [ 6 favorites ] In today's society, people have less money for the gym. What we need in society isn't just universal healthcare, but universal gym membership. why aren't physical video games, from Dance Dance Revolution to the Wii to the Kinect, helping with this issue? Probably it's like home gym equipment: people buy them, then throw them in the closet/turn them into clothes racks in like a week. posted by delmoi at 11:12 PM on June 18 [ 2 favorites ] This sounds like good news as far as carbon dioxide emissions go. Huh? The CO 2 you exhale is all from 'renewable' sources that were pulled out of the air while the plants were growing. Only if you were eating food synthesized directly from crude oil (which I think might be possible) would it be a problem. In fact, not only do fit people do more walking, but in theory people who physically weigh less will improve fuel efficiency in cars. posted by delmoi at 11:14 PM on June 18 [ 1 favorite ] The article suggests that gym memberships and Wii/Dance/Kinect are not really relevant - the main factor is that the everyday 'work' of living has gone down, More jobs are more sedentary and require less movement. At home, how people cook and clean has also changed dramatically. ... In some countries, physical activity has sharply declined in recent years due to the shift from farming to manufacturing. China and Brazil had the largest declines due to this shift posted by jacalata at 11:20 PM on June 18 \o/ Yay! Oooh. Raised my arms a bit quickly there. I may need to go for a lie down. posted by zoo at 11:46 PM on June 18 [ 2 favorites ] We'd all be better served if our vistas weren't clogged up with car-only suburban tract housing, zero real options for pedestrian or bicycle commuting, and a culture that ghettoizes physical activity to shitty gyms. posted by Emperor SnooKloze at 11:46 PM on June 18 [ 36 favorites ] The nerve! Who is up for a class action defamation suit? posted by Cranberry at 11:49 PM on June 18 Sometimes I get overwhelmed by this problem. People don't move their bodies anymore. It worries me. It's a depressing feeling. I agree with delmoi that society needs universal gym usage, including state subsidized gyms. I'd imagine the major progress comes as gyms replace bars and cafes as hangout places, maybe due to more sociable exercises. posted by jeffburdges at 2:01 AM on June 19 why aren't physical video games, from Dance Dance Revolution to the Wii to the Kinect, helping with this issue? Because they don't get you out of the house and away from the snacks and sugary drinks and a quick flop on the couch. Physical video games should use headsets, maps, and augmented reality to make the world into a multi-player video game that people want to get out into. (Because apparently just going outside is no longer enough.) Everyone who plays gets a certain number of points for climbing a certain hill or for doing a certain circuit in a certain time. Game designers could examine local geographies and concoct alternate realities about actual locations, and they could give higher points for going farther away from conveniences and for negotiating more difficult routes. You might have to climb to the top of a certain real hill in town, do a certain dance with invisible (except to you) dance partners on the top of the hill, and then run back down the hill to get points. You might have to investigate certain historical sites and answer questions about them by, for example, racing with invisible partners to the easternmost bastion of a fort and then to the oldest gate or

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Online MBA #1 Online MBA News Destination 30 Proven Ways to Be More Persuasive Whether we realize it or not, we use persuasive techniques every day to get the things we want by influencing others. While it may seem like some people are born to charm their way through life, persuading others with an enviable ease, the whole shebang at its heart is a science -- something that anyone can learn to master with enough practice. If you're looking to brush up your persuasion skills, whether to get your foot in the door at a business , sell a product, or even get a promotion, here are some tricks and tips that can help give you that desirable silver tongue. Backed up by loads of social science research, these techniques are sure to give you an edge in any negotiation or debate. Reciprocity is a powerful force in our society and one that can be used to sway others. Doing a favor for someone you want to persuade can help to put them in your debt, and may make them more willing to help you out in the future. One study found that waiters who gave diners mints before they placed the bill on the table got consistently more tips than those who didn't. When others see you as being more trustworthy, they'll be much more likely to go along with what you're trying to persuade them to do, whether it's hire you or buy what you're selling. It may sound counterintuitive, but studies have confirmed the validity of admitting weakness. One such study sent out identical resumes with different cover letters, with one of the letters admitting a weakness. The honest cover letter-resume combo received many more call backs than the other which focused only on the positives. Most people who are looking for a job highlight only what employers have to gain by hiring them, but research supports the importance of also pointing out what others stand to lose in a deal. Potential losses actually create a bigger impact than potential gains in the decision-making process, so no matter what you're trying to convince others to do, show both sides of the coin. Humans are highly social animals, and we often make decisions based on the actions and beliefs of others. For instance, hotel guests are more likely to reuse their towels if they are shown a message stating that many others are already doing this, rather than one that promotes the environmental aspects of reuse alone. For those in the working world, testimonials and recommendations can be powerful factors in helping others to make decisions. Likeability is often a key factor in winning people over and studies have shown time and again that one of the key factors in influencing how much a person likes another is how many similarities they share. So if you're seeking to persuade, take time to find out about the other person's interests and determine what common ground you two may share. Sometimes effectively persuading someone comes in baby steps, and getting them to stay yes to something small can lead to a greater chance that they'll be on board with a larger idea in the future. A study on this phenomenon found that homeowners who agreed to place a small sign in their windows asking drivers to slow down were much more likely to agree to put a larger, more obtrusive sign in their yards later on than those who were not asked to display the smaller sign. No one wants to be seen as inconsistent or a flip-flopper, and you may be able to use this to your advantage when trying to persuade. Highlight the past opinions and behaviors of others to encourage them to behave in a way that's consistent with those positions or actions. However, if you want to get people to change from past behaviors, reinforce that circumstances have changed and that it's natural to have different opinions in the present. You're not likely to influence anyone unless you have a smile on your face, but that smile has to be authentic. Humans are masters at detecting a fake smile. A genuine smile makes you more likeable, trustworthy, and ultimately more successful at convincing others. Want your writing and speech to be the most persuasive? Keep it simple. Studies have shown that writing is much more persuasive when penned at the eighth grade level, even with those who are capable of understanding much more complex language. Simplicity makes things easy to understand and easy to remember, and is a highly effective tool in getting your way. Even if there are negative aspects of what you're trying to persuade others to do, spinning these elements as positive helps create a more overall positive view. Take this study as an example. Researchers created

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The Incongruence of the Schopenhauerian Ending in Wagner's Gtterdmmerung Written By The Wagnerian on Sunday, 4 November 2012 | 1:02:00 AM Of late, we have been investigating the influence of a range of German philosophers on Wagners thoughts and the development of his dramas With this in mind, we thought the following might be of interest - especially as it begins to bring many of these strands together. Whether you agree with Locus' thesis is another matter of course , although he makes a compelling case. Originally published in Stanford Uni's in house Journal, (the archives of which can be found here: Stanford Undergraduate Research Journ al) i t seemed to us, to be a shame for it to not reach a wider Wagner audience and we thus reproduce part here. The complete paper can be read by following the link below. The Incongruence of the Schopenhauerian Ending in Wagner's Gtterdmmerung James Locus In Richard Wagner's four-part musical drama, The Ring of the Nibelung, the composer experienced great difficulty in completing the final draft of the last piece, the Gtterdammerung. Before the music had been composed, the text of the piece -- the libretto -- remained incomplete for many years. Wagner planned five endings, yet one is particularly distinct in terms of context and philosophical underpinnings. Musicologists later labeled the unused text as The Schopenhauer Ending to reflect how strongly the philosophy of Arthur Schopenhauer influenced Wagner during the libretto stage. Focusing on the libretto, Locus explores Wagner's preoccupation with Schopenhauer's work and the way in which it inspired an ending, incongruent with both the larger context of The Ring of the Nibelung and the prevailing culture of Wagner's time. Introduction Richard Wagner's The Ring of the Nibelung epitomizes the pinnacle of the romantic Western tradition of music composition. The musical drama in a prelude and three episodes recounts the events leading to the fall of the gods and the tragic, interwoven fates of its characters. Spanning four nights, the sixteen-hour production took twenty six years to complete, resulting in several versions - each offering its own insight into the compositional process of its creator. The final scene of the last work, the Gtterdmmerung, is one such example, requiring five significant attempts to arrive at a suitable ending. The Ring has a complex narrative. The plot details how a stolen magical piece of jewelry affects the lives of a lineage of gods across several generations. Early in the narrative, a ring is forged with gold, stolen from the three Rhinemaidens. It possesses great power, thereby granting its holder the ability to dominate the world - if they so choose. This incredible potential attracts many power-hungry suitors, leading to a long trail of deceit as each attempts acquisition of the ring. Wotan, chief of the gods (and male protagonist for much of the story), is among the first to be ensnared by this lust for power. His flaw, then, proceeds to haunt his descendants as treachery and lies wreak havoc upon his once orderly world. It is not until Wotan's daughter, Brunnhilde, returns the ring to its owners and destroys the world of the gods after the death of her lover that the history of deception ends. The moral of the story speaks to the redemptive power of love in overcoming the lust for power. A close reading of the various endings reveals Wagner's struggles as he associated himself with and, then, disassociated himself from an increasingly philosophical tone. This shifting is particularly evident in the later revisions of Brunnhilde's final monologue in the final act of the Gotterdammerung. Of these, the Schopenhauer Ending departs strongly from both the Final Published Ending and other rejected endings. Its change in tone and structure warrant investigation as it indicates a significant shift in the artistic will of the composer. The revisions address the libretto and stage directions, which are the focus of the entire drama's final scene. Brunnhilde, Wotan's former guardian and daughter (also the leading female protagonist), stands over the body of her slain lover, Siegfried. He has been tricked and killed as a result of the gods' desire to obtain

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Notice to occupants of the Guy-Metro Building Furniture moved to accommodate the fine-tuning of the heating and cooling system has been restored This message is for all occupants of the Guy-Metro (GM) Building please share this information with your colleagues. Occupants of the GM Building were recently asked to remove personal belongings from the heating and cooling units so the HVAC system could be adjusted. The moved furniture has now been restored to its original locations and the personal belongings may be moved back. All of the units were adjusted, then measured by engineers. The majority of the units are now properly adjusted and require no further work. However there may be some units that still require certain adjustments. In these few cases, furniture and personal belongings will be temporarily moved aside for the work, and later replaced. The work will be done outside of office hours. At all times, the work crew will be accompanied by a Security agent. For any questions or comments, please contact the Service Centre at 514-848-2424, ext. 2400.

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It took about three hours to ascend to the height of the jump spot, and then took him just under ten minutes to reach solid ground. At points of his journey he is believed to have hit speeds of 833 miles per hour, the fastest any human has been without the aid of an engine and broken the speed of sound. Before launching himself Felix declared "Sometimes you have to get up really high to know how small you are." Obviously this was a well rehearsed phrase at a poignant moment, but it did make me think. Now I'm someone who experiences a slight nausea looking at those images you see of people's feet on a bungy jump 'ship's plank' seconds before they leap into the void beneath them ! But what struck me is that I wasn't thinking Wow, I wish I'd done that , but rather how amazing it was that Felix had done it. I'm celebrating that notion that we're all unique. Well done to the team involved and to Felix for making us appreciate that our possibilities are wider than we sometimes see them.

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It Just Was Not the Right Time It was not an easy decision to cancel the 2012 ING New York City Marathon. Whether or not the marathon was run on Sunday, there would have been people that were upset. The reason why people would have been heartbroken is the major motivational factor in this decision - people are crying because they've lost everything they've ever owned or because they are unable to compete in the marathon. The former factor obviously takes precedence over the latter. While some athletes may be crying, they'll be able to wipe away their tears as they enter their warm homes. Others are not as fortunate. However, the marginalization of these upset marathoners is unacceptable. The anger should not be directed towards the Mayor Bloomberg, NYRR CEO Mary Wittenberg, or the anthropomorphic Hurricane Sandy. Some New Yorkers should be disappointed in themselves. During the official press conference, Wittenberg continually mentioned that there was a negative perception towards the runners and volunteers. We thought that was hyperbole to simply strengthen the decision to abandon the marathon. But when we talked to volunteers, the story became legitimized. Each volunteer is provided with an ING sponsored bright orange jacket and Asics shoes. Volunteers should be able to be recognized as it's their job to help people. But the volunteers were recognized for the wrong reason. They were no longer beacons of aid, but easily spotted targets of abuse. When one volunteer finished her duties left the Central Park, she was confronted by two strangers. "How can you [expletive deleted] look at yourself in the mirror," said one of the men. "I hope you're happy at what's going on in the city," said another. What had this young volunteer done to bring so much hatred and malice upon herself? The penalty for wanting to give up her free time to help others was rewarded with spit in the face and a kick to the shin. This is just one example of how the NYC mob canceled the marathon. While their anger was justified, the projection of their hate was misguided. One volunteer said that one NYC citizen yelled insults at them from their apartment window. "Why don't you actually go help those in need," he screamed. It's " slacktivism " in its finest form. Insult the people on the street and then return to the comfortable confines of your apartment where you're doing nothing more than feeding the fire. The flame was fanned so large in part to the affects of social media. The "Cancel the 2012 NYC Marathon" had over 50,000 likes before the announcement. One of the top trending topics on Friday and Saturday was "nyc marathon." Social media provides an incredible forum for individuals to voice their opinion. Hashtags, topics, and buzzwords provides a home-base for users to curate their tweets and posts. When you search for "nyc marathon," the general consensus was overwhelming; it should be canceled. While the environment in NYC was not conducive to holding the marathon, there were extreme opinions. One tweet read, "I hope the generators in central park explode and kill some of the runners." There has been so much death and destruction; why incur more for these bystanders. This "popular" opinion ultimately caused the cancelation of the marathon. In the press conference, Wittenberg reiterated that the marathon is event to bring unity to that city and that this year's event would not accomplish that goal. There was far too much animosity towards the marathon for it to do a 180 degree turn and bring happiness to the masses. Bloomberg and Wittenberg both must abide by utilitarian beliefs - the greatest happiness is derived from the most people being happy. However, does social media skew the number of angered New Yorkers? Perhaps, but it only takes a few crazed individuals to run out onto the course, hurt athletes, and forever taint the image of the NYC Marathon. Last year in NYC, social media fueled the Occupy Wall Street Movement. It may even decide the Presidential Election next week. The internet managed to cancel the NYC Marathon. It was supposed to be "The Race to Recover." This was supposed to be Bloomberg and Wittenberg's magnum opus. The city was destroyed and this marathon would help bring it back on its feet. Events like that have happened before in New York. Former Mayor Rudy Giuliani will be forever remembered as the 9/11 Mayor of NYC. He

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Connect Email Accounts to Your Smartphone Dana: Hi my names is Dana Strauss, Im from Best Buy, in American Fork, Utah. A really cool fact about Smart phones nowadays is you can get email on your phone. really easy all you need to do is go to your phone and click the menu button, you find the set up button, and youre going to click on it. Itll say email account youre going to click on that as well. Then whats going to do it pop up, its going to say create new account. Youre going to highlight create new account. Click on that. Youre going to go through and do your disclaimers. The next part will actually show you the part where you add in your email address. This can be Gmail, can be Yahoo, MSN, any of that stuff. So you enter it in and then the next two are going to be your password. So you enter a password and confirm it and then youre just going to hit next and then all of your email will be on your phone.

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28 July 2011 4:04 PM Farming: a terrible idea? Progress, we tend to assume is, well, a Good Thing. Things that are new, and better, come to dominate and sweep aside old technologies. When they invented the car, the horse was rendered instantly obsolete. Ditto the firearm and the longbow, the steamship and the clipper, the turbojet and the prop. It??s called the ??better mousetrap?? theory of history ?? that change is driven by the invention of superior technologies. Except it really isn??t that simple. Sometimes a new invention, even if obviously ??better?? than what came before takes a surprising amount of time to become established. The first automobiles were clumsy, unreliable and expensive brutes that were worse in nearly all respects than the horses they were supposed to replace. The first muskets were less accurate and took longer to reload than the long- and crossbows which had reached their design zenith in medieval Europe. The last of the clippers were far faster than the first steam packets designed to replace them. A fascinating essay in this week??s New Scientist points out that perhaps the second-greatest human invention of all (after language), that of farming, was not immediately successful at all. In fact the big switch from a hunter-gatherer lifestyle to settled farming communities 11,000 years ago in the Neolithic had more to do with the creation of new social and economic structures than increasing food supply. It has long been realised that the advent of farming was not necessarily good for humans. Skeletal evidence tends to support the idea that the first farmers were shorter, weaker and died younger than their wild-foraging forebears. Indeed, people have been shrinking for millennia since paleolithic times and only very recently have those in the rich world begun once again to approach the statures of our prehistoric ancestors. In his 2010 book ??Pandora??s Seed??, geneticist Spencer Wells argues that farming made humans sedentary, unhealthy, prey to fanatical beliefs and triggered mental illness. It is certainly true that large settled communities ?? possible only with specialisation of labour and organised food production ?? are more prone to diseases. Of course Stone-Age people got sick, but they tended not to get the plagues and epidemics that are associated with more recent history. A lot of this is speculation, but in his New Scientist essay, Samuel Bowles, describes his quantitative analysis of the relative effectiveness of foraging versus farming - in terms of which provides the most calories for the least effort. Using a whole host of data, collected by anthropologists studying hunter-gatherer tribes and analysing the effort needed to wield replicas of ancient farming implements, he has come to the conclusion that, like the first cars, the first farmers were no better than what came before in terms of feeding the masses. Indeed, they were probably worse. So why did we do it? Farming, Bowles points out, ushered in a new era of property rights, created huge inequalities, paved the way for a wealth-based economy, divided the sexes and led to the creation of militaries needed to defend all this. Along with farming then, we got war and crime, madness and disease, cruelty, dictatorship and religions that were all about telling us what to do rather than emphasising our links with the Earth. The writer Jared Diamond has called agriculture ??the biggest mistake humans have ever made?? and it is tempting to see the story of the Garden of Eden and the Fall as an allegory for the descent of Man into settled barbarism. It is a persuasive thesis. For most of our hundred-thousand-year history human beings have not lived as we live today. Perhaps a great deal of our problems, from the modern plagues of depression and anxiety, obesity and environmental issues, can be ascribed to the Neolithic Revolution. In the end, though, there was no stopping the farmers. Along with the bad stuff we also got art, medicine, science and literature ?? all more or less impossible in a nomadic, Stone Age society. Cars eventually got better than horses, guns won out over longbows and steamships overtook the graceful clippers. But the success of the new is rarely as obvious, at the time, as it seems with historical hindsight. A thought

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Take the opportunity today to do something differently. Hiya, If you're a creature of habit like me then doing things differently goes against the grain. I actually advocate in the strongest terms that making certain tasks habitual is integral to you getting them done. Having said that, by doing things a bit differently from time to time we step out of the boredom of routine, we engage our minds and our creativity and we give ourselves the opportunity to find a new way. A better way maybe. By doing this often we may find that the way we are doing something is the best way -- so we get reassurance. But we may find new interesting, time saving, stress relieving ways that would otherwise remain unknown. Engage someone else in this process and your combined efforts may reap rich rewards. You'll only know by trying. Enjoy Stu PS: This is page 373 of ' How To Change Your Life One Day At A Time ' Buy your copy at the special launch price which will end after xmas, click here now 4 Responses to Take the opportunity today to do something differently. I was already presented withthe opportunity to do something differently early this morning...I opened my mind to the possibility of breaking my children's rountine just a bit, thouh the youngest felt nervous at this change for me it turned out to be a great stress reliever and an option I will always have in mind as plan B when the morning rush to school gets sidetracked...you are so right Thank you for the tip, read you soon, Alexandra Wise words my friend. I am so a person of habit and yes I get things done. But I do on occasion try a different way home from work or switching the order of my daily chores and it does feel good, like something is new

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How to Map Salesforce.com Account fields to Contact fields You probably have data fields in your Salesforce.com Account records (like Annual Revenues, Number of Employees, Industry Vertical, etc.) that you'd like to be able to have in Contact records too. Perhaps you want that information more visible to sales reps, and perhaps you need to be able to be map and sync fields at the individual Contact level with other connected tools like a marketing automation system or email deployment tool. You would think this task would be easy and obvious to accomplish in Salesforce.com. That's only half true, which is probably why you've ended up reading this post. The good news is that it IS easy. Sadly, it's not so obvious. Haven't had a need for that. What sort of data are you trying to push up to the Account record? I suspect it's not as straightforward given the many-to-one relationships of multiple Contacts to an Account. Great post! Is there a way to only show this data on a "Primary Contact" contact record. We wanted to differentiate between the main contact and a billing contact (i.e. a student's mother whose credit card is on file to pay tuition). We only wanted to show the Account field on that student's contact record and not on the mother's contact record. Both of which are associated to one Account. In addition, can you do this formula off a checkbox or only text and numeric fields?

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5 comments: I watched RealD's Coraline and Monster's Vs. Aliens. The 3D effects in Coraline were awesome! I really loved them. However the effects in Monster's were just o.k. I'm not sure if they didn't put very many effects in or if they just weren't very good. The 3D didn't effect me, or my two children (ages 5 and 11) But they did slightly effect my husband (a little sick feeling) I love the 3D movies and can't wait for more of them to come out. I love that they now have the 3D flatscreens for at home viewing also. um- i saw the twice in 3d. the first time we sat in the first row...so that doesn't help. the second time the affects were awesome!!! It was in realD. It didn't affect me. I love 3d movies and i perfure 3d movies instead on 2d.

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Many people have asked me how they can achieve the loose curls look 'Like the Kardashians'. Some say that 'it's too hard', others say that they can only do it on others and not themselves and some say they can only do it on themselves and not others. So I thought I would do my very best to break it down for you to make it easier. Please note that it does take practice so don't be disheartened if your first go, you look like Shirley Temple. It will come! Hairy situations... As the other tips that I have written about, there are many different ways to do them, some are better than others, but I have found these ways most effective. In saying that, there are many ways to curl your Island girl hair, some like to curl under, some like to curl back, but this is the most effective way of having it look natural, and that means that it settles nicer and my hair usually stays like this for a couple of days...EASY! Imagine this... If your head was going to be divided into 4 sections, there is one line going down (I'll call this the middle vertical line) and the line in the middle of your head going across (The middle horizontal line) Remember these terms, as I will be referring to them later. Bottoms Up... Starting from the bottom of your head, part your hair so that you leave a strip approximately 2.5-3centermetres wide remaining. The rest of the hair put it in a bun, out of the way. (Using a claw clip is easiest) All the hair that you curl, you will want to curl it back to the middle vertical line of your head. Whether you're curling it in or out (I will explain later) remember that you want it to go towards the back of your head, or the middle vertical line. Step by Step... Take a section and run the straightener down as you would if you were straightening it. Right before you get to the bottom, you want to turn the straightener out on an angle to the vertical line and curl the bottom, repeat this action again, this time curling slightly earlier so that you achieve a loose curl. You want to make sure that it is a constant movement so that your hair doesn't look crimped. (Leave that hairstyle to the Vengaboys) A good way to do this is, if you are doing your own hair, have your wrist above the straightener and flick your wrist back when curling. Take another section and do the same. When doing the left side of your head, remember that you change the way that you flick your wrists so that you are pointing it to the centre vertical line again. Repeat this until you get to the middle horizontal line and then you will want to change the process a little to create volume or height to your hairstyle. Part the hair leaving a strip again. This time you want to straighten the strands and almost curl under towards the middle vertical line. This way you keep the height and it also allows your hair to look more natural. If you have a side part or middle part, make the part before you continue curling and finish by doing the front to ensure that you have the correct part and it falls nicely. The aim is not make it look straightened but more natural. Finish by running your fingers through it a little to allow the curls to fall naturally and loosen. If you want, you can finish by spraying all over with hairspray or light gel. Flick hair over head and spray under then flick hair back and spray to hold. If you are using gel, concentrate on the tips rather than the roots. Rub product through you hands and use your fingertips to run through your hair and slightly scrunch it in your hands. Before you spray and walk away.... Remember that practice makes perfect. Make sure you practice a couple of times before your ball to ensure that you get it right. The looser the curls the better, so always finish by running your hands through your hair a bit.

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Revised STTM book is out! You have two good options: a very beneficial, private and one-on-one paid coaching session with Janie , or patient-to-patient internet groups, below. 1) THYROID COACHING WITH JANIE: Confused what your lab results or symptoms might mean? Hitting a dead end in your treatment? Not sure how to explain issues to your doctor?? Want privacy that a group may not give you? Need feedback on what you heard in groups? Need encouragement, hope and support? Janie, as a fellow thyroid patient and Messenger of Patient Experience, can help you come up with a forward-moving plan. We'll talk about what patients have learned with similar labwork as yours, what certain symptoms can mean, all the ways patients deal with their thyroid, digestive, and adrenal issues, how to talk to your doctor about all of this, and more. Janie will also give you encouragement, support, and genuine hope....because I was once at the bottom of the pit , and I got out. READ THIS CAREFULLY: Schedule a paid coaching call in one of two ways (Skype is cheaper for international, non-US callers since Ingenio adds more cost): 1) SKYPE (audio-only plus computer use -- this works well): Use the Contact at the bottom of this page and give me three things: day, time and your Skype handle. I will confirm, plus you will be sent a PayPal link to pre-pay for first thirty minutes (41.70 minimum @ 1.39 per minute, set cost, even if we talk less than 30 minutes) . Any extra minutes used (which is common) will be emailed with PayPal link for amount due at 1.39 per minute. Second amount is due immediately. Note: Skype is cheaper for INTERNATIONAL CALLERS than is Ingenio below. Ingenio adds more for non-US callers) To download Skype, go here and click on the Get Skype in the blue bar. 2) NOTE: as of Tuesday, Nov. 13, I am unable to use Ingenio -- it is locking me out. I'll remove this when things are fixed. INGENIO (a phone session website intermediary): Click on icon below (ignore the Away); choose either a "Time Window", such as 1-4 pm, or a specific day and time which I will need to approve or not. Cost is 1.39 per minute to equal 41.70 for 30 minutes, etc. \*\*\*I prefer coaching calls Monday through Friday after 10 am Central and before 5:30 pm Central time. I do not take calls on Sunday -- I need that time off. Please understand that I cannot follow up calls with emails on top of everything else I do -- would need three of me and 36 hour days. lol. 2) RECOMMENDED PATIENT GROUPS: \*\*\*READ ME!! A caveat to patient groups: some patients give very poor information which may NOT correspond with ten years of patient experience and wisdom. So not only use your own intelligence and intuition about what is stated in these groups, but check with patient experience from the STTM website and even more, the book. You can also bounce it off with Janie by doing a Coaching Call above. NOTE: these groups are NOT for medical professionals. Please respect that STTM groups are for patient to patient. WARNING: These groups are NOT listed to be a substitute for a relationship with a good doctor . They are instead meant to educate and support you, and to take the information into your doctor's office for discussion. Thus, STTM takes no responsibility for your decisions in using these patient sites -- that is your responsibility, or between you and your doctor, and YOU AGREE to this by using any group. Also, the list below is not in any order. You just need to find the one that you like the best...for YOU! Enjoy! Natural Thyroid Hormones International Yahoo group (NTH) : This friendly and helpful yahoo group was started by Janie in 2002, continuing strongly today as patient-to-patient, and focuses on the use of desiccated thyroid like Armour, Naturethroid, Erfa, Erfa and other brands. You have to request membership and give information about yourself. For Patients Only. NTH Europe : This NTH group was started in 2010 and specifically for Europeans-only to discuss finding good doctors, good clinics and the use of natural desiccated thyroid, etc. You will need to prove you are in Europe when you ask to join, otherwise, you will not be approved. Once in this group, you'll see mention in the Files of Sheila's TPA

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Digital Designs Z18 Cone Replacement/Upgrade @ ABTEC Its not very often we do cone replacement's on Digital Designs Sub-Woofers yet alone on a DD-Z18 ! So when Ashley 'MAD BASS' Burrell told me that he was going to cut up the DD-Z18 my heart nearly stopped, I had a head full of questions and starting ranting on like some sort of madman looking for any excuse for Ashley not to cut up the Z18 . After what felt like a four hour conversation/debate Ashley convinced me that what he was going to do was for the greater good of the Z18 and reassured me that he hadn't become a sick & twisted Sub-Woofer serial killer! It was soon after that said conversation that Ashley unpacked the replacement cone for the Z18 , this was when things started to make sense as the new cones Spider Suspension for the Z18 was twice as thick as the original one! Since Cone/Coil replacement is pretty much the same on most Sub-Woofers I'm not going to go into as much depth as last time, but if you want to read a more in depth write up on Cone/Coil repairs CLICK HERE . First thing on the cards for Ashley was to cut out the Dust-Cap and Cone. As you can see above Ashley took his time to cut the Carbon-Fibre Dust-Cap out and did so very carefully since he wanted to re-use it on the new Cone. This time round Ashley invested in some much needed safety gear since the fumes that come off the glue and rubber is very toxic. Ashley has also made up a plug of sorts to cover the top of the Z18?s motor to minimise the amount of aluminium dust that contacts the motor, he used a vacuum to remove the dust as he was carefully grinding away all the excess glue and rubber off the Sub-Woofer basket. And as you can see in the photo above that Ashley's patience paid off and the surface of the basket was almost perfectly smooth, also take note of the Z18?s unique motor and Coil-pole as this is very rarely seen by anybody outside of Digital Designs . After the clean up of the Sub-Woofer basket it was time to glue the new Cone/Coil and Spider Suspension into place and as easy as it looks to glue a Cone into place it actually is quite finicky and requires the person doing so to act quickly as explained in the original Sub-Woofer repair Blog. The end product as seen here is like new, well it pretty much is a new Sub-Woofer ! Ok, time to explain a few things now. By now you are most likely going "This is cool, but why would you cut up a seven thousand dollar Sub-Woofer ?" or "What was wrong with it?" ... Well, Ashley had brought over a special Cone/Coil with a SPL ES (Extra Stiff) Spider Suspension for the Z18 earlier on in the year with the intention of swapping it over eventually. But before doing the swap he wanted to hear the Z18 first and why not too, its not like you would buy a Z18 and not at least listen to it for a few hundred hours before cutting it up! The Final product from this is a Sub-Woofer that will be completely bulletproof (Not literally, please don't shoot it!) and if the new DD-9518-D2 SC (Supercharged) ES that is in ABTEC3 is anything to go by the Z18 ES will be something phenomenal!

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For marijuana users -- and there are tens of thousands in Washington, lawful and otherwise -- the question about Initiative 502 is its threshold standard of intoxication for driving on public roads. This is an issue, but it should not be the deciding one. Under I-502, a driver who has 5 nanograms of active THC per milliliter of blood is legally under the influence of drugs. That's like the standard for alcohol. A driver whose blood is at least 0.08 percent alcohol is legally drunk. A driver can be arrested and convicted of driving under the influence with less than 0.08 percent if his driving is bad enough, but with 0.08 percent, there is no argument about it. Patrol officers do not have a blood test for marijuana. If a driver's alcohol test exonerates drink, the officer can call in a drug-recognition expert who can decide to do a blood draw. If the draw picks up an intoxicant, that's evidence against the driver, but Robert Calkins, spokesman for the Washington State Patrol, says convictions are based mostly on testimony about the driving. Under Initiative 502 a blood level of 5 nanograms of THC would mean guilty. Clearly such guilty. Clearly, such a standard would make the work of the police and courts much easier. If the standard is scientifically valid, it should be in the law. About that, the pro- and anti-502 sides offer studies, none conclusive. Most states have no standard or a zero standard, because most states consider THC illegal and make no effort to accommodate it. In Colorado, which may legalize marijuana in a public vote this November, the state Legislature came within one vote earlier this year of setting a standard of 5 nanograms. That standard was put into I-502 so Washington voters, who are rightly concerned with road safety, would approve the rest of the bill. The rest of the bill makes a lot of sense, and voters should be willing to try the 5-nanogram standard and see how it works. It still requires a traffic stop, probable cause for impaired driving, the calling of a separate drug officer to examine the driver and the drug officer's decision to administer a blood test. Those things are time-consuming and expensive, and are not likely to be done indiscriminately. And recall that the blood-alcohol standard was 0.15 percent for many years before it was eventually lowered to .08. If the 5-nanogram standard turns out to be wrong, it can also be changed.

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The Cost of Alcohol: The Advocacy for a Minimum Price per Unit in the UK Background UK drinkers regularly consume alcohol in excess of guideline limits; alcohol consumption and binge drinking are also known to have increased in recent years. One reason for this is the availability of low-cost alcoholic beverages. The introduction of a minimum price per unit of alcohol has been proposed as a means to reduce alcohol consumption in the UK. However, there is little in-depth research investigating public attitudes and beliefs regarding a minimum pricing policy. This report presents the findings of an in-depth qualitative study to investigate people's attitudes, beliefs, and responses to the introduction of a minimum price per unit of alcohol policy and its perceived acceptability. The Project Twenty-eight focus groups were conducted to reflect representative views regarding the introduction of a minimum price per unit of alcohol policy. Participants were asked to give their opinions about minimum alcohol pricing, its possible outcomes, and how its introduction might be made more acceptable. The thematic content analysis of focus group transcripts revealed important insight into participants' attitudes and beliefs with respect to a minimum price per unit of alcohol policy. Major Finding 1 Participants were found to express largely negative views of the possible introduction of a minimum price per unit policy. Analysis indicated that participants' objections to a minimum price had three main elements: articipants were sceptical of minimum pricing as an effective means to reduce UK alcohol consumption; articipants disliked the policy for a number of reasons, in particular, the policy was believed to unfairly punish those who drink in moderation or 'sensible' drinkers; and articipants were concerned that a minimum price per unit might create or exacerbate other existing social problems (e.g., crime and drug abuse). Major Finding 2. Although they were clearly not enthusiastic about the prospect of paying higher alcohol prices, a number of participants reluctantly accepted that a minimum price per unit might be necessary to address excess alcohol consumption. Accordingly, participants who supported (or at least did not object to) the introduction of a minimum price did so for one or more of three reasons: the need for action to curb excessive alcohol consumption; the prospect of improved public health, particularly among young and underage drinkers; and the introduction of a minimum price was not perceived by participants to have a significant effect on their own personal drinking habits. Major Finding 3 When asked how the introduction of a minimum price might be made more acceptable, two themes emerged from the analysis with participants making the following suggestions: a minimum price per unit should be introduced as part of a broader package of government policies to address excessive alcohol consumption; and revenue generated by higher alcohol prices should be used to fund other interventions. In both cases, it was evident that participants were more likely to accept a minimum pricing policy if it was introduced together with other government policies participants considered most likely to reduce alcohol consumption significantly. There was also little evidence that participants' views of the minimum price policy and its acceptability varied across gender and age groups. Conclusions Current findings indicate that participants were largely sceptical of the introduction of a minimum price per unit alcohol-pricing policy and expressed doubts regarding its effectiveness. Participants did, however, suggest that the policy could be made more acceptable if introduced as part of a wider strategy to curb alcohol consumption. Present findings suggest that participants' objections to a minimum price per unit were the result of three main issues: a misunderstanding of the minimum price per unit policy itself; the failure to recognise the significance of small incremental reductions in alcohol consumption; and a preoccupation with the effects of a minimum price on heavy and dependent drinkers. Policymakers looking to introduce a minimum price policy should focus on dispelling the misconceptions regarding an alcohol-pricing policy and on highlighting the key features of the policy to counter the misunderstandings expressed by participants in the present research. Downloads Comments "Alcohol consumption and binge drinking are also known to have increased in recent years". I think you will find that hazardous, harmful and binge drinking have been in decline since 2002. This is true across both sexes and all age groups, but especially among 18-24 year olds (Source: ONS, Smoking and drinking among adults 2009). This is reflected in the fact that overall alcohol consumption has fallen by about 11% over that time (Source: HM Customs and Excise).

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Save to a Shared List Details Edge of forever: "River Glen was at the edge of nowhere--a tiny, sleepy town nestled on the shores of the Potomac. It was perfect for Dana Brantley, who, after a rocky couple of years, was looking for a peaceful place to start over. But the townspeople had other ideas for the new librarian. They Edge of forever: "River Glen was at the edge of nowhere--a tiny, sleepy town nestled on the shores of the Potomac. It was perfect for Dana Brantley, who, after a rocky couple of years, was looking for a peaceful place to start over. But the townspeople had other ideas for the new librarian. They thought she was perfect for their most eligible bachelor, Nick Verone. So did Nick's ten-year-old son, Tony. And so did Nick, himself. He was intrigued by the mysterious Dana, and determined to find a way through her reserve. But what he discovers is a wounded and fragile soul. It will take more than his usual charm to convince her that in River Glen--and with him--she has found the edge of forever"--P. [4] of cover. Natural father: "Pregnant, single and expanding her business--Lucy Basso's hands are definitely full. As it that's not enough, Dominic Bianco is showing more than a little interest in her. And when Dom isn't fazed by her impending motherhood, she begins to think that perhaps he's a natural father"--P. [4] of cover. Notices Quotes Videos Please keep in mind that some of the content that we make available to you through this application comes from Amazon Web Services. All such content is provided to you "as is". This content and your use of it are subject to change and/or removal at any time.

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linked to the website www.immersethrough.com: engaging with the world through food, travel, photography, and more Wednesday, November 24, 2010 OFF TO LEARN ABOUT DAILY LIFE IN A HARD PLACE Here it is at last, the day I get back into Burma. I have tried not to get too attached to the idea of getting a visa, but of course the hope was there, always, and the worry that I wouldn't. And in the meantime I've been reading my way through stack of books of travel and history, mostly history, of Burma and area. I sometimes feel I'm drowning in it, but that's the only way I can understand things, by immersing in a rather over-the-top way. The visa came through a couple of days ago and this afternoon I have a ticket for the direct Chiang Mai to Rangoon flight. Among all the other blockages the totalitarian regime in Burma imposes is a block on many websites, including blogger (though the New York Times etc is all available, at least until they start charging for online access; that business decision will be very harmful for people who need the oxygen of outside news and ideas and have only the internet sporadically for access) . So I won't be writing here again until after my return to Chiang Mai on December 9. And even then, there will be lots that I cannot say. The important thing in travelling in a place like Burma is to try to do no harm to people there. That means not asking people political questions unless you are in private and they have raised the issue first, not writing about indiscreet things that people tell you (at least, not in a way that can identify your source), etc. The fact is that all of us who travel in Burma are affected by the regime, work around it, try to avoid direct trouble, censor ourselves. These small infringements on my freedom, limitations that I am asking for, in fact, at some level that I am choosing to take on, by travelling there, are nothing compared to the restrictions on people who live in Burma and have no choice in the matter. Yet despite the fear and tightness and limitations of life, people in Burma are of course still human beings with hopes and ambitions and the normal cares about doing well for their children and coming through on their family and religious obligations. And that's why I think it's important to go there, and to bring back news of the everyday there. What is more "everyday" than food and cooking? And so that's why this project of mine, to learn what I can about food traditions in various places in Burma and to write about them. I hope that through the book people outside the country can connect in an immediate way with the humanity of people living there. It's a small effort, this, compared to the heroism of political activism and on-the-ground aid work with refugees and Internally Displaced Persons. Still, as my mother used to say (she was a physio who worked with disabled children all her adult life), even a small contribution can make a difference. This trip I am hoping to spend time in Rangoon and then up in and around Bagan, where I've never been. it is the site of an ancient capital, full of stupas and other ruins, a magnificent site especially before the devastating 1975 earthquake, and now diminished further by ham-handed reconstructions and bad lighting etc etc imposed by the regime. Yes, that's why I've not gone until now. It is a heartland symbol of the country, and also in the Irrawaddy valley south of Mandalay, rice country. I am still a beginner with Burmese food, despite the recipes i now have under my belt. I'm hoping to emerge from this trip with more from the villages and small markets... Since the rainy season went on late in the region, the countryside is still green and lush. And that's another reason for heading to central Burma, for last time I was there, in February and March of this year, it was the middle and end of dry season, and the landscape was parched and fairly bare. 5 comments: Anonymous said... Best of luck to you, Naomi. I own and enjoy all of your books, and was overjoyed to find your blog. You write with such insight and depth, just lovely. Your approach of engaging with the world through food has enriched my own travels. Thanks for sharing. Thanks for your encouragement everyone. I couldn't post your comments while I was away, so

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Djourou: I had a bad spell, but I'm not moving Johan Djourou has dismissed talk of a move away from the club this summer, saying he's ready to take his chance when given it again. The big Swiss has admitted he endured a bad spell last season, culminating in a substitution at half-time against Man United when he was played out of position at right back, but he hinted he's had assurances from Arsene Wenger that he'll compete for a first team spot next season. Blick: National team coach Ottmar Hitzfeld has recently advised you to join another club. JD: Naturally. He wants his players to be able to get game time at their respective clubs. I understand that completely. Blick: You've extended your contract with Arsenal until Juni 2015. Wouldn't it have been better to start anew at a new club? JD: No. Arsenal have chosen to extend my contract because they're counting on me. I did have a bad spell. However, I'm convinced that I will get another another chance and that I will grab that chance. Blick: Why are you so sure about that? JD: I held talks with my manager. Blick: What did Mister Wenger tell you? JD: That's between the two of us. Blick: Agent Flavio Ferraria has been telling stories that you're dreaming about Italy and that you wish a transfer to Napoli to Serie A would materialize. Arseblog News believes Djourou can certainly do better than he did last season but doesn't merit the abuse he gets from some quarters. It wasn't long ago people were aghast when injury ruled him out of the team, perhaps a little patience might just bring rewards. 127 Comments To be fair, he has been at the club a long time. How much patience is required? Happen to think arsenal fans are so patient we border on meek. At what other top club would this malaise be allowed to develop? Why are you talking about patience as if you're waiting for him to come back from Mexico with buried treasure? He's done his job at CB as well as can be expected bearing in mind that TV and LK are ahead of him in the pecking order. I don't understand what your upset about? One of our squad players issuing their loyalty to the club. Don't forget that Johan djourou is our longest serving gooner in the team and I for one welcome the this kind of club loyalty even though he's not a first choice. I would certainly rather JD as a back up than the likes of johnny Evans Jamie carragher or savic. Djourou is easily the best fourth-choice CB in the league. For those of you who complain about our squad depth and then complain about a player like Djourou, please have a quiet word with yourself. We should be proud to have a player like Djourou in our team. He's loyal, works hard, and doesn't mind waiting for his chance. At every other top Club you moron! Look at Shitty's bench, look at Cheatski's, look at the Spuds, Liverpool etc. They all have far better players warming their butts and never getting a game but at least Djourou wants to play and has the talent, as he has already shown. The ONLY malaise is your type of whiny doomer criticism of a player who has the courage to openly admit he had an off season BUT desperately wants to recover (a la Eboue) and he will I am sure. You are kidding? mertesacker is just a tad older than JD with almost 100 caps for germany. next season he will be.on the pace and i wouldnt be suprised if by the mid point of the season he is kos regular partner with tv5 playing at left back again. most teams play their best 4 defenders in their back 4 and ours are bac per kos tv5 Don't agree. Don't know why our defenders get slaughtered in their first season with exception of tv. I for one will rip my clothes off and run around the house in excitement when the BFG nets his first goal for the club next season. He played 11 games at RB.... HIS NOT A RB, HE JUST FILLED IN, 4 games at CB..... 2 OF THE 4 AM SURE CAME OFF THE BENCH, so people saying he played bad yes he did at RB, remember Koscielny-Djourou 2010/2011 against Barcelona at home, Djourou is a good 4th choice, cant get better than that. Consider the

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Hills, we all have to do them. Just how? While riding tonight it was good to be 'dense' in the gale force winds, but when we had a dig for King Of the Mountain, that finer framed guy just made it look easy, but why? Courtesy of roadgrime.com.au Climbing is funny, some ascents are smooth and effortless while other make you feel as if you are wrestling an 800-pound walrus. The key, always, is rhythm. Here's how to find yours on any slope -- from gentle rise to Alpe D'Huez. Short and Steep -- Sharp inclines are best attacked aggressively. Start in the same gear as on the flats, but be prepared to shift quickly and often to maintain cadence. Maintain a lower than normal cadence of 60 to 70rpm. Spinning will cost you momentum on the steeps. You want to hammer the pedals. Go hard. Conquer these pitches as fast as possible. Stand in the attack position, hands on hoods, body crouched. If seated, put your hands on the bar tops to open your chest and slide back slightly in the seat for maximum pedaling leverage. Depending on the climb length, you'll either stand the whole time or alternate seated and standing. Stand when the gradient pitches up; sit when it backs off a notch, but keep the cadence consistent. Extra Credits -- Don't pull a Shleck: when shifting ease off the pedals a bit; the reduced tension will speed the shift and keep the chain in place. Long and Steady -- On big climbs, effective climbing is about monitoring your effort so you never redline. Stay seated for prolonged periods. Slide back in the saddle a bit for leg extension and leverage. Relax your upper body and open your chest by pulling your shoulders back a bit. Hunching over inhibits breathing. Stand intermittently to give certain muscle groups (not to mention your butt) a break. Your cadence should be high (not below 70rpm; 80 to 90 is ideal). Mashing gears fatigues you fast. Spinning -- like a low weight, high rep weight workout -- lets muscles recover faster. Amp up your effort for steeper pitches, then revert back to a lower intensity. Keep it measured. Start by setting your pace at what you can sustain, then back off a notch so you have some cushion if the grade steepens. Extra Credits -- Stretch on the bike: stand and push hips forward to help your lower back; to loosen your shoulders, slide backward and round your back; pin shoulders back to lengthen your neck. Rollers -- You'll go fast on rolling terrain if you maintain your gearing and cadence as much as possible. Stay in the gear you started climbing as long as possible. Shift down only to keep your cadence steady. When you can see over the crest, shift up a gear to power over the top. Try to spin at 70 to 90rpm. If you drop too low, you'll get bogged down; but if you go too high, you'll unnecessarily lose momentum. Attack the bottom of the rollers at the same intensity as on the flats -- but gradually increase the effort as you ascend. The ensuing descend lets you recover while maintaining speed. Keep your hands on the hoods just as you would on the flats. Remain seated until your cadence drops by about 5rpm, then stand; don't shift until your standing rpm drops by about another 5rpm. Extra Credits -- Training? Use rollers as unstructured intervals. Pushing to the limit on one roller only to have to recover quickly for another will give you the ability to respond to attacks or put in your own double kick. Climb in the Pack - 1. If you are a weak climber, start at the front of the pack and gradually drift back, so even as you loose ground you maintain contact with the group. This is more efficient than chasing from the back. 2. If it's a competitive ride, don't get boxed in on the shoulder. And the shorter the hill, the harder you should work to keep an attacker's wheel. Or discourage attacks by setting a high tempo. 3. If you get gapped, keep your tempo steady. The pace up front might moderate, allowing you to catch back on. 4. Watch

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The Artist has just installed a public sculpture in Cedar Rapids, Iowa, in front of the Jean Oxley Service Centre. Here's a link to a TV clip of him by the sculpture, talking about the work. While here we have spent time looking at the local art. And I've got to say that Cedar Rapids should become a destination for those who love art. This is where Grant Wood painted his iconic American Gothic . Most of us know this painting -- the farmer wearing overalls holding the pitchfork....but how many of us instinctively know who the artist was? We know when we look at a painting where the woman's head is turned round and she has circles for bosoms that it's a Picasso. Or elongated portraits were painted by Modigliani during his short, tragic life. Or works with simple strokes of blue, yellow, red and black are by Miro. But how many of us look at American Gothic, Young Corn, Woman with Plants or Adoration of the Home and the many other [...] The Artist has been working on his social art installation, The Blue Trees, here in Seattle today. For dinner we walked down to the harbour to old-time seafood restaurant, Ivars. Its website notes it has been open since 1938. And it shows. It's tagline -- or gagline -- is Keep Clam. Ha-ha. When we walked in, the lass at the front desk was on the phone. It appeared to be a work-related call, but regardless, we were steadfastly ignored. No eye contact was made at all. She just kept talking. And talking. So we walked past her and into the restaurant where a waitress was laying a table. She too ignored us until The Artist went up to her and asked for a table. She told us to go back to the front desk. By this stage I was starting to lose interest but The Artist has more patience. The busy girl on the front desk now had some spare time and she generously showed us to a table and gave me a wine list and him two menus. And so we sat for a while. I noticed that the floor under our table was very dirty with the type [...]

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Field of Study If you are looking for US federal, state, and local grants, then it may be important for you to have your field of study nailed down prior to applying. One reason is that many education grants will have programs offered to many specific fields of study and majors. For instance, if you were to visit Grants.gov you will find a myriad of options that you can entertain as a result of knowing your major. Here are just a few examples of where you can go with this concept. How Majors Can Earn You Free Money As seen on many other scholarship websites, it would seem rather obvious that you can get money depending on what you are studying. For instance, if you were studying Art, and you went to an art foundation that had a scholarship program, there is a very good chance that you would qualify for scholarship tuition assistance. Grants are much the same way, but usually there are only two reasons as to why you would be awarded a grant for education. The first reason is that you must qualify for "low-income" assistance, and that is something that is discussed in other parts of this website. The second reason is that you are of value to the US Government, and they want to finance you well-being and future. Thus, you will be able to utilize that ability to receive grant moneys if you your major is of help to various government programs. In many cases, these programs themselves will be the entity that offers the grant. So, if you are a biology major, media and communications major, or even a political science major, then you may qualify for grant assistance. The Key To Applying If you do decide that you want to hunt down grant moneys based on your major, it would first be a good idea to have your financial paperwork in line. This means, you need to gather your W2?s and other tax information. The government is not going to fund you, no matter what you do, if you don't appear to need the money. Next, your best call is to head on down to the financial aid department, and talk about what you want to do with a financial aid agent for your college. They should know a great deal about grants and how to acquire them. Most likely, they will point you in the direction of signing up for a FAFSA account and pin number, as this is usually the first place to start for educational grants. The beauty of FAFSA is that it is the arbiter between you and the government, and unfortunately, most grants do not give that kind of service. Few and Far Between Opportunities may look few and far between on the government grants website, but those are only federal grants that are out in the open. There are thousands (if no millions) of government programs stretching from sea to shining sea, who offer assistance based on your field of study. So, the key is to track them down. In some cases, students have been able to cover 100% of their tuition through the clever use and application of US grants. It is important to do lots and lots of research about your own major and find out if the government is willing to pay for your education. In addition to just paying for your schooling, if they want you to be educated so badly, then there may also be a good chance that they might offer you a job when you graduate. Having your major and field of study nailed down is always the most lucrative way to go.

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The National Highway Traffic Safety Administration is proposing amendments to the Early Warning Reporting system, ostensibly to sharpen it as a tool in the Office of Defects Investigation's back pocket, but outside researchers who regularly parse EWR data say that the proposal misses huge opportunities to actually make the system better. In 2000, Congress passed the Transportation Recall Enhancement, Accountability and Documentation (TREAD) Act in the wake of the Ford Explorer/Firestone tire fiasco. The Early Warning Reporting system, a major component of the legislation, requires manufacturers to submit reams of death, injury, property damage and warranty data to the government on a quarterly basis. The information was supposed to help government investigators identify defect trends before they become full-blown debacles. And yet, nearly a decade later, EWR did nothing to prevent the Toyota Unintended Acceleration disaster that has resulted in deaths, injuries, property damage crashes, 11 recalls related to floor mat entrapment, trim panel interference and sticking accelerator pedals, the alleged causes of the unintended acceleration complaints. So, you might expect that the agency, which could never have seen that one coming -- what with the numerous consumer petitions pleading for answers, serial investigations into the problem, and recalls that never seem to make the complaints go away -- would adjust its EWR reporting categories accordingly. You would be wrong. Instead, the agency is proposing only minor changes to add new reporting categories relating to emerging technologies. The Notice of Proposed Rulemaking would mandate that automakers specify the vehicle type and the fuel and/or propulsion system type in their quarterly EWR submissions, and add new component categories of electronic stability control, forward collision avoidance, lane departure prevention, and backover prevention system for light vehicles and stability control system for buses, emergency vehicles, and medium-heavy vehicle manufacturers. In addition to the EWR proposals, this document proposes to require motor vehicle manufacturers to report their annual list of substantially similar vehicles via the Internet. (The NPRM also dealt with recall notification procedures. We will be submitting comments to the docket on the latter and will address those proposals in a separate blog.) In comments submitted to the NPRM docket , Randy and Alice Whitfield, of Quality Control Systems Corp . -- who have used EWR data extensively, published their methodology in a peer-reviewed journal and sued NHTSA successfully for access to EWR data -- have challenged the agency to go back to the drawing board and come back with a proposal that might make EWR data much more useful: "We suggest the implementation of a coding system for light vehicle deaths and injuries claims which links the category of the allegedly failing component with a separate code denoting the type of failure that is alleged. Such a system would take careful planning to propose and to put into practice. But it would be better to begin this planning now than to continue another nine years with an early warning system so lacking in necessary detail that NHTSA's own analysts don't rely on it for anything more than performance in a supporting role." EWR data consists of aggregates of broad defect categories, such as "airbags" and "seat belts." The Whitfields point out that "airbag" related death and injury claims have been submitted nearly 25,000 times, without even the broadest of sub-categories about the defect -- such as non-deployment, inadvertent deployment. "Seat belts" is another category with lots of manufacturers' reports -- 5,000 -- but no detail regarding what is failing in the seatbelts -- Retractors? Buckles? Webbing? Anchorages? Why wouldn't NHTSA want to know? EWR has been a troublesome regulation from the get-go. Almost immediately upon rulemaking, NHTSA steamrolled the original presumption that the data would be mostly public. There was a court battle between the Rubber Manufacturers Association and Public Citizen over the accessibility of tire claims data. When the hullabaloo died down, warranty claims, consumer complaints to the manufacturer, field reports, common green tire information, production data for all except light vehicles, and the last six digits of the vehicle identification number in death and injury claims were kept confidential. Only death, injury and property damage information was included in the public dataset. In

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Stick out the thumb of your right hand like you?re hitchhiking. Keep the thumb there and also make a peace sign. These are the three fingers you need to throw a forehand. Hold your hand palm up. Grab a disc with your left hand and hold it flat with the logo facing up. Put the peace sign underneath the disc and fold your thumb onto the top. You should be able to hold the disc up with these three fingers. Fold you other two fingers (your ring and pinkie) into your hand as if you are making a loose fist. These two fingertips should touch your palm. They just stay out of the way. Fold your middle finger towards your palm. Push it against the inside of the rim. The tip and last few centimetres of your middle finger should be tight against the rim. Your index finger is still straight and pointed towards the centre of the disc. It should support some of the disc?s weight. Squeeze the disc. Press your thumb down and push your middle finger tight against the rim. This grip will feel strange for a little while. But you will get used to it and soon the disc will feel snug in your hand. Below are two ways of holding the disc, you're seeing the bottom of the disc (non-logo side): Split-Fingers (Provides more control but less power. It can also provide "lift" on your throws which is useful for inside outs.) Power Grip (Provides the most power with less control.) Like the backhand, there is no golden rule about which grip to use for specific throws. Stand facing your receiver, squatting a bit, with your feet hip-width apart. Jump as high as you can and hold your landing position. Take a half-step forward with your right foot. That should be about right. Hold the disc out to your right side. Keep your elbow close to your side. Hold your lower arm and the disc horizontal. First, try throwing the disc using only your wrist. For now, try to hold your arm still. The disc won?t go far but it will get a nice spin, and that?s the important thing. It is the spin that keeps the disc stable in the air. (i.e. no wobbling) Bend your wrist backwards so that the back of your hand is as close as possible to your arm. Make sure the disc remains horizontal. This is called ?cocking your wrist?; it is the position your hand should be in at the start of the forehand. Bend your wrist forwards so that the palm of your hand is as close as possible to your arm. Make sure the disc remains horizontal. This is the position that your hand will be in when the disc is released. This movement of the wrist from cocked to released is called ?snapping your wrist?. It is what makes the disc spin. While holding your arm still, move the disc forth and back between the cocked and released positions. Do this slowly and watch to be sure that the disc stays flat. Bend your wrist all the way forwards and all the way back. Snap your wrist with a little more speed and see if you can still keep the disc horizontal. Why did the disc just flutter to the ground? For the disc to fly, it needs lots of spin. If the disc flutters to the ground or flies all wobbly, try to snap your wrist more quickly. This will provide lots of spin. Why did the disc fly straight off to my left? If this happens, you were holding the disc too long. Try to open your hand a little sooner. Why did the disc curve to the left? If the disc goes left, the outside edge of the disc came up as you snapped your wrist. Try to keep it horizontal. If the problem won?t go away, try overcompensating by letting the outside edge of the disc hang down as you snap your wrist. Start with your wrist cocked and rolling your wrist back so the outside edge of the disc dips towards the ground. Why did the disc curve to the right? If the disc goes right, the outside edge of the disc dipped down as you snapped your wrist. Try to keep it horizontal. If the problem won?t go away, try overcompensating by letting the outside edge of the disc tilt upwards as you snap your wrist. Start with your wrist cocked and rolling your wrist forward so the outside edge of the disc tilts upwards. Snapping your wrist provides the spin that keeps the disc stable in the air; using your arm will add

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Fedex says my package was delivered but it wasn't! Fedex says my package was delivered but it wasn't! Has anyone been through this? My tracking info says the package was delivered yesterday at 5:40pm. I was home at this time but no one came to the door! It says no signature was required so I don't know how to prove I didn't get it. BLERG! Ugh, this actually happened to me last Friday. I came home an hour after my package said it had been delivered (this was UPS). I checked EVERYWHERE, nothing. So I called UPS and they said, sorry we can't look into it because you're the receiver; call the sender and have them call us. WTF first of all? It was coming from Sephora, so I called their customer service and she said that they can put a tracer out on the package (whatever that means) BUT they wouldn't do it until after 24 hours after it should have been delivered. She also said they'd probably just reship the package. So Sunday morning we get a knock on the door and some really kind neighbor from two streets over said he saw this package sitting outside a vacant house and figured he'd check to see if it really belonged their. We drove by there later and the place is obviously GUTTED, being renovated. WTF, UPS person? I emailed a complaint to UPS the next day and they actually called me to verify it all. The CS lady was like, that's very strange, we'll contact the driver...she is normally the one that delivers to that neighborhood, so she should know the streets. I'm like, yeah, it's not that large of a complex and I've even SEEN that chick deliver packages to our house multiple times. She must've been having a baaad day, lol. So moral of the story...delivery companies kind of suck sometimes and don't give you many options. Heaven forbid it was a package that was one of a kind from a relative and not something easily replaceable from Sephora. this just happened to me yesterday, but it was smartpost so usps were the ones that mishandled it. i'm annoyed as hell. i dont live in a house/building where you can just leave the packages at the door or with someone, you have to actually come up to my apartment and give it to me. guess that means they went to the wrong apartment. i stayed inside all day waiting just to see on the tracking site at 6PM that they delivered it at 230 im heated jessluvsnick wrote: Sometimes my FedEx packages are delivered to my post office first, then the mail lady delivers it to my house. Is it possible that is the case? It's in town, but not at your house yet? This happened to me once, but the tracking online showed it had been delivered to the local post office. I was SO PISSED, though, because I didn't understand why it happened? I was home and could have received the package from the UPS/FedEx truck, but they never even attempted delivery. And it took like, another three days to be delivered by the post office. I remember calling the carrier and asking wtf? And their response was basically that they were following the shipping instructions from the sender. So wherever I had ordered from specifically wanted it delivered to the post office and then delivered to me that way. I was super pissed, though, because that was never noted on the site anywhere, or especially in the shipping part of the order process. When I pay $7 or $8 for UPS or FedEx shipping, it's expected that I would get the package in 3 or 4 days, not a week later, because you want to ship it to my local post office.

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The Partnership & LLP Journal The High Court recently considered whether members of an LLP can be held personally liable for the LLP's unpaid professional indemnity insurance premiums in an Assigned Risks Pool ("ARP") scheme ( Zeckler -- v- ARP Manager Capita Commercial Services Limited ChD (2012)) . Mr Zeckler was one of two members in Zecklers LLP which had unpaid premiums totalling in excess of 147,000. The ARP manager presented a statutory demand seeking payment from Mr Zeckler personally. Whilst the debt owed by the LLP was not disputed, Mr Zeckler applied to set aside the demand on the basis that; as a member of an LLP, he was not personally liable for its debts and he had not agreed to guarantee the LLP's liabilities. The ARP manager relied on r10.3 of the Solicitors' Indemnity Insurance Rules 2009 which states: " ...the Firm and any person who is a Principal of that Firm shall be jointly and severally liable to... pay the ARP Premium in accordance with these Rules, together with any other sums due to the ARP Manager under the ARP Policy... " Whilst accepting that the rule might be engaged to found a disciplinary complaint against him, Mr Zeckler objected to the suggestion that it gave rise to a personal contract with the ARP manager. At the initial hearing Chief Registrar Baister dismissed Mr Zeckler's application, finding (albeit reluctantly) r10.3 was sufficient, as a matter of professional conduct, to create an obligation to pay the premiums. On appeal, the matter came before Nicholas Strauss QC (sitting as a Deputy Judge in the Chancery Division). He held that absent express provision in the contract, professional rules would not normally be incorporated as a term of the contract. Clear contractual wording was required providing for members of the LLP to be parties and an obligation on them to pay premiums. He observed that it was arguable, even in the absence of any express contractual term, that an implied contract between principals of a firm and insurers might arise but based on the limited evidence in front of him was satisfied that there was a genuine dispute in the case before him. Accordingly, he allowed the appeal and the statutory demand was set aside. So round one to Mr Zeckler. However, the position remains unresolved to the extent that he may yet be found liable in subsequent proceedings (the judgment explicitly stated that the ARP manager was free to bring proceedings against Mr Zeckler to establish the position if it wished to do so). The hurdle to set aside a statutory demand is not a high one and full court proceedings against Mr Zeckler may well produce a different result. For more information on these issues please contact Mark Lim or your usual Lewis Silkin contact.

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'If you haven't got the Louise Doughty habit, then get it now, she's the tops.' London Evening Standard Louise Doughty is a novelist, playwright and critic. She is the author of six novels; CRAZY PAVING, DANCE WITH ME, HONEY-DEW, FIRES IN THE DARK, STONE CRADLE and the prize-nominated WHATEVER YOU LOVE. She has also written one work of non-fiction, A NOVEL IN A YEAR. She has written five plays for radio and worked widely as a critic and broadcaster in the UK, where she lives, and was a judge for the 2008 Man Booker Prize for fiction. Louise Doughty's latest novel WHATEVER YOU LOVE out now in paperback from Faber & Faber UK. shortlisted for the Costa Novel Prize longlisted for the Orange Prize for Fiction 'WHATEVER YOU LOVE is a masterfully constructed novel, at once gripping and tender... a brilliant and brutal novel that continues to unsettle long after the final page has been turned.' The Observer Read the full review here 'The reader is spellbound as we go back through Laura's failed marriage to David, her unresolved feelings about his new partner Chloe, and her hatred of the driver. I won't give away the surprise twists in the plot... so powerful is the evocation of raw emotion that, the day after I finished it, I woke up with that same feeling. It was some minutes before I realised I was still inside Doughty's book.' Reader's Digest 'Gripping, absorbing, beautifully constructed and written with great sensitivity.' Hilary Mantel , winner of the Man Booker Prize 2009 ' Brutal, fearless and masterfully told, this is a story of immense emotional power and, for all its bleakness, oddly beautiful. In this white-knuckle ride into the darkest reaches of the human heart, Doughty has conjured a work of terrible force.' Liz Jensen , author of The Rapture A beautifully written meditation on the power of love and grief... An absolutely gripping tale of love, loss and revenge. Very highly recommended - I loved it. ' The Bookseller Once upon a life: Louise Doughty On a family holiday in Devon in 1974, 11-year-old Louise Doughty left the campsite after a row with her brother. It wasn't long before she was "helplessly, hopelessly" lost. Here , in The Observer , she relives the ordeal and explains why, after 35 years, she finally apologised to her mother.

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Youth raped and beat Edmonton grandmother A newly-released court document reveals disturbing details about the vicious attack and sexual assault of a 62-year-old Edmonton woman last January. A 17-year-old male pleaded guilty to aggravated sexual assault and robbery in September, but details of the case weren't available until Thursday when a youth court judge granted a joint request by the CBC and Edmonton Journal to release the agreed statement of facts. According to the court document, the woman was walking home around 9:45 on that January evening after getting off the bus in downtown Edmonton. The temperature was ?12C, with a windchill of ?18C. A male approached and started attacking her without warning. He brutally raped and beat the Edmonton grandmother, and left her partially clothed on the frozen sidewalk. When a neighbour found the victim more than an hour and a half later, she was semi-conscious and suffering from hypothermia. Security footage from a nearby building showed the blood-covered teen carrying the woman's purse. A witness later encountered the youth and asked him if he was OK. The victim was kept in hospital on life support for days and suffered permanent brain damage. She is now back at home but a family member recently told CBC News that she is afraid to go outside. The teen is undergoing a psychiatric assessment and will be sentenced in December. He cannot be identified under the Youth Criminal Justice Act. The Crown will be asking to have the teen sentenced as an adult. Now doesn't that just warm the heart and brighten your day? Undergoing a psychiatric assessment huh? He'll get time served and back out on the streets no doubt. karrie +4 #2 Top Rated Post Re: Youth raped and beat Edmonton grandmother 1 week ago Quote: Originally Posted by Praxius Undergoing a psychiatric assessment huh? He'll get time served and back out on the streets no doubt. I have an acquaintance who molested a woman on a city bus when he was 17, and punched a city bus driver. He was brain damaged via abuse as a toddler (systematic starvation), and never progressed past about a 10-12 year old mentality, although his body carried on growing. The result was essentially a child with the body of and urges of a man. Needless to say, that doesn't fly well in society. But honestly, those were his crimes. He grabbed a breast, and punched a man. He was sentenced to remand 'until such a time as he is capable of demonstrating self control.' In other words... for good. He's been chemically castrated. He's been put on a plethora of drugs. He's allowed out on day visits under the direct control of suitable guardians for limited amounts of time, but he lives in jail. And will for the rest of his life. Our justice system isn't always as light as we make it out to be, especially for sex crimes and mental issues. SLM #3 Re: Youth raped and beat Edmonton grandmother 1 week ago Quote: Originally Posted by karrie I have an acquaintance who molested a woman on a city bus when he was 17, and punched a city bus driver. He was brain damaged via abuse as a toddler (systematic starvation), and never progressed past about a 10-12 year old mentality, although his body carried on growing. The result was essentially a child with the body of and urges of a man. Needless to say, that doesn't fly well in society. But honestly, those were his crimes. He grabbed a breast, and punched a man. He was sentenced to remand 'until such a time as he is capable of demonstrating self control.' In other words... for good. He's been chemically castrated. He's been put on a plethora of drugs. He's allowed out on day visits under the direct control of suitable guardians for limited amounts of time, but he lives in jail. And will for the rest of his life. Our justice system isn't always as light as we make it out to be, especially for sex crimes and mental issues. What that says to me is that those that actually need some help, don't get it. Meanwhile the ones who know better but don't do better somehow get chance after chance. Usually at our (societies) expense. karrie +1 #4 Re: Youth rap

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Wednesday, 27 June 2007 More on "The Floor" Entering the gallery was a daunting experience for some. Unsure whether to enter, t hey would stand at the front door and call out, "Is it OK to walk on this?" "Yes", was the answer. Of course it was. Walking all over the art was the whole idea. Everything changes, particularly when you interact with it. Nothing lasts forever, everything is eventually destroyed and remade. The act of looking at the floor art as you walked on it played an active part in it's destruction. By helping to destroy the work as they looked at it, the viewers of the work played an active role in the theme of the work. Since the work was nothing but glued-together bits of photocopy paper, I wasn't expecting it to last too long. I wasn't even sure if it would last through the opening night, but in the end it proved quite resilient and apart from a few nicks and tears, it stayed together for more than a month. Finally a dance party was held on it and "The Floor" was destroyed once and for all. But that was not the end of it.

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Want to go to university? Look out for the Quality Mark The Quality Mark is a set of standards we at Buttle UK have created for you. Universities (and colleges) that sign up to the Quality Mark commit to supporting you when you apply to them and once you have started your course. We monitor how they perform to make sure you get what you need to study, succeed and move on to the next stage in your life. What can I expect? At the very least you should expect: A named contact . Every university with the Quality Mark has someone who is there to support Care Leavers. They will talk to you about what they can offer you. Money . Specific financial support for students who have been in care - this might be a bursary (money to help you during your course which you don't have to pay back), or advice about what extra funding you might be entitled to as a care leaver. Accommodation . All universities with the Quality Mark will be able to help you get somewhere to stay throughout your course and even during the holidays. Get in contact early and they can make sure you get a place in university halls or flats. Support . Someone to talk to about anything you are worried about, no matter what it is. This person can support you personally or will direct you to someone else who can. Each university also offers lots more support for students from care. For example, you might get a 'mentor' - a current student who has also been in care and can offer you advice and support during your course. All you need to do is ask the key contact at the university and find out what they offer. 2. Or try typing into Google the name of the university + care leaver. This might help you find webpages on the university website about what they can offer you. 3. Once you know they have the Quality Mark, speak to the ' key contact ' because then you can find out what they can offer you. Each university offers something different so this is the easiest way to find out. To make sure the support is available to you as soon as possible, if you need it, it is important the university knows you have been in care. If you decide to tell them, this information will stay strictly confidential and will not be passed on without your permission. 4. You can also tell the university you have been in care on your application form. When you are applying to university, there will usually be a box you can tick which says you have been in care. For example, on the UCAS form. Ticking this makes sure the university knows you are interested in studying there and that you might want financial or other support. Applying Wondering how to apply? If you're applying via UCAS they have a video all about how to apply . They also have one about care leavers which explains about the tick box on the UCAS form for care leavers. I am in my final year, studying English. My university is committed to supporting care leavers and when I was originally deciding which university I was going to go to, the fact that this institution had been awarded the Buttle UK Quality Mark was a major factor in my decision to study here. I was able to see from the University's website that they'd been awarded the Quality Mark and who I'd need to contact to getmore information. I've been fully supported throughout my time here. The Student Advice team have a dedicated member of staff, who has been invaluable in providing advice on issues such as accommodation and managing my finances throughout my course. I've been able to get involved in a range of different activities such as acting as a mentor to other care leavers who are new and acting as the Student Representative on the University's Care Leavers' Forum. I've benefitted lots from my experiences here an d am even thinking of studying for a Masters after I graduate!

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The Power of Collaboration One of the hallmarks of the OpenStand principles is respectful cooperation among standards organizations, whereby each organization respects the autonomy, integrity, processes and intellectual property rules of the others, and the reason is simple: There is no value -- for companies, for customers or for governments -- in one standards organization performing additional processing on a high-quality standard from another. In fact, it can prove harmful to the original standard's technical merit. Coordination and collaboration among standards organizations eliminates duplicated effort (and associated overhead of process that is ultimately shouldered by industry) and helps make the international standards landscape less complex and costly for all stakeholders. In the modern paradigm of global, open standards that is defined by the OpenStand principles and that is taking root in varied technology spaces and industries, coordination and collaboration occurs across whatever traditional geographic and organizational boundary necessary to achieve the market's needs. Such coordination and collaboration are evidenced in the OpenStand movement itself, in fact. IEEE , the Internet Architecture Board (IAB) , the Internet Engineering Task Force (IETF) , Internet Society and World Wide Web Consortium (W3C) on 29 August 2012 announced that they have signed a statement affirming the importance of the jointly developed OpenStand principles, which are based on the effective and efficient standardization processes that have made the Internet and Web the premiere platforms for innovation and borderless commerce. Now fellow standards organizations, as well as governments and individual companies, are invited to join with these organizations at open-stand.org and support the principles. Beyond cooperation among standards organizations, participation in the OpenStand modern standards paradigm requires: adherence to fundamental principles of due process, broad consensus, transparency, balance and openness in standards development; commitment by affirming standards organizations and their participants to collective empowerment by striving for standards that are chosen and defined based on technical merit, provide global interoperability, scalability, stability and resiliency; enable global competition; serve as building blocks for further innovation, and contribute to the creation of global communities that benefit humanity. availability of standards specifications to all for implementation and deployment; and voluntary adoption of standards, with success being determined by the market. The Internet has provided the world with valuable lessons in terms of how to quickly yield standards that can be adopted broadly across geographic regions ... standards that lower barriers to market entry and foster global competition ... standards that support the rollout of sound and interoperable products to flexibly address business needs ... standards that can keep up with the world's rapid technological advances and safety, quality and interoperability demands. The organizations responsible for these standards, through their constituents, were and are driven by the momentum of the market to innovate and provide products for global consumers. Informed precisely by the lessons learned through the Internet's effective and efficient standardization processes, the OpenStand principles foster the borderless, modern paradigm for global, open standards that the world of borderless commerce requires. They convey the power of bottom-up collaboration in harnessing global creativity and expertise to the standards of any technology space that will underpin the modern economy moving forward.

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After a good many pleasantries -- the conference organizers are exceedingly gracious -- "Kinnithrung Sprat" is introduced and takes the podium with all the gravitas he can muster. Andy and Mike have decided on an entirely new tack for this lecture, one unmarked by the bombast and lunacy of previous ones. Since parody hasn't worked, they've decided to try that old standby, sincerity. The WTO, Andy explains, has finally understood that corporate globalization is hurting the little guy; it has therefore to shut down completely. After that, Andy explains, the WTO will re-launch as a new organization -- the Trade Regulation Organization -- devoted, as its name suggests, to making corporations behave responsibly towards all world citizens, not just the wealthy. Instead of serving to help businesses do business -- this is the way the WTO explicitly describes itself on its website -- it will henceforward make sure that business helps people . The accountants rally behind the plan with excitement. They are authentically thrilled at this radical new direction the WTO is taking. At the luncheon, some of them give suggestions for insuring that the new organization will serve the poor rather than only the rich. It is very clear that these accountants want to help the poor as much as we do. They are not the only excited ones about the prospects of a new kind of trade organization. After Mike and Andy send out a press release from the WTO announcing its imminent improvement, a Canadian parliamentarian takes the floor to announce the good news. Andy and Mike receive hundreds of congratulatory e-mails from others excited about the rebirth. Could it be that the violent and irrational consensus gripping the world, that we call corporate globalization, is maintained only through a sustained and strenuous effort of faith? Could it be that almost everyone -- even those, like accountants, that we are usually inclined to think of as conservative -- would immediately embrace a more humane consensus if one were presented by those in positions of authority? The "WTO's" press release is revealed to be a hoax, and sadly the WTO still does exist. The Canadian Parlimentarian retracts his statement, and hundreds of people email to tell us how disappointed they are that it isn't true. The Yes Men sends another press release to clear up the confusion. Although clearly another world is possible, it will have to start from the bottom up....

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The American Spectator For connected public employees, California remains the land of milk and honey. Jerry Brown, in his first stint as Governor of California (1975-83), gave public employees the gift that kept on giving: collective bargaining. Now, in his second stint, nearly three decades later, he is facing the consequences of that gift. Public employee unions as a group, and especially the teachers' unions, have ended up owning the state legislature: virtually all the majority Democrats and even some Republicans. These politicians have come to depend upon contributions from the huge war chest of the California Teachers Association. From 2000 to 2009, the CTA spent $211 million in contributions and lobbying, two times the Number Two spender, the Service Employees International Union. Add $40 million to that for the two years since, including a hefty contribution to Brown's 2010 campaign. The Los Angeles Times reports that a year ago, when the state was facing another multibillion dollar deficit, Gov. Brown called a conference with legislative leaders to decide where to cut spending. Significantly, also at the conference table was Joe Nunez, chief lobbyist for the CTA. Threatened cuts to schools were shelved. Brown then decided on a swing-for-the-fences strategy. He would put on the 2012 ballot a measure to "temporarily" increase incomes taxes on those who earn more than $250,000 a year and increase the sales tax by one-quarter of one percent. The state's income tax rates are already among the nation's highest, as are its sales tax rates. Brown's pitch for this measure (Prop. 30 on the ballot) has been that it's "the people's choice." If they vote for it, much of the new revenue will go to schools; if they vote against it, education budgets will be cut and promised new allocations for local law enforcement will not materialize. Not coincidentally, the CTA has thrown money at promoting a "Yes" vote on the measure. A recent poll released by a University of Southern California unit shows the measure still in positive territory, 54.5 percent to 35.9 percent. That will narrow, but CTA money may put it over. Californians are already overtaxed and the state is too heavily in debt. In recent years the state has faced annual multibillion dollar deficits, "cured" at the last minute by accounting sleight-of-hand. Brown's proposal is expected to yield about $6 billion annually. This will do nothing to stem future deficits, for neither he nor the legislature is willing to tackle the causes of much of the problem: overly generous public employee pensions and health plans. Last year, Brown proposed a series of pension reform measures and said it was up to the legislative Democrats to respond. Not surprisingly, nothing happened. Brown is no Scott Walker and the Democratic legislature consists mostly of lapdogs dependent upon the largess of public employee unions. Added to this self-perpetuating gridlock is the discovery that the Parks Department -- and perhaps others -- was sitting on $54 million of "user" fees it had collected while at the same time wringing its hands over budget cuts that threatened to close 70 state parks. These "special funds," as they are called, represent nearly one-third of the annual state budget. The Brown Administration conceded that it has only an "honor system" to keep track of these funds. The State Office of Finance is now investigating all of these "special funds." Heads may roll, but more importantly, will Finance's report recommend an air-tight system for accounting for these funds and will the money be put to use to reduce deficits? Jerry Brown I unleashed a political and policy monster. It looks as if Jerry Brown II has washed his hands of reform and is standing aside, hoping the voters will give him a temporary budget "fix" while emptying their own pockets more than ever. About the Author Peter Hannaford was closely associated for a number of years with the late President Reagan, beginning in the California Governor's office. His latest book is Presidential Retreats . Von Mises Jr | 8.29.12 @ 7:41AM A FOX Special just showed the fate of towns in California such as San Bernardino and San Jose that had waste and unsustainable commitments. The result is simple to understand. When these cities could no longer pay cops and emergency personnel, the gang-bangers moved right in.

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Resolved Question Was one of the astronaut (Apollo 11) converted to Islam? The first mission landing on the moon was a group of 3 astronauts (Apollo 11). On the moon, one of them heard clearly the Adzan, which he didn't know what was that. When arriving back to Earth, and he traveled to other countries for vacation. One of the countries was in the middle east. There he heard again the similar voice, which he found was the Adzan, a call for prayer. Later, he embraced Islam with all his heart and soul. And how was the famous singer Cat Steven(now well known as Yusof Islam) during the time he embraced Islam? Best Answer - Chosen by Asker "Whatever the case, we do not need to hear the adhaan on the Moon in order to prove that our religion is true. If this man or anyone else becomes Muslim, he is the one who will benefit from that, and if he goes astray and disbelieves, then he is the one who will be harmed by that. " The question: "Is Neil Armstrong, The First Human to land on the Moon, A Muslim?" To answer this Question, I can only say that, this news is simply a 'Hoax' and another crude manifestation of false pride by Muslim (Mullahs) wishful thinkers. Birth of this strange rumour This ridiculous 'hoax' has two different versions: (a) On hearing Azaan 'When Louis Armstrong walked on the moon, he heard sounds in a strange language which he did not understand. Only later, after returning to earth, did he realize that it was actually the azaan' 'While on the moon, Neil Armstrong heard a peculiar sound but he could not recognize what it was. When Neil Armstrong went to Egypt, he heard the adhan, and said, "it was spacey something similar I heard while I was on the moon". Egyptian Friend told him that, it was the sound of Azaan (call for Muslim prayer). And Neil Armstrong immediately became Muslim because of this experience.'

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One of the most challenging body weight exercises is Chin Ups also known as Pull Ups. Many people don't even try chin ups because they can be very difficult for a beginner. Here's the secret: learn to do chin ups through assisted pull ups. All you need is a home chin up bar and a large exercise rubberband. Assisted Pull Ups Never thought you could do a pull up? Learn how with this video on assisted chin ups! The rubberbands help "assist" you especially at the bottom of the pull up which is the most difficult part of the exercise. These exercise rubberbands come in various strengths right up to 100lbs. Use multiple bands to give yourself all the help you need and as you get stronger use rubberbands with less resistance until, one day, you no longer need the bands and you can do chin ups all by yourself! If you thought this was a useful video please share with your friends Please click like to show you approve. About Dan Mathews - Dan Matthews has been involved in fitness for 27 years. A former competitive pro football player, Dan has had extensive personal experience with strength and conditioning, speed training, and plyometrics (fast-twitch muscle conditioning). Dan seeks to help the home fitness community by using this forum as a central repository for all the latest and most effective information on fitness and wellness. That is a great idea, I used to do an assisted pull up by putting my foot on a chair but this looks like a much better way to do it. Where do you find band that are that thick though I have never seen those at Walmart so I take it I will have to go to a sporting goods store instead. I bet they are expensive as well aren't they? This is an amazing idea and I would love to try it, do you have to have this extra strength rubber band or can you use resistance bands that you might have already? I guess I could try it and if it breaks then I will be out one band right. Thank you for this idea I have wanted to figure out a way to do a girlie chin up for a long time. This is something I have never seen before but it makes better sense than using your foot on a chair, we did that when we went through the P90X series, if you couldn't do one without assistance then you put a chair there that you could put your foot on for a boost. This makes more sense to me because you aren't using your leg actually.

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In Other Words A sampling of opinions Fresh off [President Barack Obama's] barnburner of a speech to Congress -- what's not to love in an address that had a whopping 85 percent of listeners feeling "more optimistic" after hearing it? SusanG, Dailykos.com Head for the hills! Instead of being a firewall, reassuring Main Street even as Wall Street crashed, [Obama] has become a conduit of panic, spreading the mood of desperation from the stock exchange floor to kitchen tables across the world. Dick Morris, thehill.com Man to watch I'm still waiting to see how [Bobby] Jindal performs as governor [of Louisiana], and see his views fleshed out more, but what I find most appealing about him is that he is undeniably brilliant. I watched Jindal's performance on "Meet the Press" this week, and it was refreshing to see a Republican who was actually able to provide a detailed defense of his decisions and policies.

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How to get rid of spots \*."o yeeuuuck Hello! Now I'm not saying the following tips work miracles, I'm just sharing with you guys what I do when I get spots! If you suffer with acne, my tips probably won't do the job, and I would say go to your doc and seek advice there. Most of us get spots don't we? What is the actual need!? There's not one. I have a pretty strict skincare routine but still, every month I get those horrible spots, some of them are kinda 'boil' like, really sore! I have a wee routine that I do when they decide to show up, and I think it definitely makes them disappear faster. When they appear, I follow two simple steps: At night, after cleansing, I apply tea-tree oil directly to the spot. Some people might say it's wrong to do that, but hey it works for me, because basically the oil completely dries up the impurities, which is sometimes exactly what you need. And tea-tree oil is also antibacterial, which is also a good spot-busting quality Step two, apply sudocrem to the spots, this stuff is really good for spots / burns / wounds etc. It's really healing. Chezza Cole even revealed it's her spot remedy. It is the key! And leave on overnight! If you don't have tea-tree oil or sudocrem, toothpaste also works well. It dries up the spot and also takes away the redness In the past I have also used freederm, which works pretty well. I've also used that alcohol hand gel and perfume to dehydrate my spots, and I found it works. But that's just me and my skin! yeah I have tried some of the skincare and wasn't too fussed, but the tea tree oil is amazing, i love the smell! I remember my lecturer at college telling me not to apply it directly to spots because it basically burns your skin, so obvs I went and tried it lol, but hey it helps a lot

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Well actually, I didn't, but it felt like it. What I actually did was spend time trying to entertain my two gorgeous kids and nine times out of ten ended up going to the loo constantly over the course of those days entertaining. I'll give you an example. Zoos and Poos We went to the zoo. It was over 20 to get in. We spent most of it going from one end of the zoo to the other; to get to the only toilet located by the entrance. There was a wonderful parrot that said "Hello" to us on the way past the first time. By the time we went past for the third time, he didn't say anything. I think he was as bored as I was. In other words, if you have kids, wee-ing becomes an expensive, and VERY annoying business. I demand a toilet discount It seems that my two kids are playing toilet tag most of the time. We go to the loo for one. We finish while the other is staring at shiny sinks and listening to the other singing merrily in the cubicle. We do the usual, "Are you sure you don't need a wee?" to the one that didn't go. They are sure they don't, so we go out and head back to where we were experiencing the joys of Zebras at the other side of the zoo. Thirty minutes later, without fail, we are back; as the other one that didn't need the toilet now does. And repeat as many times as you like -- probably minus the Zebras. So we spent at least a quarter of our zoo trip in the toilet. We should have got a discount. Even the parrot thought so as it squawked "back again" when we went past it for the fifth time.... Do you have the same problem with trips out? Are you always having to traipse to the loo? Do you have a solution? If you do, would LOVE to hear it! This is a #SunFun Linky post -- so pop on over to the lovely Mamm sauru as to join in the fun today. I admire your organisation...but then with three its probably critical! I struggle to remember to pack everything I need, so not sure I am capable of factoring in toilet preparation, but them again if it works... Portable potty (Tommee Tippee one with disposable bags with effectively a sanitary pad in them rates as one of my top 4 all time things I've had with kids). Mine will be 3, 6 & 10 this summer. I haven't started potty training the 3 year old (and am, quite frankly, dreading it), but have had constant battles with the 6 year old who wouldn't go all day if she could help it. What I intend to do this summer is take it with me. If anyone refuses to go when it's a set loo stop, I shall make them go on the portapotty. Hopefully if they get embarrassed enough enough times, they'll flippin' well go to the loo when the others do!!

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Corbella: UN Climate Change Body worse than a Delinquent Teen Talk about a case of mistaken identity. Most people, if they know anything at all about the United Nations Intergovernmental Panel on Climate Change (IPCC), believe that it is made up of "the world's leading scientists" at the peak of their careers. Indeed, Donna Laframboise, an Ontario-based investigative journalist who wrote for the Toronto Star and was a member of the National Post's editorial board, said she too had once assumed that the IPCC's reports into climate change were written by the personification of "a meticulous, upstanding professional in business attire." Instead, after spending more than two years investigating just who is behind the IPCC, she came to the conclusion that the world's "Climate Bible" is "produced by a slapdash, slovenly teenager who has trouble distinguishing right from wrong." That's how she came up with the title for her book, The Delinquent Teenager Who Was Mistaken for the World's Top Climate Expert. During a luncheon hosted by the Friends of Science and co-sponsored by the Frontier Centre on Wednesday at the Metropolitan Centre, Laframbois told the crowd of 300 that when she began the journey of writing her book, she set out intending to "examine arguments for and against dangerous, human-caused climate change. "What I learned along the way turned me into a climate skeptic or -- as I like to call myself these days -- a climate rebel." And this rebel has a cause -- to expose the real IPCC -- to pull back the curtain, if you will, on this Wizard of Oz and expose -- well, a phoney. When she started looking into the IPCC, she was told repeatedly by august scientific publications, newspapers and the chairman of the IPCC himself, Rajendra Pachauri, that the IPCC is made up of the world's top scientists and best experts and that any information that is not peer reviewed is discarded from the report. Most people just accept these statements as fact. So what did Laframbois find? Yes, "a number of talented and experienced scientists have indeed helped to write IPCC reports over the years. The problem is that many other IPCC authors don't come close to being leading scientists at the top of their profession," said Laframbois to the crowd made up of many geologists, geophysicists and astrophysicists. On the screen, Laframbois flashed the photos of three "20-somethings," who were lead authors and even co-ordinating lead authors of entire chapters of the IPCC Climate Bible that directs the governments of 185 countries into actions like raising gasoline prices, imposing carbon taxes and the like. Richard Klein, for instance, was 23 in 1992 when he completed his master's degree in geography and worked as a Greenpeace campaigner. Two years later, he was a lead author for the IPCC. Since 1994, he has been a lead author for six IPCC reports, and beginning in 1997, he was promoted to co-ordinating lead author -- the IPCC's most senior author role -- at the age of 28. "That's six years prior to him completing his PhD. Neither his youth nor his thin academic credentials prevented the IPCC from regarding him as one of the world's top experts," she said. Laurens Bouwer was a lead author for the IPCC in 1999-2000, BEFORE earning his master's degree in 2001. The most egregious example is Sari Kovats. In 1994, Kovats was one of 21 people "in the entire world selected to work on the first IPCC chapter" looking into the affects of climate change on human health. But she wasn't anywhere near being one of the world's top scientists or experts in her field. Indeed, she didn't publish her first academic paper until three years after she acted as an "expert" and she didn't earn her PhD until 2010 -- a whopping 16 years after being tagged as one of the top 21 experts in the world. And it gets worse. The IPCC is filled with environmental activists, not objective scientists measuring data and coming to conclusions. Among a list of people she cites, Laframbois notes that Jennifer Morgan spent several years as the World Wildlife Fund's chief spokesperson on climate change and then in 2010 the IPCC appointed her "to work on a report it describes as objective, rigorous and balanced." Indeed, two-thirds of the chapter

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Comment: CLEAN, mark free, in very good condition NOT an ex-library discard and Ships direct from Amazon! Qualifies for Prime Shipping and FREE standard shipping for orders over $25. Overnight and 2 day shipping available! Formats Book Description Publication Date: August 2001 Point of view is one of the most important elements in a novel, yet most writing books address the subject briefly, in a single chapter or less. Only this book focuses on point of view with the depth and insight the subject demands. Mastering Point of View walks writers through the difficult but essential process of understanding, choosing and using point of view in a novel. With examples from james joyce, Virginia Woolf, Jorge Luis Borges and many others, author Sherri Szeman illuminates the challenges writers face in deciding point of view and provides clear, straightforward instructions for overcoming them. Point of view is one of the most important elements in a novel, yet most writing books address the subject briefly, in a single chapter or less. Only this book focuses on point of view with the depth and insight the subject demands. Mastering Point of View walks writers through the difficult but essential process of understanding, choosing and using point of view in a novel. With examples from james joyce, Virginia Woolf, Jorge Luis Borges and many others, author Sherri Szeman illuminates the challenges writers face in deciding point of view and provides clear, straightforward instructions for overcoming them. Point of view seems like it should be so simple. But when you start poking around you find it's so much more complex than you ever imagined--there's unlimited point of view, first-person, inner limited, second-person, outer limited, combo, multiple... and that's just the basics. Scared yet? Point of view was one of those things that I just kind of closed my eyes and prayed about. I'd write a story and trust PoV to take care of itself. Sure, I had a decent sense for it, so usually things worked out okay. But I'm also sure that if I went back now, after having finished this book, I'd find a whole lot of mistakes that I need to fix. And you want to look like a pro who knows what she's doing when you send that story to an editor, right? "Mastering Point of View" debunks common myths regarding what you can and can't do with PoV. Topics are divided into short sections that are labeled clearly; this makes it easy for you to find information at a moment's notice. Each chapter begins with the basics of its topic. Then it goes into the advantages and disadvantages to using each form of PoV--both to you and to your readers! You'll see examples, get a simple description of things to consider when choosing a PoV, find out about genres and situations each type of PoV is typically used in, and more. "Mastering Point of View" is a comprehensive, simple, clear treatise on a murky and painful subject. It gets a little repetitive, but I've seen much worse. Every writer owes it to herself to read it at least once. &#65279; The book, Mastering Point of View by Sherri Szeman, has been very helpful to me. I like the way she address each of the different points of view used in writing novels. She explains each Point of View and then shows excerpts from novels to demonstrates how they are done. I like the Tips she adds through out the chapters. The appendices are historical overviews dwelling on different types of fiction and are made interesting. As a complete book on the subject of Point of View, rather than the short chapters one reads in other self help for writer's books, it is very well done. but is so busy endlessly repeating the few nuggets of information she has to offer that she never gets to the interesting parts. As a basic primer the book works, but all the worthwhile information could have been rendered in fifteen pages. The most frustrating part is that she doesn't seem all that well read, so instead of being able to show you how different authors make different POVs work, she repeatedly draws her examples from the same handful of books (including Ulysses--as if aspiring writers are going there). The result is a superficial treatment of something that could have been fascinating. Sorry to be so negative, Sherri, but I was excited when I saw the title

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Elite Kickstarter launches The original Elite is one of the first examples of a true open world game and packed a huge amount of content into only 22K of memory. A sequel to classic space-faring series Elite has appeared on Kickstarter. Elite: Dangerous is looking for 1.25m of funding and as of writing has already almost hit the 300,000 mark with 58 days to go. On the Kickstarter page, Elite developer David Braben states that work on a new Elite game has been ticking over for quite some time now, with small teams developing the title as they become available. 'I'll be frank - we have had a couple of false starts on this over the years, where progress wasn't as good as I wanted,' said Braben. 'Also, understandably, other projects have been prioritised -- projects with announced dates or other commitments.' The Kickstarter platform has been chosen to not only raise the required funds, but also as a method of test-marketing the game itself to check that there is widespread interest in the game beyond a core group of fans. Braben also states that he doesn't believe the traditional game publishing method can deliver a game like Elite successfully and the Kickstarter project will allow them to avoid that route. Specific details and screenshots of Elite: Dangerous have not yet been released, but the title will rely heavily on procedural generation, much like previous entries in the series. The original Elite was released in 1984 on the BBC Micro and Acorn Electron and fitted into approximately 22K of memory which as Braben points out, is smaller than a typical email. In that 22K of memory, Elite managed to cram in eight galaxies, 256 star systems and individual planets with their own legal systems and economies. Elite spawned two sequels in Frontier: Elite II and Frontier: First Encounters, released on Amiga, Atari and PC. Work on Elite 4 has apparently been ongoing since 1998. Why do people need Elite 4 when they already have Eve Online that was inspired not only by Elite but also games like Freelancer and others and then went way beyond that. Star Citizen looks interesting and good to see a developer so passionate about PC gaming tho it's a shame his "vision" still seems limited in what is on offer, tho the free to play model is certainly appealing. Eve is very expensive, if you only play a few hours a month a single payment game works out much cheaper. Besides last time I played Eve I spent more time reading whilst my ship sat mining, decided it was an expensive way to make time for books. As much as I would love this to work and as much as I loved playing the original, EvE really as picked up where Elite left off and done so much more, I'm not sure it'll do well. Nostalgia can be great but it doesn't always sell very well. Originally Posted by Woodspoon As much as I would love this to work and as much as I loved playing the original, EvE really as picked up where Elite left off and done so much more, I'm not sure it'll do well. Nostalgia can be great but it doesn't always sell very well. Depends how it's priced - at 15 I'd pick up a copy for a quick blast just for old times' sake, but if it is released at 40+ then I'll steer clear. As I posted in the other thread I had a blast with Eve for the first 2 years after launch but then I had children and couldn't afford to sink so much time into a game (getting around in Eve isn't the speediest) plus all the politics, interesting yes but also time consuming. Still Eve is one of my favourite games of all time but I haven't got the time anymore.

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An open letter to John W Henry Dear Mr Henry, Firstly I would like to go on record and thank you with the utmost sincerity for rescuing the club from administration at the 11th hour a couple of years ago. I think I speak for Liverpool supporters from Breck Rd to Boston when I say we suffered greatly under the previous regime of Hicks and Gillett. They arrived with lots of big promises and failed to deliver the vast majority of them. This has taught us to be very wary of statements from owners and managers alike. Kenny Dalglish is a Liverpool legend and although the performances in the league last season were not what anyone connected with Liverpool would have hoped for, he did steer the club to both the FA and Carling Cup finals, winning the latter. There were also signs that, in time, the league form would have improved as the team took on an attacking style of play and they dominated possession in many games. If we had added a proven, top class goal scorer we would probably have finished a lot higher up the table. The fact that the club still hasn't added that player to the squad is obviously disappointing. If there is one type of player we need it is a natural goal scorer. You will therefore understand we are disappointed that this kind of player was not acquired in the transfer window before other players were allowed to leave. It was a massive call to replace Kenny and an incredibly brave one. In Brendan Rodgers there's no doubt that the club has a talented young manager. But the team has been dealt a tricky opening set of fixtures and the next two games against Sunderland (away) and Man Utd (at home) are extremely difficult. Supporters will recognise this but should we lose badly to United at home we will be incredibly unhappy. Losing to them at all is horrible for us fans but if we were humiliated it would be sickening. The manager will inevitably need time to instil his beliefs and get the players to adapt to his style of play. And while there have been some encouraging signs already, it's fair to say that yesterday's performance against Arsenal was awful and, with all due respect to West Brom, a 3-0 defeat to a team of their stature is not good. What's worrying is that many of the problems at the club under previous managers, both on and off the field, are sill evident. Specifically we need iron out the following problems: 1. Transfers. I understand form a business point of view there are limits to what we can afford to pay when buying players. But in addition to not overpaying for players, we need to stop allowing players to leave for less money than they are worth. Allowing Charlie Adam to leave for almost half what we paid for him a year earlier is madness. Over the years we have repeatedly lost money when selling players including McMananman, Owen, Keane and Aquilani, to name a few. 2. A goal scorer. It's fair to say that since Torres left we have failed to replace him with someone who will score 20 or 30 goals a season. Liverpool have been lucky enough to have some great natural goal scorers over the years such as Rush, Aldridge and Fowler. Whilst Borini looks like he has the potential to score lots of goals, he isn't proven and the fact that we haven't added this type of player when we have been desperately lacking one for the last two seasons doesn't offer much encouragement. 3. Players getting in the box. This point is linked to the previous one. A natural goal scorer like Robbie Fowler would get into the positions that other players wouldn't. These types of players have a knack of being in the right place at the right time. But scoring goals isn't about one player getting into the box. When you watch successful teams attacking they have several players in there, looking to get on the end of the ball. Too often we only have one player in there which means any pass has to be perfect and it's a lot easier for teams to defend against. This has been a weakness of ours for too long. 4. Closing players down. Again this is a problem that has existed for a while now. Our defenders don't seem to close players down. Often they allow the opposition to run 20 yards from the half way line with the ball. It happened several times in yesterday's match against Arsenal where players, notably Diaby, were invited to run at our defenders. This is surprising because Brendan Rodgers likes his players to press when they

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Axed: 666 Park Avenue, Last Resort, Partners. The axe has fallen on new shows in the US, two of which impact on four Aussie actors. ABC supernatural series 666 Park Avenue which stars Rachael Taylor, Dave Annable, Vanessa Williams and Terry O'Quinn pitched itself as a glossy, spooky soap but wasn't able to connect with viewers. It has been fast-tracked to Australia by Foxtel. Last Resort , also from ABC, has been axed. The series about a renegade crew of a US Navy submarine included Daisy Betts, Daniel Lissing (pictured) and Dichen Lachman. It was recently announced by Seven has one of its international highlights for 2013. Both series will now wrap at 13 episodes. Meanwhile CBS has called it quits on comedy series Partners from David Kohan and Max Mutchnick ( Will and Grace ). The series was the only new comedy CBS introduced this season. Starring David Krumholtz and Michael Urie, the bromance comedy looks at lifelong friends and architecture partners who are so very different. 10 Comments I'm very sad about 'Last Resort' being cancelled as it was the only new series of the "Fall Season" that I really liked. Pretty inevitable though, as this type of show was only ever going to work on cable tv. The only show of this type to have worked on network tv, in recent memory, was 'Lost'. adtn November 18, 2012 at 4:31 pm - I'm going to miss Hush Puppy! He's what I enjoy most about 'Partners'. I have so many questions for 666 because I don't quite get the show. I sometimes wish it was a bit more "sexed up". tomothyd November 18, 2012 at 1:43 pm - @JB: Yes, the pilot was not good, but it improved greatly from episode two, and the cast gelled better. They also began to find a use for Brandon Routh's character. Like all shows it needs time to develop. MuchoTB November 18, 2012 at 12:24 pm - 666 Park Avenue's pilot was slow and boring, no surprises at all that it was axed. The only good thing about the series was Terry O Quinn Last Resort is a good show, I've seen every episode so far, but the past few have been pretty terrible. I agree with JB, no surprises that it was axed. Revolution has been performing strongly in the States but the last few weeks has slipped in the demo rating. Here's hoping it stabilises soon as it's a great series, would love to see a second season DaveM November 18, 2012 at 11:02 am - Love the description of "Partners"..."looks at lifelong friends who are so very different...." Wow! It's like they're the original odd couple! \*groan\* JB November 18, 2012 at 11:00 am - @tomothyd, are you kidding? The first ep of Partners was absolutely woeful. Not funny at all, no connection between cast, wooden acting, it was embarrassing to watch. Go On is the best new comedy by far. Last Resort is good, but not spectacular, I gave up after a few eps, was clear it wouldn't last. 666 Park Avenue was pretty bad so no surprises there. tomothyd November 18, 2012 at 10:39 am - Nooooooo! I cannot believe they have cancelled Partners, it was the best new comedy for quite some time. It has some laugh out loud moments, and the characters connect really well, you can see they are having fun doing it. I don't understand how a show like this gets cancelled, but shows like 'Til Death' and 'According to Jim' last for many seasons. I expected 666 to get cancelled, it's been boring the whole way through.

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What The Idea of Contacting??? What is the idea of contacting??? I have at least 12 contacts at present but only 3 talk to me throughout the week. So what is the big idea of sending a contact and never talking??? Yes! I know there has been a similar post in the past about this but it really bugs me!!!! As especially I have the nice thing to send a welcoming message to them but most times it goes unanswered! What is the idea of contacting??? I have at least 12 contacts at present but only 3 talk to me throughout the week. So what is the big idea of sending a contact and never talking??? Yes! I know there has been a similar post in the past about this but it really bugs me!!!! As especially I have the nice thing to send a welcoming message to them but most times it goes unanswered! Delete! Simple as that. Why waste your time. I have had so many of those. If they don't keep in touch after two days of accepting their requests, i delete. Some tend to go offline when you log in?? WTF. :blink: This is a common occurence with Oasis, you will find you are part of many others on someone's contact list. The women seem to have more than men. If you don't get a response after a few days them just delete them and move on, they are probably not really interested or are busy chatting to others "higher up" the list... It's also a good idea to check when they were last on line too, some people are busy, away etc and hence haven't got back to you. Good luck... Behind every great woman is her "loyal" man, ogling her sister or best friend ! (Privateer-2011) I'd repeatedly send them messages asking "why don't speak to me? don't you love me?" over and over and over ...then sit back and watch them delete you , much more fun. That would really be awesome...then i'd respond "I'm currently talking to my 6 other girlfriends, as well as trying to juggle my masrriage with my wife...Of course I love you hunny..Didn't you get my flowers and the lace panties? Aww don't be sooo upset, I'll promise to be bettter..." I can only show you the door. You have to walk through it: Morpheus - The Matrix The future is whatever you make it. So make it a good one - Dr Emmett Brown - Back to the Future. That would really be awesome...then i'd respond "I'm currently talking to my 6 other girlfriends, as well as trying to juggle my masrriage with my wife...Of course I love you hunny..Didn't you get my flowers and the lace panties? Aww don't be sooo upset, I'll promise to be bettter..." What is the idea of contacting??? I have at least 12 contacts at present but only 3 talk to me throughout the week. So what is the big idea of sending a contact and never talking??? Yes! I know there has been a similar post in the past about this but it really bugs me!!!! As especially I have the nice thing to send a welcoming message to them but most times it goes unanswered! Just delete them. ALTHOUGHHHHHHHH some of them just might be on much. I have my moments on OA, I haven't been on in weeks (maybe less), but I always log on to people deleting me lol. Cause I never go on there!

**id 123**

Amazon's Fatboy Slim Store Music Photos Biography Norman "Jack-of-All-Genres" Cook, in addition to his former occupations as bassist for the Housemartins and one-third of acid house hitmakers Pizzaman, is also the man behind one of the most popular of the new flock of English "Brit-hop" producers, Fatboy Slim. Releasing his Fatboy material through club staple Skint, Cook's raucous blend of house, acid, funk, hip-hop, electro, and techno has added... Read more in Amazon's Fatboy Slim Store Editorial Reviews Amazon.com Finally, the U.S. sees a domestic release of Fatboy Slim's On the Floor at the Boutique , hands down one of the most thrilling, addictive DJ mix albums ever released. Recorded live in 1998 at the Big Beat Boutique (epicenter of the mid- to late-'90s big-beat movement), Norman Cook, a.k.a. Fatboy Slim, takes the listener on a fascinating, diverse tour of four-on-the-floor sounds. What's always made Cook so great is the way that he seamlessly blends seemingly incongruous sounds to create righteously cool, shiny new beats; he truly is the trainspotting vinyl freak with an uncanny talent for creating accessible dance-floor shakers built of weird components. Take track 4--who'd have thought a spry blue-beat ska sample, an ELO riff, phat beats, a few stray horn riffs, and a sped-up Jungle Brothers vocal track would be one of the coolest things heard all year? --Mike McGonigal Product Description Continuous Mix By Fatboy Slim. Mixes In Old-School & New Material (even By Fatboy Slim Himself) --This text refers to an out of print or unavailable edition of this title. I was SO surprised to find out that big Mr. Fatboy hasn't lost his roots. This is a fantastic album that highlights the best in bigbeat and Big Norman mixes it all so well. I know alot of the kids out there who love Fatboy Slim for Praise You and "The Funk Soul Brother" have bought this CD and hated it, and they deserve it. This is what true bigbeat is all about and for some it may take a little getting used to, but in the end it's worth it. Notable tracks by the Bassbin Twins, Cut La Roc, Jungle Brothers (my all-time fav FBS remix), and DJ Tonka. I promise you that if you play this album at a party, everyone will have 4.592 times as much fun (that's a proven statistic.) Fatboy Slim, it seems you either love him for bringing happy bounce music to the masses or loathe him for dragging the big beat genre into insipidness. Personally I'm in the middle, finding his "Better Living Through Chemistry" a well-done effort and his "You've Come A Long Way, Baby" a dumbed down mess. Well this mixed set of selected tunes is neither, residing in a happy middle ground. Fatboy drops inspired choices like the often sampled "Apache", the Jungle Brothers' "Because I got it like that"- with a great ELO sample in it, and a few of his own, "Michael Jackson" and "Rockafeller Skank." He generally picks fun quality songs with a hip-hop flavor to them, making this disc a parallel to the Chemical Brothers "Live at the Heavenly Social" mix disc of years back. 70 minutes of this can wear thin at times, and his apparent love of squeally acid tunes which he drops 2/3 the way in won't work for everyone. Still, in the right doses it makes for a good party on a platter. This latest US release from Fatboy Slim, a.k.a Norman Cook is truly an amazing piece of art. First off, the entire CD is a non-stop mix, making it great for a party, and showcasing Fatboy's talent for seamlessly mixing tracks. Second, the music is classic. There isn't a single track that isn't worth listening to, and the variety is nice. It really is a must have CD if you like this kind of music. Plus, the enhanced track features a cool video from the Concorde Club, where the disc was made. It's definitely worth just that track alone.

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Victim just wants carjacker to 'be a better man' A man who suffered huge financial loss as a result of a carjacker's methamphetamine-fuelled rampage doesn't want reparation, he just wants him to be a better man, a court has been told. Tony Temoananui, 19, was sentenced to two and a half years' imprisonment when he appeared in Auckland District Court this morning. He previously pleaded guilty to six charges including robbery, reckless driving causing injury and other driving charges. Temoananui carjacked a woman and her young daughter during a 24km police chase through Auckland before slamming into a ute, writing it off and injuring the driver, Felix Birbeck. The court was told Mr Birbeck, a landscaper, had spent $13,000 fitting out the vehicle for his business but was unable to claim that from insurance. He also lost a months' wages as a result. Mr Birbeck did not appear in court today Judge Ema Aitken said he could not afford to take any more time off work - but parts of his victim impact statement was read out. "You can't pay me back the money you have cost me, and believe me it is heaps, but I want to see you progress towards becoming a better man. That's how I want you to repay me,'' it said. Mr Birbeck had made "an unambiguous statement of forgiveness''. The court was told that Temoananui had just been sentenced to five months' home detention for assaulting his ex-partner when he cut off his electronic monitoring bracelet and broke into a relative's car in Kaikohe, Northland. He drove to Auckland to see the ex-partner in Manurewa, south Auckland, on September 15 last year. According to the police summary of facts, the two got into an argument and police were called. About 8.50am he drove off and was followed by police. The chase was quickly abandoned because Temoananui was driving in a manner which Judge Aitken said "provided some of the worst set of facts that I have seen as a district court judge''. A police helicopter kept the vehicle in sight as it drove onto the South Western Motorway on the wrong side of the road and continued at speed. He drove up an on-ramp in the wrong direction and then re-entered the motorway before exiting onto Hillsborough Rd and driving towards Lynfield, clipping other vehicles as he went. Police laid spikes on the road, causing his left front tyre to deflate, and he hit a car at an intersection in Blockhouse Bay. Nikhat Ibnul was in the car with her 2-year-old daughter Zuhaira. Temoananui got out of his car, pulled Mrs Ibnul out and got into the driver's seat. She opened the back door to try to get her daughter out of her child restraint but Temoananui drove forward, causing the child to fall out of the car and onto the road. Zuhaira suffered cuts and grazes to her forehead and had to be taken to hospital. Temoananui then continued to speed towards New Lynn, where he collided head-on with Mr Birbeck's ute. The court was told he had been under the influence of methamphetamine, and could barely remember his actions that day. "You could have killed someone and you could have killed yourself,'' Judge Aitken said. When imposing the sentence she came to a starting point of four years' imprisonment but this was reduced to two years and six months due to several "very positive factors'' . She accepted that Temoananui was "deeply sorry'' for his offending, and took into account his youth, his attempts to make amends with his victims and to address his drug problem. She also gave him the full 25 per cent discount for his early guilty plea. "I am very impressed with the mental movement that you have made, with the time that you have taken, Mr Temoananui, to think about the harm you caused, the harm you could have caused, and where you want to end up, going forward in your life.'' She said reports from prison and probation authorities showed that Temoananui had the ``insight and the ability'' to change his ways. "I think you know that only you can change it.'' She did not make a reparation order. "The steps you can take to make up for what you have done is exactly like Mr Birbeck says, try and be a better man,'' she said.

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Treats for our Troops is collecting candy once again for our troops overseas. Last year we sent 3000 lbs of candy to troops stationed in Afghanistan and Iraq and hope to send even more this year. You may even want to pick up an extra bag or two at the store. Please drop off your extra candy at one of the collection sites listed below and send a little Halloween spirit to our troops overseas! Look for the orange box with the Treats for our Troops sign on it. If you would like a collection box in your location or school, or if you have a loved one overseas who you would like to add to our recipient list, please contact Caroline Mallard at treatsforourtroops@gmail.com . I'm so grateful for this program. Every year we end up eating Halloween candy through December and it's ridiculous. My kids (7 and 4) jumped at the chance to donate to the troops and I was shocked at how much they wanted to give away (way more than 50%!). This is such a win-win. Less sugary junk food in the house for us; and a chance to spread some love to the people who do so much for us.

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Our self built cabin will commence in roughly three months. I want to put this thread here early though, to help us stay motivated and start making plans. We were up at our land this weekend, and picked up a set of stamped plans while we were there. The company we bought our land from (Christmas & Associates) were nice enough to make us free copies, and will also be giving us a lumber list to make our project a bit easier. The photo of the cabin is what we'll be putting up (the neighbor across the field has the exact one we want). Another guy down the road has batten board siding, but I like the rough edge boards better, so we'll probably be doing that. The ground floor of the cabin is 16x20, the loft is 16x15 and overhangs the 8' porch. It's a cute little place, with plenty of room for our growing family. The posts, it turns out, can be foundation grade lumber. That should cut down on our costs a bit, which is a very good thing. Anyway, we'll be going up sometime in mid/late September to get started. We're hoping to get a few helpers so that we can get the shell up fast, but not counting on it (we've asked for volunteers a number of times, and each time the people we have always been willing to stick our necks out for are suddenly very busy). So this might just be me, the husband, the ex husband, and maybe a friend. Wish us luck! Oh, and the other picture is the view across our 4 acre field. That's what we'll be seeing out our front door. That is some nice looking land...love the view....my thread (Central Wisconsin Cabin Build) may help with questions about the foundation..I did the same as you plan on doing with the treated posts....nice and easy! My dad and I did the entire foundation and got the shell up in about 3 weeks total...we did the foundation and deck in the fall and then put up the shell the following year. Good luck! Can't wait to watch it come together! We're still here! We just go notice this morning that we have a building permit, so we're good to go as planned. We're heading up on September 14th to start building. A few friends are coming to help, but it's still going to be a lot of work, and I'm a little anxious about it going well. Our budget is so tight! But we only have to get the outside of the house done, so hopefully a week will be long enough to do that. Please wish us luck! We'll be there full time, but not until next spring at the earliest. Our first trip will maybe be enough to finish the exterior of the house, probably minus the siding. We'll have to go up a few times over the winter to finish the work. We're excited, and anxious for it to go well. good luck on your dream cabin.me and hubby are old and we are not in the best of shape.we built our cabin by ourselves.of course it is not as fancy as yours HopefulHomemaker.i would haul a board-the mister would nail it and then we would rest.lol. u will soon be in your wonderful cabin.good luck. We've finally begun! Husband and I arrived on Friday morning after driving all night, just in time to meet our first lumber delivery. Friday was basically just setting up and gathering supplies. Two friends did show up to help for a couple of days, and they have been invaluable. We would have gotten nowhere without them. The digging turned out to be a problem, though. Our soil is much too rocky to use an auger, so after wasting a day trying to muddle through with two people holding a one person gas auger (which still managed to spin out and whack Husband in the knee with its handle) we gave up and hired someone. He couldn't come until Monday, so Sunday we spent ages in Home Depot buying joist hangers and screws and other nonsense. Monday we got started after lunch (when the guy was done digging) and managed to set six posts out of twelve. Thankfully the building inspector showed up right as we were getting started, and clarified how we should do it. It's just a whole, unopened bag of concrete, then the post, then backfill. It's pouring today, so we're taking a break and starting again tomorrow. Here's the progress so

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How can camping with celebs picked to make viewers wish they'd never been born be an ad for cutting abortion? The Tory MP (as I write) claims she'll be using I'm A Celebrity to put over her anti-abortion views. Sure Nadine Dorries is in the jungle to discuss abortion matter Nicky Johnston Desperate Scousewife Nadine Dorries is pocketing a hefty -second home allowance while in the jungle. The Tory MP (as I write) claims she'll be using I'm A Celebrity to put over her anti-abortion views. Sure. This series ITV are paying large-breasted women to talk about the sanctity of their womb rather than paying to see them rubbing soap on the outside of it as they shower, in a bikini, under a camera-friendly -waterfall. Plus, how can sitting with celebrities specially picked (and edited) to make the viewing public wish they'd never been born, ever be an advert for -cutting abortion? But her flight does raise a question about why David Cameron forces power-hungry Tory women to eat crumbs off other tables.

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Plan your visit With more animals than anyone else in the South West you're in for a really wild day out in Devon! See them all - giraffes, lions, gorillas, cheetahs and thrilling crocodiles, plus our cheeky meerkats, colourful snakes and amazing monkeys. There are also indoor and outdoor play areas, the Jungle Express train, keeper talks and feeding times and uniquely, six amazing habitats that mimic the animals' natural environment. After you've watched the animals feeding maybe think about refuelling yourself. There's the Island Restaurant serving hot meals and drinks, plus the Snack Shack serving tasty Cornish pasties and many snack stations dotted around the grounds with ice creams and other tasty treats; and before you go home, be sure to visit the Living World gift shop offering a great selection of gifts and souvenirs. Use our handy day planner to organise your day at the zoo! Whenever you see the button next to an animal or item that you're interested in, click it to add it to your itinerary. So what are you waiting for? Come in and get close to over two thousand creatures, but you'd better leave a whole day - you'll need it.

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Oh, I wish I was in heaven sitting down I wish this road we were taking wasn't made for breaking down I wish these nights of pleasure and days of pain weren't so tightly bound and I wish I was in heaven sitting down. They done kept me out here on this road so long all the way back home she finally said "so long." I tried to call her on some old telephone but she's not around. And I wish I was in heaven sitting down. Oh, I wish I was in heaven sitting down I wish this road we were taking wasn't made for breaking down I wish these nights of pleasure and these days of pain weren't so tightly bound and I wish I was in heaven sitting down. I been out here so long, baby, my back and my shoulder they're tired. And my mind \_\_\_\_\_\_\_\_\_\_ but the wheels on this old thing, they keep turning round and round and I wish I was in heaven sitting down Oh, I wish I was in heaven sitting down I wish this road we were taking wasn't made for breaking down I wish these nights of pleasure and these days of pain weren't so tightly bound and I wish I was in heaven sitting down. oh, I wish I was in heaven sitting down. Oh, I wish I was in heaven sitting down.

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The Logic of the Moon Hoax Argument The Hoax Theory Claims: The evidence supporting the moon hoax theory is based on scientific study and logical conclusions. Logic is somewhat like mathematics. It is a field of study which uses standardised principles and formulae to maintain a consistent and reliable approach to answering questions. When used correctly, the worth of logic has been proven -- logical methods work. Very few people, including hoax theorists and debunkers alike, would dispute this. Unfortunately logic is often misunderstood or used incorrectly. In the same way that tricks can be played with mathematics to produce seemingly impossible answers, logic can provide false conclusions when the rules are bent. Since hoax theorists maintain that their theories are founded in logic, they must show that their implementation of the rules of logic are sound. If the logic is flawed then there is no basis for the theory. Strictly speaking, the entire theory could be summarily dismissed if the underlying logic does not hold up. Ironically, hoax theorists often use the word logic in their arguments without actually implementing any logic at all. Here's a typical statement from a hoax believer: "Think about it logically -- the Russians were ahead of the Americans for most of the space race but they pulled out and never made it to the Moon. They must have known it was impossible". I defy anyone to show me any principle of logic which supports this statement. And that's the crux -- you can't just say your argument is logical without showing exactly how your logic works. "Common sense" isn't good enough, you actually have to demonstrate the logical process you used to reach your conclusion. If you can't, then using the word "logic" is meaningless. Let's have a closer look at some relevant principles of logic... Logical Deduction The hoax theory frequently calls on the maxim "When you have eliminated the impossible, whatever remains, however improbable, must be the truth." This popular rule of logic is often used in fictional detective works, most notably Sherlock Holmes. For the sake of simplicity we'll call it the "Holmes Rule". An example of the Holmes Rule in use is the "identical photos" argument, where two photos of different locations on the moon appear to have identical backgrounds. The theory claims that there is no possible way this could have happened on the moon, so the improbable scenario of a hoax must therefore be true. This logic fails because: The theory makes no realistic effort to find or eliminate all other possible explanations. Even if other explanations could be eliminated, there is no logical process which leaves a hoax as the only remaining possibility. The underlying problem is actually the use of the Holmes Rule at all. Although it sounds very logical, this maxim is only useful in a limited number of situations; specifically, when you can be 100% aware of all possible explanations. If you cannot be completely sure you have identified each and every single possible answer, how can you rule them all out and leave a single correct answer? In fact, the Holmes Rule is only suitable for "black and white" questions such as mathematics. When investigating things like the moon hoax it is not the correct use of logic. Rather than eliminating explanations and trying to leave a single one, the correct approach is to list as many explanations as possible and identify the one which is most probably correct. The Principle of Parsimony Parsimony means "Adoption of the simplest assumption in the formulation of a theory or in the interpretation of data". This principle is is very important in logic. It is a way of narrowing down several possible answers to a particular question and determining which one is most likely to be correct. Basically it states that the simplest answer is most likely to be the correct answer. More specifically, the explanation which makes the least number of unproven assumptions is most likely to be the correct answer. Note that this principle does not prove anything - rather, it is used to determine the correct probabilities . If we apply this principle to the "identical photos" question we can suggest two possible explanations (although there may be others as well): The photos were mixed up or mislabeled by NASA in a simple clerical error. The entire moon landing was a hoax. Since we know that clerical errors do happen at large organisations such as NASA, the first explanation is simple and requires no new assumptions. However the second scenario requires us to accept a complex solution with many assumption

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Booth School of Business, University of Chicago Louis Putterman Brown University, Rhode Island Paperback Available, despatch within 3-4 weeks AUD$57.95 (inclusive of GST) Export price AUD$52.68 This book brings together classic writings on the economic nature and organization of firms, including works by Ronald Coase, Oliver Williamson, and Michael Jensen and William Meckling, as well as more recent contributions by Paul Milgrom, Bengt Holmstrom, John Roberts, Oliver Hart, Luigi Zingales, and others. Part I explores the general theme of the firm's nature and place in the market economy; Part II addresses the question of which transactions are integrated under a firm's roof and what limits the growth of firms; Part III examines employer-employee relations and the motivation of labor; and Part IV studies the firm's organization from the standpoint of financing and the relationship between owners and managers. The volume also includes a consolidated bibliography of sources cited by these authors and an introductory essay by the editors that surveys the new institutional economics of the firm and issues raised in the anthology. Reviews 'Over the years, this classic reader has been a terrific source for those seeking to understand the nature of the firm. The updated material in the new edition will extend this distinguished record.' Bengt Holmstrom, MIT 'For decades, economists focused on the miracle of the market to explain the productive performance of advanced economies. But both the miracles and the problems of modern economies are mostly rooted inside the firms that the system cultivates. The previous editions of the Kroszner-Putterman reader served my students well by exposing them to the deepest economic thinking about the role of the firm. This new edition has some great additions that keep this reader right up to date.' Paul Milgrom, Stanford University

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Making albums is a tricky thing ; writing, arranging, playing, recording, mixing, all so important to get right. Then there is that other element permeates everything; desire. If you have this, you can fuck up any or all of the above and still succeed in making something beautiful. We have experienced this many times. What happens when you get all of those other elements right too? Something we have only felt once before. The Something Rain was recorded in bursts over about a year, May '10 -- August '11. It was mixed September -- October '11 The band's recent history is a story of gradually rebuilding after breaking it all down around 2003. That was a painful time. It is only now that we know those hard decisions were the right ones. Our music has grown into a different shape that we could have never found by holding on to the past. Since reforming we have always been progressive, never looking back -- this was felt most keenly on our recent soundtrack work for Claire Denis and the accompanying ambitious live shows. We have grown into a tight 5 piece band, with the riches of a great extended family of musicians to draw upon. As well as the the usual collaborators -- Terry Edwards (horns) and Andy Nice (cello) -- on this album we are augmented by Thomas Bloch (crystal bachet), Gina Foster (vocals) and Julian Siegel (bass clarinet and saxophone). During these years we have enjoyed the support of Beggars Banquet/4AD. In parting with them we left behind what had become a comfortable space for making music. In the studio there was a new creative edginess around, and a determination. From the 20 or so ideas we started with, 9 songs became The Something Rain: At the albums heart lies the memory of the people we have lost in these last 2 years, but we were in no mood to be maudlin. It's to them. But it's for us. We are still drinking, laughing, crying, fighting, fucking, making our music. They wouldn't have wanted it any other way. The cover art is from 'Skies, September '10 -- September '11' by Suzanne Osborne.

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Editor's Picks Anna Karenina's conduct One of the greatest novels ever written, Anna Karenina sets the impossible and destructive triangle of Anna, her husband Karenin, and her lover Vronsky against the marriage of Levin and Kitty, thus illuminating the most important questions that face humanity. A new film adaptation of the novel, starring Keira Knightly and directed by Joe Wright, opens today in the United States. (It was released 7 September in the UK.) We've paired a scene from the film with an excerpt of the novel below. EVERY one was loudly expressing disapproval and repeating the words some one had uttered: 'They will have gladiators and lions next,' and every one was feeling the horror of it, so that when Vronsky fell and Anna gave a loud exclamation, there was nothing remarkable about it. But afterwards a change came over Anna's face which was positively improper. She quite lost self-control. She began to flutter like a captive bird, now rising to go, now addressing Betsy. 'Let us go!' she said. But Betsy did not hear her. She was leaning over to speak to a General who was below. Karenin approached Anna and politely offered her his arm. 'Come, if you like,' he said in French; but Anna listened to what the General was saying and did not notice her husband. 'He too has broken his leg, they say. It's too bad,' the General said, Anna, without replying to her husband, raised her glasses and looked toward the spot where Vronsky had fallen; but it was so far off, and so many people had crowded there, that it was impossible to distinguish anything. She put down her glasses and was about to go; but at that moment an officer galloped up and reported something to the Emperor. Anna bent forward to listen. 'Stiva! Stiva!' she called to her brother. But he did not hear her. She was again on the point of going. 'I again offer you my arm if you wish to go,' said her husband touching her arm. With a look of repulsion she drew back, and without looking at him replied: 'No, no, leave me alone, I shall stay here,' She now saw an officer running to the Grand Stand from the place where Vronsky had fallen. Betsy waved her handkerchief to him. The officer brought the news that the rider was unhurt but that the horse had broken its back. On hearing this Anna quickly sat down and hid her face behind her fan. Karenin saw that she was crying, and that she was unable to keep back either her tears or the sobs that made her bosom heave. He stepped forward so as to screen her, giving her time to recover. 'For the third time I offer you my arm,' he said after a while, turning toward her. Anna looked at him and did not know what to say. The Princess Betsy came to her aid. 'No, Alexis Alexandrovich,' she put in, 'I brought Anna here and I have promised to take her back again.' 'Excuse me, Princess,' he said, smiling politely but looking her firmly in the eyes, 'but I see that Anna is not very well, and I wish her to come with me.' Anna looked round with alarm, rose obediently and put her hand on her husband's arm. 'I will send to him and find out, and will let you know,' Betsy whispered to her. On leaving the stand Karenin as usual spoke to people he met, and Anna as usual had to reply and make conversation: but she was beside herself and walked as in a dream, holding her husband's arm. 'Is he hurt or not? Is it true? Will he come or not? Shall I see him to-night?' she thought. In silence she took her place in her husband's carriage, and in silence they drove out of the crowd of vehicles. In spite of all he had seen, Karenin would still not allow himself to think of his wife's real position. He only saw the external sights. He saw that she had behaved with impropriety and he considered it his duty to tell her so. But it was very difficult for him to say that and nothing more. He opened his mouth to say that she had behaved improperly, but involuntarily said something quite different. 'After all, how inclined we

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Welcome to my beauty blog. Here I will share with you tips and tricks of the trade. I thought I'd start with the basics. Foundation. 1- MOISTURIZE. To get the perfect base you need to start with a moisturizer suited to your skin type. If you have oily skin then apply an oil free or an oil absorbing moisturizer. If you have dry skin then use a rich creamy moisturizer but go easy. You don't want a slick base for your foundation to just slide right off. Let the moisturizer set for a few minutes. If your foundation has no SPF I'd advise your moisturizer has an SPF of 15-30 2- PRIME- Then if you tend to get oily, or your foundation never seems to stay on, apply a primer. I recommend the Smashbox Photofinish foundation primer. Found at any Smashbox store or online. Let it set before the next step. I use this primer on every face I work on. 3- FOUNDATION- Now lets apply foundation. I highly advise to use a light foundation first on your entire face. My Favourites are M.A.C face and body, Chanel Vitalumiere Aqua foundation or on the cheaper side of things the LOreal True Match Liquid foundations. All are all very light, they even out skintone with out caking up. Using a makeup sponge or the tips of your fingers, apply dots of foundation on your chin, cheeks, forehead and tip of the nose. Makeup artists swear by foundation brushes to apply product. They soak up less foundation and blend flawlessly. If you tend to get dry or flakey skin then lightly dampen the sponge or brush first. Blend, Blend, Blend. 4- CONCEAL- Once blended out then you can go ahead with a concealer or a thicker foundation and apply it only where you need it, using a smaller brush. You will get a much more flawless and natural look this way instead of the 'Mask" effect. Blend out edges of concealer until it looks invisible. 5- SET- To set your foundation and concealer, apply a light powder with a big fluffy brush. My absolute fav is the M.A.C mineralize skinfinish powders. They set your makeup without drying or flaking and leave a soft velvet finish. Then you can go ahead and apply your blush, highlight, contour etc. TIPS. - If you have redness in your skin you want to cover up then use a warm/yellow toned foundation. - I always buy 2 colours of foundation so that weather its summer or winter you can mix them to get your perfect shade. Also a tip for making your face look slimmer is to apply your foundation 1 shade lighter down the center of your face (forehead, nose, chin) then on the outer part of you face apply it a shade or two darker, Blending between the 2 of course so you don't have obvious lines. This give the illusion that your face is longer and slimmer. Amaze! - At the end of your foundation routine you can spray a finishing spray to set and also give a more dewy effect. Some available are the M.A.C fix+ spray, Model in a bottle setting spray (i got mine off ebay from America) or Urban Decay have just come out with one called the All nighter spray, which I've heard great things about. - To get a luminescent appearance you can mix a few drops of shimmer int o your foundation or pat it on top before you apply your powder. Smashbox Artificial light or M.A.C are both awesome!

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Sunday, November 04, 2012 Really! I'm as nervous as a pregnant nun in church and can't even think about the election on Tuesday, much less expound on it in any meaningful way. Just the thought of another cold, lying, dishonest, sociopath sitting in the White House scares me pea green and pop-eyed and causes me to spiral downward into the pits of hell. Perhaps even worse is the thought of a bunch of astonishingly ignorant, condescending, paternalistic old farts defining rape and dictating what grown women and young girls can and cannot do to their bodies. Since I'm practically catatonic at this point, let me introduce you to Chris, a prosecuting attorney who steps away from her usual subject matter on her delightful blog, The Dead Authors Club, to offer her perspective on Fetal Personhood and Criminalizing Abortion . . . . I've been watching a lot of Republican candidates for federal office saying a lot of stuff about pregnancy and rape, and pregnancies resulting from rape, over the last several weeks, and I am simply unable to keep my mouth shut any longer. Because as all of my friends know, I've been prosecuting rape, child abuse and homicide for over a decade and a half, and this is a subject that I happen to know quite a lot about. And I am deeply disturbed by the personhood movement, by the idea that there should be specified exceptions to a blanket criminalization of abortion, and by the fact that the group of mostly men propounding this policy seem to have absolutely no FREAKING idea what they are actually trying to do here. . . That's just the beginning. It gets even better, if possible, and ends with this rallying cry: . . . one more thing. Stop with the pandering bullshit about "small government." Because no person who seeks to require government officials to be involved in litigation over the fertility of the uteruses of all of the women who reside in their jurisdictions can credibly claim to be a proponent of small government. Between the beginning and the end is a whole hell of a lot that I imagine most of us lay people -- as well intentioned as we might be -- haven't even thought about. This is an extremely profound article that should resonate with anyone who has one ounce of humanity. 18 comments: A powerful piece, and as you say, a prosecutor is aware of many issues that wouldn't occur to most of us. The anti-choice position on abortion, whether with or without a rape exception, is unworkable in the real world (aside from being morally outrageous). It's not a credible plan of action. It's a dog whistle and a marker of membership in the theocrat tribe. The pro-choice women I know who support Romney just simply deny that he means what he has said about overturning Roe v Wade. They think he is only saying it to be supported by the far-right pro-life people. Unbelievable. And apparently it's ok with them that he would lie to be elected. These women have their heads up you know where. I come across them all the time on FB and they really do live in a alternative reality. So many, too many, don't believe he's even lying. They think it's a liberal myth!!! Don't worry, it'll be Obama by a landslide in spite of all the bullshit about it being close. Here's why: all the gays, blacks, Hispanics, and poor will vote Obama, or almost all. Most women will too, including many Republican conservative women who can't admit it but will secretly vote Obama on election day. That is an excellent post. I wanted to leave a comment there but it appears comments are closed; I couldn't find a place to leave one. So, I will comment here. First, I think democratically challenged, morally confused characters like Todd Akin and Richard Mourdock should be required to write an essay before they're allowed to legislate on a fundamental human right such as a woman's autonomy over her own body. The essay would address the question, "Is an acorn an oak tree?" The pertinence is that while an acorn could become an oak tree, it's obviously something else: an acorn. And if one destroys an acorn, have they killed an

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Film Details Cast Genres Film Description Two classic 1980s sex comedies. In Porky's, six students at a Florida high school during the 1950s have a series of comical misadventures that take them everywhere from the girls' school showers to Porky's, the local whorehouse. In Porky's 2 - The Next Day the fun continues as the boys at Angel Beach High devise even more creative ways to infiltrate the girls' shower room. They must also stop the Reverend Bubba Flavel and Coach Balbricker, who want to shut down the local Shakespeare Festival for being smutty.

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The Time Of My Life Lyrics Bill Medley Now I've had the time of my life No I never felt like this before Yes I swar it's the truth and I owe it all to you 'Cause I've had the time of my life and I owe it all to you I've been waiting for so long Now I've finally found someone To stand by me We saw the writing on the wall As we felt this magical Fantasy Now with passion in our eyes There's no way we could disguise it Secretly So we take each others hand 'Cause we seem to understand The urgency just remember You're the one thing I can't get enough of So I'll tell you something [ From: http://www.metrolyrics.com/the-time-of-m\\... ] This could be love because CHORUS: I've had the time of my life No I never felt this way beforeYes I swear it's the truth And I owe it all to you With my body and soul I want you more than you'll ever know So we'll just let it go Don't be afraid to lose control Yes I know what's on your mind When you say "Stay with me tonight." Just remember You're the one thing I can't get enough of So I'll tell you something This could be love because CHORUS 'Cause I've had the time of my life And I've searched through every open door Till I've found the truth and I owe it all to you CHORUS

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Hi, He said he is fifteen. He said he was fifteen. Both possible, but if you consider... He looked as if he is fifteen , it doesn't sound good because "looked as if" refers explicitly to a past situation, and the past tense sounds definitely better: He looked as if he was/(were?) fifteen. I would probably say "He looked like he was fifteen" , anyway. This is my simple opinion I was told that were is used instead of was after as if but check the following sentence: He was eating like as if there was no tomorrow. What is difference between the meaning of the following sentences: 1 : He was eating like as if there is no tomorrow. 2 : He was eating like as if there was no tomorrow. What is difference between the meaning of the following sentences: 1: He was eating like as if there is no tomorrow. 2: He was eating like as if there was no tomorrow. I used colon after the sentence What is difference between the meaning of the following sentences which is interrogative sentence, therefore I must have used question mark instead of colon but colon was also necessary then does that mean in such cases there is no need for question mark? I was told that were is used instead of was after as if but check the following sentence: He was eating like as if there was no tomorrow. Question 2: What is difference between the meaning of the following sentences: 1 : He was eating like as if there is no tomorrow. 2 : He was eating like as if there was no tomorrow. Question 3: What is difference between the meaning of the following sentences: 1: He was eating like as if there is no tomorrow. 2: He was eating like as if there was no tomorrow. I used colon after the sentence What is difference between the meaning of the following sentences which is interrogative sentence, therefore I must have used question mark instead of colon but colon was also necessary then does that mean in such cases there is no need for question mark? \*Usenet post removal: Use 'X-No-Archive' or please send proof of the poster's email, we will remove immediately. Views expressed in this community do not reflect the views of MediaCet LTD, and we are in no way liable for such content. Offensive or malicious content will be removed immediately, please send an email to webmaster@mediacet.com

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From crumbly cakes like sfouf from Lebanon to tasty milk tarts from South Africa, sweet treats served at the end of a meal are the incentive for kids to eat their vegetables, the Achilles' heel for most dieters, and the go-to fix for those with sugar addictions. So The Daily Meal has gone around the world to delve into the different variations of delicious dessert delights across the globe, and tell you where to try them. For travelers craving something sweet, here is a gastronomic guide through the sugars, syrups and spices of the world's scrumptious signature treats. We've covered six continents' worth of cakes, cookies and custards heavenly enough to make any diner loosen his or her belt and satisfy any sweet tooth. Get the inside scoop on the history of American apple pie, New Zealand's favorite ice cream flavor, and where in the world soup is on the dessert menu. Savor the flavors of nutty phyllo pastries in Turkey and rich gooey puddings in Great Britain. Chocolate souffl with Grand Marnier (France) Chocolate souffl is a decadent and time-honored dessert in France. Chocolate souffl is a lightly baked cake comprised of egg yolks, beaten egg whites, sugar and a gooey chocolate interior. The dessert has a reputation for being notoriously difficult to execute, as the dish has to be served immediately to prevent the souffl from dropping and becoming dense. In France, the souffl is often infused with Grand Marnier, an orange liqueur that accents the richness of the chocolate with a citrusy flavor. Quindim (Brazil) Quindim is a signature Brazilian dessert with a bright yellow color, glistening surface and a custard consistency similar to flan. The recipe for quindim includes ingredients like coconut, sugar, butter and egg yolks, which give the dish its distinctive color. The origins of the dessert are said to be rooted in Portuguese cuisine, which often incorporates a substantial number of egg yolks in its recipes. In the 17th century, quindim was modified by slaves in the Bahia region of Brazil to include coconut, which is readily found in the region. Apple pie (United States) Apple pie is heralded as the quintessential American dessert, serving as a culinary symbol of the nation's prosperity and pride in the 19th and 20th centuries. Apple pie consists of a pastry pie crust and an apple filling often seasoned with nutmeg or cinnamon. The pie takes about an hour in the oven to bake. Interestingly, apple pie-making does not originate from the United States, but rather it was a concept brought over by the Pilgrims from England, where the pies were made with unsweetened apples covered by an inedible shell. Eventually, the recipe developed into the well-known dessert enjoyed today. Gelato (Italy) Gelato differs from ice cream in its flavor and texture. The frozen dessert is made with milk as opposed to cream, which gives the dish a lower fat content, and has less air whipped into it than ice cream, making it denser and often more intense in flavor. Gelato is an Italian term that means "frozen." The history of the dessert is rooted in 16th century Italy, where according to many accounts, a Florentine named Bernardo Buontalenti presented his gelato creation to the royal court of Caterina dei Medici. Galub jamun (India) What is gulab jamun? Gulab jamun are deep-fried dough balls covered in a sugary syrup flavored with cardamom seeds, rosewater or saffron. The name of the dish is a combination of the Persian word "gulab," which means "rose" and refers to the rosewater-scented syrup used in the dish, and the Hindi word "jamun," which is a South Asian fruit. In addition to India, the dessert is also enjoyed in countries like Pakistan, Nepal, and Bangladesh. The dish is based on an Arabic dessert called luqmat al-qadi and is often served at marriages and major celebrations like the Indian Diwali festival and Muslim Eid-ul-Fitr and Eid al-Adha festivals. Where to try gulab jamun: Bengal Sweet Corner, Delhi Check out The Daily Meal's Around the World in 80 Desserts Pinterest board and repin your favorite desserts from

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Kelly Cutrone's book "if you have to cry, go outside!" is the single best piece of advise you can take in your life. Seriously, people cry a lot on my course, and they do it in front of the tutors, they just think that you're a fool who can't criticism. As do I and a lot of other students, your work is bad, either make them give you a reason why they don't like it and do something else, or keep quiet and do something else, cry at home where it's socially acceptable for you to be a mess for 20 minutes before you pull yourself together and do something. " We're constantly getting these messages to mind our own business and look the other way if we want to be well liked, to not tell the truth or speak our mind or say anything too intense. Well, I'm telling you here that this approach not only makes you party to other people's crimes against themselves but is a prescription for mediocrity and delusion." - Kelly Cutrone In recent weeks I have been listening to my inner voice, sure it has been screaming at me for along time.. but as I said only recently have I aloud it to truly speak to me. I think mostly because for so long I felt like I had to make sure everyone and everything was "just so".. That every word I spoke was not to offend someone.. Okay so before you go thinking this bitch is crazy listening to voices speak to her.. we all have an inner voice, some just choose not to listen to it.. some decided that what that voice is really telling us to say is not considered appropriate or worse it may piss someone off.. well here's what I say to that... Who gives a fuck? I mean if we all walk around filtering ourselves all the time eventually the shit just builds up within you and you find yourself really pissed, I like to air on the side of pissing others off v. bottling shit up and pissed off that I cant speak my mind.. That's me being honest with you, really, even that little statement may piss someone off.. but if it does, I'm not beating you to read my shit, move along... Anyways, During this little epiphany of IDGAF, I began reading a little book, by Kelly Cutrone, most of you probably know her from that one MTV show with some of the girls from the Hills. I'm not sure exactly what the show was called, because well its been fucking forever since the shit was aired...anyways This little book is your key to unlocking that inner voice, perfect for me who was already in the midst of doing so.. it was perfectly validating for me... Validating for many reasons, I think a big reason though was because I was also in the processing of eliminating "friends"..throwing out the bad.. recognizing the awesome.. and really figuring out who my "TRIBE" is.. So all that said I must insist that you all read it.. If you have to cry go outside, and other things your mother never told you. By: Kelly Cutrone In closing, I leave you with a little excerpt: There's power in numbers. Say it however you want to, but the truth is that we cannot go through this life alone. Finding your tribe, like following your dreams, isn't always about what makes sense; it's about what your soul needs. As much as we're looking for experiences that turn us on, we're looking for people who do the same, whether creatively, emotionally, spiritually or intellectually. You can either let someone be protected from reality or let them be sculpted and birthed by it. I firmly believe the latter option is best. If you fail to treat your internships and early work experiences as the amazing learning experiences they are, you sabotage opportunities with the company you're working for and you fail to cultivate the friends and mentors who might be resources or might give you recommendations in the future. Positive and negative role models are essentially the same: they're both pushing you toward your own voice, your own brand, and your own style. This is an important lesson to remember when you're having a bad day, a bad month or a shitty year. Things will change: you won't feel this way forever. And anyway, sometimes the hardest lessons to learn are the ones your soul needs most. I believe you can't feel real joy unless you've felt heartache. You can't have a sense of victory unless you know what it means to fail. You can't know what it

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Formats Book Description Release Date: April 3, 1998 The bestselling author of Goddesses in Every Woman sheds light on the experiences of the seriously ill, and shows how facing mortality can be a life-transforming process. Patients, their caretakers, and their loved ones will all reap tremendous benefits from this spiritual but pragmatic book. The bestselling author of Goddesses in Every Woman sheds light on the experiences of the seriously ill, and shows how facing mortality can be a life-transforming process. Patients, their caretakers, and their loved ones will all reap tremendous benefits from this spiritual but pragmatic book. Editorial Reviews From Publishers Weekly The crisis brought on by a serious or disastrous illness is the concern of this richly probing essay by a Jungian analyst and medical doctor. Although various diseases are touched on, cancer?especially as it affects women?is Bolen's focus. Yet far from being a grim tract, this book is a kind of metaphysical how-to filled with hope, second chances and sound guidance. But from the very first "initiation story" the author narrates for us?the myth of the abduction to the underworld of Persephone, an ancient Greek emblem of spring, vitality, rebirth?Bolen makes clear that there are dark and dangerous realms to traverse to learn how to help make oneself well and whole again. In her view, there is no mind/body split, no dichotomy between psyche and soma: the mind is everywhere in the body and affects physiological outcomes. While the book's Jungian tone will keep some readers away (even as it attracts others), and while it's not full of original ideas, it is a skillful assemblage of views on the harrowing experience of physical illness and mental dissociation from which we can and may emerge with a new clarity about who we are and what we want our lives to be. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. From Library Journal From a best-selling author (Goddesses in Everywoman, LJ 7/84): advice on making serious illness a chance for growth. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. More About the Author Jean Shinoda Bolen, M. D, is a psychiatrist, Jungian analyst, author and activist. an internationally known speaker who draws from spiritual, feminist, Jungian, medical and personal wellsprings of experience. She is a Distinguished Life Fellow of the American Psychiatric Association, UCSF clinical professor, and a former board member of the Ms. Foundation for Women. Jean's website is www.jeanbolen.com. Lecture and workshops under "Current schedule." She is the author of The Tao of Psychology, Goddesses in Everywoman, Gods in Everyman, Ring of Power, Crossing to Avalon, Close to the Bone, The Millionth Circle, Goddesses in Older Women, Crones Don't Whine and Urgent Message from Mother. Her books have been translated into over thiry foreign editions. All are in Spanish. She is a leading advocate for a UN 5th world conference on women (www.5wcw.org) Once again, Jean Shinoda Bolen has gifted us with her rich understanding of the human condition. In this book, she explores the psychological and spiritual value of death, profound loss, and illness without in any way minimizing the pain, angusih, and grief that come with these times in our loves. Bolen's book gives us a way to grapple with these passages on a deep spiritual, personal level, without turning to religious platitudes or what, for many, may feel like true-believer gloss overs. Instead, dying, illness, and loss are presented as psychological as well as physical events that resonate with rich personal and spiritual meaning and transformation, if we can allow them to do this. A wonderful book! This book is unlike any other I have read. The author is a Jungian analyst and clinical professor of psychiatry. To quote the book jacket, she "weaves myth, experience, and story to produce a book which at once illuminates the experience of the seriously ill patient and shows that facing one's mortality can be a life-transforming, and even a life-saving process". At a time when I was recovering from life-threa

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Participation in a community of inquiry makes unfamiliar demands on students as well as teachers, and it is unreasonable to expect students to quickly embrace changes that challenge their ideas about what mathematics is, and how it is best learned. Our research suggests that, as well as encouraging full participation, teachers need to be aware of the different forms of resistance that students may display, and to recognise the ways in which peers can work to include reluctant students in the classroom community.

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Op-Ed: Sean Avery's Antics Would Have Been Great in Toronto Sean Avery, everyone's favourite douchebag, took his act to Dallas over the summer. He made his return to New York Monday night, and was at his Avery best during his post-game interview. Check out the video to see what he had to say. So, he gets in Brandon Dubinsky's face, and calls Rangers back-up goalie Stephen Valiquette a "minor leaguer." (You know, a "minor leaguer" who beat the Leafs twice last season, and who has already shut us out this season. Just saying.) Then, apparently, Avery gets into it with the Rangers' colour man. My point is, just imagine a full season of Sean Avery and the Toronto Maple Leafs media. Worlds would have collided. Oh, the fun it would have been. Think about it, Damien Cox didn't get along with Darcy Tucker. Imagine the living hell Avery would have put him through. To read the hatred Cox would have spewed towards Avery, day in and day out, would have been worth it alone. I still think we should have signed Avery, or at least tried to. He would have made a plucky Toronto team even tougher to play against and, more importantly, Damien Cox's life miserable. And, really, at the end of the day, isn't that we all want? Sean Avery, everyone's favourite douchebag, took his act to Dallas over the summer. He made his return to New York Monday night, and was at his Avery best during his post-game interview. Check out the video to see what he had to say.

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Undervalued Halliburton is a Good Investment Meena is a member of The Motley Fool Blog Network -- entries represent the personal opinions of our bloggers and are not formally edited. Halliburton (NYSE: HAL ) is one of the world's largest gas and oilfield service companies, operating in over 75 countries. Throughout most of its 93-year history, HAL has been divided into multiple business segments, most notably the Energy Services Group and Kellogg-Brown & Root. The latter, more widely known as KBR, served as a private military construction and engineering contractor until it was sold in 2007. During the past decade, Halliburton has been in a bevy of undesirable headlines, from its questionable government-granted contracts in the Second Gulf War, to its recklessness in the events leading up to the Deepwater Horizon Oil Spill. Over this same period, shares of HAL have tripled and currently rest just under $31 a share. Near this time last year, however, shares were trading even higher, eclipsing a price of $57 each. This decline has value hunters flocking to this stock, as all analytical measures point out that now may be the best time to buy HAL. Moreover, it looks as though hedge funds and company insiders have already beaten investors to the punch, so to speak. After remaining stagnant throughout much of the recession, Halliburton saw its revenue increase by 38.1 percent to $24.8 billion in 2011. This one-year increase was greater than competitors like Baker Hughes (NYSE: BHI ) at 37.5%, Weatherford International (NYSE: WFT ) at 27.1%, and Schlumberger NV (NYSE: SLB ) at 37.1%. HAL was also able to translate this growth to its bottom line, as it saw an earnings boost from $2.01 in 2010 to $3.08 a share in 2011. In fact, over the past three years, HAL has seen its EPS grow by an average annual rate of 3.9 percent in a time when industry averages are shrinking (-1.8%). Moreover, all three of the company's primary competitors have experienced negative EPS growth rates over the same period: BHI (-9.2%), WFT (-44.7%), and SLB (-7.4%). Interestingly enough, earnings multiples show that investors have not taken notice of this advantage just yet. By looking at HAL's Price-Earnings ratio (9.2X), which measures the value that investors place on every dollar of earnings, we can see a deep discount when compared to the industry average (16.1X) and competitors like BHI (10.6X), WFT (28.3X), and SLB (17.6X). Now, bears may argue that HAL could simply have historical multiples that are low, but this is simply not the case. Specifically, the company's current P/E is below its 10-year average of 16.1X. In addition, HAL's earnings have historically traded at a 17 percent premium above the S&P's over the past decade. This year, they are trading at a 40 percent discount. Using the industry average P/E in conjunction with a year-ahead EPS forecast of $3.53, we can set a target price of $56.83 by next spring. Even if earnings stay stagnant, fairly valued shares of HAL would rise above $50 a share. It should also be pointed out that Halliburton grew its free cash flow by fivefold last year to $731 million. Even though this increase was larger than any of its primary competitors, shares of HAL are currently trading at P/CF ratio of 8.6X, which is below the industry average (11.7X) and the company's own 10-year historical average (16.9X). Over the past month, news surrounding Halliburton has been particularly positive, as the company blew away the Street's first quarter earnings estimates, reporting an EPS of $0.89, almost 50 percent higher than Q1 of 2011. Additionally, HAL won a $95 million contract last week to develop a series of oil wells in Iraq, and it expects to reach similar agreements in Brazil. From a macroeconomic standpoint, lower than expected oil prices have certainly not helped HAL's shares, though a rising demand from developing nations and an ever-shrinking supply of the finite resource paves the way for a bullish trend that is in the company's favor. Looking at insider activity, Director Murry Gerber purchased 3

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The new iPad vs iPad 2 Is it really worth upgrading? The new iPad, the iPad 3 or whatever you want to call it, has arrived with its funky screen and the natural reaction from most is going to be to buy the thing straight away, but is that necessarily the right move? Just because it's the latest in the line of Apple's top tablet, does that make the the new iPad the best one around, or, more importantly, actually worth the money it costs you? The best way to see that for sure is to take a good look at all the the new iPad parts and all the new iPad specifications and compare them to the iPad 2 to show exactly how they differ. Whether or not Apple still makes the iPad 2 available for sale at the same time, it'll still be easy enough to pick up the older model on third-party sites and at vastly discounted rates. So, which is the best way to go for you? Read Pocket-lint's the new iPad vs iPad 2 and decide for yourself. Form Factor 1st: iPad 2 241.2 x 185.7 x 8.8mm, 613g 2nd: the new iPad 241.2 x 185.7 x 9.4mm, 652g The iPad 2 is a thin devil in its own right, so to better it on the form factor front was going to be tricky. Naturally, there were also another couple of complications here that were always going to prove a challenge for the Apple engineers on the the new iPad. A more powerful processor and more splendorous screen need a bigger battery in order to power then for as long a time frame and that means a bulkier body with a heftier mass. Sure, the the iPad 3 reaps the benefits in later rounds but the first category goes to the older model. What? You didn't think it would be all plain sailing, did you? Display 1st: the new iPad 9.7-inch, 2048 x1536, LCD with IPS 2nd: iPad 2 9.7-inch, 1024x768px, LCD with IPS Getting that screen boost was what the Apple-appreciating public has been crying out for for the past 12 months. We all thought we'd be getting a Retina-type levels of resolution when the iPad 2 was launched but, now, finally, that dream has become a reality. The move doubles the pixels and therefore the pixel density over that 9.7-inch display and, even though you probably never thought that the iPad 2's screen was exactly a problem, lay it next to the the new iPad 3 now and you'll have little doubt about which one you'd rather have in your bag. Engine Room 1st: the new iPad Apple A5X 2nd: iPad 2 Apple A5 The enhanced graphics potential of the the new iPad needs a processor with enhanced graphics abilities and that's exactly what the quad-core graphics Apple A5X system-on-a-chip provides. The number of cores in the graphics element of the SoC means a zippier interface, smoother games and, fingers crossed, highly proficient rendering of your HD movies. The A5 in the iPad 2 is no slouch. You'll still be able to enjoy the top apps but it's in 12 months when the horizons of the developers have broadened and expectations have moved on that you might start to notice that certain games become a bit of a strain. Imaging 1st: the new iPad 5MP rear, 0.3MP front, 1080p video at 30fps 2nd: iPad 2 0.3MP front, 0.7MP rear, 720p video at 30fps While the iPad's video credentials were never chronic - the VGA on the front and the 720p recording on the back are just about enough for chatting to your friends and family back home and capturing that moment, respectively - the 0.7-megapixel stills were an obvious weakness. Thankfully, Cook and pals have paid attention here and managed to squeeze in a significantly better camera system this time around. Apple has gone and implemented the majority of the camera tech from the iPhone 4S into the the new iPad. This means a major win here over the less than great performance of the iPad 2. The new iSight camera uses things like a 5 element lens and IR filter as well as things like software stabilisation and auto exposure/focus. A big improvement over the last gen tablet and another nail in the coffin for those who want to be at the top of Apple's tech tree. Software Win: the new iPad iOS 5.1 Lose: iPad 2 iOS 5.1 iOS went and got a little updated at the the iPad 3 announcement. It brings

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The Way to Get Big is to Go Small by Neil Cole In our new book, Church Transfusion , Phil Helfer and I start by claiming that the true expression of Christ's kingdom should stand out as very different from all other religions. To demonstrate the radically different nature of God's kingdom we list 6 ways that the upside-down kingdom stands in contrast from the world's view of what is right and unfortunately often is at odds with the Church as well. In the next few blog posts I will list those six different paradigms of the upside-down Kingdom. The first is that the way to get big is to go small . All multiplication movements begin small. Jesus described His kingdom as starting with the smallest seed known to man at the time -- the mustard seed. All reproduction occurs on the cellular level. In essence, if the cells of your body are not healthy, your body is unhealthy. It doesn't matter if you have a killer wardrobe, a face lift, and a winning smile on the outside if the cells that make up your body are ailing. While most pastors are considering ways to get a bigger church, the key to true success is to go smaller. In the end, if you get the small things right, global impact will eventually come. When it comes to church transfusion, you must begin by planting health in the smallest unit of church life -- the disciple in relation to other disciples. If you can't multiply at that level, you will never multiply at any larger and more complicated level. Most pastors, missionaries and church planters are in a hurry to grow big, but mistakenly pass over the small places where the life actually starts and transforms. "Do not despise the day of small beginnings." About Neil Cole Neil Cole is the founder and executive director of Church Multiplication Associates & CMAResources, which has helped start hundreds of churches in thirty-five states and thirty nations. He is seen by many to be one of the key founders of what is known as the organic or simple-church movement. One of the key training components of this expanding movement is the Organic Church Planter's Greenhouse -- Story 1 and Story 2 Trainings. Read More About Neil Cole At His Author Page Follow ChurchPlanting.com What Is ChurchPlanting.com? At ChurchPlanting.com we aim to equip and encourage church planters who are aimed at winning others into relationship with Christ. Bloggers on the site include a Who's Who list from the Church Planting World comprised of coaches and authors. These are people who think beyond typical conventions and who are interested in seeing lots of people won into relationship with Christ through church planting.

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Lyrics: The Darkest Side Love It's the air in your mother's lungs When her fathers tore her fences down Plastic bags and the panadol was out Love Was a sold Gibson 335 And your father's dream died that night Just to keep that electricity on And it's the darkest side of my heart that dies when you come to me And it's the golden ticket I win when you kill my enemies I hear the farthest cry and the softest sigh when I'm empty But if you leave me I'll hide in a game like SimCity Love That was alive in the olden days Been put to death in this golden age By our colour TV And it's the darkest side of my heart that dies when you come to me And it's the golden ticket I win when you kill my enemies I hear the farthest cry and the softest sigh when I'm empty But if you leave me I'll get me gone and drown face down muddy in the water Oh when I die... When I die... Die I'm alive When I lose I find My identity Love Was those dark clouds on the Friday It was a holy shaking earthquake And you were stuck up the tree And it's the darkest side of my heart that dies when you come to me Oh it's the golden ticket I win when you kill my enemies I hear the farthest cry and the softest sigh when I'm empty But if you leave me I'd hello goodbye and I don't shine at night look I'm dead man Share: Like this: This entry was posted on Tuesday, June 16th, 2009 at 11:14 pm and is filed under Lyrics . 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. Hello, yes its about Rohin's parents. you've got a few of the words wrong. Here you are... love, its the air in your mothers lungs, when her fathers tore her fences down plastic bags and the panadol was out. love was a sold gibson 335, and your fathers dream died that night just to keep that electricity on. and its the darkest side of my heart that dies when you come to me and its the golden ticket i win when you kill my enemies i hear the farthest cry and the softest sigh when im empty but if you leave me i'd hide in a game like sim city. oh when i die im alive when i lose i find my identity son if i died on my bedroom floor would you cry on your bedroom floor and tattoo my name underneath your arm mum, love was alive in the olden days been put to death in this golden age by our colour tv ands its the ... but if you leave me id get me gone drown face down muddy in the water. oh when i... love was those dark clouds on the friday it was a holy shaking earthquake and you were stuck up a tree. and its the... but if you leave me i'd hello goodbye and i dont shine at night look im a dead man oh when i ... Ps, I am surprised to hear those are Rohin's lyrics. I had just presumed that they were Jordan's since he does the singing. Do you know who wrote any of the other tracks, like, Blood, Fool's Gold, etc? listened to "Blood" while chatting with Bob...who lives in your dad's house. Your dad was there while we listened...I got very teary....it reminded me of my mom who died of cancer. very nice moment to hear your song while your dad explained the history behind it. awesome...i wish you all the best. Hello, I'd like to venture a shot at discussing the meaning of the lyrics in this song. I'm from Seattle, and I don't know the band personally. So whatever I say is merely from my perspective, as I have meditated on the lyrics. Others may have their view and I would love their discussion. In a summary statement, I believe this song is about self- sacrificing love and it's resulting life. It appears to be a very family, and biblically based meditative lyric, which I will try to show. (Someone else mentioned them being christian on another lyric page as well) I admit what I will say is overtly christian in orientation, which may offend you or mis-interpret TME, but I hope the opposite will occur instead. I hope

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Answers (7) Answerer 1 oh the joys of buying pets from a large chain store instead of a private breeder. first of all me and pets at home have had a few run ins i find quite a few of their staff in quite a few shops do not give you proper advice also you really should of double checked the sex with a vet. make sure you don't disturb the mother and baby but remove the males from the cage/hutch. do not handle the babys for at least 10 days if you are not experienced in caring for baby rabbits then dont touch them for around 14-20 days make sure the mother and babys are somewhere warm and away from loud noises or anywhere that something or someone could annoy them. get the babys sexed and make sure the girls and the boys are kept apart once they reach 8 weeks Source(s): you need to get them neutered..I would guess only one of the rabbits is male - males will fight to the death over a female. you will need to put mum and kits in a separate cage until you can sell the babies. I suggest taking all of your rabbits to the vet (other than the mother and babies). Let the vet sex them, it will probably be more accurate than the pet store. Then fix all of your males. It will be expensive, but it will prevent more accidents. Once your female rabbit(s) are done caring for the young, you can get the females fixed if you choose. It is actually better for their health as it can prevent uterine cancer. The babies should all be spayed when they are around 6 months old. Before that, you need to do your best to separate the males and females since they become sexually mature at 3 months. Then you can decide whether you want to keep them, or if you want to give them away.

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She had us fooled on the set of her Sexiest People photo shoot, oozing confidence as she struck a sultry pose and showcased plenty of sun-kissed skin in a sheer, lace Ae'Lkemi gown, for international photographer Chris Colls -- despite having to balance on table on a cliff-top balcony in Sydney's Bronte, surrounded by a large team of camera crew, stylists, hair and make up artists and publicists. Still, Weaving's allure extends to her down-to-earth vibe, with the stunner keeping the crew in stitches by pulling funny faces and shaking her booty to David Bowie's "China Girl" between takes. As she says of her sexy-guy criteria: "They have to be funny. They have to make me laugh!" To go behind the scenes with Samara Weaving at her Sexiest People 2012 photo shoot, click here or watch it below:

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How much does typing speed matter? How important is it to be able to type quickly? Jeff Atwood has said numerous times that programmer must be a good typist. For example, a few weeks ago he said I can't take slow typists seriously as programmers. When was the last time you saw a hunt-and-peck pianist? But programming is not like playing piano. Programming is more like composing music than performing music. Most composers can play piano well, but some cannot. What if you write prose rather than programs? In his book On Writing , Stephen King recommends writing 1000 words per day. If writing were only a matter of typing, how long would that take? Half an hour at a modest rate of 30 words per minute. Say you have to type 2000 words to keep 1000 due to corrections. Now we're up to an hour. People who write for a living do not literally spend most of their time writing. They spend most of their time thinking. Clearly it's good to be able to type quickly. As I've argued here , the primary benefit of quick data entry is not the time saved in data entry per se , it's the increased chance that your hands can keep up with your brain. However, a slow typist can still be productive. Consider physicist Stephen Hawking . He is only able to communicate to the world via a computer, ALS having destroyed nearly all of his motor control. For years he controlled his computer via a switch he could toggle with his hand; he now uses a camera that detects blinks. He says he can type 15 words per minute. Still, he has managed to write a few things, 194 publications from 1965 to 2008. You may have seen some of his books . Learning to type well is a good investment for those who are physically able to do so, but it's not that important. Once you reach moderate proficiency, improving your speed will not improve your productivity much. If a novelist writing 1000 words per day were able to type infinitely fast, he or she could save maybe an hour per day. You many not be able to increase your typing speed too much no matter how hard you try. According to Guinness Book of World Records, Barbara Blackburn was the world's fastest English language typist. She could sustain 150 words per minute. That means she was only 10x faster than Stephen Hawking. Most of us are somewhere between Stephen Hawking and Barbara Blackburn. In other words, nearly everyone types at the same speed, within an order of magnitude. Regarding Jeff Atwood's assessment typing and programming, I imagine good programmers are often good typists. Typing well may be an indication that a programmer cares about his profession, but if so, he's a good programmer because he cares, not because he can type well. I think the importance of being a good typist is that the act of typing doesn't distract your train of thought. The speed is probably less important then the ability to think and have your thoughts come out of your fingers. John, I agree with your comment. I interacted with a lot of bad programmers, almost universally they could not touch type. My thought on the correlation was, they did not care about the execution of their craft, because if they did, touch-typing would greatly increase their effectiveness. As a programmer, you don't need to take dictation at 90wpm. If your error rate is very high, and your typing rate is very low, you will spend a lot more time just keying in your thoughts than you would otherwise. Not learning how to touch type shows that you don't care about that lost time, which probably indicates you don't care about your overall ability to get things done. Jeff Atwood's too easy a target, John -- nobody ever said he had a deft hand with an analogy. Also, a closer comparison with a composer wouldn't be skill at the piano, but speed writing musical notation. I found that I could get a lot more done on a piece once I changed my round noteheads and shaped flags to hash-marks and slashes for exactly the reason you point out: my hands could get a passage I'd worked out written down on paper while it was still in my memory. I used to type close to 60 words per hour. I realized, in programming it doesn't matter how fast you press keys, it's matter of what keys you are pressing in what order. I slowed little bit but increased my accuracy considerably. I agree with you, it's not how fast you can type, it'

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Macarons in the making I was tempted not to write this post. I definitely didn't want to include any photos, but here we are! For our anniversary (first year is paper ) Shake bought me a little french book on making macarons. He always manages to pick something I have been thinking about without having told him! Today whilst baby napped I decided to make my first batch. I was really strict about measuring the ingredients accurately (very unlike me...) and borrowed an electric whisk for the egg whites as I wanted to make them as best I could. I actually had to whisk the whites in the spare room so it didn't wake the boy up -- that's one disadvantage of his room being next to the kitchen! People seem to be daunted about making macarons, and having tried now I can see why! So, the purpose of this post is to document what went wrong and what I will change for next time. Macarons resting I am happy with my measurements, but having carried out some research after I made my mix, it is suggested to use egg whites that have been left out for at least 24 hours! Oops. Well, next time I will plan in advance. Another factor I can change is that I think I needed to mix the mixture?batter? a little more as when piped onto the tray the macarons had little peaks (you don't want to know what Shake said they looked like...!). I used a damp finger to smooth them down before baking, but this is apparently a sign of under-mixing. Cracked macarons I'm not 100% sure what was wrong with the shells above, but it might again be due to the mixture not being mixed enough? Or I didn't leave them out for long enough before baking? Or they were in the oven for slightly too long? Hmmm....who knows! Interestingly, these shells came off of the paper very easily, whereas the shells from the shelf above stuck to the baking paper. I say "interestingly", but actually this was annoying! I used a tip I read here (from the Macaron Queen ) and put some water under the sheet for a few minutes and they did mostly come off. I made a coffee buttercream to fill the shells and we did sample a few.

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Men's health Women's health Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. It can be simple, too. Just follow these eight diet tips to get started. The two keys to a healthy diet are: Eat the right number of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat too little you'll lose weight. The average man needs around 2,500 calories a day. The average woman needs 2,000 calories. Most adults are eating more calories than they need, and should eat fewer calories. Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs. Get started The eatwell plate To help you get the right balance of the five main food groups, take a look at the eatwell plate (PDF, 120kb) To maintain a healthy diet, the eatwell plate shows you how much of what you eat should come from each food group These practical tips cover the basics of healthy eating, and can help you make healthier choices: Base your meals on starchy foods Starchy foods include potatoes, cereals, pasta, rice and bread. Choose wholegrain varieties when you can: they contain more fibre, and can make you feel full for longer. Starchy foods should make up around one third of the foods you eat. Most of us should eat more starchy foods: try to include at least one starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat. Learn more in Starchy foods . Eat lots of fruit and veg It's recommended that we eat at least five portions of different types of fruit and veg a day. It's easier than it sounds. A glass of 100% unsweetened fruit juice can count as one portion, and vegetables cooked into dishes also count. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for some dried fruit? Learn more in 5 A DAY . Eat more fish Fish is a good source of protein and contains many vitamins and minerals. Aim for at least two portions a week, including at least one portion of oily fish. Oily fish is high in omega-3 fats, which may help to prevent heart disease. You can choose from fresh, frozen and canned; but remember that canned and smoked fish can be high in salt. Oily fish include salmon, mackerel, trout, herring, fresh tuna, sardines and pilchards. Non-oily fish include haddock, plaice, coley, cod, tinned tuna, skate and hake. Anyone who regularly eats a lot of fish should try to choose as wide a variety as possible. Cut down on saturated fat and sugar We all need some fat in our diet. But it's important to pay attention to the amount and type of fat we're eating. There are two main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. Saturated fat is found in many foods, such as hard cheese, cakes, biscuits, sausages, cream, butter, lard and pies. Try to cut down, and choose foods that contain unsaturated rather than saturated fats, such as vegetable oils, oily fish and avocados. For a healthier choice, use a just a small amount of vegetable oil or reduced fat spread instead of butter, lard or ghee. When you're having meat, choose lean cuts and cut off any visible fat. Learn more, and get tips on cutting down, in Eat less saturated fat . Most people in the UK eat and drink too much sugar. Sugary foods and drinks, including alcoholic drinks, are often high in calories, and could contribute to weight gain. They can also cause tooth decay, especially if eaten between meals. Cut down on sugary fizzy drinks, alcoholic drinks, cakes, biscuits and pastries, which contain added sugars: this is the kind of sugar we should be cutting down on rather than sugars that are found naturally in foods such as fruit and milk. Food labels can help: use them to check how much sugar foods contain. More than 15g of sugar per

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Check out The Temptations I Wish It Would Rain lyrics - another terrific addition to the already magnificent The Temptations lyrics collection. I Wish It Would Rain lyrics are part of the The Wish It Would Rain album that features an amazing beat and vocals. The Temptations I Wish It Would Rain lyrics sunshine blue sky please go away my girl has found another and gone away with her went my future my life is filled with gloom so day after day i stay locked up in my room i know to you it might sound strange but i wish it would rain (oh how i wish that it would rain) oh yeah, yeah, yeah cause so badly i wanna go outside (such a lovely day) but everyone knows that a man aint supposed to cry listen i gotta cry cuz crying ooooooooh is the pain oh yeah even this hurt i feel inside words could never explain i just wish it would rain (oh how i wish that it would rain) oh let it rain, rain, rain, rain (oh how i wish that it would rain) ooooooh baby let it rain (rain, rain) oh yeah, let it rain day in day out, my tears stain face pressed against the window pane my eyes touch skies desperately for rain cuz rain drops behind my teardrop and no one will ever know that I'm crying (crying) crying (crying) when i go outside to the world outside my tears i refuse to explain oh i wish it would rain (oh how i wish that it will rain) rain, rain, rain (oh how i wish that it would rain) ooooh baby let it rain let it rain i need rain to distract the tears in my eyes ooooooh let it rain oh yeah, yeah Back to The Temptations lyrics You're now at The Temptations I Wish It Would Rain lyrics page The Temptations I Wish It Would Rain lyrics are the property and copyright of The Temptations. The Temptations I Wish It Would Rain lyrics Music Song Lyrics

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Cash flow Australian female entrepreneurs to get a boost through Springboard funding By Cara Waters Friday, 12 October 2012 Springboard Enterprises is on the hunt for Australia's most promising women-led growth companies to join its global business accelerator program, with applications opening yesterday. The not-for-profit program to start women in business launched in Australia in May and has created thousands of jobs and generated $US5 billion in capital worldwide. Australian applications opened for the first time yesterday and close on December 15, 2012. Springboard Australia's chair, Wendy Simpson, told SmartCompany some of the most prominent investors in Australia are now on board to work with Springboard Australia, including Investec, One Ventures, Starfish Ventures, Foundry, Right Click Capital, Anacacia Capital and AFG Venture Group. "What these investors have agreed to do is help coach the women to understand how to present your business from the perspective of an investor, those are the Australian investors and we will announce the American investors in the next couple of weeks," Simpson says. She says some of Australia's best-connected leaders will join with Springboard USA's entrepreneurs, investors and industry experts to deliver "unparalleled support" to the Australian companies selected. "The exciting thing about Springboard is that it brings together the investment community and the entrepreneurial community and what we found was traditionally women entrepreneurs had difficulty accessing the investment community," Simpson says. "There's a theory around town that the best deals are not pitched; they are generally investors saying to entrepreneurs, 'in your next deal we will back you', and that is generally men recruiting men." Paul Gooley, Springboard board member and head of corporate finance at program sponsor Grant Thornton says his firm is proud to be involved. "Raising investment capital for these types of ventures is crucial in developing world class leading edge businesses that will be the drivers of economic activity in the future, and we look forward to providing insight and assistance to these women entrepreneurs to achieve their growth objectives," Gooley said in a statement released yesterday. For more stories about women in business, go to our sister site Women's Agenda -- where professional women achieve. This story first appeared on SmartCompany. Did you like this article? Sign up to the StartupSmart Newsletter to receive a daily news wrap-up straight to your inbox AND a free eBook!

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Best Answer - Chosen by Asker actually, it is not so post to hurt, i started mine around Christmas(December) put a new one in- here are some positions, 1) put your leg on the toilet and tilt the tampon to the back of your body, trust me, that helped me!! 2) put your butt positioned on the end of the toilet(where you DON'T fall off), and point the tampon to the back of your spine(not straight, but slightly down) the first time i had to put one in, was WEIRD and i was kinda forced because i was just about to go swimming..:/ #2 works best for me.. also, place your middle finger on the separating part of the tampon(where you see it) and pointer finger on the end... hope this helps(: ANY OTHER ADVICE... just Message me, ive learned a ton! ALSO, this can help you.......... (but not as much for Tampon inserting) www.Beinggirl.com it WILL take a couple of trys but, you will get it..Much better than pads, you shouldnt feel it and when you take it out there is a tad bit of pain for like 3 seconds(which is not bad) Other Answers (3) It must be extremely uncomfortable to have it in like that. I know it's difficult the first times you try it. Like someone else said, you need to push it at a slight angle. And for a better position, put one leg up on the edge of the bathtub or something, it'll make it easier to get in. And if it still doesn't work, just get it out and use pads, and try again another time. It shouldn't hurt you and having it half in really isn't good, it should be well in, not just at the edge, you're not supposed to still feel it, and have just the string out.

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The Hollow Crown ended with the fourth play in the series, Henry V . It was brilliant, like the whole series, and it was great to see Henry V in sequence after the two Henry IV's. I've seen Henry V several times, and the Falstaff and Mistress Quickly scene at the beginning doesn't make much sense in a stand alone Henry V. I thought framing the play with the funeral at beginning and end was a fine device. At first I was puzzled when a woman in black, who I couldn't identify, turned up at the beginning, but at the end you see her again and it makes sense. By then you have enjoyed her as the radiant, playful Princess Katherine with rippling golden hair and a pale blue. girlish dress, and now she is transformed into a braided, draped piece of mourning and motherhood. The adventures and romance of Henry were glorious, but short-lived. Henry V is a play with a fantastic action hero at its centre and so there were plenty of shots of Henry galloping on a white horse, his cloak flying behind him. Tom Hiddleston looked right -- the director had left off the usual pudding basin haircut -and was a young man full of energy and warmth, surrounded by a posse of capable old codgers (all excellent, and Paul Freeman as Erpingham was perfect in his smiling delivery). Henry is an epitome of Rudyard Kipling's If -- he walks with kings (he is one) and has the common touch, all men count with him and none too much. This was an unbombastic Henry. Hiddleston seems to be able to do anything, so no doubt he could perform the famous motivational speeches, the once more in the breach, dear friends, and the Crispin Day one as a leader to his troops. But he was directed to get in a huddle with his immediate comrades urging them on hoarsely, like a coach at a football team rather than Elizabeth I at Tilbury. Very different from Kenneth Branagh's Henry V. One of Branagh's strengths is to convince as a leader of men, as he did in Shackleton . They didn't cut the Harfleur speech , when Henry threatens atrocities if the town does not surrender, as Laurence Olivier's wartime version did. Any modern production of a play with a war setting will emphasise the cruelties and terrors, so there were plenty of shots of the Boy, who follows the army after he picked up the St George Cross armband at the beginning reacting to the deaths and fear around him. I thought that a production that underlined the horrors was going to rob us of excitement -- the advance of the cavalry and the arrow shower, but we got them both -- a lovely wide shot of the horses approaching, the English bowmen waiting and the hooves thundering closer and closer. Not as good an arrow shower as in the Olivier and Branagh film versions, but pretty good. Henry V is -- well not pure jingoism, as nothing Shakespeare ever does is pure and simple -- cynics, nay sayers and no-shows have their turns -- it's got a touch of the Wilfred Owen among the Rupert Brookery -- but full on aggressive patriotism, with everyone in the play telling us how marvellous Henry V is -- and of course he is marvellous, like James Bond with heavier responsibilities. His enemy is a sneery Dauphin (Edward Akrout, an English bloke's nightmare of a handsome, French dude advertising perfume). The Dauphin and his henchmen are arrogant sods whose horses wear dressy armour -- that concertinaed neck protector on the Dauphin's horse looked amazing. The English stand stoically covered in mud. If there any image of Frenchman vs Englishman that has staying power with the English, this one is it, the flashy smoothy vs the dogged rough substance. Like James Bond Henry gets the girl, who is delightful and French to boot (Melanie Thierry -- utterly charming, whether giggly or serious). When in the final wooing scene Henry adds to his other virtues a GSOH and amusing self-deprecation and the beautiful young Prince and Princess kiss each other, it's the end of a fairy tale, but they do not of course live happily ever after Henry dies, and England bleeds. The Chorus in the play tells us so, this production showed us,

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An assault claim against Assistant Superintendent Steve Seaford has left the school official feeling bullied, he said Wednesday. "I've spent a lot of time working with schools' anti-bullying policy. I never would've imagined that someone could use such a tactic to bully [me],'' Seaford said in a telephone interview with Patch. The assistant superintendent of instructional services for South Pasadena Unified School District was arrested Friday, after a parent disrupted the district office by aggressively spewing profanities, officials said. It was the last day of school for the parent's two children, as the family no longer lived in South Pasadena. The parent initiated a citizen's arrest after Seaford allegedly pushed the parent toward the door, trying to get him to leave, according to a police bulletin. As with typical police reports, the alleged victim, in this case the parent, was not identified. Seaford denies pushing the man, whom he said the district found had been lying about his residency for a while. If a child doesn't live in South Pasadena, the family must apply for an out-of-district permit. The school district is not issuing any more such permits. Friday was to be the last day for the two students in question. Although Seaford scheduled a meeting with the parent for Wednesday (Sept. 12), he came to the office last Friday, arguing for his children to stay in the district. "Upon becoming aggressive and loud, I asked him to leave. It became apparent that he was not going to leave, so I left the office. That contributed to his leaving, but there was no pushing at all,'' Seaford said. "He did not get what he wanted. He was very frustrated and chose to make this false accusation to police,'' he added. South Pasadena Police Det. Richard Lee said the parent initiated a private person's arrest, claiming assault. Police arrived and administered a ticket to Seaford for a misdemeanor, with a mandatory court date, he said. Like a police officer's arrest, Lee explained, the district attorney will either file the case for prosecution, or choose not to file. "As educators we do whatever we can to try to respect a parent's concerns over our policies, but this is just incredible. I feel bullied,'' Seaford said. Those poor kids - if he had been in the district legally - as many are - under a permit, they would have stayed - now they are forced to leave their school and friends...I can certainly understand why that parent is upset, but he is placing blame in the wrong place. The blame belongs squarely on his shoulders. I am so sorry that Mr. Seaford and the SPPD has to waste their time dealing with his childish behavior. I agree with the comments above defending Mr. Seaford. It is a shame that an administrator who has shown such dedication to his position and to our children to be treated in this manner. I for one can attest to his devotion to stopping bullying in our schools. Were his children in audible proximity of this tirade? While i commend the man's desire to keep his kids in SPUSD, I'm horrified at the way he went about it. If he acts like that in public, to people he barely knows, I can't help but wonder if he berates his family the same way. When you say he was "arrested," does that mean he was taken to the police station? Handcuffed? Just given some papers? Or what? Under the circumstances, I hope he wasn't detained in any way. Too easy if the police will arrest someone if you just accuse them of pushing you. Hi Ron. Thanks for asking, as "citizen's arrest'' can be a bit confusing. Mr. Seaford was not handcuffed, driven to the station and booked, as most folks imagine when they hear "arrest.'' However, he was arrested via private person's arrest, ticketed and released. The ticket mandates court, so I plan to check to see if it gets filed by the DA or thrown out. Steve is the point person for such disputes. I'm sure he has to put up with more than a few disappointed and angry parents. He's a caring, good guy and dedicated - shame he had to go through this public display. I have known Steve Seaford for a number of years and he is without a doubt a man of morals and integrity. He

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My inevitable media stardom I'm not a typical spokesperson, certainly not for something the size of IBM. I'm definitely happier as the behind-the-scenes geek type. The prospect of going on the radio to represent the project, let alone IBM, was more than a little terrifying. But my best efforts to get someone more able to talk coherently failed horribly, and this afternoon I dutifully got the train up to London to go to Broadcasting House . It was quick. Very quick. I arrived, and had enough time for a quick tweet-of-fear while waiting for the producer to come down to meet me. Then he showed me to the studio, and before I knew it the microphones were on and we were recording. Almost as quickly, it seemed to be all over. I'm told that the interview was 10-15 minutes ( although edited down to a few minutes for broadcast ), but it felt like seconds -- blink-and-you'd-miss-it fast. I don't remember much of what happened in the middle. As far as I can remember, I spent most of the time alternating between looking at the microphone in front of me (suspiciously -- like it might jump up and bite me at any moment), and panicking (realising that my mind had gone blank and I couldn't remember a single thing that I'd planned to say). I was interviewed together with someone from another organisation -- a director of External Affairs, who appeared to be an old hand at this stuff and instantly at ease. This is probably a good thing, as he was able to happily do a lot of talking while I had my quiet meltdown. And that was basically it. I don't remember what I said, but I've heard it on the radio now. Not only do I not remember saying any of that, it doesn't even sound like me... or at least what I think I sound like. It's a bizarre feeling -- like an out-of-body sort of thing. The people I met at the BBC were all very nice. I spent most of the time with the presenter of the show , who was absolutely lovely, and very kindly gave us a whistle-stop tour around Broadcasting House on the way out. Radio 4 is my radio station-of-choice, so it was very cool to see the studios where some of the shows I listen to are recorded and put together. It's been a surreal change to my usual day -- which just consists of drinking coffee, scowling at eclipse and breaking Watson with my horrible Java. This entry was posted on Tuesday, September 11th, 2012 at 7:23 pm and is filed under ibm . 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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"Many times I've set up for a shot not knowing how the subject will react or if it will bite...I'm talking about the insects, not the models" This week, we get up close (literally!) and personal with macro and portrait photographer Robert Lopshire . You may have seen his photos as part of the orbis r macro tutorial series with his macro iris photo using the orbis r ringflash to get stunning results. We find out what influenced him to become a photographer and how he uses social networking to stand out from the photography industry. How long have you been a photographer? About 25 years now, my first camera was the Pentax K-1000 which I still have tucked away safely in my china closet. Might have to go grab some film for it soon! Illustration was my first passion though, I started drawing at a very early age. For quite a while, I was fine tuning my illustration skills by drawing photos I found in magazines. It seemed to make sense to take the shots myself so that's when I decided to look into purchasing a camera. Are you a pro or amateur? What was your breakthrough, either when you knew you were in love with photography or when you became pro? I never thought about becoming pro for a long time until my stock photography started taking up a lot of my time, as well as friends and businesses asking for images for catalogs and websites. I was mostly doing product photography which I enjoyed because I was given complete artistic freedom on the projects. There were a few breakthrough moments which made me seriously consider going pro... ...both of the shots involved portraits which I never did too much. I never liked the common everyday portraits of people, but after receiving a huge response from the few portrait shots I did it really sealed the deal. Shooting non-conventional portraits caught the attention of some models that wanted to update their portfolios, as well as aspiring model looking to start their books. As far as studio work I'm very experimental but I do still implement classic lighting styles depending on the mood of the shoot. The models I work with on a regular basis know how picky I am about lighting- every subject's face is different so I make sure that whatever lighting scenario I'm using that it's the best for that particular model. For example, one of the models I work with is Ivana . She has the most incredible eyes...as soon as she turns towards the light source her eyes become a brilliant silvery blue, so when she shows up for a shoot I have a few lighting scenarios ready for her that would include more direct and focused lighting. Now with Becca , we change things up because of her dark features which includes using a lot of natural light and some diffused studio lighting to fill, I love using the orbis r ring flash with her. We have a few favorite items we use during model sessions such as 22" Beauty dish, softboxes & shoot through umbrellas. My main DSLR is the Olympus E3 usually mounted on a Kirk 3LT (Three Legged Thing Tripod) . I use the orbis r ring flash a number of different ways but my favorite method is having the flash & orbis r ringflash secured to a boom arm on a stand right in front of the camera. The orbis r ring flash actually helps a number of ways. The first being as I mentioned before, it lends itself to all kinds of experimental lighting. Second, it becomes an invaluable light modifier in the studio or on location- not just for its portability and ease of use but for its fantastic results on subjects indoors & out. When I'm not doing my commercial work in my spare time, I'm out shooting macro, mostly insects. I bring along the orbis r ringflash, the Olympus E3, Oly FL-50 flash with my Sigma 105mm F2.8 EX DG Macro lens. The results are great, the catch light that shows up in the subject's eyes makes for really fantastic image...even if the insect is not as pretty as the models I work with. The orbis r is designed to give photographers an edge. It's very challenging to make a living as a professional photographer, what are your tips for staying competitive in the industry? The first which I tell a lot of people is be ready to adapt, the industry is one of the fastest changing and challenging out there. The biggest right now from what I'm experiencing is social networking, we all know we should be using it to its full potential, but the challenge is standing out in the crowd

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Greg Fleming and The Trains - Edge Of The City By Simon, on September 27th, 2012 New Zealand singer-songwriter Greg Fleming is back with a follow up album to his excellent album Taken featured on Beat Surrender in 2010, Edge of the City is a another fine collection of tracks penned by Fleming who's joined by his band The Trains who he first worked with in the 1980?s, the band are John Segovia (guitars/vocals),Dom Blaazer (hammond/piano/vocals), Earl Robertson (drums/vocals) and Andrew B. White (bass/vocals) who shared production duties on the album with Greg to great affect. In his own words. A few weeks before going into the studio to record this album, I sat down at the piano and wrote the title track 'Edge of the City'. That song shared the themes and characters of a novel I'd been working on -- dislocation, regret, family, the passing of time; the rewards of good, and the travails of bad, love. I dumped the songs I had up my sleeve and set to work writing those that make up this record. 'Edge' set the direction. The new songs were character sketches, short stories in song, inspired by my love of film noir, crime fiction and songwriters like Merle Haggard and Bruce Springsteen. Its landscape however was local. I knew these people. These characters had shadowed my imaginative life for years. Over the next eighteen months I found them a story and gave them a song. A teenage daughter cleans out the office safe and absconds with her father's new employee ('Recent Hire'), a man answers his sister-in-law's call for help after his brother suffers yet another drug-induced breakdown ('Elijah'). The narrator of 'More Time', in the midst of an impromptu party, happy with his life and family, wishes only for more nights as perfect. In 'Cut Man' the narrator can't seem to leave a job that's slowly destroying him despite his best efforts. In 'Wait Up Mama' (inspired by Merle's 'Mama Tried') a grown son approaches his long-estranged mother eager to show her how much he has changed. Despite its beginnings Edge of the City is not a novel set to music. Pop songs need hooks and choruses not plot points and musically, thanks to The Trains, it's a record with a variety of textures, recorded live in the studio. Share this: 1 comment to Greg Fleming and The Trains -- Edge Of The City Hey Simon, thanks for the kinds words. We are really proud of this album and its getting some great reviews around the world. We'd love some more fans from the UK Head over to Bandcamp for a listen (where you can also order the CD). A couple of notes -- we recorded this album at Neil Finn's (Crowded House) studio in Auckland. A number of artists have now recorded at the studio including Crowded House and Pajama Club, and Wilco recorded 'Wilco' there back in 2009. We also sent the tracks to be mastered in Nashville by Andrew Mendelson who has mastered the likes of The Rolling Stones, Emmylou Harris, Johnny Cash etc.

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Quick fact: you don't sell seven million copies of a book unless you're doing something right. That's a point that's unlikely to be lost on John Gray Ph.D., author of the ludicrously popular Men are from Mars, Women are from Venus . The 1992 bestseller (so bestselling in fact, that publisher Harper Collins stakes a claim for it being the most successful nonfiction hardback book ever ) posits the idea that men are women have fundamentally different ways of dealing with relationship issues: the Mars versus Venus metaphor of the title. Forgetting Mars and Venus for a second though, what on Earth does this have to do with data and information? Has The FileMakers taken a strange twist towards self-help or relationship counselling during our summer hiatus? The answer -- thankfully -- is a resounding no. But we have been spending some of our downtime having a good think about the different ways that manage information today. That information transformation is being driven by many different factors. Everything from Big Data to Twitter is having an effect, gradually reshaping our brainwaves to deal with torrents of information delivered in bite-size formats. But if a range of recent reports are to be believed, these aren't the only things we need to take into account when presenting and analysing information -- we may soon need to start factoring gender into the equation too. That idea -- as many ideas these days do -- starts with social media. In April this year, Forbes contributor and influential blogger Steve Olenski wrote a fantastic piece analysing the demographics of some of the West's biggest social media channels (the data itself came from news site Online MBA ). What Olenski found was that while Twitter and Facebook enjoy a relatively similar proportion of male and female users, Google + and Pinterest are close to being the equivalent of boys and girls-only clubs. 82% of Pinterest users are women. 71% of G+ users are men. This has massive implications, and not just for anyone using those channels to target or engage a specific audience. Earlier this year, Google itself took a look at why that might be as part of its I/O 2012 conference in San Francisco. Commenting as part of the session Designing for the Other Half: Sexy Isn't Always Pink , Playmatics founder Margaret Wallace noted that male dominance of G+ was likely a "UI [User Interface] thing" having been built around "the original audience it appealed to" -- i.e. men. Of course, one comment from one person -- no matter how intellectually gifted they may be -- doesn't necessarily equate to fact. But behind Wallace's throwaway comment about G+ looking like it was built for the boys, there's some truly interesting science. Science that involves cavemen and cavewomen. Yes, really. The thinking behind that? That it's the result of leftover conditioning dating back tens of thousands of years when our hunter-gatherer ancestors went... well... hunting and gathering. The men (hunters) would pick out prey at distances, while the women (gatherers) were more used to picking out berries, nuts and seeds, all while balancing the trials and tribulations of managing their camp and raising their young. Before we get lost in some (possibly very controversial) scientific theories about how men and women approach their work, it's worth considering that applying that rationale to Pinterest -- the very definition of a longer, slower, multitasking social media experience -- might go some way to explaining it's popularity with a female audience. And it's not just social channels that we treat differently. The boffins at Eyetrackshop -- a webcam based eye tracking service that allows brands to look at how customers analyse their adverts -- found that there can be big differences between how men and women process visual information. This doesn't just extend to clichs around male lustiness though. Analysing an (altogether safer for work) ad for Saab cars, the company found that men's eyes were more instantly pulled to info about the car rather than a picture of the car itself, whereas women were the other way around. So is this caveman instinct once more? Are men more focused on the "direct" detail of what the car costs? And women the more "passive" consideration of how the car looks? This effect extends beyond the desktop too. It seems that the more mobile information is, the more compelling it is to women. In a piece for the Guardian , Simon

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Decorating Have you a question that needs answered? Does a similar question to yours appear in the list beneath? Please browse the list of questions posted below to find the answer. Click on the question to view the response from Mitre 10. If you cannot find the answer and you would like to ask our experts a question, please click the Send Mitre 10 Your Question button below. Our Kitchen floor has a vinyl flooring and it was rather thin. Can you please advice me how to git rid or strip this ugly flooring without ruining the original floor? Under this vinyl was a beautiful rimu flooring.Please advice on how to sand/polish it in order to restores the original floor with out vinyl. Response from Mitre 10: Vinyl flooring put down in the period from 1960`s to the early 80`s often had asbestos in the backing material. Sanding off old lino is therefore not recommended because you`d spread asbestos fibres. We recommend that you get your vinyl floor tested for asbestos by a professional testing company. Only remove the flooring yourself once it has been cleared as asbestos free. Once you`re sure that the flooring is free of asbestos, use Ados Solvent N to soften the adhesive of the vinyl. Keep your vinyl wet and use a spade to scrape it off. It is a hard job! Scrape carefully without digging into the wooden floor to minimise any damage. You can sand off any remaining adhesive. Once your floor is totally smooth, clean and dry, apply a sealer. If you ask at your local Mitre 10 store, they`ll be able to recommend a product that suits you. Limitation of Liability The information provided here is a general guideline only, based on the limited information that had from your email, and is not intended to be an exclusive solution. There may be other options and products available that are suitable for your purposes too. Please discuss your product requirements with the experienced staff in Mitre 10 stores. Always adhere to the manufacturer's directions and precautions when using their product. Check with your council that you comply with the local body bylaws that pertain to any construction project and consult a qualified tradesperson where expert services are required.

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Have you ever wondered how some girls just manage to get all of the "good" guys? Well, it's not rocket science; in fact, it is very simple. Stereotypically, there are "leagues" of men that date their same "league" of women, but there are a few easy tricks on breaking that barrier, whether you're going after a five or a ten. Work on your looks . Looks are your first impression on a guy. For style, as cool as some hairstyles may appear, keep it practical and natural. Clothes need to be cute, but casual. Don't wear jeans every day, but don't go too fancy unless necessary. Do things you wanted to do but never got to. For example, lose weight if you think you're on the heavy side. Gain weight if you think you're on the small side. Start working out. do cardio exercises to lose weight, and strength exercises to build muscles. Hygiene is incredibly important. You should always take showers, shave, use lotion, and wear deodorant. Spray on something distinct (perfume, body splash). Try using 'vanilla' and 'jasmine', which are said to be the top turn-on scents to men. Brush and floss your teeth, wear chap stick, and keep your nails clean. 2 Be independent . Sure, whiny and needy may work out at first, because the guy gets to feel all strong and masculine, but after a while, the whole "damsel in distress" act gets old. Have your own thing out of school; not only does this make your character dynamic, but it also gives you that smudge of mystery that is incredibly hard to resist. Most guys will be impressed by you're self-sufficiency, and it will give you a good reputation. 3 Don't be too dramatic . Sure, those girls may seem like they're getting more attention than the chill ones, but guys only pay attention to those kind of girls because it is fun to see what stupid thing they'll do next. You don't want to be that kind of girl, because that is very easy to not want. Don't be impassive, or a push-over, but stay out of arguments that can be avoided, and make sure to be polite and to respect everyone, even those that don't respect you in return. 4 Know that self-confidence is key to being "that girl" . Have you ever noticed how it's never the lowly, self-pitying girl that gets the guy? There is always a high level of confidence in the women that receive the most attention; more importantly, the positive attention. So instead of bringing yourself down, be proud of what you have, and it will reflect off on others. 5 Focus is another thing that is greatly admired . Setting and completing goals does not only make you successful in life, but also in love. You have to go in with both eyes open, and make sure that you know exactly what you want out of a situation. 6 Work on your body language . It is much more important than words. Be open to people not only by the things you say, but the way you present them; for example, when you're talking to a guy, look him in the eye, stand facing towards him, and maintain eye contact. This sort of body language oozes confidence, and will make him like you because he can see that you like yourself. 7 Improve yourself, mentally, physically, and emotionally . Not only will this make you feel better, but it will also contribute to your ability to focus on what you want and get it. Discover your talent and let it show because that is one of the assets that a boy can be proud of. 8 Know yourself; your strengths, weaknesses, and hobbies . Get interested in something, and do things for yourself. This will show that you appreciate yourself, and that your standards are set at a reasonable level. 9 Be yourself . Being somebody you're not just stresses the entire relationship, and before you know it, you have a foundation of lies to build on, which is no foundation at all. This is most likely the most important, because guys go for girls that are distinctly themselves and cannot be swayed to join a bandwagon or a trend just because they need sufficient reasons. 10 Don't change for a boy . If you like certain things, don't abandon them. Do those things in your spare time if you really can't live without them. 11 Be Nice . Every boy wants someone who is nice

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Tales From the Reading Room -- Episode 29 This week's Tale from the Reading Room is a celebration of Karen Wyld, who sadly passed away a few weeks ago. Karen became a valued volunteer for the Collections Department, assisting in many areas of library work for Mareike as well as writing her own sparkling blogs about her experiences as a library volunteer. We originally got to know Karen as a regular reader. After her now famous hat-related encounter with Helen on Henley Street (described in Karen's own blog ) she came in every day that we were open, all day, and quickly learned so much about the Reading Room and the catalogues that it already felt like she was part of our team. Initially her research focused on botany, the use of flowers and plants in Shakespeare, and plans for gardens at houses such as Compton Verney and Stoneleigh Abbey. The more Painting from the Commonplace book of Rebecca Dulcibella Orpen, begun 1849 research she did, however, the more topics she found to research and she was delighted to discover the range of themes covered by our collections. Karen always maintained that her research was quite useless as she hopped too much between topics but it was always fascinating to see what she had ordered up from the basement stacks as she just found things that interested her in the catalogue while she was in the middle of researching something else. She would always say "it's got nothing to do with what I'm researching, it just looked interesting..." and so her research grew off into different areas. Karen's enthusiasm and knowledge in such a range of areas made her the perfect choice to become a volunteer and she ended up working on vital tasks and projects for Mareike full-time and, in keeping with her habit for branching out, completed research for most members of staff in the Collections Department at one stage or another! She worked on many of her projects in the Reading Room and whilst working at one of the computers in the catalogue room she often assisted readers, especially if she heard them mention something that she had covered in her own work. When Karen was a reader, Maddie and I were always trying to encourage her to take part in a video blog but she was having none of it! When she started writing her own blogs and a photograph of her was needed she insisted on wearing her famous hat, hoping to hide most of her face! I looked up material that had been issued to Karen's ticket and it brings back a lot of memories, here are some of the documents she found: 1. Gardens and plants were the first topics that Karen researched in our collection. She looked at plans of gardens at homes such as Stoneleigh Abbey, catalogues of trees and plants to be planted , as well as a watercolour sketch by Humphrey Repton for a proposed bath and seat in the flower garden at Adlestrop House and Gardens. Pressed flower, picked from Lord Byron's balcony by Marie Corelli 2. A pressed flower which was picked from Lord Byron's balcony near Geneva by Marie Corelli. 4 . Food was a big interest of Karen's and she found a particularly interesting book of recipes belonging to Mary Leigh, Wife of William Leigh of Adlestrop (d.1756). These recipes included one for "long life" advising that you should "take 2 large spoonfuls a day in any convenient liquor". Many recipes were for medicines or ointments, one for "Plague Water". 5. Karen was excited to find information about the Royal Label Factory in Stratford, once located on College Lane, she first found the trade mark registered in a trade mark directory, and then found photographs of the factory which made signs. Drawing of a velocipede made by E. L. Fardon of Stoneleigh, January 1869. 6. Karen was very interested in sport and cycling in particular, she loved finding sporting materials in the collection, including a ticket and poster for a hockey match featuring Frank Benson's team. She was also delighted to find a cutting from the Million, from 11 th November 1893, concerning the invention of the spoked bicycle wheel by Edward L Fardon, village blacksmith of Stoneleigh with copy drawing of a velocipede. We learned a great deal about the variety of our collection and the exciting and unusual things we could find in it, from Karen. She enjoyed chatting to people and sharing her knowledge on a variety of topics and if you have been in to our Reading Room in the last year or so, chances are you would

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Search smh: Search in: Christchurch unlikely to be able to host Test Brad Walter LEAGUE officials are considering alternative venues for the annual trans-Tasman Test after being told yesterday that AMI Stadium in Christchurch would be unavailable for any matches until at least March 15. NZRL chief executive Jim Doyle said Auckland and Wellington were the obvious cities to host the May 6 Test if Christchurch were unable to do so, and he expected a final decision to be made next week. However, Doyle said it was likely that Christchurch would be awarded next year's mid-season Test between Australia and New Zealand if the game were moved. ''It's not just the state of the playing surface that we have to consider, there's quite a bit of damage to pipes so there's leaking water and sewage,'' Doyle said. ''We've also got to look at accommodation because ... a lot of them will come from places other than Christchurch, and need somewhere to stay.'' Advertisement The Test would have been the first time the Kangaroos played in Christchurch since 1989. Officials are keen for the Test to remain in Christchurch as a show of support for the city but a decision needs to be made quickly. Meanwhile, a rugby league legends game organised by Kiwis great Tawera Nikau will now be a fund-raiser for victims of the Christchurch earthquake. The match was scheduled to played on May 1 in Christchurch. ''We're just trying to see if the game will go ahead now ... but if we do play, the proceeds will definitely go towards the earthquake,'' Nikau said. And after organising a legends State of Origin match to raise funds for victims of Queensland's floods, former Kangaroos forward Mark Geyer is looking into a trans-Tasman Test between former internationals for the earthquake appeal.

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Exodus 32:19 Viewing the King James Version. Click to switch to 1611 King James Version of Exodus 32:19 . And it came to pass, as soon as he came nigh unto the camp, that he saw the calf, and the dancing: and Moses' anger waxed hot, and he cast the tables out of his hands, and brake them beneath the mount. Other Translations of Exodus 32:19 And it came to passe, assoone as he came nigh vnto the campe, that he saw the Calfe, and the dancing: and Moses anger waxed hot, and he cast the Tables out of his hands, and brake them beneath the mount. - King James Version (1611) - Compare to scan of original Exodus chapter 32 It came about, as soon as Moses came near the camp, that he saw the calf and {the} dancing; and Moses' anger burned, and he threw the tablets from his hands and shattered them at the foot of the mountain. - New American Standard Version (1995) And it came to pass, as soon as he came nigh unto the camp, that he saw the calf and the dancing: and Moses' anger waxed hot, and he cast the tables out of his hands, and brake them beneath the mount. - American Standard Version (1901) And when he came near the tents he saw the image of the ox, and the people dancing; and in his wrath Moses let the stones go from his hands, and they were broken at the foot of the mountain. - Basic English Bible And it came to pass, when he came near the camp, and saw the calf and the dancing, that Moses' anger burned, and he cast the tables out of his hands, and shattered them beneath the mountain. - Darby Bible And when he came nigh to the camp, he saw the calf, and the dances: and being very angry, he threw the tables out of his hand, and broke them at the foot of the mount: - Douay Rheims Bible And it came to pass as soon as he came nigh to the camp, that he saw the calf, and the dancing: and Moses's anger waxed hot, and he cast the tables from his hands, and broke them beneath the mount. - Webster's Bible It happened, as soon as he came near to the camp, that he saw the calf and the dancing: and Moses' anger grew hot, and he threw the tablets out of his hands, and broke them beneath the mountain. - World English Bible And it cometh to pass, when he hath drawn near unto the camp, that he seeth the calf, and the dancing, and the anger of Moses burneth, and he casteth out of his hands the tables, and breaketh them under the mount; - Youngs Literal Bible And it came to pass, as soon as he came nigh unto the camp, that he saw the calf and the dancing; and Moses' anger waxed hot, and he cast the tables out of his hands, and broke them beneath the mount. - Jewish Publication Society Bible 32:19 He saw the calf, and the dancing, and his anger waxed hot - It is no breach of the law of meekness to shew our displeasure at wickedness. Those are angry and sin not, that are angry at sin only. Moses shewed himself angry, both by breaking the tables, and burning the calf, that he might by these expressions of a strong passion awaken the people to a sense of the greatness of their sin. He broke the tables before their eyes, as it is #Deu 9:17|, that the sight of it might fill them with confusion when they saw what blessings they had lost. The greatest sign of God's displeasure against any people is his taking his law from them.

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Brownlee Goes For Gold At Abu Dhabi International Tri British gold medal winning Olympic triathlete and back-to-back European champion, Alistair Brownlee, has thrown his hat in the ring for the 2013 Abu Dhabi International Triathlon, which holds one of the sport's richest purses, as he looks to expand his competitive horizons. Speaking on a trip to the United Arab Emirates' capital, 24-year-old Brownlee, from Dewsbury, Yorkshire, confirmed he will start his 2013 season in March on the energy-sapping 111.5km Abu Dhabi short course -- which comprises a 1.5km swim, 100km bike and 10km run -- and said that preparing for the warm Arabian temperatures would be a key factor in his winter training. "I'll be in the UK through the winter, where it will be freezing, so coming to Abu Dhabi will be a 30 degree temperature shift, and that is a big factor. I'll need to change my training to suit that. I'll be doing some sessions in a heat chamber and I'll try to get away before the event to help acclimatise. I'll also be setting up my bike differently to deal with the length as that has a major role to play in my success," said Alistair, whose brother, Jonathan, took triathlon bronze in London 2012. "I'm used to biking 40km so going up to 100km for Abu Dhabi will also be a challenge and is one I am looking forward to, especially as it goes around the Grand Prix track at Yas Marina Circuit. I want to start expanding my competitions to include other distances and starting next season in Abu Dhabi is part of that." The 2011 ITU champion, who has taken a break from training after his London 2012 triumph and enjoyed two days in Abu Dhabi, is relishing the chance to spend some more time in the UAE capital next year. "It seems like ages since I won the gold medal in August; it took me a while to get over that but now I am ready to move on and get on with it. The biggest thing I am looking forward to in Abu Dhabi is the challenge of it; I've spent years and years doing the ITU circuit so the change in distance will be interesting as will racing against different competitors and doing a non-drafting race, which is a big change. "I'm also looking forward to taking a few days off after the race and seeing the sights, I would love to get out in the desert, as I've never done that so it's on my to-do list," added Brownlee, who started training for triathlon aged eight. Event organiser, Abu Dhabi Tourism & Culture Authority (TCA Abu Dhabi), is expecting its biggest-ever showing for its fourth triathlon, earmarking 2,200 competitor places -- up from the1,855 spanning 62 countries that took to the start line on its stunning Corniche beach earlier this year. Abu Dhabi International Triathlon's flagship distance, the 223km 'pure power course' also attracted its strongest professional line in 2012, with 50 of the world's best elites -- representing a combined total of 16 world champions, 47 European title holders, 102 national champions and 76 Ironmen, plus more than 500 podium places between them. This year's event was won by Denmark's Rasmus Henning in the men's elite competition and Nikki Butterfield of Australia in the women's, who both smashed course records in near perfect race conditions. The event also saw first time representation swell with athletes from Argentina, Azerbaijan, the Czech and Dominican Republics, Ecuador, Iceland, India, Japan, Lebanon, Macao, Mauritius, Morocco, Poland, Romania, Seychelles, Trinidad & Tobago and Zimbabwe making their debuts -- a trend organisers hope to build on for 2013. "We continue to see strong growth both from across the Middle East as well as internationally and want to keep pushing that to live up to our most international race promise. More and more people are putting Abu Dhabi on their to-do list, whether returning or trying it out for the first time. We are also seeing more athletes using the emirate as a training base as word spreads of our world-class facilities," said Faisal Al Sheikh, Events Manager, TCA Abu Dhabi. To encourage grassroot uptake of the sport in the Arabian Gulf, TCA Abu Dhabi is introducing a 'KidsTri' next year, designed as a platform for youngsters to get into competitive athletics and to further promote healthy lifestyles. The 'KidsTri' complements the event's 57.5km 'Sprint' course

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What is the role of the people in a democracy? In order for a democracy to work, it is important that the people have knowledge about the definition of democracy and how it works. Thus it is highly important for a country to have a relevant educated population in order for the democratic system to work. This is important because uneducated people tend to lean towards radical ideologies as these ideologies might seem to have a sufficient solution to the problems of the society, however what people usually fail to see or even ignore is that these solution are based on suppression of other groups in society which usually doesn't affect the majority. Another important point in educating the people about the definition of democracy is that they usually tend to understand the word wrong. An example of that is that many people tend to regard democracy as a system where everything literally is allowed, this often lead to a complete chaos that devastates the order of the society rather than improving it and in that way, it leads to the opposite effect of the aims of democracy. The Role of the People The key role of citizens in a democracy is to participate in public life. Citizens have an obligation to become informed about public issues, to watch carefully how their political leaders and representatives use their powers, and to express their own opinions and interests. Voting in elections is another important civic duty of all citizens. But to vote wisely, each citizen should listen to the views of the different parties and candidates, and then make his or her own decision on whom to support. Participation can also involve campaigning for a political party or candidate, standing as a candidate for political office, debating public issues, attending community meetings, civic meetings, petitioning the government, and even protesting. A vital form of participation comes through active membership in independent, non-governmental organizations, what we call "civil society." Democracy depends on citizen participation in all these ways. But participation must be peaceful, respectful of the law, and tolerant of the different views of other groups and individuals. For Democracy to work the people must becapable of making intelligent decisions. they must tell truth from falsehood. "DEMOCRACY: Government by the people; a form of government in which the supreme power is vested in the people and excersized directly by them or by their elected agents under a free electorial system." The roll of the people is thus to elect leaders that represent their opinions and values. Those elected individuals will then represent those people to the government; proportionatly to those who voted for them. Basically Power To The People. In proper democracies, the government is afraid of the people; rather than the people fearing and obeying the government. -AV.Ogloff

**id 169**

Peacebuilding in the Middle East This is a portal to several pages of resources for those interested in peacebuilding in the Middle East with emphasis on Israel and the Palestinian Territories, and on Iraq. In keeping with a broad definition of " peacebuilding " these pages include bibliography and links to civil society and governmental organizations, agencies and individuals working in areas of conflict resolution, violence prevention, human rights, legal development and good governance. Readers are invited to contribute titles and other information that will enhance the purposes and completeness of these pages. Iraq Peacebuilding Links on Iraq , including links to news sources , international organizations, international NGOs, civil society organizations, government agencies, individuals or resource information in areas of conflict resolution, violence prevention, human rights, legal development, governance, humanitarian relief and development. There is also a short bibliography on Iraq . . . more

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Why? What I really liked about it was it was a very thoughtful, well-planned process of involving people at different levels, like the city level. It was really good for me because I work with bringing grassroots people together. So this gave me an idea of the real importance of involving all the stakeholders of the city together. Everyone had to be a participant at all levels of the city: the politicians, business people and advocates. I really liked this. It said everyone was on the journey together: everybody had a stake, everybody realizing their interdependence and what every person has to offer to build a healthy city. How do you plan this share this Good Idea? I feel very passionate about people coming together and the idea of people mutually respecting one another, so I plan to share with my own organization, the other organizations I work with. I certainly would like to talk to a group of people about using this model in our city.

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EHR System Helps Improve the Quality of Care for Patients: An Interview with Dr. Karen Smith A physician since 1989, Dr. Karen Smith runs a one-physician family medicine practice in Raeford, NC. She credits her electronic health record (EHR) with allowing her to deliver quality care in a rural setting -- and to do it so efficiently that she still has time to be a wife and mother. ONC talked to Dr. Smith about how she uses her EHR system to care for her patients -- whether she's working in the office, supervising laundry detail at home, or traveling out of state. She is also one of the providers featured in ONC's series of print ads highlighting key MUVers -- Meaningful Use Vanguards -- who have adopted certified EHR technology. ONC: Can you tell us about yourself and your practice? Smith: I'm a family physician in a very rural, very small community -- Raeford, NC. We're part of Hoke County, which has only five practicing physicians. I have about 4,000 active patients. I'm also very involved in working with the American Academy of Family Physicians to improve health care in my specialty. ONC: Do you feel your EHR system has made your life easier? Smith: Having a record system that's organized and easily accessible at any time of the day or night is a major benefit for rural physicians. I couldn't do my job without it. Before I had an EHR system, I was staying at the office until 11:30 p.m. every Monday night, guaranteed. I have four kids at home, and I felt like my husband was raising the children by himself. I can still remember the date that my practice switched to an EHR system -- it was April 1, 2003. These days, when I get home in the evening, my husband and I can take a walk together at 6 p.m. I've done most of my work before I leave the office. ONC: How has your EHR system helped you provide better care for your patients? Smith: With my EHR system, I'm able to practice and not get burned out. I can review 50 labs on a Saturday while I'm doing the laundry. I review my labs online, and if I find someone who needs to go to the hospital right away, I pick up the phone and call them. If it's a problem that we need to address within 48 hours, I'll put an alert message on my system, so that the person automatically gets a telephone call or an email. The message will say that I've already scheduled an appointment for them on Monday. And Monday afternoon, that patient will be sitting in my office. So people are getting the services they need, with a much faster turnaround. Sometimes, being more efficient and providing better care turns out to be the same thing. When I started practicing in this county, I would sometimes receive a call from the emergency room that a patient of mine had been admitted with chest pain, and the doctor there needed the patient's latest EKG. I'd have to leave my home, drive 11 miles, get the EKG, and fax it over to the hospital. That would take about 30 minutes, while my patient might be having an active heart attack. Now, when the emergency room calls me up, I open up my computer, I click a button, and the hospital gets the EKG within a minute. ONC: What are the major benefits of transitioning to an EHR system? Smith: For me, the number one benefit of switching to an EHR has been improving the quality of care. I can now pay more attention to the patient as a person, because I'm spending less time trying to document the visit and write everything down. Having an EHR has brought me closer to my patients. They love to email me. They love that type of communication. The second major benefit has been efficiency. We've been able to modify the office's workflow so that we're able to see more people in the same amount of time. My practice's EHR has also enabled us to achieve National Committee for Quality Assurance recognition as a Patient Centered Medical Home, as well as heart and stroke recognition. ONC: You also have a patient portal to communicate with your patients. Can you tell us a little bit about that? Smith: The patient portal allows patients to access their information securely online. The portal allows us to notify patients of laboratory results, schedule appointments, and send out reminders. For example, if I see that a patient's lab test is abnormal, then I schedule an appointment through the portal and send a message

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Multiple browsers in google earth? # Message Posted #1 Is there a way to have more than one google earth browser open at the same time? My reason is I want to have seperate browsers for the two Canterbury earthquakes, as all the little markers, even with the help of colour/shape coding, gets pretty messy. Otherwise, any suggestions on how I could better manage things? I've used up a lot of codes for a range of reasons and now am unable to find codes for various bits&pieces regarding the 22 February 'quake. geek\_tahmoh Mar 31, 2011, 1:04 am #2 Not quite sure what you are doing but you could try using a web browser instead of google earth itself. That would allow you to have more maps open if that what you mean? Not quite what I'm trying for jcmp21 but thanks for these links, nonetheless. Basically, I just want to have two (or more) google earth browsers running at the same time. Or, having two seperate google earths that I can mark with various tabs I've placed on one of them, that wouldn't show up on the other. e.g. Google Earth1 and Google Earth2. Hope that makes sense and again, thanks for the links. geek\_tahmoh Mar 31, 2011, 2:20 am #4 just open 2 browsers and get GE up on both of them I often have 2 -3 browsers open .. geek\_scoutess Mar 31, 2011, 2:37 am #5 Google Earth contains code to detect whether an instance is already running, and constrains the PC/Server to a single instance (this might prevent Citrix). However, there is a Google Earth API, which has allowed people to build websites to display multiple instances of Google Earth on the same page. This site displays 4, but you can type in the number you want: http://earth-api-samples.googlecode.com/\\... The problem, probably, is that the developer hasn't coded all of the normal Google Earth features, so you may be limited in what you want to achieve. geek\_gyrogearloose Mar 31, 2011, 12:50 pm #6 Is there a way to have more than one google earth browser open at the same time! My reason is I want to have seperate browsers for the two Canterbury earthquakes, as all the little markers, even with the help of colour/shape coding, gets pretty messy. Otherwise, any suggestions on how I could better manage things! I've used up a lot of codes for a range of reasons and now am unable to find codes for various bits&pieces regarding the 22 February 'quake. geek\_tahmoh Apr 1, 2011, 1:04 am #7 Not quite sure what you are doing but you could try using a web browser instead of google earth itself. That would allow you to have more maps open if that what you mean! Not quite what I'm trying for jcmp21 but thanks for these links, nonetheless. Basically, I just want to have two (or more) google earth browsers running at the same time. Or, having two seperate google earths that I can mark with various tabs I've placed on one of them, that wouldn't show up on the other. e.g. Google Earth1 and Google Earth2. Hope that makes sense and again, thanks for the links. geek\_tahmoh Apr 1, 2011, 2:20 am #9 just open 2 browsers and get GE up on both of them I often have 2 -3 browsers open . geek\_scoutess Apr 1, 2011, 2:37 am #10 Google Earth contains code to detect whether an instance is already running, and constrains the PC/Server to a single instance (this might prevent Citrix). However, there is a Google Earth API, which has allowed people to build websites to display multiple instances of Google Earth on the same page. This site displays 4, but you can type in the number you want: http://earth-api-samples.googlecode.com/\\... The problem, probably, is that the developer hasn't coded all of the normal Google Earth features, so you may be limited in what you want to achieve. geek\_gyrogearloose Apr 1, 2011, 12:50 pm #11 Unfortunately, this does not address my problem, and perhaps I didn't make it clear what the actual issue is. I need two seperate browsers so I can mark and save the events of, in this case, each significant earthquake, so I can make sense of what I'

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Just one of them days when i wanna be all alone Dont take it personal i just wanna be all alone when you think I treat you wrong I wanna take some time out to think things through I know it always feels like im doing you wrong but im So in love with you So understand that im only in love You're the only one i need so have no thought that i want To leave and baby trust me please Chorus 1: Just one of them days, that a girl goes through when im angry Inside don't i wanna take it out on you. just one of them daysdon't Take it personal i just wanna be all alone, when you think i Treat you wrong, dont take it personal baby baby baby baby Dont take it personal I sit and think about every thing we do and i find myself in Mysery and that ain't cool. kay now i really wanna be with youthe Whole way through. but the way you make me feel inside Keeps me confused. As i swing back mood to mood its not Because of you. i never want you to be insecure so won't you Understand that im only in love you're the only one i need I'll be there for you when you need me boy so baby dont you Leave Chorus 2: Just one of them days that a girl goes through when i'm angry Inside dont wanna take it out on you just one of them daysdon't Take it personal i just wanna be all alone when you think i Treat you wrong DISCLAIMER : You must agree to the following statement or leave this website. All Monica - Just One Of Them Days lyrics , artist names and images are copyrighted to their respective owners. All Monica - Just One Of Them Days song lyrics might be restricted for educational and personal use only.

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Prof Richard Lindzen: Fear based science My thanks to Ned Nikolov, who has sent me a paper by Richard Lindzen, recently retired professor of Meorology at MIT. This work is of prime importance to those interested in the issues surrounding the development of science in society, and the outcome in climate science. Names are named, and some dirty washing hung out to air. Climate Science: Is it currently designed to answer questions? Richard Lindzen 2012 www.euresisjournal.org Abstract: For a variety of inter-related cultural, organizational, and political reasons, progress in climate science and the actual solution of scientific problems in this field have moved at a much slower rate than would normally be possible. Not all these factors are unique to climate science, but the heavy influence of politics has served to amplify the role of the other factors. By cultural factors, I primarily refer to the change in the scientific paradigm from a dialectic opposition between theory and observation to an emphasis on simulation and observational programs. The latter serves to almost eliminate the dialectical focus of the former. Whereas the former had the potential for convergence, the latter is much less effective. The institutional factor has many components. One is the inordinate growth of administration in universities and the consequent increase in importance of grant overhead. This leads to an emphasis on large programs that never end. Another is the hierarchical nature of formal scientific organizations whereby a small executive council can speak on behalf of thousands of scientists as well as govern the distribution of 'carrots and sticks' whereby reputations are made and broken. The above factors are all amplified by the need for government funding. When an issue becomes a vital part of a political agenda, as is the case with climate, then the politically desired position becomes a goal rather than a consequence of scientific research. This paper will deal with the origin of the cultural changes and with specific examples of the operation and interaction of these factors. In particular, we will show how political bodies act to control scientific institutions, how scientists adjust both data and even theory to accommodate politically correct positions, and how opposition to these positions is disposed of. 1. Introduction Although the focus of this paper is on climate science, some of the problems pertain to science more generally. Science has traditionally been held to involve the creative opposition of theory and observation wherein each tests the other in such a manner as to converge on a better understanding of the natural world. Success was rewarded by recognition, though the degree of recognition was weighted according to both the practical consequences of the success and the philosophical and aesthetic power of the success. As science undertook more ambitious problems, and the cost and scale of operations increased, the need for funds undoubtedly shifted emphasis to practical relevance though numerous examples from the past assured a strong base level of confidence in the utility of science. Moreover, the many success stories established science as a source of authority and integrity. Thus, almost all modern movements claimed scientific foundations for their aims. Early on, this fostered a profound misuse of science, since science is primarily a successful mode of inquiry rather than a source of authority. Until the post World War II period, little in the way of structure existed for the formal support of science by government (at least in the US which is where my own observations are most relevant). In the aftermath of the Second World War, the major contributions of science to the war effort (radar, the A-bomb), to health (penicillin), etc. were evident. Vannevar Bush [1] noted the many practical roles that validated the importance of science to the nation, and argued that the government need only adequately support basic science in order for further benefits to emerge. The scientific community felt this paradigm to be an entirely appropriate response by a grateful nation. The next 20 years witnessed truly impressive scientific productivity which firmly established the United States as the creative center of the scientific world. The Bush paradigm seemed amply justified1. However, something changed in the late 60's. In a variety of fields it has been suggested that the rate of new discoveries and achievements slowed appreciably (despite increasing publications)2, and it is being suggested that either the Bush paradigm ceased to be valid or that it may never have been valid in the first place. I believe that the former is correct. What then happened in the 1960's to produce this change? Highlights: A personal memoir from Al Grable sent to Sherwood Idso in 1993 is interesting in this regard. Grable served as a Department of Agriculture observer to the

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Negotiations about how much money members of the EU should contribute to the budget over the next five years restart today, and MM took to the streets to find out if Manchester agrees with increasing UK funding. The EU Commission has called for an increase of 4.8% on its 2007-2013 budget but some members, including the UK, think it should be cut to match domestic austerity measures. The UK and several other countries, including the Netherlands and Sweden, have called for a real terms freeze in the EU budget and David Cameron has threatened to use his veto if the other countries call for a rise in spending. If no agreement is reached by the end of 2012 the budget will be rolled over with an increase of 2% along inflation lines. Several EU leaders, including German Chancellor Angela Merkel and French President Francois Hollande have indicated that an agreement may be unlikely today and it is clear that there is a massive divide of opinion on this issue throughout Europe. MM went out into Manchester to ask people if the UK gives too much money to the EU? Tags Allocating further funds to the EU's financial budget is like throwing away the wealth of the people again and just like what happened with the banks by propping them up, thus indebting the people of the EU to the tune of trillions of dollars for many decades to come and with that, hard times and declining standards of living. Now we the people are asked again to prop up the EU project and where the political elite are indebting the people to more decades of misery. The problem is that those that run the EU and the Commission cannot lose out, just like the bankers as they get bailed out no matter what. Indeed these people live in a parallel universe remote from reality and where they never want for anything. This even in the knowledge that 17 out of the 27 member states are in recession and where economic conditions remain dismal to say the very least. Unfortunately even Merkel knows that things will not get any better in the long-term and where in 2009 she was a lone voice in stating "Let's not expect a miracle, because not even the boldest political decision will turn the European economy back on the path of growth". At the time no-other EU leader agreed with her but where now how right she really was. The EU is a complete folly where it will continue to indebt our people in perpetuity and basically in many ways eventually enslave all our future generations to come to others. In this respect it will be the mother of all economic catastrophes. Time to say no more, cut our losses and start to think as intelligent people and get out of this bottomless pit of no return. For if intelligence were used, the EU concept would be seen as dead if we equate it to people benefits and new wealth creation. Unfortunately our political classes will continue the gravy train by playing the fiddle throughout whilst Europe burns. Indeed the EU is just like all empires as they decline and where those inside cannot see what is happening. In this respect the EU has all the hallmarks of a declining empire and the sooner we see this truism the better it will be for all concerned. Dr. David Hill Chief Executive World Innovation Foundation Huddersfield, United Kingdom -- Bern, Switzerland -- Arlington, United States of America

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Yep, this may have turned into a new favourite. BBQ, I am going to miss you... Jacquie's Awesome Honey Mustard Salmon Burgers with Smoky Asado Aioli For the Salmon Burgers, you will need: 1 large salmon filet (approx 1 pound) 2 tbsp honey 2 tbsp garlic 2 tsbp fresh rosemary 2 tbsp whole mustard seeds 1 cup breadcrumbs salt and pepper to taste For the Smoky Asado Aioli, you will need: 2 tbsp smoky asado spice blend (Contact Elaine to see where she's selling, now that the 124 st market is done for the season!) 1/2 cup mayo 4 tbsp lemon juice For the burgers: Cube the salmon and add to a food processor. Add all other ingredients, except breadcrumbs and salt and pepper, to food processor and blend until smooth. When smooth, transfer to a bowl and add breadcrumbs, salt and pepper, combining until it begins to stick together. Form into patties and brush each side with canola oil before grilling. Grill until both sides of the patties are golden brown. For the Aioli: Combine all ingredients with a fork until smooth. Serve on salmon burgers.

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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"]}} Editorial Reviews Review "Fest's system of organization, his biographical framework and his constant probing for insights into the nature of modern totalitarianism give his book a unique and powerful intensity". -- Wall Street Journal Fest provides the reader with a well-written summary of the high-ranking and crucial members of Nazi Germany. This book is a good background for the general reader on the Third Reich and is an essential first-step in any investigation into the period. This book, The Face of the Third Reich, is a collection of character analyses of the following people: Adolf Hitler, Hermann Gring, Joseph Goebbels, Reinhard Heydrich, Heinrich Himmler, Martin Borman, Ernst Rhm, Franz von Papen, Alfred Rosenberg, Joachim von Ribbentrop, Rudolf Hess, Albert Speer, Hans Frank, Baldur von Schirach, Rudolf Hoss, along with analyses of members of the Officer Corps, the intellectuals, and of wives and mothers. The style is clear, analytical and rational. This is not written in the style of a popularization, nor is its purpose to introduce the Nazi leadership to those unfamiliar with their history. Two quotations summarize the author's view of the Nazi leadership. "What is again and again manifest among the figures surrounding Hitler is an empty but dogged will to power, which is so often combined with extreme servility. ... The lack of independence and poverty of personality of so many of [Hitler's] leading supporters was a prime means of preserving an attachment to Hitler's person through all humiliations, and a general search for a father figure found its deepest satisfaction in the consciousness of Hitler's close presence. The stringency and caprice with which he treated his entourage merely confirmed and strengthened this feeling." (page 298) "The elements of the man willing to put himself at the disposal of totalitarianism may all be traced back: his poverty of personality, his lack of background, his weak contact with others and his emotional instability, his aggressive prejudices, his subservience to his impulses, his split mind, and his deification of the leader matched by his contempt for humanity." (page 303) This book was poorly translated and even in the original German, Fest is a heavy writer, turgid and hardly scintillating. This compilation is laden with errors, some major, some not, but the ultimate effect compromises the integrity of this book. It's absurd, for example, to make the statement that Hermann Goering's Nuremberg defense was anything but brilliant. One can loathe what Goering stood for and decry Nazism and its atrocities, but to deny that Goering stole the show at Nuremberg is historically inaccurate. There are many better summations of the Nazi leadership than here. This is as dry as timber and about as edifying.

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What a deeply sad and utterly tragic waste of talent. When it comes to the premature deaths that crowd the dark iconography of pop culture ("the Stupid Club", as Kurt Cobain's mother called it), the death of Amy Winehouse at 27 is as bad as it gets. I watched her arrive on the scene as a young, fresh and feisty newcomer, just bursting with music and spirit. She quickly blossomed into a major musical star who changed the landscape of modern pop culture but wilted in the heat of the spotlight. She was an amazing musical artist, but also a deeply troubled soul. Sadly, the two all too often go hand in hand. Amy had talent to burn. Instead, it burned her. The terrible tragedy of Amy Winehouse is that none of this was inevitable. It never is. She could have come through it. Many addicts have recovered and gone on to live full and productive lives What is deeply shocking to me is that I thought she was winning this battle. I saw her in Abbey Road studio in March, singing a duet with Tony Bennett. She swept in late, surrounded by an entourage, and looked edgy and wary of strangers, but physically I thought she looked well. Her hair was big, her eye make-up almost Egyptian. Dressed in retro cardigan, mini-dress and big ear-rings, she was clearly sober, steady, and looked tanned and healthy. She had filled out since her scrawny, drug-addled worst. Vigil outside Amy Winehouse's North London home. Photo: Getty Images She told me it was her first time in a studio in over a year, and she was quite obviously nervous, fiddling with her hair, shuffling her feet - but when she sang ... boy. Watching the old veteran and young ingenue together was extraordinary. Advertisement They stood side-by-side but wrapped their voices around each other, rising and falling, scatting and blending in jazzy cadences, as they worked up a version of Body and Soul . Winehouse spoke with the sulky eyes and dropped aitches of a bratty London teenager ("It's gettin' there, innit?" she said, after a few takes), and responded to production suggestions with a sniffy: "All right, whateva!" Tale of two shirnes ... one, top, with wine and cigarettes, the other more traditional with just flowers and notes. Photo: AFP/AP But then she opened her mouth and out came this ancient, mature voice, like Dinah Washington blended with Billie Holiday. Bennett was impressed, and told me she was as good as any singer he had worked with. Winehouse, for her part, had shown up because she was a fan. "You're one of my idols," she said. "I'm just happy to be here. It's a story to tell my grandchildren to tell their grandchildren to tell their grandchildren." Amy Winehouse ... ''If my career should die right now, I would go to Vegas and be a lounge singer. I'd do that every single night for the rest of my life and I would be completely happy, yaknowwotamean?'' Photo: Getty Images There will be no generations of grandchildren now, and the stories that will be told will not be happy ones. Winehouse embodied the best and worst of the music business, an exceptionally gifted artist brought low by the kind of self-destructive, hedonistic lifestyle that is such an integral part of the rock 'n' roll myth. Like her heroine Holiday, or the great Janis Joplin - exceptional singers who struggled with addiction in less media-saturated times - Winehouse became a poignant rather than a heroic figure, someone whose intensity of expression and tendency towards self-destruction seemed psychologically linked. Amy Winehouse Amy Winehouse arrives at Holborn Police Station in central London in 2008, for questioning over an alleged assault. Photo: Reuters There was, in truth, little hint of what was to come when she first appeared on the pop scene, in 2003. Then she just seemed incredibly precocious. The progeny of a middle-class Jewish family from north London, Winehouse somehow contrived to sound like she was raised in the speakeasies of Chicago during Prohibition. Her grandmother was once engaged to Ronnie Scott, and Winehouse behaved as if smoky jazz clubs ran in her blood. The divorce of her parents seemed to have hit her hard, but she remained close

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A Brief Summary of the Best Practices in College Teaching Intended to Challenge the Professional Development of All Teachers Compiled by Tom Drummond North Seattle Community College Introduction/Overview: I have collected here, without examples or detailed explanations, a collection of practices that constitute excellence in college teaching. These elements represent the broad range of effective actions teachers take, and requisite conditions that teachers establish, to facilitate learning. I have tried to make this listing intentionally brief and can be scanned to serve more as a reference to the scope of excellent teaching techniques than as a source of enlightenment. For information on items that are unfamiliar, either post an email or refer to the citations. Recognizing that teaching is both art and science, I advance this list of dimensions of excellence as a starting point for discussions about the performances that we as teachers strive for and may help each other obtain. While the skills of teaching are widely researched and described, they are rarely rewarded, mostly, I think, because we don't share this common language about best practices. Instead of directly addressing learning to teach well, we often erroneously assume new teachers know how to teach because they used to be students. Becoming an excellent college teacher is a continuing life-long professional challenge, the dimensions of which often go unrecognized. In the general mind, doctors and lawyers are professionals, teachers are not. I believe we could change our semi-professional status if we could agree upon a list of Best Practices such as this one and help each other achieve them. It would help us achieve three goals: College teachers could find consensus on an ever-evolving definition of what constitutes best practices in this amorphous and complex endeavor. Senior faculty could assume a responsibility to develop additions and modifications to the best practices list and actively transmit those practices to new faculty. We all could ensure that our colleagues and institutions apply the set of best practices for the ultimate welfare of the learners. If faculty could ever come to agree upon a performance list such as this one, our institutions could marshal the resources to accelerate its attainment, clarify the objectives for acquiring tenure, and offer salary rewards for an individual's continued reflective review of teaching practice. The Best Practices chosen here focus on those aspects of classroom teaching competence that are visible to oneself and to others and thus become useful for formative evaluation. When components of excellence can be defined in language that details teaching actions that are confirmable performances, that is, neither minutely technical nor remotely abstract, we could investigate those actions in practice, either collaboratively or individually. For if a component can be self-perceived near the time it occurs, it can be modified or strengthened. That's how professionals, who must engage themselves in reflective practice, get better. In this spirit I offer a list of what I have struggled to learn to do in my 20+ years of college teaching about teaching. Even though classrooms vary in content and goals, I believe this core set of Best Practices does apply to most adult education environments, in both vocational and academic areas, albeit in differing degrees. It is my attempt to specify which of the myriad things and relations in teaching deserve close study. I have endeavored to learn to do each of these things in my college teaching. Have your colleagues? Have you? I have organized them under twelve headings. Lecture Practices: effective ways to present new information orally to fit differences in learning styles. At times information must be transmitted orally to a passive listening audience. But research has shown that after 10 to 20 minutes of continuous lecture, assimilation falls off rapidly. If the teacher must rely on the oral presentation of material, these techniques enhance learner retention. Surveys with Exemplifier: Pause, ask directly for a show of hands: 'Raise your hand if you agree... disagree... etc.' or 'Raise your hand if you have encountered an example of that.' Ask for a volunteer to speak for the response group whose hands are raised. Turn To Your Partner And Pause , ask each to turn to the person next to them and share examples of the point just made or complete a given phrase or sentence. Halting Time (4): Present complex material or directions and then stop so learners have time to think or carry out directions. Visually check to see whether the class appears to understand. If they do, continue. Explication de Texte: By reading and analyzing passages from the

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As George Carlin once said, America's greatest export is the "manufacture, packaging, distribution, and marketing of bullshit." Whether it be campaign promises, the work of advertising firms, or Hollywood movies, America is deeply invested -- economically, culturally, and emotionally -- in the bullshit industry. Ben Affleck 's Argo is, in various ways, a demonstration of the prominence and even vital importance of bullshit throughout several facets of transnational experience. Argo evidences the incredible extent to which the fantasies that accompany bullshit create meaning within our daily lives. Argo is, as you no doubt already know, a staging of the extraordinary true story about a carefully orchestrated rouse executed by the CIA in tandem with the Canadian government in order to rescue six refugees from the Iranian takeover of the US Embassy in Tehran in 1979. And what more effective way to execute such a complex rouse than to use as its cover an industry fluent in the perpetuation of lies: the Hollywood studio system. Affleck's Tony Mendez utilizes an industry known for creating and promoting suspense of disbelief in order to navigate a life-or-death scenario that requires outside individuals to believe the faade that covers what they are actually witnessing. The all-American fantasy machine that is Hollywood expands far beyond the borders on the east and west coasts, as the industry's commanding international ubiquity and influence even temporarily convinces Argo 's strict rebel guards at the Tehran airport to believe in the illusion. In this respect, it's both interesting and important that the events depicted in Argo occurred in the late 1970s and early 1980s, when Hollywood made its final transition away from the gritty New Hollywood realism that characterized much of the previous decade, an era that produced films which spoke more locally and nationally than the multi-part international franchise hits of Star Wars and Raiders of the Lost Ark . Had Al Pacino and Sidney Lumet showed up in Tehran to film Serpico 2: The Persian Case , Mendez's rouse may not have been executed so successfully. Sure, the fictionalized "inspiration" for Mendez's plan comes from one of Planet of the Apes ' socially-conscious 1970s sequels. However, by 1980, a globalized Hollywood and a captive audience were fully invested in fantasies that knew no grounding in the pretensions of gritty realism or social relevance. As Anthony Lane of The New Yorker points out , Argo 's preoccupation with Hollywood bullshit goes one decisive, and complicating, step further. For a film that has a rather cynical but comic critique of the largely meaningless games of one-upsmanship amongst the Los Angeles entertainment establishment, Argo as a product of that same industry is fully invested in the comforting lies that Hollywood churns out on its assembly line. As with many true stories, several important details of Argo are condensations or exaggerations of the real-life scenarios depicted (chief among these creative liberties is the unfortunate fib that Mendez was as functionally generic a cipher as the on-screen Affleck is). Some license is routine, even the fictionalized family troubles given to Mendez in order to create a narrative of pathos and redemption. But the place that Argo exaggerates most explicitly is the moment the entire narrative intended to build up to: the six refugees' airport escape, which in reality went relatively smoothly and without interruption compared to the nail-biting excitement of Argo 's last-minute ticket orders, encounters with stereotypically angry Middle Eastern men of authority, and last-millisecond phone calls, complete with a spectacular car/plane chase. Don't get me wrong; the sequence is exciting. And amongst the lies perpetuated through Hollywood's numerous "true stories," Argo 's is relatively inconsequential. But what's interesting about Argo 's relationship to cinematic bullshit is its ambivalence. On the one hand, the film calls out the Hollywood industry for being a vacuous distraction machine. On the other, the film fully embraces the utility of Hollywood's appeal to bullshit, and to great effect. For a film so critical of Hollywood in its first act, Argo is deeply invested in the cathartic release of the Hollywood ending -- closure, hugs, jingoism and all. And

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A Million Hungry Eyes I remember in Red Square The monuments to us A little toxin in our drinks Had turned our tongues to rust It's so hard to believe you're a swan The curtains hang half-drawn You wait for earth or sun to bring you dawn A million hungry mouths Would strip you to your bones And every note would still Be perfectly in tune A million hungry eyes Would strip you to your clothes And everyone would still They'd say you hung the moon You brought me pages of hardcore torn And casts of lovers yet unborn You carried me across the room in a swoon To soon forget you hung the moon A million hungry mouths Would strip you to your bones And every note would still Be perfectly in tune A million hungry eyes Would strip you to your clothes And everyone would still They'd say you hung the moon Be quiet on the set Take one Be quiet on the set Take two Be quiet on the set... Just Try You almost turned inside out Found you down by the boats Fell asleep in my arms Under northern lights that danced like ghosts If you can't contain yourself, my dear Just try, just try, your time is near Like the summer's last day A coming chill in the air Before the leaves turn to fire As the sunlight plays in your hair It seems like a thousand years Since you last stayed the night But something's changed inside you now You're not afraid to come back and fight When you can't contain yourself, my dear Just try, just try, I'll hold you near You can't contain yourself this time Betrayed by something so sublime I love your need Your joy in grief You bring relief To me Come On Come on I want to raise the roof tonight I want to scare the dark to light It's been too long since we took flight Come on, come on, join me Come on We're more than water over the bridge We're more than tearing down the rich Call me a raging sentimentalist Come on, come on, join me Come on Come on It's time we think before we fight It's time to fight before we die It's time to love before we're dry Come on, come on, join me Come on I Will Wait For You If it takes forever I will wait for you For a thousand summers I will wait for you Till you're back beside me till I'm holding you Till I hear you sigh here in my arms. Anywhere you wander anywhere you go Every day just remember how I love you so In your heart believe what in my heart I know That forevermore I'll wait for you. The clock'll tick away the hours one by one Then the time will come when all the waiting's done The time when you return and find me here and run Straight to my waiting arms. If it takes forever I will wait for you For a thousand summers I will wait for you Till you're here beside me till I'm touching you And forevermore sharing your love. Fashion Tips For The Homeless Every comfort I once had is now consumed by flame Burning bright I set alight I am the spark of change Yeah Ashes to the sky Ashes to the sky Above the clouds the sun shines always, fly now while you can That dirty hippy on the street he's Jesus in disguise Actually it's just me goofin', I kinda have his eyes So where can we get high? Yeah where can we get high? All the grains of sand are slipping quickly from your hand All the perfect worlds inside you spill out when you wake Warm, soft bodies wrap around you feel their tender ache Burning up inside Burning up inside If you were god would you be willing to blame it on your plan? Watching You Sleep All I do is make you cry It's a long beginning to a short end I Miss you so much when you're not around I'm going to miss you when you're off the rebound I lay awake every night with you beside me Your breathing keeps perfect time with my pulse The happiest I've ever been is in these times when I watch you sleep and the world is perfect The happiest I've ever been is in these times when I watch you sleep and the world is perfect Ten to one you don't snore Twenty to one you won't hear the front door Hundred to one you don't wake Zero to sixty in three seconds hope my brakes Work Don't ever say I didn't care I lay awake every night with you beside me Your breathing keeps perfect time with my

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Young Chef of the Year 2012 winners The Young Chef of the Year 2012 award has gone to Cara-Louise Slater and Courtney Broadfoot from Knox Academy. Pupils from five East Lothian secondary schools put their culinary skills to the test in the final, held at Preston Lodge High School on Friday. The teams of two S4 pupils had 90 minutes to prepare a two-course meal based on local ingredients, working under the scrutiny of a team of judges. The main course featured seafood as its primary component and the dessert was based on seasonal fruit. The winners were presented with a hamper each, filled with local and Scottish produce, by East Lothian Council Chief Executive Angela Leitch. A special 'most determined to succeed' award also went to Kaylum Hogg of Musselburgh Grammar who won a book token. The competition has been developed to complement and promote East Lothian's rich history of local produce by involving our young people in an exciting culinary challenge and also introducing them to the idea of a career in the hospitality industry. The judges this year were: Marie-Clare James, who has worked as the Marketing Manager for the Federation of Chefs Scotland for the last three years. In that time she launched the Scottish Culinary Academy which is the training and development arm of the Federation, involving a series of training courses, field trips and work placements for young chefs. In September this year she joined Seafood Scotland working as the Seafood in Schools Co-ordinator for Central Scotland, working with schools to encourage cooking skills and to develop food appreciation and knowledge among Scotland's young people. Rick Cooper is East Lothian Council's Area Officer, overseeing all aspects of catering in schools. He is also a qualified chef and has worked in hotels and restaurants all over the world. Pupils from Preston Lodge High School, Musselburgh Grammar, North Berwick High School, Dunbar Grammar School and Knox Academy, Haddington took part in this year's competition. Pupils from Ross High, Tranent, were unfortunately unable to take part this year due to other commitments. A contribution of 150 was given to each participating school for the cost of ingredients, half from Education and Children's Services and half from Economic Development.

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Housesitters Highly experienced and professional full time house sitters, we have been house, pet and business sitting internationally for over five years. We love our house sitting lifestyle, the highlights being all the lovely people we get to meet, many of whom become friends. It's our way of life, and we ... View housesitter profile We are a young (60's) retired professional couple, who have travelled the globe extensively and thoroughly enjoy doing so! Val has an international background, being raised all over the world and is a retired executive assistant to top level executives, both in Australia and the USA. Eddie was born and ... View housesitter profile I have provided petsitting/housesitting/ caretaking services for years in Europe and the US for cats dogs rabbits fish and their satisfied owners. For full details about me, including experience, background check/security clearance, testimonials, references, etc. please see my website: www.temporaryguyfriday.com View housesitter profile Thank you for looking considering us for your house/pet-sit and for this opportunity to introduce ourselves. We are experienced, reliable and trustworthy house sitters and pet carers who have undertaken assignments in North America, the UK, Europe and Australia. With several properties including our own much-loved family home all rented ... View housesitter profile I am a single, educated women and writer who is very respectful, organized and clean as well as a people person with an outgoing personality. I am looking to find house sitting opportunities for any where from 3 months to 6 months beginning late October or early November. I don't ... View housesitter profile Hello there! I am a 32-year old professional, living and working in London, U.K. An unexpected opportunity a few years ago opened up the world of housesitting to me, and I'm hooked! House & petsitting around London has allowed me to experience the city at its best - while caring ... View housesitter profile We are particularly interested in housesitting in South/Central America. We have spent two months in New Zealand,three months in Australia have been skiing and body boarding,and walking in the Himalayas. We like to experience living in different places and housesitting gives us that opportunity. We are extremely adaptable and like ... View housesitter profile website http://www.housesittingperfected.com Leave your home with complete peace of mind. Hello from Angela and John and welcome to our profile. We're young at heart retirees, retired from work, but NOT from life. House sitting is more fullfilling than we could ever have imagined we are literally "sitting" our way through ... View housesitter profile We are coming back to the Netherlands in December 2012. We will be available for housesitting from mid December. Hello, My name is Nynke I'm 41 years old. I grew up in the Netherlands where I lived and worked on a dairy and sheep farm and studied at the school ... View housesitter profile Hello, we are Steve(38) and Karla(35) and we have recently left Canada to take a break from our working lives to be able to experience the world. We met in 1999 while we were traveling through Europe and we have been together ever since, having now been married for 10 ... View housesitter profile My wife and I have taken early retirement and are currently traveling the USA. We are looking for possible short/medium term housesits along the way. We are driving an RV through the United States from mid May to November 2012. From November we will be in Australia are looking for ... View housesitter profile We are recognized retirement experts and internationally published authors on topics of finance and world travel. We run a popular retirement and travel website: www.RetireEarlyLifestyle.com View housesitter profile Akaisha (60) and Billy (60) Retired, travel writer, owner of popular website on finance and travel and Retired, travel writer, owner of popular website on finance and travel We are a married couple David is 55 and Sandy 63,we sold our home last year in Noosa and moved to Sydney to spend time with our two adult children. We had a beautiful bearded collie Ralph, who we had for 14 years and sadly we lost last year, David ... View housesitter profile Me: I am currently a Realtor in California and I have a proven track record of holding responsible positions that require the utmost integrity, discretion, respect and hard work. I do not and have never used drugs nor smoked cigarettes. I only have an occasional sociable drink with friends or ... View housesitter profile We are young, active 60 year old

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Post navigation Reasons to Become a Landlord...and Reasons Not to Being a landlord can mean many things. It can be a way of covering a mortgage on your own home, or it can be a full-time profession. Some people fall into becoming landlords through circumstances, while others set out to build their own property empire. However you get into it, being a landlord can be both frustrating and rewarding. How do you know if it's for you? Read on for reasons why you should, and why you shouldn't, become a landlord. Why you should - Rents are on the rise, and show no signs of stopping. With so many people priced out of the property market and an undersupply of rental property, demand is pushing up rents across the country. If you make an investment now, you are likely to see good returns for the foreseeable future. - Being a landlord could give you security for little effort. For most, being a landlord shouldn't take up too much time, but can provide a regular income. Most landlords in the UK are not full-time professionals, but rent out one or two investment properties as well as having a day job. Using a letting agent means that you can be a landlord without making a huge time commitment. - The risks are relatively low. As long as you buy sensibly and don't overstretch yourself financially, your property investment is likely to be a sound one. Unlike investment in stocks and shares, you have a tangible asset with an intrinsic value of its own. If you buy with a sizeable deposit, then you should be able to ride out dips in the housing market comfortably. Why you shouldn't - Being a landlord is a big responsibility. If something goes wrong in the property, you will need to deal with it. Even if you have a letting agent managing the property, you will need to make sure that you are contactable at all times -- including when you're on holiday. This is fine for some -- but it doesn't fit every lifestyle. - There are hidden costs. You must be able to charge enough rent to cover much more than your mortgage. Add up the costs of maintenance, landlord insurance , possible void periods and tenant arrears. Can you still make a profit once you take these costs into account? Being a landlord is not just an investment decision, but a lifestyle choice. It can be a great way to make money and can sometimes be good fun too. But before taking the plunge and getting that buy to let mortgage, make sure you're not making a decision you might regret.

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Search smh: Search in: Ask Noel Noel Whittaker I expect to have $700,000 to put into draw-down superannuation at the end of this year, when I will turn 64. I own my flat and have no other debts. I am thinking of dividing the money into three and putting some into self-managed superannuation, some into an industry fund and some into a retail fund, and then after five years seeing which of them performs the best. Does this sound like a sensible idea to you? I hate to pour cold water on your plans but I do not think that is a good idea at all. For starters, you would be paying unnecessary fees by having three separate funds, and the performance of any one fund would be affected by its investment strategy. For example, if one fund had an aggressive approach, it would do well if the market rose but poorly if the market fell. You really need to talk to an adviser and agree on an investment strategy and asset allocation that fits your goals and your risk profile and then have regular meetings, at least once a year, to see if that strategy needs to be fine-tuned. I am 57 and self-employed, grossing roughly $90,000 a year on a business I run from home. I have a mortgage of $50,000 on a house worth about $650,000. I'm considering renting out the house and leasing somewhere new to live and work, then claiming the costs of the lease as a tax deduction. My house would rent for about $450 a week. Is this idea feasible, or would I be facing financial disaster? You would need to involve your accountant, because if your new residence is both a home and an office, you could not claim all of the lease costs as a tax deduction. However, once you move out of your present property, the outgoings, including interest, would be tax deductible, and the rental income would be assessable. Your accountant will be able to do the numbers for you - I certainly don't think what you are planning would lead to financial disaster. Advertisement I am 64 and married; my wife is unemployed. My home is worth $800,000 and I have super worth $520,000, with 60 per cent in diversified fixed interest and 40 per cent in Australian shares. My net wage is $6500 a month and I salary sacrifice $1000 a month into the fixed-interest component of my super. I hope to work for one more year and then retire. I would like to have a reasonable retirement, with enough to pay bills and travel, plus have super to provide for me until I'm 85. Is there anything else I should be doing? You appear to be well placed for retirement and I assume you now have a relationship with a good adviser because it appears you will be eligible for a part age pension. There may be strategies, such as gifting and spending money on home renovations and travel, that may enable you to get a higher pension. There is also the important matter of estate planning - I assume you have consulted a solicitor about a will and enduring powers of attorney. We are self-funded retirees in our late 60s. We lost $1 million in our allocated pension fund due to fraud and can't envisage getting any compensation. We were lucky enough to have two houses; we sold one and invested the money. As the interest rates on term deposits and online accounts are going down, I was wondering what we should do with our finances. With our shares included, we are just over the limit for Centrelink benefits and can see our money diminishing every time there is an interest rate cut. Would it be advisable to contribute to a managed fund or just keep our money in shares and term deposits? We are very wary of handing our money over to another financial adviser. Don't let a bad experience put you off advisers for life - there are plenty of good ones out there. There are managed funds that specialise in yield, and listed investment companies such as Argo would almost certainly do better in the long term than leaving money in the bank. It's important you have a diversified portfolio that fits your risk profile, and you can take comfort knowing you will become eligible for a part age pension as you draw down on your assets. My sister and I have inherited the family home of 60 years. If I were to sell my half-share to her side of the family, what tax would I have to pay and how would I go about it? Neither of us work because my sister was my mother's carer and I am not well enough. The

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Customize the list of recently used files Many Microsoft Office programs display the last few documents you opened in that program so that you can use those links to quickly access files. This feature is turned on by default, but you can turn it off, turn it back on, clear, or adjust the number of files that it displays. If this feature was turned off and you subsequently turn it back on, only the files that you open and save after you turn it on are listed. If you close a file, and then move it to another location, such as by using Windows Explorer, the link to that file in the program in which you created it no longer works. You must use the Open dialog box to browse to the file to open it. After you save the file in its new location, that link is added to the list. Clear the list of recently used files Click the File tab. Click Recent . Right click a file in the list and select Clear unpinned items . Click Yes to clear the list. Note Setting the number of recent files to zero also clears the list. To turn the feature back on, set the number to something other than zero. Update the list by opening the files again and resetting the pins.

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Storyline Donna decides it's time for the next wedding preparations: choosing a wedding list, to the boys' anger only 'things at the table', nothing they like, and Eric is a wreck after a six hours shopping raid, so eager to take Red's advice: choose so badly she'll declare him shop-incompetent and do it all herself. Alas veteran Kelso gives the game away at first glance, so as punishment Eric must go shop wedding cloths with Jackie, who surprisingly knows how to handle a male shopping-stooge. Meanwhile Kitty and Fez catch Red enjoying reading one of her dirty girls books... Written by KGF Vissers

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I Can I Will I Do Lyrics - Barenaked Ladies Friend, this shouldn't be the way things end But then, a break is just around the bend. And when you tell me as I leave You're scared you'll never see my face again Well, I'm not sure it's the truth You don't think I can love you You don't think I can love you You don't think I can love you But I can and I will and I do You write - I read your letters every night All right, I skim them just to be polite. I fight embarrassment and shame The mention of your name makes me turn white But guilt still makes me refrain You don't think I can love you You don't think I can love you You don't think I can love you But I can and I will and I do I imagine you think I don't think of you You know you couldn't be more wrong If good intentions paved the road that gets me through Then I've got a six-lane highway And I intend to someday Do all the things I say I can and I will and I do Hey - it's hard for me to go away Okay, I know it's not adult But it's just as difficult for me to stay And anyway you say You don't think I can love you You don't think I can love you You don't think I can love you love you love you love you I can and I will and I do I can and I will and I do Please Click here to submit the Corrections of I Can I Will I Do Lyrics

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'Adele Would Be Perfect For James Bond Theme', Says Chris Cornell Adele would be the 'perfect choice' to pen the upcoming James Bond theme tune, according to Soundgarden frontman Chris Cornell. Cornell, whose track 'You Know My Name' was the theme song for the 2006 Bond film 'Casino Royale', praised the London singer at this year's Download festival. The rock god, who reunited with his Soundgarden bandmares for their first show in 15 years at Download, told MTV he hoped Adele follows in his footsteps. "Adele would be the perfect choice -- I can't think of a better one," said the star. He added: "She's phenomenal and it's nice, in a day and age where so many vocals are fixed by computers, that the biggest album of last year was somebody who sings for real.'' "I would hate to see music become more mechanistic and less human, so her success has been great." Rumours that Adele would pen the James Bond theme tune began circulating in early 2011, with Voice judge Tom Jones praising the singer for the potential role. Sir Tom Jones, who claimed his track for the 'Thunderball' movie, said the move had a huge impact on his career. The first trailer for the new James Bond film 'Skyfall' has premiered online. It marks Daniel Craig's third appearance as 007, four years after 'Quantum of Solace'. The new movie, which stars Javier Bardem, Ralph Fiennes, Ben Whishaw, Brnice Marlohe and Naomie Harris will be opening in cinemas and IMAX screens on October 26 in the UK and November 9 in the US. 'Skyfall' will mark the 50th anniversary of the 007 series after Sean Connery first started it in 1962 in 'Dr No'. James Bond Through The Years... Daniel Craig has had nothing but grief from hard core Bond fans since taking on the role. However, his co-star Caterina Murino said of him recently "He's very hot and when he kissed me it was incredibly sexy. It was fantastic!" Lucky her...hopefully Craig can silence his critics with his performance in 'Casino Royale'.

**id 190**

I began my presidential campaign here to remind the country that we, as citizens and as a government, have a moral responsibility to each other, and what we do together matters. We must do better, if we want to live up to the great promise of this country that we all love so much. It is appropriate that I come here today. It's time for me to step aside so that history can blaze its path. We do not know who will take the final steps to 1600 Pennsylvania Avenue, but what we do know is that our Democratic Party will make history. We will be strong, we will be unified, and with our convictions and a little backbone we will take back the White House in November and we'll create hope and opportunity for this country. Full transcript below the fold Thank you all very much. We're very proud to be back here. During the spring of 2006, I had the extraordinary experience of bringing 700 college kids here to New Orleans to work. These are kids who gave up their spring break to come to New Orleans to work, to rehabilitate houses, because of their commitment as Americans, because they believed in what was possible, and because they cared about their country. I began my presidential campaign here to remind the country that we, as citizens and as a government, have a moral responsibility to each other, and what we do together matters. We must do better, if we want to live up to the great promise of this country that we all love so much. It is appropriate that I come here today. It's time for me to step aside so that history can blaze its path. We do not know who will take the final steps to 1600 Pennsylvania Avenue, but what we do know is that our Democratic Party will make history. We will be strong, we will be unified, and with our convictions and a little backbone we will take back the White House in November and we'll create hope and opportunity for this country. This journey of ours began right here in New Orleans. It was a December morning in the Lower Ninth Ward when people went to work, not just me, but lots of others went to work with shovels and hammers to help restore a house that had been destroyed by the storm. We joined together in a city that had been abandoned by our government and had been forgotten, but not by us. We knew that they still mourned the dead, that they were still stunned by the destruction, and that they wondered when all those cement steps in all those vacant lots would once again lead to a door, to a home, and to a dream. We came here to the Lower Ninth Ward to rebuild. And we're going to rebuild today and work today, and we will continue to come back. We will never forget the heartache and we'll always be here to bring them hope, so that someday, one day, the trumpets will sound in Musicians' Village, where we are today, play loud across Lake Ponchartrain, so that working people can come marching in and those steps once again can lead to a family living out the dream in America. We sat with poultry workers in Mississippi, janitors in Florida, nurses in California. We listened as child after child told us about their worry about whether we would preserve the planet. And we spent a day, a summer day, in Wise, Virginia, with a man named James Lowe, who told us the story of having been born with a cleft palate. He had no health care coverage. His family couldn't afford to fix it. And finally some good Samaritan came along and paid for his cleft palate to be fixed, which allowed him to speak for the first time. But they did it when he was 50 years old. His amazing story, though, gave this campaign voice: universal health care for every man, woman and child in America. That is our cause. And we do this -- we do this for each other in America. We don't turn away from a neighbor in their time of need. Because every one of us knows that what -- but for the grace of God, there goes us. The American people have never stopped doing this, even when their government walked away, and walked away it has from hardworking people, and, yes, from the poor, those who live in poverty in this country. For decades, we stopped focusing on those struggles. They didn't register in political polls, they didn't get us votes and so we stopped talking about it. I don't know how it started. I don't know when our party began to turn away from the cause of working people, from the fathers who were working three jobs literally

**id 191**

BUSTER - THE SBT WHO HAS SPENT MOST OF HIS LIFE HOMELESS Dogs needing forever homes (please note all animals must have rescue back up prior to posting them in here) Note: Posts made in this section are automatically crossposted on the RHU Twitter & Facebook accounts and other sites around the web BUSTER is a SBT Cross and is aged around 12 MONTHS old - he is not good with other dogs and so will require a home as an only dog. He is extremely loving and friendly and is looking for his forever sofa. He is good with current fosters 13 year old child, but we do not recommend any younger children as he is quite bouncy. He loves going for a walk and is great off lead! He is a very loving dog and gives some of the best stafffie hugs going! He is castrated, vaccinated and has been waiting for his home for over 8 months now. \*Interested in adopting a rescue animal listed here? If you'd like to enquire about adopting any of the animals listed here please contact the rescues direct (a link to their website or other contact details should be in the listing) or feel free to register an account on the forum and post on the thread.

**id 192**

TV REVIEW: The Vampire Diaries Season 4, Episode 4 -- "The Five" Damon takes Elena to a frat party so that he can teach her how to feed, while Stefan spends some quality time with Klaus trying to figure out the secrets of The Five... Elena's baby vampire woes continue as she and Damon accompany Bonnie on a trip to university; specifically, the university where Bonnie's grandmother used to teach. There they meet Professor Shane, who was a friend of Bonnie's grandmother and provides a shoulder to cry on about her problems using magic. And what's a trip to university without a frat party? Damon nearly gets what he wants when Elena throws herself wholeheartedly into feeding, but when Bonnie catches them in the middle of their feast, she gives Elena the Frowny Face of Doom, at which point Elena realizes what she's done and immediately starts to repent. Back in Mystic Falls, Stefan has teamed up with Klaus to figure out exactly who Connor Jordan is and how he came to be in Mystic Falls. Klaus reveals that The Five are ancient, skilled vampire hunters from the 12th century. They've crossed paths with the originals before -- in fact, Rebekah was in love with one. During the course of their relationship with The Five, Klaus and Rebekah discovered that the tattoo they all possess (which Jeremy has seen on Connor) is actually a map. This map leads to the ultimate weapon to end all vampires. While it sounds sinister, this weapon is actually a cure for the vampire curse: take the cure, go back to being a human. (Anyone else see where this is going?) The only way to interpret the map is with one of the swords carried by The Five. It turns out that Rebekah knows the location of one of these swords, which Stefan and Klaus trick her into revealing before Klaus daggers her. A bit unnecessary, I think, but hey -- it's Klaus. Unfortunately, back at Camp Original, Connor has beheaded his hybrid guard and escaped. Meanwhile, Damon delivers Elena home to Stefan. She tells him that she doesn't think she'll survive being a vampire. Good thing someone's just revealed that there's a cure! The episode ends back at the university -- Professor Shane's office, to be exact. On the wall, there is a symbol that matches part of Connor's tattoo. Unsurprisingly, Connor soon shows up and demands the professor tell him why he sent Connor to Mystic Falls in the first place. I really enjoyed this episode, if for no other reason than Elena and her problems felt very much secondary to the much more interesting story of The Five. I've always liked the episodes that dabble in the supernatural folklore, and the ones that go back and fill in a little bit more of Klaus and his family's history. This episode did both those things. We (once again) bid farewell to Rebekah, who I've grown to really like. She's got a real nasty streak for sure -- she has spent centuries with Klaus, after all -- but there's a lot more to her. Klaus has teased more than once that she'll throw herself at anyone who shows her even a little affection, but all she really wants is to belong somewhere. It's touching and also heartbreaking, because she always winds up trusting the wrong people and then getting royally screwed in the end. Thankfully, she's been daggered more than once on the show and she always comes back, so I am hopeful this is not the end for her. I am also thrilled that Klaus and Stefan are working together -- I've always enjoyed their uneasy bromance, because underneath all the snarl there was a real friendship at one point (one of my favorite episodes of Season 3). I would love to see some more of that as they work on finding the cure for Elena.

**id 193**

Split the cost of an iPad interest free -- only with Expansys Ever wanted to buy an iPad but couldn't afford the large upfront cost? Now there is a solution. If you pick up the New iPad with a Cygnett stand case from Expansys you can split the cost over six months interest free! Prices start from just 63 per month which is a lot more attractive than shelling out over 400 in one go. Applying is simple. Just head on over to Expansys and apply for credit at the checkout. Once approved the iPad and case will be on its way to you.

**id 194**

Sunday, September 9, 2012 I wonder why? Do you think there might be an exclusive newsletter circulated to a crooks-2-crooks kind of club or something? Video at link shows how gypsy women rob store items by hiding them under yards of skirts. Why do I blame Dalton McGuinty for what is obviously Jason Kenney's problem? I know fully well that it is the Immigration department that is actually responsible for admitting these "criminal" refugees into Canada .... but the Liberal govt. of Ontario has to take the blame because they criticize Kenney whenever he tries to stem the flow of refugees and illegal immigrants. So, bottom line: The blame for the influx of criminal refugees and illegal immigrants lies solely at the feet of the Libs and the NDP. Jeff Mitchell writes: Durham cops have arrested two accused ringleaders in what they say is a sprawling criminal organization that was based in Pickering and committed thefts throughout Ontario and Quebec. Two other suspects are wanted and on the lam in Europe, police said in announcing the conclusion of Project Mansfield, an investigation that began late last year in Durham Region and soon involved police and customs officials in Canada and the United States . Police have recovered $85,000 in cash, as well as stolen property and credit cards, and evidence of $2 million of social services claims made by participants in the organization, Durham police Chief Mike Ewles said this morning. Police have also identified $1 million worth of "suspicious" wire transactions with overseas destinations. ..... .... In total, 34 suspects were arrested on more than 263 charges. The investigation revealed as many as 400 people connected to the ring, police said.Police continue to investigate crimes that may be attributed to the gang ..... . ..... Chief Ewles said the ring was highly organized and efficient, luring participants from Romania with promises of a better life in Canada and then enlisting them in criminal pursuits. "People would arrive on a Thursday and by the following Saturday would be involved in distraction thefts," he said .......

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Religious believers distrust atheists more than members of other religious groups, gays and feminists, according to a new study by University of B.C. researchers. The only group the study's participants distrusted as much as atheists was rapists, said doctoral student Will Gervais, lead author of the study published online in the Journal of Personality and Social Psychology. That prejudice had a significant impact on what kinds of jobs people said they would hire atheists to do. "People are willing to hire an atheist for a job that is perceived as low-trust, for instance as a waitress," said Gervais. "But when hiring for a high-trust job like daycare worker, they were like, nope, not going to hire an atheist for that job." The antipathy does not seem to run both ways, though. Atheists are indifferent to religious belief when it comes to deciding who is trustworthy. "Atheists don't necessarily favour other atheists over Christians or anyone else," he said. "They seem to think that religion is not an important signal for who you can trust." The researchers found that religious believers thought that descriptions of untrustworthy people -- people who steal or cheat -- were more likely to be atheists than Christians, Muslims, Jews, gays or feminists. Gervais was surprised that people harbour such strong feelings about a group that is hard to see or identify. He opines that religious believers are just more comfortable with other people who believe a deity with the power to reward and punish is watching them. "If you believe your behaviour is being watched [by God] you are going to be on your best behaviour," said Gervais. "But that wouldn't apply for an atheist. That would allow people to use religious belief as a signal for how trustworthy a person is." Religious belief is known to have a variety of social functions. Past research has found that common religious beliefs can promote cooperation within groups. Gervais started his line of inquiry about the exclusion of atheists after seeing a Gallup poll that suggested the majority of Americans would not vote for an atheist presidential candidate. Gervais and his colleagues conducted a series of six studies on a group of 350 American adults and a group 420 UBC students. We encourage all readers to share their views on our articles and blog posts. We are committed to maintaining a lively but civil forum for discussion, so we ask you to avoid personal attacks, and please keep your comments relevant and respectful. If you encounter a comment that is abusive, click the "X" in the upper right corner of the comment box to report spam or abuse. We are using Facebook commenting. Visit our FAQ page for more information .

**id 196**

Check out Tom Waits I Wish I Was In New Orleans lyrics - another terrific addition to the already magnificent Tom Waits lyrics collection. I Wish I Was In New Orleans lyrics are part of the Small Change album that features an amazing beat and vocals. Tom Waits I Wish I Was In New Orleans lyrics Well, I wish I was in New Orleans I can see it in my dreams arm-in-arm down Burgundy a bottle and my friends and me hoist up a few tall cool ones play some pool and listen to that tenor saxophone calling me home and I can hear the band begin When the Saints Go Marching In by the whiskers on my chin New Orleans, I'll be there I'll drink you under the table be red nose go for walks the old haunts what I wants is red beans and rice and wear the dress I like so well and meet me at the old saloon make sure there's a Dixie moon New Orleans, I'll be there and deal the cards roll the dice if it ain't that ole Chuck E. Weiss and Clayborn Avenue me and you Sam Jones and all and I wish I was in New Orleans I can see it in my dreams arm-in-arm down Burgundy a bottle and my friends and me New Orleans, I'll be there Back to Tom Waits lyrics You're now at Tom Waits I Wish I Was In New Orleans lyrics page Tom Waits I Wish I Was In New Orleans lyrics are the property and copyright of Tom Waits. Tom Waits I Wish I Was In New Orleans lyrics Music Song Lyrics

**id 197**

Right fielder has been in Texas since mid-May while dealing with the arrest of his 17-year-old son on a sexual assault charge. OAKLAND -- Right fielder Torii Hunter , on the restricted list since May 14 while he deals with the arrest of his 17-year-old son, will probably rejoin the team early next week, Manager Mike Scioscia said. Hunter has been in Texas, where Darius McClinton-Hunter was arrested on a sexual assault charge. Though the Angels have not been required to pay Hunter during his 10-day absence, he is receiving his full salary, according to a person familiar with the situation but not authorized to speak publicly about it. If Hunter returns for Monday night's game against the New York Yankees in Angel Stadium, he will have been away for two weeks. With a salary of $18 million and players paid over six months, Hunter would have received about $1.5 million during his absence. Scioscia said Hunter, who is batting .256 with five home runs and 15 runs batted in, has been throwing, running and hitting but will probably need to work out for a day or two in Anaheim before returning to the lineup. "We want to evaluate how he feels, where he is," Scioscia said. "He won't come in and be grossly out of shape from where he was. But I think when you get back into baseball activities at a higher intensity, you have to ease your way back into playing games." Opening act Kole Calhoun , who was called up Monday from triple-A Salt Lake, made his first big league start Wednesday, in right field. "It definitely gives you an adrenaline rush seeing your name in the lineup," Calhoun, 24, said. "It was awesome to see." Even better was the opposite-field double Calhoun hit to left field in the fifth inning for his first major league hit in a 3-1, 11-inning victory over the Oakland Athletics. Calhoun said the ball from his hit will go to his family "and they can debate over who gets it." Short hops The Angels plan to designate reliever David Pauley for assignment and recall infielder Andrew Romine from Salt Lake on Thursday. ... Shortstop Erick Aybar , knocked out of Tuesday night's game when he was hit in the right knee by a pitch, did not start Wednesday but was able to pinch-hit in the 10th inning. He is expected to return to the lineup Thursday night in Seattle. ... The struggles of former Angels third baseman Chone Figgins continue: Figgins, who signed a four-year, $36-million deal with the Mariners before 2010, is hitting .180 with a .245 on-base percentage, two homers, eight runs batted in and 10 runs.

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The separate deaths reported recently of two youngsters in an overheated room reminds us that winter can be a dangerous time in the home. While these youngsters may have had other issues that played a significant part in their deaths, home heating of all kinds poses problems, including, we now find, the heat pump way up on the wall out of reach of little ones. Fire is an obvious hazard and each winter brings well over 2000 house fires. And each year we hear of both heroic actions and tragedies as youngsters are saved or not saved from the flames. Unmaintained chimneys cause fires and so do matches left handy for adult use. Children are attracted to bright flames and a box of matches can be irresistible. Dark evenings can mean unsupervised use of candles -- enchanting and high-risk. Switch off electric heaters overnight, or use a quality timer if you want some warmth in the morning. Don't overload power points, and if you need to use a multi-box, make sure it has a cut-out switch and that unused outlets are blocked with a safety plug to prevent inquisitive little ones from poking things in. Check that wires aren't loose or exposed around the plug or where they connect with the heater. Similarly with extension cords, which are best avoided if you can. Electric blankets should also be turned off at the wall once the bed has been warmed and they should be checked each year before use. Drinks, hot-water bottles and bed-wetting don't go well with electric blankets. Gas heaters pose different problems. Plenty of ventilation is needed, and they need to be turned off before you go to bed. Always be wary of the smell of gas. Smoke alarms are a must, placed in several appropriate places. If yours are older than 10 years, they're overdue for replacement. If you didn't follow the Fire Service's advice and check the batteries when daylight saving ended, do it today. A fancy smoke alarm won't save your kids' lives, or yours, if the batteries have had it. A small fire extinguisher, stored handy to the biggest hazards, is a good investment. And so is an escape plan -- how to crawl out low and speedily under the smoke; the stop, drop and roll rule if clothing is on fire; and where to meet up. Can the kids open windows and deadlocks? Winter also usually means extra medications in the house. Keep an eye on those as well and keep them out of reach. Ian Munro is taking a break for a month. His column will resume on Saturday, June 2. Sponsored links Post comment Name: Required Email: Required. Will not be published. Registration is not required to post a comment but if you sign in , you will not have to enter your details each time you comment. Registered members also have access to extra features. Create an account now . Maximum of 1750 characters (about 300 words) I have read and accepted the terms and conditions These comments are moderated. Your comment, if approved, may not appear immediately. Please direct any queries about comment moderation to the Opinion Editor at blogs@stuff.co.nz

**id 199**

Monday, 19 November 2012 Gaza: The Quality of Mercy After I gave birth to my first daughter in a London hospital, I shared a room with three other women -- a Palestinian, an Israeli, and a London Iranian. No kidding. There was some awkward negotiating around drips, cots, nurses and nappies. But the presence of tiny new babies creates a certain amount of harmony even among the most unlikely groups. We were all mothers. Those babies are nine year olds now. I wonder how scared the Israeli boy and the Palestinian girl are tonight. Here is Israel's national chart set for the moment that David Ben Gurion said, "The State of Israel has arisen," on May 14, 1948. It gives Israel Scorpio Rising, so the chart rulers are Pluto and Mars in Leo in the 10th house: the Lion of Judah. This is a fiery chart, and fixed too. Here are some of key current transits. Fighting Mars has just ignited Israel's dangerous natal Jupiter-Mars trine in the fire signs. Four years ago, last time there was a war in Gaza, Mars was making exactly the same transit. Mars goes round the Zodiac every two years, so its transits are not always so significant, but what makes this more dangerous is the way Mars acts as a trigger to the outer planets, connecting them to the Israeli chart. Mars has now moved into Capricorn, which is a far cooler placement, but he runs straight into a square to transiting Uranus in gung-ho Aries and later in the week a conjunction with dark Pluto transiting through heavy sign Capricorn. Not good. Mars will oppose Israel's natal Venus at 4 on November 22. One might like to think there's a chance for a ceasefire there, but it's never proved to be the case in the past. In fact, in January 2009 it marked the beginning of the ground invasion of Operation Lead Cast. The other planet in Israel's chart which is at 4 is the Moon, right on the MC in Leo . In a mundane chart, the Moon represents the people. Israel is arguably one of the most directly ruled country's in the world with its flexible democracy. It also has the world's most impressive people's army, the Israeli reservists, who have been mobilised this week. This is symbolised by the Moon applying to that militant stellium of Pluto-Mars-Saturn. That Leo Moon is just about to be skewered for a few days by direct quincunxes from Mars in Capricorn and Chiron in Pisces simultaneously. This formation is called a Yod, the Hebrew word for hand or the pointer used to read the Torah. This could be seen as a choice between force (Mars) and healing (Chiron). The hamsa or hand of Fatima is a protective amulet used across the region. Transiting Uranus, the planet of shock, is also at 4, squaring Israel's natal Venus in Cancer and trining the Moon. Pluto has, of course, also opposed Venus in the past few years. The question is: what does Venus mean in the chart of Israel. The mothers of the country ? Who last year organised the biggest civil protest in Israel's short history. Or is it Israel's potential for peace, which seems to be shattering (again) before our eyes. While Pluto has been opposing Israel's Venus over the last four years there have been no peace talks . One commentator described this as a vacuum: how very Plutonian. So Israel's sensitive natal Moon and Venus are both being rocked by powerful energy right now. But those are not the only significant transits. Neptune and Chiron in Pisces are trining Israel's Scorpio Ascendant and the country's Venus in Cancer creating a Water Grand Trine. There is a word that comes to mind for this geometry and that is compassion . It seems an odd word to use when we hear news of the disaster unfolding in the Gaza Strip, but there it is. Not all potentials in a chart are realised. But there is potential here for forgiveness. Neptune and Chiron together are truly healing, washing away hurt; combining with Venus, the planet of harmony, they could be beautiful. The other side of this energy is grief, though. Chiron and Neptune in Pisces are also about flowing tears, and bleeding wounds. That

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FREQUENTLY ASKED QUESTIONS Food and facilities. Home styled cooking in an outdoor setting beside a licenced bar. Also available Sky TV, wireless broadband, and much more. Destination. A unique picturesque and relaxing spot. An ideal place for like-minded motorcyclists to gather. The ride there. We strive to include as many awesome motorcycle engaging routes as possible, and include many interesting places and sights on the way. We also plan rest stops and regroups to help maintain the camaraderie within the pack. The next day. Full cooked breakfast, followed by a chance to wake up and plan the groups ride home.

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The hole in the middle is the "20 Hole." Players earn 20 points for getting a disc into this hole. Several inches outside the 20 Hole are the posts, or pegs. These are bumpers that make it more difficult to get a disc inside that area. The very outside area of the board, which generally is lower than the main board, is the "ditch." Discs which are removed from play are put in the ditch. The line with the largest circumference, about an inch in from the ditch, is the "Starting Line." All shots are made with at least part of the disc touching the Starting Line. The board is divided into quadrants. When a player takes a shot, his disc must be 50 percent or more within his quadrant. There are three scoring areas. The area outside the 20 Hole but inside the posts is the 15 Zone. The next circle out marks the 10 Zone, and the area just inside the Starting Line is the 5 Zone. Points are not calculated until a round ends. Note: The box seen on the board in the Swampfox picture is designed to store the discs; it would not be on the board during gameplay. Setup Set the Crokinole board on the table so that every player has equal access to it. With 2 players, each receives 12 wooden discs of a distinct color. With 4 players, each partnership receives 12 wooden discs of a distinct color; each player within a partnership receives 6 discs. Partners sit opposite each other. Choose the start player randomly. Play always proceeds clockwise. Gameplay Once a game starts, the board may not be moved. Players may not move their chairs, nor may they lift themselves out of their chair. (This is often referred to as the "one-cheek rule," as in "One butt cheek must always touch the chair.") No player may touch the board unless it's his turn to shoot. The shooter places one of his discs on the starting line, with at least 50 percent of the disc within his quadrant. He shoots the disc by flicking it (pushing it is not legal). Shooting With No Opponent's Discs on the Board The first shooter, and any subsequent shooter who takes his turn with no opponent's discs on the board, tries to shoot into the 20 Hole. If a disc lands completely within the hole, it's removed and set aside for scoring at the end of the round. If the disc doesn't fall into the 20 Hole but remains on the board, and is either in the 15 Zone or at least touching the 15 Zone line, it remains on the board. If there are no opponent's discs on the board and a shooter's disc winds up in the 10 Zone or the 5 Zone, it's removed from the board. This rule is designed to prevent players from being excessively defensive by "hiding" their discs behind pegs. Some players don't use this rule, but it is used at the World Crokinole Championship. Shooting With One or More Opponent's Discs on the Board If one or more opponent's discs are on the board, the shooter must try to hit one of them. NOTE: This can be done directly, by richochet off a post or another disc, or even by knocking another of the shooter's discs into one of the opponent's discs. If the shooter fails to hit an opponent's disc, the disc that he shot is placed in the ditch. In addition, if the shooter fails to hit an opponent's disc but hits any of his own discs (or his partner's), those are also placed in the ditch. Miscellaneous After a shot, all discs touching the Starting Line are placed in the ditch. If a disc is leaning into the 20 Hole, or balanced so that part of it is above the 20 Hole, it remains where it is. It is not removed from the board unless it's knocked into the 20 Hole. A disc that goes off the board, hits anything off the main board and bounces back on is placed in the ditch. Any discs it touched remain where they wound up. Scoring At the end of each round, scoring takes place. Each player or partnership counts their discs within each Scoring Zone. If a disc is touching a scoring line, it counts as the lesser value. Each player or partnership also adds any 20 points for each 20 Hole

**id 202**

A liberal dose of news, national and local politics, commentary, opinions and common sense conversation... Vanity Fair's new 2nd annual Green Issue is available at newstands and online : It's all about " The Importance of Being Green ," which is still a concept that some folks don't get . But, as I have noted here recently, these folks do and thank goodness for that. Take some time and start being part of the change that is neccessary, because the " Earth faces a grim future if global warming isn't slowed." "This is the latest example of the Bush Administration trying to change the science to fit their ideological agenda. It's an embarrassment. Restoring American leadership in the world means we should be the world's leading advocate, not the world's leading denier of climate change. We should lead the world to address climate change rather than joining with Saudi Arabia as the leader of the flat earth caucus. This is the latest chapter in the Bush Administration story of diplomacy at its worst -- ducking the difficult choices, substituting words for deeds, postponing the reckoning until the day after tomorrow. The world is changing and now the reckoning is real. Here's the bottom line: within the next decade, if we don't deal with global warming, our children and grandchildren will have to deal with global catastrophe. It is time to start leading, not retreating from our responsibility." Today's report from the Intergovernmental Panel on Climate Change warns of the global effects of climate change, including extreme weather patterns, increasing droughts that lead to famine and disease, massive floods and avalanches in Asia, and species extinction unless significant action is taken on a global level to abate climate change. During the past six years, the Bush Administration has made several attempts to block or censure government employees or reports that warn of global warming. The United States, Saudi Arabia and China worked to tone down the panel's report, leading many of the report's most alarming projections to be generalized." The bottomline is we've all got to start doing the little things that add up to change, because we've only got " This Moment On Earth ," and if we blow it... among other things, the worst effects of climate change " would be felt in regions that are mainly poor and already facing dangers from existing climate and coastal hazards." We can all make a difference in little ways and that difference will add up to an important change. That's the message of the Kerry's new book, " This Moment On Earth ," it's all about " The Importance of Being Green ."

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My Pins Monday, November 19, 2012 Dishwasher/Hand Wash This is my new cutlery draining basket. It's from my dishwasher, now defunct after a mere five years, with a "notorious for that model" circuitry defect. It's had very light use as there is only the two of us extending to entertaining once a week I guess but really it all still looks brand new. This is the stuff of "Planned Obsolescence" in consumer product. It's too expensive to replace the electronics and better to buy another one apparently. This is now my new "under the bed rolling rack/basket storage unit" It's like brand new too. So is the metal cabinet that houses the whole dishwasher. But all that is junk now. I could take the metal to the scrap metal guy for recycling but there is still a lot of pieces that are just landfill. I don't know that in all conscience I can keep buying stuff that is purposely built to fail within a few years so we buy more stuff. This blog recently posted a lengthy analysis here at Growing Things and Making Things about hand washing vs dishwashers. My hands have become quite roughened and dry with the extra water. Craig said he was missing the dishwasher, but yesterday he told his mother that he didn't really mind not having it (and I mouthed to her "because he hardly ever has to wash up") I do miss it for jar and bottle washing but I always had hand washing every day anyway. So I find myself wondering if I will "do a Rhonda" like here , and just pull it out and make a little curtain over the cavity and use it for potato and onion storage instead? I think to myself, if we were a large family then I think we would need a dishwasher, but then I remember we once were a large family and washing up was what we all took turns in. It was an opportunity for camaraderie between siblings who didn't spend much one on one time with each other. Everyone did it differently, some haphazardly spilling lots of water, some slow but it taught patience and team work. I have lots of memories of my different brothers foibles washing up. Do you know why people think they need dishwashers? The old "Time" gets trotted out again here. But do they really save you lots of magic time? I'm not so sure of that. I'm not convinced we are as time poor as we make ourselves out to be. I think dishwashers are a part of the whole breakdown in family time schedules. Once upon a time, everyone ate together, including breakfast. There was no parade of plates, bowls, cutlery at any old time of day. Having a dishwasher aids and abets the haphazard schedules and negates the need for people to be with each other. I do like the way a dishwasher can hide the mess till I'm ready to deal with it. I like the way I can shove everything in quickly when visitors are coming and give the impression of ease and elegance (heaven forbid anyone should find out that my life is not the mirror image of Home and Garden) and I do think it saves my hands and paper thin fingernails that keep shredding and desiccating. But is this enough reason to buy another one. Without any calculations of soap or electricity or water, forget all that, just purely for the fact of it physically sitting in my kitchen, it cost $160/year ($800 machine over 5 years). I'm not preaching one way or the other for anyone else's household but it's been a month now and I'm still not inclined to go shopping for another. Never say never though hey! 8 comments: Our home we built in 2007 is on its second dishwasher after the fourth year! Our over the stove microwave was history after three years. Our stove has needed a repairman twice .. and since then the electric element has burned out and just last week the spring in the door broke. Our refrigerator has been repaired as well and has a broken interior pull out drawer front. I'm tired of the poor quality and short lived use. My grandparents bought a washing machine in the 1960's and it's still in use. From what I gather, all price ranges are not built to last! I did replace the dishwasher at my husband's insistence; but I wash dishes 75% of the time by hand. Our

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It is said that human resource professionals only look at a resume for an average of 30 seconds. So you only have 30 seconds to stand out from a crowd and make a great first impression! How do you do that? Here are a few pointers to get you started. Formatting While everyone seems to have their own personal opinion on format, the truth is really it's about the content. If you need help or a starting point, there are a number of websites that offer different templates and resume suggestions. Here are a few formatting suggestions: Keep it clear and concise -- use headings for your sections (ex. Experience, Education, etc.) and rather than paragraphs use bullet points to explain your experience For someone with a lot of experience, it is okay to have a two page resume -- if you haven't had a lot of experience, a one page resume is appropriate (if you have a CV or research background different guidelines apply) Layout can and should vary -- if you are a new graduate you should consider beginning with your education; if you are a professional with some good experience to showcase begin with that -- whichever way, be sure that each section is listed in reverse chronological order Unless references are asked for, do not include them on your resume -- also, it is not necessary to state 'References available upon request' at the bottom. Most employers will not hesitate to ask for references if they need them and including this statement on your resume is just stating the obvious Contact information A common mistake that is easy to avoid is an unprofessional e-mail address. Don't think that this is just students or young professionals; there are plenty of experienced professionals with inappropriate or unprofessional personal e-mail addresses as well. Also, include contact information that you can actually be contacted at. If you are currently in a job, we strongly advise that you do not give out your company e-mail or office phone number as contact information for prospective employers. You never know when an employer may contact you. Content Focus on measurables -- rather than providing the employer with a job description of past roles, focus on your accomplishments. Use statements that include action words, such as attract, make, save, etc. Examples of measurable statements: Grew sales by X% in a nine state territory to an annual sales revenue of $X Led X number of people in a department that oversaw the marketing of X number of products Successfully attracted X number of new customers within one year, an increase of X% to the overall customer database in the Eastern region Some people like to include a career objective or skills profile within their resume, while this is something that is not standard it can sometimes be helpful to quickly give a snapshot of abilities. If you choose to include something like this, be sure that it is tailored to the job that you are applying for. Using keywords in these introduction sections that have been featured in the job posting can be an easy way to catch an employer's interest. It can be difficult to know how far to go back in your work history. If you are a seasoned professional this can be particularly important to avoid any type of age discrimination. As a general rule, it is most appropriate to include the past 15 years of experience. As a young professional, if you have built up some good work experience, don't feel that you need to include your part time work from high school unless it directly relates to the position that you are interested in. If you are struggling for good work experience content, you can use your part time work and try to draw again on the measurable or business skills that you picked up. If you have a gap in your resume the best place to explain the reasons is in your cover letter. If it was a minimal amount of time you can sometimes cover these gaps by using years rather than months when including dates in your work experience. Resume databases If you post your resume to a database, there are things that can be done to get your resume recognized. First of all, be sure to keep your resume up-to-date. Many resume databases will remove or deactivate resumes that haven't been updated in three to six months. Use keywords within your resume that an employer might use to search for candidates with your qualifications and skills. You can use current job postings that may be of interest to you -- look at the words used in those and select a few keywords that you can use in your resume. Keywords can be incorporated into your resume in your past work experience and/or your career objective. While we hope you are happy in your current job and won't need your resume, it doesn't hurt to keep it fresh. Updating your resume is much easier

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Tuesday, November 13, 2012 Some kind of magic So much time has passed by... I've come back to my school routine that has absorbed almost all my energies..! I've found this old drawing in a forgotten folder named "unfinished work from Montral" and I've decided to bring it to life. I'll offer some chocolate biscuits at the one who will be able to guess from that I've taken inspiration for those five characters. Come on!

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Why RuralErotica.com is one of the Internet's sauciest country dating sites Often, people who live in, work in or simply love the countryside like to use country dating sites to assist them in meeting someone with whom they could have a serious, long-lasting relationship. However, there are other such people who would prefer to use country dating sites for something more casual and, well, raunchy. It is precisely for people like this that arguably one of the Internet's sauciest country dating sites, RuralErotica.com, was set up. If it's just saucy, no-strings fun that you are seeking, then there are many reasons why you should opt to register for RuralErotica.com over many other country dating sites. One reason is that, because RuralErotica.com has been created just for people looking for casual and erotic country dating , registering to it should help you to find someone with similar desires to you much more quickly and easily than would be the case with many other country dating sites. Secondly, women can register to RuralErotica.com completely free, which ensures that they don't need to fret about finding any extra money before preparing to get down and dirty -- and, no, we're not referring to doing farmer's chores! Thirdly, there are already thousands of singles registered to RuralErotica.com, which ensures that, once you join, it shouldn't take you long to find someone to enjoy some naughty fun with! These are just some reasons why RuralErotica.com is among the Internet's sauciest country dating sites.

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According to the Total Army Personnel Command in Alexandria, VA, Matt Urban of Michigan was awarded 29 medals, as many as Audie Murphy, for his service in WW2.Urban's Medal of Honor recommendation was somehow lost in the shuffle, so he did not receive his MOH until the late 70s. His other medals included: 7 Purple Hearts, Legion of Merit, Croix de Guerre with a Silver Star, Silver Star with one oak leaf cluster. Perhaps if Urban received the MOH when he should have, he would be as famous as Audie Murphy. Although COL David Hackworth earned over 100 medals, he was embarrassed to wear them all. General Douglas MacArthur is considered by many to be America's most decorated soldier. He was the only soldier to be a general officer in three different wars, WWI,WWII and Korea. He was the youngest Chief of Staff and the only American General to become Field Marshal of a foreign country, the Philipines. He was nominated for 3 Medals of Honor and awarded one. His records at West Point were not broken until Pete Dawkins exceeded them in the late 50s. Fifty years of service gave him an extensive collection of recognition. The question is who is the most HIGHLY decorated, not the most decorated. The automatic answer of Audie Murphy, or even the lesser known Matt Urban really can not due justice to the question. So many lesser known but equal or greater names are out there to be explored. A few who spring to mind are Eugene Fluckey, MOH and 4 awards of the Navy Cross, Samuel Dealey, MOH and 4 awards of the Navy Cross. Everyone knows that 5 awards of this caliber is a lot more impressive than 29 medals which count purple hearts, campaign medals and good conduct medals, in other words 27 of the medals rank below the decorations for valor. ANSWER What are the criteria for "most HIGHLY" decorated? Major General Smedley Butler of USMC was awarded not one, but two Congressional Medals of Honor. Has anyone else been awared the Medal of Honor twice or more? ANSWER Actually, 19 soldiers have been awarded the medal of honor twice Real answer is Captain Joe Ronnie Hooper, one Medal of Honor, 2 Silver stars, 6 Bronze stars and 8 Purple hearts. Look him up. ANSWER COL Robert L Howard Medal of Honor Distinguished Service Cross (2 awards) Silver Star , Bronze Star for Valor, 3rd Oak Leaf Cluster (4 awards) Purple Heart 7th Oak Leaf Cluster (8 awards) Defense Superior Service Medal Legion of Merit 3rd Oak Leaf Cluster (4 awards) Air Medal for Valor, 2nd Oak Leaf Cluster (3 awards) Army Commendation Medal for Valor, 3rd Oak Leaf Cluster (4 award) there are more, but these are just a few. I would say that he has got them all beat. Look at the fact that he was recommended for the medal of honor on three separate occasions but they were downgraded to the Distinguished Service Cross due to the secret nature of his missions at that time. As for MG Smedley Butler not to take away from him because he is a damn fine American and a hero. The US Congress in 1917 ruled that no one could receive more than one Medal of honor so later Soldiers and Marines may have done things to win them but they could only get one. Its like comparing apples to oranges its just not the same. So far I have looked them all up and I think that if you are talking highest decorations for valor then COL Howard has them all hands down. If any one can show me someone with more then please do. The other amazing fact is that Col Howard is still alive and visits Soldiers in current War Zones that is very impressive to me. He is a true warrior and hero. ANSWER: Lt. Gen. Lewis B. (Chesty) Puller As was stated above it is very difficult to truly say who is the most decorated soldier of all time. Standards change over time, and with each branch having their own standards we can never say who truly is THE MOST DECORATED. Now having said that we must take a serious look a Gen. Chesty Puller. He was the recipient of the nations 2nd highest award six times. Speculation was always that if he had been more politically correct he would have surely been awarded the MoH. Along with 5 Navy Crosses and the Distingu

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The Witcher 2's eye-popping mix of blood and boobs scored a massive 9.2 in our huge review . Now, with the game out this week, it's time to arm you with The Knowledge: how to watch the money roll in faster, how to destroy your enemies - whether human or monster - and how to grab the best loot. 1. HOW TO... GET RICH QUICKER There are a ton of items that can be looted as you move through areas: in chests, on bodies of defeated enemies or just lying around on the ground. Grab everything you can and regularly visit Merchants as everything can be sold to increase your Orens, the currency used in the game. Your carrying capacity is generous but limited, so if you find yourself over encumbered before you're able to trade then check your inventory and drop the items with the lowest coin-to-weight ratio - you can always come back and collect them later. Herbs are especially profitable as they are found almost everywhere, weigh nothing and are worth 1-2 Orens each. By checking the noticeboards in towns and camps you can collect contracts to undertake. These contracts are side missions that involve killing a certain number of monsters in an area, and by returning to the relevant contact upon completion of the task you will be handsomely rewarded for your efforts. 2. HOW TO... GET THE BEST WEAPONS AND ARMOUR EARLIER If you're looting and picking up everything you find on your travels (which you should be) then keep checking the stats of the weapons and armour you're carrying. Make sure you have the strongest items equipped and sell off the rest when you next trade. Look out for crafting diagrams for new weapons and armour, which can be found during quests or purchased from Craftsmen. You can then get a Craftsman to create the new item for you as long as you have the required materials - if you don't, then check if they have them for sale as this may save you searching around for them. Check equipped weapon and armour items in your inventory to see if they have small dots next to them as this means their stats can be upgraded, with the number of dots showing how may slots are available for this. Reinforcement pieces improve armour and runes can augment swords. To upgrade an item, highlight it then choose the Enhance option and select the enhancement to add to it.

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Ray Beltran: "I think the body shots were the key for me in the later rounds" Exclusive Interview by Geoffrey Ciani -- I was recently afforded the opportunity to speak with lightweight contender Ray Beltran (26-6, 17 KOs), who is coming off an impressive upset victory against Hank Lundy (22-2-1, 11 KOs) last Friday night at the Resorts Hotel & Casino in Atlantic City, New Jersey. The veteran fighter, who was once viewed as a highly rated prospect, has resurrected his career following his majority decision win over Lundy. Beltran spoke about his victory and also talked about his career and his future plans in boxing. Here is what Beltran had to say: GEOFFREY CIANI: Hello everyone. This is Geoffrey Ciani from East Side Boxing , and I am joined by lightweight contender Ray Beltran who is coming off of an upset victory against Hank Lundy last Friday night. How's everything going today, Ray? RAY BELTRAN: I'm great man. Thank you. CIANI: Great! Now Ray, you've had a few days to reflect on your victory. Looking back on it, what did you think of the fight and how would you evaluate your perfomance? BELTRAN: I think fight was a great, great fight for me. I don't really have the right words to express what I feel. That's how happy I am. I thought my performance was good, you know. It was good, but I think I could do better. I'm satisfied, but at the same time I want to do better. CIANI: Now in the third round of that fight, you seemed to have Lundy in some trouble. You had him up against the ropes there, and then at the very end of the round you guys both caught each other with left hooks that you landed at the same time. What were you thinking at that point in the fight, and did you think that you might have had a chance to get him out of there? BELTRAN: I think if the round goes a little bit more, I think I could have maybe stopped him because he was hurt. He caught me good with a solid hook. He caught me good, but I mean honestly I saw the punch. I didn't really feel hurt. I was a little bit off balance. But I mean the punch was good, and he caught me with it really good, but I wasn't really hurt. CIANI: Now one thing I noticed during the fight was when you were doing your most effective work, you were working the body, and you were landing some good left hooks and some good lead left hooks. Is that something you specifically worked on in your preparation for your fight with Lundy? BELTRAN: Of course! I was in the gym, and we were working on the body punching. We knew he was a really slick fighter. He moves around and he knows how to use the ring. So even during training, we were working on throwing a good left hook with body shots. I think the body shots were the key for me in the later rounds. CIANI: During the middle rounds, Lundy started to box more. He seemed to be working his jab a little bit during the middle rounds, and he seemed to be regaining the momentum of the fight. What were you feeling during those middle rounds, and did you feel that he was starting to box more and doing more effectively in there? BELTRAN: It was my fault. It was my fault because in those middle rounds I let him take control. I kind of slowed down and he started getting busier, and I let him. But then I realized, you know what, I just have to let me hands go and get a little busier to stop him. It worked. Once I started getting busier it was like I took over control of those rounds. You know. CIANI: Towards the end of the fight, you seemed to regain control. What other adjustments did you make to do that? BELTRAN: Just being first! I had to be first, you know. In the middle rounds I let him work. That was my mistake. What I should have done in those middle rounds was just continue my intensity and just being first and being busier and being first. That was the key. CIANI: When the final scorecards were read, the first card had it 95-95 even, and the other two judges had it 96-94. When you heard the scorecards read, did you think you were going to get the decision? BELTRAN: Honestly, no. I really thought maybe

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The story of the new connection in Apple's MacBook Pro The new ultra-high-speed computer connection introduced on Apple MacBook Pro laptops last week is both more and less than what it seems. The technology, called Thunderbolt , comes from Intel, and it's capable of sending two separate streams of 10 gigabits (or 800 megabytes) per second of data in each direction. That's enough to download a 20-gigabyte HD movie in 30 seconds, if you can store the incoming data fast enough. Definitely impressive. But Thunderbolt is really a new brand name for a technology called Light Peak that Intel has been developing since 2006 and first unveiled in 2009. The change of names is more than marketing puffery; it reflects a subtle but important transformation. Light Peak was born as technology that would transport high-speed signals between computers, displays, and peripherals the same way high-speed signals cross continents and oceans - in optical format through fibre-optic cables. Later Intel showed that copper wire could also transmit 10 gigabits per second, and that's the version that came to market as Thunderbolt, presumably because electrons carry the signals rather than light. The original Light Peak design put electronic interfaces on the ends of a fibre-optic cable, so it could plug into an electrical connector rather than requiring a special optical connector. That meant packaging an electronic transmitter and receiver on each end of the cable to convert the signal into electronic form. Switching to copper cables let Intel do the job on the cheap, but limited transmission to three metres. Fibre optics routinely carry 10 gigabits per second over kilometres. Intel hasn't abandoned fibre optics altogether, and industry sources hint that an optical version of Thunderbolt may surface soon. Intel has predicted that optical fibre will be able to transmit 100 gigabits per second by the end of the decade . Optics definitely can send signals faster and farther than copper, and optical links are also being developed for use inside future high-performance computers.

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Self Storage Makes Long-Term Travel Easier Kim loved to travel. When she was little she would read book about far off places and she would plan out her trips about how to get there and what she would do while she was there. Her bedroom was decorated with maps and pictures of the places that she dreamed to go to. Every year since she graduated from college she would save up her money and pick one place to go to on her vacation. She would go to not only the well known tourist sites of the city but she loved to find those spots that are off the map that only the locals know about. Of course she would come back with a suitcase full of souvenirs from each trip. While she still had the maps that she had when she was growing up most of her decorations were a tribute to all of the great places that she had visited. She was preparing to go on her tenth trip and she realized as she was packing that she was quickly running out of room for her souvenirs. There was no way that she was not going to be able to get something from the places that she was going to visit. When she got back from her trip she was going to have to think of a solution. Her trip was one of the best ones that she had ever taken and she found some great things to put in her apartment. The trouble was that she was going to have to take down some of her older decorations in order to do that. Kim was ok with that and she was excited about redecorating her home, but she was going to have to solve her storage space issues. One of her friends suggested to her that she look into a Don Mills, Ontario self storage solution. Her friend had been renting a self storage solution for years and they loved the extra space that they got for their family. Kim decided to research the Don Mills self storage units and see what kinds of price ranges that she could find. She also wanted something that had some security amenities so that she knew that her stuff would be safe while it was stored in a unit. It did not take Kim long to find the perfect Don Mills self storage unit for her to get her home more organized and for her to have storage for all of her souvenirs. It was close to her house had the amenities that she was looking for and was at a great price range. Now that she had a self storage solution she began to decide what things she wanted to keep as a part of her eccentric house and what items she would move into her storage unit. It was not easy to decide but in the end she was happy with how the decorations of her home came together. She had already started to plan her next trip and was working on saving up the money that she would need. It was going to be a great vacation and she had a list of places to explore already prepared that would leave her plenty busy and of course she had to leave time in there for shopping and hunting through the local market places to find the next addition to her decorations.

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Something to look forward to I know we should all live in the moment, and not dwell too much on the past, or dream too much of the future. Still though, it's always nice to have something to look forward to. At the moment I'm really looking forward to Friday October 26th. On that day I'm going to light the fire. I'm going to make myself lots of cups of tea. I'm going to ignore e-mails and phone calls, and spend the whole day reading a good book. The reason I've already planned that day, is that, between now and then, I'll be doing 36 (!!!!) reading events, spread out amongst all four provinces of Ireland. Here in Ireland, October is time for Childrens Book Festival. For the whole month, libraries celebrate childrens books with all kinds of wild and wonderful author events. I should point out that I love being part of this festival, and I'm honoured to have been asked to visit so many libraries. Even so, I'm really really looking forward to October 26th! What are you looking forward to? (And forgive me if I don't reply to comments as promptly as usual, as I may well be suffering from exhaustion!) Thirty-six events?!?! Travelling to all the provinces!?! All those books to sign,I bet you're tired just thinking about it.You'll deserve those cups of tea!!The closest thing I have to really look forward to is in November,to Wicklow(I think!!!) for an orchestra competition. I'm really really looking forward to the thind Friends Forever book though. Enjoy the(many) events !

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any British podcasts on euro-cult, italian movies, exploitation and so on? 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. Hello Guest / Lurker! Please consider registering to Cult Movie Forums. This will enable you to join in with our discussions and receive notification emails to any thread you post in. Don't be shy, sign up and introduce yourself now!

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Introduction The paired adult kidneys filter blood, excrete waste, reabsorb water and have endocrine functions. In the embryo, there are several stages in their development closely linked to genital development. The nephron, the functional unit of the kidney, is also a classical epithelial/mesenchyme type of interaction. The urinary system is developmentally and anatomically associated with genital development, often described as the "urogenital system". Some Recent Findings Bmp7 functions via a polarity mechanism to promote cloacal septation [2] "During normal development in human and other placental mammals, the embryonic cloacal cavity separates along the axial longitudinal plane to give rise to the urethral system, ventrally, and the rectum, dorsally. Defects in cloacal development are very common and present clinically as a rectourethral fistula in about 1 in 5,000 live human births. Yet, the cellular mechanisms of cloacal septation remain poorly understood. ...Our results strongly indicate that Bmp7/JNK signaling regulates remodeling of the cloacal endoderm resulting in a topological separation of the urinary and digestive systems. Our study points to the importance of Bmp and JNK signaling in cloacal development and rectourethral malformations." Size and location of the kidneys during the fetal period [3] "The level of the left kidney was higher than the level of the right kidney in the fetal period. The posterior surface relations to the ribs showed certain ascendance during gestation, corresponding to vertebral levels. However, fetal kidneys do not reach the same level as adults at full term. The kidneys move farther apart from the midline of the body during the fetal period. The dimensions, weight, and volume of the kidneys increased with gestational age during the fetal period. The ratio between kidney weights and fetal body weights were determined, and we observed that the ratio decreased during the fetal period. There were no sex or laterality differences in any parameter." (See also Fetal Development ) Characterization of Mesonephric Development and Regeneration Using Transgenic Zebrafish. [4] "The majority of previous studies have focused on the pronephros of zebrafish, which consists of only two nephrons and is structurally simpler than the mesonephros of adult fish and the metanephros of mammals. To evaluate the zebrafish system for more complex studies of kidney development and regeneration, we investigated the development and post-injury regeneration of the mesonephros in adult zebrafish." (See also Zebrafish Development ) Ultrasound measurement of the bladder size can be used as a diagnostic tool for developmental abnormalities. Bladder Structure Bladder histology Can be described anatomically by its 4 layers from outside inward: Serous - the superior or abdominal surfaces and the lateral" surfaces of the bladder are covered by visceral peritoneum, the serous membrane (serosa) of the abdominal cavity, consisting of mesthelium and elastic fibrous connective tissue. Muscular - the detrusor muscle is the muscle of the urinary bladder wall. Renal Arteries each gives off small branches to suprarenal glands, ureter, surrounding cellular tissue and muscles Note: Frequently a second renal artery (inferior renal) from abdominal aorta at a lower level, supplies lower portion of kidney Abnormalities Australian renal abnormalities There are many different forms of renal development abnormalities associated with kidney, ureters, bladder and urethra. There are many genetic disorders associated with failure or abnormal renal development. Prenatal diagnosis of obstructive and renal agenesis/dysgenesis disorders are also important for early reproductive decisions by the parents. For example, with bilateral renal agenesis, failure of both kidneys to development, is not compatible with fetal/neonatal survival. Because of their close developmental association, often described as the urogenital system, there can be an associated genital abnormalities. Wilms' Tumor (nephroblastoma) Named after Max Wilms, a German doctor who wrote first medical articles 1899 most common type of kidney cancer children WT1 gene - encodes a zinc finger protein Both constitutional and somatic mutations disrupting the DNA-binding

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Though more subtly expressed, that was Barack Obama's message as he beseeched contributors while jetting about in Air Force One a few nights ago. "President Obama sounded weary and maybe a tad worried late Friday during a rambling conference call with campaign donors whom he repeatedly begged to send money -- and send it now," the Daily Beast 's Lloyd Grove wrote Saturday. The website obtained an audio recording of Obama's appeal to high-dollar patrons. This Obama classic had it all: finger-pointing, moping, and lies. "The majority on this call maxed out to my campaign last time. I really need you to do the same this time," Obama implored, as he returned to Washington after touring fire damage in Colorado Springs. (Never mind the recent disclosure that Obama apparently had not spoken with Governor John Hickenlooper (D., Colo.) between June 12 and June 27, while this swing state burned to a crisp.) Obama continued: "We're going to have to deal with these super PACs in a serious way. And if we don't, frankly I think the political [scene] is going to be changed permanently, because the special interests that are financing my opponent's campaign are just going to consolidate themselves. They're gonna run Congress and the White House." Advertisement In his 18-minute supplication, Obama also whined that "in 2008 everything was new and exciting about our campaign. . . . And now I'm the incumbent president. I've got gray hair. People have seen disappointment because folks had a vision of change happening immediately." First of all, compare Obama's plight with that of former Massachusetts governor Mitt Romney. After the Supreme Court upheld Obamacare, to widespread shock and outrage, the entire American center-right realized that SCOTUS cannot do our work for us. Repealing Obamacare means repealing Obama. Consequently, the Romney campaign received some $4.6 million overnight from 47,000 Americans, averaging about $98 each. Contrast Romney's bright day with Obama's dark night: phoning from Air Force One with a shaky, exhausted pitch to his benefactors. This is hardly the portrait of a confident leader or an optimistic campaign. Second, the fundraiser-in-chief moans about Romney and "the super PACs." Guess what? Obama has his own super PAC. Priorities USA, led by former Obama aide Bill Burton, collected about $4 million in May and about $20 million so far this year, with another $20 million in commitments. So Obama's complaints are -- surprise, surprise -- rampantly hypocritical. Third, unlike Romney, Obama will enjoy both cash and in-kind services from America's labor unions. The money that Romney collects is offered voluntarily. Unions, however, derive their campaign funds from compulsory union dues that they pry from workers' wallets. Someday, this shameful injustice will stop. For now, it remains a huge advantage for Obama. Fourth, Obama lately has lagged in fundraising, in part, because he has vilified the "fat cats" and "millionaires and billionaires" on Wall Street. Few people enjoy being insulted at dawn and solicited at dusk -- all by the same candidate. While financiers were among Obama's biggest boosters in 2008, many of them have greeted his class-warfare battle cries by snapping their checkbooks shut. Finally, it would be reassuring if the president of the United States stopped lying. It is unseemly and immoral. Pointing fingers, which he now does with Olympic-grade skill, Obama whimpered that "it turns out change is hard, especially when you've got an obstructionist Republican Congress." Liar! There is no "Republican Congress!" Republicans control only the House of Representatives. Obama's fellow Democrats run the U.S. Senate. Indeed the Republican House has passed 27 bills specifically designed to resurrect the American economy and spur job creation. Harry Reid and Senate Democrats refuse even to vote on these measures. Even worse, for the last three years, the Democratic Senate has violated the Congressional Budget and Impoundment Act of 1974. This federal law requires Congress to pass a budget "on or before April 15 of each year." The GOP House has delivered two

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Trying again People's feelings vary after the experience of pregnancy loss. You may feel that you want to get pregnant again as quickly as possible, or you may feel apprehensive and anxious at the thought of another pregnancy. You and your partner may each have different feelings about trying again and that may need talking through. When is the right time? You may have received all sorts of advice about how long you should wait before trying again. Many doctors advise waiting until you have had at least one period after your miscarriage before trying again, as this makes it easier to calculate the dates in the next pregnancy. This doesn't mean that you are more likely to miscarry if you do conceive before then. There is even some evidence that conceiving in the first six months after a miscarriage actually lowers your risk of miscarriage next time. [1] In most cases, you and your partner are the best judges of when to try again. However, there are some circumstances, such as after a molar pregnancy or ectopic pregnancy, or if you are coping with an illness or infection, when you will be advised to wait longer. If you have had a late miscarriage or repeated losses, you may want to talk to your GP or specialist before trying to conceive. If you are having investigations, you may be advised to wait until those are complete before trying again. And you might want to make sure that you are feeling recovered physically and emotionally before embarking on another pregnancy. Pregnancy after miscarriage, ectopic or molar pregnancy can be a very anxious time. You may feel that you need regular scanning just to check that things are all right, or you may find that too stressful. For some women and their partners, there comes a time when they begin to think about stopping their attempts to have a baby. This can be difficult enough for couples who already have a child or children and are very much wanting to complete their family. But it can be an especially difficult and painful decision for those who are childless. There are all sorts of reasons that people consider stopping trying: repeated losses fertility problems advancing maternal age along with its associated health problems social, financial or relationship issues. Making the decision to stop trying is usually a process, and you may make it and unmake it more than once. It means facing a different kind of future from the one you were planning, whether that means remaining childless or moving towards adoption or somewhere in between. You may find it helpful to read our leaflet When the trying stops and perhaps to use our forum to share your thoughts and feelings with others in a similar situation. The organisation More To Life is another source of support and friendship for people who are involuntarily childless. Leaflets We have a range of leaflets that talk about the facts and feelings of miscarriage, ectopic and molar pregnancy. They are all available to download from this website. Reflections Click here to read personal stories and poems from others who have lost a baby in pregnancy.

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Is there a way to run my Pascal programs in parallel? Please note: The FAQ pages at the HPCVL website are continuously being revised. Some pages might pertain to an older configuration of the system. Please let us know if you encounter problems or inaccuracies, and we will correct the entries. There is indeed, but it's not going to be easy. One way of "parallelizing" your programs is to include "message passing" in the code. Different portions of the code are thereby executed by different processors, and information is shared by passing messages between the processors. The most widely used method to do this is called Message Passing Interface (MPI), and is available in the form of libraries on the SUN Fire muti-processor machines of HPCVL. However, MPI works only with FORTRAN and C directly. The libraries consist of subroutines that can be called from code written in those two languages. In order to write parallel code in Pascal, you therefore have to do the following things. Write your code in a "single code multiple data" manner by inserting calls to message-passing functions. The interface with these functions will have to be designed by you. Implement the message-passing functions in C and use the C-bindings of the MPI library inside of those functions. Compile your Pascal routines with GPC, and your C-routines with the native C-compiler to produce object code. Include the proper header files in the C functions via the "-I" option. Collect the C-functions in a library using the ar command. Link the object code with GPC, including the C-functions in the form of a library. MPI is linked in by specifying " -l ", " -L ", " -R ", and " -I " options. You can read our Parallel Programming FAQ to make yourself familiar with the usage of the native C compiler on the Sun systems. You will also need to follow up some of the links in that file to make yourself familiar with usage of MPI.

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Spartacus Educational Mobile Version The first leading politician to propose a European Union was the French foreign minister, Aristide Briand . In 1929 he published a memorandum where he advocated the establishment of a European Federal Union. He gained support from Edouard Herriot but the idea stimulated little interest and was not taken up by other political leaders. In 1945 Jean Monnet was appointed as Planning Commissioner in France. In this post he became responsible for economic reconstruction. He began working on a scheme that he eventually proposed to Robert Schuman , the French Foreign Minister, in 1949. The Schuman Plan , as it became known, was the basis for the European Coal and Steel Community (ECSC) that was established in 1952. It was agreed that the six countries that signed the Treaty of Paris, Belgium, France, Italy, Luxembourg, the Netherlands and West Germany, would pool its coal and steel resources. In 1958 the European Coal and Steel Community evolved into the European Economic Community (EEC). Under the ECC attempts were made to achieve harmonization. This included measures in areas such as indirect taxation, industrial regulation, agriculture, fisheries and monetary policies. The Common Agriculture Policy (CAP) was introduced in 1962. Britain made attempts to join the EEC in 1963 and 1967. This ended in failure, mainly due to the opposition of President Charles De Gaulle of France. Britain, under the leadership of Edward Heath , was finally admitted in 1973. Denmark and Ireland also joined at the same time. In 1975, the new British prime minister, Harold Wilson decided to hold a referendum on membership of the European Economic Community. Wilson allowed his Cabinet to support both the "Yes" and "No" campaigns and this led to a bitter split in the party. The Conservative Party was also divided over this issue but the British people eventually voted to remain in the EEC. In 1979 the EEC introduced the European Monetary System (EMS). The lost-term objective of the EMS was to achieve currency union and the Exchange Rate Mechanism (ERM), a system of semi-fixed exchange rates. Greece joined the EEC in 1981. This was followed by Portugal (1986), Spain (1986) and the former East Germany (1990). In 1993 the organization was renamed the European Union (EU). Austria, Finland and Sweden joined the EU in 1995. In January 2002 the euro becomes the sole currency within the twelve participating Member States (Austria, Belgium, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, the Netherlands, Portugal and Spain). Among peoples who are geographically grouped together like the peoples of Europe there must exist a sort of federal link. It is this link which I wish to endeavour to establish. Evidently the association will act mainly in the economic sphere. That is the most pressing question. But I am sure also that from a political point of view, and from a social point of view the federal link, without infringing the sovereignty of any of the nations which might take part in such as association, could be beneficial. (2) Aristide Briand , Memorandum on the Organisation of a Regime of European Federal Union (17th May, 1930) No one doubts today that the lack of cohesion in the grouping of the material and moral forces of Europe constitutes, practically, the most serious obstacle to the development and efficiency of all political and Juridical institutions on which it is the tendency to base the first attempts for a universal organisation of peace. The very action of the League of Nations, the responsibilities of which are the greater because it is universal might be exposed in Europe to serious obstacles if such breaking-up of territory were not offset, as soon as possible, by a bond of solidarity permitting European nations to at last become conscious of European geographical unity and to effect, within the framework of the League one of those regional understandings which the covenant formally recommended. This means that the search for a formula of European cooperation in connection with the League of Nations, far from weakening the authority of this latter must and can only tend to strengthen it, for it is closely connected with its aims. The European organisation contemplated could not oppose any ethnic group, on other continents or in Europe itself, outside of the League of Nations, any more than it could oppose the League of Nations. The policy of European union to which the search for a first bond of solidarity between European Governments ought to tend, implies in fact a conception absolutely contrary to that which may have determined formerly, in Europe, the formation of customs unions tending to abolish internal customs

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Member Login Main menu Introducing John Degen, Our New Executive Director The Writers' Union of Canada announces new Executive Director John Degen to follow Kelly Duffin as ED of Canada's largest writers' organization For immediate release Toronto, October 25, 2012 -- The Writers' Union of Canada (TWUC) is pleased to announce that John Degen, well-known cultural commentator and arts administrator, has been hired as the new Executive Director of TWUC. John is a skilled administrator, policy analyst, and writer. Outspoken in defense of writers' rights on issues such as copyright, John is at the forefront in using digital technologies to communicate within and beyond the cultural sector. He is currently the Literature Officer with the Ontario Arts Council, and was formerly the Executive Director of the Professional Writers Association of Canada (PWAC) and the Communications Manager for Magazines Canada (formerly Canadian Magazine Publishers Association). He knows the literary world from the inside as a published novelist and poet and as founding editor of Ink magazine and host of The Book Room , an online audio show featuring author interviews and readings. Degen replaces Kelly Duffin, who leaves on November 23 to become Executive Director of the Ontario Institute of the Purchasing Management Association of Canada. Kelly advanced the cause of authors in this country, forging alliances within the sector, both nationally and internationally. John's passion, commitment, and expertise will not only carry on the current work of the Union, but advance us even further as a strong professional and advocacy organization for Canadian writers. John begins his duties on November 26, 2012. -30- The Writers' Union of Canada is our country's national organization representing more than 2,000 professional authors of books. Founded in 1973, the Union is dedicated to fostering writing in Canada, and promoting the rights, freedoms, and economic well-being of all writers. www.writersunion.ca Find out how to become a member of the Writers' Union of Canada. Learn more Member Review For me, membership in The Writers' Union of Canada (TWUC) is a lifeline. In pursuing the mainly solitary working life of a freelance writer, I've found it invaluable to have contact and interaction with other members and to have access to the informative services that TWUC offers to its members through its committed staff and legal counsel. This June, London performance poet, activist and playwright Penn Kemp is appointed the 40th Life Member of the League of Canadian Poets. On June 27 she also receives the Queen Elizabeth 11 Diamond Jubilee medal for service to arts and culture. She has been chosen to represent the League of Poets... Footer menu We acknowledge the support of the Canada Council for the Arts, which last year invested $154 million to bring the arts to Canadians throughout the country. We acknowledge the support of the Ontario Arts Council (OAC), an agency of the Government of Ontario, which last year funded 1,681 individual artists and 1,125 organizations in 216 communities across Ontario for a total of $52.8 million.

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Thinking about passive income? You may need to think again. Most people love the idea of adding 'passive' income to their portfolio of money making ideas but are unsure about how realistic it is. Is it too good to be true? Have all the passive income opportunities been taken? The prospect of money trickling into your bank account while you sleep is up there with winning the lottery. Difference is, to win the lottery you can only do two things- 1) buy a ticket 2) hope! With passive income, the power is in your hands and the options are infinite. So why is it so hard to get off the ground? Why isn't everybody sipping pina coladas on the beach as their smart phone sings out every time a deposit is made? Top reasons why your passive income isn't getting off the ground- and what to do about it Mistake #1 Focusing on what you want to create not what others want to buy Coming up with ideas for a product often isn't the problem- it's coming up with an idea that someone else will want. It's a huge misconception that just because you want to do it, others will want to buy it. Generally, they don't. Our advice? Do your market research. Your idea may be appealing to you, but that isn't really the point. It needs to appeal to the people holding the credit cards. Find ONE problem that you can solve for ONE group of people. You need to solve that problem so well that customers will be willing to part with cash to access what you have to offer. Mistake #2 Creating an all singing all dancing product The more excited we get about our idea the more carried away we can get. We start to plan out time consuming and labour intensive schemes which involve forums and widgets, interactive screens and complex payment gateways. Our advice? Keep things simple. You need to put in the least amount of time in as possible on actual product design until you know there are people interested in buying what you have to offer. Focus on how you will market the thing before you create it. Mistake #3 Building it with the expectation that they will come When it comes to your offering it is worth considering ways you can avoid putting too much effort or money into design or production until you have orders. Our advice? Either do a pre-order or let people know that there will be a time delay until it gets delivered. Don't wait to make it perfect before you release it, start marketing it early. Mistake #4 Thinking this is a quick way to make lots of money If you are poised to jack in your job because you have a great passive income idea think again. Passive income is often a very slow burner. The great news is that if you can sell a handful of whatever it is you are offering, you can sell more. But actually pulling this off is a time consuming process. The upside of passive income is that the work you do today will pay you again and again and again. Example: In the summer of 2010 we spent a little over a week designing the site situationaljudgementtest.com and a product. By the end of that year the sales we had made meant that we got paid about $40 a day for that work. The sales that followed meant that by the end of the next year that figure had trebled. Over the last 12 months that day rate has increased to $320 for that work. Next year it will be higher again. Our advice? Aim for smaller markets; they might not make you a fortune but a few of these sites can add a decent amount of cash to your bottom line. Passive income streams work best when you are playing a long game. For now, just make sure it's not the only game you are playing. If you are interested in this topic and want to know more you might be interested in our 180 days to your office in the beach program . The resource 'Opening the door to passive income- smart strategies for creating online products' covers: What exactly can I offer? How do I sell my product? How can I get organic traffic to my site? How can I get other traffic to my site? Plus we explain some behind the scenes details on how we have successfully built up our own passive income business! What is your passive income dream? If you liked this article and want to hear directly from from us, enter your details below: 4 Responses to "Thinking about passive income? You may need to think again." Hi guys, I liked this article so much because I believe I have made all the mistakes mentioned here... (not that is a good thing) and the more I read about it, the har

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How to See the Number of New Important Messages in Your Gmail Browser Icon It's easy to know too much too often with new mail alerts popping up continuously. It's also possible to know too little too late, of course, with a Gmail tab pinned to Google Chrome's very left and no indication of unread messages. How about middle ground? How about a small number in the pinned tab that counts the unread messages in your Inbox? See the Number of New Important Messages in Your Gmail Browser Icon To have Gmail show a count of unread messages (or unread important messages with Priority Inbox enabled) in its favicon, which appears in the browser's address or tab bar:

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Are We Going to Get Serious About Aviation Security? TSA has spent over $40 billion, yet amateurs are still getting on planes with explosives Since its creation in 2004, the Transportation Security Administration has spent $40 billion on aviation security. Yet an amateur terrorist succeeded in getting on board Northwest flight 253 with a well-known type of explosive concealed on his person. Two egregious security failures allowed this to happen. First, despite an explicit warning from the terrorist's father, his name did not get added to either of the TSA's lists -- the 4,000-name no-fly list or the 14,000-name selectee list. Had he been on the latter list, he would have been subjected to secondary screening at Amsterdam Schiphol airport, where a routine swabbing of his hands and/or carry-ons would likely have revealed traces of the PETN explosive. But even if this trace-detection had not been carried out, the PETN which the terrorist concealed in his underwear would have been detected had he been required to pass through one of the 15 of millimeter-wave body-scanners now in use at Schiphol. But airport officials there maintain that they are not permitted to use these machines for U.S.-bound passengers (though TSA has disputed that). Both failures reflect the flawed philosophy that underlies U.S. aviation security policy. For the most part, it continues to be fixated on keeping bad things -- as opposed to bad people -- off of airplanes. It also implicitly assumes every passenger is equally likely to be a terrorist, so every passenger must get equal treatment, except in extreme cases. That's why it's so hard to shift potential bad guys from the Department of Homeland Security's much larger databases to TSA's selectee and no-fly lists. As a libertarian, I agree that we should be very leery of forbidding people to fly without good reason. But requiring potentially high-risk travelers to undergo secondary screening (especially since we do some of this randomly, in any case) is hardly the end of the world. In fact, shifting to a risk-based approach to aviation security would likely mean increased security and lower costs, both for the TSA and especially lower wasted-time costs for most travelers. Under a risk-based approach, air travelers would be divided into three groups: lower-risk, ordinary, and higher-risk. The three groups would be treated differently, for very good reason. Lower-risk people would be those with active government-issued security clearances and anyone who joined a risk-based "trusted traveler" program by passing an FBI background check and getting a biometric ID card. These people would get streamlined processing at airports, similar to what existed pre-9/11. (Note that TSA's sister agency within DHS, Customs & Border Protection, operates a number of similar programs for U.S. citizens returning to this country, such as the recently expanded Global Entry program.) Higher-risk people would be those placed on an expanded selectee list and would be subjected to mandated secondary screening, including a body scan, backed up (if necessary) by a full body search. Now that terrorists have started hiding explosives in their underwear and body cavities, we have no alternative to these intrusive measures. This risk-based approach would be significantly more effective than current practice in dealing with the increasingly serious threat of airborne suicide bombers. It should be supplemented by beefed-up control of access to planes and their cargo holds on the tarmac at airports, to thwart those who would place bombs on board without getting on board as passengers. Fortunately, the Flight 253 bomber failed, due largely to his own incompetence. But unless we shift to a risk-based security policy, the next such attempt could well succeed. Robert Poole is director of transportation at Reason Foundation. He advised the White House and members of Congress on airport security issues following the September 11, 2001 attacks. An archive of his aviation security work is here . Robert Poole is Searle Freedom Trust Transportation Fellow and Director of Transportation Policy

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State leaders to decide on new Senate president State lawmakers are starting to maneuver to see who will replace one of the most powerful leaders in the legislature. The post-election buzz is all about filling the shoes of Senate President Tim Jennings, and we're talking about some size 14 EEEE penny loafers here. The Chavez County Democrat led a coalition of Republicans and moderate Democrats for four years. It looks like those lawmakers still have the votes to keep a coalition, if they can agree on a leader. The name you hear most frequently is John Arthur Smith, an old school conservative Democrat who heads the tight-fisted Senate Finance Committee. He's a friend and longtime ally of Jennings, who lost to 27-year-old Republican rookie Cliff Pirtle in last week's election. Smith sounds a lot like Jennings when he talks about the job of President Pro Tempore. "We want to be able to speak with one voice as the New Mexico Senate when we're in discussions with the House or discussions with the executive branch," Smith said. "So the challenge in the new leadership of the New Mexico State Senate is to make certain we sustain that broad approach, reaching across the aisle." Senate Republicans sound like they're singing from the same hymn book. "Our whole goal, being the minority party, is fairness," said Sen. Steven Neville of Farmington, chairman of the Republican caucus in the Senate. "That was our key thing when we worked with Sen. Jennings. He always treated us fairly. We were able to advance our agenda right alongside everybody else. If we could pass a bill, fine. If we couldn't pass a bill, that's just the way things work in a democracy." At least three veterans in the Democratic majority are said to be interested in the job, if there's no coalition. There's Pete Campos, who represents a far-flung northeastern district, Carlos Cisneros of Questa in Taos County, and Senate Majority Leader Michael Sanchez, who is said to be considering switching jobs, if the votes are there. The leadership issue will be decided by a vote of the whole Senate when the legislature convenes in January for a 60 day session. KOB welcomes a lively and courteous discussion as long as you follow the rules of conduct set forth in our Terms of Use . 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 Use.

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Re: Who's going to do the talking this time? Al better be careful when he speaks. He pretty much stated the last time he spoke that it's not a a matter of if Afrezza is approved but when. He made it clear that the FDA is just waiting to approve it as long as the new device shows the same effectiveness as the previous one. Lawyers are just waiting for the FDA to once again turn Afrezza down to start the class action law suit. And yes, I am long many shares. I just am not liking the empty talk coming from him with no action to support what he's saying.

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Discovering the creative side of the community Andrew Geekie gives a behind-the-scene look at the Firehall Theatre, which formerly served as the town's police and fire department. The jail cells are still intact and used as storage, as is a trap door that leads to a room underground. The tours were part of Culture Days activities on Saturday (Click to Enlarge) Culture Days inspired the town Saturday as the creative community had a chance to encourage public participation in the arts. Culture Days is a volunteer-driven event across Canada meant to raise awareness, accessibility and participation of Canadians in the arts and cultural life of their communities. Gananoque's events were some of 7,000 activities scheduled in about 800 communities this weekend. Pam Staples , heritage and cultural co-ordinator for the town, said that culture days and Doors Open have been promoted together for the past two years as it falls on the same weekend. "The importance of participating in Culture Days is that it allows us to be part of a national event bringing focus to our creative community," she told Gananoque Today . In that vein, two local galleries were staging art demonstrations: the Joanne Gervais Studio Gallery and the Little Pump House Gallery. In addition, the Thousand Islands Playhouse was holding backstage tours and allowing visitors to try on costumes used in the theatre's shows. Andrew Geekie, marketing associate for the Playhouse, said it is the first time the Playhouse has participated in Culture Days -- and it proved popular, with Geekie alone providing about 20 tours throughout the morning. Antoni Cimolino, general director and artistic director designate of the Stratford Shakespeare festival and Chair of Culture Days National Steering Committee, said in a statement that he is amazed by the growth of Culture Days since its inception in 2010. "It is extremely gratifying to see how artists, cultural organizations and the public look forward to this wide-spread annual celebration of culture across the country," he said.

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International experience on your CV A recent Live Q&A on gap years and working holidays had excellent advice on getting work in Australia and New Zealand, but whatever your destination, working abroad brings professional and personal benefits. Gaining wider experience from taking on different responsibilities or developing new skills opens the door to more work opportunities when you return. ImmigrationNZ notes: "as New Zealand has a high percentage of small businesses, you could end up getting a broader range of work experience than you otherwise would in the UK." Overcoming the challenges of living and working abroad (such as dealing with bureaucracy, accepting different working practices, and surviving without your usual support network of family and friends) increases your resourcefulness and resilience. Experiencing a different culture or learning a foreign language also makes you more marketable to employers. RealGap says: "In our experience employers are impressed by people who have taken a gap year or career break and this opinion seems to be growing, across the board. By taking time out to travel and explore new destinations and cultures you will also be developing your soft skill set and the kinds of skills you may return with are transferable into the work place; for example leadership, team building, budgeting, negotiation and even determination and patience. "Employers will also be impressed by the fact you have moved outside your comfort zone, particularly if you have undertaken paid or voluntary work or overcome any challenges during your trip." TourismAustralia adds: "My personal opinion is that the experience people receive on their gap year makes them a more mature and well-adapted person. Those who've worked abroad are exposed to new work situations and systems meaning they're often more adaptable in the work place and very attractive to future employers." Making the most of your overseas experience Whatever work you do, make sure you fully exploit it. CareersRW says: "A gap year that is career focused and targeted at the industry you want to work in in future would be very appealing to an employer within that industry. So when choosing how you want to spend your gap year it would be valuable to keep this in mind. An experience like a gap year could have a huge impact on your employability but it depends on how you spend the time. It would be important to think about what skills are important for you to develop within your industry. Once you've identified these skills (prospects is a useful resource to assist you with this) spend some time researching the opportunities available to you. Do you feel you'll be able to develop and/or enhance these skills through this opportunity?" But even if your work experience is unrelated to future employment prospects, you can still find highlights to strengthen your job applications. Treat your experience abroad as a career stepping-stone, be open to new working environments, and look for ways to make a bottom-line difference to the company. Note your achievements and successes, and apply the usual criteria to selecting the most relevant for the job you're applying for. Evaluate any skills or personal characteristics you've developed (such as flexibility or resilience) and include them in your CV. Make sure you have specific examples to illustrate these, either in your covering letter, or at interview. For example, if you've been to a non-English speaking country, one skill you could highlight is fluency in a new language. You can demonstrate that through making the effort to learn the language (to allow you to integrate better into the local culture) you've developed patience, determination, as well as linguistic and mental agility. In the specific case of someone taking a year to teach English abroad, some new skills would be: \* You develop planning and organisational skills (depending on the set-up of where you teach, you may have to plan your lessons from scratch, organise groups, classrooms ...) \* You increase your communication skills (speaking with non-native speakers of English means you'll need to learn how to rephrase, clarify, focus on the most important points, eliminate waffle, get complex ideas over simply and clearly ...) \* You learn to overcome obstacles, and deal with the unexpected, giving you greater flexibility and creativity in problem-solving. (You may not have course books or teaching materials, your equipment may break down unexpectedly -- meaning you need to think on your feet.) As with any other work experience, downplay any negative aspects of your time abroad, such as job-hopping. You won't need to list all your jobs on your CV. Choose those which are applicable to the job you're applying for now,

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Work search is a issue of great concern for today?s children that they vigorously lookup for employment through numerous ways like newspaper adverts, work businesses, and occupation lookup internet sites and so on. But amid these diverse indicates of getting a occupation, websites are the most generally utilized approach of occupation lookup by the children and freshers because most of the employers are now searching for recruiting their employees by means of sites and online services only. But on the opposite, the real truth is, in these days of challenging employment opportunities in India, on the internet job lookup is quite important for the task seekers. They are the most beneficial modes of recruitment and effortless way of occupation seeking given that its extremely quick and inexpensive. When making use of on the web, folks can come across the most recent employment news and apply for the very best jobs that suit their abilities, academic qualification and capabilities. Even so it?s not that simple process as it?s mentioned relating to the job programs on these on the internet work search sites. The truth is, even even though the world wide web is a great market place for manpower, until you do it effectively, you?ll be declined or thrown to the least of all the thousands and thousands and millions of candidates on the cyberspace. Here are some of the online job search tips to use to distinct web sites this sort of as Sarkari Naukri and how to come out successfully with the on the internet work hunting exercise. - The first phase is to generate a expert e mail address for your self with which you must indicator in to the on-line work research web sites. There are often some very good strategies in deciding on a specialist consumer identify this sort of as such as your identify and also a few quantities from your birthday date and so on. Nevertheless you decide on the name, the required requirement is to keep your electronic mail to be up to date with all hourly updates and notifications about the diverse types of government jobs or non-public work readily available in the diverse regions of the nation until-date. - Your resume ought to be uploaded in a universally readable sort with fonts like Times New Roman or Verdana in the font measurement 10 to 12. It?s greater to keep your resume in PDF format so that the recruiters would come across it straightforward to examine and evaluate the resume. - Be tactful and clever in handling your personal profile details because this would be the subject material that the potential task searchers would be likely by means of in your profile. You must be very mindful in not leaking out all details to all viewers of your profile. - One more achievable guideline is to be real and truthful to the employers who get in touch with you on for an job interview. In circumstance of unavoidable situation, you have to ring up and describe that you won?t be attending the interview. With all these pointers in brain, you can start off browsing for your govt jobs in different work lookup web sites with self-assurance.

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Not that I have become perfect yet: I have not yet won, but I am still running, trying to capture the prize for which Christ Jesus captured me. I can assure you my brothers, I am far from thinking that I have already won. All I can say is that I forget the past and I strain ahead for what is still to come; I am racing for the finish, for the prize to which God calls us upwards to receive in Christ Jesus. (Phil 3:13-14) Friday, 10 August 2012 In Russia, laymen should kiss the hands of their priests, but priests should never, ever, kiss the hand of their President! A few days ago, I reflected on Cardinal Heenan's reaction to the reduction of liturgical kissing, which came about during the Second Vatican Council. Although in favour of the virtual abolition of sacred kissing during the Mass, Heenan also pointed out that in some countries: "it is the custom for a child to kiss the hand of parents and of those to whom respect and love are due." By writing this, the Cardinal appeared to acknowledge the profound symbolism behind kissing the hands of priests and sacred ministers -- it is fundamentally and act of love and reverence. Because a priest is an alter Christus for his people and acts in persona Christi at the altar, there has been a long Catholic (and Orthodox) tradition of kissing the consecrated hands of the clergy. In Britain, the tradition of kissing the monarch's hands continues to this day, even if it now seems that no actual kiss takes place. This ritual is symbolic of the prime minister's loyalty to the sovereign -- who rules by Divine right. In both situations -- ecclesiastical and royal -- kissing the hand of a superior is an act of respect towards God and His holy will. The consecrated hands of kings, who had / have been chosen to reign by God's special grace, were also highly sought after for other reasons during past centuries. It was often the case that those afflicted with illnesses (especially scrofula, or the 'King's Evil') sought miraculous cures by simply touching, or kissing, the 'royal hand' -- Henry IV of France is reputed to have touched over 1,500 diseased individuals during one religious ceremony. It is from this tradition that we get the term 'touching for the King's Evil'. Hand kissing is a common sign of affection, loyalty, respect and submission in many cultures, especially around the Mediterranean -- one that does not restrict itself to the hands of the clergy or Divinely appointed rulers. To this day, kissing priests' hands is also something that survives with great zeal amongst Orthodox Christians, especially when they greet members of the clergy. It is sad to say, though, that many Catholics hardly ever kiss their bishop's ring nowadays, let alone the consecrated hands of a priest. But, it seems that even in Holy Russia, one should never kiss the hands of the President -- even if he does seem to act as a virtual Tsar! President Vladimir Putin at Valaam Monastery on Monday 6 August Maybe it's because of fears that he is accused of being too closely reliant on the Orthodox Church that Vladimir Putin seemed so horrified when the priest in the above video dared kiss his hand? It could be that Putin does not want to appear to be too Tsar-like, even if his relationship with the Patriarch of Moscow resembles that enjoyed by the Romanovs and their churchmen. Of course, Putin may also have been put off by the thought of being kissed on the hand by another man -- surely, outside clerical circles, it is only proper for grown men (or gentlemen) to kiss the hands of ladies (even if this is a rare sight nowadays)? The Russian leader recoiled in a way that suggested a kind of reactive displeasure or disgust -- the kind of thing that happens when someone is either embarrassed or humiliated by the actions of others. Of course, the Russian President may also have been aware that within the Orthodox Church it is only deemed appropriate to reverence the hand of an ordained minister or monk. Maybe this is why he seemed uncomfortable by the cleric's kiss? Putin, even if he is a politically powerful man, is surely aware of his status as a simple layman. The monk in

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Tory members reject the idea of a temporary cut in MPs' pay A little while ago I recommended a 5% temporary cut in MPs' pay as a sign of moral leadership from Parliament during a time when the public sector would need to be slimmed down. I put the idea to the grassroots in the end-March survey of the Tory grassroots but I got something of a raspberry returned to me. Only 40% supported the measure. Only slightly more - 41% - supported my idea of a 10% cut in ministers' pay during the same period of austerity. More popular was a "reduction in the number of MPs to 500 from the current 650". 58% supported that reduction in the number of elected politicians. Where there was overwhelming support was for a "root-and-branch reform of the allowances received by MPs". A whopping 96% supported that. Earlier this week David Cameron urged the Prime Minister to take action on MPs' allowances NOW and not put the issue to another review. During a Five Live phone-in, the Tory leader also appeared sympathetic to the idea of MPs being fined if they misused allowances. Over at CentreRight today, Jonathan Isaby highlights an idea from Tory councillor Ian McCord. Comments I thought that would have sent a strong message to our Conservative MPs to, at the very least, sort themselves out. I'm really dissapointed. Are you people on drugs? Is it the same people who dislike Sayeeda Warsi? Are you the people who turn up for Conservative drinks parties but never put the work in on the ground? Weird, weird, weird. Hello another 20 years of Labour nightmare. 'During a Five Live phone-in, the Tory leader also appeared sympathetic to the idea of MPs being fined if they misused allowances.' I misread this as 'fired' rather than 'fined'. In the private sector using the company credit card for personal purchases not related to legitimate expenses is an instant dismissal on the grounds of gross misconduct irrespective of an expressed intent to pay the employer back. It is an issue of trust. Dear Mr & Mrs Home Secretary, Claiming for credit card based pay per view flesh flics is gross misconduct. Your employer. The electorate. Require that you are Alan Sugarred forthwith. Well I'm very suprised indeed.I thought it a gesture which would have restored the public's faith in MPs and would if taken only be Conservative members put us on the moral high ground. Much more cvaluable than reducing the number of MPs in my opinion. It is exactly this sort of gesture politics that has taken us to the point that MPs are underpaid and are then have been tacitly encouraged to use allowances to supplement their salary. When MPs were first paid the salary was set at around 100k in today's terms and has declined ever since becasue of bright ideas like this. The answer is to pay them a decent salary for the job and have a strict system for office expenses and a secondary base in London if required. This should, for example, prohibit the employment of relatives. Steve, MPs have less responsibility now than at any time in our history. So why should their salaries keep increasing? I could understand it if we were demanding more from them, but some days the Commons winds up early because of a lack of business. It is not justified. Well what do we expect, the PCP still contains way to much dross, far to many of the old guard, the jobs for the boys brigade. To be fair I didn't agree with them having a cut. Indeed I argued for a pay increase of 20% and a complete end to the allowances. We will get neither and far to many of our MP's will act like pigs in shi\*e. Its not just a Labour problem, a seat in the house is a Lottery win. The only realistic way to sort this out - I mean a solution that is practical, and likely to get adopted - is to go for MPs' expenses, especially the additional costs allowance. What the public don't like about the additional costs allowance is the allowance for second homes. As far as I'm aware all the MP can claim for is the interest he, or she, pays on the mortgage for the second home. The average person doesn't see it that way though. Second homes can be sold later on when the MP has retired, for

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We have updated our privacy policy . In the latest update it explains what cookies are and how we use them on our site. To learn more about cookies and their benefits, please view our privacy policy . Please be aware that parts of this site will not function correctly if you disable cookies. By continuing to use this site, you consent to our use of cookies in accordance with our privacy policy unless you have disabled them. Google's new transparency report reveals that governments across the globe made over 20,000 requests to access Google data in the first six months of 2012. The report is the sixth one Google has released and shows that government surveillance is on the rise. CBR takes a look at what the industry has to say about the importance of businesses knowing who has access to their data and how they can best protect it. Graham Cluley, senior technology consultant at Sophos told CBR : "If your business is uncomfortable with the idea of others snooping on potentially confidential or sensitive information it has uploaded to the cloud, the answer is simple. Don't make it easy to be snooped upon. Instead, ensure that your sensitive information is properly and strongly encrypted before being uploaded to the net. Always keep a close eye on what your users are doing with your data, and ensure that security best practice is being followed. IT departments often find that users are adopting consumer file-sharing services in the public cloud without recognising the possible risks." Danvers Baillieu, COO of Privax told CBR : "This report highlights the unfortunate fact that there is no unified internet and that it is regulated on a country by country basis. Businesses need to be aware of not only who holds their data, but also which governments are able to make requests for such data. When dealing with big companies this can involve a complex analysis of international law, which is best avoided. Where data has to be sent to a cloud service provided by a third party, it is imperative that it is properly encrypted, so that the security of such data is not at the mercy of the cloud service provider." Matthew Finnie, CTO of Interoute : "It's no surprise that most requests for data come from the US. The Patriot act is a clear indicator of how the US sees data ownership. But for businesses across Europe this should give them cause to think what lessons there are for them. In this era of the cloud, how many businesses really know exactly where and in which country their data is being stored when they outsource it? A key element to protecting data is to know where it is. Businesses need to avoid playing hide and seek with their data if they want to stand the best chance of protecting it completely. "It's not a case of locking up your data and throwing away the key. Rather, European businesses should be using European cloud and hosting providers that guarantee complete transparency on where data is at all times. This will also help organisations adhere to the local compliance and governance regulations that ensure secure data protection." Marc Dautlich, head of information law at Pinsent Masons told CBR : "Google's Transparency Report, revealing as it does the assessment of governments around the world as to how rich their data is, is all the more reason to continue to look very closely at Google's own privacy practices. Google promises transparency in privacy matters. It is being held to account on this promise by the CNIL and all 26 other European Data Protection Commissioners who wrote to Google last month - we need to see their response." Mark Dunleavy, Managing Director UK at Informatica told CBR : "Information is the currency of today, so it's no surprise that demand for Google data has been so high. Both the private and the public sector are realising that data is an invaluable asset. There's been much talk of late about the potential that big data holds for the public sector. With this in mind, the real value from this kind of data comes when it is combined with other, disparate sources to help establish an accurate, consistent, and comprehensive understanding of what it really means and how it can be used. "Moreover, pressure is at an all-time high for organisations to ensure that the data they collect and store is adequately protected so it will be interesting to see how these governments worldwide equip themselves to avoid damaging data breaches, and in doing so maintain the trust of their citizens."

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another backpacking blog Main menu Post navigation Pennine Way memories pt. 8 Day 13: Maize Beck to Cross Fell, 16 miles Of all the natural features along the Way, High Cup is probably the most impressive. Just looking at it on the map doesn't do the full scale and majesty of it justice. I've not managed to find the geomorphological reason for the feature. One source suggests it is a U shaped glaciated valley, but I'm not so sure. Why aren't the other valleys on this side of the Pennines shaped like this? I suspect it's more likely to be a combination of the geology (hard surface rock layer with softer rock underneath) and the action of melt water from the Pennine ice sheet. If you look carefully it's not a classic U shaped glaciated valley. No matter, it's spectacular. The weather in the morning was reasonable, mainly cloudy and a bit humid. If I was being picky, I would rather not have visited Dufton but continued along the ridge to Knock Fell. However, ours is not to reason why, ours is but to do the Pennine Way or die. The climb up from Dufton to Knock Fell is quite long (4.5miles) and not very exciting. The views are good, but you have to keep looking over your shoulder. Knock Hush added a bit of interest. Miners had released water from a dam to wash away the top soil to reveal the minerals below, creating a large dry channel. The reward for reaching Knock Fell was the views and the prospect of a four mile ridge walk to Cross Fell. Unfortunately the cloud base was getting lower and by the time we reached Great Dun Fell, we were in mist. Somewhere between here and Cross Fell, Robert managed to jump into a bog up to the top of his legs! I thought it was funny but he didn't! The weather cleared a little bit as we reached Cross Fell, but the wind was blowing hard. It felt like it was going to rain soon, so we beetled down to Greg's hut to set ourselves up for the night. We had a leisurely dinner, glad to be out of the deteriorating weather outside. As we were going to bed, there was a ghostly knock on the door. Robert was elected to investigate. After opening the door, he saw a young lad disappearing up the hill. Robert called after him to see whether he needed help. When the lad got inside, he explained that he had come from Garrigill and was walking to Appleby. It was clear that he hadn't got a clue, so we made him stay the night, donating Robert's tent as a make shift sleeping bag. Day 14: Cross Fell to Merry Know, 17.5 miles In my original log, I had this as the longest day in terms of mileage. However double checking my log, I spotted an error and it was only the second longest day. Overnight the weather had cleared and we awoke to a reasonably sunny, fresh morning. We gave the lad some breakfast. After showing him the way he should be going, parted company and we started the long descent to Garrigill. The old mine road made for fast progress. To the north was the Black Burn valley, which is probably one of the most desolate and wild valleys you'll see along the Way. It's a shame that the Way doesn't go that way, but there are no paths and it would be tough going. After Garrigill, the path follows the South Tyne to Alston. We stopped at Alston to get some provisions and to have lunch. From what I remember Alston was quite pleasant but very quiet. By now, the weather had warmed up. The walk along the South Tyne valley northwards is agreeable enough, but not very exciting. I would have preferred to have walked along the ridge to the east to Cold Fell. A couple of years later, I did just that and it was very hard work, with no paths. The reward though was total solitude and a wonderful wild landscape. The afternoon turned out to be very hot with nary a breeze to cool our brows. My feet were sweating like crazy and a blister was developing on my left heel. Not any old blister, you understand, but a king sized one. By the time we got to Merry Know farm we had to stop. The farmer very kindly allowed us to camp in a field. When I took

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Raise your diamonds in the air at MuchPresents: Rihanna September 7th, 2012 Fresh off of setting the 2012 MTV Video Music Awards on fire, we're happy to announce that Rihanna will Talk That Talk on her Diamonds World Tour and we want to see you there! Rihanna has rocked the airwaves since 2005?s Pon De Replay has since then released six successful studio albums, won six Grammy Awards, sold over 37 million albums and 146 million digital tracks worldwide, and is currently the top-selling digital artist of all time. Of. All. Time. What does that mean? It means that RiRi's show is gonna be the wildest and craziest time you'll have! Ever! Check these dates out and grab your tickets to the Diamonds World Tour as soon as you can because we know that you won't be Da (only) One .

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Premiership footballers have quite a lot of things we'd like. Exorbitant salaries. Legs that women love. The freedom to fire air rifles at interns without losing their jobs... That why Professional footballers must undergo gruelling training sessions, also undergo lots of medical assessment and most importantly maintaining very good performance. Physical fitness is one of the most important aspects of performance. A skillful player will go along way in the sport, but without the fitness part of their game they will not be the complete player. Aerobic endurance fitness is one of the most important physical fitness attributes for soccer players. Players need to be able to maintain a high level of intensity throughout the 90 minute game.Professional footballers must follow strict diet plan, also taking enough protiens and supplements . Another very important fitness component is anaerobic fitness, which means running speed and particularly repeat sprint ability. Players also need good agility, strength, power and flexibility. Training Fitness Regular training is needed for all areas of fitness. Here are some important factors to remember for an effective training program. Have a good plan. The training should be directed to achieve specific goals and be individualized to maximize the physical capabilities of particular players. In order to improve, the physical load needs to be increased over time as the players get fitter. By using cross training and by incorporating fitness into the training drills it will keep it interesting and maintain the motivation of the players. Assessing Fitness Regular fitness assessments are required to monitor training improvements and to determine which areas are best to concentrate on. There are some good specific fitness tests and others that can be used to test the overall fitness of football players. Playing Positions The physical demands will vary for players in different playing positions, and the training should reflect that. The goal keeper has very specific fitness demands. Fitness training for the goalkeeper should concentrate on explosive power and flexibility. The body's intrinsic reaction time is not something that is easily trained, though practice and technique can enable the goalie to better read the play and be in the best position to make quicker decisions. Here is a example from Premier league team Fitness coach explains how to build the lower-body strength and endurance of a Premier League star "This circuit of leg exercises, geared towards strength development and injury prevention, works your glutes, quads, adductors and hamstrings," he says. Do it twice a week, but leave two days rest before a game. Take no rest between each exercise and perform the circuit three times, resting 90 seconds between each run through. Warm up for five minutes on a bike or cross trainer, then begin. You should be able to complete it in around 15 minutes. 1. Squats Reps 6 Form First, place two small plates under your heels. "This reduces the pressure on your patellar tendon (heavily stressed during a football match), and also helps to isolate your quads," He explains. With a barbell resting on your upper back, squat down over four seconds until your posterior is level with your knees, then lift quickly over one second. Complete six consecutive reps without rest. Then go straight on to the next exercise. On field boost Squats are critical for building pure lower limb strength and keeping you injury-free when the crunching tackles start flying in. 2. Walking lunges Reps 12 each leg Form Find some space in your gym and lunge continuously forward to complete twelve reps with each leg, holding two dumbbells at your sides. Keep your spine straight, take Ministry of Funny Walks-worthy giant strides, and make sure your trailing knee finishes level with your trailing ankle at the bottom of the rep before driving upwards explosively. Aim for two seconds of lowering into the lunge and one second bursting out of it and into the next rep. On field boost Footballers are constantly accelerating and jumping off a single leg throughout a game. Walking lunges will improve your explosive speed, which translates to everything from more effective dashes down the wing to higher leaps when defending corners. 3. Dumbbell squats Reps 25 Form Holding two dumbbells at your side and once again elevating your heels with two plates, complete 25 consecutive squats. Concentrate on maintaining a speedy tempo: aim to take no more than a second down to the bottom position and rise equally quickly. "Ideally, the lowest point of the movement should find your posterior just below parallel with your knees," He says. On field

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Writers David Almond was born in Newcastle upon Tyne in 1951 and grew up in the small mining town of Felling. He was educated at the University of East Anglia and Newcastle Polytechnic. After graduating he worked as a teacher for five years before moving to a remote artists' commune in Norfolk to concentrate on his writing. He then returned to Newcastle, where he worked as a part-time Special Needs teacher and edited the literary fiction journal Panurge . He is an experienced creative writing teacher and has worked for the Arvon Foundation and for schools, colleges and universities and is in demand as a speaker at festivals and conferences around the world. His first book, Sleepless Nights , a collection of short stories for adults, was published in 1985 and was followed in 1997 by a second volume, A Kind of Heaven . His first children's novel, Skellig , the story of a strange, part-human 'creature' who transforms the lives of two young children forever, was published to immediate acclaim in 1998. The book won both the Carnegie Medal (1998) and the Whitbread Children's Book Award (1998). In 2007, it was shortlisted for the Carnegie of Carnegies. He was given an Arts Council Writers' Award to work on Kit's Wilderness (1999), a teenage novel inspired by the author's childhood memories of disused mines. It was awarded a Nestl Smarties Book Prize (Silver Award) and was shortlisted for the Carnegie Medal (2000) and for the Guardian Children's Fiction Prize. Counting Stars (2000) is a collection of children's stories, again inspired by the author's memories of his own childhood and family, and a selection of stories from this volume was published separately in March 2002 under the title Where Your Wings Were , as one of five World Book Day publications. A play, Wild Girl, Wild Boy , was published in March 2002, and a stage version of Skellig was published in April 2002 to coincide with the National Theatre's production of the play. The Fire-Eaters (2003), centres on the fortunes of Bobby Burns and his encounters with a fire-eating devil called McNulty. It was awarded the Gold medal in the Age 9-11 category at the 2003 Nestl Smarties awards and won the 2003 Whitbread Children's Book Award. It also won the Boston Globe-Horn Book Award (USA). Clay (2005), was shortlisted for the 2006 Costa Children's Book Award, and the 2006 Carnegie Medal. David Almond's work is translated into more than 20 languages. He lives in Northumberland and was the recipient of the Hans Christian Andersen Award in 2010. His latest children's novel is My Name is Mina (2010), a prequel to Skellig, and nominated for a 2012 Carnegie Medal. In 2011 his first adult novel was published - The True Tale of the Monster Billy Dean. Critical Perspective David Almond's novels for children and teens have all been hugely popular with readers young and old, and highly acclaimed by critics and reviewers. They often feature on National Curriculum reading lists, as well as being the subject of academic study of children's literature. Almond combines a variety of influences: most of his fiction is set in his home territory of north-east England, poignantly capturing its landscape, people and mythologies; other influences include magic realist literature, Arthurian legend and the work of William Blake. The result is an infusion of thought-provoking, philosophical ideas and magical elements, all rooted in a realistic and detailed evocation of place. In March 2010, Almond received the Hans Christian Andersen Award, the most prestigious prize in children's literature. The jury citation praised both his imaginative approach and his ability to actively engage and stimulate his readers: '... the jury has recognised the unique voice of a creator of magic realism for children. Almond captures his young readers' imagination and motivates them to read, think and be critical. His use of language is sophisticated and reaches across the ages.' Almond experienced two bereavements during his (otherwise fairly happy) childhood: the death of his baby sister when he was seven and, during his teens, the early death of his father. He was, therefore, acutely aware at a young age of both the joy and darkness of life. His fiction embodies this understanding of life's seemingly contradictory and fluctuating nature and is, like the work of Blake, quite dialectic

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Look at the Camera Review ?Look at the Camera? is a game to train judgement. You must lead Your character to look at the camera on air. There are five cameras.One of them is the camera on air. The camera on air switch in seconds. Let's play ?Look at the Camera?! Operation: ?Flick and change direction. Game rules: ?Your character can see only one Camera at once. ?The Hint for next camera to look shows in the lower right window. The window shows an character image taken from the next camera. Video tutorials & screenshots User reviews There are no user reviews, write the first one! Review text... Related programs Windows The G600 Trainer bundles the GDU 620 and GNS 400W/500W trainers into a uniform, aviation navigation system. The G600 launch application initiates execution and establishes communication between the two trainers. The GDU 620 Trainer obtains navigation information from the GNS 400W/500W and displays this as ship position, speed, and altitude on its dual display system. Train Director is a clone of the popular Train Dispatcher simulation software. With Train Director you can simulate the work of the Centralized Traffic Control (CTC). Your task is to direct trains running in a territory to their final destination, by throwing switches and clearing signals. Penalties are collected for incorrect or inefficient operations, or for trains arriving late. Character Writer is the next generation of writing software, combining the power of the Enneagram personality-typing system and the latest technology. Character Writer is a cross-platform software package that offers both character-generating and story-generating tools in one easy-to-use interface. Mac Q-Air is a complex app that provides you multiple options for generating a QR code. Technically speaking, on its main window Q-Air displays a four tabs menu. When you click on the tabs you will have the option to enter the data required by Q-Air for generating a QR code from a text message, an URL, a SMS or a vCard. Character Writer is the next generation of writing software, combining the power of the Enneagram personality-typing system and the latest technology. Character Writer is a cross-platform software package that offers both character-generating and story-generating tools in one easy-to-use interface. Instantly generate character profiles and descriptions. Yahoo Map Search in Adobe AIR for desktop AIR YMap is a useful application that will enable you to view any location on the planet using the Yahoo! Maps imagery and the image can be saved to your local PC or Macintosh Requirements: Adobe AIR, Mac OSX 10.x Android Free AES Camera Location App ! AES or Automated Enforcement System is a new traffic camera system in Malaysia used for traffic offender summons. This is a simple app to show all the current live "installed" AES camera location on Google Map. Take lively snapshots. With ZoomIn Camera you will love your camera. DO NOT DOWNLOAD!! (Sept. 30th '09) This app is being replaced by "Camera Magic" (cannot cleanly upgrade from current app) All the new updates will be in the new app. KyotoCam (camera, Kyoto) KyotoCam (Kyoto camera) uses the device's GPS capabilities, AR simplified to show the distance / and the name of the medical tourist / city / metro in the direction looking at the camera (Augmented Reality), app.

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In the name of all that is decent -- don't let X-Factor steal the Christmas Number One! Just watched Alexandra Burke's massacre of Hallelujah on YouTube. What a travesty of a debacle. Is it too much to ask to have just a handful of songs not rendered into lowest common denominator soul pop pap? Why does everything have to be Mariah Careyised? Good gracious. This is how it should be done: If there is any justice in the world, Burke will be denied the Christmas number one. Now, I've looked into this, and apparently you don't rig the singles chart these days by charting an expedition down to Woolies any more (good thing too, all things considered); you do it through use of teh wireless interwebs. And at 79p a time, its like rummaging through the remaindered singles in Woolies but with a reasonable expectation that you can get something rather better than Doop. The only question is, which record? Personally I will be limiting myself to two, taking part in the predictable Rickroll (go with the Zeitgeist) and helping to support the effort to get Jeff Buckley in the top spot. I figure it can't hurt to back a couple of horses -- getting X-Factor down to number three would be soooo sweet. I actually caught some of it while flicking through channels last night, and the one consolation is that her version is better than the insipid boyband one. But still, even though they seem to have dropped the third verse, what part of 'it's a cold and it's a broken hallelujah' did they not understand?

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Even with its absence from Dish Network , AMC's ratings on Sunday night were more alive than ever before with the season premiere of " The Walking Dead ". The network received a whopping 10.9 million viewers during its 90-minute season three premiere episode -- a record breaking number for the network. Viewers cant get enough of The Walking Dead For a better understanding of how successful the show has proven to be for AMC, we can look back at this past August, when another AMC original series "Mad Men" made its season four debut. That premiere drew a paltry 2.9 million viewers in comparison, proving that "The Walking Dead" is easily the network's most popular television show. "The Walking Dead" has been heavily promoted over the last few months and weeks, and the numbers show that AMC's gamble in heavily pushing the show has paid off. "It's a good day to be dead," said AMC president Charlie Collier. "We are so proud of this series, its depth of storytelling and the remarkable talent attached." Under the creative helm of Joel Stillerman the network continues to make inroads for creating new and fresh content -- while it watches current popular shows "Mad Men" and "Breaking Bad" age. The biggest question now for network executives is if "The Walking Dead" can continually draw strong numbers as we begin to move past the "spook-factor" of October. [...] producers to choose an offer by AMC, who have seen their gamble pay off with record ratings after 10.9m viewers saw the third season premiere of the comic book-based show, which has become a cult favourite in its current 21-episode [...]

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Spartacus Educational Mobile Version In the Middle Ages the Church encouraged people to make pilgrimages to special holy places called shrines. It was believed that if you prayed at these shrines you might be forgiven for your sins and have more chance of going to heaven. Others went to shrines hoping to be cured from an illness they were suffering from. The most popular shrine in England was the tomb of Thomas Becket at Canterbury Cathedral . When Becket was murdered local people managed to obtain pieces of cloth soaked in his blood. Rumours soon spread that, when touched by this cloth, people were cured of blindness/ epilepsy and leprosy. It was not long before the monks at Canterbury Cathedral were selling small glass bottles of Becket's blood to visiting pilgrims. Another important shrine was at Walsingham in Norfolk where there was a sealed glass jar that was said to contain the milk of the Virgin Mary. Erasmus visited Walsingham and described the shrine as being surrounded "on all sides with gems, gold and silver." He also added that the water from the Walsingham spring was "efficacious in curing pains of the head and stomach." At other shrines people went to see the teeth, bones, shoes, combs etc. that were said to have once belonged to important Christian saints. The most common relics at these shrines were nails and pieces of wood that the keepers of the shrine claimed came from the cross used to crucify Jesus. Important shrines in the Middle Ages included those at St. Winifred's Well , Lindisfarne , Glastonbury , Bromholm and St. Albans . When people arrived at the shrine they would pay money to be allowed to look at these holy relics. In some cases pilgrims were even allowed to touch and kiss them. The keeper of the shrine would also give the pilgrim a metal badge that had been stamped with the symbol of the shrine. These badges were then fixed to the pilgrim's hat so that people would know they had visited the shrine. Some people went on pilgrimages abroad. In Palestine, for example, it was possible to visit a cave that was supposed to contain the beds of Adam and Eve and a pillar of salt that had once been Lots wife. Travelling on long journeys in the Middle Ages was a dangerous activity. Pilgrims often went in groups to protect themselves against outlaws. Wealthy people sometimes preferred to pay others to go on a pilgrimage for them. For instance, in 1352 a London merchant paid a man 20 to go on a pilgrimage to Mount Sinai. Woodcut of a pilgrimage (c.1490) In August 1535, Henry VIII sent a team of officials to find out what was going on in the monasteries . After reading their reports Henry decided to close down 376 monasteries. Monastery land was seized and sold off cheaply to nobles and merchants. They in turn sold some of the lands to smaller farmers. This process meant that a large number of people had good reason to support the monasteries being closed. In 1538 Henry turned his attention to religious shrines in England. For hundreds of years pilgrims had visited shrines that contained important religious relics. Wealthy pilgrims often gave expensive jewels and ornaments to the monks that looked after these shrines. Henry decided that the shrines should be closed down and the wealth that they had created given to the crown. The Pope and the Catholic church in Rome were horrified when they heard the news that Henry had destroyed St. Thomas Becket's Shrine . On 17 December 1538, the Pope announced to the Christian world that Henry VIII had been excommunicated from the Catholic church. (1) List of some of the relics held at St. Omer's Church in 1346. A piece of Our Lord's Cross... Pieces of the Lord's tomb... A piece of the Lord's cradle... Some of the hairs of St. Mary. A piece of her robe... Part of St Thomas of Canterbury's tunic. Part of his chair. Shavings from the top of his head. Part of the blanket that covered him, and part of his woollen shirt... part of his hair shirt. Some of his blood. (2) Benedict of Peterborough described what happened after the death of Thomas Becket. (c. 1175) Some of the blood was carefully and cleanly collect

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Sramana: The way you have grown this business is very interesting. Talk to me about content marketing. What kind of proactive content marketing did you do? Collis Ta'eed: Every blog starts at the same place, which is absolutely nowhere. You have no visitors, traffic, or interest. For me the biggest challenge is that you are just getting your first visitors. I would go out and comment on other blogs and comment in forums to try and get people to visit my blog. When it came time to launch a new blog, we would harness traffic from the first blog to promote the second. The second site we launched, which was based on Photoshop files , was vaulted into existence when it was featured on Digg during its second week of existence. That was a potent source of traffic back in the day. We have concentrated a lot of social media ever since. To do well in social media you have to build up a genuine profile. You have to get on sites and interact on sites as a real contributing user. You need to establish a network and feed in content. We did a lot of that. We joined Twitter fairly early on. We built up profiles for the company as well as ourselves. I tried to think of Twitter using a 90/10 rule, meaning 10% might be something involving Envato and 90% of the time I wanted to be engaging followers with engaging content based on the topic itself. For a bootstrapped company that does not have money to spend on marketing, the important thing is to understand your customers. You need to know what they find useful. When I look at our marketplaces, I look at the files we have which are handy to web designers. When I got excited about a particular file and I promoted that particular file, I noticed that the conversion was much higher. That was because we were speaking to genuine customer demand . I have always found it more difficult to do that in areas where I am not a subject matter expert. That is why I think it is important to go toward a customer demand that you inherently get. It is easier than trying to learn it. Sramana: Where is your revenue at today? Collis Ta'eed: It is in excess of $10 million. There is a file sold every 10 seconds in the marketplace. It is a bit mind-boggling. Sramana: Is that $10 million figure before or after author commissions? Collis Ta'eed: That is after author commissions. The authors in our marketplaces do surprisingly well. The top authors have takeover earnings in excess of $70,000 a month. We have had four people who have sold over one million dollars each. There are a lot of people who use it for extra income. I noticed one individual who came from a very low-income country, and he posted about his ability to earn enough money to cover his weekly expenses and food. I looked at his earnings and thought that they were meager for our standards, but based on where he lives it is very important to him to have a marketplace like this for him to be able to live.

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In 2014, the Affordable Care Act will ensure all Americans have access to high-quality, affordable, and comprehensive health insurance plans that cannot include lifetime or annual dollar limits on benefits. To implement the ban on restrictive annual limits before 2014, most insurance plans began phasing out their annual limits in September 2010. Millions of Americans are now in plans that cannot impose annual limits below $750,000, and that limit will increase in the coming years until 2014 when no annual dollar limits will be permitted for non-grandfathered plans. The law also restricts the sale of new plans with low annual limits except under very limited circumstances. Protecting Worker's Coverage A small number of workers and individuals only have access to limited benefit, or "mini-med," plans with lower annual limits than are generally permitted by law and which can provide very limited protection from high health care costs. Employers and insurers estimated that requiring mini-med plans to comply with the new rules could cause mini-med premiums to increase significantly, forcing employers to drop coverage and leaving some workers without even the minimal insurance coverage they have today. In order to protect coverage for workers in mini-med plans until more affordable and more valuable coverage is available in 2014, the law and regulations issued on annual limits allow the Department of Health and Human Services (HHS) to grant temporary waivers from this one provision of the law that phases out annual limits if compliance would result in a significant decrease in access to benefits or a significant increase in premiums. Plans that receive waivers must comply with all other provisions of the law and must alert consumers that the plan has restrictive coverage and includes low annual limits. Additionally, these waivers are temporary and after 2014, no waivers of the annual limit provision are allowed. On June 17, 2011, the Centers for Medicare & Medicaid Services (CMS) introduced a process for plans that have already received waivers and want to renew those waivers for plan or policy years beginning before January 1, 2014. The new guidance extends the duration of waivers that have been granted through 2013, if applicants submit annual information about their plan and comply with requirements to ensure that their enrollees understand the limits of their coverage. Existing waiver recipients must apply to extend their current waiver and all applications must be submitted by September 22, 2011; after that date applications for an extension will no longer be considered. Any plans that have not yet applied for a waiver also must apply by September 22, 2011. The Affordable Care Act includes consumer protections that will require plans, particularly mini-med plans, to give consumers more information about their health insurance plans. Health insurers offering mini-med plans must notify consumers in plain language that their plan offers extremely limited benefits and direct them to www.HealthCare.gov where they can get more information about other coverage options. The new guidance issued on June 17, 2011 requires more stringent disclosure standards and a new version of this consumer notice that will make the information easier for families to understand. Health plans with waivers must tell consumers that their health care coverage is subject to an annual dollar limit that is lower than what is required under the law. Specifically, the yearly notice must include the dollar amount of the annual limit along with a description of the plan benefits to which the limit applies. Plans must illustrate how the annual limit would impact a consumer who was hospitalized, so families can understand how far their coverage will reach if they become seriously ill. Additionally, HHS periodically posts the list of the plans that have been granted waivers to ensure the public is aware of the annual limits policy and stakeholders understand how they are affected. Applications for Waiver of the Annual Limits Requirements Updated January 6, 2012 Click on the links below for a list of approved waiver applicants organized by type: Persons using assistive technology may not be able to fully access information in this file. For assistance, please email HealthInsurance@hhs.gov . CCIIO has issued guidance with respect to the application of the existing annual limit waiver criteria to Health Reimbursement Arrangements ("HRAs"). CCIIO published supplemental guidance on August 19, 2011 that exempts HRAs that are subject to the restricted annual limits as a class from having to apply individually for an annual limit waiver. An HRA in effect prior to September 23, 2010 is exempt from applying for an annual limit waiver for plan years beginning on or after September 23, 2010 but before January 1, 2014. These HRAs still must comply with the record

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Saturday, May 20, 2006 At the time, within leftish feminist circles, there was a clear distinction made (or at least debated) between erotica and pornography and WAP was definitely pro-erotica and anti-pornography. Talking to a few younger women recently this distinction seems to have been almost entirely lost. I think the distinction is useful and powerful. If all images or depictions of sex and sexuality are lumped under the title of pornography then everyone who challenges any of those images or depictions are also lumped together. So a homophobic christian objecting to a picture of two naked women kissing is lumped in with someone who objects to an image of a woman with a knife being pushed into her vagina. Or someone upset by an erect penis is lumped in with someone upset by picture of a woman dressed in pigtails and in a school uniform surrounded by a group of older men. Or someone morally disturbed by consensual threesomes is the same as someone disturbed by the endless repetition of women shown always with her legs apart, always on her back, always skinny with large breasts. All of us can be dismissed as prudish and uptight and anti-sex. I know I write a lot about language. I also know that the pornography debate within feminism is a substantive one, and language isn't the major thing that divides people. But reading what Maria wrote, I do think language is part of the problem. Maria uses the word pornography in a very specific way: The analysis I hold to is that pornography is stuff which depicts sex and sexuality and that involves a power imbalance or objectification. This can be through the eroticisation of pain or the eroticisation of lack of consent. Or it can be through focussing on a particular aspect of a woman's body, and objectifying a part of a woman. Or through promoting the idea that when women say no they mean yes, or promoting the idea that children want adult sexual attention. But the thing is that's fine, but there are actually very few people who use the word 'pornography' in the same way Maria does. Of course you can use a word to mean whatever you want it to mean (you just have to pay them extra), but I think we're fighting an up-hill battle if we're trying to redefine a word, as well as win the argument. Words have meanings and resonances, and you can use a word specifically as you like, but it doesn't mean anything unless the people you are talking to have the same specific understanding. I think there is another way we could talk about sexually explicit material, and that is name what we object to, and not expect the word pornography to do the work for us. When you say pornography most people think of anything with nudity. So a debate over pornography quickly becomes an all or nothing venture about sexually explicit material. It doesn't become a debate about sexism, misogyny or objectication. 9 comments: I read Maria's post that you linked to. She gave an example of a couple videoing themselves having sex and showing it to others as not being pornography as long as people aren't being coerced or tricked. A definition for her might be "bad erotica is pornography" and there would be a list of things that make erotica bad. I think it would be easier to say that there is acceptable porn and unacceptable porn. Do feminists like erotica? I think they would sometimes find a site or literature sensual or even arousing. They can call it erotica. They can call it good and acceptable porn. I agree that we should "...name what we object to, and not expect the word pornography to do the work for us." We can like or not like a certain movie, director, studio, author, etc., because ... whatever the reason is. It doesn't even have to be political. We haven't even been talking about personal tastes. If a feminist doesn't like porn, maybe its just not her thing. Doesn't mean others shouldn't like it. There is a lot to erotica; it touches us in different ways. Even a heavy metal fan might enjoy some Mozart. I don't like the Lord of the Rings or Star Trek movies because I think they are too violent. There's nothing wrong with the movies. It's just that all the fighting makes me uneasy. I don't tell others they shouldn't watch them. Maria thinks that some explicit erotica should be acceptable to feminists. Many women like porn. Maybe feminists might consider allowing

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Because if Sylar obtained her powers, he would be unstoppable. Sylar has shown that he can absorb multiple powers from different heroes. If he were able to obtain Claire's power, he would essentially be invulnerable (unless he received a stick through the head) and he would terrorize the world. That's why they needed to save, and did save, the cheerleader. "Save the cheerleader, save the world," balderdash! "Heroes" has some explaining to do. For a week, and at practically every primetime commercial break, NBC taunted viewers with this earnestly whispered cheerleader-saving imperative, promoting "Homecoming," the Nov. 20 episode of "Heroes," in which both the audience and the super-powered characters finally learn their destiny. But when the episode was over, neither viewers nor the so-called heroes knew much more than they did in the episode a week before. Spoiler alert: Yes, super-healing cheerleader Claire Bennet was saved from the mysterious brain-eating serial killer Sylar. But when her savior, power-mimicking male nurse Peter Petrelli asked if he also succeeded in saving the world, even Claire didn't have an answer. "I'm just a cheerleader," she responded. Blood-covered Claire was then whisked away by her secret-agent dad (who is more marginal that evil). And a confused Peter was left to pop his broken body into place (via Claire's borrowed regeneration ability) before being arrested for the murder of a less-important cheerleader lying literally brainless in a high-school locker room. Hey, nobody said they had to save all the cheerleaders to save the world. Never fear, Claire. Buffy the Vampire Slayer was just a cheerleader too when she began her heroic journey. TV loves to repeat itself, so you'll probably do just as well, if not better. Meanwhile, it's the audience that has to worry about its brains getting sucked out by the flawed-but-fascinating "Heroes." The show is based on a lousy understanding of genetics and adheres ambiguously to the science fiction trope it allegedly follows. And frankly, a lot of the characters in the ensemble cast are really annoying. We could be heroes As any geek worth his or her eight-sided dice knows, science fiction is always a blatant metaphor for something human and real. For example: "Star Trek" (social morality), current "Battlestar Galactica" (current political climate) and "X-Men" (racism/bigotry). So what's "Heroes" about? You've got a bunch of regular Joes -- some who are obviously connected, some not so much -- who suddenly develop unique superpowers at roughly the same time. Some of these disparate characters figure out that they're supposed to unite, like the Justice League of America (sans capes and tights, we hope), and prevent a nuclear catastrophe in New York City. This tragedy is foretold by Isaac Mendez, a precognitive artist who paints the future when hopped up on smack. As for the rest of the heroes, their newfound abilities leave them mostly just annoyed. This is where the show starts to break down. In the fantastic world of science-fiction comics, amazing things happen and no one blinks an eye. Of course there's a Superman! Why shouldn't Iron Man be able to fly in that heavy metal suit? With its post-9/11 metaphor of the threat of dirty bombs and a devastated New York, "Heroes" is set in a real-world universe, where the fantastic is still amazing. Still, politician Nathan Petrelli feels burdened by his ability to fly fast enough to break the sound barrier. His brother Peter's incessant whining about the siblings' special destiny pushes Nathan to retort that his superpower is good only for rescuing cats from trees. Now, c'mon! Who among us wouldn't be thrilled to find out we can fly? When a story is set in reality, flubbing that reality is aggravating. Extended puberty is a popular secondary theme in science fiction/fantasy -- that explains regularly sold out Comic-Cons and Star Trek conventions

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My late husband and I usually got away on Thanksgiving. Until we got a little older and less adventurous, we didn't even make reservations! Although I did pack turkey sandwiches just in case. I now make reservations and have adjusted where I stay as a single woman. The destination this year is Ashland, VA. I spied the college from the Amtrak train once and thought it looked charming. Now that I'm here, I ponder the efficacy of a railroad track running down the middle of the main street! On the Tuesday before Turkey day, I left my Annapolis-area home at 11 to drive to this town about 15 miles north of Richmond. It takes about 2.5 hours via the main Route 95, about 3 hours via the old main Route 301. I took the older route and was only slowed down by local traffic in Waldorf and La Plata. Otherwise, traffic was very light. At about 20 miles before Richmond, GPS ("Keith") guided me onto route 54 and Ashland. A right onto Railroad and voila, the Henry Clay Inn. It is on the west side of tracks which run down the main street and is located directly behind the Amtrak station (also the Ashland welcome center). The Henry Clay Inn was first called the Ashland Hotel when it was built in 1858. Two fires later (1905 and 1946) it was re-built as Henry Clay Inn in 1991 by the present owners. Parking is in back and there is a ramp to the entrance making this a good place for handicapped. There are also first floor handicapped-accessible rooms. This is unusual in an old inn but this inn isn't really old. The original 1868 building has burned to the ground twice and was re-built as an in in the 1990's. Check-in was smooth (I'd reserved ahead by phone). The entry area is nicely-decorated in antique-y looking furniture and a nice Oriental rug. From a rather puny-looking desk area, one spies a meeting room, gift shop and breakfast room. Holiday decorations in the process of going up. Innkeeper, Susan, carried my suitcase up the stairs to my room on the second floor rear. I requested this location to avoid hearing the trains. My room (213-a classic not premier room) has a queen bed, wing back chair, desk and armoire with ample room for storage, TV and iron/ironing board. Furniture appears to be reproductions. Private bath has typical hair dryer, ample floor space but no extra space on the sink. All of the rooms along the back of the inn have French doors to a porch spanning the back of the inn. I'd give mine a B/B+. By 2:30, I stow my case and head out to explore. There is a second floor lounge with nice couch, lovely secretary (how old?) and French doors to a porch. Very nice. It took 1 minute or less to get to the Amtrak station/welcome center. I picked up a brochure and map of the town and headed for Ashland Coffee and Tea. This looked like a funky coffee/beer shop with cast-off furniture. It is also a music venue and there's a large room with tables for that. Sandwiches, snacks also served. Good coffee break and I read the brochure and plotted my activities. The town in which I grew up, Chestertown Md., is similar to Ashland. An old college, colonial history are the same. The major highway (Route 95) near Ashland make it more a bedroom community than my town seems though. I walked along the west wide of the tracks and found a consignment shop for horse things called Changing Reigns (front door sign reads "Trot on in!" -- very cute.) New antique shop not open but Iron Horse Inn is so I stopped and made a reservation for 6 p.m. Crossed the tracks and visited a little grocery store still run by the same family and then strolled back to the inn and unpacked and checked email. Wifi works wonderfully here. Iron Horse was a department store. Resto is on the left and a nice-sized bar is on the right of the entry way. It was very good except the beignets were shaped more like hushpuppies and were crusty on the outside and a little gooey inside. The trout was perfect and butchered so it looked like a boat of a fish with the stuffing where the bones had been removed. Panna cotta was fine -- dark cookie

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Resolved Question My dog barks in the middle of the night? My dog will start barking in the middle of the night and I'm not sure what to do. I crate him during the day when I'm at work so I don't want to crate him at night too. He sleeps in my laundry room behind a baby gate because he still has accidents at night sometimes so I don't trust him in my room on the carpet (and he chews cords in the middle of the night I found out the hard way). He is only 5 mo. old but I'm about to go crazy with the barking! Help! Additional Details I did let him sleep in my room at first on the floor but after woke up to a chewed cord, that stopped! I may go back to crating at night which I tried at first also, after all I do come home at lunch to let him out. As for the hour long walks...they happen more frequently after the below freezing temps and feet of snow go away! haha...he really hates the snow. Thanks for all of your advice...I greatly appreciate it! Best Answer - Chosen by Asker Put him in his crate at night. His crate is his den. What' the difference between the crate and a gated off room. Atleast in his crate he will feel secure and safe. He can settle in there and not feel alone which is most likely why he's crying or perhaps it's because he needs to go out. Also, in a larger area, like a laundry room, he has room to have a potty area. He doesn't have that option in his crate and I think you'll find training going a little faster. You might also at to try a sheet over the crate at night. It does wonders. As to exercise, it is not just physical exercise that dogs and uppies needs. You can walk them for hours a day and they'll still bark. They are pack animals. They need companionship and mental stimulation - like training. Teach them some tricks, sit, down, come, roll over, anything that gets you to play with them. That's why you got a dog right? To spend time with it. Other Answers (12) What is he barking at? He's probably lonely. I mean in a crate all day while you are at work and then he has to sleep by himself in another room from you too. Are you walking him when you get home from work after he's been in his crate all day? He needs to get out and get some exercise, and some time with you. Also, dogs are really smart. I only (usually) takes once or twice for them to get shocked by a cord to stop forever. And I don't blame you for not wanting to have to get up in the am to a puppy mess in your room, but remember that he is still a puppy, he will get housebroken soon. Just have some patience. And try letting him get out and exercise more before bed time! CRATES ARE BAD . During the day put him in the laundry room with toys food, water and get a doggie door if possible, he feels penned up and really not healthy for a pup, he is letting his frustions out at night, they are very smart and he knows he is lonely. and barks to get your attenyion. Take him for a long walk before bed, and play with him more u will see a difference,, use pee pads and put up the wires and he will settle down. Source(s): Your dog is bored. He probably sleeps in his crate all day while you are at work so isn't very tired at night. Step 1. Walk him for one hour every morning before you feed him breakfast. Step 2. Take him out of the crate when you get home and walk him for another half hour before feeding. Step 3. Playtime and affection after feeding. Play fetch, frisbee, chase the laser, anything physically strenuous. Step 4. Another half hour walk before bedtime. Step 5. Bedtime in the crate. If he barks in the crate, take him out to the bathroom. Don't give affection if he doesn't do his business outside. If he does go, IGNORE any further barking. I understand. I like the baby crate idea too and did the same thing with mine. Here's the clue, he's a baby yet - and if you give in & put him in bed with you he's not going to learn to be alone and he learn

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Bullied children more likely to self-harm Children who are bullied in childhood are up to three times more likely to harm themselves, according to new research. Around a quarter of all school children in the UK are bullied at school at some point in their lives, researchers from King's College London said. Past research has linked bullying to a range of problems in teenagers including anxiety, depression, psychosis and behavioural problems, but few studies have looked whether a victimised child is more likely to self-harm. Researchers looked at more than 1000 sets of twins at ages five, seven, 10 and 12, who were born in England and Wales between 1994 -1995, and assessed the risks of them self-harming in the six months prior to their 12th birthday. Bullying was defined as a child saying mean or hurtful things; completely ignoring or excluding their victim; hitting, kicking or pushing the victim; telling lies or spreading rumours and/or doing other hurtful things, all on a regular basis. The study found that out of 2141 children, 237 had been regularly bullied, and 18 (8%) had self-harmed. Of the 1904 children who had not been bullied, only 44 (22%) self-harmed. Examples of self-harm given by the researchers included cutting and biting arms; pulling out clumps of hair; banging their head against walls and attempted suicide by strangulation. The study also found that the likelihood of a victimised child self-harming was slightly higher for girls than boys. Study leader Dr Helen Fisher, from the Institute of Psychiatry at the university, said: "This study clearly demonstrates that children who are bullied by peers are more likely to self-harm. "The children who were most at risk were those who had previously been maltreated by someone else, who had underlying mental health problems, or a family history of suicide." She added: "More effective programmes to prevent bullying from happening are required, but there is also a clear need for more opportunities to help children cope with emotional distress arising from bullying. "We hope that parents, teachers and doctors will be able to use this evidence to help identify children at risk of self-harming."

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Aside from the competition for over 470 political offices across the country, there's another contest underway during the 2012 U.S. general election -- the contest for Web users' eyeballs. And as in the case of the political horse race, it's the heavyweight candidates who are competing when it comes to offering election tools online: Google , Facebook and Twitter . All three are in the top 10 most-frequented websites online, according to third-party tracking firm Alexa , and all three have been publishing election content for months and promoting new U.S. election tools more prominently in recent days. Here is a roundup of what each of the "big three" are offering to allow users to track, analyze, share their own views and otherwise participate in election 2012: Google Google celebrated election day in the U.S. with an election-themed "doodle," that's the Google logo, which the search giant frequently alters in commemoration of holidays, famous figures' birthdays and other notable events: Clicking on the doodle brings users to Google's Voter Information tool , which allows users to enter the address where they are registered to vote and see a wealth of local voting information -- from polling places to a "ballot summary" showing all of the candidates appearing on the local ballot, to voter ID requirements to contact information for election officials. But even that just touches the tip of the iceberg when it comes Google's free online resources for election 2012. The Google Politics & Elections website also includes a continuously updated list of election-related content produced by other sources, from news articles to YouTube videos (such as the popular " BadLipReading" political candidate dubs ). Further, Google gives users a 2012 Election-specific Google Trends graph and "heat map," showing relative search popularity for the candidates across the country and on a state-by-state basis. And for the the true political junkie, Google has published the results of its consumer surveys of Web users on their reactions to the Presidential debates, including a topical breakdown. As for why Google is undertaking these efforts, a spokesperson provided TPM the following statement: "As part of our mission to organize the world's information and making it universally accessible, Google is working with election officials across the country to centralize and give voters easy access to voting information they need online." Facebook Facebook users looking for their polling station can turn to the website to find out where to vote, too, using a feature called the Facebook Polling Place Locator , which allows users to enter their address and displays the local polling site on a map powered by Microsoft Bing and Nokia's Navteq data. The app also provides information on Voter ID forms, an FAQ on voting, and election administration contact details. Facebook's U.S. Politics Page has been cranking out political content and insights since it was launched in 2009, but lately has gone into overdrive, publishing Facebook wall post updates throughout election day on Facebook's internal analytics of its users, detailing everything from "the most mentioned words and phrases on Facebook in the United States over the last 24 hours," to notes from Facebook's Talk Meter, which gives demographic breakdowns on which categories of Facebook users are posting about which candidates and topics. Measuring "Election Buzz," on a scale from 1-to-10, with 10 being the most talked about, Facebook's Talk Meter published the following first list of results on Tuesday around noon Eastern: ELECTION: 7.87 About a half point higher with men. Men are scoring an 8.13 while women are scoring a 7.68 Highest with older users but all age groups are scoring over a 7.0 Top group for men: 55-64 with a 8.56 Top group for women: 65 and up with a 8.09 Highest buzz geographically: D.C., Virginia, Minnesota, New Hampshire, Pennsylvania, Michigan, Delaware, Massachusetts, Maryland, Ohio OBAMA: 6.94 Higher with men. Men are scoring a 7.28 while women are scoring a 6.69 Highest with older users but all age groups are scoring over a 6.0. Top group for men: 55-64 with a 7.72 Top group for women: 55 and up with a 6.93 Highest buzz geographically: D.C., Virginia, Pennsylvania, New Hampshire, Ohio, Alabama, Mississippi, Iowa, Michigan, Florida ROMNEY: 6.81 Higher with men. Men are scoring a 7.18 while women are scoring a 6.51

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What's with all these resolutions I have to do art for now! This presentation is targeted at artists, it will give a brief overview of Apple's devices, how an artist and a developer is impacted by supporting each display, and how artists and developers can make things easier for each other. The presentation will outline some of Apple's technologies, introduce some apps, and blend in composition technique. All of this aims to make life easier for both art and dev while maintaining a consistent and usable design. The presentation will then go into real-world challenges of resolution independent art in shipping apps, and as a solution presents a simple art/design workflow.

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Jolley good There has not really been much going on this week has there, and - in all honest - I am again going through one of those 'hard to get enthusiastic about anything' periods, which has not helped either... Well, a small snippet of Pompey news has come out this evening though, beginning with those infamous 'sky sports understands' words! According to what they 'understand' AFC Wimbledon midfielder/forward Christian Jolley is being 'lined up' to join us on loan. That 'surprise' striker signing that has been mention then? That report also says that Pompey have ' asked the Football League if they can extend their squad allowance to bring in three new signings ', with the 24-year-old one of those three we want. Beggars cannot be choosers of course but this is a guy, who is out of contract with Wimbledon this summer; that is struggling to get into their squad this season - lets remember that they are a league two side... Cookie Policy At Vital Football, we along with most other modern websites use small files called 'cookies' to create the most secure, effective and functional website possible for our users. Without these files our business model, based on advertising, breaks down and we would be unable to continue to provide the services that you are here to utilise. By continuing to use this website after seeing this message, you consent to our use of cookies on this device unless you have disabled them. For full details please read our Cookie Policy which can be found here . However, if you would like to disable cookies on this device, please view our Cookie Policy which contains an opt-out tool for disabling advertising cookies. Please also visit our information pages on 'How to manage cookies' if you would also like to block all other types of cookies. Please be aware that parts of this site will not function correctly if you disable cookies.

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My impression of Playbook after having it for a couple of weeks Hi! After being a newbie to all things Blackberry, the Playbook is the first Blackberry I have ever owned (my cell is an Android) and I have had it for a couple of weeks and wanted to share my impressions. I have had a lot of time to use my Android phone. Yes, the platform is different, there are tons of apps but truthfully like most devices/OS systems, I get bored and do not even download anymore apps to my phone. Now I use use it to text, read email, occasionally look something up on the internet and make calls. I customized my screens, I read 4 books on my phone (not with Kindle), watch You Tube Videos and tinkered with it all I could. I looked at many Android tablets, went to the store and played with them, was close to getting one of the Samsung Tablets but then realized I would be just getting a bigger cell phone without the phone capabilities. So started to look at the HP Touchpad but something told me to stay away. But through it all, the Playbook was always at the top of my list. As I stated in my first post ever here, the Playbook just kept moving in the forefront of the contenders no matter how hard I tried to veer away and stay with Android. Apple products annoy me so they are never in consideration. Well I jumped in head first, bought the Playbook 32GB because it just felt like it was meant to be and for the most part I love the experience. Yes, there are moments things lag and do not open correctly or freeze. I have the same thing on my Android phone and my laptop. These things are normal. I honestly do not Skype, I do not read tons of books on the laptop, phone or tablet (I personally like to read physical books when I get time), and I like to see movies in a theater or on a normal size TV and I really do not have the time to sit in front of my tablet and watch movies. The games I downloaded are a lot of fun, my son hijacks my playbook everyday to play and is thrilled. The clarity of the screen is beautiful, the browser works great, I have a lot of backgrounds to choose from for the screen to make it look nicer, I downloaded some music from the music store, watched some TV, downloaded a free book and watched You Tube videos. I downloaded a great weather app, battery guru, angry birds (and about 20 other games), and countless other apps to make the Playbook fun and useable. I have my documents from my laptop on it, took a video the other day and it looks awesome, used the camera and it looks great as well and noticed there are new apps in the store all the time. Since I am busy and cannot keep a tablet on my hip 24/7, this tablet is great and does all I can ask for, relatively seemlessly. The best thing I can advise is do research before buying, see what you cannot live without and buy a tablet based on that. Do not buy a Playbook and complain as to what it does not have. I did my research and could not care less about Skype and Kindle because I do not use them and I have had every opportunity to use it on my phone and laptop and never did. I bought the rapid charger so I do not use the USB port too much because it is a little fragile and I love the rapid charger. Bought a car charger for the road and I am all set. I do not need a bluetooth keyboard at this point but perhaps down the road I will and I will buy one. I am happy with my purchase, I have no buyers remorse and if I ever want an android tablet down the line, I can buy one. But honestly right now I do not want to. No need. My phone is enough for that. This Playbook rocks! And I am happy with it without OS 2.1 or even BB10...those will be an added bonus and I am excited if and when they do come out. But I do not obsess over it, I bought it for what it could do now and I am happy. I know this is long but hopefully it may help someone who is on the fence about buying one or has one and is not sure if it was a good purchase. Should make this post mandatory reading for those considering purchasing a Playbook...this is one of the most balaced posts about ones experience dealing wit the the pros and cons of purchasing a Playbook.... Kudos to th OP.... I have the mini keyboard too with my PB, and use these two almost 24/7. The PB/Mini Combo goes in the purse with me to work. It has

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Search The Magazine You Say You Want a Devolution? For most of the last century, America's cultural landscape -- its fashion, art, music, design, entertainment -- changed dramatically every 20 years or so. But these days, even as technological and scientific leaps have continued to revolutionize life, popular style has been stuck on repeat, consuming the past instead of creating the new. HOLD IT RIGHT THERE From the fedora to the Afro, styles have changed with the times. Unless you're living in the 21st century. T he past is a foreign country. Only 20 years ago the World Wide Web was an obscure academic thingamajig. All personal computers were fancy stand-alone typewriters and calculators that showed only text (but no newspapers or magazines), played no video or music, offered no products to buy. E-mail (a new coinage) and cell phones were still novelties. Personal music players required cassettes or CDs. Nobody had seen a computer-animated feature film or computer-generated scenes with live actors, and DVDs didn't exist. The human genome hadn't been decoded, genetically modified food didn't exist, and functional M.R.I. was a brand-new experimental research technique. Al-Qaeda and Osama bin Laden had never been mentioned in The New York Times. China's economy was less than one-eighth of its current size. CNN was the only general-interest cable news channel. Moderate Republicans occupied the White House and ran the Senate's G.O.P. caucus. Since 1992, as the technological miracles and wonders have propagated and the political economy has transformed, the world has become radically and profoundly new. (And then there's the miraculous drop in violent crime in the United States, by half.) Here is what's odd: during these same 20 years, the appearance of the world (computers, TVs, telephones, and music players aside) has changed hardly at all, less than it did during any 20-year period for at least a century. The past is a foreign country, but the recent past -- the 00s, the 90s, even a lot of the 80s -- looks almost identical to the present. This is the First Great Paradox of Contemporary Cultural History. Think about it. Picture it. Rewind any other 20-year chunk of 20th-century time. There's no chance you would mistake a photograph or movie of Americans or an American city from 1972 -- giant sideburns, collars, and bell-bottoms, leisure suits and cigarettes, AMC Javelins and Matadors and Gremlins alongside Dodge Demons, Swingers, Plymouth Dusters, and Scamps -- with images from 1992. Time-travel back another 20 years, before rock 'n' roll and the Pill and Vietnam, when both sexes wore hats and cars were big and bulbous with late-moderne fenders and fins -- again, unmistakably different, 1952 from 1972. You can keep doing it and see that the characteristic surfaces and sounds of each historical moment are absolutely distinct from those of 20 years earlier or later: the clothes, the hair, the cars, the advertising -- all of it. It's even true of the 19th century: practically no respectable American man wore a beard before the 1850s, for instance, but beards were almost obligatory in the 1870s, and then disappeared again by 1900. The modern sensibility has been defined by brief stylistic shelf lives, our minds trained to register the recent past as old-fashioned. Madonna to Gaga G o deeper and you see that just 20 years also made all the difference in serious cultural output. New York's amazing new buildings of the 1930s (the Chrysler, the Empire State) look nothing like the amazing new buildings of the 1910s (Grand Central, Woolworth) or of the 1950s (the Seagram, U.N. headquarters). Anyone can instantly identify a 50s movie ( On the Waterfront, The Bridge on the River Kwai ) versus one from 20 years before ( Grand Hotel, It Happened One Night ) or 20 years after ( Klute, A Clockwork Orange ), or tell the difference between hit songs from 1992 (Sir Mix-a-Lot) and 1972 (Neil Young) and 1952 (Patti Page) and 1932 (Duke Ellington). When high-end literature was being redefined by James Joyce and Virginia Woolf, F. Scott Fit

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The Importance of Follow Up - Step 8 - Day 180 What If I have Screwed up with my Past Clients - Can I call them back? I get asked all the time, "What if I haven't spoken to a client in a long time? I have clients that I know I did terrible customer service with, or prospects that I let fall through the cracks. Can I call them back?" The answer is YES - but under the condition that you do a couple of things. 1. You must fess up first of all that you dropped the ball to the client. You should do this in a phone call and let them know that you did not do a good job in the past of follow up and apologize for this. Let them know you have a new system in place for better follow up and that you were hoping to re-connect with your clients and keep them up to date with your products or services. Many clients will appreciate the call and the fact that you admitted that they were not treated properly. Some may not want to stay connected, and that is ok, at least your mind is clear knowing that you admitted to your downfall. The cool thing is many people will be happy to re-connect with you! 2. For those that want to re-connect with you, don't mess up again... be sure to follow up with them, if you don't you can say good bye to any relationship with these clients. Once bitten twice shy. I was reading a blog entry last week and one gal wrote about an example of doing something fun if you made a mistake with a client. The merchant had sent a box of TIDE to their clients with a note that said " I hope I can clean this mess up for you." Loved that idea! Bottom line, if you know you have made some mistakes in the past, that is ok, we all learn and move forward. But know many of those clients are not a lost cause if you call them and admit to your learning curve! Good luck!

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Search community Decimal Number System Big Idea Our decimal number system is a base-ten place value system. This system extends infinitely in two directions towards very large numbers and very small numbers. Background points for teaching An understanding of the number system is central to success in mathematics. This tutorial examines 4 mathematical ideas associated with the base-ten place value system. Each of these ideas is described with examples so that teachers can gain a picture of the mathematics they are teaching. One of the most basic ideas within the number system is that there is a 10-to-1 relationship between the values of any two adjacent places (or columns). Figure 1 illustrates the x10 relationship between adjacent places as you move to the left. From Figure 1 you can see that ten of any one place makes one of the next larger place, for example, 10 hundreds = 1 thousand, 10 hundredths = 1 tenth. This ten makes 1 concept continues indefinitely to larger and larger numbers with the relationship between adjacent places remaining the same regardless of which two places are being considered. The 10-to-1 relationship also allows you to understand the relationship between any two places in the number system. For example: The thousands are 2 places to the left of the tens. This means there is a 10x10 (10 2 ) relationship between tens and thousands: 100 tens = 1 thousand. The tens are 3 places to the left of the hundredths. This means there is a 10x10x10 (10 3 ) relationship between tens and thousands: 1000 hundredths = 1 ten. The 10-to-1 relationship can be viewed as a 1-to-10 relationship between adjacent places to the right where the places are getting smaller by a factor of ten (see figure 2). In other words a division of ten or a tenth of any place makes one of the next smaller place, for example, a tenth of a thousand = one hundred (100010=100), a tenth of a tenth = one hundredth (0.1 10 = 0.01). The 1-to-10 relationship also allows you to understand the relationship between any two places in the number system. For example: The tenths are 3 places to the right of the hundreds. This means there is a 101010 (10 -3 ) relationship between hundreds and tenths: 1/1000 of a hundred = 1 tenth. Whole Numbers The base ten place value number system has a repeating naming pattern. The pattern of ones, tens and hundreds names firstly the units, then the thousands, and then the millions etc. The convention of including a space between each family or group helps us read the number. For example 67 000 = sixty seven thousand, or 502 000 = five hundred and two thousand. Decimals The grouping pattern also extends to the right of the decimal point. The decimals in the naming pattern have equivalent decimals which are easier to read. For example 10 thousandths is equivalent to 1 hundredth. So, although the naming pattern continues to the left of the decimal point the convention is to name the decimal by the place value column furthest to the right. For example, 0.7 is read as 7 tenths, while 0.83 is read as 83 hundredths. Often decimals are simply read as a string of digits, with 0.83 read as zero point eight three. Encouraging students to read decimals by using their place value supports them in their development of number sense. The role of the decimal point is to indicate the units or ones place in a number and it does that by sitting immediately to the right of that place. Consequently the decimal point also works to separate the units (on the left) from parts of the unit (on the right). As shown below a number can be expressed in different ways depending on the selection of the unit. The decimal point indicates which position is the unit. 6501.4 (in this case the "ones" is assumed) 650.14 tens (in this case the units are tens) 65014 tenths (in this case the units are tenths) 6.5014 thousands (in this case the units are thousands) Like any other digit, zero indicates the number of items in the place (or column) in which it appears. For example, 205 means 2 hundreds, 0 tens and 5 ones. Without the 0, the 205 appears as 25, which means 2 tens and 5 ones. We refer to the zero as a place holder. In the example it holds the tens place, so that the 2 is correctly located in the hundreds place. Zero is also needed as a place holder in decimal numbers. In both whole numbers and decimals the zero holds the place between a digit and the decimal point

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My colleague is an anomaly among the writers here at Forbes. She splits her time reporting to two different editors. She jokes that Editor A owns her right side and Editor B her left, and some days she feels like she is being stretched both ways. But it all works out, because they all communicate well and share the same goals, she says. Editor A thinks that has a lot to do with the culture of our particular workplace. "We work in an environment where people always pitch in and want to help out," he told her. "We know that everyone is working their hardest, and people just don't act resentful or put upon here. That makes trust and cooperation much easier." As companies dismantle their old internal walls -- as marketing talks more to finance, for instance -- more and more people find themselves reporting to multiple bosses. Ideally, everyone involved has the same basic mission, neither boss is trying to outrank the other, and the person being bossed knows exactly what his tasks are and how he's being measured. In tougher cases, bosses may have conflicting agendas or views of the company's direction. "Communication is the most important part of it," says Anita Attridge , a career and executive coach with the Five O'Clock Club, a career coaching organization. "If your bosses don't work well together, you have to negotiate with them to arrive at a win-win situation." In that situation, says Attridge, explain to them both that Boss A wants one thing and Boss B another, and offer a solution that can meet both of their needs. "The best way to please any manager or any two or three managers is to communicate clearly, leaving very little to chance. For example, be clear about deadlines and deliverables," says Connie Thanasoulis-Cerrachio, a career expert and co-founder of SixFigureStart , a career coaching firm. "The people who have the most trouble with these types of situations are those that don't communicate well, take things personally, gossip, and/or get overly emotional. You need thick skin and a confident demeanor to survive and thrive in business. Remember, you are there to do a job, so focus on the results. The younger and more junior you are, the harder it may be to push back. It's the age-old dilemma of the person on the bottom rung: seemingly endless requests from seemingly countless people. "You don't have to be an order taker," Thanasoulis-Cerrachio says. "Give them feedback so they know what is involved and what you'll be doing." At the other end of the spectrum, more seasoned employees should have more skills under their belt that can help in potentially difficult situations, like juggling multiple bosses, Thanasoulis-Cerrachio says. If you are more experienced, learn how each boss likes to communicate and more importantly, know what their goals are. "Help each achieve their goals and you will always be employed," she adds. Workers with two or more bosses often juggle multiple assignments that each boss considers urgent. It can be difficult to manage the heavy workload and the bosses' conflicting demands. Attridge says that in such a situation you should negotiate your deadlines. "If you have multiple 8 a.m. deadlines, consider asking each boss if he or she could accept the work later in the day," she says. "The answer might be no, but at least you'll have tried. You'll very quickly learn which bosses are willing to work with you, and who is more resistant." Attridge says to always give bosses an alternative, rather than a flat-out "I can't do this." Learn your bosses' styles, and keep them at ease by making sure they know what you're doing and for whom. My colleague says Editor B wants her to check in every 48 hours with an update on what she's doing and any problems she might be having. Editor A is more hands-off, just wanting the work they agree on done on deadline. Neither knows what she is doing for the other unless she tells him. Most of the time she does so casually, by dropping by their offices with an update, but when she is feeling particularly busy and unsure how to prioritize, she'll e-mail them both with a list of her tasks and ask them for their advice. My colleague says her type-

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Top Handset Maker Confirms Backdoor in One of Its Models One of the world's top handset makers has acknowledged the existence of a backdoor in one of its models. ZTE, which is based in China and produces the ScoreM, which sells as a Google Android phone, admitted that it had placed a backdoor account with a hardcoded password, which is easily found online. The backdoor was used by the company to remotely update its firmware , according to Reuters. But its existence would also allow anyone else with knowledge of the password to access a Score phone and gain root access. "It could very well be that they're not very good developers or they could be doing this for nefarious purposes," Dmitri Alperovitch, co-founder of cybersecurity firm CrowdStrike, told the news service. ZTE has vowed to fix the security hole. "ZTE is actively working on a security patch and expects to send the update over-the-air to affected users in the very near future," ZTE told Reuters. "We strongly urge affected users to download and install the patch as soon as it is rolled out to their devices."

**id 256**

Is feeling tired all the time a pregnancy sign? by Arianna (Denver) For the past couple weeks I have been feeling a little off. I have been getting super dizzy when I stand up, feeling nausea off and on all day, haven't been wanting to eat all the foods I normally do, having cramps off and on and some stomach discomfort. My breasts have been somewhat tender but not a lot. Now the past couple of days I have felt really bloated. I have also been really tired lately but have been sleeping fine so there really isn't any reason why I should be so tired during the day. With all of theses symptoms it made me wonder if there was more a probability that i really am pregnant more than not? Comments for Is feeling tired all the time a pregnancy sign? If you are feeling tired all the time, you may wonder if it is a sign of pregnancy. If you have other symptoms of pregnancy, such as tender breasts or a missed period, the chances are very good that you are pregnant and you should definitely take a pregnancy test. However, it can be a sign that there are other things going on medically that you need to have checked out. It could just be a result of hormonal changes going on inside your body. As the baby begins to grow, your body is putting out many different hormones. This can lead to sleeplessness and this, in turn, can lead to fatigue during the day. This is something that should get better in time but if it persists, you may want to get a doctor to check you over. Other causes could be dehydration or anemia. Whether you are pregnant or not, if your iron levels drop too low, you will begin to feel tired and worn down. As with dehydration, if you are unaware of the problem and do nothing to fix the situation, it will only get worse. If your tiredness and fatigue is being caused by pregnancy, it should begin to ease in the second trimester (months 4-6). By then many of the demands the baby is placing on your body will have lessened slightly and you should begin feeling like your old self again. Those could all be symptoms by: Anonymous Being tired all the time can be caused by many different things, such as dehydration, etc. But with all of those symptoms it seems like you may want to do a pregnancy test.

**id 257**

Best Answer - Chosen by Voters Every day, many of YouTube's servers are often shut down in order to update stuff. Be patient if your YouTube is stuck, slow or garbled. Transmissions from YouTube's computers to you are actually done in small chunks of "flash" at a time. That's why sometimes you may only see bits and pieces of videos and/or text. Your problem may fix itself in a few hours or by the next day. If you're not sure how to do this, or if you want extra tips on how to make YouTube run even faster (all without having to buy or install anything), then click my avatar and email me. I will guide you through "cache" clearing plus my other tips in easy English with full explanations. [Note: if you have Google Web Accelerator, dump it, burn it, trash it, disable it, uninstall it -- do everything you can to get as far away from it as possible (even though this contradicts my advice). GWA totally destroys YouTube. Simply clicking on "Don't Accelerate this Website" won't help you at all. Note 2: in order for long videos to play smoothly, sometimes both "flash" AND "shockwave" are required. Other than that, avoid YouTube's beta homepage and stay away from stupid utilities and downloaders. Note 3: oddly enough, a weird solution that once worked for me was changing the URL site from "www . youtube . com" to just simply "youtube . com" -- or you can do it vice versa. You can also try Canada's YT base: "ca . youtube . com".]

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The section element We doctors are a bunch of chums using HTML 5 and writing about how we do it. Apart from spurious requests for medical advice, the questions we receive most are about using the section element, and we realise that we've been using the section element incorrectly all this time. Sorry. What we've been doing wrong is using section to wrap content in order to style it, or to demarcate the main content area from the nav , header , footer etc. These are jobs for div , not section . The section element represents a generic document or application section...The section element is not a generic container element. When an element is needed for styling purposes or as a convenience for scripting, authors are encouraged to use the div element instead. section is a blob of content that you could store as an individual record in a database. It generally looks like this (and note that the heading goes inside the section element, not immediately before it): &lt;section&gt; &lt;h1&gt;Any level of heading&lt;/h1&gt; rest of the content &lt;/section&gt; With very few exceptions, section should not be used if there is no natural heading for it. Check your work in the HTML 5 outiner tool . If you see any instances of "untitled section" that corresponds to a section, you're probably doing it wrong. (It's fine for a nav or aside element to be untitled, however). Section is also the most generic of the sectioning elements. Make certain that you don't really need an article , which is defined as a composition that forms an independent part of a document, page, application, or site. This could be a forum post, a magazine or newspaper article, a Web log entry, a user-submitted comment, an interactive widget, or any other independent item of content What about main content? In HTML 5 you can specifically mark up all the "secondary" content on a page such as navigation, branding, copyright notices, so it feels odd that you can't specifically mark up the most important part of your page -- the content. But what would be the purpose of marking it up specifically, anyway? If you need to style it, use a div . An assistive technlogy like a screenreader can find the main content because it is the first thing inside a page that isn't a header, nav or footer. Rules of thumb for using section Of course, there are always exceptions, but these should give useful guidance for 99% of cases: Don't use it unless there is naturally a heading at the start of the section The revised spec (as of 16 September ) says: Authors are encouraged to use the article element instead of the section element when it would make sense to syndicate the contents of the element. As blogposts and comments are often syndicated (by being pulled into other blogs or being linked via twitter, reddit etc) they should be articles. Thanks to Opera's Lachlan Hunt for fact-checking this article. Please also note that we haven't yet changed the WordPress theme to get rid of extra sections, so for now please do as we say and not as we do! Category Tags Translations This article was written by Bruce Lawson . Bruce evangelises Open Web Standards for Opera (but opinions here are his own). Previously, he was technical lead for the Solicitors Regulation Authority site. He is co-author of Introducing HTML5 . He blogs at brucelawson.co.uk and tweets at @brucel . [...] The section element. Useful article by Bruce Lawson on the correct use of the HTML5 &lt;section&gt; element, with a good tip about using the HTML5 Outliner tool to check your content for untitled sections as a way of identifying (possibly) incorrect usage. I may need to update the source of this site a bit! [...] "section is a blob of content that you could store as an individual record in a database. It generally looks like this (and note that the heading goes inside the section element, not immediately before it):" In a real world application would it be used for say... the intro/excerpt part of a blogpost for instance? Is that a blob? Your code example seems to be just the whole page content surrounded by My mental model for section is turning out to be a chapter of a book. You could also include the foreword and preface, possibly table of contents. Then, each section could have subsections that make sense

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End of Season Prizes Wednesday, 3 October 2012 Tom Boonen won the Flandrien prize for Belgian cyclist of the year, collecting the trophy from the Belgian Prime Minister. The annual award has been split in recent times give domestic prize and an international one, this time scooped by Bradley Wiggins. If you want to understand how big cycling is in Belgium then note Boonen collected the award from bow-tie toting Elio di Rupo. There are not many awards dinners in the world where the head of government dishes out the prizes. Nor awards where a country's top politician finds it worthwhile to be seen handing out the prize . These awards are subjective but for me, often illustrate the best riders of the season better than the arithmetic of a points-based ranking system. Rabobank's Liesbet De Vocht won the Flandrienne prize for best woman. There were awards for beginners, juniors and amateurs respectively with Jasper Stuyven taking the latter. Flandrien is an elusive word to translate concisely, it refers to someone who comes from West Flanders but also evokes a hardman cyclist, the kind who damages cobbles when he rides over them and makes the wind cross. The original Flandrien rider was Alberic "Briek" Schotte, also known as "Iron Briek". Schotte died on the day of the Tour of Flanders in 2004, "his" race and is not forgotten as a giant mural in the village of Desselgem displays his image, you'll often see it on TV in April. But he's also the first winner of the Challenge Desgrange-Colombo , a season-long competition to identify the world's best rider that started in 1948. The Desgrange-Colombo prize was created by L'Equipe and La Gazzetta Dello Sport and also saw Het Nieuwsblad and Les Sports take part, an international jury from the cycling press coming together to award the prize. This internationalism lives on today with the Vlo d'Or prize awarded by France's Vlo Magazine after it polls cyclesport journalists from around the world. I gather Bradley Wiggins will win the 2012 title. For me these awards are superior to rankings based on points-scoring. Cycling is often about quality rather than quantity and the arithmetic of points doesn't always capture the success of a rider, instead they typically reward consistency. Joaquim Rodriguez is certainly one of the world's best riders but if he tops the 2012 UCI World Tour rankings, his 2012 season will also probably be remembered for losing his grasp on two grand tours and a consolatory ride in Il Lombardia. Subjective analysis like a jury vote or a reader poll probably wouldn't pick Rodriguez as the best of 2012... although he'd come close. Still, it's a matter if nuance, it's not as if Rodriguez has been invisibly taking points on a stealth raid. Wins vs Awards These awards are a nice distraction. When a rider presses on the pedal in training or racing there is no thought of an end of season awards ceremony. There's probably no thought of the trophy on the podium in a race either but I'm pretty sure Tom Boonen prefers his double Paris-Roubaix and Flanders trophies from this year and that Rodriquez would halve his UCI points haul in return for the Giro's Trofeo Senza Fine . Note these end of season awards are being given out before the UCI's World Tour has even finished, suggesting that someone could win every single stage of the Tour of Beijing and take the overall with an hour's advantage but it makes no difference. Either way Andr Greipel looks set to end the year with the most wins as he's got 19 victories. Here's the ranking from Cycling Quotient : Summary It feels like the end of the season as the leaves start to fall and riders pick up awards. Tom Boonen had the best spring classics campaign and rightly wins the award as best Belgian, Gilbert's late season charge wasn't enough. Is Wiggins the best rider of 2012? With Paris-Nice, Romandie, the Dauphin, Tour de France and Olympic gold I think it's hard to see anyone else winning the Vlo d'Or prize. Yet these awards are subjective, debate is always open. The awards are great

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Find a Dermatologist A dermatologist is a doctor who specializes in treating conditions that affect the skin, hair, and nails. After earning a medical degree and completing an internship, a dermatologist receives three more years of specialty medical training, becoming an expert dedicated to skin, hair and nails. Many dermatologists have general practices and see patients with all types of skin concerns. Some dermatologists gain additional training and expertise in a specific area of dermatology, such as pediatrics, surgery, or cosmetics. They may go on to have a practice that specializes in one of these areas. Special Proprietary Notice and Disclaimer "Find a Dermatologist" is produced by the American Academy of Dermatology (AAD) as references of professional information on individual dermatologists. It is intended to provide the public with quick access to information on dermatologists who are members of the AAD. Neither the database, nor any part of the data, listings, profiles, or other constituent elements may be downloaded, republished, or duplicated, in whole or in part, for commercial purposes, purposes of compiling a mailing list or any other list of dermatologists, or for any other purposes without the prior express written permission of the AAD. Although the AAD undertakes reasonable efforts to keep the information in "Find a Dermatologist" up to date, the AAD does not warrant the accuracy, completeness, timeliness, or in any way endorse the individuals described therein. In no event shall the AAD be liable for any decision made or action taken in reliance on the information contained therein.

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Follow this Blog in your Email! Wednesday, September 05, 2012 When a KFC Family Meal is Worth More than a Photograph...apparently. Yes, its an interesting title. But I have to be honest - its an interesting story, one which, as photographer, I am saddened to relate. Here is how it goes. While we were on a shoot a couple of weeks ago, I took an incidental but rather beautiful portrait of someone who was there at the location. It was beautifully lit with studio lighting, captured in a wonderful moment and taken with 30 years of experience. Yes, it was quite lovely, even if I say so myself. Little were we to know then that it would be the last photograph taken of this person. Yes, within a couple of weeks, this person unexpectedly passed away. When this happened, we naturally got a call from the grieving family. "It is a beautiful photograph", we were told. "Its how we want to remember (this person)". A moment like this can make a photographer feel like they have done something that has lasting and positive results. My wife and I have gifted our photography many times. We have often done this as an act of gratitude, or perhaps as an act of compassion. However, in this case there were reasons why this was not possible. But there was the opportunity to reduce our price, which we did. When the woman with whom I was speaking asked me the price of a print, I reduced it significantly from our usual price and explained to her that I had done such, with compassion and sympathy. The woman then paused with apprehension, told me that she would consult with her sister about the purchase, and get back to me. Now, her reduced price for the print was being halved due to the fact that her sister was being asked to contribute. This brought the print price for each to below that of a family meal at KFC! Knowing that the funeral was being held in the next few days, I contacted the family again, asking if she wanted to me to rush the print over so that it would be there for the actual service. I was kindly told that the portrait was not wanted. Suddenly, a photograph that allegedly meant so much became something that meant nothing at all. Why? Because it would cost her about the same as a meal at KFC. The last photograph taken of the person she loved so much, an image that honoured, dignified and beautified this person, suddenly became completely unwanted....unless it was either free, or perhaps significantly less than the price of a family meal at KFC. This being the case, I have to admit to feeling glad that I did not offer the print as a gift of sympathy. Gifts are hopefully appreciated. While I certainly can empathise with their loss, I find it difficult to comprehend their perspective on the worth of this beautiful and final portrait of someone they apparently loved so dearly, especially when it had become so affordable. I am left wondering what she thought the price would be? Would I just hand it over as if it required nothing to achieve, no costs and no time on my part to arrange? What would you pay for the final photograph taken - particularly one as beautiful as this - of someone you loved so much? Where will your family meal at KFC be in a year? Ten? Twenty? The portrait of your loved one would still have shone from its frame during all those years. In a way I feel sorry for this family, whose complete lack of appreciation has cost them this memory of their lost loved one. And then, on the other hand, I am saddened and insulted on behalf of the person who has died. While my heart goes out to the family as a result of their loss, all I can say to them with regard to this precious photograph, I suppose, is....' Enjoy your chicken '.

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Share it Friday, August 31, 2012 E arlier this week I wrote a post about the new tablet-only sports magazine launched by the Star-Telegram in Fort Worth. Digital only publication launches by U.S. newspapers are a rare event and so I was very very enthusiastic about the experiment. I was all the more surprised and pleased because the tablet magazine was coming from McClatchy, a company that has definitely not impressed me with their digital efforts. I spoke to a couple of people involved with the DFW OT Sports app to get some background. It appears that the project went through the usual bureaucratic hurdles, but it has launched and now the paper can gain valuable insights into the ins and outs of the tablet publishing platform. Today, however, McClatchy has released a series of tablet editions that reinforce my earlier impression of the company. The new apps, Bradenton Herald for iPad , E Cenre Daily Times for the iPad , The Myrtle Beach Sun New s, and Merced Sun-Star for iPad , are all produced for the newspaper chain by Olive Software, a maker of replica editions and Flash flipbooks. The app descriptions for each of the new apps are incredibly bad: one or two sentences, written as if the person couldn't be bothered. None of the app descriptions tell you the most important thing you need to know about these apps -- that they require that you currently be a e-edition subscriber to the newspaper. Without this, a local reader can not use the app to access issues. None of the new apps support Apple Newsstand, and none allow for in-app purchasing of a subscription. So how much does an e-edition subscription cost, a reader might ask themselves. Well, that's a bit hard to figure out. A look at the Merced Sun-Star website does not feature e-editions. A look under the "Subscribe" navigation button shows that the paper is only interested in selling print subscriptions. The website of the Bradenton Herald does not promote digital subscriptions either, though way at the bottom you'll find a link for e-editions (they're $4.95 a month). Prior to finding these new McClatchy apps in the App Store I was reading a story about an Athens woman who threatened to jump from a building -- another austerity victim, I suppose. She ended up being rescued. But these McClatchy tablet editions immediately created an image in my mind of a newspaper executive, standing on the ledge of a high rise, screaming about their digital media woes. "Will no one save us?" the exec cries. Behind the screaming newspaper pro emerges a sales person from a digital replica maker company. "I will!" answers the vendor... who promptly pushes the newspaper executive off the ledge.

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Chaos and the Surreal The invention of Chaos Theory is usually attributed to mathematicians, but artists and philosophers found ways of expressing the idea long before mathematics had the necessary computer power at its disposal. Chaos in its formal mathematical sense is relatively recent in its conception. It was Edward Lorenz, an American mathematician working in the 1960s, who pioneered the idea, coining the term 'butterfly effect' around the same time that computers reached powerful enough levels to cope with the calculations necessary to develop the theory. The non-linear approach that defines the theory, the idea that highly complex systems are extremely sensitive to initial conditions, was revelatory in a world where calculus had been the prevailing mathematical mindset since the time of Newton. A new branch of physics was born. But what if art had got there first? Four decades earlier, a group of artists and philosophers in Paris had begun to rebel against the excessive (as they saw it) use of logic and rationality that had been embraced by the intellectual elite since the Enlightenment. Breton, Dal and the other Surrealists actively celebrated the unpredictable -- they valued artwork, films and books in which the conscious mind could find no meaning. They argued that the work spoke to a deeper subconscious, an elemental part of ourselves that could not be reached through the false rationality that mankind imposed on itself. According to the Surrealists, human existence was dictated by a powerfully random undercurrent, not by cogent reasoning as we believed. The underlying instability of Dal's paintings, the erratic nature of Buuel's films -- they all offer a glimpse of the non-linear. But it was in the written work that the use of the chaotic was easiest to pinpoint. The traditional novel depends on a narrative arc -- a linear construction that lends itself quite readily to non-linear subversion. Adopting the expression "as beautiful as the chance meeting on a dissecting-table of a sewing-machine and an umbrella" by the obscure 19th century writer Isidore Ducasse as his motto, Breton chose the 'chance meeting' as the basis for his work not in any pre-ordained sense, but in the belief that this is how life really works. In his book Nadja, the seemingly meaningless encounter had by the protagonist and the work's namesake remains just that: meaningless. Yes, there are knock-on events, but ultimately the narrative logic that would dictate this as a love story is thrown aside in favour of a more authentic randomness. And what is rebellion against logic if not a rebellion against linearity? By reaching a 'logical conclusion', we presume to be able to predict what will happen -- just as a physicist will presume to predict a scientific outcome. Yet the ultimate conclusion of this process exists within a vacuum, unaffected by the inherent randomness that must exist in an infinite universe; in an infinite reality, anything is possible. Breton did not confine his work to the vacuum of the novel, but incorporated the Surrealist vision of how reality really functioned. It was a literary work that accepted its own sensitivity to random events acting as a precursor to mathematical realisations. The Surrealists believed that we are so determined to see the patterned order in things that we blind ourselves to the chaotic reality. Chaos Theory maintains that the Universe can be little more than a vast and complex game of chance -- something the Surrealists were able to express through art decades before mathematics was technologically able to catch up with them. Half a century on, we now see the loop being completed, as designers and architects reappropriate non-linearity to make it an artistic axiom once more.

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'Indian Summer' at the beginning of spring Held in a cold dark room, the exact opposite of the warm balmy glow that an Indian Summer conjures up, are a remarkable set of Victorian photographs collected by a Victorian businessman from Horsham. These incredibly delicate photographs, whose survival has occurred only because so few people have seen them, have been digitally copied and are now on display in Horsham Museum's new photographic display 'Indian Summer'. The images on show range from the grand architecture for which the continent is known, through to the scene of everyday workmen. These images though show an India pre Edwin Lutyen's, an India whose own striking architecture inspired and challenged Britain's own idea of Imperial splendour. The images date from around 1865 to 70, at a time when India's past and its culture provided a rich fascination for the English. This fascination would culminate in 1876 when Queen Victoria would be proclaimed Empress of India and continue through to the 1920s with the inspiration for Wembley. The photographs' were collected by Robert Henderson of Sedgwick Park, Horsham who undertook a tour of the country in January through to July 1874, before travelling to the rest of Asia and America, looking at his business interests. Some of the photographs were taken by the celebrated photographer Samuel Bourne whose photographs were described at the time as having a "luminescent quality". His work gave birth to a studio, Bourne & Shepherd, which still operates in Calcutta. As Bourne operated in India between 1863 and 1870 it is more than likely that Robert Henderson collected the prints from the studio itself. They were then pasted in to green leather bound albums and eventually donated to Horsham Museum in 1930. As for an Indian summer taking place in spring, the exhibition runs until 2nd April 2011 and yes an Indian summer doesn't relate to India, but to North America where the balmy months of September and October acquired that name some 300 years ago. But the warm glow of these travel pictures gives an Indian summer feel to the viewer as well as an historic view of a rapidly changing country.

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OPINION: Life without technology: A Look at how technology has changed us! Like it or not, technology can go wrong. On the week that mobile phone network provider O2 suffered a technical failure which left a third of its customers (up to seven million people, that is), without texts, calls or internet, and following a disaster with the Royal Bank of Scotland which left people with unpaid salaries and payments being taken twice, we take a look at technology and how it has changed the way we live and work. STAYING IN TOUCH o2 customers couldn't text, call or access the internet -- can we live without our technology? For many, mobile phones have replaced the traditional house phones. This is probably why there was such an outcry when o2 went down. One woman complained she couldn't get hold of her husband, but what would she have done when we didn't have mobile phones? We can't deny that we've come to rely on that constant communication channel that we can use any time, day or night, across the world. Also, phones are no longer just phones -- many are now as powerful (if not more powerful) as the computers we have at home. Games that we can play against other mobile phone users, apps and social networks have changed the face of traditional communication. When back in the day we might have written a letter to our friends across the world, social networks like Twitter and Facebook now mean that those same friends could know everything about us, right down to where we were and when that very day -- thanks to 'check in' and 'photo upload' tools on the networks. Many of us live our lives through technology. We text in the morning, tweet over lunch, check-in at the weekends -- could we go back to not having it? It's not all negative though. We all have very busy lives, many of us trying to hold down jobs, sort out the kids, maintain a social life, all within a short week -- and technology does make it easier. 'B there in 5 x' as a text tends to be a lot quicker than a phone call, and letting your friends in far away places know what your up to is admittedly much easier than writing and posting a letter (though, does it have the same heart and soul to it?) So, let's appreciate technology. Lets think what life would be like without it. Lets also remember though that nothing is perfect. Do you kick up the same fuss to the postman when a letter gets lost as you do to the phone company when you don't have network for a short while? Perhaps we're taking technology for granted. THE FAMILY UNIT Picture this. Dad is on his iPad, Mum on her laptop, Kids on their xbox, smartphone, or Nintendo DS -- sound familiar? It was recently reported that the family take their phones and computers to the dinner table. Our grandparents would have had something to say about that, right? Technology has also changed the family unit. Yes it's great in some ways, we can share information and use computers to learn and share experiences -- but are we forgetting how to actually communicate with each other? Has being able to get in touch at the click of a button meant that we lose the excitement of waiting til the end of the day to share our stories? We wonder -- perhaps the occasional 'technology free' day for the family might be advantageous. BANKING The trouble RBS had recently was caused by a technology fault. When was the last time you actually stepped foot in your bank branch? Remember when people actually had a meeting with their bank manager, whom they knew well and trusted? Technology has changed banking massively. We send money across apps, text messages and online accounts. We have contactless technology to pay for things, even stickers that go on our mobile phones! Again technology in banking works for our current lifestyles, many off us can't get out of our busy schedule to go to the bank -- so really it does help us. We have to think though, are the banks forgetting the power of people? Perhaps we need a little of the old banking model back, when people meet their bank managers who get to know them -- perhaps this would restore some of the trust us consumers have lost in our banks. BUSINESS & MARKETING Notepads? No, we take iPad tablet computers to our meetings now! We can work from home, as we can get the emails to our mobile phones. We're constantly in touch with everyone throughout the workday. We email our clients, we send them files over 'clouds' and we interact with them on social media. Business

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Nvidia Launches Supercomputing-focused K20, K20X When Nvidia launched the consumer-oriented GK104 earlier this year, the company made it clear that the enthusiast-oriented GPU was the first iteration of a two-GPU strategy. K20, we were told, would launch later in the year, with certain features aimed at accelerating supercomputing and HPC workloads. Today, Nvidia is taking the wraps off that second GPU . As expected, it's a monster; the Nvidia K20, based on the GK110 GPU weighs in at 7.1B transistors, double the GK104's 3.54B. GK110 keeps Kepler's basic SMX structure. Each SMX unit contains 192 CUDA cores, 32 load/store units, 16 texture units, and 4 warp schedulers. There are 15 SMX units per die as compared to Kepler's eight. Neither the K20 or the K20X that Nvidia is announcing today actually use all 15 SMX's, K20 has 13 enabled, K20X has 14. The memory bus is also larger; at 384 bits for the K20X and 320-bit for the K20. One major difference between GK110 and GK104 is the allocation of double-precision floating point units into the SMX. The GK104 and GK110 SMX's are shown below, though it's not clear if the GK110 actually has an entirely separate double-precision FPU, or if it uses pairs of single-precision units to hit high throughput figures. The GK110 is on the left below, the GK104 is on the right. The GK110 is capable of pairing double-precision operations with other instructions (Fermi and GK104 couldn't) and the number of registers each thread can access has been quadrupled, from 63 to 255. Threads within a warp are now capable of sharing data. K20 also supports a greater number of atomic operations and brings two new features to the table: Dynamic Parallelism and Hyper-Q. Dynamic Parallelism refers to the GPU's ability to spin off new threads of work directly without passing data back to the CPU. This reduces execution latency and improves power efficiency by leaving the CPU free for other tasks. Hyper-Q takes a bit more explanation. GK104 and the Fermi chips that came before it supported 16-way concurrency between different work streams but ultimately aggregated the work into a single execution queue. What this means in English is that it was difficult to take full advantage of Fermi's execution resources when juggling multiple workloads or performing different tasks. Hyper-Q, according to Nvidia, "allows connections from multiple CUDA streams, from multiple Message Passing Interface (MPI) processes, or even from multiple threads within a process. Applications that previously encountered false serialization across tasks thereby limiting GPU utilization, can see up see up to a 32x performance increase without changing any code." 32x is obviously a worst-case scenario for Fermi, but the advantage here is real. Finally, there's GPUDirect. GPUDirect is a technology that allows other devices to query the GPU in a node without waiting on the CPU to handle the transaction. According to Nvidia, this boosts higher aggregate bandwidth for cross-GPU data sharing and should lower overall latency as well. Not Exactly Built For Gaming When the K20 was announced, there was considerable speculation that Nvidia might launch an ultra-high-end consumer variant of this SKU. While that's still technically possible, it seems rather unlikely. The K20/K20X don't have video outputs, but even if they did, they don't offer the consumer market much that it doesn't have already. Here's how the K20 and K20X fit into Nvidia's current server/workstation lineup: The K20 is equivalent to a GTX 690, for those of you wanting to see the consumer side of the equation. Dual GPUs never scale as perfectly in real life as they do on paper, but the K10 is substantially more powerful than the K20/K20X by most metrics -- and the actual GTX 690 is more powerful than that. Granted, SLI scaling is never perfect, but it's not clear that the K20X's features would automatically give gaming a major boost. If Nvidia does launch a consumer variant, it'll likely tweak the speeds and feeds to enable higher

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Document Actions Gas market The Ministry has a lead role within government on the regulatory framework for the gas industry. Our work ensures gas is delivered safely, efficiently, fairly, reliably and environmentally sustainably. We monitor and advise the government on: gas governance and industry arrangements to promote a smooth transition to the post-Maui environment In October 2011 an outage of the Maui gas transmission pipeline occurred. The government undertook a review of the outage to ensure that the lessons learned are captured and that appropriate steps are being taken to strengthen the gas system.

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Adam Smith The Wealth of Nations ... Squashed down to read in about 100 minutes "It is not from the benevolence of the butcher the brewer, or the baker that we expect our dinner, but from their regard to their own interest." When Adam Smith wrote The Wealth of Nations there were no economists, for he invented the science of Economics. Born in Kirkcaldy, Fife, Scotland, he became professor of logic at Glasgow in 1751, becoming professor of moral philosophy the following year. A personal friend of David Hume , his travels through Europe and his many contacts in business and government gave him the opportunity of making very detailed studies of the social forces giving rise to competition, trade, and markets. It is a remarkable achievement that, nearly 250 years on, this work, with its idea of the "invisible hand" of economic incentives, is still one of the essential basic texts of its field. ABOUT THIS SQUASHED EDITION Although large by the standards of the 'Squashed Philosopher' series at 13,000 words, I've reduced Smith's monumental 383,000-word, 1000-page work to about 3.5% of its original size. Very little of his basic economic theory has been lost, but, the general theory now being so widely understood and accepted, it was not thought necessary to include anything more than a taste of the vast array of fiscal and financial data, historical examples and justifications Smith provides. However, more than a fair smattering of his fascinating asides have been retained, despite the fact that some think the source of much of his data, about pin-making for instance, to be simply anecdotal. How he obtained his information about the beauty of Irish prostitutes is not known. No Time? Read THE VERY, VERY SQUASHED VERSION... Adam Smith, 1776 The Wealth of Nations "It is not from the benevolence of the butcher the brewer, or the baker that we expect our dinner, but from their regard to their own interest." THE DIVISlON OF LABOUR: One man can scarce make one pin a day, but by men co-operating to do a specialised task each, ten men can make 48000 pins a day. It is men trying to make life easy which brings improvement, and each man has different skills. It is not from the benevolence of the butcher, the brewer, or the baker that we expect our dinner, but from their regard to their own interest. REAL AND NOMINAL PRICES: The cost of labour is always the same, that of maintaining the labourer. If things are scarce they get valuable, if commonplace they go cheap. This happens to money. Labour, like commodities, may be said to have a real and a nominal price. THE PRICE OF COMMODITIES. If among a nation of hunters, for example, it usually costs twice the labour to kill a beaver which it does to kill a deer, one beaver should naturally be worth two deer. Or if one species of labour requires an uncommon degree of dexterity and ingenuity, the esteem which men have for such talents, will naturally give a superior value to their produce. As soon as land became private property, the landlords, like all other men, love to reap where they never sowed. In the price of corn, for example, one part pays the rent of the landlord, another pays the wages of the labourers, and the third pays the profit of the farmer. THE PROFITS OF STOCK. As a land increases in prosperity, the profits of stock gradually diminish as the best lands have been all occupied. The rise of profit operates like compound interest. Our merchants complain much of the bad effects of high wages in raising the price, but they say nothing concerning the bad effects of high profits. The annual labour of every nation is the fund which supplies it with all the necessaries and conveniences of life, and which consist always either in the immediate produce of its labour, or in what is purchased with that produce from other nations. According, therefore, as this produce bears a greater or smaller proportion to the number of those who are to consume it, the nation will be better or worse supplied. But this proportion must in every nation be regulated by two circumstances: first, by the skill, dexterity, and judgment with which its labour is applied; and, secondly, by the proportion of the people who are usefully employed. Among the savage nations of

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Australian Story Life After Puberty - Transcript PROGRAM TRANSCRIPT: Monday, 24 September , 2012 CLAUDIA KARVAN, PRESENTER: Hi, I?m Claudia Karvan, currently appearing in the new TV series Puberty Blues. When that classic Australian movie came out 30 years ago, parents were mortified, but a generation of kids loved it. The two teenage girls who starred in Puberty Blues looked set for big careers on screen. Tonight?s program reveals the bittersweet story of Nell Schofield and her co-star, Jad Capelja. NELL SCHOFIELD: I?d like to show Miles the beach where Jad and I walked up the sand all those years ago. Where she was happy, where she was optimistic about life. I?d love to tell Miles that his mother was just this wonderful person, this giggly, free-spirited, happy, joyous young woman. He might not have known her like that. MILES MUECKE, SON OF JAD CAPELJA: I definitely wish I could have seen her back then when she was young and sort fresh and healthy and vibrant and see what she was like, because I sort of think when I was 16 and I think, could I have done that? Or could I have handled that stress? I think I?d be very proud because I don?t think I could do the same thing at that age. She was very mature for her age, definitely. NELL SCHOFIELD: I?d like to show him some of the locations maybe where we shot the film. It?s about 32 years since we made the film, and it has been with me all that time. I call it my albatross because it?s always there. It?s the first thing they mention. Nell was in Puberty Blues. Anything I?ve ever done in my life has been totally eclipsed by Puberty Blues and probably always will be. Puberty Blues changed my life. I mean it?s so crazy when you do something so crazy at 17 and it?s still with you when you?re nudging 50! I had no idea the film was going to be as popular as it has turned out to be. I mean it?s an Australian cult classic. MILES MUECKE, SON OF JAD CAPELJA: I was in high school and we actually had to watch it for sort of like a sex education class, which was pretty interesting. One of the girls actually in my class turned around and sort of said to me, ?gosh she looks like you.? And I was just amazed. I was like, are you serious? Are you asking me that question? She was like, 'yeah'. And I?m like ?yeah that?s my mum.?and she?s like ?my God,? and that stirred the class up a bit. And that's sort of when the whole sex education thing for me got a bit awkward. NELL SCHOFIELD: It?s fantastic that there?s this new series of Puberty Blues, and that these issues, these stories, these ideas are being circulated again. But there is one person missing from the story. NELL SCHOFIELD: The Puberty Blues movie was based on the book by Kathy Lette and Gabrielle Carey. (Excerpt from Nationwide, ABC TV, 1979 plays. Kathy Lette and Gabrielle Carey walking along the beach) REPORTER: Kathy Lette and Gabrielle Carey don?t aim to shock. They say their novel, like their weekly newspaper column, is based on accurate reporting. But what they say is bound to shock many of their parents? generation. KATHY LETTE AND GABRIELLE CAREY (alternating): When we were 13, the coolest things to do were the things your parents wouldn?t let you do. Things like have sex... ... smoke cigarettes... ...nick off from school ...go to the drive-in ... take drugs ... and go to the beach. (End excerpt) NELL SCHOFIELD: I first heard of the book Puberty Blues when I was at school. A friend of mine gave it to me and I read it and it was sort of like, oh, cripes the secret?s out. It was kind of like an expose of beach culture that we thought we had under wraps. Yeah, I was very promiscuous. I had lots of boyfriends in my teenage years and lots of under-age sex. It was great! (laughs) BRUCE BERESFORD, FILM DIRECTOR: I was waiting for a bus in Miller Street

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Girls Aloud: Nadine Coyle swears it's great to be girls reunited After three years in the pop wilderness, Girls Aloud proved they can still cause a stir as they were mobbed by fans and photographers on their first public appearance together. With just three days to go before their first performance as a group since taking a break, the Girls Aloud comeback got into full swing this week. The five girls -- who have been on a break since 2009 -- are set to perform their new single Something New this Friday as part of Children in Need and will then appear on Strictly Come Dancing the following night. The eagerly awaited reunion was revealed by the band at a Press conference last month, when they also announced plans for a greatest hits album, Ten, and a 2013 tour. The pop group were all smiles as they made their way into the BBC's west London studios for an interview with Radio One's Nick Grimshaw. Cole, dressed in black jacket, skinny camouflage jeans and ankle boots, made her way in first followed by Coyle, who was wearing berry coloured leather leg warmers and a black, off-the-shoulder top. Harding, Walsh and Roberts then came in behind, with all five stopping to greet the large number of fans who had gathered outside the studios from late the previous night. Their arrival sparked chaotic scenes as fans, held back by crash barriers, clamoured to meet the singers and get their photos taken together. Once inside, the girls talked about their delight at being back together, their early days on the road when they used to get dressed in their cars en route to concerts, and their adoring fans. Northern Ireland lass Nadine was one of the more vocal members of the group, telling Grimshaw that up and coming popstars had it easy now, compared to 10 years ago when Girls Aloud first started. "This whole business has changed from when we started," she said. "All this, one or two radio, one or two television shows. We used to work all day, every day. Artists coming up now have no idea of what we had to go through." Nadine later swore on air when talking about Twitter and how she often got involved in "p\*\*\*-takes' on the social networking site. When Grimshaw apologised to any listeners who might have been offended by her language, Nadine joked: "If anyone is offended by that, they need to get out more." Despite a 5am start for the promotional round of interviews, the five women were in good spirits and said they were looking forward to performing this weekend for Children in Need and on Strictly Come Dancing. Walsh is currently taking part in the dance show and is one of the contenders tipped to win, despite finding herself in the bottom two at the weekend. Video Teletoons by Stevie Lee Horoscopes Out & About: Whites Tavern Columnist Comments With the dust now settling a little on the BBC / Newsnight / Entwistle / Lord McAlpine hullabaloo - though be warned, this is one baby likely to wake up and start hollering again at any moment - I find myself, calmer now, wondering how so many of us found ourselves, just a few days ago, standing at the edge of a metaphorical cliff, red-faced with fury, screaming into the wind. The first time I met John Maguire, I didn't know what he was. I am still not entirely sure. Maybe he's neither Orange nor Green. In fact, that's probably it. I don't think that communal colouration is an aspect of life that interests him much. Food glorious food, vexed subject for bluster, while we're in the mood, cut back on the custard. Apologies for butchering the lines of the song from Oliver. But food is everywhere. We're drowning in the stuff. We swallow it, we fight it off, but still it assails us. Not Elvis. Not the Beatles. Not the Rolling Stones. Not Madonna. No, but our own humble Daniel O'Donnell. The Donegal man has made chart history by becoming the first singer to have a different album featured in the UK Top 40 each year for the last 25 years. This sites uses cookies. By continuing to browse the site you are agreeing to our use of cookies. See our cookie settings for more information.

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MOVE: The Transportation Expo search Home &gt; Featured &gt; Canada is poised to be a world leader in urban transportation and design Canada is poised to be a world leader in urban transportation and design By Hunter Tura, President and CEO, Bruce Mau Design and Panellist for Innovation Talks: Energy One of the most exciting aspects of working at Bruce Mau Design is having the opportunity to visit many different parts of the world, where we are exposed to various forms of transportation and urban design, and the ways each system differs from one geographic location to the next. In Saudi Arabia, for instance, intermodal transportation hubs, coupled with planned urban developments in the name of economic diversification, are helping to transform the Saudi economy, culture and society. Intermodal transportation is the movement of people or freight from one mode of transport to another, with hubs designed for connecting . For instance, a good model of intermodal transportation should allow a commuter moving from point A to point B to connect by water, and then connect to point C by rail, before making the final stretch of journey by road. This reduces travel time and cost typically associated with an overreliance on a network of congested roads. Similarly, the new network of high-speed railways and airports in China, is allowing for a new kind of mobility among China's growing middle class. One of the most striking developments in China over the last several years is the " Straddling Bus ," which debuted at the Beijing International High-Tech Expo in May, 2011. This concept -- where an elevated bus on rails literally glides over lanes of traffic on existing highways -- is striking in its simplicity and ingenuity. On the other hand, while there are many exciting developments globally at the moment, there is also cause for concern. For every light rail system, pedestrian greenway or bike path built in North America, there are low-efficiency high-emission traffic snarls in most cities in the developing world. Even in the United States, the economic difficulties experienced on both a local and national level have made it difficult to maintain the existing transportation networks (in many cases designed and built in the 1950s), much less invest in innovative new models. While there are many potentially exciting developments in the energy sector in the US, transportation systems are largely inefficient and unsustainable. In Canada, we have the rare opportunity to take a leading role in innovative proposals for new energy-efficient transportation models. Canada is already one of the world's leading manufacturers of mass transportation modules (buses, train cars, airplanes). Given Canada's relatively stable growth and a general commitment to planned urban strategies, Canada could potentially pull together a set of best practices from around the world, to become a leader and innovator in sustainable transportation models. This is why we are excited to be a part of the Innovation Talks , which are part of the MOVE: Transportation Expo at Evergreen Brick Works. This series of presentations and panel discussions explored a diverse range of creative transportation solutions for the Greater Toronto and Hamilton Area, which can be applied to infrastructure and urban design projects around the world. We will be part of the panel in the fifth and final talk, taking place Tuesday, October 9 , on Energy and its role in fuelling our future.

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My Asia trip is coming to an end, and as soon as we touchdown in the u.s. it will be countdown to Thanksgiving .... one of my favorite times of the whole year. Before we left I had been experimenting with a few ideas for sides. I love thanksgiving sides. Another thing that I love: brussels sprouts. They are a must at every holiday meal. This side my absolute new favorite. Who would have thought that brussels sprouts and almonds would go so well together. Being the favorite, I knew I had to submit this recipe to The Healthy Thanksgiving Challenge created by Cathy from www.whatwouldcathyeat.com . For the second year, Cathy has asked bloggers from around the web to create dishes that are healthy additions to the Thanksgiving table. A challenge that asks to think outside the butter stick. She then complies a list of all of the super fabulous, super healthy thanksgiving recipes and shares them on her site which will be posted on November 19th. To get the recipe for these brussels sprouts go here , and also be sure check out some of Cathy's own great holiday recipes.

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I don't want to do anything when I retire. A man kept saying "I'm not sure I should be here; I don't really want to do anything when I retire." We hear that every now and then but people usually change their minds once the group's enthusiasm takes over. But this fellow kept beating the same drum. "I don't want to do anything. Why do people even want to travel?", he asked. He traveled a lot in his job and didn't understand that a lot of people looked forward to spending more traveling ... big time! At the end of the workshop he took me aside to ask one last question: "If I want to keep working, how would I go about it?" It occurred to me to kid him a bit and maybe ask "You mean when you retire you want to keep working at the same job?" But I didn't. Instead, I suggested that he talk it over with his law firm partners. I heard a few weeks ago that the firm is working out an arrangement. He won't work in the same job but will continue to add value in key areas. Retirement Tools About Life's Next Steps Suzanne and Chris Armstrong created Life's Next Steps in response to the scarcity of information and programs dealing with the life changes facing all members of the baby boom generation. Their expertise, own personal journeys and extensive research into the hopes, dreams and needs of retiring baby boomers have been combined to create a unique, effective and inspiring retirement planning program.

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On the road with Chad Brownlee and Dallas Smith, the Boys of Fall Judging by country singer Chad Brownlee's unusual career path, it's easy to assume one thing -- he must love travelling across North America in a bus in the middle of winter. "Maybe subconsciously that's what I love to do more than anything, sit on a bus in the middle of January," Brownlee said with a laugh in a telephone interview. Brownlee, who is currently making his way across the nation with Dallas Smith as part of the Boys of Fall tour, has made these types of trips several times. He was previously employed as a hockey player, and as a sixth round draft pick of the Vancouver Canucks, he played for the Idaho Steelheads. After a series of injuries, Brownlee made the decision to walk away from the game and pursue a musical career. While it has worked out well so far -- he received the 2011 CCMA Rising Star Award and was nominated this year as best male artist -- he admits that it wasn't easy. "It was hard to even voice the words to my coach and parents and say, 'I'm not playing this game I've played for the past 20 years.' It took about a year before I was comfortable in my own skin," said Brownlee. Surprising career shifts is just one topic of conversation likely to come up between the B.C. natives Brownlee and Smith on that tour bus, although Smith's change was somewhat less dramatic. He is the lead singer of the hard rock band Default, who gained international fame in the early 2000s with the hit singles Wasting My Time and Deny. He says the change in genres had been brewing for a long time. "It was a gradual thing for me, a long process. I was listening to country music on the back of the tour bus, warming up to it before (Default) shows and then going out and singing rock tunes," Smith said in a phone interview. Smith has no regrets about switching gears musically, or heading on the road with Brownlee. In addition to both embarking on a second dream career at a relatively early age, the duo shares a booking agent and a similar fan base. Smith calls the decision to co-headline a tour a "no-brainer." "I had met Chad a couple of times and we got along great," said Smith. "We knew we'd have a lot of fun, both of us right away said yes." Brownlee and Smith will play in Saskatoon Nov.19 at the Odeon and in Regina Nov. 20 at The Pump. Never say never Although Dallas Smith's original band Default hasn't officially split up and did play a couple of shows together this year, there are no plans for a new album. But fans of the band shouldn't necessarily give up hope. "We'll have to see how things go. It would be a shame to never play those songs with those guys again, they're brothers to me. Never say never." Smith said.

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Midwives Point of View Click flowers Valerie Julia Taylor ... is an independent midwife with a thriving practice in Southern England. Val began working with birth in England in 1976 during her studies in nursing. After qualifying as a Registered Nurse, Val received a post-graduate certificate in Intensive Care Nursing, became a Registered Midwife and earned a Bachelor of Arts Degree in Health Studies. Val has also pursued independent study of personal and professional self-development in birth, pre and perinatal psychology and related fields. During 15 years of working with birth in hospitals she became aware, " there has got to be a better way to care for our mothers and support the birth of our children." In 1990 Val co-created an independent midwifery practice in London. Currently, her Wise Woman Midwifery practice offers home birth support as an alternative to parents who want something more from the birth experience. Valerie Taylor...on Ecstatic Birth. I think there are several things that are very important if you want to prepare for an ecstatic birth, especially at the moment, current consciousness is very much one of fear and distress around birth. Most women will have met their friends and family who have probably had a birth with quite a lot of intervention and possibly pain and distress, and after which they don't feel very satisfied. Obviously, when you have a nice newborn baby as the end result, you tend to forget what you went through to get there. For women who are going to try and do something differently and have an ecstatic birth, you really need to prepare, because you really need to change your mind. You need to realize that most people you come across will expect birth to be painful and unpleasant. Therefore, one thing you can do is try to find information however you can. It is especially good to speak to people who have had an ecstatic birth or see images of women who have had an ecstatic birth. You may have a little germ of an idea in your mind that this is how you want it to be, but then doubts creep in, and you hear other people and your commitment is eroded. So it is very important to do things to support your commitment. It is very helpful if you hear from other women, who have had this experience, you think Yes, I can do that! Reading inspirational material is another thing that you can do, and particularly talking to someone like a breathwork practitioner who specializes in ecstatic birth so that you can really hear a completely different point of view. You can get tools to actually help yourself achieve this. I think an ecstatic birth is a birth on all levels, physical, emotional and spiritual, so to start off it is important for you to eat well. Find a good nutritional program and find out if you need supplements or to improve your diet in any way. Exercise is supportive because you want your body to be in a good shape and you want to have the energy and the knowledge of how to support yourself in being active during labor and able to assume any position that you want. You need to have a life style where you are not running frantically out to work 12 hours a day and coming in and imagining that you can just spend one hour a week or something preparing for a birth. It's a commitment from when you find you are pregnant to the birth and after, really. So your lifestyle bears consideration. You need to have enough sleep and rest and spend time with yourself and with the baby, connecting with the baby with the awareness that the baby is consciously aware of what's happening. That's the physical. Emotionally and psychologically you can prepare by having support. Speak to people; surround yourself with people like birth preparation teachers, breathwork practitioners, and friends. If you have doubts or your energy is low you can call upon them and feel positive again. So, whilst it is important to look after your physical body, eat a good diet, rest, take long walks in the country, and do things that you like to do, the real task of pregnancy and preparing for an ecstatic birth is the inner work. It's part of the transformation. Being a woman who is not pregnant, then becoming pregnant and moving toward giving birth is an inner transformation. Along the way you will undoubtedly find a lot of fear come up, and it is very important to be able to talk to other women and to people who have had an ecstatic birth and just share your feelings. Most pregnant women are frightened about the same sorts of things. A really crucial part of having an ecstatic birth is the choice of where to give birth. That is very individual. It can be home or it

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Related coverage Unlike Andrew Demetriou's counterpart at the NRL, David Gallop, the AFL Commission believes Demetriou is still on his game and has more good work to do. In 2011 there was a murmur in football circles that Demetriou was ready to hang up the suit at the end of the 2012 season and spend the rest of his life at Lake Como in Italy. Having transformed the AFL into the biggest sporting organisation in the country with massive TV deals, club membership booming and strong grassroots growth, it may have been time to handball the Sherrin to another in the top job. This was no reflection on Demetriou but rather a belief that having met the challenges put to him by the AFL Commission, this perhaps was a time for consolidation. Whilst many in the sporting world believe Gold Coast and Greater Western Sydney are Demetriou's babies, the fact is the introduction of the two new teams was pushed at Commission level. It was Demetriou's job to gain club support and oversee the formation of the new clubs, which he has achieved. As one of the most astute hard nosed negotiators in the land, it is welcome news that AFL Commission Chairman Mike Fitzpatrick wants Demetriou to stay in the CEO role for a few more years yet at least. I think the AFL acknowledges that the Suns and Giants will take time to settle and find their niche in crowded markets. Add the uncertain economic climate and it's likely the next five years will be just as important as the last. The next broadcast rights for the AFL commencing in 2017 promises to be a watershed in Australian sport. A transformation from the current free-to-air TV and pay TV deals to delivery of sport via the internet through the national broadband network (NBN). The NBN has its detractors but ultimately if the network is running at reasonable cost into most homes by 2015-16, then an array of internet service providers will be falling over themselves to get a piece of the sports action. This transformation from TV to internet will require careful strategic management. I would think the AFL will want a foot in each camp and a strong negotiator to make it happen. This is not exclusive to our code as I see that even in NZ's Super fixtures, the lack of punters is quite surprising, given that nations obsession with Union. I reckon we are now at a X roads in respect of sport at this tier. The on the ground support that was such a vital element of clubs v's the now stay at home markets targeted and prioritised by businesses or organisations as we so clinically like to refer to them, is a distinct shift which has already affected the cultural DNA of our game and not for the better in m humble opinion. What leverage does Demetrious have in the next TV rights deal (4 years away) his most important task -- 2 more teams?, blockbuster games on friday night?, Monday night footy, shorter games spread over longer time periods, ads on the goalposts. Personally the 'substance' in elite sport has all but been subsumed by commercial interest in my opinion, which flies in the face of the virtuous qualities that sport was intended to inspire in us. The Swans should have been plonked in Canberra, GC and or GWs should have been based in Tassie or Canberra or even Darwin, while NZ have no role to play in respect of any club not being able to pay the bills, eviction or homelessness when you consider the domestic options at our disposal. The symbiotic relationship we have with sport and especially in Australia, where its status is obsessively unhealthy is more concerning than anything else because sport is a powerful metaphor for society in general I suspect. As I often suggest, what we have in professional sport today is a concoction of commercial illusion, which I find impossible to connect with so while I am not sure that I admire the fortitude that you and those like you so rationally display in resigning yourself to it's nasty ways, I am bemused by your ability to promote what is in essence an unsustainable and unfulfilling farce.

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An existential crisis can occur when the answers to the questions about the meaning and purpose of life (as well as our place in it) no longer provide satisfaction, direction or peace of mind. Here's how to deal with one. Recognize that you're having an existential crisis . If you're questioning the meaning or purpose of your existence, or if the foundations of your life seem shaky and transient, you might be experiencing a crisis (usually called "existential" because it relates to ideas explored by the philosophical school of existentialism), which may result from: The sense of being alone and isolated in the world A new-found grasp or appreciation of one's mortality Believing that one's life has no purpose or external meaning Awareness of one's freedom and the consequences of accepting or rejecting that freedom An extremely pleasurable or hurtful experience that leaves one seeking meaning. [1] 2 Choose the meaning of your life . Existentialism posits that each individual is empowered to choose the parameters of his or her existence. Choosing to add meaning to your life yourself , without the help of anyone else, can ultimately help you resolve an existential crisis. Below are some methods that can help. The Last Messiah Method Norwegian philosopher Peter Wessel Zapffe contends that the human self-conscious is actively engaged in the "repression of its damaging surplus of consciousness," and offers four ways of doing so. They are: Anchoring : Combat feelings of isolation by "anchoring" your consciousness to fixed values or ideals, such as "God, the Church, the State, morality, fate, the laws of life, the people, the future." Focusing your attention on these things (whether you support or contradict them) can help you feel like your consciousness is not adrift, or as Zapffe said, build "walls around the liquid fray of consciousness." 3 Distraction : Keep your thoughts from turning to distressing ideas by filling your life with distractions. Focus all your energy on a hobby, project, job, or other outlet that can consume your thoughts. 4 Sublimation : Refocus your energy toward positive creative outlets, such as music, art, literature, or any other activity that you find allows you to express yourself. Other Methods 1 Understand what caused the problem . The issue is not your thoughts -- it is your attachment to the thoughts. Your thoughts (and the language in which you experience them) come from your conditioning, your society, your reaction to experiences. 2 Try to see life and your place in it as it really is . Question everything and attempt to see past all social, political, spiritual and personal conditioning and falsehoods. 3 Acknowledge that this is a common problem . Know that we humans often feel that we are stuck in a game designed and controlled by others who do not have your or humanity's best interests in mind. When you're in crisis, it looks like others succeed through ignorance, fear and the ability to lead you around by the nose. Research the history of civilization and how this rat race began, and how it is perpetuated, then begin to formulate your own understanding as to where it may be heading. 4 Consider how well orchestrated life seems to be . Some type of consistency does appear to exist, at least on a micro level. 5 Stop comparing yourself to others . Your ability to experience joy will grow dramatically when you stop comparing yourself to other people and only compare yourself to yourself, if to anyone at all. In an ironic twist of fate, this can be achieved incrementally by holding a more stoic subjectivity. 6 Don't be afraid to make up your own rules . Remember to let go of "should" -- you are in charge. (This message is a "should", so take it with a grain of salt.) You are the lightning of your values, and don't forget that, ultimately, value is genetically grounded in the body, even if it appears to be emotion. If you feel anxiety about "what to do", now that nobody else is telling you what to do, that's the most exciting part of the journey ... remember childhood? Mystery? Adventure? Smelling new smells and feeling new fabrics? New foods? Do something to improve your experience of joy. 7 Try to voice what your problem is . Some people write full-length sentences to help determine what their issues are. Others start by writing a poem in order to get their thoughts and feelings

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How to Stay Focused When All You Want to Do is Give Up So you feel like giving do you? You're not alone. Everyone goes through this in life. For some, it is a daily occurrence, which ultimately leads to giving up. For others, the feeling of giving up strikes just as often, but when it does strike they push through it. Take a guess at which group of people are successful and are able to achieve anything they put their minds to. This is why learning how to stay focused is paramount, especially in the face of adversity when nothing seems to be going to plan or going you way. Staying focused is not hard, it is simple. You just have to remember a few things. How to Stay Focused -- 3 Steps 1.Ask Yourself Why Am I Doing This? For every task you undertake there must be some sort of end goal in mind. There may be some things that you actually want to do, such as losing weight. While others you would rather not be doing, such as working against the clock to meet a deadline for work. In either case, there is an end goal in mind. You clearly want to lose weight in order to have a body you can be proud of; something like that is easy to push through. On the other hand, working to meet a deadline can be hard to push through. But again, an end goal exists, although it may not be obvious at first, which is to earn money to support yourself and your family. So remember, when you feel like giving up and are unable to stay focused, ask yourself, "Why am I doing this?" This should easily get you back on track. 2.Eliminate Any Distractions Now more than ever, we live in an age where technology dominates our lives. On a daily basis, we are bombarded with phone calls, emails, Facebook updates, Twitter updates and so on. With all these distractions, it is no surprise that you find it difficult to stay focused. However, the solution is simple. All you have to do is exercise some self discipline. Close your inbox, log out of Facebook, switch off your phone etc. Only you can do these things so there is no excuse to get distracted. 3.Work in Bursts However dedicated a person may be, it is impossible to stay focused for hours at a time. In fact, the majority of people are unable to stay intently focused for more than 30-45 minutes. Therefore, it is a good idea to work in short bursts, making sure that you take 5 minute breaks in between. This only works on one condition though, which is that you must have the self discipline to stay completely focused on the task at hand. The temptation to visit your favourite website or check the news might creep in, but you must avoid giving into this temptation. After all, that is what the 5 minute break is there for. Working in short bursts brings an element of structure to your life. This undoubtedly makes it easier for you to concentrate. Yes, even on those days when you are tired and uninspired. By following the aforementioned tips, you will find that you are able to stay focused more easily than before. However, keep in mind that like anything else in life, the more you practice, the easier it gets. Note: The Power of Focus: What the World's Greatest Achievers Know about The Secret to Financial Freedom & Success is an excellent read. Click here to find out more.

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Courts The Constitution of the United States gives ultimate power to the people, not to the government. The Constitution created a government structure known as federalism, which requires the sharing of power between the federal government and the governments of each of the 50 states. Under federalism, there are two types of court systems -- federal and state. Federal courts have jurisdiction over issues mentioned or implied in the Constitution. The state courts have jurisdiction over matters not mentioned in the Constitution and those not specifically denied to the states by the Constitution. The Royal Courts of Justice, London The Constitution established three branches of government - the legislative, executive, and judicial. Courts are the judicial branch. As a co-equal branch of government, the judicial Branch is independent of the legislative and executive branches. Courts have the authority to interpret the law based on the Constitution without pressure from the other two branches. Federal courts have the power of judicial review. This means they can review acts of Congress and actions of the President to ensure that they are permitted by the Constitution. If they are not, the Supreme Court of the United States declares such acts or actions unconstitutional, and they do not have the force of law. The federal courts hear both civil and criminal cases. Civil cases involve disputes between private individuals, such as contract disputes. Criminal cases involve offenses against the whole community or society, such as murder. Courts follow different procedures in civil and criminal cases. Within the federal and state court systems, there are two levels -- trial courts and appellate courts. Trial courts, called U.S. District Courts, are courts of original jurisdiction. They are the first courts to hear either a civil or criminal case. If parties are not satisfied with the decision of a trial court, they may ask an appellate court, called a U.S. Circuit Court of Appeals, to review the trial court decision. If parties are not satisfied with the decision of the U.S. Circuit Court of Appeals, they may appeal to the Supreme Court of the United States. The Supreme Court selects the cases it will hear. The Supreme Court is the final interpreter of the U.S. Constitution because it is the highest court in the land. In addition to the judges, many other people work together to ensure the success of the judicial system. These include court staff, U.S. attorneys, federal public defenders, lawyers in private practice, and U.S. Marshals. Citizens play a crucial role in the American judicial system. They help to ensure the fair and impartial administration of justice by participating directly in the work of the courts as jurors, witnesses, and court system employees. However, the central role that citizens play in ensuring the rule of law is using courts to settle disputes peacefully and abiding by court orders. Jury Service Juries are one of the most important ways that citizens can directly participate in their government. A jury is a panel of citizens that determines the facts of a legal case. Juries are used in both civil and criminal trials. Civil trials are legal cases between two private individuals. If a jury finds a person is at fault in a civil case the punishment usually includes some type of restitution and/or fine. In a criminal trial, a person is accused of breaking the law. The jury then has the task of determining whether the defendent is guilty or not guilty. The punishment in a criminal trial is usually imprisonment. Most of the time, all members of the jury must reach the same conclusion concerning fault or guilt. The conclusion is known as a verdict. Juries help to preserve the democratic nature of the Constitutional form of government by allowing direct citizen participation in the judicial process. Judge Ann C. Williams, of the U.S. Court of Appeals for the Seventh Circuit in Chicago, says that each generation stands on the shoulders of people who went before them. She credits her parents' example for her preparation to serve on the federal bench, and looks to trailblazers like the late Supreme Court Justice Thurgood Marshall for inspiration. What Kind of Case: Criminal or Civil - What's the Difference? There are two types of judicial proceedings in the federal courts, criminal and civil cases. In a criminal trial, an individual is accused of committing an offense - a crime - against society as a whole. Criminal juries consist of 12 jurors and alternates and a unanimous decision must be reached before a defendant is found "guilty." The burden of proof is on the government and the standard is "be

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m-hance named as one of Britain's fastest growing technology firms in the Sunday Times Tech Track 100 Sunday, 16 September 2012 Being listed as a Tech Track 100 company is a tremendous achievement for m-hance and further signifies our emergence as the software provider of choice for the UK mid-market Record sales growth of over 45% secures m-hance's place in the Tech Track 100 for the first time 16 September 2012 -- m-hance, a leading provider of innovative business software solutions to mid-market organisations, has been listed in The Sunday Times Hiscox Tech Track 100 for the first time. m-hance has been ranked alongside companies such as Lycamobile and MusicMagpie in the prestigious league table which recognises the fastest growing private technology, media and telecoms companies in the UK. Now in its twelfth year, The Sunday Times Tech Track 100 league table (compiled by Fast Track) ranks Britain's 100 private tech (TMT) companies with the fastest-growing sales growth over the last three years. In order to qualify companies need to be unquoted, independent and registered in Britain. m-hance is one of only three software providers to make the list. m-hance was formed in November 2011 through a series of acquisitions and is supported by 230 staff in offices throughout the UK, Ireland, the United States and India. These acquisitions, in addition to the company's strong organic growth and reoccurring revenues, have seen m-hance's sales grow by over 45%, from 3.1m in 2008 to 9.6m in 2011. Sales from m-hance's innovative business software portfolio which includes financial management, CRM, enterprise social networking and cloud-based solutions and services, are anticipated to reach 22.2m in 2012. Mark Thompson, CEO of m-hance, comments, "Being listed as a Tech Track 100 company is a tremendous achievement for m-hance and further signifies our emergence as the software provider of choice for the UK mid-market. I would especially like to thank our hardworking staff, loyal business partners and customers for their tremendous support in contributing to our success. They can be reassured that we will provide them with the same high levels of support, flexibility and innovative solutions that they have been demanding to enable them to cut costs, improve efficiency and strengthen their competitive advantage." Thompson continues, "2012 has been a landmark year for m-hance. We have launched our own innovative range of integrated cloud, mobile and social ERP solutions, gained some major new business wins and have made significant progress in improving our products and services that deliver real, tangible return on investment savings for our customers. We will continue to invest strongly in our solutions to drive further productivity benefits, whilst seeking to make strategic acquisitions to strengthen our market position." m-hance has been formed following the acquisitions of Calyx Software, Gyrosoft, Trinity Computer Services and elements of MentecPlus, Touchstone Group and Maxima Holdings plc. m-hance is currently supported by 230 staff from offices in Manchester, London, Loughborough, Dublin, Glasgow and the United States. m-hance also has offshore development capabilities in India.

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Winter Classic cancellation nothing to get in a froth about If you ever needed an example of how small town the snow globe is in which the NHL resides, look no further than the continual braying about the cancellation of the Winter Classic. Look, it's a nice game, even if it's largely irrelevant in Canada where it gets lower ratings than a regular season evening on Hockey Night in Canada. In the US, the ratings have been decent for a sporting event, but declining. The game attracts what a pleasing college football game would get on most fall Saturdays. But it stands out so much in the provincial world of the NHL because those who run it have been so inept in selling the league, you're left wondering if these guys could market free gas. In relative terms, one good idea like the Winter Classic in the NHL is equivalent to the Marlboro Man. Sure, it is an effective, if modest, commercial for hockey, especially with the HBO component. But 3.6 million viewers for one afternoon a year is not going to be the tide to budge the sinking franchises which hang around the neck of the NHL like a cinder block necklace. If the NHL depends on the Winter Classic to win over peripheral fans, the league is in more trouble than anyone thought. The owners cancelled it. So what? With the amount of outrage spinning out of various media you'd have guessed the NHL stripped the Boston Bruins of their most-recent Stanley Cup, and put rings on Ryan Kesler, Alex Burrows and Max Lapierre instead. Fans shouldn't care. It was always the owners' baby. It was their schmooze fest. And when they take it out at the knees, the owners are the only people who should pay it any mind. Even if you swoon for the inherent romanticism involved in playing an NHL game outdoors, you won't swoon forever. The Winter Classic always had a shelf life. There's only so many times NBC will allow the NHL to dip into this well, and a finite number of venues where it will work. Detroit will get its game. Heck, it could be this year. The NHL could easily un-cancel it in the next couple of weeks. If not, the league has already cancelled 326 games. What's one more? This is hardly a disgrace, or worthy of anyone spiralling into a frothy fit. The hoteliers who lost their bookings will be just fine, thanks. The only disgrace is this current cat fight over 3 per cent to five per cent of hockey-related revenues, in a league with record revenues, which is just bitter enough to put the entire season on the brink. Latest Luongo If the Canucks are looking to splash something on their currently useless $5 million Rogers Arena scoreboard, may we suggest: Thank you, Kevin Lowe. After The Province recently revealed the Edmonton Oilers were the surprise latecomer in the Roberto Luongo sweepstakes, Lowe stoked the fires by admitting publicly he's not exactly overwhelmed with confidence when he looks at his situation in net. "Goaltending is a question mark," Lowe admitted in a radio interview. "And I say that in all respect to Devan Dubnyk and Khabi (Nikolai Khabibulin). Khabi has been injured and he's approaching 40. "He's given us stretches of strong goaltending but his health is one thing." On Dubnyk, he continued: "He's got to go out and prove it now if he's going to take over the No. 1 job." Luongo, well-informed of the Oilers interest, did his part by giving the "Edmonton questions its goalies" storyline a deft tweak by donning one of his vintage Grant Fuhr Oilers' masks and posting it on twitter for Halloween. Trick or treat? Sublime stuff, really. Brian Burke must have loved it. Despite reports, a deal between Toronto and Vancouver for Luongo isn't done, which is why Vancouver's assistant GM Laurence Gilman and senior adviser Stan Smyl were in Abbotsford this week, scouting the Toronto Marlies. Coincidently, Burke and his lieutenant Dave Nonis were also in attendance. Of course, the teams aren't permitted to talk trade during the lockout, though if they did, who would ever know? Most people still believe a deal with Toronto is going to get done. The Leafs need a

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Categories Recent Posts Sunday, October 14, 2012 A letter about Amanda Todd, to the people who tormented her Toni Lucas, Pincher Creek Voice I would rather this brave, sad child was still with us. She never will be again. Teenager Amanda Todd from British Columbia committed suicide this month as a result of isolation and bullying. Many are wearing colors on Monday October 15 in support of anti-bullying, (pink) and specifically for Amanda (blue). It may open the eyes of others to see people wearing these colors tomorrow. It may make a few bullies think before they do something cruel. It may help people support others that cruel things are being done to, rather than leave them alone. Amanda Todd did something stupid and naive at thirteen that lead to her death at fifteen by her own hands. She got undressed. Alone, in her home, she took off her clothes. Did she recognize how very public that act was? While she was alone in the room when she went on the Internet to meet and talk to other people. She was encouraged to 'flash'. According to her Youtube clip posted shortly before her death, she did expose herself a year later. I can only guess that whoever she exposed herself to originally promised her she was safe, and this was a private thing between the two of them. I will not guess at the words used to flatter her into revealing more, but it is telling that it took a year for her to decide to do this. It must have taken bravery and no small amount on naivete for that child to undress even in the safety of her home for someones titillation. Yes, she made a mistake. What I do know is that someone gained her trust. She was looking for praise and acceptance, like most people do. She doesn't define whether it was to one person or more she knowingly gave images of her body to. Later someone she did not know started using this data to threaten her. Some male, age undisclosed, attempted to blackmail her. Her earlier mistake led to her being followed, stalked, blackmailed, ridiculed, humiliated, ostracized, depressed, to further poor personal choices, and finally to her ultimate death by suicide. To the man that tried to use this information, no matter how you got a hold of her pictures: I cannot wish on you worse than what you already are. Are you the one who originally seduced her to undress? Even if you are not, you are a liar, a coward, a bully, a stalker, and a blackmailer. If you were an adult when all this started you are a pedophile, and no matter what age you are you are, at the very least you are an accessory to tragedy. Given the choice of who I want alive in society, a 15 year old girl who made a mistake at 13 with some personality issues, or you, there is no contest. You will continue to spread misery if you are not stopped. You will probably try blame it all on the victims you affect. I hope that you are found guilty of your crimes to the fullest extent of the law. Do not kid yourself, they are crimes. Amanda chose to end her life, because of a depression that lasted for years. It sounds like much of her personal hell started from your actions. Before she died she bared her soul on the internet. That was brave, braver than getting undressed. She was older, wiser, infinitely sadder and by now understood more of the power of the internet. Baring your soul is never easy, rarely pretty, and always leaves the person who has done it raw and vulnerable. It is a powerful act. Her action may change laws, even if she is not here to see those changes. I hope that other people learn, especially those that helped torment this girl. I hope that the ones that went to parties to celebrate her death were a knot of scared children congregated in solidarity to back up each other because they know what they did was wrong. I will bet it was a fun party, fun to the point of hysteria. You were trying to prove to yourselves that you would not be left alone and ostracized by your acts as Amanda was. I believe you were hoping that your numbers together would prove that you were in the right for your actions. I can guess that however much fun the party was it was haunted by both guilt, and shame. I hope that at least a few of you figured that out, and decide to become better people. If you are her age, you are still children and still have to learn how to

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Nissan Juke not as economical as it should be Honest John hears from a reader who is disappointed with the fuel economy with their wife's Nissan Juke. My wife recently purchased a new Nissan Juke four-wheel-drive automatic. Nissan claims Combined fuel consumption of 37.2mpg and 47.1 in the Extra Urban cycle, but after 300 miles we are averaging only 29.6mpg and have yet to better 31.1 on a long trip. We have been told to monitor consumption once the car is properly run in, but by then it will be outside the one-month return period. My wife loves the car, but if the figures do not improve significantly we will not be keeping it and might swap for a diesel. What rights do we have if it is not meeting the manufacturer's performance claims? HM, Co Antrim You are quoting EC lab test fuel figures, which are wholly unrealistic but the only ones a manufacturer is legally allowed to quote. There is not and never was any guarantee that drivers will achieve these figures, so you have no grounds to reject the car. According to feedback in the real-world fuel survey at www.honestjohn.co.uk , average economy for the Juke DiG-T 4x4 CVT is 31.1mpg. It would be stupid to swap the car for something else, because the financial loss will be far greater than anything you claw back through improved economy. Modern diesels harbour a number of potentially expensive problems in the long term, too.

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Site Search Frequently Asked Questions WHAT SHOULD I DO IF A RELATIVE DIES AT HOME? When a death which has been expected occurs at home or at a nursing home, the doctor who has been treating the deceased should be contacted. Provided the deceased has seen a the doctor during their final illness (within the previous 14 days) the doctor or a colleague will either attend to confirm that death has occurred, or will give permission for the deceased to be transferred to a funeral firm's premises, if it is your wish for this to happen. You can then contact the funeral firm of your choice, which will attend to transfer the deceased to its premises. WHAT SHOULD I DO IF A RELATIVE DIES IN HOSPITAL? If a relative who has been a hospital in-patient dies, the doctors who have been treating the deceased will usually be able to issue the Medical Certificate of Cause of Death. Ask the ward staff or doctor what you need to do to collect this certificate, or ring your local funeral firm for advice and contact numbers. Most hospitals will give family members the opportunity to sit with the deceased before transfer from the ward or private room. There may even be a chapel of rest at the hospital specifically for this purpose. The deceased will then be taken to the mortuary from where they will be collected by your chosen funeral firm. If the doctor will not issues a Medical Certificate of Cause of Death it is usually because the circumstances surrounding the death mean it should be referred to HM Coroner for further investigation. The doctor can only complete the Medical Certificate of Cause of Death if they know the cause of death having seen the deceased for this illness in the 14 days prior to death occurring. The doctor cannot issue the Medical Certificate of Cause of Death if the deceased:- as died a violent or an unnatural death; as died a sudden death of which the cause is unknown; as died in prison or in such a place or in such circumstances as to require an inquest under any other Act. If the death does not fall into these criteria but the deceased underwent an operation shortly before death or there is a suggestion of a possible industrial disease, then it is probable that the doctor will not complete the Medical Certificate of Cause of Death but refer the death to HM Coroner in whose sub-district the death occurred. If the death is referred to HM Coroner their office will arrange for the deceased to be taken to their mortuary in order that the death can be investigated and, if necessary, an inquest opened. WHAT DOES HER MAJESTY'S CORONER DO? The office of HM Coroner dates from Saxon times and has evolved down the centuries. Generally, HM Coroner has been, and is, one who acts on behalf of the Crown in legal matters connected with disaster and property rights, treasure trove, shipwreck and the like, thus leading to the investigation of the many deaths which occurred at such a time. Having complete jurisdiction over all sudden and unexplained deaths was a natural extension of his/her powers, and this forms the main part of his/her work today. Originally HM Coroner was named 'Coronae Curia Regis'- the keeper of the royal pleas. Today, the correct title of HM Coroner is - 'Her Majesty's Coroner for usually the whole or part of a Local Authority area, ie 'Her Majesty's Coroner for Southampton'. The main duties of the Coroner today are:- to investigate all sudden and unexpected deaths, to investigate all deaths that happen abroad where the body is repatriated to the United Kingdom; to give permission to remove bodies out of England and Wales; to act for the Crown in respect of treasure trove. The holder of the post of HM Coroner usually has a legal background and is not infrequently a solicitor. He/she can also be a doctor with a legal background, and is occasionally both. Although the Local Authority supplies the Coroner Service, paying all costs - including the costs of removals by funeral firms acting on behalf of the Coroner - the Coroner is not employed by the Authority, being only answerable to the Crown in the person of one of Her Majesty's Secretaries of State, namely the Home Secretary. The Coroner Service is administered by HM Coroner who is assisted by a Deputy, as the service has to be

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17 NOVEMBER 2012 Blog Highlights Alvarez Will Have To Wait For 'Super Fight' Despite current WBC light middleweight champion Saul "Canelo" Alvarez desire to fight either five time world champion Floyd Mayweather Jr. or the Middleweight Champion Sergio "Maravilla" Martinez, the President of the WBC, Jose Sulaiman, has stated that Saul's next fight has to be against Erislandy Lara or Vanes Martirosyan. This will depend on who wins the final eliminator between who clash in Las Vegas on Saturday. "Saul is a boxer who is in the major leagues. He is an idol who has pursued his career the right way, even facing and defeating Shane Mosley,2 said Sulaiman. "He is a disciplined, dedicated and committed boxer. It is a fact that he has the maturity to face the best pound for pound, Floyd Mayweather or to Jr. Sergio Martinez. "But Saul is committed to a mandatory fight with either Vanes Martirosyan or Erislandy Lara, who will be fighting next Saturday for the chance to challenge the world champion. After that "Canelo" can choose who will be his next opponent" Sulaiman said. Sulaiman added: "So Saul's plans will have to wait, until he has fulfilled his commitment of this mandatory fight".

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In the last hours before a ceasefire, in a United Nations school in Gaza City that was packed with families who had fled from Israeli shelling, a girl of about 13 pushed a piece of cardboard torn from a biscuit wrapper into the hand of one my colleagues. It was a checklist for the future, with one spelling mistake: I hope to stop a war I hope to live in a happy life I hope to be pace [at peace] for ever Happy dream But this is Gaza, a place where nightmares can come true. Her family had left its home near the border with Israel in a hurry, after Israel dropped thousands of leaflets warning them that they would be striking their neighbourhood. Not long after they left, the Israelis started bombing. Does the ceasefire get the girl with the dream any closer to the life she wants? Probably not. In the years since Israel pulled its troops and settlers out of Gaza in 2005, there have been many episodes of cross-border killing. They have all been followed by ceasefires, some tacit, some arranged by foreign diplomats. All have failed. That is because Israel and Hamas, which took over internal control of Gaza in 2007, are in a state of perpetual war, sometimes cold, sometimes searingly hot. Hamas, which poses no serious threat to Israel's powerful military, has shown it is very hard to beat. I know there are children on the other side of the border wire, in battered towns like Sderot, who have the same kinds of hopes as the Palestinian girl in the UN school. Brief respite? Adults on both sides are much more sceptical about the future. As he announced Israel's agreement to the ceasefire, Israel's Prime Minister Benjamin Netanyahu told Israelis he knew some of them had been expecting harsher military measures to be taken, and said they might still be necessary in the future. Ceasefire deal Israel to end all hostilities on Gaza Strip by sea, land and air, including incursions and the targeting of individuals All Palestinian factions in Gaza to stop all hostilities against Israel, including rocket and border attacks After 24 hours from start of ceasefire, talks to begin on opening crossings into Gaza and allowing free movement of people and goods Egypt to receive assurances from both sides that they will abide by the deal, and will follow up any reports it has been broken A poll conducted for Channel 2 News in Israel, published just before the ceasefire went into force, said that 70% of Israelis were against it. In a hospital in Gaza, a man in his early 30s, with a bandage round a head wound and shrapnel wounds to his chest, did not think it would make any difference in anything but the short-term. "The Jewish people do not want a ceasefire and it won't work with them at all... There won't be a huge difference, with or without a truce." In Cairo, the political leader of Hamas, Khaled Meshaal, declared victory. "God has forced the hands of the Zionists to stop hitting our people in Gaza and they have submitted to our conditions." Mr Netanayhu's officials, on the other hand, say Israel has caused Hamas real damage and taught it a lesson that reinforces Israel's capacity to deter its enemies. Fragile understandings If anything, the ceasefire is a draw. It suits both Israel and Hamas. They can both claim to have reinforced their positions. But history shows that a ceasefire that does not buy time for a political process to address the festering problems of the conflict between Israel and the Palestinians will not last. This time, the ceasefire comes with a page of written "understandings" that address some of the big issues between them. Palestinians are supposed to stop firing into Israel. Israel is supposed to open the crossings into Gaza and to facilitate the movement of people and the transfer of goods. Stopping rocket fire and lifting the blockade are factors that could, if they happened, make a real improvement to peoples' lives and even restore some hope in the future among adults as well as children. But Israel has said many times that the blockade is vital for its security, and even if Hamas enforces the ceasefire among its own fighters, it might struggle to control smaller and more militant armed groups in Gaza. Barring a political miracle, the conditions for the next spiral that turns tension into violence are, sadly, still there. The new Egypt has earned the praise of the

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Yep, one single lodgment of the application bundle with none of the normal to-ing and fro-ing with the Hong Kong Immigration Department over the course of the usual 12- 16 weeks through to case outcome notification. An all-too-rare slam dunk application! This is almost unheard of in actual fact (at least in my experience), although there was one instance at the end of the 1990?s where we had a single submission investment visa approved in just 2 weeks. However, that case was uniquely individual and not really a like-for-like comparison with the case that came to the good for our client some 24 hours ago. Whilst we have lots of investment visa applications pending at any one time with cast entirely in a mould of its own, this case was particularly noteworthy so I thought I'd share with you an essay of its characteristics and, hopefully, shed some light for you on the qualities of an investment visa case that met a home run on the very first ball pitched. The Client 'Simon' initially booked a Consultation with us via Skype on May 29 of this year. During our one hour session, I learned that he was a US citizen, had been a resident of Hong Kong for 2 years and that his then current employment visa was due to expire, along with his employment contract, on the last day of July, some 9 weeks later. Simon had a 30 year background in the international not-for-profit sector and had come to Hong Kong originally in an education role. Whilst he had received an offer to extend his employment contract, indeed on more favourable terms this time around, he had identified an unmet niche in the Hong Kong market for his long-standing area of special interest and wanted to understand his immigration options to remain in the HKSAR to be able to undertake this activity. As Simon was due to go on a business trip, we set a date to meet to discuss next steps a couple of weeks later, on June 14. At that meeting, Simon agreed that, after having given complete consideration to the challenges associated with an investment visa application, he wished to go ahead and we made preparations to commence work on his case accordingly. Case Preparations The first thing Simon needed to do was to incorporate a Hong Kong limited liability company and secure a Business Registration Certificate. We introduced him to our partner colleagues who undertook this on his behalf and the entire process, including the opening of a company bank account to receive his investment funds, was completed by the end of June. In the meantime, we prepared a customized, detailed checklist of requirements which we would need from him, along with indications on the list of materials that we would be able to help him craft to properly manifest his business plan to the Hong Kong Immigration Department. Some 2 weeks later, in the middle of July, we met once again to review where we were on the documentation and argument crafting exercise and made ready to plan the submission strategy. Submission Strategy Simon's last day of work for his then current employer was the same day that his employment visa was due to expire (2 weeks down the track). This, together with his continuing travel-for-work responsibilities meant that we needed to be strategic about how we filed his application. So we settled on the following: (a) On his last day of his work/visa limit of stay (July 31) he would travel to Macau and re-enter as a visitor (which he did, getting 90 days upon arrival). (b) We would submit his application on August 14, (which we did), 1 day after his company bank account had been funded with the HKD1 million he was prepared to finance the business with. (c) He would leave for a 10 week visit to the US on the August 15 (which he did). Case Argument The essential cut and thrust of his application was the following: (1) His special niche was unmet in Hong Kong and he had the experience and resources to meet it. (2) Whilst the business itself was for profit, beyond paying himself a reasonable income from it and eventually receiving the return of his investment capital, he planned to reinvest all additional profits back into the business as they were realised. (3) His projections envisaged the following local jobs to be created: - 1 x Full Time staff after 7 months. - 2 x a further 2 Part Time staff after 10 months. - A total of 4 x Full Time jobs after 24 months. (4) Expected turnover end Month 15 was HKD1.8 million & end Month 24 was HKD2.5 million. (5) Cash available to the business was HKD1 million. (6) Business would start out with a virtual office and would upgrade to dedicated, standalone commercial premises

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Significance of the Use of the Oster A5 Turbo Review Having pets at your house is the secret to being happy. In case your life isn't happy then you're steered to stay a puppy at your home. Then again conserving a puppy isn't an easy task. The pet must take healthy food. You will have to additionally make it a addiction of taking your pet for a stroll regularly. You must additionally give correct well being care on your pet. There are also many stuff that you need to shop for in your pet. An important factor that each pet own should purchase is a puppy clipper. You'll find quite a lot of the explanation why you should get a in step with clipper. The hair of your puppy can also be clipped via a puppy clipper. The pet clippers are of various other kinds. But it is your responsibility to purchase the Oster A5 Turbo Review in your dog. For those who undergo this article, you'll discover ways to purchase the Best Pet Clippers . Pet clippers are available in numerous sizes and shapes. You have to find the one that is simple to use. Moreover, the clipper that you just purchase must be sharp. You will find it very easy to use the pet clippers. After you have bought the Andis AGC 22360 Review, your puppy's hair may also be trimmed by the clippers. It is a healthy factor to trim the hair of your pet. People who have pets must purchase a puppy clipper. The quality and emblem will resolve the price of the Oster A5 Turbo Review. Pet clippers can be afforded through everyone. You will no longer be apologetic about your decision of buying the Andis AGC 22360 Review . Pet clippers are superb instruments. Puppy clippers shall be a good option for the pet owners in addition to for their pets. You'll purchase the Buy Animal Clippers from many excellent sources. The Oster A5 Turbo Review can also be purchased from any puppy shop. The puppy clippers will also be bought from the internet. There are lots of websites that promote the puppy clippers. Prior to buying the puppy clippers, you must test the price first. You can acquire the Andis vs Oster from the comfort of your home.

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We Wanted to be Writers is a rollicking and insightful blend of original interviews, commentary, advice, gossip, anecdotes, analyses, history, and asides with nearly thirty graduates and teachers at the now legendary Iowa Writers' Workshop between 1974 and 1978. Among the talents that emerged in those years-writing, criticizing, drinking, and debating in the classrooms and ...more We Wanted to be Writers is a rollicking and insightful blend of original interviews, commentary, advice, gossip, anecdotes, analyses, history, and asides with nearly thirty graduates and teachers at the now legendary Iowa Writers' Workshop between 1974 and 1978. Among the talents that emerged in those years-writing, criticizing, drinking, and debating in the classrooms and barrooms of Iowa City-were the younger versions of writers who became John Irving, Jane Smiley, T. C. Boyle, Michelle Huneven, Allan Gurganus, Sandra Cisneros, Jayne Anne Phillips, Jennie Fields, Joy Harjo, Joe Haldeman, and many others. It is chock full of insights and a treasure trove of inspiration for all writers, readers, history lovers, and anyone who ever "wanted to be a writer."Jane Smiley on the Iowa writers' workshop: "In that period, the teachers tended to be men of a certain age, with the idea that competition was somehow the key-the Norman Mailer period. The story was that if you disagreed with Norman, or gave him a bad review, he'd punch you in the nose. You were supposed to get in fights in restaurants." T.C. Boyle on his short story "Drowning": "I got $25 for it, which was wonderful . . . You know, getting $25 for the product of your own brain? You could buy a lot of beer in Iowa City back then for that." (less) Community Reviews I've read about 100 pages of this in galley and it's unlike any book you'll ever encounter about creative writing in today's world. It takes a group of writers in the Iowa Workshop, 1975-78, and asks them what it was like, what did they learn, what do they think now looking back? There are lots of big names before they were big, reflecting on what it's like to come up writing through the ranks. Lots of unknowns with good stuff to say. (Full disclosure: I attended the Iowa Workshop with many in t ...more I've read about 100 pages of this in galley and it's unlike any book you'll ever encounter about creative writing in today's world. It takes a group of writers in the Iowa Workshop, 1975-78, and asks them what it was like, what did they learn, what do they think now looking back? There are lots of big names before they were big, reflecting on what it's like to come up writing through the ranks. Lots of unknowns with good stuff to say. (Full disclosure: I attended the Iowa Workshop with many in the book, and I'm quoted in these pages.) (less) I actually requested this book for my best friend who has a great talent for writing. She is starting a book and I thought this would be a great tool to help her. I will let you know when she finishes the book what she thought. Thanks again for the book. 'We Wanted To Be Writers' is a dialogue among almost thirty students and teachers of the esteemed Iowa Writers' Workshop, while they attended during the 1970s. At times, the writing seems like many people are in a room discussing the book as it is transcribed, with a section from one person that seemingly connects to what the last has said.. 'We Wanted to Be Writers' is named that for a reason -- not all of them actually went on to become writers. Though there are some amazing writers included h ...more 'We Wanted To Be Writers' is a dialogue among almost thirty students and teachers of the esteemed Iowa Writers' Workshop, while they attended during the 1970s. At times, the writing seems like many people are in a room discussing the book as it is transcribed, with a section from one person that seemingly connects to what the last has said.. 'We Wanted

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LIVE WELL. Go Green. eco NEWSLETTER Death by Television September 5, 2012 "Get moving or die!" This was the message shouted loud at the 58th Annual Meeting of the American College of Sport Medicine. People who sit in front of the television will die before the rest of us. Although that sounds exaggerated, it's a truth supported by research. I often read that even a "bit" of exercise will benefit our health. I remember a campaign to get people moving -- parking in the far corner of the parking lot or taking the stairs instead of the elevator were suggested as ways to increase our levels of activity, with some hope that the extra 5-10 minutes of moderate activity would make us healthy and prolong our lives. Please don't be fooled that gradual enhancements in our activity levels are enough to overcome the sacrifices we make with our modern lifestyles. While exercise does reduce the risk of early death, even exercising four to seven hours per week will not overcome the effects of spending time in front of the television. Dr. Charles E. Matthews, a physical activity epidemiologist and investigator from the National Cancer Institute in Bethesda, Maryland evaluated more than 240,000 adults between the ages of 50 to 71 years who were disease free. He wanted to look at the relationship between television watching and exercise levels in relation to mortality rates. He found that "people with higher levels of sedentary behaviour, such as prolonged watching television, have higher mortality rates than more active individuals -- even when they participate in the recommended minimal levels of moderate physical activity." Before the advent of industrialization, when we were farmers and fishers, when our living depended on our ability to work hard physically, we experienced very little heart disease or cancer. Our bodies, the incredible healing machines that they are, had plenty of oxygen to support our immune systems and we were likely better able to detoxify of the minimal amount of pollutants we absorbed. As life became easier, with cars and trucks and labour-saving devices, not only were we able to reduce the amount of physical labour required of us, we were able to pursue recreational activities that were counter-productive to a healthy lifestyle. A perfect example: TV dinners. Do you remember those foil dishes that came in sections? Meat, vegetables, potatoes and even a warm dessert! Perfectly prepared to save time in the kitchen, and conveniently packaged to sit on a tray table in front of the television. What a luxury -- or maybe not. Unfortunately, the more food is processed, the less nutritious and more toxic it becomes. And with the advent of genetically modified foods, the more unrecognizable these foods (or should I say, edible food-like substances) are to our bodies. North America, indeed, the world, is getting fatter. In the past we were told that following the food guide (heavily laden with starches and grains that promote sugar production and inflammation) along with moderate exercise would maintain a healthy body. The reality is that exercising moderately and even eating "properly" can't combat the effects of major levels of inactivity. Our bodies were designed to be active, moving, functioning, full of vigorous circulation, exhausting our resources day in and day out. Many of us work in environments that keep us motionless -- driving, working at a desk, reading, studying, and of course later relaxing in front of the TV. Not only do our bodies atrophy, but our brains become sedentary too. Exercise helps us overcome the level of inactivity in which we've become entrenched. Basic levels of activity aren't enough. Exercise has to be a daily culture if we're to overcome the effects of sitting, watching television, using cars and iPods that allow us to be inactive. It's not enough to walk in from the parking lot, or to take the stairs instead of the elevator. It's a start, but it's not enough to save us. We have some amazing luxuries in this world, but we pay a price for them with our health. It's time to start making the right choices so that we don't pay the ultimate price. For the sake of those who love you, don't live a slow death -- get moving.

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What is the relationship between creed and fiqh? This is a discussion on What is the relationship between creed and fiqh? within the Beliefs and Fundamentals forums, part of the Main Topics category; Salaam Alaikum, As per the title, I've been wondering what kind of effects creed can have on fiqh. I can ... What is the relationship between creed and fiqh? Salaam Alaikum, As per the title, I've been wondering what kind of effects creed can have on fiqh. I can think of a few; 1) These days, Sufis seem more inclined towards obligating some form of taqlid mad'habi, even if their mad'hab denies that the layman has one, like the Shafi'is who write on Sunnipath/Qibla and ninety-nine percent of modern Hanafis. 2) Similarly, there are the obvious examples, like The Chapter of Visiting the Grave of the Prophet (salallahu alayhi was-salaam) and trying to legitimize building domes on graves, along with other baseless things such as Urs and the recitation of Fatihah. What other things are there? What sort of effects did the 'aqida of later Hanafi, Shafi'i, and Maliki scholars have on their works of fiqh? Significant? Non-significant?

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Book Description Publication Date: July 1998 An account by a practising Jungian psychotherapist of Jung's theory that meaningful coincidences play important roles in our lives. Drawing on real-life examples, Hopcke teaches that we can understand and make synchronicity work to enable us to live richer, more satisfying lives. --This text refers to an out of print or unavailable edition of this title. An account by a practising Jungian psychotherapist of Jung's theory that meaningful coincidences play important roles in our lives. Drawing on real-life examples, Hopcke teaches that we can understand and make synchronicity work to enable us to live richer, more satisfying lives. This delightful, fascinating collection of true stories collected by Hopke is strongly recommended for the "mystic" at any level of development. His work shows us that these kinds of coincidental events, first labelled "synchronistic" by Carl Jung, sooner or later occur in the lives of us all. And they are more than mere coincidences. Many times a job loss occurs just in time to save someone from a worse disaster. A person may be considering using a certain song in an audition against the advice of his voice coach, only to hear it on the radio on the way to the audition. This prompts him to use the song and he gets the coveted part. Another person meets someone from the distant past in the middle of the desert, and that meeting completely changes the future of that particular individual. Hopke discusses the synchronicity of dreams, as well. Much to his credit, he also addresses the problem with assigning major significance to minor events, and covers those who blow "mystical" occurrences out of proportion. An intriguing collection of true short stories of people's lives, this is well worth the read. Once you pick up this book, you will be compelled to continue reading it; however, you must pause at times in order to digest its powerful message. Hopcke successfully and succinctly illustrates the mosaic of our lives. Each person's life is unique and has a "plot" in which "coincidences" are intended and meaningful "accidents." Hopcke eloquently delineates what Jung termed "synchronicity" and he provides a marvelous collection of examples from real life of synchronistic events. Hopcke demonstrates that each facet of our life has meaning and is a step along the path that we must follow. Each event in our life weaves a segment in the overall tapestry of our life on this planet. By "going with the flow" and avoiding impendance to the flow, the beautiful "story" of our life will become evident. A great introduction to synchronicity. Easy to read, but not too basic. It has many great examples of real life meaningfull coincidences, with explinations in between. Well written, and not too tedious to read. It opens up your mind to look for synchronicity in your own life.

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Budget: 'Alistair Darling used a water pistol to try to put out a fire' The property industry has dismissed the Budget's package of measures for the housing market as "ineffectual" and "not bold enough". The property industry has dismissed the Budget 's package of measures for the housing market as "ineffectual" and "not bold enough". With prices down 20%, completed sales down over 50% and new building levels down 40%, industry insiders wanted dramatic initiatives including the suspension of all stamp duty and the scrapping of Home Information Packs and the new Property Information Questionnaires, to be completed by sellers before homes go on sale. But Chancellor Alistair Darling announced five measures, which had been extensively previewed in recent days: an extra 80m for shared ownership, 500m for developers re-starting stalled housing projects, 100m for council eco-homes, an extension until Christmas of a stamp duty holiday on homes under 175,000, and guarantees for mortgage-backed securities in a bid to boost lending to home buyers. Peter Bolton-King, chief executive of the National Association of Estate Agents, says the measures are "largely ineffectual" and offer "very little for the first-time buyer". He says: "Mr Darling has used a water pistol to try to put out a fire." One of Britain's leading house builders, Stephen Stone, chief executive of Crest Nicholson, says government bids to encourage lending to buyers were "overdue." Related Articles Meanwhile www.theratandmouse.co.uk , an outspoken website regarded as one of the most influential within the property industry, dismissed the measures as "crap". Few buyers and sellers will see any immediate benefit: First time buyers: over 80% of first timers purchase homes below 175,000 so the extended stamp duty holiday may help, but developers and estate agents stress the key is to encourage lenders to ease mortgage borrowing. London buyers: the stamp duty holiday will help few because an average flat costs over 295,000. Estate agent Kinleigh Folkard & Hayward says only 5% of homes in the capital sell for below 175,000. David Adams of Chesterton Humberts agency says the 50% income tax level for top-earners will hit the London property market and "speed the exodus of financial professionals to Geneva and Zurich which have laid out the welcome mat." Key workers: more funds for HomeBuy Direct, a shared ownership scheme for households with incomes below 60,000, will help those willing to co-buy with a housing association or developer. But HomeBuy has not been popular to date and one developer, Pentland Homes, says it has tried to promote it but is "astounded that the public simply didn't know anything about it." The wider market: with HIPs, PIQs and stamp duty for some properties all still in place, estate agents are disappointed. Nick Jopling of CB Richard Ellis says the government approach has "failed to have any significant impact on the residential market to date" and the Budget simply gave more of the same. Other property experts claim the long-term under-supply of new homes has also been largely ignored. King Sturge, a consultancy, says funds for new eco-homes and developers in difficulty will provide a maximum of 4,000 new homes at most. "This is a fraction of what needs to be built" according to the firm's head of research, Angus MacIntosh. The National Housing Federation's chief executive, David Orr, says: "Because the government has failed to back a comprehensive house-building programme the number of homes delivered this year will slump to an 88-year-low of 70,000." The absence of radical measures came as a disappointment to agents and builders who had recently reported a pick-up in the numbers of buyers registering. But new data apparently pointing to an improving housing market appears less optimistic when given greater scrutiny. Today's figures from HM Revenue & Customs show 60,000 property sales took place across the UK in March, 40% up on February. But if you adjust the data to remove the annual spring sales 'bounce' the rise is only 13%, and sales are still at their lowest since the 1970s and are less than half the number recorded in March 2007. Website Rightmove says average asking prices in England and Wales rose 0.9% in March. Yet this masks big regional variations -- in the north of England, typical

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A new coronavirus, should you care? I doubt you have missed the news but a new virus that infects (and has so far killed one person) has just been discovered in the last few months. The virus in question is believed to be a new - never before seen in the wild - kind of virus (a new coronavirus to be more precise), so we really have little clues as to how it behaves as not much work has been done. Schematic of a coronavirus - this new virus probably looks a lot like this. From Biowiki. We only have two examples of human infections with this new virus to go on but despite this, the BBC and other media outlets have sparked confusion (and maybe panic) by comparing it to the 2002 SARS coronavirus (whose case fatality rate was around 10% of those over eight thousand or so people infected), which proved to be a much more deadly affair. What they probably should have compared it to is the common cold coronavirus, known as 229E - an equally valid example. But this misses the point, it is all speculation really at this minute in time. We should really wait for the hard facts to emerge. So what do we actually know? What's happened so far? We first became aware of this new virus (it doesn't have a name yet - nor is there any published material on it - that's how new it is) a few months back when the Erasmus Medical Centre in the Netherlands discovered the virus in a fatal case of lung disease from a Saudi national. A couple of weeks ago, it was spotted again, this time in a Qatari citizen travelling from Saudi Arabia and Qatar. So far this man has not died (he's in intensive care in the UK) but he was suffering from 'acute respiratory syndrome and renal failure' when he was airlifted to the UK and their Health Protection Agency identified the virus. By sequencing the virus's genome, the UK team confirmed it was highly similar to the Dutch sequenced one. However, this sequence has not yet been published so we don't know how this relates to the hundreds of thousands of other coronaviruses out there. As you can predict, with such a limited understanding of this virus there are many, many questions about it. These are important questions that ultimately impact on public health and no doubt these will be answered in the coming months. What is a coronavirus? These coronaviruses are rather large and encased within a fatty membrane and have a very, very large genome (around 30,000 nucleotides) made up of RNA with positive sense polarity. Encoded within this massive genome are ten genes that produce a lot more proteins due to some viral tricks. These proteins are what allow it to infect and enter cells (in this case human airway cells), replicate and make new virus particles. And of course combat the immune system at every step of the way. The genome of this new virus has yet to be published so we cant comment on how it's genes look and function. Where did it come from? We don't know where this virus came from nor why only now are we seeing it. There is also a chance that this virus could have always been in humans but that only due to sensitive lab tests like PCR and deep sequencing we were able to detect it. Although if it does turn out to only cause severe respiratory disease this is probably not the case. Of course the other theory is that this represents the first few infections of this virus into humans, probably emerging from an animal reservoir in the middle east. Sequencing of the virus and comparison of it's genome with other known animal coronaviruses (avian or bat?) may be able to pin point where, when and how it came to infect these two men. How dangerous is it? So far we know of only two cases of this virus infecting humans. N =2 is not much of a sample size to draw any meaningful conclusions. In both men, it is thought this virus caused serious episodes of respiratory disease but without understanding how many other people got infected and who presented with sub-clinical or only mild disease we can't comment on how dangerous it really is. The HPA are aware of a number of other cases of respiratory disease in the middle east but yet these aren;t confirmed to have have anything to do with this new virus. But so far, preliminary follow up studies on the contacts of these two men have yet to pick up any cases of significant disease despite these two men being well passed the viruses incubation period and peak of infectiousness.

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Google in China: a matter of ethics? Silicon Valley based Internet giant Google fighting against undamped censorshi p of Chinese authorities. Liberal, free market against communist protectionism. Many multinational companies accept Chinese conditions in view of lucrative business opportunities. Google was one of them -- until now it seems. However, is it really the censorship -- and thus ethical concerns -- that make Google think about leaving the Asian country or is it perhaps the consequence of poor return on investment and even poorer prospects to "rule" the Chinese market? Business ethics is increasingly concerned with the values of business as a whole and how a company integrates values, such as honesty, trust, integrity, respect, and fairness, into its policies, practices, and decision making. Trust? Well, trust is crucial to Google. Like nobody else (as far as I know, correct me if I'm wrong) Google collects our data and (e.g. search) behavior. We allow this because we trust the "friendly" giant and find his tools (gmail, picassa, youtube, google books, scholar ....) useful, time and money saving. What would happen to Google if we, the customers, wouldn't trust it anymore? It would either become a despot (giving a "shit") or disappear.

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Despite the trolls I met a real troll once. Not suprisingly, I came upon her in a toilet. Actually, it was at the Parents Room at Melbourne Central, a place where parents may change nappies and feed in peace (and also go to the toilet). This woman did not have a baby with her, I noted. But you know, no harm there. But then she started hurling invectives at me, my younger sister and my five-month old son (whose language skills, thankfully, were yet to develop). The rant was mostly along the lines of 'bloody foreign mongrels'. I was too perplexed to do nothing more than tow my sister toward a feeding cubicle and hope the woman left us alone. It was clear that she was Not Quite Right in her cerebrum. Which has become my attitude to trolls in general. I realise there has been some debate over the technical definition of trolls online (specifically Twitter) and my example probably doesn't fit the consensus. But that's how I see people who launch random and/or sustained verbal attacks on strangers. Not Quite Right. This helped me get some distance straight away from that disturbing encounter. It had nothing to do with us . We got rattled but it became quite clear that something else was going on, something that hadn't required anything from us to provoke or sustain or even to resolve. Of course we had not expected to feel unsafe in a public space. But I wasn't sure what would have kept that incident from happening. Did I really want a guard at the door, doing a character check, not just there but at every parents room or toilet? We were fortunate that it was just verbal. But that's par for the trolls, isn't it? I'm not really sure what I'm saying at this point, except that trolls seem to be getting a lot more attention than they merit. How much have we (inadvertently) legitimised or validated their behaviour with this intense opprobrium? I say this remembering a scene from the 1998 Merlin miniseries which starred Sam Neill. Merlin and fey Queen Mab battle fiercely, seemingly equal in their magical power, until Merlin literally turns his back on her . He turns his back and says everyone will soon forget her. That's what it finally took to vanquish her. I totally buy this. People might get something out of it, too. In any case, perhaps I don't know what it's like to be on the receiving end of online trolls. I've received a few high-strung comments, but since they contain no useful idea for me to engage with, I've left them alone. (This is distinct from having a proper disagreement with someone, where arguments are offered instead of characterisations). Most importantly, despite the froth being churned by the moral panic over trolls, I still find Twitter an edifying place . To me, it is not a place made hazardous by trolls and spambots, to be navigated gingerly. It is a place I seek out because it is where the parts of myself that don't often find expression elsewhere (the politics and pop culture nerd, the bleeding heart lefty Catholic) get to thrive. It is a public square in the best sense, where ideas are tested and refined. (By extension, it refines my writing, which matters considerably). But I also get to be curious about people and what they think and do, and these encounters expand my worldview. I've learned to pay attention to what angers or delights people while holding my own against the herd. When I look at my timeline, I do not see disembodied tweets, but real people with real lives, engaging with the world and with each other. Even the pseudonymous ones. It is a life-giving place to be. It still is, no matter what the moral police say and despite the trolls. Vanity stat I am writer, hear me furiously type In Grade 5, I won First Place twice in a school-wide competition for the same essay in two language divisions (one of which was English). I'm now in my 30s and have written lots more since then. You may have seen me on Eureka Street, Australian Catholics, the National Times (Fairfax), The Drum (ABC), The King's Tribune, and The Big Issue. I usually write about education, social justice, politics and religion.

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Interview: Clark Clark's freshly released record Iradelphic is blindingly good. Jack Midalia caught up with Clark ahead of his show at The Bakery on Friday, April 27 (tickets here ), and spoke to him about the making of the record, his live show, intolerant neighbours, and his feelings towards the term "IDM". Where are you at the moment? I'm in Berlin, just in the studio. This is where you are living at the moment? In between gigs, yeah? Your new record was made in a lot of different places. Was that the plan or was that just what happened? That was never the plan at all, but I kind of ended up turning it my way and finding ways to work in these different places and using quite a lot of different acoustic space. There was a really good flat that I stayed in Brussels that had this amazing stone hallway that I used for quite a lot of the reverb and echo and space on the album. It was nice to get away from the studio where I'm fairly spoiled with tools -- I've got almost too much gear and I think that's always a bit of a sticky situation. It's good to strip it back and just work on the most important thing which is structuring tracks and finishing ideas rather than just kind of wanking off machinery. The record certainly sounds that way -- it sounds very natural in the way it's constructed. There's definitely that kind of that... when I hear purely digital music there's that kind of in-the-box quality that just sounds slightly plastic and hemmed in in the way that a microwave dinner is hemmed in. It's nice to let stuff breathe a bit outside that. There's a huge array of different sounds on the record. I saw a list of different sound sources you used on the record and it was crazy. How did you go about putting all this together? It's a really long editing process. There were so many hours worth of jams -- loads of stuff that people will never hear, and I'm really glad they'll never hear because there's lots of false starts. It was just chiselled down from this wide range of stuff. For "The Pining", the first mix I did of it was around the time of Turning Dragon where I was playing a lot of guitar and producing drums that were just completely inappropriate -- just kind of electronic. So it took a long time to find the right textures that fitted all of that work. It was really satisfying when I did finally manage to make it all fall into place. I've got a drum kit in my cellar and used that for a few tracks. I had some recording sessions in studios that went quite badly... I always find I'm better recording myself rather than having an engineer -- something about being relaxed, and the flaws in my recording technique ended up working for the record, it feels more personal. Plus I've got this weird reverb in my cellar because there are pipes going all round it and the drums kind of clang off the pipes. It's a cellar that I share with the rest of the tenants. And they don't seem to mind you doing that? They do actually... they really mind. They're fucking... they're incredibly annoying. Yeah, they do mind. But I mind being able to record music as well, so it's kind of balanced. I read a really interesting quote from you in an interview where you were talking about the idea of IDM. I think the quote was that a lot of "intelligent" dance music was actually "clever" dance music. I was wondering if you could expand on that a bit. I'm glad you brought that up, because most people just say to me "so, you write IDM... how's your IDM album?" and it's like "what, my IDM album that starts with a guitar track and has got Martina Topley-Bird and solo piano tracks and not a single techno beat on the whole album? Do you mean that IDM album?" I don't really know what IDM is and it's an incredibly snooty, elitist... it just seems like this elitist fraternity of male dysfunctional opinion that just sort of floats around suddenly becomes part of musical history. I feel like it's not an appropriate part of musical history and I've never felt that I've been an IDM artist. I don't really feel like an electronic artist -- I just feel like a craftsman that makes music with whatever he can, and when people put the tag "intelli

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Broke and chic in NYC As a New Yorker living in Midtown, I usually have an empty wallet and a constant urge for shopping. On the few days I can hit the town, I start my day with a $4 cup of motivation. A medium latte from Stumptown Coffee Roasters located at the entrance of the Ace Hotel on 18 W 29th St . Beautiful foam art included. I'm then going to start shopping at Buffalo Exchange on 114. W 26th St. in Chelsea. Buy/Sell/Trade stores are an amazing take on thirfting and they're popping up all over the USA. No two are alike, so always stop in to see what they have. After a purchase of shoes, rings and a bag, I'm finally hungry so I head over to Johnny's Luncheonette on 124 W. 25th St. Go here for a filling breakfast or a light lunch. It's very "New York," and almost always under $12 (and that's for two). Then off to Soho. I take the N or the R train for a mere $2.25 at 23rd and 5th and get off at the Prince Street stop. Go up the stairs and you're right in the center of New York's prime shopping district. First stop: UNIQLO at 546 Broadway. It's currently the only one in the States. Think American Apparel meets H&M meets Japan. This store is amazing for your wardrobe staples -- as in a nice pair of jeans or a plain white button up. It's great for both men and women. And cheap! Most items are under $30. Next up is Necessary Clothing: the store that takes almost every New Yorker's money. The best two are located on 442 and 443 Broadway. There are four in a 1/2 mile radius, each one carrying slightly different things, so you're bound to walk into them all. It's heaven for all things trendy. It's also the place to get a pair of Jeffrey Campbell look a likes or a pair of Oxfords for under $30. You can also find a great pair of leggings, skinny or harem pants for under $20. The sale section is even better. No one will ever complain about an adorable sun dress for $5! Amsterdam Boutique at 454 Broadway, In Trend at 426 Broadway, and Chill on Broadway at 423 Broadway are three other stores in Soho with great deals on trendy clothing. If I'm in the mood, I'll check out Pearl River Market for a never ending utopia of cute -- finding things I never knew I needed. If at that point I'm tired and need a refresher, I'll stop for a parfait and green tea at Le Pain Quotidien on 100 Grand between Mercer and Greene. It's a great place to rest your feet and take a breather. If I'm ready for a nice lunch instead, I'll head over to Fiat Cafe on Mott between Kenmare and Spring. It's a must. Split the grilled chicken panini with a friend and perhaps an Iced coffee to go (under $12 for two)! Now that I'm nice and refreshed, I'll make my walk to the East Village and finish the day with vintage and thrift stores. No Relation on 204 1st Avenue is always my first destination. They have an amazing array of cowboy boots, bags, dresses, and leather jackets -- all under $40, and that's pricing it high. Great pairs of classic leather cowboys are around $25, and a nice button-up is around $10. At the nearby Buffalo Exchange on 332 E. 11th St, I'll grab a few more stylish, thrifty items. If I'm hungry for dinner, I'll go to 2 Bros Pizza on 8th St for a $1 pizza slice. If not, It'll be off to Butter Lane Bakery at 123 E 7th St to get a vanilla cupcake with peanut butter frosting. After I'm done, I'll fight the urge to over-shop, and take the subway back home!

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The gazebo, the answer to relaxation and enjoying the excellent outside and having inside results of this gardening attempts. There may be next to nothing that can decorate your garden or yard than a gazebo. For the relaxation, entertaining your family and friends or just dinner for just two there may be next to nothing better over a gazebo. Gazebos are made of numerous supplies for example light weight aluminum, wrought iron, steel, wood, stone, in addition to canvas. They are all capable for being a screened wooden gazebo . The gazebo could be constructed completely and will be create when you would like it or broken down and stored away. The latter is regarded as a convenient gazebo. Whatsoever gazebo you select in making your lawn or back garden a lot more aesthetically gorgeous retain in thoughts that components and use will lead to there to get some maintenance necessary. The screened gazebo as with most gazebos, stationary or convenient, is usually employed for many points either amusing or enjoyable. The gazebo can property a swimming pool, a hot tub, a total summer kitchen and whichever else you'll be able to imagine of. What you need the gazebo to house depends upon its sizing and fashion. The gazebo might be had in any configuration, circular, rectangular, octagonal and hexagon. As we said, the size depends upon what you want that gazebo to accomplish for you. If you choose it to get a complete gazebo tents summer time home than you choose it to possess a complete summer time kitchen with dining table, chairs and also a lounging location. On the other hand, if you desire it to get easily transportable so that you can take it with you towards beach or on a camping trip than you choose anything light excess fat and convenient. The screened gazebo may be made to suit whatsoever you choose to complete outside. If what you choose is to demonstrate off your gardening expertise versus gazebo must be created to fit the area of the back garden that is certainly prettiest and perhaps the spot you might be most proud of. There may be nothing additional relaxing than to sit in a at ease lounger and take pleasure in character. Whenever you add a gazebo, an arbor, or perhaps a pergola in your garden, not merely do you add towards quality of your house life, but you also greatly enhance the resale benefit of the house. The similarity with all of these constructions is that they give your otherwise flat landscaping an interesting vertical focal place which becomes the theme of one's back garden or yard. While using the guide of plans geared up by professionals, you'll be able to create one particular of these your self, hence cutting down your expenses significantly. By adding a gazebo, arbor or pergola for your back back garden by doing use of beneficial strategies, you might be, in impact, making an outdoor residing space. Rather than remaining shut up within anytime you happen to be at home, breathing inside musty air, while using the four walls of this room for business, you are able to get some fresh air, go through a book and take pleasure in the sunset by producing one particular of the outdoor garden gazebo located spaces. You can even use a great time there with your family members and pals. Let us currently analyze each and every of those structures.

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I don't know about any of you, but lately I've been hearing some tasty acoustic guitar work used as background in many TV commercials. I know that many ad companies use already published and recorded music by established artists, but some of the stuff I'm hearing doesn't fall into this category. And in the case of those others, many a well known or popular song had been reworked into excellent sounding covers. I'll try to remember to jot down some examples and report back. Whitefang \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I started out with NOTHING...and I still have most of it left! Funny you should mention this Fang (que in the twilight zone music). I was sitting there watching the news this morning daydreaming over coffee and this commercial comes on with this acoustic guitar in the background. I can't tell you what the commercial was even about, as I just keyed in on the guitar playing. It wasn't anything fancy, but it had a real nice timing and strumming thing going with a cool vibe that I had not heard before... It's been going on for a few years now- I caught one commercial back in 2007 or so that had reworked a track from Billy Cobham. ...it was a tune from back in the 1980s, so when I walked over to my 5000+ CD collection, found it, and played it a few minutes after the commercial aired, my buddy looked at me like I was a Martian... And as I observed a long time again, a lot of songs off The Black Keys' album Brothers wound up in ads. Edit: just found out that the songs off of Brothers made it their label's most licensed album of 2010. Ad men are trying to reach the youth. Everyone else is trying to grow/keep what they have. Not that musicians are not trying to reach the youth- they are- but they want to do so in the context of their art. Advertisers just want to get eyes & ears on their product. Thus, in order to get the product in congruence with the song selected, they can edit the song. Sometimes, all you hear is the hook. Or perhaps some off-color or otherwise incongruous lyrics simply get edited out. Which reminds me- Volkswagon is using Johnny Cash's "Dirty ol egg suckin' dog" in one of their ads. There's one GEICO commercial featuring the man "made of money" that has him running a speedboat on some lake with paper currency flying off of him while some nicely done acoustic slide work is being played. Still haven't had the chance to jot down some of the nicer music played on commercials just yet, but I'm working on it. Whitefang \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I started out with NOTHING...and I still have most of it left! "I think supervisors really have a different goal: to find the very best song that will enhance the story. The job's not necessarily going to go to the best-looking band, or to a musician in a certain age group. Often, when a song hits, it hits because it was tied to a scene that fans liked." That's kind of true... I had some friends who were just a local band who recorded a disc, sent it to a guy who licenses music and it got played on two television shows (one being "Grey's Anatomy") and a few low key ads. That was their break... before that they couldn't get reviewed or accepted into music festivals or get airplay or get on decent bills out of town, because they weren't part of connected indie rock world or whatever... music supervisors might be open-minded and the people honestly listening for good stuff, like college radio djs were in the 80s and 90s and the record execs were in the golden ages. Tangentially, Henry Rollins was once asked how he felt about bands "selling out" to get in commercials. Essentially, he said "good for them", why shouldn't they get some $$$ for their work, don't you prefer that bands you DO like get that $$$ than bands you don't, and, BTW, a good part of it is that some of the people who are choosing the music are fans of it, and see it as doing them a solid.

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David Foster - Just For a Moment lyrics We laugh until we had to cry And we love right down to our last goodbye We were the best, I think we'll ever be Just you and me For just a moment We chase that dream we never found And sometimes we let one another down But the love we made, Made everything alright We shone so bright For just a moment Time goes on, People touch and they're gone And you and I will never love again Like we did then Someday when we both reminisce (We both say) We both say There wasn't too much we missed And through the tears (And through the tears) The smile when we recall We had it all For just a moment Time goes on... Ahh... People touch and then they're gone But you and I will never really end Will never love again... Like we did then

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Manchester Design Symposium 2012 Design Initiative presents the second Manchester Design Symposium, bringing the design world to the city with presentations from leading thinkers and practitioners focusing on the theme of The Value of Design. This year's event will explore the complex relationship between design and the economy, bringing to question whether the UK's place at the top table of world design is under threat as emerging economies invest more in their 'knowledge economy' - and whether design and innovation has the potential to power the UK out of a recession. As well as attracting world-class speakers, the event is open to design professionals, students and business people from a wide area including graphic and web design, typography, publishing, fashion, illustration and branding. The Symposium, led by the Design Initiative, was established in response to calls from the city to see and hear inspiring designers bringing challenging ideas into focus. Its purpose is to ensure that Manchester remains at the forefront of design debate and creativity. Fringe events GF Smith Heritage Exhibition The GF Smith Heritage Exhibition, '126 Years of Print,' is a showcase of the company's impact and influence on the success of graphic design in the last century. This unique archive collection of paper promotion and print features groundbreaking and iconic works from design legends Saul Bass, Paul Rand, Milton Glaser, Michael Bierut and Bill Mckay to name a few. MMU Manchester School of Art Industry Workshop How can the Manchester School of Art help your business to survive and grow? The MMU Manchester School of Art has expertise in a wide range of areas including Art, Architecture, Design, Media and Theatre. The aim of this Manchester Design Symposium fringe event is give creative businesses the opportunity to let staff from the MMU Manchester School of Art know how we can work with you. There are a range of ways we currently work with industry -- live projects, work experience, research, graduate placements, industry events -- but are we doing what you want, or can we be doing more? Speakers Adrian Shaughnessy is a graphic designer and writer based in London. In 1989 he co-founded the design company Intro . Today he runs Shaughnessy Works, a consultancy combining design and editorial direction. He is a founding partner in Unit Editions , a publishing company producing books on design and visual culture. He writes regularly for Eye and Creative Review , and has a monthly column in Design Week . He is an occasional contributor to avant-garde music magazine The Wire . From 2006 until 2009, Shaughnessy was editor of Varoom , a publication devoted to the critical appraisal of illustration. Shaughnessy has been interviewed frequently on television and radio and lectures extensively around the world. In 2010 he was appointed visiting professor at the Royal College of Art , London. He hosts a radio show called Graphic Design on the Radio on Resonance FM . Over the years Morag has concentrated on working way beyond the restrictions of 2-D and creates and curates many different types of work including a train as a caf, numerous exhibitions, interpreting buildings plus running her own gallery and shop 'her house'. Myerscough believes that wayfinding is not purely about a series of signs but as much about bringing out the narrative in the built environment, enhancing the physical experience. It is very important how people feel when they move through a space, if they can move easily, almost unconsciously, and if you can make them smile and feel happy that is one of the best outcomes. Will Hudson is the founder and director of It's Nice That , a London based publishing platform focused on championing creativity. It's Nice That do this by publishing work online, through their magazine and programme of events. Will is also co-founder and director of INT Works . The independent studio takes the great ideas generated by their in-house team and uses the expertise of our ever-expanding network of thinkers and doers to make them a reality. Clients include Nike, Channel 4 and MTV. FIELD is a studio for digital art and graphic design based in London. Led by Marcus Wendt and Vera-Maria Glahn, FIELD uses computational design, interactive technology, and generative strategies to create images with a life of their own. Inspired by the patterns of nature and the dynamics of life, FIELD 's visuals take up on our shared ideas of the world. Familiar motifs appear in a world of abstraction and imagination in their poet

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While I was in Los Angeles on business a couple weeks ago, I bumped into an enthusiastic lawyer named Christian Keeney who interrogated me about when his alma mater would be featured on my blog. I advised the young Wildcat that his school would be next in line if he drafted the profile for me. He emailed a polished draft before the week was out, so this 8th installment in my series on great American universities highlights the University of Kentucky ("UK"), which I think you'll enjoy. UK has a lot to offer including some of the best equine research, equine medicine, and agricultural research programs that you'll find anywhere. \* \* \* INTRODUCING THE UNIVERSITY OF KENTUCKY by Christian Keeney Greetings! My name is Christian Keeney, and I'm happy to share with you my experience and knowledge about my alma mater , the University of Kentucky. After a great four years on campus, I graduated from the University in 2004 with a degree in political science. Though I now live in Los Angeles, I remain in close contact with many of my UK friends, and I return to visit campus regularly. We UK alumni are a fiercely proud and loyal bunch. I'll start by noting that the University of Kentucky is an excellent example of a "land-grant university." Land-grant universities are schools that were founded as part of the various Morrill Acts, the first of which was passed in 1862, authorizing the federal government to gift federally controlled land to the States for them to establish colleges to educate their citizens on agricultural and mechanical sciences. Many land-grant universities are now among the largest and most highly regarded universities in the United States, and their curriculums have expanded to include liberal arts, business, medicine, and a wide variety of other subjects. Among the many land-grant universities are the Ivy League's Cornell University , science and technology powerhouse MIT , and the highly ranked University of Wisconsin -- Madison . University of Kentucky's original Main Building, at the heart of campus. The massive William T. Young Library has the largest book endowment of any public university library in the United States. Founded in 1865, UK is located in the beautiful Commonwealth of Kentucky, at the top of the Southeastern United States and bordered by 7 other States (Illinois, Indiana, Ohio, West Virginia, Virginia, Tennessee, and Missouri). In terms of territory, Kentucky is slightly smaller than the North Island of New Zealand, and has about 4.4 million people. The University is located in the city of Lexington in the northeastern part of Kentucky. The campus covers 784 acres (3.17 square kilometers) of lush, green space dotted with heritage red-brick and modern buildings. The Main Building, built in 1882, is the only structure remaining from the original four that made up UK's campus. One of the large greens on campus, during autumn. The University is home to approximately 20,000 undergraduate students and 8,000 graduate and professional students, as well as more than 2,000 professors (including noted author Wendell Berry). The overall student-faculty ratio is 18:1. A full third of all classes have less than 20 students. Approximately half of all classes have between 20-49 students. The remaining larger classes are mostly introductory-level lectures. UK offers more than 200 specialized undergraduate and advanced degree programs through 19 colleges and schools. Professional degrees are offered in dentistry, law, medicine, nursing, pharmacy, public health, and landscape architecture. A significant number of those programs are ranked high nationally. The Maxwell H. Gluck Equine Research Center is the epicenter of the equine science, research, and management programs. Among UK's mostly highly regarded degree offerings is the College of Agriculture's equine science and management curriculum, one of only two such specialized programs in the United States. There are two divisions available, depending on your particular interest. There is an equine science concentration that covers equine research, veterinary care, and breeding. There is also an equine management concentration that covers the business and marketing of horses and horseracing. Coupled with surrounding horse breeding and racing industries for which Kentucky is world renown, this degree program offers students a truly unique, world-class oppotunity to launch an exciting career. The University's College of Agriculture is also famous for its sophisticated farming research programs. The Chronicle of Higher Education 's Faculty

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Debunking a myth: If you have nothing to hide, you have nothing to fear The idea that an individual can live in a surveillance society with nothing to fear so long as they have nothing to hide may, on the face of it, appear attractive. For those of us who think of ourselves as 'honest' - we pay our taxes, don't commit murders and are loyal to our partners - why indeed should we fear surveillance? "Nothing to hide, nothing to fear" (NTHNTF) is a myth that is built on certain false assumptions, and these assumptions are never questioned when it is wheeled out as an argument to support whatever draconian surveillance measure is being pushed out in the face of citizen opposition (commercial organisations rarely try such an approach, since it dooms them to failure from the very beginning). These assumptions include: Continuity : When a large data gathering exercise is started, the lifespan of the system will almost always be greater than that of its instigators. The most benign and caring government, authority or private company is inevitably subject to a change of management, and if the new executive does not share their moral stance, then data can be reused for very dangerous purposes. Those who provided data believing they had nothing to fear may find that data is misused in the future. Context: Those who use the NTHNTF argument most commonly use it in the context of government collecting information about individuals. In the information age, the idea of a single entity holding that information does not hold true. The massive pressures to share information within and beyond government mean that information is constantly on the move. Sooner or later, information held by the government will be shared across the government and with the private sector. Control: Whether through a sharing agreement, aggregation of databases or simply leaving a memory stick in a pub car park, information is always shared sooner or later. Information security professionals always assume a system to be insecure, and plan for when - not if - data is lost or corrupted. Consistency : The most important issue is that of consistent use of accurate information across all authorities and all individuals. Let's consider consistency in more detail. When databases work from 100% accurate information; when that information is used in accordance with the original consent purpose; when processes work correctly; when outcomes are as expected for every subject in the database; then, arguably, individuals have nothing to fear. Unfortunately, this is a Utopian state that is never achieved in a real world system. We see numerous examples of this problem: Take the extreme example of Khalid El-Masri . This German national was kidnapped, flown to Afghanistan, tortured and then eventually released when it was realised that his was a case of mistaken identity, and he was not in fact an alleged terrorist with a similar name. In 2006 a student was wrongfully arrested for stealing mail when a batch of letters were recovered. His fingerprints - which had been taken a year previously when he was accused of criminal damage but released without charge after the real culprit confessed - matched those on some of the letters. After his arrest it was discovered that the letters bearing his fingerprints were posted by him . He was released, and then had to campaign to have his DNA data removed from the National DNA Database. Time and again individuals have been fired from jobs, or failed to get jobs, because of errors in the Criminal Records Bureau database . They have been stigmatised as criminals, even to the extent of being falsely branded as sex offenders, because of database failings. This sort of mistake might seem rare, but it is going to become increasingly common. Police cars are being fitted with fingerprint scanners , and it seems to be only a matter of time before they can even check DNA on the spot . Systems will make mistakes, and procedures will go wrong. The victims of the benign database state are those who aren't treated in accordance with the intended rules, but are at the wrong end of breakdowns in data accuracy, procedural rules or system errors. Under a benign government, it's not the intended surveillance that makes victims of innocent people, but the errors. So why do I fear the idea of a database state, even when I have "nothing to hide"? Well, I do have things to hide. Everyone has things to hide. If I have a serious health concern, I want to be able to consult my GP without worrying my wife. If I'm looking for a new job, there is no reason why I should have to reveal

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Join our Newsletter How to keep on top of your bills in 2012 At the beginning of each New Year, most of us plan to take control of our finances by creating a budget guiding us towards our financial goals. When it comes to budgeting, most people usually look at their historical income and expenses and extrapolate them out over 12 months to give them a snap shot. Personally, the most crucial step in starting off the New Year is to look into the detail of each expense and find ways of reducing your outgoings. This is the step in which most people fail to look at the detail because of how time consuming such task may take. As a result, such time eliminates the opportunity to increase the surplus (income minus expenses) in the budget. Electricity & Gas: If you live in Victoria you would have received a letter from your current electricity provider informing you of a rate rise. On average the increase in electricity cost for Victorian's in 2012 will be more than $150. This is a good place to start, comparing electricity retailers as this is one expense which you can save hundreds just by spending some time comparing retailers. The average increase in Gas will be around 8%. You may find that in most instances the retailers offering the bigger discounts will come with clauses such as contractual periods, pay on time, direct debit, and online statements. If either of these options is not suitable for you, please read the fine print to eliminate any early termination fees as a result of terminating the contract. Public Transport: The cost will vary depending on which state you live in, but the average increase will be between 5 and 9%. If you work with people that live close by, consider car pulling and sharing the cost of fuel. How to budget: After spending some time reviewing your current service providers and have found ways of reducing your expenses, now is an ideal time to get the budget finalised. Most people dislike this step because of the end result their budget illustrates. Ensure each reviewed expense is listed and be flexible with some expenses such as items you can really live without if your budget isn't to healthy after the first draft. Bills to Pay are giving you the opportunity to slash 50% off the establishment fee as part of their New Year Resolution campaign. Visit www.billstopay.com.au for take advantage of this offer.

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Disney purchases Lucasfilm - Star Wars Episode VII to be released in 2015 I might be in the minority, but I don't want the original Star Wars actors in the films. I am kind of hoping they don't just jump to like 30 years after Return of the Jedi, and have old versions passing stuff down. I kind of hope they spent their time writing a good script, re-cast, and follow some of the book narratives and continue on soon after Return of the Jedi. It sucks to do, and maybe the actors can have a cameo, but I don't want an Indiana Jones IV, I want a real flick and not one that is meant to pass the series along to a new generation. I think Luke can make sense in an old mentor role like Obi-Wan from the OT. Ford is looking too old to play Solo anymore, best left as a passing mention. Fischer looks terrible, and I can't see Leia having an important role, nothing that would make sense for more than 10 minutes of screen time. Quote: Originally Posted by RockFlagAndEagle Don't mind the writing choice, Toy Story had a good story and characters you cared about (like the original Star Wars trilogy) Anyone else hope they don't bring any big named actors to play major roles? Some fresh faces would be nice. I'd like to see new faces as well. Not entirely new, that would be almost impossible, but no more over used actors like Samuel L. Jackson. Quote: Originally Posted by Everlong 2 requests for the new movie(s): 1. Please don't overload with CGI. It was overdone in episodes 1-3 to the point where it looked obviously fake. The backgrounds, the force powers/lightsabres , the battles, everything. As sort of an extension of the first point.... 2. Film on location!!! The forests of Endor, Hoth, these were great sequences because it looked REAL. That's because it \*was\* real. Instead of 'oohing' and 'awweing' about how fabulous that computer generated skyscraper looks, put it in a realistic/real environment and the attention will be drawn towards the characters themselves. If they did it in a buddy cop style where Anakin is Riggs to Obi-Wan's Murtagh, it could be good. Nix episode 1, and turn the prequel trilogy into the the pair kicking space ass with light Sabres. Then have Anakin show signs of being evil towards the end of the second (or at least give him some motivation). Part three, he get's full on evil at the climax and ends up in the suit. Basically, the first trilogy with Anakin and Obi-wan instead of Luke and Han, only Anakin falls to the Dark Side. There is definitely room for an episode 1.5. In the Plinkette review one of his major issues with the second film was they started it at a point where it made the whole first film irrelevant. We are then supposed to feel a deep bond between Anakin and Obi-Wan but we have never been shown them having a meaningful interaction as they skipped over Anakin's entire training. If they made a film in between The Phantom Menace and The Clone Wars then we may actually build a bond with the two main characters by seeing them train and grow together. Instead all their chemistry is supposed to be assumed and we have to rely on Lucas' poor dialogue to get any sense that these people even like each other. 1. Please don't overload with CGI. It was overdone in episodes 1-3 to the point where it looked obviously fake. The backgrounds, the force powers/lightsabres , the battles, everything. As sort of an extension of the first point.... 2. Film on location!!! The forests of Endor, Hoth, these were great sequences because it looked REAL. That's because it \*was\* real. Instead of 'oohing' and 'awweing' about how fabulous that computer generated skyscraper looks, put it in a realistic/real environment and the attention will be drawn towards the characters themselves. I would suggest they do both. On location like the original trilogy should be the first choice but CGI shouldn't be ruled out if they need something bigger or more alien than Earth can provide. For example in the original trilogy they work around/avoid any of the high population/advanced planets and cities. Don't use CGI for the sake of using CGI but if there's a legit need or use for it I say go

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PITTSBURGH (AP) -- It sounds like a free-market success story: a natural gas boom created by drilling company innovation, delivering a vast new source of cheap energy without the government subsidies that solar and wind power demand. "The free market has worked its magic," the Barnett Shale Energy Education Council, an industry group, claimed over the summer. The boom happened "away from the greedy grasp of Washington," the American Enterprise Institute, a think tank, wrote in an essay this year. If bureaucrats "had known this was going on," the essay went on, "surely Washington would have done something to slow it down, tax it more, or stop it altogether." But those who helped pioneer the technique known as hydraulic fracturing, or fracking, recall a different path. Over three decades, from the shale fields of Texas and Wyoming to the Marcellus in the Northeast, the federal government contributed more than $100 million in research to develop fracking, and billions more in tax breaks. Now, those industry pioneers say their own effort shows that the government should back research into future sources of energy -- for decades, if need be -- to promote breakthroughs. For all its success now, many people in the oil and gas industry itself once thought shale gas was a waste of time. "There's no point in mincing words. Some people thought it was stupid," said Dan Steward, a geologist who began working with the Texas natural gas firm Mitchell Energy in 1981. Steward estimated that in the early years, "probably 90 percent of the people" in the firm didn't believe shale gas would be profitable. "Did I know it was going to work? Hell no," Steward added. Shale is a rock formation thousands of feet underground. Among its largest U.S. deposits are the Marcellus Shale, under parts of Pennsylvania, New York, Ohio and West Virginia, and the Barnett Shale is in north Texas. Geologists knew shale contained gas, but for more than 100 years the industry focused on shallower reserves. With fracking, large volumes of water, along with sand and hazardous chemicals, are injected underground to break rock apart and free the gas. In 1975, the Department of Energy began funding research into fracking and horizontal drilling, where wells go down and then sideways for thousands of feet. But it took more than 20 years to perfect the process. Alex Crawley, a former Department of Energy employee, recalled that some early tests were spectacular -- in a bad way. A test of fracking explosives in Morgantown, W.Va., "blew the pipe out of the well about 600 feet high" in the 1970s, Crawley said. Luckily, no one was killed. He added that a 1975 test well in Wyoming "produced a lot of water." Steward recalled that Mitchell Energy didn't even cover the cost of fracking on shale tests until the 36th well was drilled. "There's not a lot of companies that would stay with something this long. Most companies would have given up," he said, crediting founder George Mitchell as a visionary who also got support from the government at key points. "The government has to be involved, to some degree, with new technologies," Steward said. The first federal energy subsidies began in 1916, and until the 1970s they "focused almost exclusively on increasing the production of domestic oil and natural gas," according to the Congressional Budget Office. More recently, the natural gas and petroleum industries altogether accounted for about $2.8 billion in federal energy subsidies in the 2010 fiscal year and about $14.7 billion went to renewable energies, the Department of Energy found. The figures include both direct expenditures and tax credits. Congress passed a huge tax break in 1980 specifically to encourage unconventional natural gas drilling, noted Alex Trembath, a researcher at the Breakthrough Institute, a California nonprofit that supports new ways of thinking about energy and the environment. Trembath said that the Department of Energy invested about $137 million in gas research over three decades, and that the federal tax credit for drillers amounted to $10 billion between 1980 and 2002. The work wasn't all industry or all government, but both. One step at a time, the problems of shale drilling were solved. Crawley said Energy Department researchers processed drilling data on supercomputers at a federal lab. Later, technology created to track sounds of Russian submarines during the Cold War was repurposed to help

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This site is an UNOFFICIAL fan run website. You can visit the Official OnLive website at OnLive.com Win an OUYA Game Console in the New Contest From Our Sister Site - OUYAForum.com 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. I'd hold off on the microconsole purchase. I have one that they sent to me for free (founding member giveaway) but OnLive could go the way of the dodo if it's not able to pull of the next series of big game launches or get its multiplayer problems solved. Yeah Multiplayer is a little low, but with UT3 there's typically one or more servers up. FEAR2 has had a recent increase in players thanks to OnLive advertising FEAR2 Fridays. When I get some time, I try to host a FEAR2 night myself. In short, Try it on your computer, mess around with some of the demos. If your not happy about it, wait on the MC until HomeFront (or any other games you're following) comes out and check our forums for additional details like bugs or working multiplayer. Edit: Ah, thanks rezonant. Didn't even notice. Last edited by KicknGuitar; 02-22-2011 at 11:22 PM . Originally Posted by bassrebel I've masturbated to consuela so many times that it's not funny anymore. It would be interesting to find out how many people have the MC, how many OnLive members there are, how many active members there are, and peak/off-peak numbers. Maybe OnLive will make something public once the numbers are big enough to be impressive

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How to make fondant fancies -- top 10 tips Since fondant fancies were featured in this year's Great British Bake Off final, everyone seems to want to know how to make them. Easily adaptable, perfect for decorating, fondant fancies are a realistic contender to be ' the new cupcake '. Less obvious than cupcakes, fondant fancies are a definite crowd pleaser. When writing fondant fancy recipes for my book last year, there was very little information on the web about them. Fondant fancies have a reputation of being a faff to make yourself. But they're not hard to make, just a less familiar process. After much experimentation, here are my top 10 tips on how to make fondant fancies: 1. Forget Mr Kipling French Fancies. His exceedingly good cakes look identically perfect because they're manufactured. You're unlikely to achieve domed buttercream tops at home since the warm icing melts when you dip the sponges. (Although do try it with the Squires icing -- see below). 2. Forget so-called fondant icing sugar For that smooth shell-like finish, supermarket 'fondant icing sugars' fail to set properly. Squires Kitchen instant fondant icing mix comes in ready flavoured and coloured sachets; it works very well and since it's cold you won't need a sugar thermometer and it won't melt buttercream. However it's pricey and the bags do not yield enough icing to dip whole batches easily. 3. Make home made fondant icing... Making your own fondant icing is easy in a saucepan; you need a sugar thermometer (preferably digital). Take care not to over heat; when ready it quickly sets hard on the probe. As the fondant icing cools it becomes too thick to dip the cakes but you can gently warm it again. Cooling and reheating it too much make the sugar structure change; it goes grainy. So pay attention to that thermometer! My fondant icing recipe is also available on Stitch Craft Create . 4. ...and make plenty of it Dipping fondant fancies in a scant quantity of icing is fiddly. With a generous amount it's easier to dip in a saucepan. You can use forks to turn fondant fancies on each surface although over handling them can make them crumble (or fall in!). For more satisfying finish, dip them into the icing whole. 5. Use marzipan instead of buttercream Buttercream melts when dipping in warm icing so top fondant fancies with marzipan. White marzipan is best for pastel fondant fancies other than yellow. For other colours tint the marzipan with gel food colouring to get a deeper colour on top. 6. Freeze your sponge cake squares You can get individual silicon fondant fancy moulds -- however it's easier to make one large square cake cut into squares. Get a neater finish when cutting the cake by freezing it for 30 minutes first. Cut the edges of the square so you have a level surface and then cut into 25 smaller squares (5 x 5). For the book I used a ruler and cocktail sticks to mark holes before cutting perfectly sized squares. If perfect sizes are less important, just cut them so they're roughly even. This is way quicker and who's going to get the ruler out anyway? Pop the individual squares back into the freezer for another 20 minutes. Slightly frozen, they're less likely to crumble and leave crumbs in the pan of icing. The cold surface helps the icing set almost immediately on contact. If adding a jam layer to the sponge, chill for 2-3 hours and do it before cutting into smaller squares. Beware the jam layer can fall off when you dip and makes getting crumbs in the icing more likely -- ugh. I find fondant fancies interesting enough without a jam layer -- you get the flavour under the marzipan anyway. I think getting the buttercream domes cold enough but the icing the exact temperature so that it works but doesn't melt the buttercream would be very difficult/fluke-ishly good luck in a domestic kitchen. That said, if you use the manufactured Squires fondant icing which is cold, you might have better luck. Excellent post. Many lighbulb moments as I was reading through. Still don't know how

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? The best and most reliable method for operating-system-level rootkit detection is to shut down the computer suspected of infection, and then to check its storage by booting from an alternative trusted medium (e.g. a rescue CD-ROM or USB flash drive). The technique is effective because malware cannot actively hide its presence if it is not running.? With the malware not actively hiding, the FixMeStick cleans your PC with three tier 1 virus scanners for best in world coverage: Kaspersky Lab, Sophos, and GFI's VIPRE. How you know it's easy Professional reviewers say it's easy: The chief security analyst at PC Magazine: ? I haven't seen any bootable solution that's as simple and straightforward as FixMeStick. Most of the major antivirus companies offer rescue CDs, many of them free, but I wouldn't advise non-techie friends to try those. Instead, I'd suggest the clean up with FixMeStick? The technology reviewer at Canada's national newspaper: ?Its appeal lies in its speed and simplicity -- something anyone suffering a malicious software attack can appreciate. I tried running it on a laptop infected with a nasty piece of malware that prevented access to traditional security programs. It resolved the problem in about 30 minutes, with me doing little more than clicking a couple of buttons to update the stick's virus database and begin a hard disk scan.? The technology reviewer at the Houston Chronicle: ?Advanced PC users know there are ways around this, such as booting from a Linux-based CD or USB flash drive with antivirus software installed. This technique is effective, but it's daunting for the less technically inclined. Now, there's a product that simplifies the Linux-boot strategy and automates the process of getting your PC running again? The science and technology reporter at the UK's Daily Mail: ?Getting a virus cleaned off your computer can be a burden at the best of times. But now a new USB stick aims to make it far easier by giving you the same tools as the professionals - and all you have to do is plug it in.? The science and technology reporter for one of Canada's largest media companies: ?An awfully convenient tool Montrealers recently launched: the USB FixMeStick . Simply plug the key into your computer and reboot. The key contains an operating system (based on Lubuntu, for the curious), which leaves the hard disk idle and does not interfere with the antivirus on your machine. This is where the fun begins: 3 antivirus engines Kaspersky, Sophos and Vipre activate automatically to remove malicious files. ? Mohit Kumar, Editor-in-chief of 'The Hacker News': ?The FixMeStick is, in short, a malware removal device for dummies. The FixMeStick is a bootable USB device running Lubuntu and integrates three separate anti-virus scanners from Kaspersky Labs, Sophos, and GFI. While our readers will probably never need it for themselves, we may all wish we had something like this for our non-technical friends and family, or the 9 million PCs infected with ZeroAccess botnet. The FixMeStick does a lot of things that nobody else does on a bootable USB, and let's be real, removing rootkits is never pleasant or easy.? Amatuer reviewers say it's easy: Jorge Gomez, Editor-in-chief of www.tecnomundo.net (Spanish): ?In my opinion, the biggest advantage of FixmeStick is how easy it is to use. You do not need much knowledge of computers to cleanse the system of virus, rootkit included those which are generally called either difficult to remove.? ?FixMeStick is a simple virus removal gadget that is super simple to use. It is a self-updating, self-contained USB device. There is no software to install. Because there is no software to install it won't take up space and slow your computer. ?

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Trending Now: 5 ways to deal with digital stress Switch off from work According to a survey conducted by VTech and Toluna, being constantly accessible for work was the number one source of technology-related stress for participants, and nearly a quarter spent more time working because of it. Although it can be tempting to carry on checking emails and answering work calls long after you leave the office, it is important to allocate some time for yourself and switch off from work stress. Tell your colleagues that you will be unavailable after a certain time, turn off your phone and computer and set aside some work-free time each evening to relax. Have a bath, read a book, take an exercise class, or do whatever helps you to unwind. If it is absolutely integral to check your messages outside of work hours, at least try to check them less often and set aside a portion of time when your phone is switched off. Also on realbuzz: top 10 ways to relax Photo by Getty Mar 14, 2012 5 ways to deal with digital stress With the modern popularity of social media sites and texting, few of us are ever really "switched off", and research suggests that this is causing stress for many people. If you're feeling overwhelmed by technology, check out these five ways to deal with digital stress.

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Do you think that there are any problems in Australia due to our current constitutional monarchy system? Australia enjoys political stability largely unparalleled in the rest of the World. This is because our system keeps politicians from assuming total and absolute power. At the same time the Governor-General does not interfere with the decisions of the Prime Minister, and any warnings or other advice is given behind closed doors so as not to create any conditions which may give rise to a political or constitutional crisis. Australia has no problems operating under our present Constitution.

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Heart pumps improve children's survival to transplantation Compared with adults, children with severe heart failure wait longer for a transplant. Also, fewer and less successful options are available, in terms of mechanical heart support, to prolong survival until a donor heart is available. Extracorporeal membrane oxygenation (ECMO) is most commonly used for this purpose, but previous research indicated that a ventricular assist device called the Berlin Heart Excor might offer additional survival benefit ? . Direct comparison of the two approaches was considered unethical. Thus, propensity score matched registry data for children who previously received ECMO were used as a comparison. Even the primary outcomes differed: for Excor, this was time to death or weaning from the device owing to an unacceptable neurological outcome (coma or severe impairment after stroke); for ECMO, neurological outcomes were unavailable so only time to death was assessed. Forty eight children 16 years or younger awaiting transplantation because of severe heart failure, despite state of the art medical treatment, were recruited in 17 centres across the US and Canada. All children were implanted with Excor devices. Among the 24 smaller children (body surface area &lt;0.7 m 2 ; median age 1 year), more than half were free of the primary outcome at 174 days -- the longest any child was on the pump; 21 children underwent transplantation, whereas two children had died and one was taken off the pump because of severe stroke. In contrast, more than half of the smaller children who had received ECMO died by day 13. A similar survival benefit with Excor, compared with ECMO, was seen in larger children (body surface area 0.7-1.5 m 2 ; median age 9 years). However, serious adverse events such as major bleeding or infection occurred in about half of the children implanted with ...

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From such a humble platform, please accept my warm and sincere greetings from a country whose citizens have benefited in myriad ways over many years from the strategic and generous investment of British taxpayer dollars facilitated by governments of all parties. Along with my compatriots, I am sincerely grateful for this unrivalled contribution towards the the rebirth and reconstruction of Rwanda, As policy-makers and legislators, not to mention members of a committee charged with overseeing international development, you understand, as we in Rwanda also do, that this partnership has not been the byproduct of "genocide guilt" as some cynical commentators have claimed. You understand, as we do, that this engagement has instead been grounded in the most transparent, well-targetted and outcome-driven approach to aid and development assistance of anywhere in the world, at any time in history; and that, as a result, it has helped drive some of the most significant advancements in human development of the past several decades in this or any continent. By any measure you choose, the story of Rwanda over the past decade has been singularly inspirational for anyone who believes that aid -- when employed effectively and unhampered by corruption or inefficiency -- can help lift millions from poverty and lay the foundations for new and enduring prosperity in corners of the world that, a mere generation ago, seemed destined to languish in a state of permanent despair. Rwanda is tomorrow the subject of a hearing into the decision of Andrew Mitchell to disburse aid to Rwanda after a temporary suspension caused by concerns of Kigali's involvement in a rebellion in the eastern part of the Democratic Republic of Congo (DRC). This has been entangled in a broader domestic political scandal involving the conduct of Mr. Mitchell who made the fateful decision on his last day in office before moving to Chief Whip, a position from which he has subsequently resigned in the face of an unyielding media frenzy. I am sure you can appreciate that, for a Rwandan like myself, these events are perplexing to say the least. It appears that this scandal is less about Rwanda than meets the eye, and that the aid decision would almost certainly not have attracted this level and intensity of criticism were it not for Plebgate , a story that makes little or no sense to anyone unfamiliar with the peculiarities of UK domestic politics. Whatever its genesis, however, the Mitchell decision has precipitated a heightened level of scrutiny regarding Rwanda's suitability as an aid partner. This has led your committee to seek answers regarding the probity of Mitchell's decision, and to examine the broader circumstances surrounding the original decision to suspend aid to Rwanda. Like it or not, Rwanda, and specifically allegations regarding its involvement in the eastern DRC, has come into sharp focus as a result of what began as a quintessentially British scandal. Mr Chairman and honourable members, the recommendation whether or not to re-freeze aid or continue disbursement is entirely and appropriately in your hands. I am certain you agree that the success of the partnership between Rwanda and the UK has arisen from a shared commitment to accountable, transparent and evidence-based processes and policies. And so, the extent of my plea is this: Please adhere to this path. Examine the facts. Look behind the headlines and the hysteria. Review the evidence. Make your judgment based on a reasoned assessment of what you find. Only such an approach honours our shared journey to date and ensures that, when it comes to the Rwanda-UK relationship, good policy continues to trump mere politics. One thought on " A letter to members of the International Development Committee of the UK Parliament " Amen. The Committee will hopefully remember the why of foreign aid and whether the UK-Rwanda cooperation fulfils the established criteria for continued support rather than use the occasion to bash the current UK government with Rwanda caught in the inevitable crossfire of partisan sniping. However, I wouldn't hold my breath given the current NGO-fuelled anti-Kigali animosity across the British media and politicians' abiding need to keep on the good side of that media even to the point of deep-sixing principle.